



NATURAL MEDICINE

HERBS

WHAT IS AN HERB?



Webster's definition:

1. Any seed plant whose stem withers away to the ground after each season's growth, as distinguished from a tree or shrub whose woody stem lives from year to year.
2. Any such plant used as a medicine, seasoning, or food; mint, thyme, basil, and sage are herbs
3. Vegetative growth; grass; herbage.

Gen 1:29 (KJV) And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.



Gen 1:30 (KJV) And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so.



Thorns also and
thistles shall it bring
forth to thee; and
thou shalt eat the
herb of the field;
Genesis 3:18



He causeth the grass to
grow for the cattle, and
herb for the service of
man: that he may bring
forth food out of the earth;

Psalm 104:14



“There are simple herbs and roots that every family may use for themselves and need not call a physician any sooner than they would call a lawyer.”

2SM, p. 279



“There are simple
herbs that can be used
for the recovery of the
sick...” 2SM 288



“There are herbs that are harmless, the use of which will tide over many apparently serious difficulties.” 2SM, p. 290





“ . . . simple remedies as are found in pure water, pure air, sunlight, and some of the simple herbs growing in the field. . . they would leave no injurious effects in the system.”

2SM 291

God has caused to grow out of the ground, herbs for the use of man, and if we understand the nature of those roots and herbs, and make a right use of them, there would not be a necessity of running for the doctor so frequently, and people would be in much better health than they are today. I believe in calling upon the Great Physician when we have used the remedies I have mentioned.--Letter 35, 1890 (To a worker in an overseas field). {2SM 297.9}





A cup of tea made
from catnip herb
will quiet the
nerves.

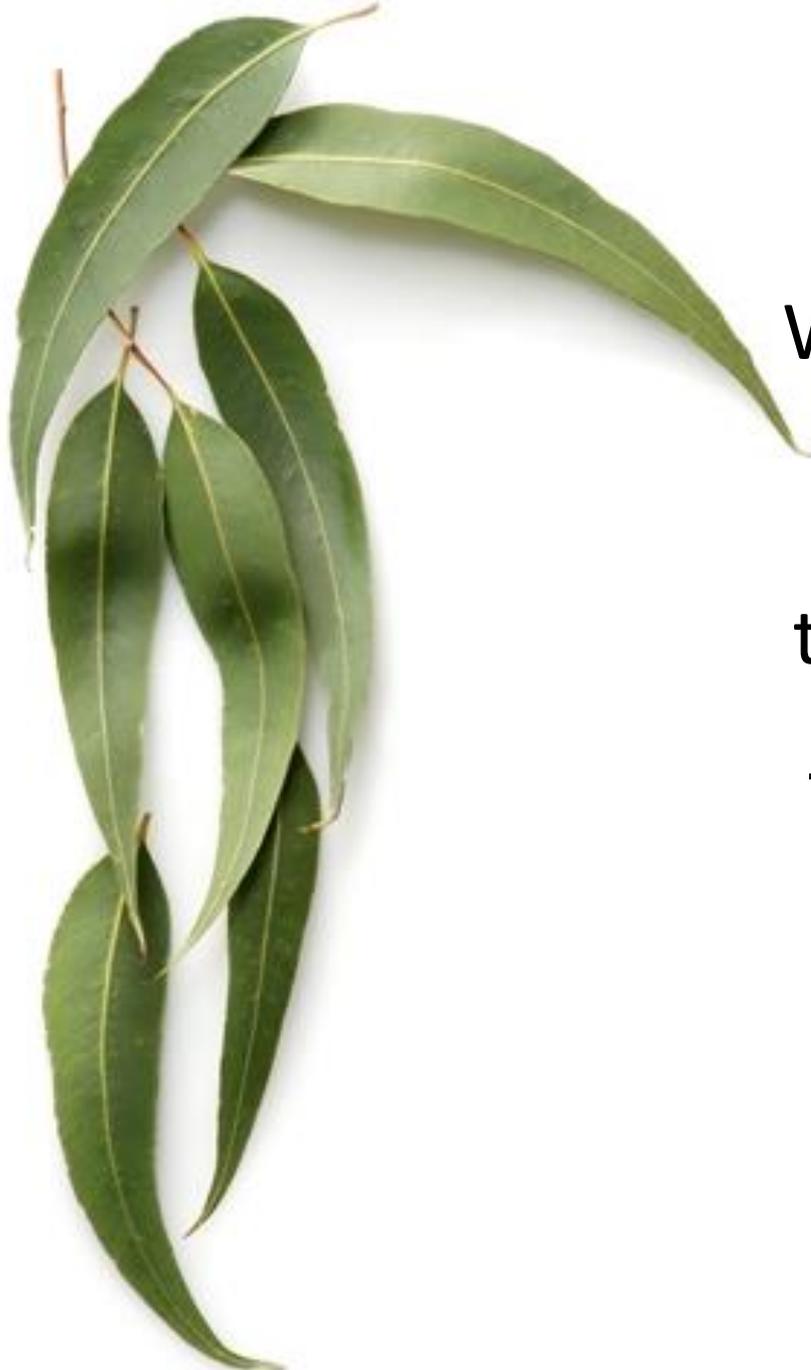
2SM 297

“If you will come to my house I will show you the bag that contains my herb drink. I send to Michigan, across the mountains, and get the red-clover top.” Manuscript 3, 1888 {2SM 301.5}



Hop tea will induce sleep. Hop poultices
over the stomach will relieve pain. {2SM 297.5}





We are sorry to hear that -----
has met with so serious an
accident. I have often found
the application of eucalyptus
leaves to a wounded part to
be good in allaying
inflammation and drawing
out the poison.

Letter 24, 1912. {3MR 323.2}

HERBS FOR FOOD

- Broccoli
- Collards
- Kale
- Celery
- Cabbage
- Mustard
- Kohlrabi





HERBS FOR SEASONING

- Oregano
- Basil
- Thyme
- Rosemary
- Sage
- Cilantro
- Parsley

HERBS FOR TEA

- Chamomile
- Peppermint
- Spearmint
- Lemon Balm



HERBS FOR MEDICINE

- Hops
- Passion Flower
- Catnip
- Echinacea
- Astragalus
- Goldenseal
- Comfrey
- Red Clover



MORE THAN HERBS

Herbal medicine generally includes more than implied under the strict definition of herbs—may include roots and tubers, bark, seeds, leaves, sap, fruit, etc., of shrubs and trees, etc., as well as herbaceous plants.

Example:

- Slippery Elm
- White Oak Bark
- White Willow Bark



FIG POULTICE



- 2 Ki 20:7 (KJV) And Isaiah said, Take a lump of figs. And they took and laid it on the boil, and he recovered.
- King Hezekiah became ill to the point of death. Through the prophet Isaiah, Hezekiah was instructed to have a poultice of figs prepared and applied to his sores. Through this means God healed the king.

BALM OF GILEAD



An aromatic resin, derived from a small flowering evergreen tree that grew around the Dead Sea and along the Jordan River valley, was a highly prized substance. This balm of Gilead was commonly used for its healing properties (Gen 37:25, Jer 8:22).

Winston Craig, PhD, The Use and Safety of Common Herbs and Herbal Teas, p. 2

TREE OF LIFE

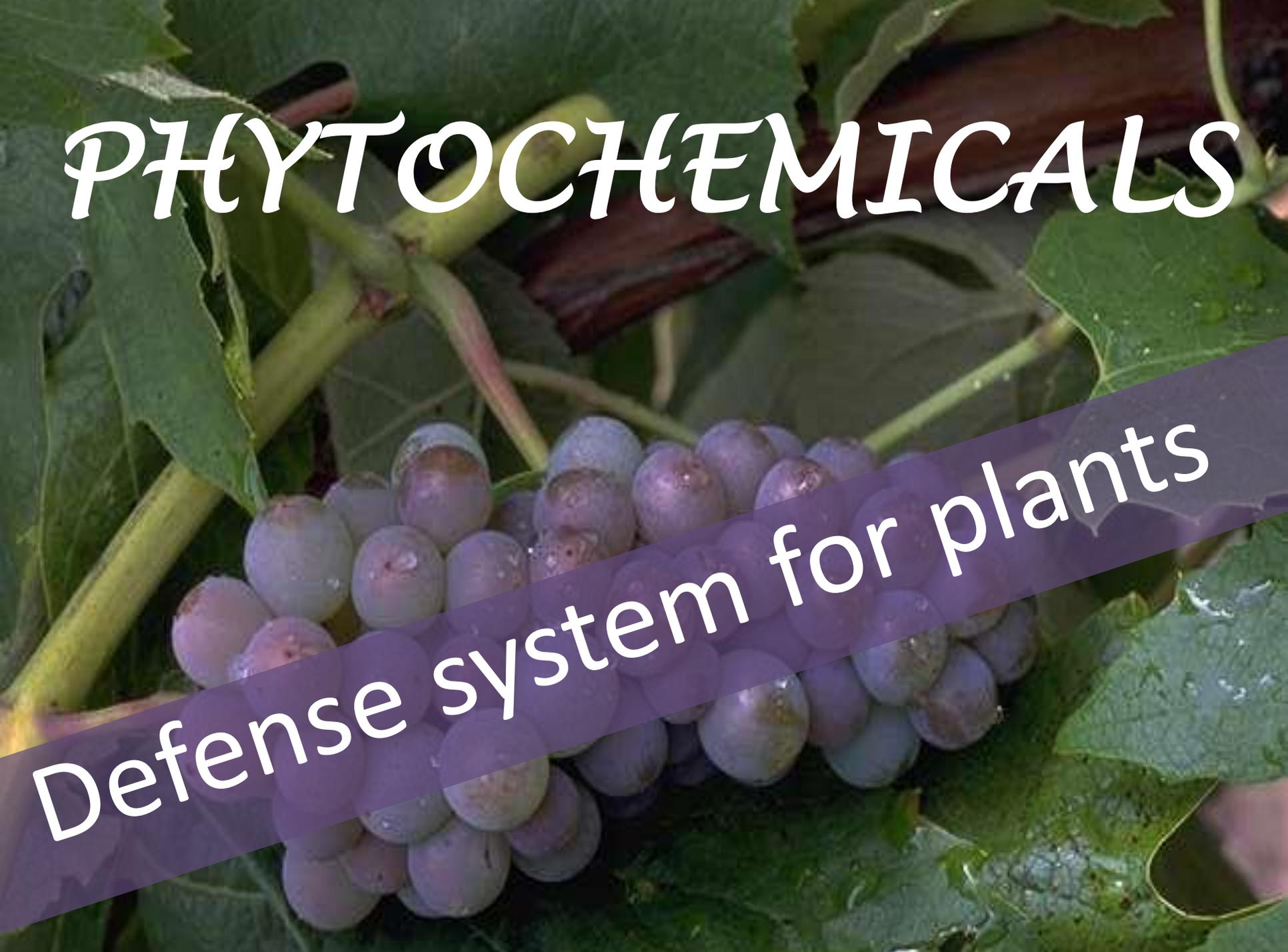


- Rev 22:2 (KJV) In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations.
- Ezek 47:12 (KJV) And by the river upon the bank thereof, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall the fruit thereof be consumed. . . and the leaf thereof for medicine.

