

# Keep it Simple

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 herbs that will then be called for if you decide to make only half a batch at a time.

Making herbal tinctures is a very simple project. Making a tincture does not require a lot of expensive equipment, nor does it require really precise measurements. Unlike pharmaceuticals, the exact amount of an herb that you ingest is not of critical importance. Getting a little too much of an herb is much like eating a little too much lettuce, potatoes, or carrots.

Many years ago, I paid money to go on an “herb walk” because the leader promised to show us how to make a tincture. At the end of a long day, we were all tired, hungry, thirsty, hot, sweaty, and ready to go home. We reminded the teacher that she hadn’t taught us how to tincture yet. She opened the back of her truck, got out a quart jar and asked who had an herb they had just gathered. I handed her a handful of yarrow. She stuffed it into the jar and said, while pouring 100 proof vodka over it, “Just be sure that you cover all the plant material. Let it sit for 10 days to 2 weeks and then strain in somehow.”

Back then I was just a little annoyed. It sounded a bit *too* simple and not enough considering that I had paid money for it and spent a day to hear it. I have been making tinctures for a long time now and I have come to realize that if I begin with good plant material, make sure I cover it all, and do it all with a lot of gratitude for these wonderful healing blessings that plants are, that my tinctures inevitably turn out well.

## MEASUREMENTS FOR INGREDIENTS ARE GIVEN IN EQUAL PARTS BY WEIGHT

### ABF

*(Formerly Afterbirth Formula)*

2.00 cramp bark  
1.00 catnip  
0.50 motherwort  
0.50 scullcap  
0.50 yarrow or herb  
0.50 St. John’s wort

To be used for the pain of after-birth contractions. This is an amazingly effective formula. The St. John’s wort cleanses the uterus, removing any last tiny pieces of placenta, while lifting the mood and helping the mother avoid postpartum depression. The yarrow helps to control unnecessary bleeding and the other herbs are for pain relief while, at the same time, assuring that the uterus folds down properly (and stays folded).

If there is any cause for concern (when the placenta is examined) that a small piece might have been left behind, VIB tincture and/or angelica essential oil should also be added to aid the St. John’s wort in releasing the last bits of placenta. VIB and angelica essential oil can be used following birth if the placenta is slow to release. I like to use them both routinely with every birth. I believe that many a problem has been averted, since I saw a proportionally low number of retained placentas and pieces of placenta left behind in my former life as an herbal midwife.

<sup>Le</sup>Millenia (an essential oil blend from Butterfly Express, llc) applied to the abdomen after birth will help the uterus firm up, controlling and limiting bleeding. Be sure to wait to apply <sup>Le</sup>Millenia until after the placenta has been delivered.

## AC

(Formerly Acne)

2.50 buchu  
1.50 burdock  
1.50 dandelion  
1.50 hyssop  
1.00 alfalfa  
1.00 chaparral  
1.00 red clover blossoms  
1.00 uva ursi  
0.50 yellowdock root  
0.25 cayenne  
0.25 plantain

Acne is a complicated problem and can be very discouraging. Skin problems almost always have their roots in a problem with the eliminative organs. Because the colon and/or kidneys are not working properly, the skin is being used to eliminate toxic build-up from the body. Clearing acne requires much more than just applying something topically to the skin. Issues with the colon, the liver, the kidneys, and the diet must be dealt with before the skin can clear. Developing the habit of drinking sufficient water is also a must.

This formula contains herbs which cleanse the liver, kidneys, and blood. A good diet is absolutely essential.

## AD

(Formerly Adrenal Toner)

2.00 licorice root  
1.00 astragalus  
1.00 ginseng root  
0.50 ginger root

One of the key functions of the adrenal glands is to prepare our bodies and minds for situations in which we may need a quick and appropriate response. They accomplish this by producing certain types of hormones and sending them throughout the body. Hormones are the communication system of the endocrine glands. If our belief is that we live in a stressful or unsafe environment, the adrenal glands will be continually firing, all day long, every day. This continual work load eventually sends the adrenal glands into a state of fatigue, leaving us with symptoms such as dizziness, headaches, memory problems, food cravings, allergies, blood sugar problems, aching joints, and with a need for a couple of naps throughout the day.

The kidneys and the adrenal glands are closely connected. I have pondered the connections here. Stressed kidneys can contribute to a personality that is generally fearful; afraid to move forward but afraid not to at the same time, and afraid of many other things. Did the malfunctioning kidneys cause the fear or are the kidneys malfunctioning because of the fear? Either way, the adrenals get over worked coping with the fear.

The adrenal glands are vital to immune system function. They also produce hormones which are important in the metabolism of carbohydrates, the regulation of blood sugar, the maintenance of electrolyte and water balance in the body, and the regulation of blood pressure (to name just a few of their many functions).

This formula is helpful, along with other remedies, for mononucleosis and chronic fatigue. There is a full program for these outlined in my book, *Butterfly Miracles with Homeopathic Remedies II*.

## AL

(Formerly Allergies)

- 2.00 stinging nettle
- 2.00 yerba santa
- 1.00 propolis
- 1.00 ginkgo biloba
- 1.00 licorice root
- 2.00 ephedra
  - or substitute the following for the ephedra
    - 1.00 motherwort
    - 0.50 red clover blossoms
    - 0.50 goldenrod

Allergies, like acne, begin in the liver and the colon and this is where the fight against them must be waged. There was a time in my life when I was allergic to many, many things. Today I am almost completely allergy free. I have to really overeat a food or two to even remember that I ever had allergies. The AL tincture should be taken—dosage being a dropperful three times a day—beginning at least a couple of months before the anticipated allergy season. It is also very helpful to take bee pollen capsules at the same time. During the heyday of my own allergies, I started the tincture and the bee pollen in February to prepare for spring and summer. Eventually, the remedies, internal cleansing programs, and energy work freed me from allergy-related suffering.

Homeopathic or energetic remedies such as Allergies #1 (sold at Butterfly Express, llc), Allium cepa and Apis melifica, or whatever deep level homeopathic you test for or research out for your specific symptoms, can help a lot in eliminating the allergy altogether.

Lots of vitamin C can be helpful during an acute allergy attack.

*No herbal remedy will really work well, long or short term, if you are still eating a predominantly acidic or unhealthy diet!*

## APL

(Formerly Anti-Plague)

These are the same herbs as the BHM formula, but the processing method is different and garlic is added.

- 2.00 comfrey
- 1.00 lobelia
- 1.00 marshmallow
- 1.00 mullein leaves and/or flowers
- 1.00 scullcap
- 1.00 uva ursi
- 1.00 white oak bark
- 1.00 wormwood
- 0.50 black walnut hulls
- 0.50 black walnut leaves

This formula is the “big guns” of herbal remedies for fighting contagious illnesses. The combination of the herbs and the garlic in this blend tastes (and smells) pretty dreadful. Sometimes this level of response is what is needed, however. My kids used to say that they immediately got better if I just took the lid off the bottle and let the fumes out into the house. I’m sure they were exaggerating just a bit!

Use APL for bacterial or viral based flus and pneumonia. Can be used during the flu season, or when you have been exposed to an ill person, as a preventative—if you are a courageous person and don't mind things that taste bad.

### *Instructions for making APL*

Tincture the herbs in apple cider vinegar. The vinegar must be of good quality, the real thing, not just the “*flavored* to taste real” stuff, and it must be *distilled*. Use about 1 quart for each 4 ounces of herbs. This recipe has 10 ounces of herbs so you will need approximately 2 1/2 quarts of vinegar. Let stand for two weeks, shaking daily, then strain. Peel 1 lb. 4 ounces of garlic. Blend the garlic with enough vinegar to make a thick soup. Tincture the garlic for the same 2 weeks, again shaking daily, then straining. Mix the herb and garlic mixtures with 3 cups vegetable glycerine and 2 cups honey. This recipe makes about 1 gallon. Dosage is 1 to 3 teaspoonsful 3 or 4 times a day. If I were fighting something particularly nasty, I would take as much as my stomach could handle.

## ARN

(Arnica Flower Oil)

### *Special Instructions:*

Place flowers in oil, cover with a loose-weave cloth. Let set 2 weeks. Strain. Fresh flowers are best.

This formula is useful for injuries such as bumps and bruises. Applying arnica oil immediately after the injury can prevent swelling; application later on can reduce swelling that has already occurred. ***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 devil's claw  
1.00 alfalfa  
1.00 burdock  
0.50 black cohosh  
0.50 sarsaparilla  
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 to keep joints clear and to help the body manufacture sufficient amounts of synovial fluid. AP 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 scullcap  
0.50 black cohosh  
0.50 blue vervain  
1.00 Oregon grape root  
0.50 cayenne  
1.00 wild yam

ASP is useful for muscle cramps, charley horses, mild seizures, coughs, and muscle spasms.

Sometimes the lungs need to expel mucous. In that case, you can use this formula 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 would be an excellent choice.

For external use as a muscle relaxing liniment, you can tincture this in almond oil. Be sure to label it as “Not for Internal Use”.

## **BAC**

(Formerly Bacteria)

0.50 cayenne  
2.00 echinacea  
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 seems to be particularly effective against some of the nasty new strains of bacteria that are going around these days.

This formula contains some excellent anti-infectious herbs, for really serious infection BAC should be used in conjunction with IF—formerly Infection Fighter, RC—formerly Red Clover Combination, or other infection fighting herbs, essential oils, and homeopathics for best results. Using formulas in tandem like this is often a good idea, especially if there is both a virus and a bacteria (or two) in play. If the problem is affecting the lungs, add LC, BRON, or WC. If the problem is intestinal, add CD, GI, or LB.

## **BBL**

- 1.00 black cohosh
- 1.00 blue cohosh
- 1.00 blue vervain
- 1.00 scullcap
- 1.00 lobelia

A brief description of some of the uses of BBL:

BBL and ASP (antispasmodic) are used in a similar manner, but I find BBL to be more effective when applied externally than ASP and, when taken internally, BBL is more relaxing generally. ASP is just as strong at relieving muscle cramps.

BBL is 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 for the infection. The garlic and mullein should be soaked oils (carrier-type oils), not essential oils—essential oils would be much too strong. Place a bit of cotton ball in the ear after applying the tinctures.

BBL is 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. Use in childbirth to relax the pelvic muscles. Remember BBL for rebuilding or healing nerves, as well as for relieving pain.

