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Introduction to Herbology - Herbs and Health

There is nothing new about the use of herbs to promote recovery, health and wellbeing. Every culture throughout the world has at some point used healing plants as the basis for its medicine and had a basic healing flora from which remedies were selected. The range of plants would vary from area to area depending on the local ecosystem, but the human problems they dealt with were the same.

The therapeutic philosophy for plant use also varies, but for thousands of years plants have demonstrated their efficiency as healing agents. From the Celtic druid priests to the traditional healers of Africa; we find them within the Indian ayurvedic system and in Chinese medicine alongside acupuncture and other techniques; they play a very important role in the spiritual healing ecology of the Native North Americans; and we see their constituents being utilised as a source of drugs in 'orthodox' medicine.

In fact, medicine has its roots in the use of herbs. Until about 50 years ago, nearly all the entries in pharmacopoeias describing the manufacture of drugs indicated a herbal origin. Only since the refinement of chemical technology has the use of herbs apparently diminished – though the majority of drugs still have their origin in plant material.

Today the popularity of herbalism is growing. More and more people are discovering that this is an effective and comparatively inexpensive form of health care. They appreciate the fact that it draws exclusively on natural products. They have learnt that it is as useful in preventing illness as it is in curing it. However, there are other factors that attract people to herbal medicine and this introductory section will look at these in more detail.

Herbs in the Holistic Context

As its name implies, 'holistic' medicine deals with the person as a whole and integrated system, not a collection of isolated parts. That is why a herbal does not merely 'list herbs' – it looks at the action of herbs in the context of the various systems in the body and acknowledges that people have feelings, minds and spirits as well as bodies.

The word 'healing' has its roots in the Greek "holos" the same word that has given us 'whole' and 'holistic'. The emotions, thought-life and spiritual flow are as important to health as is the state of organs and tissues within the body. Whether we're concerned about being healthy, regaining health or moving to greater health, the whole of the being, physical, mental and spiritual, is involved in the process.

Herbal medicine recognises that herbs can work on this whole being, not just on specific systems. It works 'synergistically'. This means that the whole effect of a herbal remedy is vastly greater than the sum of its individual constituents. If we just looked at herbs as a source of valuable individual chemicals, we would limit their healing power, for beyond the physical level they can also work on the level of the 'life-force' that empowers us.

Human beings do not exist in isolation any more than parts of the body do. Medicine can only be truly holistic if it acknowledges the social and cultural context in which the 'illness' and the desired healing take place. It therefore needs to look at the patterns of thought, behaviour, work and culture that were the sources of the 'disease' in the first place.

This perspective sees health as a positive state, not as an absence of disease. The emphasis is on assisting people to understand and help themselves, on education and self-care, on prevention of disease and promotion of a healthy lifestyle.

Herbs and the Environment

The 'whole' individual – mind, body, spirit and emotions – in the wider social setting of lifestyles and behaviour is part of a greater whole, however. Humanity itself exists in the context of the entire planet. All these levels work together in a dynamic, integrated system.

It seems clear that many health issues – stress, asthma, allergies, heart disease – are connected with cultural and ecological problems and often reflect our alienation from nature and 'natural' lifestyles. Herbalism can play a major role in bridging this separation. With its reverence for life and the relationship it establishes between plants and people, herbalism is close to the heart of the greener vision that is slowly but surely changing our cultural worldview.

Wholeness and Prevention

We have often heard it said that 'we are what we eat'. But we are also what we breathe, what we think, what we say, what we see. In later sections, when we look at the different body systems, we will discuss the importance of exercise, good food and fresh air. We are familiar with associating these things with our health, but what about the books we read, the films and television we watch, the politics we support? Is the music we listen to good for our health? Are our friends good for us? These are relevant questions, none of which can have assumed answers – they will be different for everyone. But the responses we make to them do have a bearing on our wellbeing.

In all holistic medicine individuality and responsibility are crucial factors. There is an emphasis on the uniqueness of the individual and the importance of tailoring treatment to meet each person's very different needs and circumstances. Holistic medicine also majors on therapeutic approaches that are aimed at mobilising a person's own capacity for self-healing. The person who is 'ill' is in fact the healer. Aid can be sought from 'experts', but the responsibility for healing and health lies with the person who wants to be well. Using herbs is an ideal way to co-operate with our own innate healing power.

Part I - Dietary and Nutritional Therapies

"Let food be thy medicine and medicine be thy food." - Hippocrates

What we eat is influenced by many factors including personal preference, lifestyle, culture, religion and ethical and moral attitudes. But what we eat can also have a therapeutic effect. The most common reason for a change in diet is to lose weight, but many people also alter their diet to prevent or treat diseases such as cancer, or heart disease, the main cause of diet-related premature death in the west.

Dietary Therapy

Diet as therapy has been practised for centuries. The father of medicine, Hippocrates, wrote extensively about the therapeutic use of diet, yet, until relatively recently, modern medicine has largely forgotten the overwhelming role of diet, except as related to problems such as obesity and diabetes. With the growth of nutritional science in the 20th century, particularly since World War II, specific foods have been recognised as risk factors in disease. For example, too much fat - and saturated animal fat in particular - is now widely recognised as a risk factor of heart disease and some cancers. Equally, too much refined food and too little fibre causes a range of digestive and bowel disorders, from constipation to irritable bowel syndrome – and may even be a cause of some cancers. Too much salt may exacerbate high blood pressure and reactions to food-trigger allergies.

Basic Principles and Different Methods

Most alternative therapists believe that everybody can benefit from dietary self-help for both prevention and treatment of disease. Many therapies recommend fasting, perhaps drinking only fruit and vegetable juices, or eating salads or single fruits. Fasting is probably the oldest therapy known to humankind. Primitive people and animals instinctively stop eating when they are ill, probably because digestion takes up energy and puts extra strain on the body. The aim of fasting and dietary therapy is to rid the body of the toxins that are said to accumulate from the wrong diet, so that it can function at its optimum level.

Self-administered fasts should not exceed two days and returning to eating should be gradual. Start with raw fruit and salads, followed by wholegrain foods, fish, poultry, or lean meat and then yogurt and dairy produce. Fatty, sugary and refined carbohydrate foods, coffee, cola, tea and other stimulants, alcohol and tobacco should be avoided completely. Some of the side effects of fasting – such as headache, bad breath, diarrhoea and vomiting – are unpleasant and, if they are intolerable, the alternative is to introduce a very little fruit and/or fresh vegetable juice, into the diet.

What can Dietary Therapy Treat?

Almost all complementary therapists recommend dietary therapy as part of their treatment, for it works both on a preventative and a therapeutic basis. Specialised diets may be used to treat particular problems, but overall, dietary therapy is aimed at improving general health and well-being. Particular conditions that respond to dietary therapy include:

- ♣ Heart and circulatory disorders
- ♣ Infections, including fungal infections (i.e. thrush)
- ♣ Some cancers
- ♣ Digestive problems
- ♣ ME
- ♣ Aids and other immune problems
- ♣ Allergies and catarrh
- ♣ Arthritis and rheumatism
- ♣ Sinus problems
- ♣ Alzheimer's and Parkinson's diseases

Special Diets

People on therapeutic diets often experience side effects similar to those from fasting. Symptoms commonly become worse before they improve. Modified diets should only be followed for a limited time to avoid vitamin and mineral deficiencies. Infants and children should never be made to fast, or even put on a restricted diet, except under medical supervision.

- ♣ Exclusion Diets: Exclusion, or elimination, diets are used to detect foods suspected of causing food allergies or intolerance, or triggering attacks of illness, such as migraine. Suspected foods are avoided for about two weeks and then reintroduced one at a time.
- ♣ Vegetarian Diet: Vegetarians eat no meat, fish, or poultry, but most eat eggs and dairy products (this is called lacto-ovo-vegetarianism). A vegetarian diet followed correctly over a long period can reduce risk of heart disease, cancer and other major illnesses.
- ♣ Vegan Diet: Vegans eat no animal products. They need vitamin B12 from fortified foods or supplements. A vegan diet shares most of the benefits of a vegetarian diet when carried out correctly.
- ♣ Anti-Candida Diet: Anti-Candida diets for the treatment of thrush avoid yeasts and mould – as in malted cereals, cheeses, fungi – sugar and sugary foods and peanuts.
- ♣ Liver Diet: In a liver diet the following foods are avoided because some alternative therapists believe they are difficult for the liver to process: meat, poultry, eggs, sugars and sugary foods, dairy produce, nuts, coffee, tea, alcohol, chocolate, fried food.
- ♣ Low Blood Sugar Diet: A low blood sugar diet is based on three meals a day, plus small, two-hourly snacks of nuts or seeds, milk, oatcakes or whole-wheat toast. Sugar and sugary foods must be avoided.

Macrobiotic Diet

A macrobiotic diet classifies all foods as either yin or yang. The aim is to eat a perfect balance, taking into account the individual's different yin/yang needs. If the equilibrium is upset, ill-health results. Food is prepared, cut and cooked in particular ways to preserve yin/yang characteristics. To create balance, people living in a yang environment (hot and dry) need to become more yin (cold and wet), and vice versa.

Yin foods grow in hot dry climates (such as the Middle East), have stronger smells, are hotter, more aromatic and contain more water and are therefore softer and juicier. Yang foods grow in cold wet climates (such as Britain) and are drier, shorter and harder (as in stems, roots and seeds) and are saltier and more sour.

The diet is similar to that of the traditional Japanese peasant, which consists of:

- ♣ 50 per cent cooked whole cereal grains, pasta, bread, porridge, stir-fried rice or noodles
- ♣ 25 per cent local seasonal vegetables, cooked in a variety of ways (for example, raw, pickled, steamed, sautéed and boiled)
- ♣ 10 per cent protein, drawn from local fish, beans and soybean products such as tofu or tempeh
- ♣ 5 per cent sea vegetables, used in soups, stews and condiments.
- ♣ 5 per cent soups, including miso soup, fish soup, bean soup and vegetable soup, among others.
- ♣ 5 per cent desserts and teas, including simple teas and grain coffees and desserts using fruits and fermented rice (Amazake), agar agar (sea vegetable), seeds and nuts.

Nutritional Therapy

Nutrients are the chemical components of diet and are essential to life and health. Nutrients are classed as either macronutrients or micronutrients:

- ♣ Macronutrients are carbohydrates (sugars and starches), fats (including essential fatty acids), proteins (including essential amino acids) and fibre.
- ♣ Micronutrients are vitamins, minerals and trace elements that cannot be manufactured in the body and so must be eaten daily.

If micronutrients are absent or too low, illness results. Scurvy, for example, is a disease resulting from lack of vitamin C. It used to be the curse of sailors who had to make long trips at sea with no access to fresh fruit or vegetables. Once the connection between scurvy and fresh fruit had been made and the sailors issued lime juice to drink, scurvy virtually disappeared.

Micronutrients have only been identified extensively and researched since 1913 when an American biochemist, Elmer McCollum, discovered the first vitamin, vitamin A. Their use in treatment has now become a major and rapidly growing therapy in its own right throughout the world. Another nutritional therapy is megavitamin therapy, established by the Nobel Prize winner Dr Linus Pauling in the United States. He believed that schizophrenia and other mental problems were the consequence of vitamin deficiency and originally called his therapy "orthomolecular psychiatry".

The therapeutic prescription of nutrients is known as nutritional therapy and practitioners specialising in it are nutritional therapists. Nutrients prescribed in this way are

called “dietary” or “food supplements” and they come in the form of tablets, capsules, powders or liquids. Nutrients may sometimes also be injected for greater effect, but in most countries only conventional medical doctors may do this.

What can Nutritional Therapy Treat?

Nutritional therapy aims to find where individual health has become unbalanced and to put it right using nutrition as a therapy. Most treatment is preventative and restorative, but because it is holistic, many conditions will respond, including:

- ♣ Stress and stress-related disorders
- ♣ Pregnancy problems
- ♣ Arthritis
- ♣ Circulatory disorders
- ♣ Eye conditions
- ♣ Women’s problems, including PMS, infertility, PNI and menopause
- ♣ Joint and bone problems
- ♣ General infections, including coughs, colds and influenza
- ♣ Cancers
- ♣ MND, MS, Alzheimer’s and Parkinson’s diseases
- ♣ Many others

Vitamins and Minerals

While most people eat enough calories, they are often from the wrong foods. Even a diet rich in fresh, unprocessed foods can be deficient in micronutrients, for intensive farming methods have largely robbed the soil of nutrients. A mineral-rich vegetable, for instance, cannot be produced from soil that is empty of minerals. Fruits and vegetables are force-grown and ripened; by the time they reach our supermarket shelves, there is little or no nutrition in them. Other factors can also increase the need for vitamins and minerals. Examples are poor digestion and absorption, smoking and drinking. Rapid growth in childhood and adolescence, pregnancy, lactation and old age all increase the need for nutrients. Requirements are also raised during illness, when we are under stress, taking drugs or affected by environmental toxins and pollutants. It is in these situations that nutrients such as vitamins, minerals, amino acids and essential fatty acids may be recommended and prescribed.

Recommended daily intakes for vitamins and minerals

RDA				
Vitamin	Men (25-50)	Women (25-50)	Pregnancy	Lactation
Vitamin A	1,000ug	800ug	800ug	1,300ug
Vitamin B6	2mg	1.6mg	1.6mg	2.1mg
Vitamin B12	2ug	2ug	2.2mg	2.6ug
Vitamin C	60mg	60mg	70mg	95mg
Vitamin D	5ug	5ug	10ug	10ug
Vitamin E	10mg	8mg	10mg	12mg
Vitamin K	80ug	65ug	65ug	65ug
Folate	200ug	180ug	400ug	280ug
Niacin	19mg	15mg	17mg	20mg
Riboflavin	1.7mg	1,3mg	1.6mg	1.8mg
Thiamin	1.5mg	1.1mg	1.5mg	1.6mg
Minerals				
Calcium	800mg	800mg	1200mg	1200mg
Iodine	150ug	150ug	200ug	200ug
Iron	10mg	15mg	15mg	15mg
Magnesium	350mg	280mg	355mg	340mg
Phosphorus	800mg	800mg	1200mg	1200mg
Selenium	70ug	55ug	75ug	75ug
Zinc	15mg	12mg	19mg	16mg

Food Supplements

Food supplements may be prescribed to prevent certain long-term chronic imbalances or to establish a sound constitution, but they also have a role to play in acute common conditions such as indigestion, premenstrual syndrome, sore eyes, coughs and colds and general infections.

Supplements for common conditions:

The following table provides general guidelines as to what supplements might be useful in the treatment and prevention of common conditions.

Condition	Supplements
Arthritis	Antioxidants (beta carotene, vitamins C and E, selenium, zinc, copper and magnesium)
Anaemia, tiredness and pallid skin	Iron, B12, folic acid
Coronary heart disease	Essential fatty acids (fish oils), antioxidant nutrients (see arthritis)
Minor eye conditions: sore and red eyes, conjunctivitis, bloodshot eyes, puffiness, poor night vision, dry eyes	Essential fatty acids, vitamin A, vitamin C, B vitamins, zinc
Indigestion, bloating, flatulence, irritable bowel syndrome	Vitamin C, B vitamins
Mouth conditions: cracking corners, mouth ulcers, dry lips, sore tongue	Iron, vitamins B2, B3, B6, folic acid, B12
Skin: dry, rough or cracked skin, dandruff, eczema/dermatitis	Zinc, essential fatty acids, iron, vitamin C, vitamin B6
Nails: white spots, split	Zinc
Osteoporosis and joint/bone problems	Calcium, possibly vitamin D
Low blood sugar/low energy	Vitamin C, B vitamins, possibly tryptophan, zinc, manganese, potassium
Premenstrual syndrome	Multivitamin and mineral supplements, essential fatty acids, vitamin E, possibly vitamin B6
Infertility	Multivitamin and mineral pills, essential fatty acids
Coughs, colds and general infections	Multivitamin and mineral supplements (with good doses of vitamin C (5-10g) and B vitamins (100mg) to boost immunity)

How to use Supplements

Most dietary supplements are designed to provide our daily requirements of vitamins and minerals, expressed on packaging as a percentage of the Reference Nutrient Intake (RNI). This is the amount that is thought to be enough for virtually everyone, including those with particularly high requirements.

