

## **Alcoholism**

### **Definition**

It is the extreme dependence on alcohol which can lead to mental changes, cirrhosis of the liver, nerve damage and heart problems.

### **Herbal Aids**

**Bugleweed Combination:** Natural physicians have used bugleweed successfully in cases of the inflammation from alcoholism.

**Oats:** In India, oats are described as a perfect food.... The tincture of the green oats is recommended for nervous strain. It is also taken as an antidote for drug addiction and alcoholism.

**Skullcap:** This has been used in weaning people from barbiturate addiction as well as in lessening withdrawals from Valium and meprobamate abuse, avoiding some of the latter state convulsions and frenzies. In combination with white ginseng it is effective in treating delirium tremens of alcoholism.

**Chaparral:** This contains a phenolic compound, nordihydroguariaric acid (known as NDGA for short). It is found on the external surfaces of the leaves and stems in all the species of Larrea... NDGA is used in alcoholism treatment, liver disorders and geriatrics.

**Cabbage:** Eat cabbage, steamed or raw and drink the juice.

**Cayenne:** It is used as an accentuator with other herbs; it increases the value and healing properties of the herbs and carries them to the afflicted part of the body. Indeed, Cayenne affects every portion of the body through its marvelous action in the venous structure... It can help cleanse the system of alcoholism and even reduce the discomfort of a hangover, or worse, the miseries of delirium tremens.

**Cleansing the Bowel:** Alcoholic beverages of all sorts tend to produce constipation, by causing chronic intestinal catarrh, ulcer of the stomach, and paralysis of the sympathetic nerves.

We do not recommend laxatives such as purchased from the drug store or herbal laxatives in many cases from health stores that are just a laxative. These become habit forming and this is not the procedure we recommend. We use herbs to feed and rebuild the bowel, to activate the dormant peristaltic muscles and clean off the bowel walls for complete assimilation of foods going through the intestinal tract.

**Alfalfa:** This is used in Europe for many functional type diseases. It is traditional for wasting diseases in traditional European practice. It is recommended for alcoholics and drug addicts who are trying to kick the habit.

### **ALCOHOL ADDICTION TEA**

Vervain 1 Tbsp.

Skullcap 1 Tbsp.

Hops 3 Tbsp.

Valerian 1 Tbsp.

Cayenne pepper ½ tsp.

Peppermint 3 Tbsp.

Mix together and use 2 Tbs. per cup of water.

See Alcohol Program.

## ALCOHOL TEA

1 cup Honey  
½ teaspoon peppermint oil  
1 level teaspoon cayenne  
1 teaspoon ginger root, blended  
½ cup blackstrap molasses  
1/3 cup black cherry  
1 cup fructose  
Juice four lemons  
3 cups apple juice

Give between a half to an ounce every time they have a craving to get a shot of whiskey. It may be four or five times a day. An alcoholic is addicted to sugar. His body craves for that feeling where most of the oxygen is robbed from his body. That is what alcohol does—it competes for the oxygen. It robs the body of oxygen and leaves them somewhat woozy in the head or dizzy, because his brain is not getting enough oxygen. It also affects his memory capacity to the point where he thinks he can do things he cannot normally do.

All of this is because there is an imbalance of oxygen going to the brain and a greater amount of sugar in the bloodstream. We have found that we can mimic the effect of alcohol in the bloodstream by using this alcoholic tea. With this we can satisfy the body's craving without putting additional stress on the body.

Honey will actually drop the alcohol level in human blood. So just by giving them honey you can lower the alcohol level.

Peppermint has a similar effect as alcohol. It is a stimulant. So when the brain receives a small amount of peppermint oil, it satisfies the need for that stimulant.

Cayenne pepper and peppermint work together to satisfy the body's craving for that stimulant.

Ginger does the same thing. It helps cayenne and peppermint to give that body that craved stimulant.

Blackstrap Molasses is high in potassium. We incorporated it into the program because we found that a person that drinks a lot of alcohol actually depleted the potassium in their body. That's the reason you see alcoholics who cannot walk. They have depleted their potassium and calcium out of their muscles. By simply giving them a third of a cup of blackstrap molasses, we have been able to help them recover to the point where they can walk again.

Fructose is included to give the body the sugar it craves. The brain is satisfied that it is receiving an ample amount of sugar.

The lemon juice is an additional natural stimulant. It is antiseptic. We have put all these together, and this mimics what alcohol does in the body.

Proverbs 23:21: "For the drunkard and the glutton shall come to poverty and drowsiness shall clothe a man with rags." We may say of the drunkard, 'poor man' but we see here that the Lord classifies the glutton in the same category. In this verse it mentions drowsiness as well. There is a connection. Food competes for oxygen.

