

HEALTH IN THE COUNTRY

Volume 1

By

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***GOSPEL SOUNDER REVIVAL AND REFORMATION
MINISTRY***

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PREFACE

As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sake, they should, while they have opportunity, become intelligent in regard to disease, its causes, prevention, and cure. And those who do this will find a field of labor anywhere. There will be suffering ones, plenty of them, who will need help, not only among those of our own faith, but largely among those who know not the truth. {MM, December 1, 1892 par. 7}

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PRINCIPLES OF HEALTH

“Nature will want some assistance to bring things to their proper condition, which may be found in the simplest remedies, especially in the use of nature's own furnished remedies—pure air, and with a precious knowledge of how to breathe; pure water, with a knowledge how to apply it; plenty of sunlight in every room in the house if possible, and with an intelligent knowledge of what advantages are to be gained by its use. All these are powerful in their efficiency, and the patient who has obtained knowledge of how to eat and dress healthfully may live for comfort, for peace, for health, and will not be prevailed upon to put to his lips drugs, which, in the place of helping nature, paralyzes her powers. If the sick and suffering will do only as well as they know in regard to living out the principles of health reform perseveringly, then they will in nine cases out of ten recover from their ailments.” {MM 223.4}

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them...” {MH 127.2}

DUTY OF EVERYONE IN THE CHURCH AND HOMES

“We have come to a time when every member of the church should take hold of medical missionary work...” (7T 62.1)

The light God has given on health reform is for our salvation and the salvation of the world...These grand truths must be given to the world...” {CH 446.1}

“Let those who are teachers and leaders in our cause take their stand firmly on Bible ground **in regard to health reform**, and **give a straight testimony to those who believe we are living in the last days of this earth's history**. A line of distinction must be drawn between those who serve God and those who serve themselves.” {9T 158.2}

“God's blessing will rest upon every effort made to awaken an interest in health reform; for it is needed everywhere. There must be a revival on this subject; for God purposes to accomplish much through this agency...” {MM 259.3}

LEARN HOW TO COMBAT DISEASE:

“Gather up all the knowledge possible that will help to combat disease...” {MM 320.2-.3}

“It is the duty of every person to become intelligent in regard to disease and its causes...” {HL 19.5}

“...Have a practical knowledge of the causes of disease, and...understand how to give simple treatments, that...may relieve the suffering ones...” {ChS 134.2}

“It is essential both to understand the principles involved in the treatment of the sick and to have a practical training ...” (MH 127.2)

WHEN TREATING THOSE WITH DISEASE:

PLEASE INCLUDE ALL OF THE FOLLOWING WHEN FIRST STARTING THE HEALING PROGRAM:

Exercise:

- ✚ Walk every day outdoors (early morning hours preferred but work with what you can)
- ✚ Work your way up to a minimum of 60 minutes each day
- ✚ May use treadmill on days that are wet and rainy
- ✚ Do some form of gardening every day.
- ✚ Start slowly by planting some vegetables or flowers
- ✚ Raking, removing rocks, turning over soil is great to be worked up to

Water:

- ✚ Drink plenty of Water
- ✚ Drink ½ your weight in ounces
- ✚ Sip, don't gulp
- ✚ Drink some ounces of your total for the day every hour

Sunshine:

Get Sunshine every day even in the winter months and even when it's overcast or very gloomy

- a. Start with 10 minutes every day and add a minute each day until you are getting at least 30 minutes minimum
- b. Work your way up to getting all you can (read counsels on diet and foods 302.3)
- c. Let the sunshine in every room of your house

Air:

- ✦ Get all the fresh air you can every day
- ✦ Do deep breathing exercises every day (5 sets/2 x day)
- ✦ Keep windows in house open, especially bedroom window unless it's directly over your bed, then open window in adjacent room in winter months, only crack window a hair length. Do not keep temperature above 65 degrees in winter months.