A vibrant collage of fresh fruits. In the foreground, a large slice of papaya with its bright red flesh and black seeds is prominent. To the left, a sliced kiwi fruit shows its green flesh and black seeds. Other fruits like blueberries and orange slices are scattered throughout the background. A semi-transparent, reddish-brown rectangular overlay is positioned diagonally across the center, containing the text 'PSYAMA POWER' in a white, elegant, serif font.

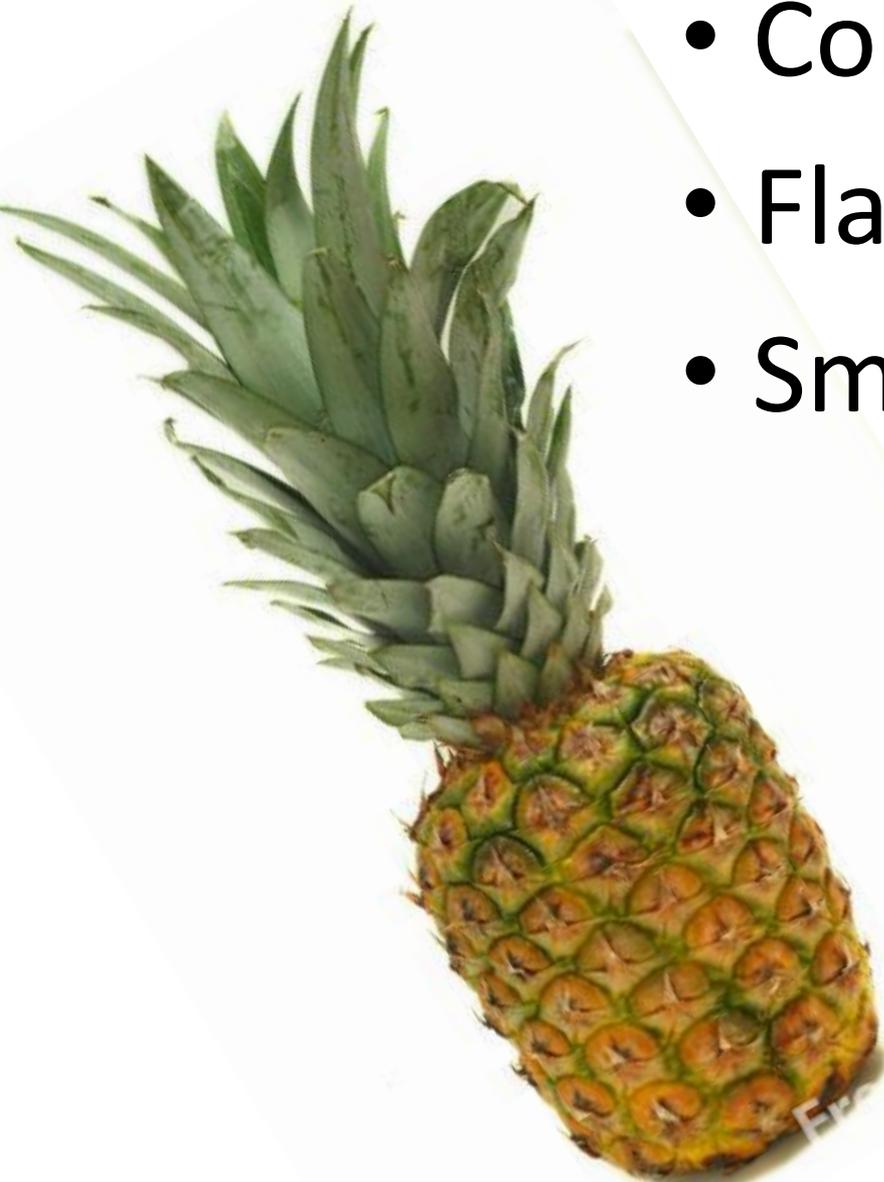
PSYAMA
POWER

PHYTOCHEMICALS



Defense system for plants

- Color
- Flavor
- Smell



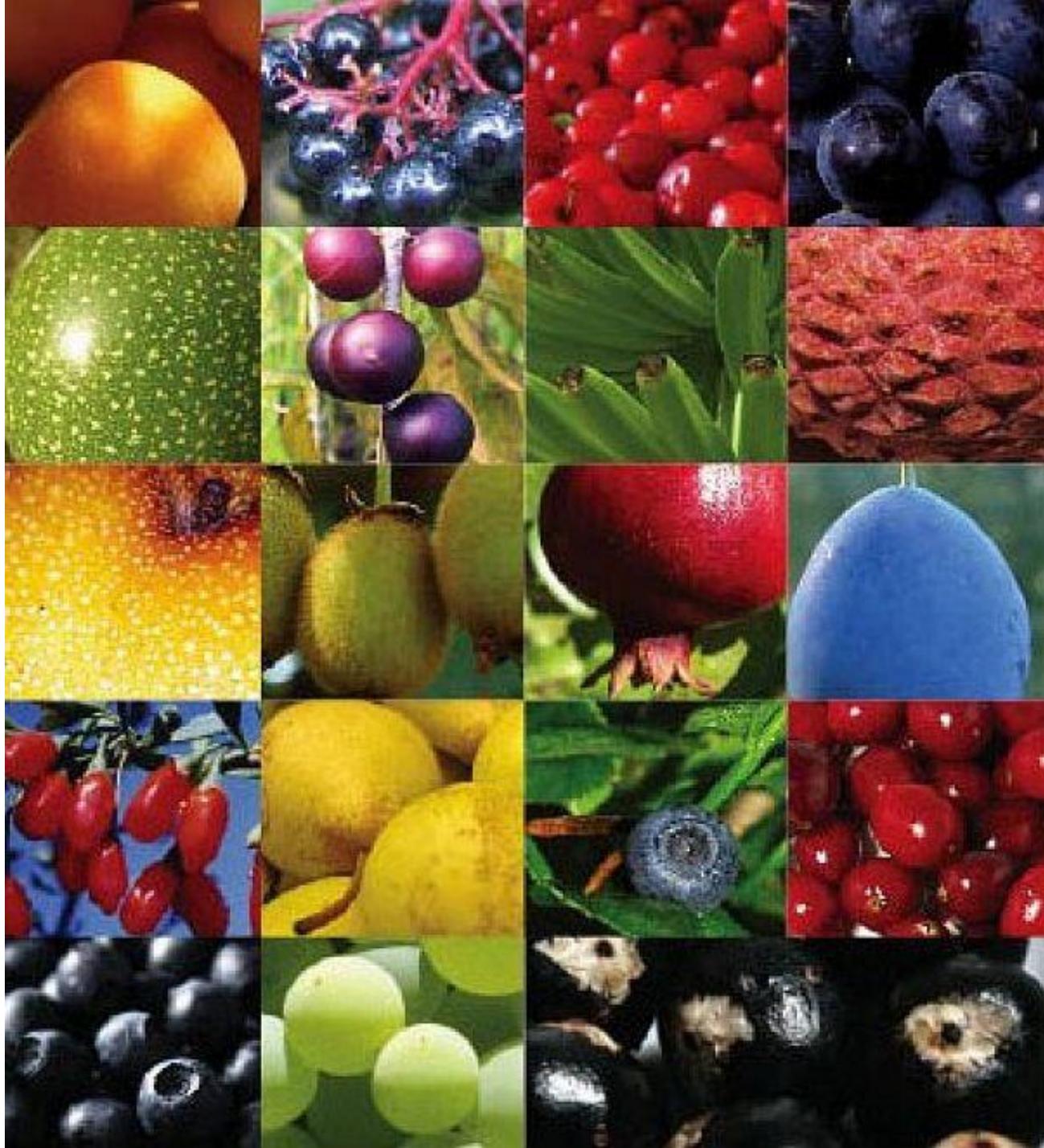
gettyimages®





PROTECT OUR HEALTH