A few drops of BBL at bedtime can help you relax into sleep. BBL is especially calming for children. Use 20-40 drops in the tub for relaxation and pain relief. For convulsions brought on by fever, put at least 2 dropperfuls of BBL in a tub of tepid (lukewarm) water and place the child into it.

For internal use 10-20 drops is generally used.

## **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

This formula is used 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 teas, and clay/psyllium husk drinks. During the cleansing period, eat lots of fresh fruits and vegetable. These will provide the necessary enzymes for rebuilding the intestinal tract. Some people prefer to grind the herbs in this formula until they are very fine. Then they put the powdered herbs into a capsule. They do this because the tincture is a bit hot. Use 2-6 capsules morning and night. Alternatively, take 1 dropperful of tincture morning and night.

## **BHM SALVE**

*(Formerly Total Body)*

6.00	comfrey
3.00	mullein leaves or flowers
0.75	marshmallow
1.50	white oak bark
0.25	wormwood
1.00	lobelia (can use slightly less)
0.75	scullcap
0.75	black walnut leaves
0.75	heal all or plantain
1.25	red clover blossoms
0.75	Oregon grape root

This is an adaptation of a Dr. Christopher recipe. It is a very effective, all-purpose salve. Use to aid healing in sprains, breaks, strains, skin rashes, and minor burns.

## **BHM-PLUS SALVE**

*(Formerly Drawing Salve)*

3.00	comfrey
2.00	mullein leaves or flowers
0.50	marshmallow
0.75	white oak bark
1.00	wormwood
0.50	lobelia
0.50	scullcap
1.00	black walnut leaves or hulls
1.00	plantain (or heal all)
0.75	red clover blossoms
0.50	Oregon grape root
0.50	bay leaf
0.50	fenugreek seed
0.25	uva ursi
0.75	chaparral
0.50	poke root

This salve has all the same herbs as the BHM salve, with the addition of herbs that are specific to infections and suppurating sores. This is a very potent salve! It is better at drawing out infections than anything I have ever seen on the market—both herbal and otherwise.

This salve is strong enough to handle even wide-spread infections, especially if made with as much fresh plant material as possible (or made with separate single tinctures that were made with fresh plant material as discussed earlier).

## **BHM**

Bone High Mineral  
(Formerly BFC)

BHM is made with the same dry herbs as are listed for the APL formula (no garlic however) BHM is made into a regular alcohol-based tincture. Obviously, nutrition and nutritive herbs play an important role in the treatment of bone and muscle problems.

BHM can also be used as a mineral supplement, especially for low calcium and magnesium. A little bit is helpful with teething babies and the healing of breaks, sprains, and burns. The addition of essential oils, especially for depression, can be very helpful.

These same herbs are used in the salve recipe of the same name on the previous page. An excellent drawing salve is made by adding a few additional herbs. The herbs make a wonderful pack or soak for sprains or broken bones.

## **BP**

*(Formerly Blood Pressure)*

1.50 gotu kola  
0.50 brigham tea  
2.00 shepherd's purse  
1.00 osha  
1.00 dandelion  
0.25 cayenne  
1.00 ma huang (the FDA has made this herb unavailable to us)  
    substitute the following for the ma huang  
        0.50 red clover blossoms  
        0.25 chaparral  
        0.25 goldenrod

If brigham tea is not available, increase goldenrod to .5 and add .25 of wood betony.

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 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 always improves the chance of good results with any health problem! This is especially true of blood pressure. A moderate exercise program is also recommended. Exercise has a dramatic effect on the digestive system, enabling the body to uptake nutrients much more efficiently.

In short, this tincture is meant to aid the body by providing concentrated amounts of nutrients that have probably been in short supply in the body for a long time. If the situations that created the shortages are not addressed, it is like pouring these nutrients into a bucket with a very large hole in it.



## **BRON**

*(Formerly Bronchitis)*

1.00 yerba santa leaf  
1.00 osha root  
1.00 usnea  
1.00 lomatium root  
1.00 pau d'arco  
1.00 echinacea  
0.50 Oregon grape root  
0.50 propolis (if available)  
0.50 licorice root  
0.50 elecampane

BRON is a good remedy for bronchitis, as well as mild pulmonary and respiratory congestion. There are some very good anti-infectious herbs in this formula, but I always take it in conjunction with IF, RC, or BAC.

BRON should be used with PL if pleurisy is present. Pleurisy is the inflammation of the membrane sac surrounding the lungs. If you have pleurisy, it will hurt to breathe. If you have ever had pleurisy, you know that you never want to have it again. A little prevention, especially when it comes to pleurisy, is a very good idea.

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## **CAC**

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

CAC has a laxative effect on the bowels and is used for cleansing and purifying the body and the blood. CAC is particularly effective when used as a tea, rather than as a tincture.

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 and which I have read for similar formulas in other herbal reference materials. This method produces a very potent brew.

## CAN

(Formerly *Candida*)

- 2.00 echinacea
- 1.00 lobelia
- 2.00 red clover blossoms
- 0.50 thyme
- 1.00 usnea

CAN is meant to be taken internally to aid in fighting an overgrowth of *Candida albicans*. This formula can also be used for any other bacterial infection that has gone systemic or seems to be particularly virulent in nature.

It is impossible to fight a bacterial infection, especially one that has traveled throughout the body, if the diet is acidic. Bacteria thrive in an acidic environment and cannot survive in an alkaline one. If you are a soda pop drinker, your internal environment is off the scale on the acidic side. You will be very prone to bacterial infections and over-growths that will be very difficult to clear up as long as the acidic environment exists. If this is not happening to you yet, and you are a pop drinker, it will certainly do so eventually. Cancer also grows well in an acidic environment, but cannot survive in an alkaline one. The human body is meant to eat a lot of fruits and vegetables and be in an alkaline state.

## CART

(Formerly *Cartilage Formula*)

- 3.00 white oak bark
- 2.00 alfalfa
- 1.50 thyme
- 1.00 dandelion
- 1.00 red raspberry leaf
- 0.50 fo-ti

CART contains herbs that supply nutrients needed for the repair and rebuilding of cartilage whether in the back, knees, or other joints. If the situation has progressed quite far and there is a compressed or fused disc (not medically fused or a rod inserted), it is imperative to add red clover tincture to the regimen. The red clover needed is the single herb, not the RC combination. The red clover is used to separate and repair the discs and remove build-up in the joints.

Red clover is not added to this formula because a lot of red clover is needed. For every dropperful of the CART blend needed, at least 2 dropperfuls of red clover should be taken.

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. <sup>1c</sup>Millenia and <sup>1c</sup>Deeper (essential oil formulas) should be applied at least twice daily in addition.

## CASCARA / JUNIPER

- 1.00 cascara sagrada
- 1.00 juniper berries

This simple formula is used with raspberry / myrrh to strengthen the pancreas and stabilize blood sugar fluctuations. It was originally formulated to deal with a diagnosis of Type 2 diabetes—which the man no longer suffers with, by the way.

As always, a change in diet and lifestyle, with the addition of exercise and stress relief techniques is an absolute must for long term change.

## CATNIP / CHAMOMILE

- 1.00 catnip
- 1.00 chamomile

This formula is made as a glycerite because it is typically used for colicky, cranky, or teething infants. It is also excellent for babies, children, and adults suffering with bloating and/or gas. Chamomile and catnip are both very relaxing herbs, making this formula good for those who are having trouble sleeping.

## CAYENNE

Tincture using 1:8 ratio and alcohol that is 100 proof or higher. Use fresh or whole dried cayenne peppers. Cayenne, picked fresh and tinctured the same day, makes a beautifully clear and amazingly potent tincture.

Cayenne brings the blood, especially the clotting factors, into a state of homeostasis, making it effective for hemorrhage as well as poor circulation. Cayenne reduces the tendency for blood clots, cleans plaque from blood vessels, and lowers cholesterol levels.

Taken just as a cold or fever begins, cayenne fights the infections while inducing a beneficial and bacteria killing sweat. Because of the increased circulation brought about by the cayenne, every other herbal remedy is carried faster and deeper into the body.

Cayenne is an excellent digestive and reproductive stimulant herb. In respiratory illnesses, cayenne acts as an expectorant, thinning the mucous in the lungs and making it possible for the body to expel it. In the digestive tract, cayenne promotes the secretion of digestive juices and improves the ability of the body to absorb nutrients.

The sensation (the burning feeling) created on the tongue stimulates the brain to release endorphins. Endorphins block pain receptors throughout the body and induce feelings of wellbeing. A positive attitude alone can have a beneficial effect on healing, especially with chronic illnesses.

Because cayenne improves circulation, a little bit of it is used in a great many herbal formulas. Poor circulation is often a factor in illness and disease.

HVC (honey, vinegar, cayenne, and water), explained later in this chapter, is a very effective way to ingest cayenne. I try to have a cup every morning.

## CAYENNE / HAWTHORN

Tincture using 1:6 ratio and alcohol that is 100 proof or higher. Cayenne requires a higher percentage of alcohol to water in order to pull the medicinal properties well. Use fresh or whole dried cayenne peppers, rather than the powdered form. Tincturing powdered herbs creates a muddy mess. Tincturing cayenne as a powder leaves little grains of cayenne in your tincture, no matter how well you try to strain it. These little grains turn up in strange places—under your tongue, for example, and can burn quite badly.

2.00 hawthorn berries

1.00 cayenne peppers

Hawthorn is the leading remedy for anything connected to the heart and circulation because it dilates arteries, improving blood flow to all tissues, including the coronary arteries. Hawthorn is a valued remedy for high blood pressure, hardening of the arteries, and the poor circulation that often occurs as we age.

Better circulation to the brain improves memory and lessens the confusion that poor circulation to the brain causes. Cayenne and hawthorn together make a powerful remedy.

Hawthorn is one of the few herbs with a known and proven effect on the vegas nerve.

1 part mistletoe can be added to this formula when better circulation to the extremities is needed. Do not take mistletoe for extended periods of time (more than 2 or 3 weeks), however.

## CB

*(Formerly Cramp Bark Formula)*

1.00 cramp bark

1.00 chaste tree 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

0.25 black cohosh

0.25 blue cohosh

This is a wonderful blend of antispasmodic, nervine, pain relieving, and hormone balancing herbs. CB was formulated to be useful for menstrual tension and cramping and is particularly effective when used with BBL tincture and the <sup>le</sup>WomanWise essential oil blend from Butterfly Express, llc. This formula is one of the truly great ones.