Rest:

- ✦ Get all the proper rest you can every day
- ✦ Be in bed with all lights out by 9:00 pm - 9:30 pm for those who are students (older kids and above)
- ✦ Do not sleep with TV or any lights on
- ✦ May drink herbal tea (catnip, mulberry, peppermint, lemon grass) for sleep
- ✦ May take warm bath (20 minutes) to induce sleep

Trust In God:

- ✦ Read the bible every day (include spirit of prophecy as well)
- ✦ Start in the book of John
- ✦ Proverbs is great as well
- ✦ One proverbs chapter each day of the month (1st = chapter 1; 2nd = chapter 2; and so on)
- ✦ You can even recommend bible studies
- ✦ History of the Christian church (7 parts) is excellent to start them with*

Dress:

- ✦ Proper dress is a must for any successful healing program that will be long lasting
- ✦ Chest, feet, and extremities are to be covered to fight against heart disease, high blood pressure, diabetes, thyroid problems, arthritis, kidney problems, female problems, and much more
- ✦ Short sleeved shirts and T-shirts are not healthful. Long sleeved are healthful, they cover the extremities.

Nutrition:

Proper Nutrition is crucial. Regulating the diet is a must.

a. For the 1st meal

- ✦ 3 fruit (fresh is best)

- ✦ Nuts (no more than $\frac{1}{4}$ cup) and seeds (2 T.)
- ✦ $\frac{1}{2}$ - 1 c. Grain (brown rice, quinoa, non-GMO corn, barley, millet, oats, rye, kamut, wheat-spelt, barley, buckwheat, amaranth, etc.) this can include your health bread for the day

b. For the 2nd meal

- ✦ Green vegetable
- ✦ Salad (vegetable salads) lightly steamed.
- ✦ $\frac{1}{2}$ - 1 c. grain (brown rice, quinoa, non-GMO corn, barley, millet, oats, rye, kamut, wheat, barley, buckwheat, amaranth, etc.)
- ✦ $\frac{1}{2}$ - 1 cup. legume of some type which includes beans or peas

NB: you can improve based on the wisdom God has given you. Following the principles of Health.

c. For the 3rd meal

- ✦ Only 1-2 pieces of fruit and some type of grain such as popcorn, whole grain rice, granola, etc.. The third meal should be very light and are easily digested.

NATURAL REMEDIES

“God's people are to be genuine medical missionaries...They should know how to give the simple treatments that do so much to relieve pain and remove disease...” (WM 127.1)

“Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.” {MH 127.2}

“...in case of sickness. All should understand what to do [for] themselves. They may call upon someone who understands nursing, but everyone should have an intelligent knowledge of the house he lives in. All should understand what to do in case of sickness.” {2SM 289.4}

“...The God of nature directs the human agent to use natural remedies now.” {2SM 286.4}

USE SIMPLE REMEDIES/TREATMENTS

“We have come to a time when EVERY MEMBER OF THE CHURCH SHOULD TAKE HOLD OF MEDICAL MISSIONARY WORK...” {7T 62.1}

“...IT IS ESSENTIAL BOTH TO UNDERSTAND THE PRINCIPLES INVOLVED IN THE TREATMENT OF THE SICK AND TO HAVE A PRACTICAL TRAINING that will enable one rightly to use this knowledge.” {MH 127.2}

“...GIVE THOSE WHO ARE SICK THE SIMPLE TREATMENTS THAT WILL RELIEVE THEM...” {MM 320.2}

“ALWAYS STUDY AND TEACH THE USE OF THE SIMPLEST REMEDIES, and the special blessing of the Lord may be expected to follow the use of these means WHICH ARE WITHIN THE REACH OF THE COMMON...” {PC 38.4}

HOW TO MAKE HERBAL PREPARATIONS

Infusions

When we speak of infusions we mean making a common tea. Take an amount of herb, pour boiling water over it, and let it steep. An infusion can be made with cold water, as a sun tea, or by using boiling water.

A basic formula for making an infusion is to use one teaspoonful of dried herb or two teaspoons of fresh herb to the cup of water. Pour the boiling water into a cup with the herbs (a tea ball may be used), cover, and let steep for 15-30 minutes. When making a cold infusion or sun tea, let the herbs remain in the water 1 to 4 hours before straining.