Other measurements used are Estimated Average Requirement (EAR), set for average needs but recognising that some people need more (see RNI) and that others need less, which is expressed as Lower Reference Nutrient Intake (LRNI) the amount needed by those with low needs. However, if you habitually eat (or take) less than LRNI you are likely to find that you are deficient.

When taking food supplements, it is important to follow the doses stated on the package in order to prevent any dangers of overdose and to avoid imbalances. All nutrients

work in conjunction with others and with substances in the body, so taking too much of one vitamin, mineral, or other food supplement could upset the balance of delicate mechanisms within the body such as enzyme production. Minerals that could be harmful, however, are rarely sold except on prescription.

As a general rule, vitamins and minerals work “synergistically”. That means they both need each other to work properly and that neither works as effectively on its own. A classic example is the combined effect of vitamin C and the mineral zinc, which is used in the treatment of the common cold and influenza.

In most cases, food supplements should be taken with or just after meals (exceptions are amino acids, which are most effective taken on an empty stomach). You should avoid taking iron pills with certain antibiotics.

Safe Intake

There are no recommended levels for the following nutrients, which are known to have important functions. Safe intake is judged to be a level or range of intake at which there is no risk of deficiency and below a level of undesirable side effects.

Nutrient	Safe intake
Pantothenic Acid	Adult 3-7 mg Infants 1.7mg
Biotin	10-200ug
Vitamin E	Men above 4mg (as polyunsaturated fatty acids) Women above 3mg Infants 0.4mg
Vitamin K	Adults 10ug/kg Infants 0.1ug/kg
Manganese	Adults 16ug Infants and children 1.4mg
Molybdenum	Adults 50-400ug Infants/children/adolescents 0.5-1.5ug/kg
Chromium	Adults 25ug Children and adolescents 0.1-1.0ug/kg
Fluoride	Infants only 0.005mg/kg
Key: g – gram, mg – milligram, ug = microgram, kg = kilogram	

Cautions and Contraindications

Fat-soluble vitamins such as vitamins A, D and E can be toxic in excess. Doses about 20 000 IU of vitamin A can, for example, cause severe intracranial pressure. The maximum intake of vitamin D is 400 IU, unless you suffer from hyperparathyroidism. See your nutritionist about the correct dosages before beginning any vitamin therapy. (IU = International Unit)

Mineral Salts

The body also needs to maintain certain levels of mineral salts. Biochemical tissue salts, or Schuessler salts, are mineral remedies for everyday ailments. They are prepared in the same way as homeopathic remedies and are used to make up mineral deficiencies believed to underlie many common health problems.

The salts are nontoxic and have no known side effects, although the tablets are made with lactose (milk sugar), so people with lactose intolerance should not take them.

Celloid Minerals

Celloids are pharmacological doses of minerals taken to rebalance cell chemistry. They were developed by the Australian naturopath practitioner, Maurice Blackmore.

The name, "celloids" comes from colloid, the form in which minerals are found in living plants. It is believed that the human body can assimilate these quickly and completely. In their colloidal form larger doses of minerals do not cause problems of toxicity, so only children under two years take a smaller dose than adults.

Exercise

There is universal agreement among both conventional and alternative health practitioners about the benefits of regular exercise for promoting and maintaining good health. Naturopaths may recommend exercise for the relief of various disorders and it is of known benefit in the treatment of constipation, hypertension and depression among other conditions. Exercise helps to prevent the heart and circulatory disorders that are so prevalent among people in eastern countries. For all people, even those suffering from chronic disease, exercise within the limits of their strength makes them feel better and promotes healthy appetite and sleep. The benefits and forms of exercise are discussed in more detail below.

Regular physical exercise is vital throughout life to help maintain good health. Exercise burns up extra calories in food and reduces the likelihood of these being converted into fat. It confers a sense of wellbeing, improves appetite and sleep and makes the heart and circulation, lungs and respiration work more efficiently. Exercise trains the heart so that the muscle fibres become stronger and pump a greater volume of blood with each beat. The result of this is that the resting heartbeat rate slows down and the system works more efficiently. This is achieved by fairly vigorous, regular exercise sufficient to raise the heart and respiration rate, carried out for about 20 minutes three times a week (or longer once a person becomes fit). Exercise helps to lower blood pressure through its beneficial effects on the heart and circulation, hence reducing the incidence of problems arising from this condition. It raises the basal metabolic rate, which means that the number of calories used while the body is at rest (for respiration, heartbeat, digestion, kidney and liver functions, etc.) is increased. Once again, this means that there is less likelihood of gaining weight. Exercise, particularly some forms of weight-bearing activities, pumps calcium into bones and helps to maintain their density and strength. In older age, this has been shown to reduce significantly the rate at which bone density is lost, hence lessening the risk of fractures.

Different types of exercise and activity can improve bodily health in three main ways:

1. Stamina, fitness or endurance is the ability to sustain a period of vigorous activity without having to stop because your heart is racing and you are gasping for breath. This is built up gradually by an exercise regime that improves the heart, circulation, lungs and respiration in the manner outlined above. An improvement in fitness is usually noticed quite quickly, after a few weeks of regular, fairly hard exercise and provides great encouragement to continue. Unfortunately, however, the level of fitness soon declines if the exercise regime is abandoned. Aerobic activities such as vigorous walking, jogging, cycling, dancing and fast swimming, along with many sports – football, tennis, squash, badminton, etc. - improve fitness.
2. Flexibility is the ability of muscles and joints to perform their full range of movements – twisting, flexing and stretching – with suppleness and ease. There are many exercises that are designed to improve the flexibility and tone of various muscles and joints in different parts of the body and numerous books on this subject. Health practitioners are usually happy to advise on the type of exercises that would be of greatest benefit to an individual patient. Such exercises, involving stretching, loosening up and bending, should also be performed before and after vigorous aerobic activities or sports in order to lessen the risk of injuries or cramps.
3. Strength exercises are aimed at increasing the tone and sometimes the bulk of muscles, leading to the firming up of the body and an improvement in posture. The exercises and activities mentioned above play a part in this but so also does the use of weights. Specially designed equipment in a gym falls into this category. Certain medical conditions preclude the use of weights so it is best to check with a doctor before embarking upon this form of activity.

Most people recognise the need to undertake physical exercise, but for many a perceived lack of free time makes it difficult for them to fit this into their daily routine. People also commonly make the mistake of launching into a fast and vigorous form of exercise when they are not at all fit to do so. This can be dangerous if there is any underlying undiagnosed condition, such as heart disease, and may also be a cause of injury. In any exercise regime, it is important to be sensible and to increase the level of activity as and when fitness improves. People who are prepared to take a critical look at their daily routine usually find that there are places where they can fit in some physical exercise without unduly disrupting their schedule. A good and often quoted example of this is to use the stairs rather than the lift at work or to park the car farther away in order to fit in a brisk walk or run. It is important to realise that even small measures such as these have a beneficial effect and help to improve fitness, providing a base on which to progress to more vigorous forms of activity. Several routine home activities also fall into this category, e.g. cleaning the house, decorating and DIY, gardening and mowing the lawn, etc., because various muscles are being used and the person is actively moving about.

It is advisable for a person aged over 35 years or one who is overweight to have a medical check-up before embarking on any form of vigorous physical activity. With all exercise, it is vital to stop if anything becomes painful, very uncomfortable or if one is fighting for breath. Do not undertake hard exercise after eating a heavy meal. It is best to eat a starchy meal, which will provide plenty of energy, about three hours before beginning the activity and

to drink plenty of water before, during and after the exercise period. Avoid physical activity if you have any form of illness, particularly if you are feverish or anaemic and, if you have a persistent medical condition, exercise in accordance with medical advice. Always make sure that you are wearing the correct clothing, footwear and head gear appropriate for the activity and that it is of good quality and fits well. Injuries are often caused through neglect in this area and the cost of equipment is a factor that needs to be taken into account when planning an exercise programme.

Finally, it is very important to choose a form of physical exercise that you enjoy and that is appropriate for you. Although this may seem obvious, people can be influenced by many factors and do not always make wise choices. Of course, there is no harm in trying something to see if you like it but be prepared to give it up if you do not. You are far more likely to succeed in the activity - and hence improve your level of fitness - if you enjoy it and look forward to the times when you can carry it out.



Part II - Flower and Tree Remedies

"Little flower - but if I could understand, what you are, root and all in all, I should know what God and man is." Alfred, Lord Tennyson

Remedies from flowers and trees are subtle 'elixirs' that claim to be able to help to rekindle a feeling of mental and emotional, as well as physical, wellbeing. Some aim to bring relief from unsettling moods and emotions such as anxiety, fear, guilt and anger and others encourage people who use them to recognise and let go of deep-seated behavioural patterns that give rise to such feelings. Above all, they claim to be able to help people feel calm and content in times of stress. Flower and tree remedies are so safe and harmless that they are often used as self-treatment. They are not targeted at particular symptoms but at states of mind accompanying illness.

Though flowers have played a role in healing for centuries – Australian Aborigines and Native Americans were using remedies made from flowers to ease emotional upsets and achieve peace of mind thousands of years ago – the healing power of flowers was only rediscovered in the west in the 1920s when it was revived by Dr Edward Bach.

Bach (pronounced Batch) was a British Harley Street physician specialising in pathology and bacteriology, with a practical understanding of homeopathy. As a young practitioner, he quickly noticed that patients with 'physical' complaints often seemed to be suffering from some form of anxiety or 'negative' emotional problem. He came to think that the emotional background was the cause of the illness.

Disenchanted with the standard medical approach of relieving the symptoms rather than the cause of illness, he began a quest for a new healing system that could help with the psychological aspect of illness. His search ended with the flowers blossoming in the fields and hedgerows around his cottage.

Bach decided intuitively upon the plants that would give relief. It is said that he put himself into the frame of mind corresponding to that which he saw as being a cause of illness before trying out the effects of plants on himself. The first of the plant remedies pinpointed by Bach related to what he saw as 12 key personality types. The next 26 flower remedies brought relief from different kinds of emotional discomfort and distress. The table shown below summarises the 38 remedies developed by Bach during the 1920s and 1930s.

Flower Remedies

Flower remedies are made by floating the freshly picked blooms in bowls of spring water and leaving them in sunlight on a cloudless day. In this way, the water is "potentised" by the essence of the flower, which is believed to have entered the liquid. The potentised water is then mixed in fixed proportions with brandy, which acts as a preservative, and stored in a dark glass bottle.

Although there are now many varieties of flower remedies made around the world, most are prepared in this way. Unlike many modern herbal medicines, flower essences do not contain any artificial chemical substances, except for the brandy preservative.

How flower remedies work:

The remedies are normally taken by dropping a few drops of the essence into a small amount of still mineral water. This mixture is then slowly sipped.

Though plant-based, flower remedies are more homeopathic than herbal in the way they are said to work. That is, they work psychologically and psychically at the energy level, rather than chemically. Supporters describe them as “liquid energy” because they believe they encapsulate the flowers’ healing energies and present them in a form that can be used therapeutically in the simplest and most effective way.

Flower remedies are said to deal with and overcome negative emotions and in this way encourage a sense of enhanced personal wellbeing, which is then extended to physical health through improved powers of self-healing.

There is no accepted research yet to support this idea of a psychic-psychological effect, but flower remedies remain widely popular throughout the world and a large number of people swear by them. The concept behind this therapy is often difficult to grasp, but there are several clinical studies that suggest that the therapy does work on the mental and physical health of clients. Perhaps the most successful and popular example is Bach’s Rescue Remedy, which acts as emergency treatment to reduce the effects of trauma and shock after an accident, or in stressful situations, and through that stimulates the healing powers of the body.

This remedy has attracted an extraordinary amount of interest from other alternative practitioners and, increasingly, conventional medical doctors.

Treatment with flower remedies is both restorative and gentle and, because they work on the premise that good health is based on emotional balance, most conditions will respond to their use.

Flower remedies are suitable for people and animals of all ages and there are no contra-indications known.

Choosing and Using Flower Essences

Many naturopaths may prescribe flower essences as part of their treatment, but they are also designed so that they can be safely self-prescribed or prescribed for others. Simply choose essences whose qualities best describe your particular problem. It could be an emotional upset such as mood swings, a physical weakness such as poor immunity, or a spiritual predicament (“What is the purpose of my life?”). Successful choice is said to depend on being as specific as possible, using just two or three essences at a time. As well as being sipped in a glass of spring water, drops can be taken directly on the tongue or with herb tea. They can also be dropped into a bath.

Tree Remedies

Humans have regarded trees as having healing qualities for centuries, with each species of tree having its own different characteristics. Intuitive people even claim they can sense these energies when walking in woodlands or forests. Remedies made from the flowers of trees are found in many of the flower essence families. For example, olive, beech, hornbeam, aspen, red chestnut, white chestnut, walnut, pine, elm, larch and oak, all feature in the Bach flower

remedies range. Another range, also from Britain, is the Green Man Essences, also made entirely from tree blossoms.

A slightly different approach was taken in France by healer Patrice Bouchardon. His “energetic tree oils” are created from other parts of the tree as well as the flowers, such as the buds and leaves. He cuts nothing from the tree to make his oils. Instead he dips whatever part of it he wants into a bowl of saline solution to extract the essence, which is then preserved in sesame or sunflower seed oil.

A Practical Guide to Making and Administering a Flower Essence

A flower essence is the vibrational imprint of a flower that has been transferred and stabilised in water. Flower essences can help us recognise, resolve, or release different conditioned ways of perceiving the world and can help us experience greater well-being and harmony in our lives. By creating harmony within us, we often notice distinct changes in ourselves physically, emotionally and spiritually.

To begin

You will need a clear glass bowl, which can hold up to 500 ml of water. Use good quality spring water such as Valpré; NOT prepared water. You’ll also need stainless-steel tweezers, several amber glass dropper bottles sterilised in boiling water, a glass funnel, some labels for the bottles, and brandy (as a preservative).

Method

Place your bowl outside on the soil or grass next to your desired flowers, and fill the bowl with your water.

Pick blossoms or petals from organically grown flowering plants; pick only one kind of flower at a time; it’s fine to select from different plants and colours but just stick with a single species. A single flower is also fine.

It is very important to use only organically raised flowers or wildflowers because we don’t want to use flowers treated with chemical pesticides.

Use the tweezers, or sterilised stainless-steel scissors for picking, so as not to contaminate the essence.

Cover the surface of the water with the flowers or petals.

Leave the water and flowers in the sunshine for three hours (solarising). If you begin in the early morning, while the dew is still on the petals, you may need to ‘solarise’ your water and flowers longer.

Fill two sterile dosage bottles halfway with brandy.

With your tweezers, remove the flowers and any debris from the water, or you may also use a leaf from the same plant, or even a cleansed and energised quartz crystal for the removal of the flowers and debris.

Add this water to the bottles containing the brandy, filling them to the neck, sealing, labelling and dating them

If you’re making more than one flower essence, wash your hands before proceeding to the next flower. Use unscented soap, as aromatic materials may interfere with the potency of flower essences.

You now have what is referred to as a mother tincture.

Potentise your essences by shaking or hitting the bottom of the bottle against the heel of your hand in increments of eight shakes or firm taps.

Directions for Use

For everyday use, add two drops of the mother tincture to another dropper bottle filled with equal amounts of spring water and a small amount of brandy.

A good rule of thumb is to mix one 30 ml (3 tablespoons) to two drops potentised flower essence, and one teaspoon brandy; or substitute one teaspoon vegetable glycerine for the brandy, if you wish to avoid alcohol altogether, this is essential when treating animals and children under the age of 6.

Energetic Infusions

Use your inner wisdom and intuitive guidance. You can send loving, healing, positive energy right into the essence. You can name your flower essence as "love" or "tranquillity" empowering the essence; much like Mararu Emoto does with water crystals.

Positive affirmations and intentions can be spoken aloud when using any flower essence. An affirmation may be placed on the bottle's label:

"This essence is empowered with positive, loving healing energy."

Administering the Flower Essence - Self-made or Purchased

Vigorously shake the dosage bottle vertically, in increments of eight shakes (twenty-four is a good number) to energise the remedy each time before using.

Add six to 12 drops per tall glass of spring water or your bottle of drinking water.

Or

Fill a spray bottle and atomise the appropriate essence into the air.

Flower essences are taken four times a day. In cases of extreme stress, they may be given as often as every half-hour.

In a crisis administer every five to eight minutes, until you see improvement. If there is no visible improvement or symptoms worsen consult your doctor or holistic practitioner. Using flower essences is not intended to substitute for professional medical care but is rather to complement it and aid in self-healing.