This is why you shouldn't do any mental work after eating a heavy meal. The oxygen is used up to metabolize and break down the food. As we eat our bodies need a tremendous amount of oxygen to increase the heat in our body which we call metabolism.

Our metabolism increases to break down these foods. As it breaks down it leaves a lot of carbon dioxide behind.

Those gases need to be removed from the body to make way for the oxygen. As the oxygen level drops, we have a tendency to be sleepy. We don't think as well. We seem to be out of focus. This is similar to what the alcoholic experiences. So a person who overeats is in the same category as the person who drinks. God said there is no difference between a drunkard and a glutton.

Once you are addicted to alcohol, the only thing you are concerned about is satisfying your craving. You don't care about your appearance. As the verse says, it shall clothe a man with rags. The same with a glutton. He is addicted to food. All his energy goes to satisfying his appetite, and he is still not satisfied. Both will sell their soul for a shot of whiskey or a pound of food, because that is their mindset.

Matthew 6:33 testifies that God's people don't have to worry about their food their clothes and their drink. If we seek His kingdom first all these things shall be added.

### **RUSSIAN REMEDY for DRUNKARDS**

This is a radical remedy. It will help the chronic alcoholic who would like to stop but cannot. They will not be able to drink again. If you decide to use this remedy, you need to sit down and counsel with them and get the proper papers drawn up that will exempt you from liability. You should only do it with a family member.

This is an old Russian remedy. You can still buy club moss (botanical name is lycopodium), at the health food store. Take three tablespoons of moss and make a tea out of it in about six to eight ounces water. Let that person drink about three glasses of club moss tea, right behind each other. I am now going to tell you something that is going to violate your conscience, but if you really want to help someone, go out and buy the whiskey he loves the best. Give him four ounces of his favorite whiskey, rum or vodka. Tell him to drink all of it. Do this treatment from one to three times. It has never failed. When he drinks it, he will be sick as a dog, every time he even smells alcohol, if he takes one sip it will make him violently sick with extreme stomach pain. It will make him so sick, he won't even want to be around alcohol. Six months later, if he takes one sip of alcohol it will trigger the same reaction with repeated vomiting and extreme stomach pains. It is so bad that he will not want to drink again because it makes him so sick.

Make sure it is a family member; and you get the papers because he is going to feel like he is dying. He will not die, but he is sure going to feel like it. This is going to discourage him from doing it. I share this prayerfully, but I do ask that you be very prayerful in using this remedy.

Proverbs 23:29-35 "Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes? They that tarry long at the wine; they that go to seek mixed wine. Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright.

At the last it biteth like a serpent, and stingeth like an adder. Thine eyes shall behold strange women, and thine heart shall utter perverse things. Yea, thou shalt be as he that lieth down in the midst of the sea, or as he that lieth upon the top of a mast. They have stricken me, shalt thou say, and I was not sick; they have beaten me, and I felt it not: when shall I awake? I will seek it yet again."

### **SMOKER'S GUM**

A lot of people cannot handle the Smoker's Tea on the job. They may be on an assembly line or other circumstance, but we have found that they can soak this gum in some Smoker's Tea over night then let it dry out.

Then at work, every time they get a craving, they can get a piece and chew it.

This will get them through while they are working. Now we do not recommend chewing gum, but once again we choose the better of two evils. We know that if we can get them off cigarettes, it will be easier getting them off gum. Step by step, that's how God has led his people. He led us from eating animal meat. To help us, He gave us meat substitutes. Now He is leading us back to the Eden diet step by step. Sometimes we have to take the people we are working with step by step. Don't make them go faster than they can. If you start pushing them, you will discourage them. Even though you would like them to go a lot faster, they may need to go slowly.

The longer you let the gum soak in the Smoker's Tea, the more tea will be absorbed by the gum. When you chew it, you will be able to pick up the flavor of the Smoker's Tea.

Another helpful trick is to put a **box of raisins** in

the pocket where they normally carry their cigarettes. When they have a craving and reach for a cigarette, they can pop a few raisins in their mouth instead. That seems to help some people.

Others carry spearmint gum. Each

person needs to find what will be most helpful. Smoking is a life-destroying habit that must be overcome.

### **SMOKERS TEA**

Smoke Herbal Cigarettes:

Vervain 1 Tbs.

Skullcap 1 Tbs.

Catnip 1 Tbs.

Valerian 1 Tbs.

Mix together and let steep 30 minutes. Take 1 Tbs. of this mixture to one cup of tea. Drink 3 cups of this tea per day.

### **SMELLING SALT**

Mix peppermint oil ½ tsp

Eucalyptus oil ½ tsp

Ammonia 1 tsp

3 ounces of powder salt, blend up the salt first

*Adapted from Dr. Christopher*