We use infusions with herb parts out of which the medicinal qualities are easy to extract, such as leaves and flowers (example: peppermint leaves or passion fruit flowers). If we were to simmer or boil these sensitive parts of herbs, we would have their valuable healing chemicals in the air of our kitchen, but not in our cup of tea.

When we want to make a tea out of the harder parts of plants, such as the twigs, branches, barks and roots, then we make a decoction.

Decoctions

A decoction is also an herbal tea, but it is designed for the harder parts of herbs such as the barks, roots, twigs, berries, fruit, nuts, etc. With these parts of herbs, an infusion may not extract all the medicinal properties; they are locked into the harder parts of the plants. Therefore, we need to apply more heat for a longer period of time.

A basic decoction is made by adding 1/2 to 1 ounce (1 to 4 tablespoons) of dried herb to 1 1/2 pints of cold water (the extra 1/2 pint covers the evaporation in boiling). It is best to let the herbs soak and re-hydrate in the water up to 12 hours, if you have the time, and then slowly bring it up to a boil. Let it simmer between 10 and 30 minutes.

For infusions, decoctions, and any other herbal preparations you make that require water, it is best to use the emptiest water. Your first choice would be distilled water; a very close second would be reverse osmosis, and then filtered. Mineral and spring waters are very saturated (full) with minerals and, therefore, dissolve less plant chemicals than the empty waters.

Fomentations (compresses)

A fomentation is basically an herbal infusion or decoction applied externally using a piece of cloth, gauze, or towel, always using natural fibers such as cotton or wool.

Fomentations can be made with any liquid at any temperature but generally we use a hot herbal tea made with water. Other possibilities are to make the fomentation with various oils (castor oil, olive oil), apple cider vinegar, diluted essential oil, or fresh fruit or vegetable juices; use your imagination.

To make an herbal tea fomentation, you first make an infusion or decoction as previously described. Then, dip a piece of cloth in the solution; the size of the cloth should be in proportion to the area of the body you want to cover. Wring out the excess liquid and apply this cloth to the affected area of the body. You may wish to keep the tea hot in order to keep dipping the cloth back in it and reapplying it when the cloth gets cool; this can be done every few minutes. Also, a heavy towel placed over the fomentation will help it retain its heat.

A nice way to increase circulation to an area is to place an ice cold wet cloth or ice pack on the area for 2 to 8 minutes followed with an application of the hot fomentation for 5 to 10 minutes.

You may decide at some point to leave the fomentation on for a longer period of time (like overnight). In this case, you may want to cover it with other towels or even plastic to keep the area warm and wet. Even a hot water bottle can be applied over the fomentation to keep it warm. Over the years my patients have come up with thousands of ways to keep poultices on all night from ski caps on the head to elastic ace bandages. Use your imagination.

Fomentations are wonderful hydrotherapy and with using different water temperatures you have a wonderful aid for increasing blood flow and circulation. Fomentations can be used for stiff or torn muscles, burns, cuts, bruises, scrapes, broken and cracked bones, internal organs, glandular areas, general pain, etc.

Castor oil fomentations are great eliminative routines. Oil-soaked cloth, usually hot, can be placed over the liver, kidneys, intestines, appendix, lungs, etc., and will assist in elimination.

Using hot water or liquids in a fomentation relaxes tight muscles, draws blood to the surface of the skin, increases circulation in that area, and opens up

congestion. Heat is also drawing and aids in pulling impurities from the body. One of my favorites to use is cayenne and ginger with other herbs to really increase the blood flow to an area.

A cold fomentation constricts the blood flow and circulation to the area and drives the blood deep below the surface. It can soothe discomforts caused by too much heat (burns, sunburns, inflammation, etc.) and also increase circulation to reduce unwanted swelling and pain.