This gentle and creative form of energy healing enables you to create something authentically yours; infused with love, light, wisdom: An essence entirely of your own.

One of the most common flower essences used for stressful situations is Dr Bach's famous Rescue Remedy. Rescue Remedy is a combination of Cherry Plum, Clematis, Impatiens, Star of Bethlehem and Rock Rose.

Practical

Hibiscus Flower Essence and Other Remedies

Hibiscus (Red)

Make a flower Essence using the process outlined in 'A Practical Guide to Making and Administering a Flower Essence' outlined in the previous section.

Vibrational Imprint – Spiritual, Emotional and/or Physical

Integrates the passion of the personality with the passion and purpose of the soul.

Passionate, driven and often creative individuals have difficulty in harnessing their energies and retaining focus. Hibiscus aids in concentration and controlled and positive release of energy aligned with higher wisdom.

Primary Medical Use: Heart Disease, High Blood Pressure

Hibiscus has antioxidant properties of flavonoids, polyphenolic compounds and anthocyanins that can prevent the oxidation of low-density lipoproteins (LDL). These antioxidants also help control cholesterol levels and reduce heart disease.

Make an infusion of dry Hibiscus flower petals and spring water.

Pour 250ml of boiling water over 2 Tbsp. of the dried Hibiscus petals. Cover and steep for 15-20 minutes. Drink three or four times per day, either hot or cold.

Dried Hibiscus flowers can be bought from most health shops; it is also known as, Roselle or Rosella, Flor de Jamaica or Karkadé.

Other Uses of Hibiscus

- Acne or Sunburn
- Make a poultice/paste

Crush the freshly picked leaves and flowers of the Hibiscus in a mortar and pestle, with 30 ml (3Tbsp) warm spring water. Spread the paste on your face or the acne- or sunburn-affected area. Keep it on for 15 minutes and wash off with water.

Part III – Herbology: Wholeness and Prevention

Herbal remedies can be used for the safe alleviation of illness but, as we shall see, this is not the only way to use these plants. Herbs can be used to support people's health and wholeness, helping them to stay at their personal peak of vitality and prevent disease development. There is food that supplies nutritional needs (calories, proteins and vitamins) and also delicious tastes and smells and there are herbal foods that nurture our wholeness, integration and wellbeing. These tonic remedies play a fundamental role in the maintenance of health and prevention of disease. In this section, three aspects of this vast field will be considered: prevention; detoxification and elimination; and support for the body's immune system.

Herbs to Prevent Disease

The plant kingdom is an abundant and rich resource for anyone interested in prevention. The key is not so much in specific remedies but in an understanding of the role of herbal actions in maintaining health and correct physiological activity. With the insights that modern physiology provides about homeostasis, the body's own process of maintaining a stable environment, it is clear that herbs used in the right way will support this balancing process.

Tonics for the Systems of the Body

Tonics are herbs that strengthen and enliven either a specific organ or system, or the whole body. The concept of system tonics highlights the possibility of nourishing and toning the whole of a body system. This will aid the structural form of the tissues and organs as well as their functional activity, without eliciting a specific physiological or biochemical response

Tonics truly are the gifts of Nature to a suffering humanity – whole plants that enliven whole human beings, gifts of the Mother Earth to her children.

A characteristic of tonic herbs is that they are all gentle remedies that have a mild yet profound effect upon the body. Not all herbal remedies are tonics, of course; many have a powerful impact upon human physiology. These must be used with the greatest respect; their use being reserved for those times of illness where strong medicine is called for.

The value of tonic herbs lies in their normalising, nurturing effects. Whenever possible, the herbalist will focus on the use of such remedies, and will use an effector – a remedy that has an observable impact upon the body – only if absolutely necessary. The chemically-based effectors are hardly used at all. They are, however, the foundation of modern allopathic (orthodox) medicine.

The tonics can play a specific role in ensuring that individuals are at their own particular peak of health and vitality. The quality of such a state of wellbeing will vary from person to person, but everyone will sense an improvement in their general experience of life. Tonics may also be used specifically to ward off a known health problem or a family weakness.

By the very nature of tonics, we can only talk in the most general terms when applying them to a specific system. They are usually interchangeable when it comes to their tonic action. However, always take into account the broader picture of a specific herb's range of actions, as it needs this breadth of vision to enable a coherent choice to be made.

Body Tonics	
Each system of the body has plants that are particularly suited to it, some of which are tonics. Below are listed some of the remedies which act as tonics for the major systems of the body.	
Infection	Garlic, Echinacea and system-specific anti-microbials such as Bearberry for the urinary system.
Cardiovascular System	Hawthorn and Garlic. The Bioflavonoid containing herbs such as Buckwheat and Lime Blossom are especially useful for strengthening blood vessels.
Respiratory System	Mullein, Elecampane and Coltsfoot.
Digestive System	The bitter tonics will often be helpful in preventative approaches in health. Examples are Gentian, Agrimony and Dandelion Root.
The Liver	Bitter tonics, especially Milk Thistle, are hepatics (work on the liver).
Urinary System	Buchu, Bearberry and Corn Silk are very useful.
Reproductive System	For women use Raspberry, False Unicorn Root and other uterine tonics, while for men use Saw Palmetto, Damiana or Sarsaparilla.
Nervous System	Oats, Skullcap, St John's Wort, Vervain and Mugwort are all excellent tonic remedies. Ginseng has a toning effect when the person is under stress, because of its effect upon the adrenal glands.
Musculo/Skeletal System	Celery Seed, Bogbean and Nettles will help prevent problems from other systems of the body manifesting as disease in this system. Comfrey and Horsetail will help strengthen the bones and connective tissue.
The Skin	Cleavers, Nettles, Red Clover and most alternative remedies.

Helping the Body Cleanse Itself

The herbal approach to detoxification is based upon the perception that the human body is a self-healing and homoeostatic organism and that the therapist simply has to support normal processes. The body has a wonderfully effective and astoundingly complex mechanism for ridding the body of waste and poisons.

Using simple and safe herbs will support this natural process, as long as the eliminative processes are addressed as a whole, and not just the colon, as is often the case. This means that whenever such a programme is undertaken, you must ensure that all organs of elimination are being helped at the same time. In addition, always help the specific area of the body that has been under most toxic pressure. Examples would be the lungs in a tobacco smoker or the liver in someone with alcohol-related problems. The herbal approach to detoxification can thus be summarised:

- ♣ Support for the whole process of elimination
- ♣ Specific support for overly taxed organs
- ♣ Alleviation of symptoms and addressing any pathologies that may also be present

Herbal Actions and Eliminations

There are herbal actions the physiological impact of which makes them especially indicated for the support of the different pathways of elimination in the body:

- ♣ For the digestive system and colon – laxative
- ♣ For the kidneys and urinary system – diuretic
- ♣ For the liver and blood – hepatic, alterative
- ♣ For the lymphatic system – alterative, lymphatic, tonic
- ♣ For skin – diaphoretic, alterative
- ♣ For the respiratory system – expectorant, anti-catarrhal
- ♣ For systemic support in general – tonic, alterative, adaptogen, anti-microbial

This does not specify which herb or even mention any remedy. There are potentially many appropriate plants that might be chosen.

The diversity and abundance of healing plants is at once both the gift of herbalism and the frustration of every student of herbs!

Gentle Cleansers

There are many ways in which the medical herbalist would go about the task of selecting the appropriate remedy for any particular individual. However, there is a simple basic guideline to follow. Always use gentle remedies when stimulating elimination. If overly active plants are used, then the effect may be one of intense elimination. This can be unpleasant and uncomfortable and of no therapeutic benefit. Here are some suggestions for herbs that effectively supply the relevant actions while also being safe and mild. This is not a comprehensive list, but simply gives examples to point the way.

Laxative	An aid to opening the bowels	Yellow Dock, Dandelion Root
Diuretic	An aid to promoting the flow of urine	Dandelion Leaf
Hepatic	Used in the treatment of disorders of the liver	Dandelion Root, Beetroot (as an example of a vegetable that will fulfil the same role)
Alterative	Promotes the restoration of the general wellbeing of the body	Nettles, Cleavers
Lymphatic tonic	Promotes the health of the lymphatic system carrying tissue fluid	Cleavers, Echinacea, Marigold
Diaphoretic	Used to treat the skin and promote perspiration	Yellow Dock, Lime Blossom
Expectorant	Aids the removal of excess mucus from the lungs and facilitates coughing	Mullein, Coltsfoot
Tonic	Used to promote the health of the whole body	Any tonic remedy that has an affinity for the parts of the body under pressure from toxic build-up
Adaptogen	A substance that regulates the production of hormones	Siberian Ginseng
Anti-microbial	Helps the body fight off the organisms that cause disease	Echinacea, Garlic

Herbs and the Body's Defence System - Immunity

One of the ways the body defends itself is to make itself resistant to disease, to become immune to attack by virus or bacterium. The human immune system has become an increasingly crucial issue in recent years. Not only in medicine but in many aspects of our lives, to have a sound grasp of the new concepts which concern human immunity has become essential in understanding our world and making personal choices.

This is not only due to the AIDS epidemic but also the statistical explosion of a whole range of auto-immune diseases. To understand the possibilities of the holistic approach, it is important both to have a grasp of the biological basis of immunity and to comprehend the role it plays in human life. Important insights arise when our immunity is placed in an ecological perspective. Human immunity is a vital component of the interface between individuals and their world.

What is Human Immunity?

Human immunity is ecology in action: There is a relationship phenomenon in play. Not only must both sides of this relationship be identified and understood but also the nature of their relationship with each other must be clarified. This can prove extremely challenging as it will be in dynamic flux at all times. Immunity can be seen as an ecological interface between inner and outer environments where a complex of procedures and processes allows flow both

inwards and outwards, resistance and embrace at the same time. To focus on one side only of this profound dialogue is to miss the point and compromise the whole thing. Immunity is also an expression of homeostasis, the umbrella concept that describes the ability of the human body's physiological processes to maintain a stable internal environment. It is also an expression of relationship. The very nature of relationship plays a role in the wellbeing of the immune system and so the practitioner must explore patients' relationship with their world on all levels – from the food they eat, the people they love (or hate), to the way they relate to nature.

“Keeping your body healthy is an expression of gratitude to the whole cosmos — the trees, the clouds, everything.” – Thich Nhat Hahn

Immunostimulants

This group of herbs is typically used to treat short-term, acute infections through the stimulation of immune activity. Immunostimulants help the body to resist infection during the beginning stages of infection, as well as throughout the duration of infectious illness.

- ♣ Echinacea purpurea (Echinacea) root
- ♣ Andrographis paniculata (Andrographis) leaf
- ♣ Olea europaea (Olive) leaf
- ♣ Honeysuckle (Lonicera japonica)
- ♣ Allium sativum – Garlic bulb
- ♣ Baptisia tinctoria – Wild Indigo, root
- ♣ Commiphora mol-mol – Myrrh, resin
- ♣ Echinacea spp. – Purple coneflower, root and seed
- ♣ Eupatorium perfoliatum- Boneset, leaves and flowers
- ♣ Sambucus canadensis/ S. nigra- Elderberry, flowers and fruit

A good number of these herbs also possess anti-microbial activity and thus help the body to fight infection by augmenting the immune response, in addition to directly inhibiting the pathogen itself. Also called surface immune activators, these herbs quickly stimulate immunity, and need to be re-administered frequently to maintain their effectiveness. Their mode of action can include increasing phagocytosis, white blood cell division and activity, or moderating immune communication chemicals, such as cytokines. Cytokines are produced by a wide variety of cells, especially those residing in the mucus membranes of the body, and are considered to be immunomodulating hormone-like agents. Interleukins and interferons are two classes of cytokines.

The Common Cold

The action of *Andrographis*, combined with Ascorbic Acid Vitamin C (Rosehip Tea) has been clinically proven to decrease the duration and severity the common cold. *Echinacea* and Olive Leaf in combination provide relief from catarrh and sore throats. Vitamin C and Zinc (as amino acid chelate) support a healthy immune system.

Take *Spilanthes* (*Spilanthes acmella* – Toothache plant, leaves and flowers) while travelling for immunity to certain pathogens (path·o·gen: a bacterium, virus, or other microorganism that can cause disease, also called germs).

Immunomodulators

These herbs have been used traditionally as tonic support for the immune system and are slower acting with a more prolonged effect, as compared to immunostimulants. Also called deep immune tonics, they are used for longer periods of time when necessary and have a more balancing, rather than stimulating effect on the body. As tonics, they are not typically overtly heating or stimulating and match a wide variety of constitutions. We can examine each herb for its traditional usage and constitutional picture to find the remedy with the greatest affinity for each situation.

- ♣ *Astragalus membranaceus* – Astragalus, root
- ♣ *Eleutherococcus senticosus* – Eleuthero, Siberian ginseng, root
- ♣ *Ganoderma lucidum*, *G. tsugae* – Reishi, varnished artist's conk, fruiting mushroom
- ♣ *Lentinus edodes* – Shitake mushroom
- ♣ *Lycium barbarum*, - Goji berry or wolfberry
- ♣ *Ligustrum lucidum* – Privet, fruit
- ♣ *Ocimum tenuiflorum* syn. *Ocimum sanctum* – Holy basil, herb
- ♣ *Panax ginseng* – Asian ginseng, root (only use cultivated sources)
- ♣ *Panax quinquefolius* – American ginseng, root (only use cultivated sources)
- ♣ *Rhodiola rosea* – Roseroot, root
- ♣ *Schisandra chinensis* – Wu wei zi, berries
- ♣ *Withania somnifera* – Ashwagandha, root

Therapeutically, these herbs are used when there is poor immunity, as seen in individuals who experience frequent infections due to low immune resilience. Herbal immunomodulators are also used when the immune system is over-active, as in allergies and auto-immunity. This seemingly dualistic nature can seem miraculous, especially to those familiar with the unidirectional action of pharmaceuticals. Considering that most plants contain thousands of bioactive compounds, there is an immense synergy involved with each herb's complex biochemistry. When we add the unique physiology of each human's body into the equation, the possibilities of effects are almost infinite.

Most immunomodulators also possess adaptogenic qualities. Adaptogens are tonic herbs, which help to balance the body in adapting to emotional, physical and mental stress. Herbal immunomodulators can balance the endocrine and nervous control of the immune system.

Long-Term Immunotonics

These herbs have traditionally been used as long-term immune tonics and may possess immunomodulating effects. They have demonstrable sustained immune stimulation and are suitable for long-term use in cases of poor immunity and in cancer therapy and prevention.

- ♣ Glycyrrhiza uralensis, G. glabra – Liquorice rhizome (root)
- ♣ Grifola frondosa – Maitake, fruiting body
- ♣ Gynostemma pentaphyllum – Jiaogulan, herb
- ♣ Sambucus canadensis and S. nigra – Elder, flower and fruit
- ♣ Trametes versicolor – Turkey tail, fruiting body
- ♣ Rosa rugosa, Rosacea (Rugosa rose, Japanese rose, or Ramanas rose)

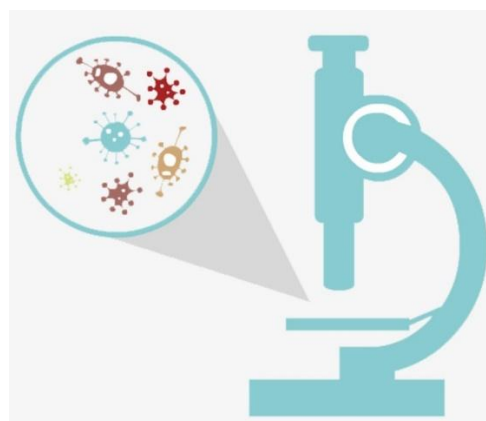
Antimicrobials

Antimicrobial herbs help the body resist pathogenic bacteria, fungi, viruses and protozoans. They are a broad class of herbs that achieve this function in many ways. It is interesting to note that most traditional culinary herbs demonstrate considerable antimicrobial affects, which protect against food spoilage and enteric pathogens. You will notice that non-spiced dishes spoiled days quicker than generously spiced dishes.

In treating illness caused by microbes, it is important to examine the condition of the body, the environment of the body and how the disease was able to take hold. If we ignore the basics of good sleep, nutrition, water intake and lifestyle and dose ourselves up with antimicrobial herbs we are unable to achieve homeostasis and long-term wellbeing.