ANTI-OXIDANTS



PHYTOCHEMICALS FIGHT DISEASE

- Heart Disease
- Cancer
- Arthritis
- Macular Degeneration



TERPENOIDS KNOWN TO INHIBIT TUMORS



Terpenoid

Carvone

Geraniol

Farnesol

Limonene

Perillyl alcohol

Alpha—pinene

Food/Herb Source

Caraway, spearmint, dill

Lemongrass, coriander

Lemongrass

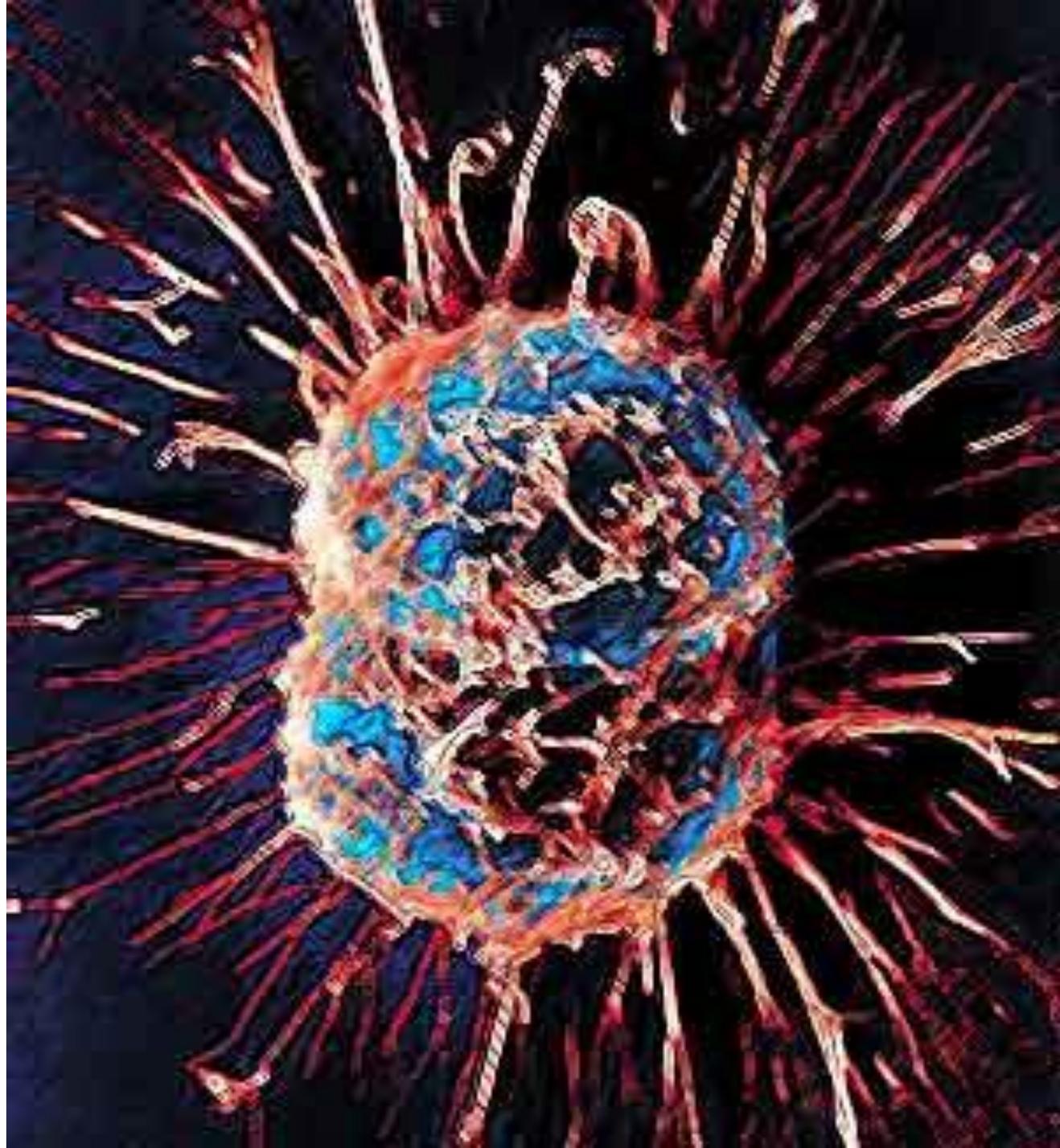
Caraway, citrus, mints, cardamom, coriander, celery seed, dill, fennel, peppermint

Cherries, spearmint

Caraway, coriander, fennel

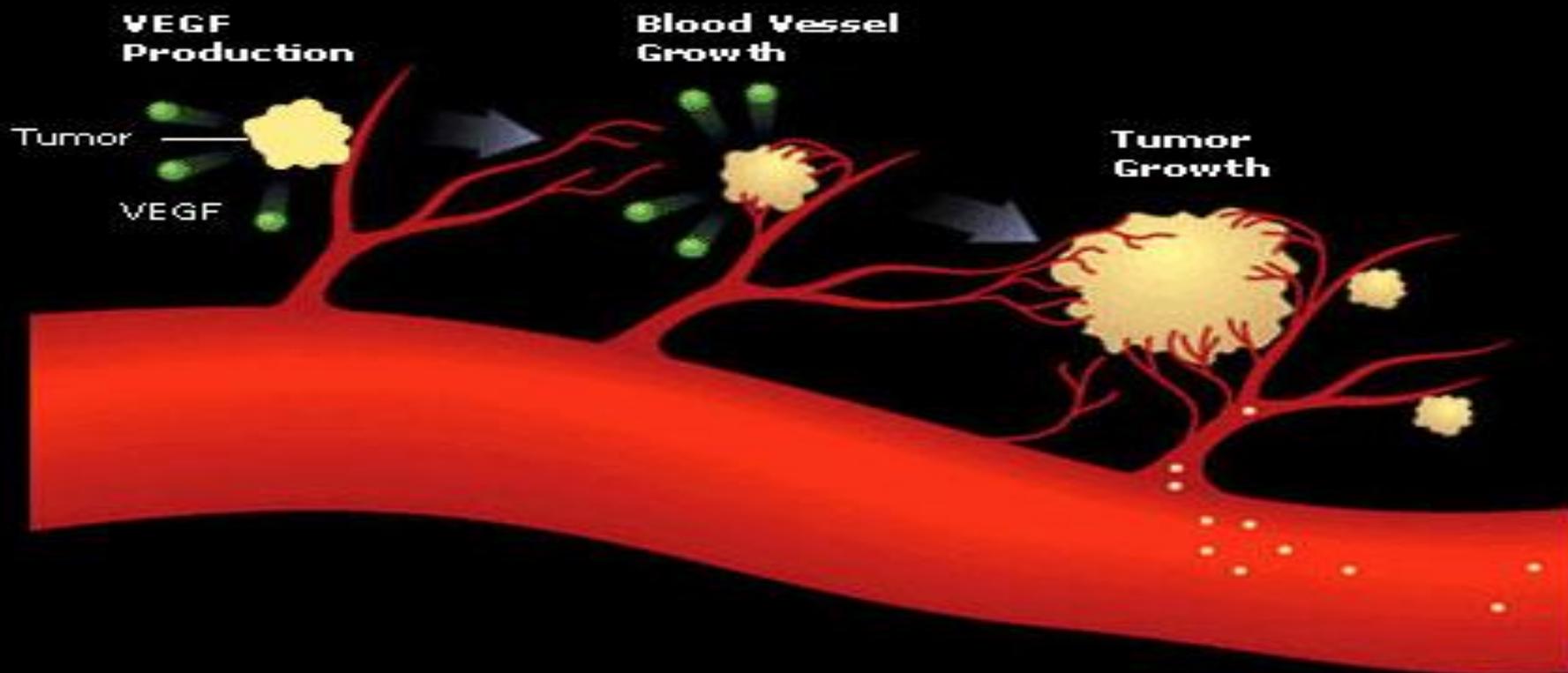
CANCER

**Inhibit
growth
of
cancer
cells**



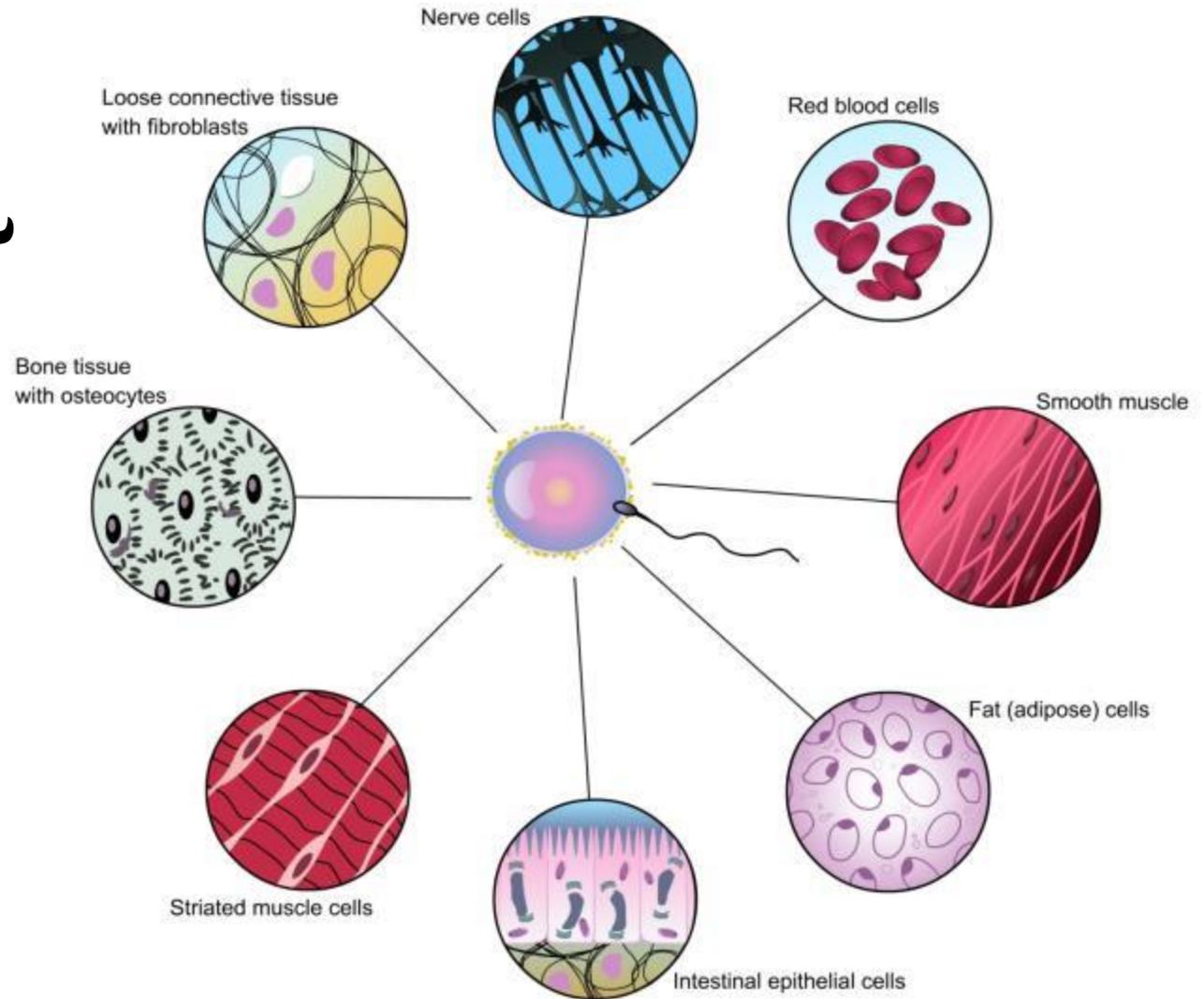
CANCER

Retard growth of blood vessels in tumor tissue.