## CC

*(Formerly Children's Compound)*

- 1.00 yarrow herb or flowers
- 1.00 elder flower
- 1.00 peppermint
- 1.00 mullein leaf and/or flowers
- 1.00 red clover blossoms

CC is an excellent first response remedy for flu symptoms, colds, and fevers. In this simple formula are herbs to promote a healing sweat, hold fever to just a hot enough degree to kill bacteria, effectively fight infectious agents, and calm and soothe the nerves. CC is one of the finest examples of the synergy of combining herbs into formulas. The sum of the parts, added together, being much greater than the individual parts alone, is a simple definition of synergy.

CC is perfectly balanced to be effective against bacterial, fungal, and strep infections. It rids the body of the excess mucous that is being produced. This is one of the great ones—even for adults. Often CC is the only remedy needed.

The herbs in this formula are particularly potent and pleasant when made using glycerine as the base. Vegetable glycerine has some properties of its own that mix well with these herbs, enhancing the medicinal properties of both the glycerine and the herbs. The glycerine tincture also tastes more pleasant than the alcohol version. In fact, it is pleasant enough that most children will take it without even the need for putting it in water.

## CD

*(Formerly Colon Digestive)*

- 0.25 lobelia
- 1.00 Oregon grape root
- 2.00 cascara sagrada
- 3.00 slippery elm bark
- 4.00 marshmallow
- 3.00 plantain
- 1.00 chamomile flowers
- 1.00 elecampane
- 0.50 papaya

CD is a combination to be used for inflammation and irritation in the digestive tract. It could be useful for such conditions as chronic indigestion, colitis, ulcers of the small intestine, and constipation. The plantain, marshmallow, and papaya are particularly soothing and healing, keeping any cleansing side effects more mild than might otherwise be.

CD is effective as a mild colon cleanse. I recommend using it 3 or 4 times every year for a week or two just to keep the colon healthy and efficient. As always, be sure to support the liver and the kidneys whenever a colon cleanse of any kind, however mild, is attempted. KB, LC, RC, and this CD formula together make a good all around cleansing program. Use 15-20 drops every 2-4 hours for as long as is needed.

## CF

*(Formerly Chronic Fatigue)*

- 2.00 lomatium
- 1.00 astragalus
- 1.00 osha
- 2.00 echinacea
- 0.50 goldenseal or Oregon grape root
- 1.00 ginseng root
- 2.00 licorice root
- 1.00 usnea

There are many good herbal combinations, homeopathics, and essential oils for chronic fatigue and similar conditions. Many of these are talked about in one of the companion volumes to this book, [Butterfly Miracles with Homeopathic Remedies II](#), which is available from Butterfly Expressions, llc.

Chronic fatigue is a walk we have walked with more than one family member over the years. We have learned a few things about it along the way. I hope that some of our experience in this area can be of benefit to others who are suffering from this debilitating condition.

Be sure to use CF with AD (formerly Adrenal Toner), homeopathics, supplements, and other tinctures such as MH or MW, as instructed in the book mentioned above or in a protocol of your own choosing. This is a great formula, but it is not usually the entire answer for any person. Other specifics of this systemic condition need to be addressed according to the individual needs of the sufferer.

Extra special care to cover every aspect of good nutrition with the diet MUST be taken. Soda pop, excess sugar, and a lot of stress rob the body of nutrients and energy. Adequate rest, including daily naps, are essential until the adrenal glands have recovered.

## CM SALVE

*(formerly Skin Irritation)*

- 1.00 calendula flowers
- 1.00 marshmallow
- 1.00 comfrey
- 0.50 mullein leaves or flowers

CM is a basic salve for healing non-open wounds such as breaks and sprains. It is particularly good for rashes and skin irritations of many varieties. CM can be layered with arnica oil if there is swelling. Consider using the BHM salve, discussed above, instead of this one for injuries.

## COL

*(Formerly Colic—for Adults and Children)*

- 1.00 catnip
- 1.00 fennel seeds

### *Special Instructions:*

I usually make this as a glycerite, since it will probably be used with children.

Use for colic, gas, and stomach pain in both adults and children. Use 3-4 drops for babies, 10-20 drops for older children.

Catnip/Chamomile is equally as effective. Chamomile is usually strong enough for babies. If I am not getting the results I want, then I will try this one next. Fennel is quite different from chamomile and, sometimes, a bit too strong for a very young baby.

## COLA

*(Formerly Colic Formula—for adults)*

- 1.00 catnip
- 1.00 peppermint
- 1.00 yarrow
- 1.00 lobelia

This can be made as a tea or a tincture. Sipping a warm tea, however, can be especially soothing if the problem has roots in the gallbladder. The PPAC formula made into a poultice and placed over the gallbladder area at the same time can bring quite a bit of relief from the pain. Celestial Seasoning's Tension Tamer or Sleepytime teas are also excellent in conjunction with this formula.

## COMP

*(Formerly Herbal Composition)*

- 2.00 white pine bark
- 4.00 bayberry
- 2.00 ginger root
- 1.00 cinnamon bark
- 1.00 cloves
- 1.00 astragalus
- 2.00 elderberries
- 0.50 cayenne

COMP is another first response remedy for colds, sore throats, and viruses, particularly when the problems are centered mostly in the head. *Dosage: 15-20 drops every 2-3 hours.* Add infection fighting formulas (such as IF, FN, and SS) if strep throat is suspected. The SN (Sinus) formula can also be helpful.

COMP can also be used during the last week of pregnancy to tone the abdominal area and strengthen the uterus, which is a muscle—an unusually shaped one that is about to be called upon to work very hard. It seems odd, I know, that a cold remedy would be useful this way, but it really does an amazing job here! Probably, the increased circulation to the abdominal area is at least part of the reason why.

## CR

(Formerly Crisis)

- 0.50 cayenne
- 0.50 lobelia
- 0.50 prickly ash
- 1.00 blue vervain
- 1.00 black cohosh

CR is a good first response for sore throat, colds, and flu. Three of the herbs in this formula—blue vervain, black cohosh, and lobelia have strong nervine, antispasmodic, and pain killing properties. In addition to strengthening the immune response against the invading bacteria, these three herbs relieve the headache, bone and muscle pain that so often accompanies illness.

Be sure to take this formula with an appropriate infection fighter and with herbs that strengthen the particular body system that is being affected.

## EB

(Formerly Eyebright)

- 1.00 mullein leaf and/or flowers
- 2.00 Oregon grape root
- 1.00 goldenseal leaves
- 1.00 raspberry
- 2.00 eyebright or passion flower

**Not for use as a tincture! This is meant to be made as a weak tea and used as an eyewash.**

EB is useful, *as an eyewash tea*, for pink eye, infected tear ducts, and eye infections. Make the tea using approximately 1 tablespoon of the herbs per cup of water. 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. It will burn the eye a bit—usually according to how much infection there is! My own children learned very early in their lives that the earlier you started the treatment, the quicker the problem would go away and the less it would burn.

EB *must* be made as a tea because an alcohol tincture would burn the eyes. I usually make enough of the tea to last a couple of days. Keep the extra in the refrigerator in a *covered* container. Heat to lukewarm before putting it in the eyes. Make only enough for two days. By the third day, even refrigerated, the tea begins to form a scum on top. You do not want to put this scummy tea into the eyes!



## EO

*(Ear Oil)*

approximately

9 cups almond oil (olive oil may be used if that is what you prefer)

2 oz vitamin E oil (if available)

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.

Combine all ingredients and cover with a soft cloth. Let stand for 10 days. Stir the mixture at least once each day, making sure that the herbs remain down in the oil. Strain. Can also be made from oils that you have made with the fresh herbs during the season. Excellent!

Use for ear infections by placing 3-5 drops in the ear along with 2-3 drops of BBL tincture. (The BBL should be the alcohol tincture, not the glycerite.) Then place a small piece of cotton in the ear.

EO should always be used with an infection fighting formula. Taking some rosehip tea or tincture will provide extra vitamin C, which will speed up the healing process.

## ESS

*(Similar to the famous Essiac Tea)*

8.00 burdock

8.00 sheep sorrel

1.00 slippery elm (If the slippery elm you have is very fluffy, reduce this amount a little bit.)

0.50 turkey rhubarb

2.00 red clover blossoms

1.00 watercress

1.00 blessed thistle

1.00 kelp

**DO NOT USE IF PREGNANT OR NURSING! This is a very strong liver, blood, and systemic cleanser!**

This is the strongest cleansing program that I know of. As such it needs to be treated with respect. It is very important to support the kidneys with marshmallow and mullein teas in large quantities while you are taking ESS and for several weeks afterward.

The dosage varies according to what you are using it for and it is recommended that you take it on an empty stomach. Some people have used ESS (and a similar formula called Essiac) to fight cancer. The recommendation is that no food be eaten 2 hours before or after each dose and the doses will be larger than for a cleansing program.

We have made ESS as a tincture and found it effective, however it is most commonly used as a tea. The recipe will need to be greatly reduced to make a tincture, unless you need a very large quantity.

## **EUST**

*(Eustachian or Red Root/Cleavers Formula)*

- 2.00 usnea
- 2.00 cleavers
- 3.00 mullein leaves and/or flowers
- 1.00 stinging nettle
- 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

This is a great eustachian, ear, and sinus formula.

I know of two people who, several years ago, displayed allergic reactions to red root. In both cases, the reactions were severe and both people were made a lot more miserable than they already were from their illnesses. The reaction to the red root caused severe swelling of the sinus passages in both individuals. We were slow to understand that a reaction to the red root was a problem because the symptom, swelling in the sinus passages, had been present earlier and was what they were taking the formula for. We waited patiently for a day or two for the remedy to take effect. Following the second incident, I began using 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 needed lymph drainage.

## **EW**

*(Formerly Energy/Weight Loss)*

- 2.00 ma huang
- 1.00 dandelion
- 2.00 kelp
- 0.50 mustard seed
- or substitute the following for the ma huang
  - 1.00 brigham tea
  - 1.00 red clover blossoms
  - 0.50 chaparral
  - 0.50 goldenrod
  - 0.50 goldenseal root

Ma huang is no longer available—substitute brigham tea, red clover, chaparral, and golden rod in the proportions indicated. If no brigham tea is available, increase the proportions of the red clover, chaparral, and goldenrod. (Red clover would become 1.50, chaparral .75, and goldenrod .75) Brigham tea is in the same botanical family as ma huang, although it is milder. The FDA has not made it a target, yet. Ma huang is an outstanding metabolic stimulant. The substituted herbs do a reasonably good job at the same task.