Pharmacology has much to offer in the realm of fighting infectious organisms; antibiotics, antifungals, antiprotozoans and similar drugs have saved many lives. The benefit of these remedies is valuable; however, the administration must be appropriate...

Herbal antimicrobial therapies are appropriate for the common cold, the flu and manageable mild to moderate infection.



Antimicrobial Herbs

- ♣ *Allium sativum* – Garlic
- ♣ *Arctostaphylos uva-ursi* – Bearberry or uva-ursi, herb
- ♣ *Artemisia* spp. – Wormwood, sweet annie, sagebrush, herb
- ♣ *Baptisia tinctoria* – Baptisia or Wild indigo, root
- ♣ *Calendula officinalis* – Calendula, flowers
- ♣ *Capsicum* spp. – Cayenne peppers
- ♣ *Ceanothus* spp. – Redroot, root
- ♣ *Commiphora mol-mol* – Myrrh, resin
- ♣ Goldenseal (*Hydrastis canadensis*, Ranunculaceae)
- ♣ *Hydrastis canadensis* – Goldenseal root
- ♣ *Hyssopus officinalis* – Hyssop, herb
- ♣ *Inula helenium* – Elecampagne root
- ♣ *Isatis tinctoria* – Woad, root
- ♣ *Juglans nigra* – Black Walnut, hull
- ♣ *Juniperus* spp. – Juniper, needle
- ♣ *Ligusticum porteri* and *L. canadensis* – Osha species, root
- ♣ *Liquidambar styraciflua* – Sweet gum, resin
- ♣ *Lonicera japonica* – Honeysuckle, flowers
- ♣ *Mahonia* spp. – Oregon grape root
- ♣ *Mondarda* spp. – Bee balm, wild bergamot, herb
- ♣ *Rosa* spp. – Rose, flowers and herbs
- ♣ *Rosmarinus officinalis* – Rosemary, herb
- ♣ *Salvia officinalis* and *S. aparine* – Garden sage and White sage, both herb
- ♣ *Sambucus canadensis* and *S. nigra* – Elderberry, flower and fruit
- ♣ *Spilanthes acmella* – Toothache plant, herb
- ♣ *Thymus vulgaris* – Thyme, herb
- ♣ *Usnea* spp. – Usnea lichen
- ♣ *Xanthorrhiza simplicissima* – Yellowroot
- ♣ *Zanthoxylum clava-herculis* and *Z. americanum* – Toothache tree, bark

Four Aspects of Complete Health

- ♣ Bodily health and wholeness to ensure that the physical body has the correct nutrition and appropriate healing support for any illness it may be experiencing;
- ♣ Emotional wellbeing to ensure a well-rounded life in which you can nurture and be nurtured and fully appreciate the human condition;
- ♣ Mental vision and perspective to help create a frame of mind in which you can find your centre, enabling you to make choices from that centre, not from the stance of a victim;
- ♣ Spiritual openness and vitality in whatever form that takes for the person involved.

Part IV – Herbology: The Preparation of Herbs

Part of the art of herbal medicine is knowing what technique to use in preparing the remedies. Various methods of using plants have developed over the centuries to enable their healing properties to be released and become active. After the right choice of herbs has been made, the best way to prepare them must be selected.

Methods of preparation are mentioned throughout the book, but they are not described in detail each time. In this section a thorough explanation of methods is given. For clarity the methods are divided into those that are for use inside the body and those for external use.

Internal remedies

From a holistic perspective, the best way of using herbs is to take them internally, since it is from within that healing takes place. The ways of preparing internal remedies are numerous, but with all of them it is essential to take care with the process to ensure you end up with what you want.

There are three basic kinds of preparations that can be taken internally: water-based, alcohol-based and fresh or dried herbs

Water-Based Preparations

There are two ways to prepare water-based extracts: Infusions and decoctions. When the herbs to be used contain any hard, woody material, decoctions are used; otherwise infusions are used.

Infusion: If you know how to make tea, you know how to make an infusion. It is perhaps the most simple and common method of taking a herb and fresh or dried herbs can be used to prepare it. However, where one part of dried herb is prescribed, it can be replaced by three parts of the fresh herb, the difference being due to the higher water content of the fresh herb. Therefore, if the instructions call for one teaspoonful of dried herb, it can be substituted by three teaspoons of fresh herb.

To make larger quantities to last for a while, the proportion should be 30g of herb to 500ml of water. The best way to store it is in a well-stoppered bottle in the refrigerator. However, the shelf life of such an infusion is not very long, as it is so full of life-force that any micro-organism that enters the infusion will multiply and thrive in it. If there is any sign of fermentation or spoiling, the infusion should be discarded. Whenever possible, infusions should be prepared when needed. Infusions are most appropriate for plant parts such as leaves, flowers or green stems, where the substances wanted are easily accessible. If you also want to infuse bark, root, seeds or resin, it is best to powder them first, to break down some of their cell walls and make them more accessible to the water. Seeds, for instance, such as *Fennel* and *Aniseed*, should be slightly bruised before being used in an infusion to release the volatile oils from the cells. Any aromatic herb should be infused in a pot that has a well-sealing lid, to ensure that only a minimum of the volatile oil is lost through the process of evaporation.

When you are working with herbs that are very sensitive to heat, either because they contain highly volatile oils or because their constituents break down at high temperature, you

can also make a cold infusion. The proportion of herb to water is the same but in this case the infusion should be left for six to twelve hours in a well-sealed earthenware pot. When the liquid is ready, strain and use it.

To Make an Infusion:

Infusions may be drunk hot – which is normally best for a medicinal herb tea – or cold, or have ice in them. They may be sweetened with Liquorice Root, honey or even brown sugar. Herbal teabags can be made by filling little muslin bags with herbal mixtures, taking care to remember how many teaspoonfuls have been put into each bag.

1. Take a china or glass teapot which has been warmed and put one teaspoonful of the dried herb or herb mixture into it for each cup of tea that you intend to brew.
2. Pour a cup of boiling water in for each teaspoonful of herb that is already in the pot and then put the lid on. Leave to steep for ten to fifteen minutes.

Decoction:

Whenever a herb to be used is hard and woody, it is better to make a decoction rather than an infusion to ensure that the soluble contents of the herbs actually reach the water. Roots, rhizomes, wood, bark, nuts and some seeds are hard and their cell walls are very strong, so to ensure that the active constituents are transferred to the water, more heat is needed than for infusions and the herb has to be boiled in water. A decoction can be used in the same way as an infusion.

When preparing a mixture containing soft and woody herbs, it is best to prepare an infusion and a decoction separately to ensure that the more sensitive herbs are treated accordingly. When using a woody herb which contains a lot of volatile oils, it is best to make sure that it is powdered as finely as possible and then used in an infusion rather than a decoction, to ensure that the oils do not boil away.

To Make a Decoction

1. Put one teaspoonful of dried herb or three teaspoonfuls of fresh material for each cup of water into a pot or saucepan. Dried herbs should be powdered or broken into small pieces, while fresh material should be cut into small pieces. If large quantities are made, use 30g of dried herb for each 500ml of water. The container should be glass, ceramic or earthenware. If using metal, it should be enamelled. Never use aluminium.
2. Add the appropriate amount of water to the herbs in the pan.
3. Bring to the boil and simmer for the time given for the mixture or specific herb, usually ten to fifteen minutes. If the herb contains volatile oils, put a lid onto the saucepan.
4. Strain the tea while it is still hot.

Delicious Herb Teas

Herbs can make a delicious addition to everyday life and can open up a whole world of subtle delights and pleasures. They are not only medicines or alternatives to coffee, but can in their own right make excellent teas. Whilst each person will have favourite herbs, here is a list of some suggested herbs, each of which makes delicious teas, either singly or in combination. From this list you can select those which you like the taste of most, or those that also augment your health.

- ♣ Flowers Chamomile, Elder Flower, Lime Blossom, Red Clover
- ♣ Leaves Peppermint, Spearmint, Lemon Balm, Rosemary, Sage, Thyme, Hyssop, Vervain
- ♣ Berries Hawthorn, Rosehips
- ♣ Seeds Aniseed, Caraway, Celery, Dill, Fennel
- ♣ Roots Liquorice

Alcohol-based Preparations:

In general, alcohol is a better solvent than water for the plant constituents. Mixtures of alcohol and water dissolve nearly all the relevant ingredients of a herb and at the same time act as a preservative. Alcohol preparations are called tinctures, an expression that is occasionally also used for preparations based on glycerine or vinegar, as described below.

The methods given here for the preparation of tinctures show a simple and general approach; when tinctures are prepared professionally according to descriptions in a pharmacopeia, specific water/alcohol proportions are used for each herb, but for general use such details are unnecessary. For home use it is best to take an alcohol of at least 30 per cent (60 proof), vodka for instance, as this is about the weakest alcohol/water mixture with a long-term preservation action.

We can use tinctures in a variety of ways. They can be taken straight or mixed with a little water, or they can be added to a cup of hot water. If this is done, the alcohol will partly evaporate and leave most of the extract in the water, which with some herbs will make the water cloudy, as resins and other constituents not soluble in water will precipitate. Some drops of the tincture can be added to a bath or footbath, or used in a compressor mixed with oil and fat to make an ointment. Suppositories and lozenges can be made this way too.

To Make an Alcoholic Tincture

1. Put 120g of finely chopped or ground dried herbs into a container that can be tightly closed. If fresh herbs are used, twice the amount should be taken.
2. Pour 500ml of 30 per cent (60 proof) vodka on the herbs and then close the container tightly.
3. Keep the container in a warm place for two weeks and shake it well twice every day.
4. After decanting the bulk of the liquid, pour the residue into a muslin cloth suspended in a bowl.
5. Wring out all the liquid. The residue makes excellent garden compost.
6. Pour the tincture into a dark bottle. Keep it well stoppered. Tinctures are much stronger, volume for volume, than infusions or decoctions.

Vinegar-Based Tincture

Tinctures can also be made using vinegar, which contains acetic acid that acts as a solvent and preservative in a way similar to alcohol. Whenever you make a vinegar tincture, it is best to use apple cider vinegar, as it has in itself excellent health-augmenting properties. Synthetic chemical vinegar should not be used. The method is the same as for alcoholic tinctures and if you steep spices or aromatic herbs in vinegar, the resulting fragrant vinegar will be excellent for culinary use.

Glycerine-Based Tincture

Tinctures based on glycerine have the advantage of being milder on the digestive tract than alcoholic tinctures, but they have the disadvantage of not dissolving resinous or oily materials quite as well. As a solvent, glycerine is generally better than water but not as good as alcohol.

To make a glycerine tincture, make up 500ml of a mixture consisting of one part glycerine and one part water, add 120g of the dried, ground herb and leave it in a well-stoppered container for two weeks, shaking it daily. After two weeks, strain and press or wring the residue as with alcoholic tinctures. For fresh herbs, due to their greater water content, put 240g into a mixture of 75 per cent glycerine/25 per cent water.

Practical: Fresh Basil Tincture

One of the primary medicinal uses for basil is for its anti-inflammatory properties. This effect stems from eugenol, a volatile oil in basil that blocks enzymes in the body that cause swelling, making basil an ideal treatment for people with arthritis.

Basil, especially as an extract or oil, is known to have exceptionally powerful antioxidant properties that can protect the body from premature aging, common skin issues, age-related problems and even some types of cancer. The herb also contains the flavonoids orientin and vicenin, which are plant pigments that shield your cell structures from oxygen and radiation damage.

Basil oil can be used to treat constipation, stomach cramps and indigestion as well as the cold, flu, asthma, whooping cough, bronchitis and sinus infections. It is also a great source of magnesium, an essential mineral that helps the body's blood vessels relax, which can improve blood flow. *'Excerpt: The Herb Companion'*

Ingredients:

- 1 cup fresh Basil, chopped
- 2 cups Alcohol/Apple Cider Vinegar or Glycerine

Directions

Place the herbs in your jar and cover with Alcohol, Apple Cider Vinegar or Vegetable Glycerine. Shake every other day (or every day).

Remember to label your jar.

Tincture is ready in four to six weeks, strain out herbs and place in a darker jar or leave in a dark place. Dosage for Adults: 2.5ml twice per day.

Dry-Based Preparations

Sometimes it is more appropriate to take herbs in a dry form, with the advantage that you do not taste the herb and also that you can take in the whole herb, including the woody material. The main drawback lies in the fact that the dry herbs are unprocessed and therefore the plant constituents are not always as readily available for easy absorption. In a process like infusion, heat and water help to break down the walls of the plant cells and to dissolve the constituents, something which is not always guaranteed during the digestive process in the stomach and the small intestines. Also, when the constituents are already dissolved in liquid form, they are available a lot faster and begin their actions sooner.

A second drawback to taking some of the herbs dry, as in capsules, lies in the very fact that you do not taste the herb. For various reasons – even though they taste unpleasant – the bitter herbs work much better when they are tasted, as their effectiveness depends on the neurological sensation of bitterness. When you put bitters into a capsule or a pill, their action may well be lost or diminished. Taking all these considerations into account, there are still a number of ways to use herbs in dry form. The main thing you have to pay attention to is that the herbs be powdered as finely as possible. This guarantees that the cell walls are largely broken down and helps in the digestion and absorption of the herb.

Capsules: The easiest way to take dry powdered herbs internally is to use gelatine capsules. (These come in various sizes and can be obtained from most chemists. Capsules not made of animal products are also available; ask in your area for suppliers.) The size you need depends on the amount of herbs prescribed per dose and on the volume of the material. A capsule size 00 for instance will hold about 0.5g of finely powdered herb.

To fill a capsule:

1. Place the powdered herbs in a flat dish and take the halves of the capsule apart.
2. Move the halves of the capsules through the powder, filling them in the process.
3. Push the two halves together.

Capsules are useful options if you do not want to drink too much liquid in the forms of infusion or decoction. However, capsules are not recommended if you have been prescribed bitter herbs, as the action will be lost if you do not taste them on the tongue.

External remedies

As the body can absorb herbal compounds through the skin, a wide range of methods and formulations have been developed that take advantage of this fact. Douches and suppositories, though they might appear to be internal remedies, have traditionally been categorised as external remedies.

Water Therapy

Baths: The best and most pleasant way of absorbing herbal compounds through the skin is by bathing in a full body bath with 500ml of infusion or decoction added to the water. Alternatively, you can also take a foot or hand bath, in which case you would use the preparations in undiluted form.

Any herb that can be taken internally can also be used in a bath. There are many herbs and they can be used on their own or in a combination to make different kinds of bath with different properties. For a bath that is relaxing and at the same time exquisitely scented, infusions can be made of *Lavender Flowers*, *Lemon Balm*, *Elder Flowers* or *Rosemary Leaves*. For a bath that will bring about a restful and healing sleep, add an infusion of either *Valerian*, *Lime Blossom* or *Hops* to the bath water. For children with sleep problems or when babies are teething, try either *Chamomile* or *Lime Blossom*, as the herbs mentioned above may be too strong. In feverish conditions or to help the circulation, stimulating and diaphoretic herbs can be used, such as *Cayenne*, *Boneset*, *Ginger* or *Yarrow*.

These are just some of the possibilities. Try out others for yourself. There are also ideas in books about aromatherapy, a healing system based on the external application of herbs in the form of essential oils. These oils can also be used in baths by putting a few drops of oil into the bathwater. Instead of preparing an infusion of the herb beforehand, a handful of it can be placed in a muslin bag which is suspended from the hot water tap so that the water flows through it.

Douches: Another method of using herbs externally is a douche, the application of herbs to the vagina, which is particularly indicated for local infections. Whenever possible, prepare a new infusion or decoction for each douche. Allow the liquid to cool to a temperature that will be comfortable internally. Pour it into the container of a douche bag and insert the applicator vaginally. Allow the liquid to rinse the inside of the vagina. Note that the liquid will run out of the vagina, so it is easiest to douche sitting on the toilet. It is not necessary to actively hold in the liquid. In most conditions it is advisable to use the liquid undiluted for a number of days, three times daily. If, however, a three to seven-day course of douching (along with the appropriate internal herb remedies) has not noticeably improved a vaginal infection, see a qualified practitioner for a diagnosis.