Promote differentiation of cells.

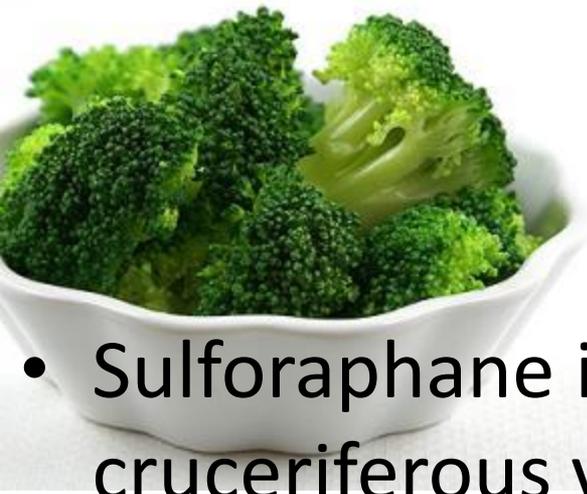
CANCER



BROCCOLI

Loaded with phytochemicals.





BROCCOLI

- Sulforaphane is a phytochemical found in cruciferous vegetables.
- Sulforaphane has strong anti-cancer properties—kills cancer stem cells and prevents new tumors from growing.
- Broccoli has more than other cruciferous vegetables & broccoli sprouts have 50 X more sulforaphane than found in mature broccoli.
- Associated with a decreased risk of aggressive prostate cancer.

BROCCOLI

- Fiber related components in broccoli lower cholesterol by binding bile acids in digestive tract.
- Steamed broccoli is better than raw.





BROCCOLI SPROUTS

- Sulphoraphane has also been found to reduce colonies of *H. Pylori*.
- Sulphoraphane is heat sensitive and may be destroyed by cooking.

BROCCOLI



- Broccoli positively impacts our body's detoxification system.
- Glucoraphanin, gluconasturtian, and glucobrassicin are phytonutrients found in a special combination in broccoli.
- Supports all steps in body's detox process, including activation, neutralization, and elimination of unwanted contaminants.
- Isothiocyanates are the detox-regulating molecules made from broccoli's glucosinolates, and help control detox at a genetic level.

BROCCOLI

- Broccoli helps us absorb more vitamin D from supplements because it contains an unusually strong combination of both beta-carotene and vitamin K, needed to keep vitamin D metabolism in balance.



BROCCOLI

- Broccoli is a rich source of the flavonoid kaempferol.
- Kaempferol lessens the impact of allergy-related substances on our body.
- Contributes to broccoli's unique anti-inflammatory benefits.



JAPANESE STUDY

- People eating broccoli 3 or more times per week seemed to cut their risk of certain cancers almost 95%!





ONIONS



- Richer in polyphenols than garlic or leeks—these include flavonoids, especially quercetin.
- A good source of chromium, vitamin C, fiber, manganese, molybdenum, vitamin B6, folate, potassium, phosphorus, and copper.

DIABETES



- Chromium helps cells respond to insulin— can decrease fasting blood glucose levels, improve glucose tolerance & lower insulin levels.

HEART DISEASE



- Chromium helps decrease total cholesterol and triglyceride levels, while increasing HDL-cholesterol levels.
- Regular consumption of garlic helps lower high blood pressure.
- Sulfur compounds, chromium, and vitamin B6 lower homocysteine levels.
- Sulfur compounds may work in an anti-clotting capacity.

CANCER

- Regular consumption of onions, 2 or more times per week, is associated with a significantly reduced risk of developing colon cancer.
- Quercetin, a flavonoid, has been shown to halt the growth of tumors in animals and to protect colon cells from the damaging effects of certain cancer-causing substances.



CANCER

Study participants consuming the most onions showed a reduced risk of many cancers:

- Oral cavity and pharynx (84%)
- Esophageal cancer (88%)
- Colorectal cancer (56%)
- Laryngeal cancer (83%)
- Breast cancer (25%)
- Ovarian cancer (73%)
- Prostate cancer (71%)
- Renal cell cancer (38%)



STRONG FLAVORED ONIONS

- **Have the highest antioxidant activity and are the best for inhibiting the growth of liver and colon cancer cells**



AND MORE

- GPCS in onions helps prevent osteoporosis.
- Vitamin C, quercetin, and isothiocyanates give anti-inflammatory properties that reduce pain of osteo- and rheumatoid arthritis, the allergic inflammatory response of asthma, and the respiratory congestion of the common cold.
- Quercetin and other flavonoids found in onions work with Vitamin C to help kill harmful bacteria.





- Flavonoids are more concentrated in the outer layers of the flesh so to maximize health benefits, peel off as little of the fleshy, edible portion as possible when removing the onion's outermost paper layer.
- Recommended to eat at least $\frac{1}{2}$ onion per day.

THE HUMBLE SOYBEAN

- Essential fatty acids
- Fiber
- Many minerals & vitamins
- Rich in cancer preventive phytochemicals



GARLIC

- Cancer
- Fungal, viral & bacterial infections
- Cholesterol
- Hypertension
- Blood clots
- Blood sugar
- Inflammation
- MRSA



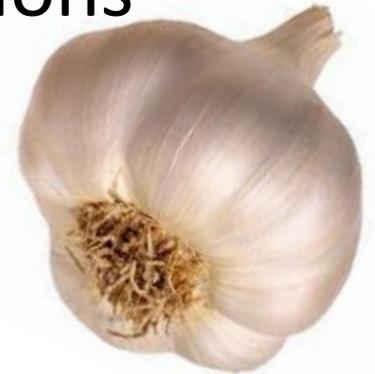
ACCORDING TO RESEARCH

- Inhibits growth of some molds & yeasts.
- Fights some fungal infections (ex., ringworm)
- Fights viruses: influenza, herpes simplex (Type I & II), intestinal viruses—inhibits virus's ability to multiply.
- Kills bacteria in the mouth which cause inflammation of gums & tooth decay.
- Helpful in treating respiratory illnesses, including tuberculosis. The steam from boiling water which contains garlic oil can be inhaled.



ACCORDING TO RESEARCH

- Acts as an expectorant (makes secretions watery and thin).
- Beneficial in asthma and bronchitis (bronchodilating effects).
- Used to treat bacterial & fungal infections of the ear canal and external ear.
- May be useful in fighting intestinal diseases caused by parasites such as dysentery.
- Stops the growth of other bacteria such as staphylococcus aureus.



Garlic - *Allium sativum*

Constituents

- Allicin, essential oils (*diallyl bisulphide, diallyl trisulphide, ajoine*), sulfur, germanium, selenium



GARLIC



Allin + Allinase = Allicin

Natural Antimicrobial

Garlic - *Allium sativum*

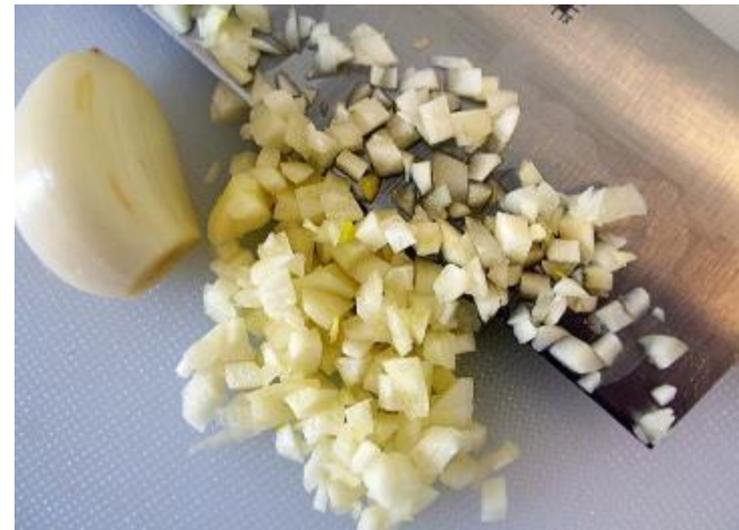
Contraindications

- Raw garlic may irritate the stomach.
- Low platelets



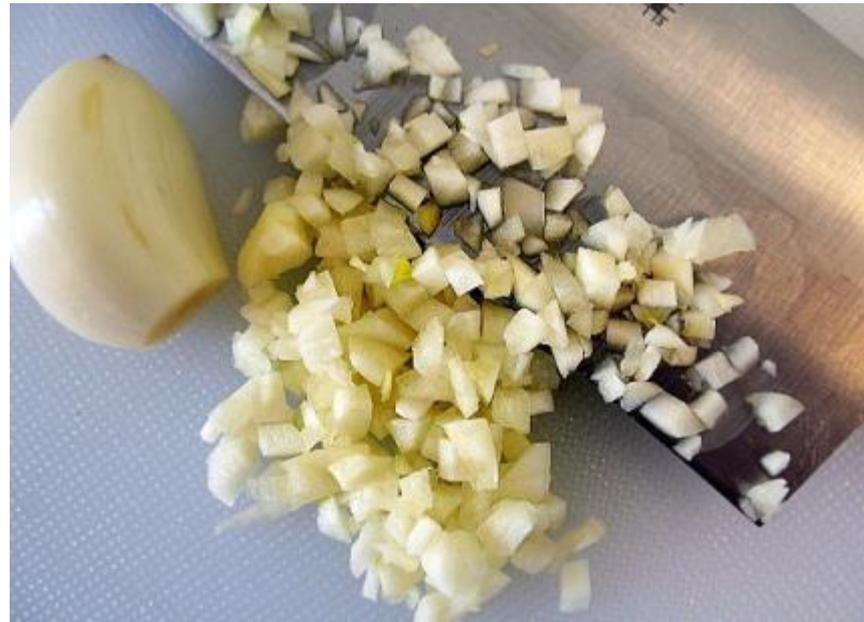
GARLIC TEA

- Pour boiling water over several cloves of chopped or crushed garlic.
- Cover and let steep until cool.
- You may drink and eat garlic, or strain.
- Tea may be used as a cleansing wash, mouth wash for infection, or gargle.