The focus of EW is nutritional. Kelp contains a wide variety of nutrients, including the iodine that is essential to thyroid function. EW also contains herbs which are stimulating to the metabolism, helping the body to burn calories more efficiently. Some of the herbs contained in EW are diuretics, which helps the body to shed excess water.

Ma huang and chaparral should not be taken for extended periods of time. About 6 months should be the maximum.

## **EZ**

*(Formerly Eczema)*

- 1 pt burdock seed, crushed
- 1 pt sunflower seed, crushed

Steep herbs 10-15 minutes, strain. Drink 1 cupful 3 times daily. Use along with a good topical acne treatment or essential oils. Cleaning the colon and supporting the kidneys are also essential.

## **FC**

*(Formerly Flu Combination)*

- 0.50 bayberry
- 0.50 ginger root
- 0.50 cloves
- 0.50 cayenne
- 0.50 Oregon grape root
- 1.00 licorice root
- 1.00 white pine

This is a good general formula for flu, whether the bug is affecting the stomach or the lungs. If the lungs are being affected, consider LCON and PL for use with this formula.

If you prefer you can substitute goldenseal or myrrh for the Oregon grape root. They are more traditional, but I have had better success with Oregon grape root over many years.

## **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
- 0.50 Oregon grape root (or goldenseal, if you prefer)
- 0.50 myrrh

Fungal infections have many unique properties. First, they thrive in environments that are common to our daily lives, so getting rid of them can require paying careful attention and being very consistent and persistent. Second, many of the best infection fighting herbs are only moderately successful against a well-established fungus. This formula contains some of the best fungal fighters available.

FN should be taken internally as a tea or tincture to fight infection. It is 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 instead of better.

## FS

*(Formerly Flu Stopper)*

- 2.00 licorice root
- 2.00 sweet cicely or lomatium
- 1.00 ginger root
- 0.50 Oregon grape root (can substitute goldenseal or myrrh, if you prefer)
- 0.50 cayenne

This is a really good, effective formula! Sweet cicely and lomatium are not in common use but the addition of either one to this formula is as essential part of the ability of FS to act quickly.

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

A homeopathic, made from this tincture, is also available. I find the homeopathic version, because it is nearly tasteless, to be the one I reach for most often.

## FSW

*(Formerly Five/Six Week Formula)*

- 1.00 blessed thistle
- 1.00 blue cohosh
- 1.00 false unicorn
- 1.00 red raspberry leaves
- 1.00 squawvine
- 0.25 bayberry
- 0.25 lobelia
- 0.25 motherwort
- 0.25 wild ginger (canada snake root)
- 0.25 wild yam

The forerunner of this recipe was created by Polly Block and Jeanne Johnson, two of the best herbal midwives I have ever known. I have come across similar recipes (though with only 4 or 5 herbs in them) over the years. The above herbs and proportions are the recipe as it evolved for me during my own years as a midwife. I am sure Polly and Jeanne had it perfectly formulated for their time (my own childbearing years). The dietary habits, drug histories, and the effects of chemicals and pollutants in our environment created the need for subtle changes (at least I thought so). This is the recipe as I have used it for quite a few years now.

The herbs in FSW aid in preparing mother and baby for the upcoming birth. Take during the last 5 or 6 weeks of pregnancy. Use 6 drops for the first week, 8 drops second week, 10 drops third week, then 12 drops until the due date. This dosage is taken twice a day. Doing so really does make a difference to the length of an otherwise normal labor, speeds recovery time, and helps the woman avoid postpartum depression.

## **FV**

*(Formerly Fever)*

- 1.00 elder flowers
- 1.00 peppermint leaves

FV causes perspiration and, as a result, lowers fever. The heat of a fever is the body's way of killing the invading bacteria, virus, or fungus. A fever should never be suppressed by any means other than producing a good sweat. Sweating will not totally "break" a fever, bringing the temperature back down to normal, but it will bring it to the lowest possible point at which the "critters" are still being destroyed.

FV is usually made in glycerine, especially for use with infants and children. These two herbs pull very well in glycerine, and would be appropriate for adults also. Dosage is 15-30 drops every 2-3 hours.

## **GINKO / DONG QUAI**

- 1.00 ginkgo
- 1.00 dong quai

Both Ginkgo and Dong Quai bring circulation and nutrients to the brain and the nerves that feed it. Together they are useful for improving memory and concentration. They do this by rebuilding neural pathways in the brain. This is not a quick process. Many times I have heard people claim that one or both of these herbs didn't help them. As I talked with them, I discovered that they took the herb for only a week or two before arriving at the conclusion that it was not effective.

Some people, as they age, are prone to a series of small strokes (usually as a forerunner to a big stroke later on). It is believed that ginkgo/dong quai, taken by people as they age, may reduce this tendency. My belief is that these conditions are nutritional issues; the deeper the nutritional deficiency, the longer it may take to correct it.

## **GI**

*(Formerly Gallstone/Indigestion)*

- 2.00 yarrow
- 1.00 gentian
- 1.00 papaya
- 0.50 cape aloes
- 0.50 angelica root
- 1.00 Oregon grape root
- 0.50 slippery elm bark
- 1.00 dandelion

This tincture is particularly effective taken about 15 minutes before you know you are going to eat things that don't agree with you. In fact, the family which originated a formula similar to this one referred to it as "the family reunion medicine" because they used it for the effects of eating so differently than they usually did.

This remedy is often effective for the early stages of gallbladder problems when taken 15 minutes before every meal or snack. It effectively notifies the gallbladder to produce and distribute bile. It consists of some great herbal bitters that have been in use for a century or two and some very healing, demulcent herbs. For most gallbladder problems it will be necessary, eventually (in a month or two), for an olive oil/lemon juice cleanse to rid the body of gallstones altogether. Taking lobelia or using essential oil pain packs on the abdomen will also be helpful for the pain. 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

Use 3 Tablespoons of ginger powder or 20-30 drops of ginger tincture.

Mix powder or tincture in tub of hot water and soak 30 minutes or more. Ginger baths relax tired, overworked, or sore muscles. When a woman is experiencing a lot of Braxton Hicks contractions during the last weeks a pregnancy, a bath with ginger relaxes them away by increasing oxygen to the uterus, allowing it to relax. It also 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)

This is one of the best nutritional supplements that I know of. Make with freshly picked, young, tender leaves. Use as many varieties as you can find. Wash herbs well and blend (in a blender or VitaMix). Strain. You can add pineapple, apples, orange juice, and some honey or agave (if desired). If these herbs are not available fresh in your area, grow and juice wheatgrass instead. Add spinach, beet tops, and greens from your garden or grocery store if they are fresh and free from pesticides.

Some people like to add bananas, mangos, papaya, or citrus fruits to the mix. The addition of fruit improves the taste, although in the early spring the body seems to crave these greens no matter what the taste.

Just a few generations ago, it was recognized that after a long winter a spring "tonic" was needed to cleanse the body. In our own time, fresh vegetables are available to us year round. Maybe the spring cleanse is not as necessary. On the other hand, maybe annual "housecleaning" is still in order. At any rate, I am sure everyone could benefit by the extra nutrients and the blood and body cleansing properties of the herbs in a green smoothie.

## GUM

(Formerly Gum & Mouth Relief)

- 1.00 echinacea
- 1.00 white oak bark
- 0.50 goldenseal or Oregon grape root
- 0.25 propolis
- 0.25 prickly ash bark
- 0.50 cayenne

To be used as a mouthwash and *is best used as a tea*. This formula is particularly effective for abscesses of the gums, bleeding gums, canker sores, mouth inflammations, sore throat, and subtle changes in the lining of the mouth after eating junk foods or foods to which you have a slight allergy.

## HD

(Formerly Headache)

- 1.00 wood betony
- 1.00 rosemary
- 1.00 peppermint

Pour 1 quart boiling water (distilled, filtered, or well water—anything without chlorine or flouride—is best) over the herbs, cover until cool. Strain and sweeten to taste. The tea should be sipped slowly and a little bit at a time. It usually doesn't take very much to eliminate the headache.

## HGL

(LIC without licorice root)

- 1.00 red clover
- 2.00 Oregon grape root
- 0.50 uva ursi
- 0.50 mullein leaf and/or flowers
- 0.25 cayenne
- 1.00 devil's claw
- 0.50 bilberry leaf
- 0.50 ginseng - panax

Licorice root is contra-indicated for use with certain types of valvular heart problems. This formula can be safely and effectively used in these circumstances. Don't become overly concerned about using licorice root. If you use some and you fit in the category of people for whom licorice root is contra-indicated, you will only feel an increase in your pulse. This is plenty of warning to avoid licorice root in the future.

## HP

*(Formerly Herpes Simplex)*

2.00 olive leaf  
1.00 lavender flowers  
0.25 oatstraw  
0.50 hyssop  
0.50 chamomile flowers  
1.00 echinacea  
0.25 slippery elm

Use for cold sores and other symptoms caused by any type of herpes virus—from virus based mono through the wide range of more serious problems. This formula has been useful with shingles. Homeopathic remedies and essential oils such as <sup>Le</sup>Simplicity from Butterfly Express, llc, would also be of benefit.

## HVC

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

HVC is a wonderful way to get the incredible herb, cayenne, into your system. HVC should be used cold for bleeding, insect bites, shock, and blood clots. It can be used warm or cold for flu, increasing energy, relieving sore throat pain, and improving circulation. Drink 1/2 to 2 cups as needed, up to 1 qt or more during a day.

\*\*Note: Warmth increases circulation—do not use hot, or even warm, when trying to stop a hemorrhage or excessive bleeding of any kind.

## IB

*(Formerly Immune Builder)*

2.00 marshmallow  
2.00 echinacea  
1.00 garlic  
1.00 mullein leaf and/or flowers  
1.00 thyme  
1.00 dong quai  
1.00 rehmannia  
1.50 elecampane

This formula is usually made as a glycerite because the quantities taken are quite large. Building the immune system can be a slow process. IB should be taken, faithfully, in the summer and fall to have time for improvement before the coming winter cold and flu season hits. Dosage depends on age: Infants 1/4 teaspoon, older children 1/2 teaspoon, and adults 1/2 to 1 teaspoon twice daily. For faster results, take as much as possible, right up to the point of creating diarrhea.