Surface Therapy

Ointments or salves are semi-solid preparations that can be applied to the skin. Depending on the purpose for which they are designed, there are innumerable ways of making ointments; they can vary in texture from very greasy to a thick past, depending on what base is used and what compounds are mixed together. Any herb can be used for making ointments, but *Arnica*, *Chickweed*, *Comfrey Root*, *Cucumber*, *Elder Flower*, *Golden Seal*, *Greater Plantain*, *Lady's Mantle*, *Marigold Flower*, *Marshmallow Root*, *Slippery Elm Bark*, *Woundwort* and *Yarrow* are particularly good for use in external healing mixtures. Note that *Arnica* is not advisable on open wounds.

The simplest way to prepare an ointment is by using petroleum jelly as a base. Whilst this has the disadvantage of being an inorganic base, it also has a number of advantages. Petroleum jelly is easy to handle so a simple ointment can be made very quickly. Besides this it has the advantage of not being absorbed itself by the skin.

The basic method for a petroleum jelly ointment is to simmer two tablespoonfuls of a herb in 200g of petroleum jelly for about ten minutes. A single herb, or a mixture of fresh or dried roots, leaves or flowers can be used.

Practical: Make a Herbal Ointment

1. Make 500ml of the appropriate water extract (infusion or decoction), strain off the liquid for use in step 4.
2. Measure out the oils and wax for the base.
 - ♣ 60g beeswax,
 - ♣ 90ml almond oil
 - ♣ 90g cocoa butter or lanolin or 90ml olive oil or wheat germ oil
3. Pour 90ml olive or almond oil into the pan. Mix the wax and other oils together.
4. Add the strained herbal extract and stir into the base.
5. Simmer until the water has completely evaporated and the extract has become incorporated into the oil. You might find it easier to place the pan in a larger pan of water to prevent burning. Be careful not to overheat the mixture and watch particularly for the point when all the water has evaporated and the bubbling stops. If additional thickeners (such as beeswax) need to be incorporated, they can be added at this point and melted with the base, heating slowly and stirring until blended.
6. Pour the mixture into a container.

Marigold Balm

This is a recipe for a simple Marigold ointment, which is excellent for cuts, sores or minor burns. Take 60g (or about a handful) of freshly picked Marigold Flowers. Crush the flowers into a paste, adding 3 Tbsp. of glycerine, then sift it through fine gauze or strainer and press out all the liquid from the flowers, add this to 200g melted petroleum jelly or aqueous cream and heat the mixture. Simmer it very gently for about ten minutes, stirring well. Pour the liquid into a container and seal it after it has cooled.

Poultices

The action of a poultice is very similar to that of a compress, but instead of using a liquid extract, the solid plant material is used for a poultice. Both fresh or dried herbs and vegetables can be used to make a poultice. With the fresh plant you apply the bruised leaves or root material either directly to the skin or place them between thin gauze. Dried herbs must be made into a paste by adding either hot water or apple cider vinegar until the right consistency is obtained. To keep the poultice warm, you can use the same method as for the compress and place a hot-water bottle on it. When you are applying the herb directly to the skin, it is often helpful first to cover the skin with a small amount of oil, as this will protect it and make removal of the poultice easier.

Poultices can be made from warming and stimulating herbs, from vulneraries, astringents and also from emollients, which are demulcents that are soothing and softening on the skin, such as *Comfrey Root*, *Flax Seed*, *Marshmallow Root*, *Oatmeal*, *Quince Seed* and *Slippery Elm Bark*. Poultices are often used to draw pus out of the skin and there are a multitude of old recipes. Some of them use cabbage, which is excellent; others use bread and milk, some even soap and sugar.

Boils, Bites and Cysts

Bran: Reduces inflammations in boils. The poultice consists of mixing bran with hot water and applying it on the boil head warm to the extent of tolerance.

Bread and Milk: Is used to develop heads in pus filled boils so that the pus can easily flow out from the boil leading it to dry up soon. The bread soaked with milk is smashed and then applied on the head as poultice.

Cabbage: Consists of paste made by smashing raw or cooked cabbage. The thick coating of the cabbage poultice for boil is to be covered with a warm towel. This poultice is highly effective as a detoxification agent and is to be applied for 10 minutes at a stretch.

Carrot: Beneficial for acne, cysts, boils and such. The poultice is made up of boiled carrot. The carrot is first boiled until it becomes soft and then turned into a pulp. The pulp of the carrot is then applied on the boil head to allow the pus to flow out.

Mustard Seed: Grind mustard seeds and then add water to make a paste. In order to make the paste more compact in form you may add a limited quantity of flour and convert it into a poultice. Make sure that you do not apply the paste directly on the boil rather use a muslin cloth, cheese cloth or gauze. Cover the entire poultice with a plastic piece or clingwrap. Should you find that the paste is causing irritation or a burning sensation you must immediately remove the paste. Try not to use the poultice if you have a highly sensitive skin or on a broken wound surface.

Potato: The potato poultice is prepared by grating raw potato first and then it is mixed with boiling water. This poultice is highly effective in bringing a soothing effect for skin affected by carbuncles or boils.

Strawberry: Highly beneficial as an anti-inflammatory agent. The poultice is prepared by mashing organic strawberries into a paste.

Flax (Linseed): Make by extracting linseeds and grinding them into powder, further converting them into a paste by adding water. This poultice is to be applied directly over the boil, bite, string or spots and acne surface in order to obtain maximum benefit.

Herbal Liniments

Simple to make, herbal liniments are a great element for any home medicine cabinet! They offer instant relief for pain, inflamed muscles, bruises, and sprains.

Depending on which botanicals are included, liniments can be used to disinfect cuts and wounds and may benefit a variety of conditions, including sore and inflamed muscles, joints, circulation problems, arthritis, rheumatism, sprains, strains and bruises.

Liniments may also be formulated to warm or cool. Warming herbs like Black Pepper, Cayenne or Ginger can be added to stimulate blood circulation and assist with arthritis, pain, stiffness and conditions aggravated by exertion or cold weather. Cooling herbs like Peppermint are useful for swelling, inflammation and areas that are hot due to sprains, bruises and other injuries.

Basic Herbal Liniment

Ingredients:

Rubbing alcohol or other menstruum (a solvent, especially one used in extracting compounds from plant of choice).

Rubbing alcohol is typically used to make liniments because it extracts the therapeutic herbal constituents, rapidly penetrates and evaporates from the skin and is an all-purpose antiseptic and disinfectant. You could also use vodka, Witch Hazel extract, or vinegar as a solvent. Basically, you'll need a menstruum to extract the properties of the herbs which will absorb quickly and deeply to penetrate skin. If alcohol alone is too harsh or drying on your skin, try mixing it with Witch Hazel extract or vinegar until you find a medium that works for you. Fresh or dried herbs. Popular choices are: Arnica, Black Pepper, Calendula, Cayenne, Chamomile, Comfrey, Echinacea, Eucalyptus, Ginger, Goldenseal, Lavender, Myrrh, Oregano, Oregon Grape root, Peppermint, Rosemary, St. John's Wort, Thyme and Yarrow.

Optional additions: Essential oil(s) of choice.

1. Place herbs in a clean glass jar. If using fresh herbs, chop them first. Cover thoroughly with rubbing alcohol or other menstruum of choice and cap with a tight-fitting lid. Place the jar in a warm area and shake daily or as often as possible.
2. After four to six weeks, strain the herbs out using cheesecloth/muslin. If desired, add essential oil(s). Pour the liniment into dark glass bottles. Make sure to label the liniment for "External Use Only".
3. When properly stored in a cool dark place, the liniment will keep almost indefinitely. To use: Gently rub onto skin and allow to evaporate. Be careful not to rub too hard or vigorously as this can cause irritation.

Practical: Surface Treatments

Mama's Mix: For arthritis, joint pain, muscle stiffness and tendon and ligament strains.

4 tbsp. Ground Black Pepper

4 tbsp. Grated/chopped organic Ginger

4 tbsp. Chopped/ground fresh organic Rosemary

1 tsp. Cayenne powder

30 drops Lavender essential oil

20 Drops Basil Essential Oil

500 ml Vodka

1. Place the ingredients in a jar and cover with vodka leaving a good 5cm margin above the herbs. Cover with a tight-fitting lid. Place the mixture in a warm location and let it sit for four weeks.
2. Strain and rebottle. Label the bottle clearly for "External Use Only".
3. To use, apply directly on affected area or moisten a cotton ball/gauze with liniment and swab the infected area. Repeat as often as needed until the stiffness and pain goes away.

Oils: Many herbs are rich in essential oils. There are herbs like Peppermint, in which the oils are volatile, which makes the plant aromatic and there are also those in which the oils are not particularly aromatic, such as St John's Wort. Herbal oils can be used in two forms, depending on the mode of extraction. First of all, there are the pure essential oils, which are extracted from the herb by a complex and careful process of distillation. Only an expert can make these at home. These oils are best obtained from specialist suppliers who distil them as the basis for aromatherapy and as such take care that they are as pure as possible.

Part V – Herbology: The Action of Herbs

A great deal of pharmaceutical research has gone into analysing the active constituents of herbs to find out how and why they work. A much older approach is to categorise herbs by looking at what kinds of problems they can treat. The understanding of the actions of herbs and the way they may be used in combination is fundamental to a holistic approach.

In some cases, for instance, the action is due to a specific chemical or combination of chemicals present in the herb – the sedative Valerian is an example – or it may be due to a complex synergistic interaction between various constituents of the plant. However, it is best to view the actions as an attribute of the herb as a whole and any understanding of its chemical basis as an aid in prescription.

To understand this approach let us look at a couple of examples. Peppermint for instance, is an anti-catarrhal, an aromatic, an anti-microbial, a carminative, a diaphoretic, an emmenagogue, a febrifuge, a nervine and a stimulant. Boneset is also an anti-catarrhal, a diaphoretic and a febrifuge as well as being a bitter, a diuretic, an emetic and a tonic which Peppermint is not. If you need an anti-catarrhal that was at the same time a diuretic, you could use Boneset, and if a stimulating anti-catarrhal was needed you could use Peppermint. And the two could be combined for a wider effect.

Both herbs play a part in the treatment of a whole range of problems; they not only work on specifics but have a spectrum of actions, which really makes them into the holistic tools they are. Each herb has its own spectrum of actions, so it is important to take care in combining the herbs to cover a range of related problems and to treat the cause as well as the symptoms.

In this section a list of actions has been put together and the most useful representatives in each category indicated. The more important of the herbs are underlined. They are in alphabetical order, not necessarily in order of importance. More information can be found in the Herbal section, where the actions of each herb are given. Actions not described on these pages are defined in the glossary.

Alterative: Alteratives are herbs that will gradually restore the proper function of the body and increase health and vitality. They were at one time known as 'blood cleansers'	Bladderwrack, <u>Blue Flag</u> , Bogbean, Burdock, <u>Cleavers</u> , <u>Echinacea</u> , <u>Figwort</u> , Fringetree, <u>Fumitory</u> , Garlic, Guaiacum, Golden Seal, <u>Mountain Grape</u> , <u>Nettles</u> , Pasque Flower, Poke Root, <u>Queen's Delight</u> , Red Clover, <u>Sarsaparilla</u> , Sassafras, Wild Indigo, <u>Yellow Dock</u>
Analgesic, Anodyne: Analgesics are herbs that reduce pain and are either applied externally or taken internally	Hops, Jamaican Dogwood, Lady's Slipper, Passion Flower, Red Poppy, Skullcap, St John's Wort, Valerian
Anthelmintic: Anthelmintics will destroy or expel worms from the digestive system. Unfortunately, many of the most effective anthelmintics are no longer available since the Medicines Act of 1968, as they can be toxic in high dosage. Therefore, those are not listed here.	Aloe, Garlic, Pomegranate, Tansy, Thuja, Wormwood, Rue
Anti-Bilious: The anti-bilious herbs help the body to remove excess bile and can thus be beneficial in cases of biliary and jaundice conditions. Compare also cholagogues and hepatics.	Balmony, Barberry, Dandelion, Fringetree, Golden Seal, Mugwort, Vervain, Wild Yam, Wormwood
Anti-Catarrhal: The anti-catarrhal herbs help the body to remove excess catarrhal build-ups, whether these occur in the sinus area or in other parts of the body.	American Cranesbill, Bearberry, <u>Boneset</u> , Cayenne, Coltsfoot, <u>Echinacea</u> , Elder, Elecampane, <u>Eyebright</u> , <u>Garlic</u> , <u>Golden Seal</u> , <u>Golden Rod</u> , <u>Hyssop</u> , Iceland Moss, Irish Moss, Marshmallow, <u>Mullein</u> , Peppermint, <u>Sage</u> , Thyme, <u>Wild Indigo</u> , <u>Yarrow</u>
Anti-Emetic: The anti-emetics can reduce a feeling of nausea and can help to relieve or prevent vomiting.	Balm, <u>Black Horehound</u> , Cayenne, Cloves, Dill, Fennel, Lavender, <u>Meadowsweet</u> , Peach Leaves
Anti-inflammatory: The anti-inflammatory herbs help the body to combat inflammations. Herbs mentioned under demulcents, emollients and vulneraries will often act in this way, especially when they are applied externally.	Black Willow, Bogbean, <u>Chamomile</u> , <u>Devil's Claw</u> , <u>Marigold</u> , Meadowsweet, <u>St John's Wort</u> , White Poplar, Witch Hazel
Anti-lithic: The anti-lithic herbs prevent the formation of stones or gravel in the urinary system and can help the body in their removal.	Bearberry, Buchu, Corn Silk, Couchgrass, <u>Gravel Root</u> , <u>Hydrangea</u> , <u>Parsley Piert</u> , <u>Pellitory of the Wall</u> , Sea Holly, <u>Stone Root</u> , Wild Carrot
Anti-microbial: The anti-microbial herbs can help the body to destroy or resist pathogenic micro-organisms.	Aniseed, Bearberry, Caraway Oil, Cayenne, <u>Clove</u> , Coriander, <u>Echinacea</u> , Elecampane, Garlic, Gentian, Juniper, Marigold, Marjoram, Myrrh, Peppermint, Rosemary, Rue, Sage, Southernwood, Thyme, <u>Wild Indigo</u> , <u>Wormwood</u>

Anti-spasmodic: The anti-spasmodic herbs can prevent or ease spasms or cramps.	Black Cohosh, <u>Black Haw</u> , Chamomile, <u>Cramp Bark</u> , <u>Lady's Slipper</u> , Lime Blossom, <u>Lobelia</u> , <u>Mistletoe</u> , <u>Motherwort</u> , <u>Pasque Flower</u> , <u>Skullcap</u> , Skunk Cabbage, Thyme, <u>Valerian</u> , Vervain, Wild Lettuce, <u>Wild Yam</u>
Aperient: Aperient herbs are very mild laxatives. See 'Laxatives'.	
Aromatic: The aromatic herbs have a strong and often pleasant odour and can stimulate the digestive system. They are often used to add aroma and taste to other medicines.	Angelica, Aniseed, Balm, Caraway, Cardamon, Celery, Chamomile, Cinnamon, Clovers, Coriander, Dill, Fennel, Hyssop, Ginger, Meadowsweet, Pennyroyal, Peppermint, Rosemary, Valerian, Wood Betony.
Astringent: Astringents contract tissue by precipitating proteins and can thus reduce secretions and discharges. They contain tannins.	<u>Agrimony</u> , American Cranesbill, Avens, <u>Bayberry</u> , Bearberry, <u>Beth Root</u> , Bistort, Black Catechu, Bugleweed, Eyebright, Golden Rod, Ground Ivy, Kola, Lungwort, Meadowsweet, Mouse Ear, oak, Periwinkle, Pilewort, Plantain, Raspberry, Red Sage, Rhubarb Root, Rosemary, Slippery Elm, St John's Wort, Tormantil, Wild Cherry, Witch Hazel, Yarrow
Bitter: Herbs that taste bitter act as stimulating tonics for the digestive system through a reflex via the taste-buds.	Barberry, Boneset, Centaury, Chamomile, Gentian, Golden Seal, Hops, Rue, Southernwood, Tansy, White Horehound, Wormwood, Yarrow
Cardiac Tonic: Cardiac tonics affect the heart. Their specific function should be looked up in the Herbal section.	Hawthorn, Motherwort, Night Blooming Cereus
Carminative: The carminatives are rich in volatile oils and by their action stimulate the peristalsis of the digestive system and relax the stomach, thereby supporting the digestion and helping against gas in the digestive tract.	<u>Angelica</u> , <u>Aniseed</u> , Balm, Black Mustard, <u>Caraway</u> , Cardamon, Cayenne, Cinnamon, Chamomile, Coriander, <u>Dill</u> , Fennel, Galangal, Garlic, Ginger, Hyssop, Juniper, <u>Peppermint</u> , Sage, Thyme, Valerian
Cholagogue: The cholagogues stimulate the release and secretion of bile from the gall-bladder, which can be a marked benefit in gall-bladder problems. They also have a laxative effect on the digestive system since they increase the amount of bile in the duodenum and bile is our internally produced, all-natural laxative.	<u>Balmony</u> , <u>Barberry</u> , <u>Black Root</u> , Blue Flag, Boldo, Dandelion, <u>Fringetree</u> , Fumitory, Gentian, Golden Seal, Mountain Grape, <u>Wahoo</u> , <u>Wild Yam</u>
Demulcent: Demulcents are usually rich in mucilage and can soothe and protect irritated or inflamed internal tissue.	Coltsfoot, <u>Comfrey</u> , Corn Silk, Couchgrass, Flax Seed, <u>Irish Moss</u> , Lungwort, Licorice, Mallow, <u>Marshmallow</u> , Mullein, Oats, Parsley Piert, <u>Slippery Elm</u>