GARLIC OIL

- Pour Extra Virgin olive oil over chopped or crushed garlic.
- 1 bulb garlic in 1 cup oil.
- Let sit in refrigerator for several weeks (refrigeration prevents botulism from growing).

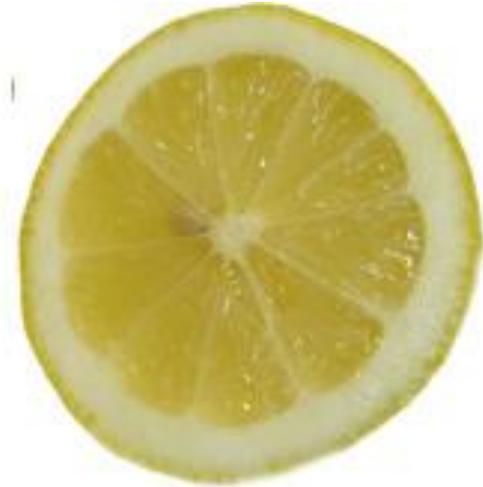


BE AWARE!

- You can increase allicin in garlic by letting it sit after it's chopped or crushed.
- 60 seconds of microwaving without chopping or crushing causes garlic to lose some of its cancer-protective properties.
- Immediate boiling of whole, intact garlic also lowers beneficial properties.
- Addition of an acid ingredient like lemon juice reduces beneficial properties.

RUSSIAN PENICILLIN

- 1 Lemon
- 2-4 medium garlic cloves
- 2 cups boiling water
- 2 cups cool water



Peel the lemon (opt.), leaving all the white parts, pulp, seeds, and juice. Blend lemon and garlic with boiling water, then add cool water to make 1 quart. Drink entire quart over a ½ to 1 hour period. Drink 2 quarts per day for several days to fight infections, especially respiratory.

HOW TO BEGIN

- **Study of herbs:**
 - Herbs most common or readily available.
 - Learn properties and clinical applications through publications or internet.



HOW TO BEGIN

- **Study of disease:**
 - Find herbs that can be used to treat the disorder.



HOW TO BEGIN

- **Study of symptoms:**
 - Find herbs to treat that symptom.



STUDY OF HERBS

- Plants that grow near you, that can be easily cultivated, or that are commonly used and available.
- Search for scientific validation.



KNOW YOUR HERBS!

- If buying, make sure the botanical name on the package is correct.
- Study drug interactions.
- Study contraindications.
- Study all cautions and warnings.



OREGANO

*Origanum
vulgare*



- Volatile oils include thymol and carvacrol which inhibit growth of bacteria, including *Pseudomonas aeruginosa* & *Staphylococcus aureus*.
- Found effective against *Giardia* (more than the commonly used prescription drug).

OREGANO

Origanum vulgare

- Contains antioxidant rosmarinic acid as well as thymol: have demonstrated antioxidant activity 42 X greater than apples, 30 X greater than potatoes, 12 X more than oranges, and 4 X more than blueberries.



OREGANO

- Anti-fungal properties—drinking oregano tea may help clear athletes' feet and other types of fungus.
- Calming effect—tea may help induce sleep.

OIL OF OREGANO

- Should be made from *Origanum Vulgare*.
- Potent antiviral, antibacterial, antifungal, and antiparasitic.
- Can reduce pain and inflammation and fight off infections.

OIL OF OREGANO

- Especially beneficial for destroying organisms that contribute to skin infections and digestive problems.
- Strengthens the immune system.
- Increases joint and muscle flexibility.
- Improves respiratory health.

OIL OF OREGANO

- Should be diluted with olive or coconut oil before application (usually one teaspoon of oil per drop of oil of oregano).
- Apply directly to skin to treat itches, skin infections, and irritated gums (only if diluted).
- For upset stomachs and to aid digestion, drink a glass of juice that is mixed with 2-3 drops of the oil.

OIL OF OREGANO

- For sinus congestion drink 3 drops of oil mixed into a glass of juice, for 3-5 days.
- To fight a cold or sore throat that is coming on drink 3 drops of oregano oil mixed into a glass of juice for up to 5 days or until symptoms are gone.

OREGANO

Precautions

- Oregano oil may reduce the body's ability to absorb iron.
- People that have allergies to thyme, basil, mint or sage may also be sensitive to organo.
- Pregnant women should avoid oil of oregano since it can stimulate blood flow in the uterus, which can weaken the lining that surrounds the fetus in the womb.
- Pregnant women should also avoid oregano tea.

ROSEMARY



- Contains substances that help stimulate the immune system, increase circulation, and improve digestion.
- Also contains anti-inflammatory compounds that may make it useful for reducing the severity of asthma attacks.
- Show to increase the blood flow to the head and brain, improving concentration.

SAGE

- Rosmarinic acid
- Antioxidant enzymes
- Anti-inflammatory properties



BASIL

- Flavonoids: Include Orientin and vicenin
- Protect cell structures as well as chromosomes from radiation and oxygen-based damage.
- Volatile Oils: Contain estragole, linalool, cineole, eugenol, sabinene, myrcene, & limonene.
- Restricts growth of numerous bacteria, including *Listeria monocytogenes*, *Staphylococcus aureus*, *E. coli*, *Yersinia enterocolitica*, and *Pseudomonas aeruginosa*.
- Found to inhibit strains of bacteria which are widespread and have developed a high level of resistance to treatment with antibiotic drugs.

BASIL

- Eugenol can block the activity of an enzyme in the body called cyclooxygenase (COX) which makes it **anti-inflammatory**.
- Contains carotenoids which help prevent free radical damage—may help protect against asthma, osteoarthritis, and rheumatoid arthritis.
- Also a good source of magnesium, iron, calcium, potassium and vitamin C.

LEMON BALM

Lemon Balm - *Melissa officinalis*



Lemon Balm – *Melissa officinalis*

Actions

- Antidepressant, antihistamine, anti-inflammatory, antioxidant, antispasmodic, antiviral, aromatic, carminative, cephalic, febrifuge, hypotensive (*mild*), nervine

Lemon Balm – *Melissa officinalis*

Indications

- Cold sores, indigestion, colds, headaches, shingles, insomnia, Alzheimer's disease, insect repellent
- **Contraindications**
- Hypothyroidism (theoretical but no reports of thyroid suppression)

Lemon Balm – *Melissa officinalis*

Constituents

- Essential oils (*citral, linalool, eugenol, citronellal, geraniol*), tannins (*catechin*), flavonoids (*polyphenols*), succinic acid, rosmarinic acid

RED CLOVER

- Contains high levels of isoflavonoids—reduce menopausal symptoms.
- Isoflavonoids reduce bone loss in healthy women.

Red Clover - *Trifolium pratense*



Red Clover – *Trifolium pratense*

Actions

- Antibacterial, anti-inflammatory, antitumor, cardiotonic, diuretic, galactagogue, phytoestrogenic

Red Clover – *Trifolium pratense*

Indications

- Menopause, bronchitis, cancer, colds, cough, dysmenorrhea, eczema, indigestion, whooping cough, venereal disease, tuberculosis, psoriasis

Red Clover – *Trifolium pratense*

Constituents

- Flavonoids, phenolic glycosides (*salicylic acid*), essential oil (*methyl salicylate*), polysaccharides, isoflavones (*sitosterol, genistein, biochanin, formononetin, daidzein*), salicylates, coumarins, cyanogenic glycosides

CHAPARRAL

Chaparral - *Larrea tridentata*

Actions

- Allergies
 - Antiarthritic
 - Antibacterial
 - Antifungal
 - Anti-inflammatory
 - Antioxidant
 - Antiparasitic
 - Antitumor
 - Antiviral
 - Anti-cancer
 - Diuretic
 - Emetic
- *in large doses*

Chaparral - *Larrea tridentata*

Indications

- Infections
- Arthritis
- Bronchitis
- Cancer
- Colds
- Tuberculosis
- Yeast infections

Chaparral - *Larrea tridentata*

Contraindications

- Do not use if you have liver disease



Chaparral - *Larrea tridentata*

Constituents

- Quercetin
- Lignans
 - *nordihydroguaiaretic acid*
- Essential oils
- Saponins

GOLDEN SEAL

Goldenseal - *Hydrastis canadensis*



Goldenseal - *Hydrastis canadensis*

Actions

- Antibacterial, antifungal, anti-inflammatory, antiseptic, antiviral, endocrine tonic, febrifuge, mucous-membrane tonic, oxytocic

Goldenseal - *Hydrastis canadensis*

Indications

- Bronchitis, skin disorders, cholera, Crohn's disease, diarrhea, dysentery, ear problems, gastritis, urinary tract infection, maldigestion, intestinal parasites, staphylococcal infections, cancer

Contraindications

Do not use long-term.