## **IBL**

*(Formerly Iron/Blood)*

- 1.00 alfalfa
- 1.00 comfrey
- 1.00 marshmallow
- 1.00 periwinkle leaves
- 1.00 red raspberry leaves
- 1.00 stinging nettle leaves
- 1.00 yellowdock root

This formula improves the oxygen carrying capacity of the blood, which is the medical definition of anemia. Wheat grass juice, fresh fruits and vegetables (for their enzymes), vitamin C, and folic acid should also be taken. These herbs can all be harvested in the inter-mountain area and fresh is always best, of course. *Dosage is 10 - 30 drops daily.*

\*This formula contains yellowdock root. Yellowdock is an amazing liver cleansing herb, but it is very strong. Dr. John Christopher loved this herb, but he was dealing with much less prescription medications stored in the liver than we are with most people today. Supporting the kidneys with KB or KT will help the body cope with any possible detox. Since the body typically detoxes by attaching poisons to inert minerals to pass then through the kidneys, taking extra amounts of KNA is recommended.

## **IF**

*(Formerly Infection Fighter)*

- 3.00 echinacea
- 2.00 Oregon grape root
- 1.00 poke root
- 1.00 red clover blossoms
- 0.50 cayenne
- 0.50 yarrowss
- 1.00 usnea

This is a very effective all purpose infection fighting formula. It can be taken internally or used as a tea for external compresses, washes, or soaks. It may be used for any type of infection—infected injuries, sore throats, ear infections, and anything else that you can think of. Add with usnea and yarrow or with the SS formula if strep or staph is suspected. FN should be added if there is any chance the problem is fungal.

Goldenseal sometimes adversely affects estrogen and glucose levels. I use Oregon grape root in nearly all formulas, but goldenseal may be used if you prefer. Myrrh can also be substituted. I generally prefer to use herbs that grow in the country, even part of the country, in which I live. I have found them, for the most part, to be more effective than even the Chinese herbs that have such a reputation. See “Oregon Grape Root” in the index for page reference for further information on this amazing healer that grows in our own mountains.

## **KB**

*(Formerly Kidney Bladder)*

- 1.00 juniper berries
- 1.00 parsley root
- 1.00 dandelion
- 1.00 uva ursi
- 0.50 buchu
- 0.50 lobelia
- 0.50 marshmallow
- 0.50 Oregon grape root
- 0.25 astragalus
- 0.50 horsetail
- 0.50 cleavers
- 0.50 cornsilk
- 0.50 hydrangea

This formula 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. The KB formula is made up completely of herbs that support and strengthen the kidneys and cellular tissues in general. It has no really effective bacterial fighters. Be sure to use KB with IF (formerly Infection Fighter) or RC (formerly Red Clover Combination) if a kidney infection is suspected.

This is an excellent and wonderfully strong kidney formula. Some of the herbs are liver cleansers. I prefer to use KB for a few weeks (with an infection fighter) and then switch to the milder diuretic formula, KT for a period of rebuilding and soothing of the urinary tract. If needed I will repeat this pattern—KB followed by KT—several times until the entire urinary system is operating optimally.

## **KNA**

*(Formerly Kelp/Nettles/Alfalfa)*

- 1.00 kelp
- 1.00 stinging nettle
- 1.00 alfalfa

These three herbs contain all of the trace minerals, in adequate amounts and excellent proportions, that have been identified as vital to good health. These herbs are particularly high in *absorbable* calcium, natural iron that does not cause constipation, iodine, vitamin C, and vitamin A. In addition, alfalfa contains a lot of a very usable form of protein, which is unusual in herbs. Vegans should pay particular attention and make it a habit to supplement their diets with kelp.

## **KS**

*(Formerly Kidney Stone)*

- 1.00 stoneroot
- 1.00 gravel root
- 1.00 hydrangea
- 1.00 juniper berries
- 0.50 goldenrod
- 0.50 corn silk
- 0.50 stinging nettle

Both stoneroot and gravel root are renowned around the world in widely divergent cultures for dissolving kidney stones so that they will pass more easily. By the time you realize that you have stones, they are usually large. By then they are often too large to pass without medical or herbal intervention.

Sipping lemon juice in water and then lying on your back with your “butt” and feet elevated can back stones out of the ducts, relieve most of the pain, and buy you sufficient time to dissolve them using this formula. Lying on your back with your lower extremities elevated may need to be done more than once a day for as long as a couple of weeks before the stones are ready to pass. The pain level and that cold, sweaty feeling that accompanies stones in the ducts, will tell when it is time to lie down again. It only takes a few moments each time and, in my opinion, is a far better solution than surgery.

I was introduced to this technique at a midwife convention. By lying on the floor, sipping lemon juice, I was able to stay for the rest of the 2 day convention and travel home in relative comfort—in a bouncy pickup truck!

## **KT**

*(Formerly Kidney Toner)*

- 1.00 marshmallow
- 1.00 mullein leaf and/or flower
- 1.00 juniper

This is a mild and healing diuretic (without the side effects of drugs). This is a formula that I have relied on for years with my own badly damaged kidneys. It is one of the most helpful formulas in my repertory, for myself and others.

I have found that uric acid crystals play a part in a great many chronic diseases, Parkinson’s and Multiple Sclerosis to give just two examples. Regular use of the KT formula alleviates many of the associated symptoms of these chronic conditions. KT is helpful as a kidney support during any illness and when doing any kind of cleanse.

The addition of .25 part of slippery elm makes this formula even more emollient and soothing.

## **LB**

*(Formerly Lower Bowel)*

- 1.00 cascara sagrada
- 1.00 red clover
- 1.00 buckthorn
- 2.00 blue vervain
- 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

This bowel formula is a bit stronger than CD (formerly Colon/Digestive) and could be used alternately with it. Be mindful of the licorice root if there is a heart problem such as a valve problem or an arrhythmia that might make licorice root contra-indicated. Bilberry can be substituted or the licorice root can just be left out altogether. Careful muscle testing, if you have developed that skill, can let you know whether or not licorice root is contra-indicated for someone.

## **LC**

*(Formerly Liver Cleanse)*

- 2.00 burdock
- 1.50 fennel
- 1.00 yarrows
- 0.50 thyme
- 0.50 gotu kola
- 0.50 hawthorn berry
- 0.50 raw beet root
- 0.50 white birch leaves
- 0.50 dandelion
- 0.50 red clover blossoms
- 0.50 plantain
- 0.50 Oregon grape root
- 0.50 bilberry
- 0.50 devil's claw

LC aids the liver in secreting the bile into the colon that is necessary for digestive function. When the liver is sluggish, the result is indigestion, constipation, fatigue, headaches, and a long list of other problems which are somewhat unique to each individual. It is recommended to strengthen and support the kidneys and colon while working with the liver by using either KB or KT for the kidneys, CD for the colon, and RC (formerly Red Clover combination) to keep the blood clean of toxins and impurities.

Devil's claw and bilberry are specific to sugar problems associated with liver damage or clogging.

Others to add: wild yam, catnip, cramp bark, dandelion, scullcap, licorice root

## LOBELIA / CAYENNE

- 1.00 lobelia
- 1.00 cayenne

Lobelia, as has been mentioned previously, carries and enhances any herb with which it is combined. Lobelia also relaxes muscles. This combination is wonderful for relaxing tight muscles, externally or internally. I have used this one to speed up a slow labor. The cayenne increases circulation to the placenta (and the baby), stimulates (mildly and kindly) the entire system while the lobelia relaxes the uterine muscle and the pelvic floor. For a labor that is progressing abnormally slow or has stalled out altogether, because of fatigues or fear, alternate hourly with a tincture which combines equal parts of blue cohosh and dong quai.

## 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
- 0.50 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! However, it sure works well 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! (And I don't mind a little bit of heat in my tinctures.) Take 15-30 drops of tincture 3-4 times a day—more to tolerance, if necessary.

For normal use, PL (formerly Pleurisy/Lung) with one of the infection fighters would be milder but equally as effective and would ensure that you won't have to deal with inflammation in the pleura at the same time.

## LIC

*(Formerly Licorice Combination)*

- 2.00 licorice root
- 1.00 goldenseal or Oregon grape root
- 0.50 uva ursi
- 0.50 mullein leaf and/or flowers
- 0.25 cayenne
- 1.00 devil's claw
- 0.50 bilberry leaf
- 0.50 ginseng root

Formulated to strengthen adrenal and pancreas function and to regulate blood sugar levels in both hypoglycemia and diabetes. Licorice root is contra-indicated for those with certain heart problems. Goldenseal can, occasionally, create blood sugar regulation problems. If either is a factor for you, use the HGL formula instead. The blood sugar issue is not often a problem with this formula because devil's claw and bilberry are specific to blood sugar related problems. People all over the world have used goldenseal safely for many years.

## LN

*(Formerly Liniment)*

2.00 comfrey  
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 and inflammation oils such as birch, peppermint, wintergreen)

I like to tincture this formula in almond oil since it cannot be taken internally anyway because it contains arnica. Using the oil tincture, you can 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 mixture before placing on the area or soaking. Be sure to label the bottle as "External Use Only"!

## LS

*(Formerly Labor Stimulator)*

2.00 blue cohosh tincture  
1.00 5-6 week formula tincture  
0.50 bayberry tincture

This is generally made by adding 2 ounces of blue cohosh tincture and a half ounce of bayberry tincture to one ounce of 5-6 week tincture. This keeps the proportion correct and doesn't give you such a large quantity.

LS is meant to stimulate a labor that has stalled out or is progressing abnormally slow. Using lobelia/cayenne at the same time is particularly effective.

**This formula does not induce labor.** Attempting to use it in this way will most likely only make you even more uncomfortable for a time and you will end up continuing to wait anyway. Take advantage of the opportunity to learn patience (and waiting on the Lord's timetable). If this formula seemed to work for someone to start labor, it was because everything was ready and labor would have started in a few hours on its own anyway.