Diaphoretic: Diaphoretics aid the skin in the elimination of toxins and promote perspiration.	Angelica, Bayberry, <u>Boneset</u> , Buchu, <u>Cayenne</u> , Chamomile, <u>Elder</u> , Fennel, <u>Garlic</u> , <u>Ginger</u> , Golden Rod, <u>Guaiacum</u> , Lime Blossom, <u>Peppermint</u> , <u>Pleurisy Root</u> , <u>Prickly Ash</u> , Thuja, Thyme, White Horehound, <u>Yarrow</u>
Diuretic: Diuretics increase the secretion and elimination of urine.	Agrimony, <u>Bearberry</u> , Blue Flag, Boldo, <u>Boneset</u> , Borage, <u>Broom</u> , <u>Buchu</u> , Bugleweed, Burdock, Celery Seed, <u>Cleavers</u> , <u>Corn Silk</u> , <u>Couchgrass</u> , <u>Dandelion</u> , Elder, <u>Gravel Root</u> , Hawthorn Berries, <u>Juniper</u> , Kola, <u>Lily of the Valley</u> , Lime Blossom, Night Blooming Cereus, <u>Parsley Piert</u> , <u>Pellitory of the Wall</u> , Saw Palmetto, <u>Sea Holly</u> , Stone Root, <u>Wild Carrot</u> , <u>Yarrow</u>
Emetic: Emetics cause vomiting. Most of the herbs listed cause vomiting only when taken in high dosage. Safe dosages are given for each herb in the Herbal section.	Blood Root, Boneset, Elder Flowers, <u>Ipecacuanha</u> , <u>Lobelia</u> , <u>Senega</u> , <u>Squill</u>
Emmenagogue: Emmenagogues both stimulate and normalise menstrual flow. The term is often employed in the wider context of remedies that act as tonics to the female reproductive system.	Beth Root, Black Cohosh, Black Haw, Blessed Thistle, Blue Cohosh, Chamomile, Chaste Tree, Cramp Bark, False Unicorn Root, Fenugreek, Gentian, Ginger, Golden Seal, Juniper Berry, Marigold, Motherwort, Mugwort, Parsley, Pasque Flower, Pennyroyal, Peppermint, Raspberry, Red Sage, Rosemary, Rue, Southernwood, Squaw Vine, Tansy, True Unicorn Root, Vervain, Wormwood, Yarrow
Emollient: Emollients are applied to the skin to soften, soothe or protect it. They act externally in a manner similar to the way demulcents act internally.	Borage, <u>Chickweed</u> , Coltsfoot, <u>Comfrey</u> , Elecampane, <u>Fenugreek</u> , <u>Flax Seed</u> , Licorice, <u>Mallow</u> , <u>Marshmallow</u> , Mullein, <u>Plantain</u> , Quince Seed, <u>Slippery Elm</u>
Expectorant: The expectorants support the body in the removal of excess amounts of mucus from the respiratory system.	<u>Aniseed</u> , Balm of Gilead, Balsam of Tolu, Blood Root, Coltsfoot, <u>Comfrey</u> , Elder Flower, <u>Elecampane</u> , Garlic, Golden Seal, <u>Grindelia</u> , <u>Hyssop</u> , Iceland Moss, Irish Moss, <u>Licorice</u> , <u>Lobelia</u> , Lungwort, Marshmallow, <u>Mouse Ear</u> , <u>Mullein</u> , <u>Pleurisy Root</u> , <u>Senega</u> , <u>Skunk Cabbage</u> , <u>Squill</u> , Thuja, Thyme, Vervain, <u>White Horehound</u> , Wild Cherry
Febrifuge, Anti-pyretic: The febrifuges help the body to bring down fevers.	<u>Angelica</u> , Balm, Blessed Thistle, <u>Boneset</u> , Borage, <u>Cayenne</u> , <u>Elder Flower</u> , Hyssop, <u>Pennyroyal</u> , <u>Peppermint</u> , <u>Peruvian Bark</u> , <u>Pleurisy Root</u> , <u>Prickly Ash</u> , Raspberry, Red Sage, Thyme, Vervain

Galactagogue: The galactagogues can help the breast-feeding mother to increase the flow of milk.	<u>Aniseed</u> , Blessed Thistle, Centaury, Fennel, <u>Goat's Rue</u> , Vervain
Hepatic: The hepatics aid the liver. Their use tones and strengthens it and increases the flow of bile.	Agrimony, Aloe, Balm, <u>Balmony</u> , <u>Barberry</u> , <u>Black Root</u> , <u>Blue Flag</u> , Boldo, Bogbean, Cascara Sagrada, Celery, <u>Centaury</u> , Cleavers, <u>Dandelion</u> , Elecampane, Fennel, <u>Fringetree</u> , Fumitory, Gentian, <u>Golden Seal</u> , Horseradish, Hyssop, Motherwort, <u>Mountain Grape</u> , Prickly Ash, <u>Wahoo</u> , Wild Indigo, <u>Wild Yam</u> , Wormwood, Yarrow, Yellow Dock
Hypnotic: Hypnotics will induce sleep (not a hypnotic trance).	Chamomile, Californian Poppy, Hops, Jamaican Dogwood, Mistletoe, Passion Flower, Skullcap, Valerian, Wild Lettuce
Laxative: The laxatives promote the evacuation of the bowels.	Balmony, <u>Barberry</u> , <u>Buckthorn</u> , Burdock, <u>Cascara Sagrada</u> , Cleavers, <u>Dandelion</u> , Flax Seed, Fringetree, Mountain Grape, Pellitory of the Wall, <u>Rhubarb Root</u> , <u>Senna</u> , Wahoo, <u>Yellow Dock</u>
Nervine: The nervines have a beneficial effect on the nervous system and tone and strengthen it. Some act as stimulants, some as relaxants. Please refer to the Herbal section for more detailed information.	Balm, Black Cohosh, Black Haw, Blue Cohosh, Bugleweed, Chamomile, Cramp Bark, Damiana, Ginseng, Hops, Kola, Lady's Slipper, Lavender Lemon Balm, Lime Blossom, Lobelia, Mistletoe, Motherwort, Oats, Pasque Flower, Passion Flower, Peppermint, red Clover, Rosemary, Skullcap, Valerian, Vervain, Wild Lettuce
Oxytotic: The oxytocics stimulate the contraction of the uterus and can thereby help in childbirth.	Beth Root, Blue Cohosh, Golden Seal, Squaw Vine
Pectoral: Pectorals have a general strengthening and healing effect on the respiratory system.	Angelica, Aniseed, Balm of Gilead, Balsam of Tolu, <u>Blood Root</u> , <u>Coltsfoot</u> , <u>Comfrey</u> , Elder, <u>Elecampane</u> , Garlic, <u>Golden Seal</u> , Hyssop, Iceland Moss, Irish Moss, <u>Licorice</u> , Lungwort, Marshmallow, Mouse Ear, <u>Mullein</u> , Pleurisy Root, Senega, Skunk Cabbage, Vervain, White Horehound
Rubefacient: When rubefacients are applied to the skin they cause a gentle local irritation and stimulate the dilation of the capillaries, thus increasing circulation in the skin. The blood is drawn from deeper parts of the body into the skin and thus often internal pains are relieved.	Black Mustard, <u>Cayenne</u> , Garlic, <u>Ginger</u> , <u>Horseradish</u> , Nettles, Peppermint Oil, Rosemary Oil, Rue

Sedative: The sedatives calm the nervous system and reduce stress and nervousness throughout the body. They can thus affect tissue of the body that has been irritated by nervous problems.	Black Cohosh, Black Haw, <u>Blue Cohosh</u> , Boldo, <u>Bugleweed</u> , Chamomile, Cowslip, Cramp Bark, Hops, <u>Jamaican Dogwood</u> , <u>Lady's Slipper</u> , Lobelia, Motherwort, <u>Pasque Flower</u> , <u>Passion Flower</u> , Red Clover, Red Poppy, <u>Skullcap</u> , St John's Wort, <u>Valerian</u> , Wild Cherry, Wild Lettuce
Sialagogue: The sialagogues stimulate the secretion of saliva from the salivary glands.	Blue Flag, <u>Cayenne</u> , <u>Centaury</u> , <u>Gentian</u> , Ginger, Prickly Ash, Senega
Soporific: The soporifics induce sleep; compare with 'Hypnotics'.	
Stimulant: Stimulants quicken and enliven the physiological functions of the body.	Angelica, Balm of Gilead, Balmony, <u>Bayberry</u> , <u>Black Mustard</u> , Caraway, Cardamon, <u>Cayenne</u> , Cinnamon, Galangal, Garlic, Gentian, Ginseng, Ground Ivy, <u>Horseradish</u> , Juniper, Pennyroyal, Peppermint, Prickly Ash, Rosemary, Rue, Sage, Southernwood, <u>Tansy</u> , White Horehound, <u>Wormwood</u> , Yarrow
Styptic: Styptics reduce or stop external bleeding by their astringency. See 'Astringents'.	
Tonic: The tonic herbs strengthen and enliven either specific organs or the whole body. This long list makes more sense when read in conjunction with the section on tonics given for each body system.	Agrimony, Angelica, Aniseed, Balm, Balmony, Bayberry, Bearberry, Beth Root, Black Cohosh, Black Haw, Black Mustard, Black Root, Bogbean, Boldo, Boneset, Buchu, Bugleweed, Burdock, Calumba, Carline Thistle, Cayenne, Centaury, Chamomile, Cleavers, Coltsfoot, Comfrey, Condurango, Couchgrass, Damiana, Dandelion, Echinacea, Elecampane, Eyebright, False Unicorn Root, Fringetree, Fumitory, Garlic, Gentian, Ginseng, Golden Seal, Gravel Root, Grindelia, Hawthorn, Horsechestnut, Hydrangea, Hyssop, Iceland Moss, Lady's Slipper, Licorice, Lime Blossom, Marigold, Motherwort, Mountain Grape, Mugwort, Myrrh, Nettles, Oats, Parsley, Poke Root, Raspberry, Red Clover, Sarsaparilla, Skullcap, Squaw Vine, Tamarind, Thyme, Vervain, Virginia Snake Root, Wood Betony, Wormwood, Yarrow, Yellow Dock

Vulnerary: Vulneraries are applied externally and aid the body in the healing of wounds and cuts.

Aloe, American Cranesbill, Arnica, Bistort, Black Willow, Burdock, Chickweed, Cleavers, Comfrey, Daisy, Elder, Elecampane, Fenugreek, Flax Seed, Garlic, Golden Seal, Greater Plantain, Horsetail, Hyssop, Irish Moss, Marigold, Marshmallow, Mullein, Myrrh, Shepherd's Purse, Slippery Elm, St John's Wort, Thyme, Witch Hazel, Wood Betony, Yarrow

Fighting Off Invaders

Infections – whether of bacteria, viruses or fungi – will only occur when the body's defences are weakened. Their natural strength can be diminished by many factors. Physical influences such as an unhealthy diet, a drug therapy or a pre-existing disease can weaken the system. Emotional and mental factors are also crucial. Stress and tension can obviously reduce our energy to a level that allows infections to manifest, but 'catching a cold' or getting other infections can also often be a message from our body asking us to stop and look at what we are doing. To approach infectious diseases herbally, we have to recognise that we do not 'catch' them out of thin air but that we create the opportunity and the environment for the infection to thrive. It is not the bacteria's fault! To treat an infection in any real way we aim at restoring the normal resistance of the body, so a whole treatment is ensuring health and vitality of all bodily systems is called for. In many cases it is best to forget about the specific infection and to concentrate on supporting the body doing what it is designed to do – protecting itself. This may take a few days and may even interfere with our all-important worldly commitments, but the need and the message are clear – it is time to give our body and our way of life some attention and care.

Infections often arise as part of an 'epidemic'. When there is a widespread disease attacking many people simultaneously in a community, it may be valid to consider the whole community as a multifaceted group-being that acts in the same way as an individual.

Infestation by parasites is also more likely to happen when the body is weakened. Building up the body's resistance helps it to rid itself of such invaders. More people died in the influenza epidemic that followed the First World War than were killed in the war itself. This can be put down to problems of hygiene, sanitation and nutrition following that tragic time, but it can also be seen as an outcome of deep communal wounds affecting the collective consciousness of humanity. It is not enough to be individually whole and healthy. The society we are part of must also radiate these qualities or we are part of an unhealthy system and so open to epidemics. These epidemics may be of influenza or Aids, or of fear, alienation and meaninglessness. Our health depends upon wholeness at all these levels.

Antibiotics

There are, no doubt, situations where it is strongly advisable to use drugs like antibiotics. They are an invaluable gift to humanity, saving lives and improving the quality of existence when they are used with discretion and where their use is appropriate

Part VI – Herbology: Herbs for Infections and Infestations

Herbs can be used in two ways for infections and infestations; through their anti-microbial action they work directly against microbes and, in addition, they augment and vitalise the body's own defences. Fortunately, in most cases they will be performing both functions at the same time.

Myrrh is an example of a herb which combines direct toxic action on bacteria with the ability to stimulate or body's production of white corpuscles – the leucocytes – which are responsible for doing the majority of the defensive work in the body system.

Other actions that are indicated are those that help to eliminate toxins, such as diaphoretics, laxatives and diuretics. Any accumulation of waste material and toxins is a prime environment for microbes to breed in. Most herbs can play a role in treating infections or infestations, but here we will concentrate on the anti-microbials, diaphoretics and anthelmintics.

Anti-Microbials

Many plants have a direct toxic effect upon microbes. The first effective antibiotic drug, penicillin, was discovered in a plant, a fungus. Interestingly enough, an old Welsh remedy for festering sores is based upon mouldy bread. For years this was mocked by the medical profession as an 'old-wives' tale', until it became clear that there is a definite biochemical basis for this seemingly outlandish prescription, as the mould is caused by fungi.

Herbs work in complex ways that cannot always be explained – as not enough research has been done – and the process whereby they deal with infections are numerous. The best anti-microbials that can be used safely to combat infections include: Andrographis, Echinacea, Garlic, Myrrh, Nasturtium, Olive Leaf, Thyme, Wild Indigo and Wormwood.

Garlic oil is another powerful anti-microbial worth mentioning. It was used on the wounded during the First World War as an antiseptic applied with a Sphagnum Moss dressing.

Herbal Antiseptic Power

In the early part of this century, the antiseptic power of some plant oils was compared with that of phenol, a commonly used chemical antiseptic then. It was found that many volatile oils are stronger than phenol, with Thyme oil being the strongest. The experiment looked at the antiseptic action on beef tea which had been infected with water from a sewage system, and determined at what dilution there was no more antiseptic action. The chart below shows at what dilution (in parts per 1000 parts) antiseptic action ceased. It can be seen that Thyme oil proved to be eight times stronger than phenol. Many other plants were also stronger than phenol.

Thyme	0.7
Sweet Orange	1.2
Verbena	1.6
Rose	1.8
Clove	2.0
Eucalyptus	2.2
Peppermint	2.5
Orris	3.8
Anise	4.3
Rosemary	4.3
Lavender	5.0
Phenol	5.6
Fennel	6.4
Lemon	7.0
Sassafras	7.5
Lime	8.4
Angelica	10.0

Diaphoretics (Febrifuges)

A diaphoretic is a remedy that induces the body to increase its amount of perspiration. This in turn increases elimination of toxins through the skin and helps to cleanse the body.