Goldenseal - *Hydrastis canadensis*

Constituents

- Alkaloids (berberine, hydrastine, canadine, berberastine, canadaline, hydrastinine), flavonoids

Milk Thistle - *Silybum marianum*

formerly

Carduus marianus



Milk Thistle – *Silybum marianum*

Actions

- Appetite stimulant, cholagogue, demulcent, diaphoretic, digestive, diuretic, emetic, hepatoprotective



Milk Thistle – *Silybum marianum*

Indications

- Colic, gallbladder disorders, liver disorders, mushroom poisoning, hemorrhoids, itching, psoriasis

Milk Thistle – *Silybum marianum*

Constituents

- Flavonoids (silymarin)
- Tyramine
- Histamine
- Gamma-linoleic acid
- Essential oil
- Mucilage
- Bitter principle



PEPPERMINT



Peppermint

Mentha x piperita

Peppermint – *Mentha x piperita*

Actions

- Analgesic (*topically*), anesthetic (*topically*), anodyne, antimicrobial, antiemetic, anti-inflammatory, antioxidant, antiparasitic, antiseptic, antispasmodic, aromatic, digestive, diuretic, stomachic, tonic, vasodilator



Peppermint – *Mentha x piperita*

Indications

- Gastritis, colitis, irritable bowel syndrome, liver diseases, pain, sore throat, gingivitis, dysmenorrhea, pneumonia, motion sickness
 - **Contraindications**
- Infants and small children should not use peppermint.

Peppermint – *Mentha x piperita*

Constituents

- Flavonoids (*luteolin, rutin*), essential oils (*menthol, menthene, methyl acetate, limonene, cineol, pulegone, carvone*) ketone (*menthone*)



ALOE *Aloe vera*



Aloe – *Aloe vera*

Actions

- Antibacterial
- Antifungal
- Anti-inflammatory
- Immune modulator
- Holagogue
- Demulcent
- Emmenagogue
- Emollient
- Laxative
- Purgative
- Rejuvenative
- Vulnerary



Aloe – *Aloe vera*



Indications

- **Topical** – burns, frostbite, wounds, skin ulcers, eczema, hemorrhoids (fresh aloe best)
- **Internal** – gastritis, inflammatory bowel disease, peptic ulcer, constipation, interstitial or infectious cystitis
 - *Best not to use aloe for greater than 10 days consecutively as intestinal cramping and pain may occur. Can cause harmless reddish coloration of urine and feces.*

Aloe – *Aloe vera*



Indications

- **Topical** – burns, frostbite, wounds, skin ulcers, eczema, hemorrhoids (fresh aloe best)
- **Internal** – gastritis, inflammatory bowel disease, peptic ulcer, constipation, interstitial or infectious cystitis
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Aloe – *Aloe vera*

Constituents

- Aloins
- Anthraquinones
- Polysaccharides
- Salicylic acids
- Calcium oxalate
- Sugars



Elder - *Sambucus nigra*



Elder - *Sambucus nigra*

Flower Actions

- Anti-inflammatory
- Antitumor
- Diaphoretic
- Digestive
- Diuretic
- Expectorant
- Febrifuge

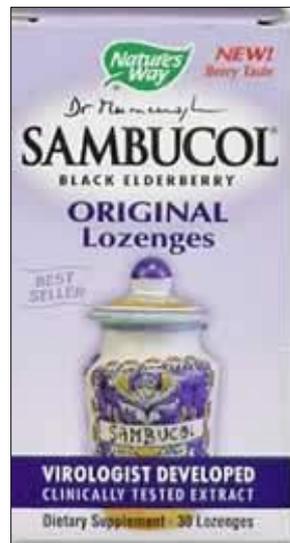
Berry Actions

- Anti-inflammatory
- Antirheumatic
- Antiseptic
- Antispasmodic
- Antiviral
- Diaphoretic
- Laxative
- Nervine

Elder – *Sambucus nigra*

Indications

- Upper respiratory infections
- Arthritis
- Neuralgia



Elderberry

Sambucus nigra

Contraindications

- Berries should not be eaten raw.



Elder - *Sambucus nigra*

Flower Constituents

- Flavonoids
 - *rutin, quercetin, kaempferol*
- Essential oils
- Phytosterols
 - *sitosterol, stigmasterol, campesterol*
- Viburnic acid
- Phenolic compounds
 - *chlorogenic acid, caffeic acid, p-coumaric acid*
- Triterpenes
 - *ursolic acid, 30-b-hydroxyursolic acid, oleanolic acid, a-amyrin, b-amyrin, free esterified solids, fixed oil*
- Tannins

Elder - *Sambucus nigra*

Berry Constituents

- Beta-carotene
- Vitamin C
- Iron
- Potassium
- Tyrosine
- Alkaloids
 - *sambucine,*
hydrocyanic acid
- Sambunigrin

Feverfew - *Tanacetum parthenium* formerly *Chrysanthemum parthenium*



Feverfew - *Tanacetum parthenium*

Actions

- Anti-inflammatory
- Antimicrobial
- Anti-migraine



Feverfew - *Tanacetum parthenium*

Indications

- Migraine
- Fever
- Headache
- Pain
- Inflammation
- Arthritis

Feverfew - *Tanacetum parthenium*

Contraindications

- Chewing fresh leaves may cause mouth irritation.



Feverfew - *Tanacetum parthenium*

Constituents

- Parthenolide
- Essential oils
- Pyrethrin

Mullein

Verbascum thapsus



Mullein – *Verbascum thapsus*

Actions

- **Leaf:** anodyne, antibacterial, antihistamine, anti-inflammatory, antiseptic, astringent, demulcent, diuretic
- **Flower:** analgesic, anti-inflammatory, antispasmodic
- **Root:** diuretic

Mullein – *Verbascum thapsus*

Indications

- Cough, bronchitis, inflammation, dermatitis, sore throat, hemorrhoids, kidney disease, skin ulcers, vulvitis



Mullein – *Verbascum thapsus*

Constituents

- **Leaf:** carotene, choline, calcium, magnesium, sulfur, resin, saponins, glycoside, flavonoids (hesperidin, verbascoside), mucilage, tannins
- **Flowers:** Polysaccharides (d-glactose, arabinose, manose), flavonoids, sterols, mucilage
- **Root:** polysaccharides

Turmeric

Curcuma longa



Turmeric – *Curcuma longa*

Actions

- Analgesic, antifungal, anti-inflammatory, antimutagenic, antioxidant, antimicrobial, antiseptic, astringent, carminative, cholagogue, hepatoprotective, hepatotonic

Turmeric – *Curcuma longa*

Indications

- Hepatitis, infections, indigestion, Alzheimer's disease, arthritis, asthma, bursitis, cancer, diarrhea, inflammatory states, psoriasis, peptic ulcers



Turmeric – *Curcuma longa*

Constituents

- Curcumin
- Essential oils
 - *artumerone*
 - *zingberene*
 - *borneol*
 - *turmerone*
- Valepotriates
- Alkaloids
- Protein



Turmeric – *Curcuma longa*

Contraindications

- Gastric hyperacidity
- Bile duct obstruction
- Gallstones
- “Extremely large doses of curcuminoids could cause ulcers or cancer and reduce the number of red and white corpuscles in the body. If turmeric accounts for 10 percent of your diet, as it did for some lab rats in one experiment, some of your hair might fall out.”
(James Duke)

Willow

Salix alba



Willow — *Salix alba*

Actions

- Analgesic, anodyne, antibacterial, antifungal, anti-inflammatory, antirheumatic, antiseptic, astringent, febrifuge, hypnotic, sedative

Willow – *Salix alba*

Constituents

- Phosphorus, flavonoids (*catechin*), glycosides (*salicin, populin, salicoside*), salicortine, tannin, female willow buds contain phytoestrogens

Willow – *Salix alba*

Contraindications

- Use with caution if allergic to aspirin.
- Unlike aspirin, it has no antiplatelet activity.

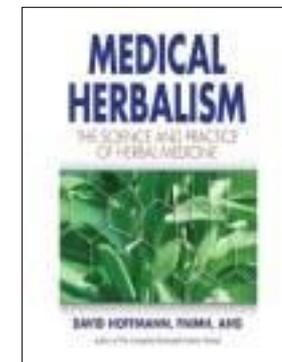
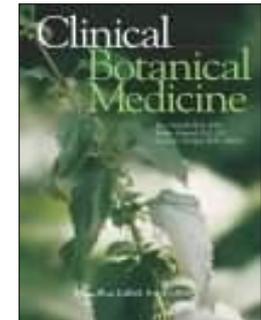
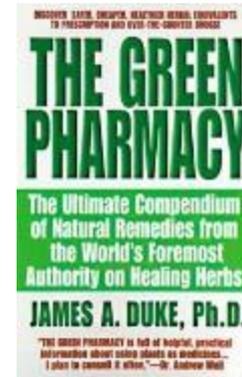
Willow — *Salix alba*

Indications

- Fever, pain, inflammation, angina, back pain, colds, dysentery, flu, gout, headache, malaria, neuralgia, gargle for sore throat and tonsillitis

RESOURCES

- The Green Pharmacy
 - James A. Duke, PhD
- Clinical Botanical Medicine
 - Eric Yarnell, ND, RH
 - Kathy Abascal, BS, JD
 - Carol G. Hooper, MD, MPH
- Medical Herbalism
 - David Hoffmann, FNIMH, AGH



RESOURCES

- Herbs for Your Health
 - Steven Foster
- Scientific Validation of Herbs
 - Daniel B. Mowry, Ph.D.
- Natural Healing with Herbs
 - Humbart Santillo, N.D.



- Rev 22:2 (KJV) In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations.