## LT

*(Formerly Lymph Tonic)*

1.00 brigham tea ( if unavailable, substitute .5 red clover blossoms, .25 chaparral, and .25 goldenrod)  
2.00 echinacea  
0.50 lobelia  
1.00 Oregon grape root  
0.50 fenugreek seed  
1.00 yucca

Use LT along with infection fighting tinctures in times of illness or whenever the lymphatic system seems to be clogged or needing assistance. Most of us, living in our modern environment and eating quite a bit of processed foods, are in need of assistance with lymph drainage.

# MIRACLE SALVE

*(Formerly Healing/Burn)*

## GENERAL INFORMATION

This salve is incredibly healing—even for very severe burns. This salve was originally made for one of my sons. He had 3rd degree burns from ankle to hip. No antibiotics or non-herbal anti-infectious agents of any kind were used. We soaked his leg in cold water with lots of lavender oil for the first 24 hours and gave him garlic capsules, IF, and RC tinctures by mouth to prevent infection.

This same salve was later used on my husband's very severe burns. It was estimated that 65% of his upper body had 3rd degree burns; another 10% had 2nd degree burns. These burns included his face, ears, and hands. The burns were so severe that it was several months of hard work before he could raise his chin to look you in the eye. The muscles of the shoulders, arms, hands, back, and abdomen were also severely damaged. (We got to watch muscle tissue regrow and striate properly; not a pretty sight, but fascinating to someone like me!)

This salve was renamed Miracle Salve at this time because we know that it really does work miracles. We saw, and have continued to see, miracles with its use!

Once again, as with our son, no antibiotics or non-herbal anti-infectious agents were used. My husband did not see a doctor or go to a medical facility throughout this experience. The external burns were not the scary part. He had gasped—as anyone naturally would—as the explosion occurred, inhaling flame and noxious gases. But that is another story for another day.

Most of his skin has healed beautifully, returning very nearly to a pre-burn state. His skin is more sensitive to sunlight and chemicals than it was. We hope this will pass with time. His right hand, used to remove his burning clothing, suffered some major muscle and tendon damage. This hand is still a bit unsightly, but it is usable and strong (much stronger than my own hands). He has no fingerprints on either hand, making his fingers a bit slippery, and he has lost some dexterity in his fingers but, considering the extent and depth of his burns, he is very much a miracle!

The shape of his nose, ears, and lips were permanently changed a little bit, but you would have had to know him well before the burns to notice. There are two very small scars on his face and a couple of other small ones on his body. He looks wonderful!

## BASIC INGREDIENTS

- 3.0 comfrey root
- 2.0 lobelia (use less if pain is not a factor)
- 2.0 plantain
- 2.0 mullein
- 2.0 Oregon grape root

## BASIC INSTRUCTIONS

The amounts listed above require 13 1/2 cups of almond oil. You might consider using some jojoba or apricot oil because of their emollient properties.

For a single batch, 1 1/2 lbs of beeswax is about right. This amount is approximate because there is a lot of difference between the consistency of solid beeswax and the beeswax that comes processed into little pellets and is light in color. This measurement is for the solid block variety of beeswax. You would probably need quite a bit more if you were using the pellets. If you use too much and your salve is a bit solid, just stir in a little additional almond oil. It doesn't take very much, so be sure to add only a little bit at a time, stirring thoroughly after each addition.

When the salve has cooled (after the wax has been added), add 1 to 2 cups of vitamin E oil. Vitamin E speeds healing, rebuilds damaged cells, and reduces scarring. I generally use wheat germ oil. Since I am going to add essential oils, shelf life and rancidity will not be a significant factor.

For a single batch of the above recipe I added the following essential oils for my son's and husband's burns:

5 ounces lavender

2 ounces helichrysum

2 ounces tea tree or eucalyptus

2 ounces geranium

Do not use more essential oils in a batch than is shown above. This is more than sufficient. In fact, this is a lot of essential oil, but we were dealing with major burns. Infection was a concern, although we didn't see any except for a tiny bit along the ridge of one ear where it was difficult to keep the salve. I would suggest starting with smaller amounts. Essential oils can be a bit caustic, especially to already damaged skin. You can always add more essential oils later if you feel like you need it and the skin is tolerating the oils well.

*The addition of essential oils to your salves will help prevent infection!* We have dealt with some horrendous burns using this salve, essential oils, herbal tinctures, and homeopathics. Infection has never once been a problem. Be sure to add infection fighting herbs to the diet or medicinal regimen.

The addition of 1 cup of glycerine and 1 cup of aloe vera gel will make the salve lighter and more easily spread. The aloe vera is cooling and soothing to skin. Both aloe vera and glycerine have many fine healing properties of their own.

When using salve on deep burns, consider spreading the salve on **non-stick** gauze and then placing the salve-covered gauze on the burn. You should prepare all of your pads first and then move the patient into position for the dressing change. This will make the dressing changes shorter and less painful for the burn victim. (I know this sounds like simple good sense. I thought a little reminder—in case you are a little stressed and not thinking clearly, as we were—might be appreciated.)

Fluids are very important. Because of my husband's internal burns, he was unable to take any fluids for several days. This made these burns very dangerous and very scary. Dehydration was a major concern. Push fluids from the very beginning and things will go much better. You will have a very short window before swelling sets in, making swallowing difficult, perhaps impossible. Burns of this severity can result in serious dehydration very quickly. Resort to herbal enemas to keep the patient hydrated and to provide badly needed nutrients, if you need to. If you are ever called upon to cope with burns of this extent, you will need to call upon every resource and modality that you know (and utilize good friends).

This was an experience neither of us would like to repeat, but it has also blessed our lives in many ways and we wouldn't trade those blessings for the chance to bypass the experience. My husband experienced the blessings, of pain relief and healing, provided by the Atonement in very personal ways. It was my privilege to walk this walk with him and with the wonderful people who responded so wonderfully to our time of need.



## MC

*(Formerly Miscarriage Aid)*

- 3.00 false unicorn
- 1.00 lobelia

In some women, a hormone imbalance slows or prevents the protective covering around the fertilized egg, called the corpus luteum, from dissolving when it should. If this covering does not dissolve, the tiny little embryo cannot implant along the wall of the uterus. Non-implantation results in a very early miscarriage. This formula, taken at the first sign of spotting, often corrects this problem, allowing the fetus to implant securely. If you have miscarried during the first 10 weeks of a pregnancy previously, consider taking MC as soon as you realize you are pregnant. In fact, it would be best to do some serious hormone balancing work before the next attempted pregnancy. The PHB tincture is specific for this situation. In the event of miscarriage anyway, this formula will help clean tissue and/or infection out of the uterus. Herbs and homeopathic remedies for excessive bleeding should be included in this event.

## MH

*(Formerly Men's Herbs)*

- 3.00 marshmallow
- 2.00 juniper berries
- 2.00 ginseng root
- 1.00 goldenseal root
- 0.50 cayenne
- 0.50 hawthorn berry

MH promotes prostate, kidney, and bladder health as well as providing minerals needed to handle daily stress. MH should be used with <sup>Le</sup>Balance and <sup>Le</sup>EndoRelief essential oil blends. It is often helpful to supplement zinc. Cayenne is high in zinc, but there is not enough of it in this recipe to provide sufficient zinc if a deficiency exists.

## MIN

*(Formerly Minerals)*

- 3.00 alfalfa
- 2.00 stinging nettle
- 1.00 red raspberry
- 2.00 oat straw
- 1.00 horsetail (shavegrass)
- 0.50 yarrows
- 0.50 kelp
- 0.25 chamomile flower
- 0.25 dill

MIN contains the same three herbs—kelp, stinging nettle, and alfalfa—as KNA along with herbs for hormone balance, calming the nerves, strengthening the pancreas, and supporting the kidneys. MIN makes an excellent daily mineral supplement and is safe to use when pregnant or nursing.

I like to make MIN as a glycerite and take it every time I think about it. I have so much more energy and better health whenever I do. It also makes a reasonably pleasant tea for use when pregnant or nursing.

## MP

*(Formerly Mastitis Pack)*

- 0.50 cup comfrey
- 0.25 cup slippery elm
- 1.50 teaspoon goldenseal root
- 1.00 tablespoon lobelia
- 0.33 cup mullein leaf and/or flowers
- 0.33 cup poke root

**Prepare in distilled water—this is very important!** 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 <sup>Le</sup>EndoRelief essential oil blend on the feet and lymph areas of the neck and underarms. Take infection fighting and kidney herbs such as the KT (formerly Kidney Toner) formula.

Hit it hard at the first sign of soreness and stay on it until it is completely cleared. Mastitis is a serious condition and treatment should never be put off.

Medical people will tell you that mastitis is the result of plugged milk ducts and they are probably at least partially right. I have never seen mastitis in a mother that did not have an underlying lymph drainage problem, however. It is important to keep the lymph system working well. It is the body's way of dealing with toxins, dead or dying bacteria, and rogue cells such as cancer. Cancer cells are meant to pass through the lymph system and be eliminated from the body; they are not meant to get stuck in the first lymph node they come to and then grow until they manage to move on to the next node down the line where they continue to grow and spread even further.

## MS

*(Formerly Multiple Sclerosis)*

- 2.00 dong quai
- 2.00 ginkgo biloba
- 2.00 hawthorn
- 1.00 astragalus
- 0.50 St. John's wort
- 0.50 bee pollen
- 0.50 scullcap

Other things to consider supplementing with:

- KNA tincture
- KB or KT tincture
- Bilberry
- Vitamin E
- EPA oils
- Selenium
- Apis melifica homeopathic
- Multiple Organ & Glandular homeopathic
- oats and oatbran
- essential oils

It is important to support the kidneys and keep the liver as clean as possible in spite of any drug therapies the person may be on. I have seen, personally, people in wheel chairs make sufficient progress to resume walking with only the support of a cane, and be able to drive themselves shopping again without assistance.

## MULC

*(Formerly Mullein Compound)*

- 1.00 blue vervain
- 0.50 chaparral
- 1.00 elecampane
- 0.50 brigham tea (If unavailable, substitute .25 wood betony, .25 goldenrod, and .5 red clover.)
- 1.00 ginseng root
- 1.00 hyssop
- 2.00 mullein leaf and/or flower
- 1.00 marshmallow
- 1.00 Oregon grape root
- 1.00 plantain
- 1.00 red clover blossoms

The mullein and elecampane in this infection fighting formula makes it especially beneficial for respiratory ailments and for people whose kidneys struggle whenever they are ill. Mullein and marshmallow are soothing and emollient and do a very good job of rebuilding any tissues that the illness might have damaged or dried out. This is a particular favorite of mine.