Diaphoretics are indicated in a wide range of conditions, but nowhere more than in the treatment of fevers and of infections affecting the whole system; with their strengthening and healing properties they can often enable the body to rid itself of infections or fevers in an astoundingly short time. Diaphoretics speed up and augment the vital healing process without suppressing any part of it. The most useful ones are Angelica, Boneset, Catnip, Cayenne, Elder Flowers (or Berries), Ginger, Hyssop, Pennyroyal, Peppermint, Pleurisy Root, Thyme and Yarrow.

Anthelmintics (Vermifuges)

Anthelmintics rid the body of parasites and are used internally or externally. Some anthelmintics kill the parasites, others expel them from the body, and most of them are very powerful herbs, some even potentially toxic if taken in large doses. Great care should be taken not to overdose with them. Legislation in some countries restricts the sale or use by herbalists of some of the more powerful plants. Other useful anthelmintics include Garlic, Pomegranate, Pumpkin Seeds, Quassia, Southernwood, Tansy and Wormwood.

Treating infections

With infections it is particularly important to treat the underlying cause and not to suppress the symptoms. Fever should not be viewed simply as a manifestation of disease that needs to be 'cured' no matter what. The fever may be a symptom of the healing process itself, which should be supported, not suppressed. A basic mixture that helps the body to work through the fever is as follows:

Boneset	2 parts
Yarrow	2 parts
Echinacea	1 part

Drink half a cup as hot as possible every two hours.

Echinacea is included to help the body deal with any microbes, but the simple use of diaphoretics like Boneset or Yarrow will often suffice. If the diaphoretic strength needs to be increased, add a pinch of Cayenne. If the glands are swollen, indicating lymphatic involvement, then Marigold or Cleavers can be included. And if the mucous membranes are involved, Golden Seal can be added as a useful general tonic and a specific help to the membranes. If there is much restlessness, nervine relaxants like Chamomile or Skullcap can be included. These mixtures can be used not only in fevers where the cause is not clear, but also in diseases such as chickenpox, measles, scarlet fever or the like.

This is because herbs do not merely halt the named disease, they also bring balanced healing to a pattern of imbalance. Thus, the same herbs and actions may suit a range of people with a range of infectious diseases. If the skin is itching, the irritation may be eased by sponging the body with diluted distilled Witch Hazel.

In any infection, the intake of vitamin C should be raised to at least 2g daily, vitamin B-complex should be taken and Garlic should be considered as an additional remedy, preferably eaten raw. A cleansing diet based on fruit and fruit juices should be the basis of nutrition. Sometimes fasting is advisable during an infection. It is best to continue with the medication for a short while after recovery.

Treating Infestations

We live in a very close and ecological relationship with numerous organisms. They not only live around but also inside us, and our interaction with them is for the most part symbiotic and mutually beneficial; we exist in homeostatic harmony. Many species of bacteria, for instance, defend our body against the invasions of unfriendly microbes or parasites, such as certain bacteria on the skin or in the intestines. However, this ecological harmony can easily be disrupted, thus opening the gates for the invasion of parasites. The best prevention of such an invasion lies in the maintenance of a natural and healthy outer and inner environment, in the maintenance of health and wellbeing and in appropriate hygiene.

Intestinal Worms

A number of animal species can become parasites in the human intestine. Each area on this planet with its own unique ecology has its local variety of parasites and, as we are truly part of our own environment, we sometimes harbour them. The most important intestinal parasites in western societies are worms: Roundworm, tapeworm and threadworm.

Roundworm and tapeworm can be treated in basically the same fashion. The famous American herbalist, Dr Shook, advises that, rather than fasting, we should eat foods that the worms do not like for a couple of days, thus weakening them before taking anthelmintics. Such foods are onions, garlic, pickles and salty things. After eating these (together with your

normal food) for some days, drink a strong cup of Wormwood tea in the morning and at night for three days.

On the fourth day take a cup of Senna tea to cleanse the bowels of the dead parasites. *Licorice* can be added to the Senna tea to prevent griping pains that might occur and instead of taking Wormwood any other anthelmintic may be used if it seems to be more appropriate. If tapeworm proves to be more tenacious, Wormwood might have to be used for a longer period or might have to be exchanged for the stronger Pomegranate Seeds or even Male Fern (keeping in mind the limitations on its use).

As threadworms inhabit the rectum, a different approach is needed and enemas have to be used. The best herb to use is Quassia. Pour 500ml of boiling water onto 30g of *Quassia* chips and let it infuse until it reaches body temperature, when it will be ready for use. Besides using this infusion for enemas, two teaspoonfuls of it, flavoured with Licorice if necessary, should be taken before meals three times a day.

Another traditional remedy is to insert a peeled clove of Garlic into the rectum at night, but make sure the first skin under the peel is unbroken, otherwise it might be too strong and be irritating

Lice and Fleas

It is possible to rid the body of lice and fleas by using herbal remedies, but only when we maintain a good diet and scrupulous hygiene at the same time. The whole environment of the parasite has to be taken care of, and the treatment has to be an ecological approach. If lifestyle is not attended to, herbs by themselves will not be powerful enough and the only effective way of ridding the body of the parasite will lie in the use of drugs. Lice can be treated through the use of oils of Aniseed, Sassafras or Quassia, with Sassafras oil being the most effective. For external use, mix one part of Sassafras oil with two parts of *Olive* oil, rub it into the scalp and hair and comb with a fine-tooth comb to remove the dead lice and eggs. This process has to be repeated daily until the hair is completely cleared of lice and eggs. Gentian and Skullcap are ideal nervines, but select the ones that are most appropriate to the individual involved.

Fleas and Ticks in Pets

Khakibos (*Tagetes Minuta*) is a very pungent smelling weed - most commonly found in Africa and South America. It is known to be a gentle, non-toxic yet effective method of controlling fleas and ticks. In Southern Africa, Khakibos is dried and added to bedding or strewn in houses to deter insects and bedbugs. The plants are also dried and hung to keep away flying insects such as flies and mosquitoes. Khakibos or *Tagetes* essential oil is extracted from the leaves, stalks and flowers of the plant. This can be extracted from the Khakibos with masticating or "cold-pressed" juicers that have the facility to extract oils. The oil is available from leading health shops and veterinary hospitals.

A Therapeutic Index

The index lists herbs that can be considered as treatment for specific diseases. The diseases or conditions are listed alphabetically. The most useful herbs, or the specifics, for each category are listed first and underlined; others follow. Specifics are those herbs which are considered to be the best and most effective remedies to relieve a particular condition or disease state.

Abscess	<u>Echinacea</u> , Garlic, Marshmallow, Myrrh, <u>Wild Indigo</u> , Blue Flag, Cleavers, Coltsfoot, Fenugreek, Golden Seal, Mallow, Poke Root
Acne	<u>Blue Flag</u> , <u>Cleavers</u> , <u>Echinacea</u> , Garlic, <u>Poke Root</u> , <u>Wild Indigo</u>
Adenoids	<u>Cleavers</u> , <u>Echinacea</u> , Garlic, <u>Golden Seal</u> , <u>Marigold</u> , <u>Poke Root</u> , <u>Wild Indigo</u>
Angina Pectoris	<u>Hawthorn</u> , Motherwort
Anxiety	<u>Californian Poppy</u> , <u>Chamomile</u> , <u>Mistletoe</u> , <u>Motherwort</u> , <u>Pasque Flower</u> , <u>St John's Wort</u> , <u>Skullcap</u> , <u>Valerian</u> , <u>Wild Lettuce</u> , Balm, Betony, Cowslip, Damiana, Hops, Hyssop, Oats, Passion Flower, Peppermint, Vervain.
Appendicitis	<u>Agrimony</u> , <u>American Cranesbill</u> , <u>Golden Seal</u> , <u>Wild Yam</u>
Appetite Loss	<u>Calamus</u> , <u>Centaury</u> , <u>Condurango</u> , <u>Gentian</u> , <u>Mugwort</u> , <u>Wormwood</u> , Balmony, Blessed Thistle, Calumba, Caraway, Cardamon, Chamomile, Galangal, Golden Sea, Quassia, Southernwood, Tansy, White Poplar
Arteriosclerosis	<u>Lime</u> , Hawthorn, Mistletoe
Arthritis	<u>Black Cohosh</u> , <u>Bogbean</u> , <u>Celery Seed</u> , <u>Guaiacum</u> , <u>Prickly Ash</u> , <u>Wild Yam</u> , Bittersweet, Daisy, Juniper, Meadowsweet, Scots Pine, Silver Birch, White Poplar, Wintergreen, Yarrow
Asthma	<u>Elecampane</u> , <u>Ephedra</u> , <u>Grindelia</u> , <u>Lobelia</u> , <u>Pill-bearing Spurge</u> , <u>Sundew</u> , <u>Wild Cherry</u> , Balsam of Tolu, Black Cohosh, Black Haw, Blood Root, Blue Cohosh, Butterbur, Coltsfoot, Mullein, Pasque Flower, Senega
Blood Pressure (High)	<u>Hawthorn</u> , <u>Lime Blossom</u> , <u>Mistletoe</u> , <u>Yarrow</u> , Balm, Black Haw, Cramp Bark, Garlic
Boils	<u>Blue Flag</u> , <u>Echinacea</u> , Garlic, Myrrh, <u>Pasque Flower</u> , <u>Poke Root</u> , <u>Wild Indigo</u> , Chickweed, Cleavers, Coltsfoot, Comfrey, Fenugreek, Figwort, Flax Seed, Greater Plantain, Mallow, Marshmallow
Bronchitis	<u>Blood Root</u> , <u>Coltsfoot</u> , <u>Echinacea</u> , <u>Elecampane</u> , <u>Garlic</u> , <u>Grindelia</u> , <u>Lobelia</u> , <u>Mouse Ear</u> , <u>Mullein</u> , <u>Pill-bearing Spurge</u> , <u>Pleurisy Root</u> , <u>Senega</u> , <u>Sundew</u> , <u>White Horehound</u> , Angelica, Aniseed, Balm of Gilead, Balsam of Tolu, Caraway, Carlina Thistle, Comfrey, Cowslip, Ephedra, Fennel, Fenugreek, Flax Seed, Greater Plantain, Ground Ivy, Horseradish, Hyssop, Iceland Moss, Ipecacuanha, Irish moss, Licorice, Mallow, Marshmallow, Nasturtium, Pansy, Scots Pine, Soapwort, Squill, Sweet Violet, Thyme, Wild Cherry
Bruises	<u>Arnica</u> , <u>Elder</u> , Chickweed, Cucumber, Lady's Mangle, Marigold, St John's Wort

Burns	<u>Aloe, Elder, Marigold, Greater Plantain, St John's Wort, Chamomile, Chickweed, Comfrey, Cucumber, Quince Seed</u>
Catarrh	<u>Echinacea, Elder, Eyebright, Garlic, Golden Rod, Golden Seal, Mouse Ear, Mullein, Peppermint, Pine, Poke Root, Avens, Balsam of Tolu, Bistort, Chamomile, Coltsfoot, Daisy, Fenugreek, Grindelia, Ground Ivy, Hyssop, Iceland Moss, mallow, Myrrh, Pill-bearing Spurge, Sweet Violet, Wild Indigo</u>
Chilblains	<u>Cayenne, Ginger, Black Mustard, Horsetail, Prickly Ash</u>
Circulation	<u>Cayenne, Ginger, Prickly Ash, Black Mustard, Horseradish, Rosemary</u>
Colds	<u>Angelica, Cayenne, Elder, Garlic, Ginger, Golden Rod, Golden Seal, Hyssop, Peppermint, Yarrow, Avens, Bayberry, Catnip, Cowslip, Echinacea, Eyebright, Fenugreek, Lime Blossom, Marjoram</u>
Colic	<u>Angelica, Boldo, Calamus, Condurango, Cramp Bark, Gentian, Ginger, Peppermint, Valerian, Wild Yam, Allspice, Aniseed, Avens, Balmony, Blessed Thistle, Blue Cohosh, Butterbur, Caraway, Cardamon, Catnip, Cayenne, Chamomile, Cinnamon, Coriander, Dill, Fennel, Horseradish, Jambul, Juniper, Licorice, Mugwort, Pennyroyal, Rue, Tormentil, Wild Lettuce, Wormwood</u>
Colitis	<u>Agrimony, American Cranesbill, Bayberry, Comfrey, Marshmallow, Bistort, Black Catechu, Meadowsweet, Oak, Tormentil</u>
Conjunctivitis	<u>Chamomile, Eyebright, Golden Seal, Marigold, Fennel</u>
Constipation	<u>Balmony, Barberry, Buckthorn, Cascara Sagrada, Rhubarb Root, Senna, Yellow Dock, Aloe, Black Root, Bogbean, Boldo, Butterbur, Figwort, Flax Seed, Wahoo</u>
Cough	<u>Angelica, Aniseed, Balm of Gilead, Coltsfoot, Comfrey, Cowslip, Elecampane, Garlic, Golden Seal, Grindelia, Ground Ivy, Hyssop, Mouse Ear, Mullein, Pine, Greater Plantain, Pleurisy Root, Senega, Sundew, White Horehound, Balsam of Tolu, Caraway, Carline Thistle, Daisy, Fennel, Fenugreek, Licorice, Mallow, Marjoram, Marshmallow, Myrrh, Red Poppy, Soapwort, Sweet Violet, Thuja, Thyme, Wild Lettuce</u>
Cramp	<u>Black Cohosh, Cramp Bark, Pasque Flower, Skullcap, Valerian, Wild Lettuce, Wild Yam, Cayenne, Ginger, Woundwort</u>
Cystitis	<u>Bearberry, Buchu, Couchgrass, Echinacea, Juniper, Yarrow, Angelica, Silver Birch, Boldo, Carline Thistle, Celery Seed, Cleavers, Coltsfoot, Corn Silk, Golden Rod, Gravel Root, Ground Ivy, Horsetail, Hydrangea, Pansy, Pellitory of the Wall, Sea Holly</u>
Debility	<u>Balmony, Blessed Thistle, Cayenne, Damiana, Dandelion, Golden Seal, Kola, Rosemary, Agrimony, Barberry, Betony, Calamus, Ginger, Life Root, Mugwort, oats, True Unicorn Root, White Poplar, Wormwood</u>
Depression	<u>Damiana, Kola, Oats, Skullcap, Wormwood, Balm, Celery, Chamomile, Mistletoe, Mugwort, Rosemary, Southernwood, Valerian, Vervain</u>