FORAGING & CULTIVATING

Edibles & Medicinals







HENBIT

Lamium amplexicaule





PURPLE DEAD NETTLE

Lamium purpureum



PURPLE DEAD NETTLE

Other Common Names

- Red Deadnettle
- Purple Archangel

Edible Parts:

- Tops and Leaves



PURPLE DEAD NETTLE

- Medicinal tea: Add 2 tbsp. fresh or dried herb to 1 cup water. Steep for 10 min., strain and drink in ½ cup doses, for laxative, and general tonic.
- Pot Herb: Boil flowers and leaves in water for 20 to 30 min. drain, season to taste.





LAMB'S QUARTERS

Chenopodium album



LAMB'S QUARTERS

- Can be eaten raw or cooked (great in any “cheesy” sauce).
- Very high in calcium.



AMARANTH

Amaranthus retroflexus



WOOD SORREL

Oxalis stricta

(Sour Grass)





SHEEP SORREL

Rumex acetosa



COMMON BLUE VIOLET

Viola sororia



COMMON BLUE VIOLET

- Leaves and flowers edible.
- Rich in vitamins A and C.
- May be eaten fresh or cooked.



SOW THISTLE

Sonchus oleraceus



SMOOTH SOW THISTLE
Sonchus oleraceus



MILK THISTLE





BULL THISTLE

STINGING NETTLE

Urtica dioica





RED CLOVER





WHITE CLOVER

CRIMSON CLOVER





Mouse Ear Chickweed



COMMON CHICKWEED

Stellaria media

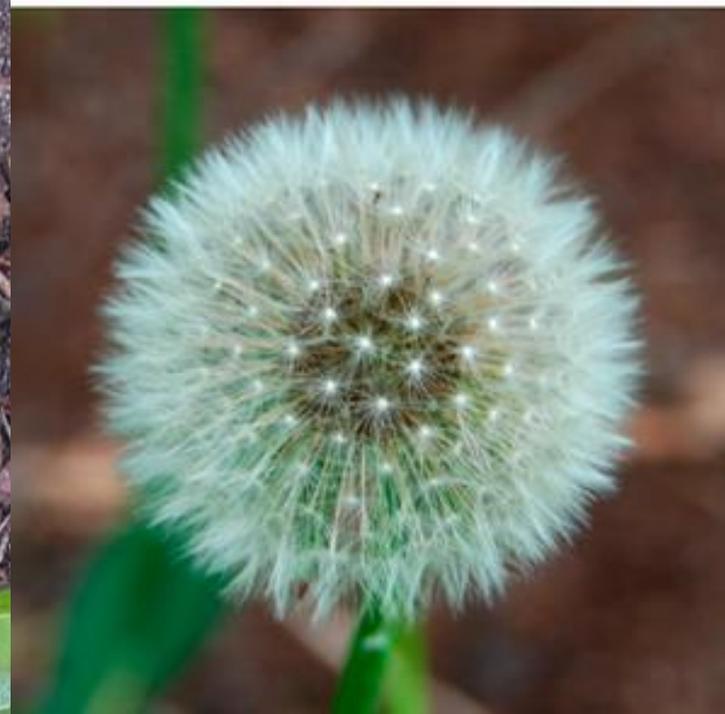


CLEAVERS

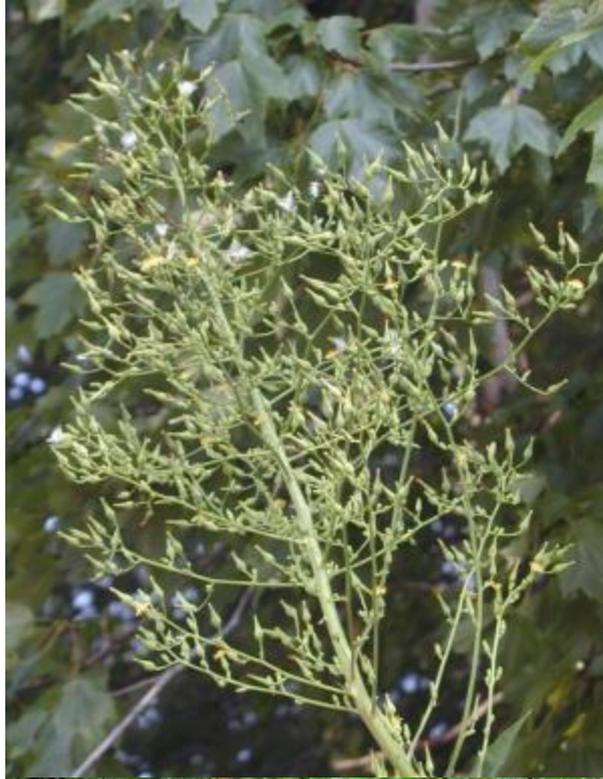


DANDELION

Taraxacum officinale

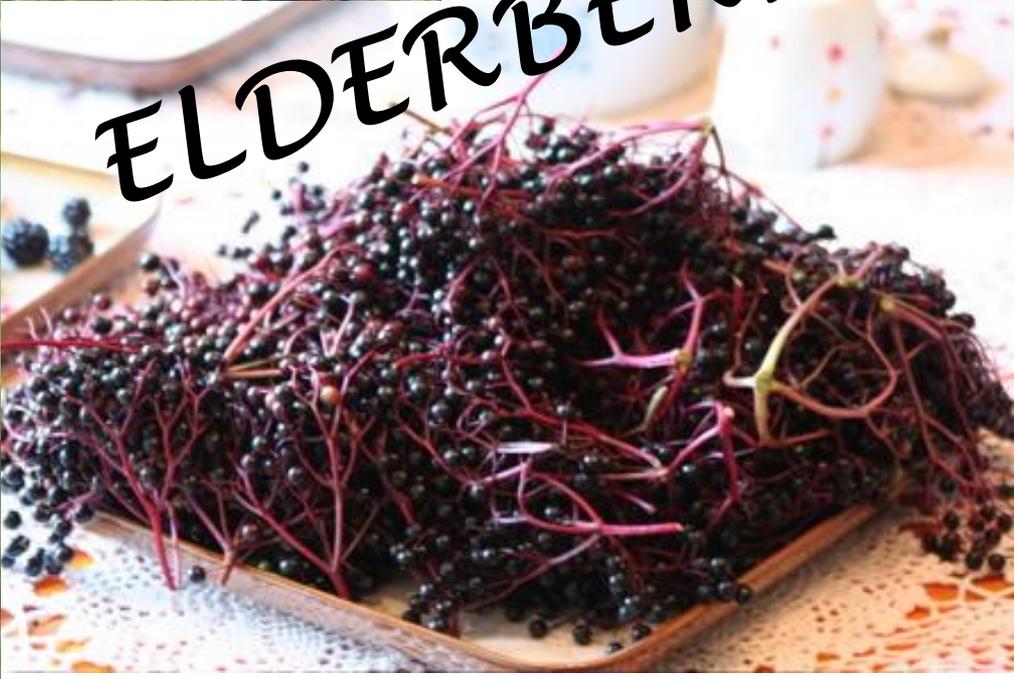


WILD LETTUCE



ELDERBERRY





ELDERBERRY

CORN SALAD



GREENBRIAR

Smilax





GREEN BRIARS

Edible Parts:

- All above ground portions that are tender: tips, leaves, tendrils, stems, ripe berries
- Tubers can be sliced, roasted, and chewed for starch in survival situations



ACORNS (White Oak)



BLACK BERRIES



WILD ONIONS



WILD BLUEBERRIES



SASSAFRAS





REDBUD TREES

Cercis canadensis



REDBUD

- Edible Parts:
- Flowers (salads)
- Young pods while tender (cooked)





PEPPERMINT





SHEPHERD'S PURSE



YELLOW DOCK



YELLOW DOCK

- Boil young leaves in several changes of water to remove as much oxalic acid as possible.
- Can be eaten raw in moderate amounts.
- Mature leaves are too bitter to consume.
- Excellent source of vitamin A and protein.
- Rich in iron and potassium.
- Eaten in large amounts can irritate the urinary tract & increase risk of kidney stones.

YELLOW DOCK

- Roots have been clinically verified to bind with heavy metals such as lead and arsenic and expel them from the body by stimulating biliary function in the liver.
- Considered to be a highly effective blood cleanser.

YELLOW DOCK

- May cause mild diarrhea in some people.
- Can decrease blood calcium levels.
- Should not be used by people with kidney disease, liver disease, or an electrolyte abnormality.
- Excessive use can cause metabolic acidosis and life-threatening calcium deficiency.
- Should not be used by pregnant or nursing women.

YELLOW DOCK SEEDS





CINQUEFOIL
Potentilla simplex





**INDIAN MOCK
STRAWBERRY**
Duchesnea indica

Queen Anne's Lace

Daucus carota





QUEEN ANNE'S LACE



WILD CHERRIES

Prunus serotina (Black cherry)



WITCH HAZEL



MULLEIN





POISON IVY

Urushiol in leaves



POISON IVY

Dermatitis



"This is **God's method**. The herbs that grow for the benefit of man, and the little handful of herbs kept and steeped and used for sudden ailments, have served tenfold, yes, one hundred fold better purposes, than all the drugs hidden under mysterious names and dealt out to the sick."