## 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

MW is a formula for women past childbearing age who are experiencing symptoms of hormone imbalance such as hot flashes, night sweats, tissue dryness, or headaches. After menopause, estrogen still needs to be produced by the body, but this production no longer occurs in the ovaries. The MW formula provides the nutrients needed for the change over to occur smoothly and symptom free. Menopause need not be a miserable experience, nor does life after menopause need to be full of unpleasant symptoms.

Make sure mineral and vitamin intake is adequate by taking KNA or MIN. Add <sup>Le</sup>Balance and <sup>Le</sup>Endo Relief essential oil blends.

## NAUS

*(Formerly Nausea)*

- 2.00 wild yam
- 1.00 peach tree leaves

NAUS is predominantly a formula for use during pregnancy and with nausea that is hormone related. Hormone related nausea may occur at any time during the month but is most common at the onset of menstruation and at ovulation.

## NF

*(Formerly Nursing Formula)*

- 2.00 blessed thistle
- 2.00 marshmallow
- 2.00 red raspberry leaf
- 1.00 fennel seed

NF increases the quantity and increases the fats and proteins in the milk. If the supply is ample but the milk looks thin and the baby isn't gaining weight at the appropriate rate, use just marshmallow alone.

## Nervine Herbs

The next four recipes are nervine formulas. Nervine herbs are anodyne (meaning they relieve pain), antispasmodic, and anti-inflammatory. They are used to heal, calm, and strengthen the nerves and alleviate depression. Nervine formulas make excellent pain relievers.

Any of these nervine formulas can be used for anxiety, stress, premenstrual tension, menstrual cramping, hyperactivity, nervous exhaustion, depression, pain relief, heart palpitations, and irregular heart beat. (If heart palpitations and irregular heart beats occur frequently, you should probably add some herbs for heart health and see a physician quite soon.)

Nervine herbs are not generally narcotic, at least not the ones that I have used in these formulas. They do not make you feel groggy or disconnected. Although they can help you relax into sleep, they do not present a problem for driving or operating machinery.

Herbs are plant material. As such, it is theoretically possible to find someone who has reacted to every one of them, although reactions are actually quite rare. Unpleasant reactions to nervine herbs is a little bit more common. For this reason, there are 3 different formulas. You could, if you felt the need, make a tincture of each herb in this category separately and then build a tincture specifically for each individual.

When any type of nerve problem exists, careful attention should be paid to the diet. Adding mineral supplements is recommended. KNA, BHM, or MIN tinctures would be good choices. Also use essential oils, as appropriate.

NV is the strongest and most complete of the 3 adult nervine formulas provided here.

## NS

*(Formerly Nerve Special)*

- 1.00 black cohosh
- 1.00 hops
- 1.00 lady slipper (See substitute below)
- 1.00 lobelia
- 1.00 scullcap
- 1.00 wild yam
- substitute the following for the lady slipper (which has become endangered and unavailable)
  - 1.00 motherwort
  - 1.00 passion flower

This formula can be mixed with a little bit of St. John's wort for anxiety attacks or sleeplessness. If you wish to make a formula with St. John's wort added, simply add .5 part of St. John's wort to the recipe.

## **NT**

*(Formerly Nerve Tonic)*

- 2.00 oatstraw
  - 1.00 scullcap
  - 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
- useful for PMS tension and headache

## **NV**

*(Formerly Nervine)*

- 1.00 spikenard
  - 1.00 black cohosh
  - 1.00 hops
  - 1.00 lady slipper (see substitute below)
  - 1.00 lobelia
  - 1.00 myrrh
  - 1.00 scullcap
  - 1.00 valerian root
  - 1.00 wild yam
  - 1.00 wood betony
  - 0.50 cayenne
- substitute the following for the lady slipper (which is endangered and unavailable)
- 1.00 motherwort
  - 1.00 passion flower

## **NVC**

*(Formerly Children's Nervine)*

- 2.00 chamomile flowers
- 1.00 passion flower
- 1.00 catnip
- 0.50 peppermint

As the former name implies, this is a nervine formula especially for children, and it contains only the mildest of nervine herbs. This formula is usually made as a glycerite, since it is intended to be used by infants and small children.

Frequent small doses are more effective than larger doses. It is mild enough to be given as often as every 15 minutes for the first three or four doses.

NVC is especially helpful when a baby is fretful with colic or for a baby who frequently startles awake during naps or during the night. NVC stimulates the body's defenses when colds, flus, fevers, and other acute illnesses are just setting in. NVC can be used as an alternate for, or in conjunction with, CC (formerly Children's Composition). The ingredients in this blend are more restful and calming than CC. NVC is mild enough to use, in moderation, each evening with a fretful child to promote restful sleep.

## PARA

(Formerly Parasites)

It is recommended that you try Miracle II neutralizer and Miracle II soap, as directed on their website, for parasites instead. It is much gentler on the intestinal tract and very effective. Call Butterfly Express, llc, or search the internet for more information.

2.00 burdock  
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

Can be made as a regular tincture or as a glycerite for use with children. When I make it as a glycerite, I use 3 parts glycerine, 1 part honey, and 2 parts distilled water.

If made as an alcohol tincture use twenty drops; as a glycerite take 1/2 teaspoon. The remedy 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. I think it depends on the gestation period of the type of parasite you are fighting. Once again, muscle testing (or your impressions and instincts) should guide you here.

We have tried both methods and been successful at getting rid of parasites, but the effect on the colon was quite 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. The parasite cleanse also seemed to deplete vitamins and minerals from the body, so be sure to follow up with KNA, BHM, or MIN.

***The situation would have to be pretty desperate for me to try this again, or recommend it to anyone else. I think it is more harsh than is usually necessary! We have had good success with gentler methods. Please see the chapter on anthelmintic herbs for other recommendations that are gentler and more effective.***

## PF

(Formerly Pancreas Formula)

1.00 devil's claw  
1.00 bilberry leaf  
1.00 sarsaparilla  
0.50 ginseng root  
1.00 mullein flowers and leaves

This formula contains herbs that are renowned for their blood purifying, diuretic, and toning properties. Their action involves most body systems, particularly targeting the organs of the endocrine system and, very specifically, the pancreas.

Sarsaparilla, as mentioned elsewhere, is an endo-toxin binder. When a person is constipated or unable to evacuate the bowel promptly when the need first arises, toxins and bacteria spill into the blood stream. Sarsaparilla scoops up these toxins and recycles them for another attempt at disposal.

Many pages could be written on the effects of ginseng. This is one of the great herbs. It does so much more than stabilize blood sugar, although it is outstanding when used for this purpose.

## PL

(Formerly Pleurisy Lung)

2.00 stinging nettle  
1.00 elecampane  
1.00 usnea  
1.00 comfrey  
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

The pleura is the membrane sack that surrounds the lungs. If it becomes inflamed it can be extremely painful. If you have ever had pleurisy you know *exactly* what I am talking about!

Because the lungs are large and the pleura completely surrounds them, the pain can be felt anywhere in the chest and back. A knowledgeable nurse friend of mine once mistook an attack of pleurisy for a heart attack, had an ambulance come for her, and remarked that she had not been properly sympathetic with patients she had known suffering from pleurisy. Pleurisy can be very painful!

This is a very effective formula but needs to be taken with an infection fighter and a formula to clear and drain the lungs. The application of heat to the painful area brings a measure of relief. I used to do pleurisy every few months. As the herbal road I was walking cleansed my internal environment and got my lymph system flowing properly, the attacks got less and less frequent. I haven't had pleurisy in years!

## PHB

(Formerly Pregnancy and Hormone Balancer)

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 berries

PHB, as the former name implies, is a formula which brings hormones into balance and is especially effective for relieving symptoms that sometimes arise in pregnancy. A woman in good health should feel wonderful and be able to enjoy the experience. Nausea, mood swings, headaches, a lot of food cravings, muscle and joint pain, and general crankiness are **NOT** a normal part of pregnancy in healthy women!

***PHB is just as often needed between pregnancies as during a pregnancy.*** It is a formula designed for balancing hormones and is particularly effective for low progesterone levels and inefficient adjustments of hormones during the monthly cycle.

***PHB is absolutely essential for women who have had repeated early first trimester miscarriages.*** (See MC formula for further explanation of this situation and what can be done to correct it.)

## **PN**

*(Formerly Pain)*

- 1.00 St. John's wort
- 1.00 valerian
- 1.00 wild lettuce
- 0.50 cayenne

PN relieves pain by calming and quieting irritated nerve endings and by providing the needed nourishment to the nerves. It also promotes restful sleep.

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, feels wired, agitated, or nervous. Simply discontinue use and try a nervine formula that does not contain valerian. BBL, NT, or NS would all make good choices.

The NV combination contains 1 part valerian and should probably be avoided if there has been a reaction to valerian in the past.

Please do not let this information scare you away from the use of this wonderful herb. Valerian, in both herbal and essential oil form, is one of the world's greatest healers. It is one of my favorite and most relied upon remedies. Reactions to it are rare.

## **PPAC**

*(Formerly Pain Pack)*

- 1.50 mullein leaf and/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

The following can be added for inflammation:

- 1.00 bay
- 1.00 fenugreek seed

PPAC is used as a soak, a compress, or made as a liniment, a soaked oil, or as a salve. 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. PPAC works really well on sprains, and bruises. The sooner after the injury that you use it (before inflammation has really set in), the more effective it will be! This used to be a standard and much used recipe in our family—and then we discovered the world of essential oils!



## **PRT**

*(Formerly Prostate Tonic)*

- 1.00 echinacea
- 1.00 yarrow
- 1.00 pipsissewa 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 with a decreased stream. Infection is often accompanied by pain, and/or chills, and fever. This formula is designed to be a prostate and urinary tonic, anti-inflammatory, and an infection fighter. PRT can be taken daily as a tonic and preventative. For extreme symptoms of infection and inflammation, dosages would be higher and more frequent until the symptoms subside.

## **PT**

*(Formerly Pregnancy Tea or Tincture)*

- 2.00 plantain
- 2.00 red raspberry leaves
- 1.00 alfalfa leaves
- 0.50 comfrey
- 0.50 stinging nettle

PT can be done as a tea or as a tincture. The advantage of a tea is that it assures that the mother is getting sufficient liquid to build blood volume and support the kidneys, if she drinks it regularly. 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 going to get the tea made.