Diarrhoea	<u>Agrimony</u> , <u>American Cranesbill</u> , <u>Bayberry</u> , <u>Bistort</u> , <u>Black Catechu</u> , <u>Comfrey</u> , <u>Lady's Mantle</u> , <u>Meadowsweet</u> , <u>Oak</u> , <u>Greater Plantain</u> , <u>Rhatany</u> , <u>Silverweed</u> , <u>Tormentil</u> , <u>Avens</u> , <u>Blessed Thistle</u> , <u>Burr-Marigold</u> , <u>Caraway</u> , <u>Catnip</u> , <u>Cinnamon</u> , <u>Coriander</u> , <u>Daisy</u> , <u>Eyebright</u> , <u>Ground Ivy</u> , <u>Jambul</u> , <u>Kola</u> , <u>Self-Heal</u>
Diarrhoea (in children)	<u>Meadowsweet</u> , <u>American Cranesbill</u> , <u>Lady's Mantle</u>
Diverticulitis	<u>Wild Yam</u> , <u>Comfrey</u> , <u>Chamomile</u> , <u>Marshmallow</u>
Earache (see also 'Infection')	<u>Pennywort</u> , <u>Pasque Flower</u> , <u>Mullein</u>
Eczema	<u>Blue Flag</u> , <u>Burdock</u> , <u>Chickweed</u> , <u>Cleavers</u> , <u>Figwort</u> , <u>Golden Seal</u> , <u>Nettles</u> , <u>Red Clover</u> , <u>Yellow Dock</u> , <u>Balm of Gilead</u> , <u>Bittersweet</u> , <u>Comfrey</u> , <u>Mountain Grape</u> , <u>Pansy</u> , <u>Sarsaparilla</u> , <u>Sweet Violet</u>
Epilepsy	<u>Hyssop</u> , <u>Skullcap</u> , <u>Passion Flower</u> , <u>Valerian</u>
Fever	<u>Boneset</u> , <u>Catnip</u> , <u>Cayenne</u> , <u>Ginger</u> , <u>Peruvian Bark</u> , <u>Pleurisy Root</u> , <u>Angelica</u> , <u>Black Mustard</u> , <u>Borage</u> , <u>Carline</u> , <u>Thistle</u> , <u>Chamomile</u> , <u>Horseradish</u> , <u>Peppermint</u> , <u>Vervain</u>
Fibrositis	<u>Cayenne</u> , <u>Ginger</u> , <u>Pine</u> , <u>Ragwort</u> , <u>Wintergreen</u> , <u>Horseradish</u> , <u>Rosemary</u> , <u>St John's Wort</u>
Flatulence	<u>Angelica</u> , <u>Calamus</u> , <u>Caraway</u> , <u>Cardamon</u> , <u>Cayenne</u> , <u>Cinnamon</u> , <u>Condurango</u> , <u>Coriander</u> , <u>Fennel</u> , <u>Gentian</u> , <u>Ginger</u> , <u>Allspice</u> , <u>Aniseed</u> , <u>Balm</u> , <u>Blessed Thistle</u> , <u>Calumba</u> , <u>Catnip</u> , <u>Centaury</u> , <u>Chamomile</u> , <u>Cloves</u> , <u>Galangal</u> , <u>Horseradish</u> , <u>Juniper</u> , <u>Marjoram</u> , <u>Mugwort</u> , <u>Parsley</u> , <u>Pennyroyal</u> , <u>Peppermint</u> , <u>Southernwood</u> , <u>Thyme</u> , <u>Valerian</u> , <u>Wormwood</u>
Fungus Infection	<u>Marigold</u> , <u>Golden Seal</u> , <u>Greater Celandine</u> , <u>Myrrh</u>
Gall-bladder problems	<u>Balmoney</u> , <u>Black Root</u> , <u>Dandelion</u> , <u>Fringetree Bark</u> , <u>Milk Thistle</u> , <u>Vervain</u> , <u>Wahoo</u> , <u>Wild Yam</u> , <u>Barberry</u> , <u>Bogbean</u> , <u>Boldo</u> , <u>Golden Seal</u> , <u>Greater Celandine</u> , <u>Marigold</u>
Gastritis	<u>American Cranesbill</u> , <u>Calamus</u> , <u>Comfrey</u> , <u>Golden Seal</u> , <u>Marshmallow</u> , <u>Meadowsweet</u> , <u>Slippery Elm</u> , <u>Chamomile</u> , <u>Iceland Moss</u> , <u>Irish Moss</u> , <u>Licorice</u> , <u>Mallow</u> , <u>Peach Leaves</u> , <u>Quince</u>
Gingivitis	<u>Bistort</u> , <u>Echinacea</u> , <u>Golden Seal</u> , <u>Myrrh</u> , <u>Oak Bark</u> , <u>Poke Root</u> , <u>Rhatany</u> , <u>Wild Indigo</u> , <u>Avens</u> , <u>Bayberry</u> , <u>Black Catechu</u> , <u>Garlic</u> , <u>Lady's Mantle</u> , <u>Red Sage</u> , <u>Self-Heal</u> , <u>Silverweed</u> , <u>Tormentil</u> , <u>Vervain</u>
Glands (swollen)	<u>Cleavers</u> , <u>Echinacea</u> , <u>Poke Root</u> , <u>Marigold</u> , <u>Wild Indigo</u>
Glandular Fever	<u>Echinacea</u> , <u>Myrrh</u> , <u>Poke Root</u> , <u>Wormwood</u> , <u>Garlic</u> , <u>Wild Indigo</u>
Halitosis	<u>Dill</u> , <u>Fennel</u>
Hayfever	<u>Ephedra</u> , <u>Golden Seal</u> , <u>Elder</u> , <u>Eyebright</u> , <u>Garlic</u> , <u>Peppermint</u>
Headache	<u>Betony</u> , <u>Feverfew</u> , <u>Marjoram</u> , <u>Rosemary</u> , <u>Skullcap</u> , <u>Chamomile</u> , <u>Cowslip</u> , <u>Hops</u> , <u>Mistletoe</u> , <u>Peppermint</u> , <u>Rue</u> , <u>St John's Wort</u> , <u>Valerian</u>
Heartburn	<u>Comfrey</u> , <u>Marshmallow</u> , <u>Meadowsweet</u> , <u>Iceland Moss</u> , <u>Irish Moss</u> , <u>Mallow</u> , <u>Slippery Elm</u>
Haemorrhoids	<u>Bistort</u> , <u>Horsechestnut</u> , <u>Lady's Mantle</u> , <u>Pilewort</u> , <u>Silverweed</u> , <u>Tormentil</u> , <u>American Cranesbill</u> , <u>Balmoney</u> , <u>Comfrey</u> , <u>Greater Plantain</u> , <u>Ground Ivy</u> , <u>Oak</u> , <u>Rhatany</u>

Hypersensitivity	<u>Ephedra</u>
Incontinence (urinary)	<u>Ephedra, Horsetail, Agrimony</u>
Indigestion	<u>Balm, Calamus, Cayenne, Centaury, Chamomile, Condurango, Fennel, Ginger, Peppermint, Valerian, Wild Yam, Wormwood, Allspice, Agrimony, Balmony, Blessed Thistle, Boldo, Caraway, Cardamon, Catnip, Cinnamon, Cloves, Dill, Galangal, Gentian, Iceland Moss, Marjoram, Mugwort, Quassia, Red Sage, Rosemary, Thyme, True Unicorn Root, Wild Lettuce</u>
Infection	<u>Cleavers, Echinacea, Garlic, Golden Seal, Myrrh, Wild Indigo, Cayenne, Fenugreek, Ginger, Nasturtium, Thyme, Wormwood</u>
Influenza	<u>Boneset, Cayenne, Echinacea, Garlic, Golden Seal, Pleurisy Root, Angelica, Balm, Black Mustard, Carline Thistle, Elder, Ginger, Horseradish, Lime, Marjoram, Myrrh, Nasturtium, Peppermint, White Poplar, Yarrow</u>
Insomnia	<u>Californian Poppy, Hops, Jamaican Dogwood, Passion Flower, Valerian, Wild Lettuce, Chamomile, Cowslip, Lime Blossom, Pasque Flower, Skullcap</u>
Itching	<u>Chickweed, Golden Seal, Marigold, Chamomile, Cleavers, Cucumber, Peppermint, St John's Wort</u>
Jaundice	<u>Balmony, Barberry, Black Root, Dandelion, Vervain, Wahoo, Yellow Dock, Bittersweet, Centaury, Golden Seal, Mountain Grape, Wild Yam</u>
Kidney Stones	<u>Bearberry, Corn Silk, Couchgrass, Gravel Root, Hydrangea, Pellitory of the Wall, Stone Root, Dandelion, Sea Holly, Wild Carrot, Yarrow</u>
Labour Pains (false)	<u>Black Cohosh, Cramp Bark, Motherwort, Wild Yam, Blue Cohosh, Valerian, Wild Lettuce</u>
Laryngitis	<u>Balm of Gilead, Blood Root, Echinacea, Golden Seal, Myrrh, Oak, Red Sage, Thyme, Agrimony, Bayberry, Bistort, Black Catechu, Caraway, Cayenne, Chamomile, Fenugreek, Golden Rod, Lady's Mantle, Mallow, Poke Root, Tormentil, Wild Indigo</u>
Leucorrhoea	<u>American Cranesbill, Bayberry, Beth Root, Golden Seal, Lady's Mantle, Life Root, Myrrh, Nasturtium, Wild Indigo, Avens, Bearberry, Bistort, Black Catechu, Ground Ivy, Oak</u>
Liver Tonic	<u>Balmony, Black Root, Blue Flag, Centaury, Dandelion, Wahoo, Yellow Dock, Bogbean, Burdock, Garlic, Golden Seal, Mountain Grape, Wild Yam</u>
Lumbago	<u>Black Mustard, Cayenne, Ragwort, Wintergreen</u>
Menopause	<u>Black Cohosh, Chaste Tree, False Unicorn Root, Golden Seal, St John's Wort, Beth Root, Life Root</u>
Menstruation (delayed)	<u>Blue Cohosh, Chaste Tree, False Unicorn Root, Life Root, Parsley, Pennyroyal, Rue, Tansy, Southernwood, Wormwood, Marigold, Motherwort, Mugwort, Thuja, Yarrow</u>
Menstruation (excessive)	<u>American Cranesbill, Beth Root, Periwinkle, Golden Seal, Lady's Mantle</u>

Menstruation (painful)	<u>Black Cohosh, Black Haw, Cramp Bark, Jamaican Dogwood, Pasque Flower, St John's Wort, Skullcap, Valerian, Wild Lettuce, Blue Cohosh, Butterbur, Caraway, Chaste Tree, False Unicorn Root, Marigold, Squaw Vine, Wild Yam</u>
Metrorrhagia	<u>American Cranesbill, Beth Root, Golden Seal, Periwinkle, Lady's Mantle</u>
Migraine	<u>Feverfew, Jamaican Dogwood, Kola, Mistletoe, Peppermint, Skullcap, Wormwood</u>
Milk Stimulation (breast)	<u>Goat's Rue, Milk Thistle, Borage, Caraway, Dill, Fennel, Fenugreek</u>
Miscarriage (Threatened)	<u>Blue Cohosh, False Unicorn Root, Black Haw, Cramp Bark</u>
Mouth Ulcers	<u>Myrrh, Red Sage, Bistort, Chamomile, Lady's Mantle, Oak</u>
Nausea	<u>Black Horehound, Chamomile, Meadowsweet, Peppermint, Avens, Cayenne, Cinnamon, Cloves, Fennel, Galangal, Marshmallow</u>
Neuralgia	<u>Betony, Black Cohosh, Jamaican Dogwood, Mistletoe, Passion Flower, St John's Wort, Skullcap, Valerian, Hops, Pasque Flower, Rosemary</u>
Nosebleed	<u>Lady's Mantle, Witch Hazel, Marigold, Tormentil</u>
Ovarian Pain	<u>Jamaican Dogwood, Pasque Flower, Valerian, Passion Flower, St John's Wort, Skullcap, Wild Yam</u>
Pain	<u>Black Cohosh, Black Willow, Jamaican Dogwood, Valerian, Wild Lettuce, Cramp Bark, Guaiacum, Hops, Rosemary, Skullcap</u>
Palpitations	<u>Motherwort, Skullcap, Valerian</u>
Phlebitis	<u>Hawthorn, Horsechestnut, Lime Blossom, Mistletoe</u>
Pregnancy Tonic	<u>Raspberry Leaves, Squaw Vine</u>
Pregnancy (vomiting)	<u>Black Horehound, False Unicorn Root, Meadowsweet, Blue Cohosh, Peppermint</u>
Pre-menstrual Tension	<u>Chaste Tree, Skullcap, Valerian, Lime Blossom, Pasque Flower</u>
Prostate	<u>Damiana, Horsetail, Hydrangea, Saw Palmetto, Corn Silk, Couchgrass, Sea Holly</u>
Psoriasis	<u>Blue Flag, Burdock, Cleavers, Figwort, Mountain Grape, Red Clover, Sarsaparilla, Yellow Dock, Balm of Gilead, Chickweed, Flax Seed, Sassafras, Thuja</u>
Rheumatism	<u>Angelica, Black Cohosh, Bogbean, Celery Seed, Guaiacum, Meadowsweet, Prickly Ash, White Poplar, Wild lettuce, Wild Yam, Wintergreen, Yarrow, Arnica, Bittersweet, Black Mustard, Blue Cohosh, Burdock, Cayenne, Couchgrass, Daisy, Dandelion, Elder, Fennel, Gravel Root, Horseradish, Horsetail, Juniper, Poke Root, Ragwort, St John's Wort, Sarsaparilla, Sassafras, Scots Pine, Silver Birch, Thuja, Wild Carrot</u>
Sciatica	<u>Black Cohosh, Jamaican Dogwood, St John's Wort, Yarrow</u>
Shingles	<u>Jamaican Dogwood, Mistletoe, Passion Flower, St John's Wort, Flax Seed, Hops, Skullcap, Valerian, Wild Lettuce, Wild Yam</u>

Sinusitis	<u>Elder, Eyebright, Garlic, Golden Rod, Golden Seal, Poke Root, Scots Pine, Wild Indigo, Chamomile, Myrrh, Peppermint, Thyme, Yarrow</u>
Sore Throat	<u>Balm of Gilead, Echinacea, Garlic, Golden Seal, Oak, Agrimony, Bayberry, Cayenne, Chamomile, Ginger, Golden Rod, Myrrh, Poke Root, Silverweed, Thyme</u>
Spots	<u>Blue Flag, Cleavers, Echinacea, Figwort, Garlic, Poke Root</u>
Stress	<u>Damiana, Lime Blossom, Mistletoe, St John's Wort, Skullcap, Balm, Betony, Borage, Chamomile, Cowslip, Hops Oats, Pasque Flower, Passion Flower, Valerian, Wild Lettuce, Wormwood</u>
Sunburn	<u>Aloe, Marigold, Eyebright, St John's Wort</u>
Tension	<u>Betony, Cowslip, Jamaican Dogwood, Lime Blossom, Mistletoe, Motherwort, Pasque Flower, Passion Flower, St John's Wort, Skullcap, Valerian, Vervain, Wild Lettuce, Balm, Californian Poppy, Damiana, Hops, Peppermint</u>
Tinnitus	<u>Black Cohosh, Golden Seal, Golden Rod, Ground Ivy</u>
Tonsillitis	<u>Cleavers, Echinacea, Garlic, Golden Seal, Myrrh, Poke Root, Red Sage, Thyme, Wild Indigo</u>
Toothache	<u>Cloves</u>
Travel Sickness	<u>Black Horehound, Galangal, Peppermint</u>
Tumours	<u>Cleavers, Comfrey, Elder, Fenugreek, Greater Celandine, Red Clover, Sweet Violet, Thuja</u>
Ulcers (peptic)	<u>American Cranesbill, Comfrey, Marshmallow, Meadowsweet, Slippery Elm, Calamus, Golden Seal, Irish Moss, Licorice, Mallow</u>
Ulcers (Skin)	<u>Chickweed, Comfrey, Golden Seal, Marigold, Echinacea, Marshmallow</u>
Varicose Ulcers	<u>Golden Seal, Horsechestnut, Marigold, Comfrey, Marshmallow</u>
Varicose Veins	<u>Horsechestnut, Hawthorn, Lime Blossom, St John's Wort, Witch Hazel</u>
Vomiting	<u>Black Horehound, Meadowsweet, Cinnamon, Cloves, Comfrey, False Unicorn Root, Iceland Moss, Peppermint, Rosemary</u>
Warts	<u>Greater Celandine, Thuja</u>
Water Retention	<u>Bearberry, Broom, Buchu, Dandelion, Gravel Root, Juniper Berries, Pellitory of the Wall, Wild Carrot, Burr-Marigold, Carline Thistle, Celery Seed, Corn Silk, Horsetail, Parsley, Sea Holly, Silver Birch, Stone Root, Yarrow</u>
Whooping Cough	<u>Coltsfoot, Grindelia, Lobelia, Mouse Ear, Black Cohosh, Ephedra, Garlic, Mullein, Pansy, Red Clover, Sundew, Wild Cherry</u>
Worms	<u>Cucumber, Garlic, Koussou, Male Fern, Pomegranate, Pumpkin, Quassia, Santonica, Tansy, Wormwood</u>
Wounds	<u>Chickweed, Comfrey, Elder, Golden Seal, Marigold, Greater Plantain, St John's Wort, Self-Heal, Woundwort, Carline Thistle, Chamomile, Fenugreek, Garlic, Horsetail, Lady's Mantle, Marshmallow, Mouse Ear, Red Sage, Tormentil.</u>

Afterword

Information contained herein should NOT be used as a substitute for the advice of an appropriately qualified and licensed physician or other health care provider. The information provided here is for educational and informational purposes only.

In no way should this information be considered as offering medical advice.

About the Author

Savvy and insightful, Debra is a naturopathic practitioner by trade, a holistic healer by design; a wordsmith and the editor of Odyssey Magazine by choice. Debra brings together extensive expertise in corporate and personal wellness initiatives and, as a personal transformation coach, she facilitates deeper consciousness, inner wisdom and empowerment. Debra Robins (Stevens) lives with her husband and domestic zoo in a seaside village on the East Coast of South Africa.

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