The Place of Herbs in Rational Therapy, p. 12

Dandelion

Taraxacum officinale

- High Mineral Content
- Stimulates and Cleanses the Blood and Lymphatic System
- Eliminates Mucus Buildup
- Restores and Strengthens the Entire System
- Stimulates Digestion



Yellow Dock

Rumex crispus

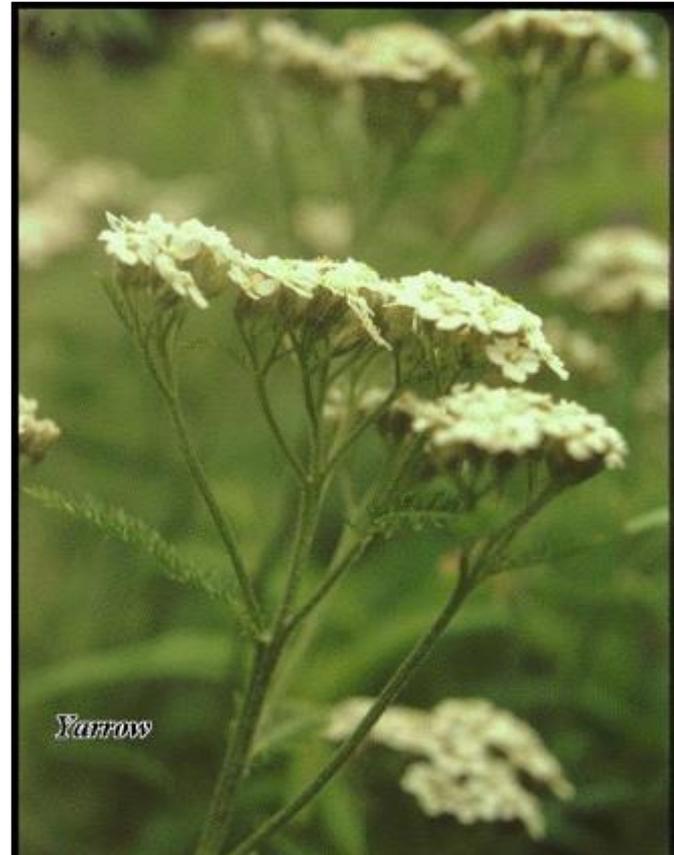
- Purifies the Blood
- Stimulates and Cleanses the Lymphatic System
- Builds the Immune System
- Restores and Strengthens the Entire System
- Best Organic Source of Iron, 50% Iron by Weight



Yarrow

Achillea Millefolium

- Stops Bleeding, Internal and External
- Induces Sweating
- Aids Circulation by Enhancing Blood Flow
Reducing High Blood Pressure
- Leaves Relieve Toothaches through Pain Relieving Properties



Peppermint

Mentha piperita

- Reduces Fevers
- Increases Circulation
- A Sedative for the Stomach
- Aids Digestion and Relieves Indigestion
- Cleanses and Strengthens the Entire Body



Peppermint

Mentha piperita

- Contains Antioxidants that Help Fight Cancer and Heart Disease
- Strengthens Heart Muscle and Calms the Nerves
- The Oil Brings Oxygen into the Bloodstream
- Should be in Every Garden



Sheep Sorrel

Rumex Acetosa

- Leaves Poulticed for Skin Cancer, Boils, and Tumors
- Kills Putrifaction in the Blood
- Combats the Ravages of Aging and Reverses the Condition of Bad Cells
- Good for Internal and External Bleeding
- Cools the Body



Burdock

Arctium lappa

- One of the Best Blood Purifiers
- Stimulates the Immune and Lymphatic System
- Inhibits Tumor Growth
- Clears Kidneys of Excess Wastes and Uric Acid
- Root Decreases the Level of Sugar in the Blood, Useful for Diabetes



Garlic

Allium Sativum

- Dissolves and Removes Tumors
- Good for Both High and Low Blood Pressure, Indigestion, Infections, Stomach Problems and Nervous Headaches
- Dissolves Cholesterol in the Bloodstream



Garlic

Allium Sativum



- Kills Candida Yeast Infection
- Tonic for Endurance of Extreme Temperatures
- Stimulates the Lymphatic System
- Increases the Quality, Longevity and Killing Power of Natural Killer Cells Tenfold
- A Preventative Herb. Remember that Prevention is Nine Tenths of the Cure

Red Clover

Trifolium pratense

- Dissolves and Removes Tumors
- Contains Four Antitumor Properties, Genistein, and Vitamin E
- Powerful Remedy for Cancer Growth because of its Beneficial Effect on Protein Assimilation
- Excellent Blood and Lymph Cleanser
- Thins the Blood
- Improves Circulation



Red Clover

Trifolium pratense



- Strengthens the System
- Good for Lack of Vitality and Nervous Energy
- Is a Tonic for the Nerves and a Sedative for Nervous Exhaustion
- A Supplement to Vitamin A, High in Magnesium, Calcium, Iron, and Copper
- Valuable for Wasting Diseases

St. John's Wort

Hypericum perforatum

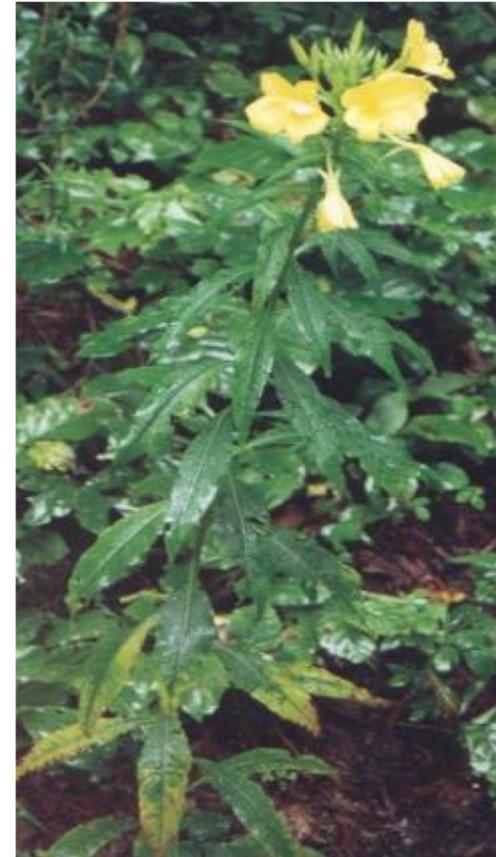
- Potent Anti-Retroviral Activity
- Crosses the Blood Brain Barrier
- Used to Treat Chronic Depression
- Tonic for the Nervous System
- Breaks Obstructions of Mucus



Evening Primrose

Oenothera biennis

- One of the Best Sources of a Pain Relieving Compound
Phenylalanine
- Contains GLA found in only 4 Different Plants, Currant, Borage, and Hops
- Used in Autoimmune Disorders
- Anticlotting Actions
- Used in Vascular Diseases



Lobelia

Lobelia Inflata

- Most Powerful Relaxant known among Herbs
- Relieves Cramps, Spasms, and Lock-jaw
- Bronchial Dilator
- Lung and Respiratory Conditions
- Balances Glands for Proper Function
- Superior Remedy for Fevers



Plantain

Plantago major

- Neutralizes Poisons, Snakebites, Insect Stings and Insect Bites
- Stimulates the Healing Process
- Excellent for Blood Poisoning
- Neutralizes Stomach Acids and Normalizes All Stomach Secretions
- Leaf Tea Clear Head of Mucus



Purslane

Portulaca oleracea

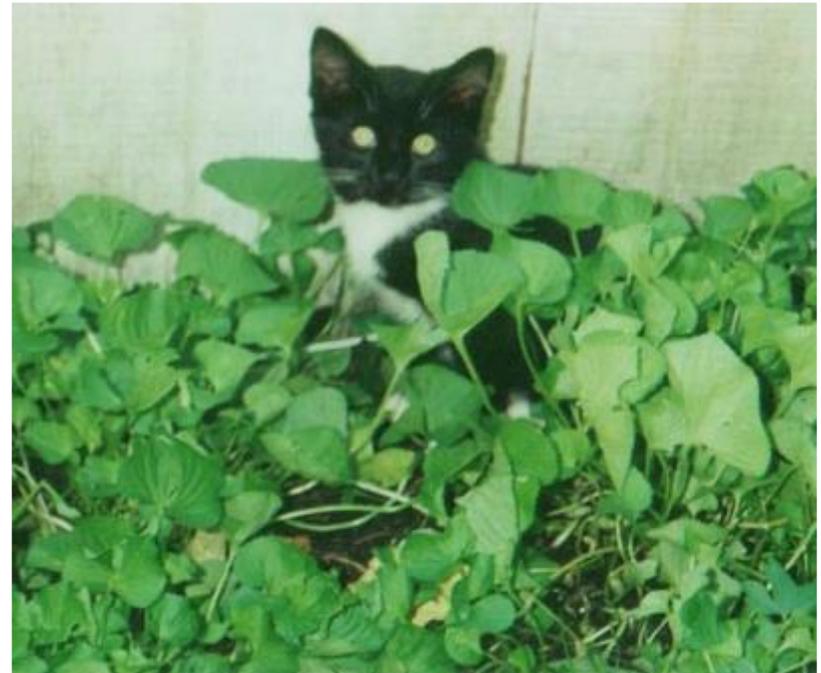
- Rich in Antioxidants
- Highest Plant Source for Magnesium
- Top Herb for Vitamin A,C &E
- Rich in Glutathione an Immune System Booster and Antiaging Compound
- Antidepressant Compounds 16% dry weight
- Best Source of Omega 3 fatty Acids



Blue Violet

Viola odorata

- Circulation and Immune System Stimulant
- Used in Difficult Breathing
- Relieves Severe Headache and Congestion in the Head
- Ability to Reach Places only Blood and Lymph Fluids Penetrate
- Used in Treatment for Cancer and Tumors Internally and Applied Externally
- Effective in Healing Internal Ulcers



Jerusalem Artichoke

Helianthus Tuberosus

- One of the Best Wild Food Plants
- Substitute for Potatoes but Without the Starch
- Pancreas does Not Require Insulin to Digest
- Safe Source of Carbohydrate for Diabetic or Hypoglycemia
- An Excellent Source of Food for All

White Pine

Pinus silvestris

- Tea of Needles or Inner Bark Good for Chest Ailments such as Bronchitis, Coughs, Colds, Croup, Flu, Sore Throats, Expelling Mucus from the Throat and Lungs
- Invigorates and Revitalizes the Whole Body
- Pitch is Good for Cuts and Wounds