PT, like PHB, helps regulate hormones during pregnancy and makes labor shorter and easier. Drink 2 to 4 glasses of tea a day or use 25-30 drops of tincture. Which formula to use—PHB or PT—depends on the woman and is a matter of choice (or muscle test).

## RC

*(Formerly Red Clover Combination)*

0.50 buckthorn bark  
0.50 burdock  
0.50 cascara sagrada  
0.50 chaparral  
0.50 licorice root  
1.00 Oregon grape root  
0.50 peach bark or leaves  
0.50 poke root  
0.50 prickly ash bark  
1.50 red clover blossoms  
0.50 sarsaparilla  
0.50 stillingia root

RC is one of the most effective infection fighter formulas that I have ever seen and is my personal favorite! This combination is a particularly potent blood cleanser and very good at keeping a localized infection from spreading and growing.

RC can be used to prevent contagion when everyone around you is coming down with one bug or another.

This has been used successfully—more than once—as a cancer fighting formula. It was even used, in desperation, by a pregnant woman with a wonderful outcome for both mom and baby. RC is safe enough to use when nursing.

For best result, be very faithful about taking RC regularly. Keep the doses as high as can be tolerated by the body and continue taking for a few days after you think you are completely well. Any surviving bacteria will be very healthy and resistant. It is always best to avoid a second round of any illness.

\*\*Note: RC-L: add 1 part lomatium (makes it very effective for bacterial or viral stomach flu).

## RASPBERRY / MYRRH

1.00 raspberry leaves  
1.00 myrrh gum

Use with Cascara / Juniper to strengthen the endocrine system, heal the pancreas, and stabilize blood sugar fluctuations. (Please see Cascara / Juniper for further notes.)

## ROSEHIPS

Use fresh rosehips harvested in the late fall for best results.

In the fall, gather ripe (bright red) rosehips. Fill blender jar 1/3 of the way to the full mark. Add alcohol and apple cider vinegar in equal parts. Blend just enough to break up the rosehips so that the medicinal properties will pull out better. Blending them too much will give you a tincture that is cloudy. Nothing wrong with cloudy, as far as medicinal properties go, it just isn't as pretty.

Rosehips have been recognized for generations as a wonderful source of vitamin C. Enough cannot be said about the need for vitamin C and the benefits of ingesting plenty of it on a regular basis.

One not so well known fact about vitamin C is that it is necessary for the absorption of iron from the foods we eat. Folic acid is also required for iron absorption. Folic acid is often found in the same food sources as vitamin C and this is certainly true of rosehips.

**Rosehips are the best source of vitamin C that I know of!**

## SN

*(Formerly Sinus)*

4.00 brigham tea  
2.00 ma huang  
2.00 marshmallow  
2.00 burdock  
2.00 parsley root  
1.00 yerba santa leaf  
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

or substitute the following for the ma huang:

1.00 red clover blossoms  
0.50 chaparral  
0.50 brigham tea (If brigham tea is not available, add 2 parts of wood betony)

SN is useful for inflammation and infection in the sinus cavities and for allergic sinusitis. It also acts to drain the lymphs, supporting the kidneys while doing so. The herbs in this formula liquefy mucous, allowing the sinuses to drain, but should be taken with an infection fighting formula for a viral or bacterial attack—RC, IF, APL, BAC, or FN. Also remember to use essential oils.

SN contains some herbs that are a little less commonly used, but it is a very effective formula for drying out and draining the sinuses.

## SPRING

common cattail  
gumweed  
equal parts (by volume, not by weight)

An original blend that proved extremely useful against an unusual strain of bacterial flu that affected mostly the lungs a few years ago. I have not had occasion to use it very much since then and I am not really sure what prompted my husband to try these two herbs, together, that year. We had never used either up until that time.

## SS

*(Formerly Strep and Staph)*

2.00 usnea  
2.00 pau d'arco  
1.00 echinacea  
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. Usnea likes the tops of very tall, dead or dying, pine trees! You might think that waiting to harvest usnea when the dead pine tree falls down would make it easier but the deer love it, too, and they are right there in the forest and always get to it before I can. Even with diligent effort and a long rake I have never been able to harvest very much at a time.

## 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 formula is usually done as a glycerite and is very effective as a first response when you feel a cold coming on. I especially like this one for children. Super C also has some excellent lymph draining properties. The red clover blossoms and elder flower make this formula excellent for controlling fever.

## TRT

(Formerly Sore Throat Gargle)

- 1.00 bayberry
- 1.00 goldenseal root
- 1.00 Oregon grape root (or myrrh)
- 1.00 echinacea
- 0.25 cayenne

I prefer to make this formula up as a tea and then use the tea, warm, as a gargle. You can, however, keep it made up as a tincture. Dilute the tincture with warm water (almost hot) and gargle. The hot water dissipates the alcohol. Using the tincture has the advantage of already being made up when you need it. Gargling with TRT liquefies the phlegm, encourages its expulsion, eases the pain, reduces the inflammation, and fights infection.

There are essential oils that are very helpful with sore throats. They can be used in place of TRT or, better yet, in conjunction with it.

## TY

(Formerly Thyroid)

- 1.00 gotu kola
- 2.00 kelp
- 1.00 club or irish moss
- 1.00 parsley root
- 2.00 Oregon grape root
- 2.00 stinging nettle
- 1.00 alfalfa

This recipe is effective in providing the minerals that are needed for healthy thyroid function. These nutrients are often missing in the diets of people living in the mountain west, as I do.

Thyroid medication has a lot of nasty side-effects and it does not even claim to heal the thyroid. The medications are *artificial* thyroid hormones. Having them in the system sends 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, in too many cases, the side effects become quite nasty. Doctors play a game of moving people from one medication to another in an attempt to keep the side effects manageable.

The current medical standard for what numbers indicate a low thyroid are appallingly low. By the time your test comes back low enough for the doctor to mention the problem to you, you have been in trouble quite a while. Up to that point, a judgement call has already been made. Perhaps, the theory is, the thyroid will recover without medication and all will be well and things aren't quite bad enough to justify the medications with their long list of side effects. The beauty of the herbal world is that we don't have to make those kinds of judgements. The remedies we give provide the body with nutrients, not drugs. There are not side effects except those created when the body uses the nutrients to cleanse itself of toxins.

KNA also provides the nutrients needed by the thyroid. Taking one or the other as a daily supplement whether or not you have thyroid issues will ensure that you never do and will make you feel more healthy and energetic.

The thyroid gland requires a lot of nourishment. Approximately 6 liters of blood pass through the thyroid every day, but this doesn't do much to keep the thyroid "fed" unless the required nutrients are available in the blood.

## **VIB**

*(Formerly Vibrunalgia)*

- 2.00 cramp bark
- 1.00 blue cohosh
- 1.00 pulsatilla
- 1.00 motherwort
- 0.50 cloves

Pulsatilla in herb form has not been available in my adult lifetime. (I leave it in the recipe in case it ever is.) Pulsatilla homeopathic is something that has been helpful to me in my life from time to time. I find that its use, in low potency, along with this formula is helpful. Whenever a homeopathic is used, the symptoms listed in the description of the remedy should be matched to the patient. If pulsatilla symptoms don't fit, don't use it.

Gentian and horsetail, in equal parts, may be substituted for the pulsatilla. This is not a really close replacement for the pulsatilla, but these two herbs will work well in this formula.

## **YARROW / USNEA**

- 1.00 yarrow
- 1.00 usnea

This is a great bacterial, strep, and staph fighter. Usnea is a lichen that grows in dying pine trees. It has unique properties which are particularly effective against staph and strep strains and their various mutations. Usnea is also a great anti-fungal. This combination is very good for drying up mucous and pus—anything from a runny nose to an infected cut. It can also help clear the lymph system.

## **YW**

*(Formerly Young Women's Formula)*

- 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

This formula is meant for women in their childbearing years and the years preceding menopause. It will often, if taken for a month or two, straighten out irregular periods, heavy clotting, profuse flow, menstrual cramping, premenstrual headaches, and premenstrual tension. Many times, once the underlying hormone issues that are causing the above symptoms have cleared up, infertility issues also disappear.

YW is also helpful with kidney, liver, and bladder problems in women, and is essential for prolapsing uterus or bladder situations.

*Consider Sepia homeopathic in addition to this formula.*

## WC

(Formerly Wild Cherry Cough Syrup)

### THIS IS DONE AS A GLYCERINE TINCTURE ONLY.

- 3.00 wild cherry bark process separately, **WITHOUT** heat and add later (See instructions below.)
- 2.00 white pine bark
- 1.00 elderberries
- 1.00 spikenard or mullein leaves and/or flowers
- 1.00 elecampane or fenugreek
- 1.00 licorice root
- 1.00 coltsfoot
- 1.00 horehound
- 1.00 slippery elm bark
- 1.00 lobelia

WC is an excellent cough and expectorant formula. It is more effective when given in frequent small doses—1/2 to 1 teaspoon, depending on the age of the patient, than in 2 or 3 larger doses. WC will liquefy mucous in the throat, lungs, and sinuses. This allows the body to either internalize it or expectorate it according to need.

WC is very effective at quieting a dry, hacking cough where the throat is irritated but there is no mucous needing to be expelled. Most people become anxious for the next dose because WC relieves the heat and dryness associated with some sore throats.

WC is a cough syrup and should always be taken with the appropriate infection fighting herbs.

Specific instructions for making WC:

The wild cherry bark **CANNOT** be heated. (See instructions below.) WC is a glycerite tincture. The basic instructions for making a glycerine tincture apply.

Begin by making up 100 ounces of menstruum using a ratio of 60 glycerine/40 water. This breaks down to 5 1/4 cups glycerine and 2 1/4 cups distilled water.

Use 10 oz of the water/glycerine mixture for tincturing the wild cherry bark separately. The wild cherry bark is done separately because it cannot be heated. Let the wild cherry portion sit for 24 hours at room temperature.

Place remaining herbs and last 50 ounces of menstruum in a glass jar with a tight lid. Process in a cold pack canner with the water just below the neck of the bottle. Keep the water gently boiling, as you would for cold pack canning fruit, for 2 hours.

Cool completely. Strain both the herb batch and the wild cherry batch and combine. I like to add 4 drops of benzoin essential oil as a preservative at this point.