Poultices

A poultice differs from a fomentation in that, instead of applying the herbal tea, oil, or juice to the body, we apply the actual herb itself. This could be in a very simple way, by just "bruising" an herb leaf and applying it to the skin.

The most common way is to mix dried herbs together, in a finely cut or powdered state, add water, apple cider vinegar, or some other liquid to it to form a paste; then applying this to the skin. I have found that adding 1/4 to 1/3 of a mucilaginous herb powder, such as slippery elm inner bark powder or , flax seed, or wheat flour makes a much nicer consistency and will also adhere better.

Poultices are great for just about any problem but are mostly used for wounds. When using a poultice on a "hole" in the body or a deep wound, not only would you want to have cleaned and disinfected the area before applying the poultice, but also have added some anti-infection herbs to the poultice such as goldenseal, or, my favorite, garlic (it does burn a bit) or tea tree oil.

Another general rule of thumb on a wound is that, once the poultice is dried, it may look like some of it is gone or has been absorbed into the body; don't clean the remaining poultice off unless you absolutely need to recheck the wound. Just add a new poultice over the old one and keep "feeding" the area.

There are other types of poultices, especially a drawing one like **Plantain Comfrey and Acacia leaf poultice** , that you will want to change frequently. A drawing poultice removes impurities and poisons out of the body and can be more effective if changed 1 to 3 times a day.

But generally, once a poultice has dried on a wound, I consider it a part of the body, just like a scab. It will come off when it's time.

As a poultice dries, it becomes more and more pulling. To increase the pulling power you can add drawing herbs and even bentonite clay. One of the powerful herbal poultice is fresh aloe vera leaf gel; it adds soothing and healing qualities, helping your body repair itself 2 to 10 times faster than normal.

Besides herbal poultices, vegetable poultices have also been used widely over the years with potatoes, onions, carrots, beets, garlic, cucumbers, and a wide variety of greens. Cayenne, ginger, mustard and horseradish have all been popular for use in heating and stimulating poultices.

Healing and soothing poultices made from slippery elm, marshmallow, aloes, horsetail, lobelia, and mullein can be used extensively. Seed and grain poultices have also been used over the years (oats, barley, flax, etc.) with very soothing effects.

Let's not forget fruit poultices. Bananas, figs, apples, papayas and melons all make excellent poultices. Last but not least is plantain. It grows in most people's yards and is a classic for everything from bites and stings to blood poisoning.

Suppositories, Boluses and Pessaries

Suppositories, boluses, and pessaries are basically herbal poultices used internally. They are generally made with a mucilaginous herb base like slippery elm or an oil base like coconut oil or cocoa butter. They are inserted into body openings (vagina, rectum, nasal opening, ears, mouth, etc.) to distribute their herbal power to internal areas.

In making your bolus, you will want your herbs FINELY powdered so the bolus will be as smooth as possible. You will want to add something to the mixture to give it a slippery consistency.

A soft bolus can be made by adding aloe vera gel to your herbal mixture. Aloe vera when mixed with water has a great soothing, healing, and nutritional properties. If you desire a harder bolus, as is sometimes preferred in the rectal and vaginal areas, coconut oil works the best.

Take a jar of coconut oil and place the jar in a bowl of hot water. In a short time the oil will melt; Depending on your air temperature, it may already be in a liquid state.

Mix the melted coconut oil with the finely powdered herbs you choose into a dry pie dough consistency. Shape and form the herb mixture into the size and shape of the suppository you desire. (This can vary greatly depending on the area in which they are to be used and the size of the individual.)

Place the individual boluses on a piece of wax paper, stainless steel, or glass plate and refrigerate them. Refrigeration will make them hard. When you want to use one, take it out of the refrigerator, hold it between your fingers for just a few seconds (the coconut oil will begin to melt) and insert the bolus. Use some olive oil to lubricate the area of insertion first.

When the bolus is inside of the body, the body temperature will cause the coconut oil to melt rapidly and the herbs will be dispersed.

Suppositories are commonly used for rectal cleansing, hemorrhoids, vaginal infections, irritation, inflammation, and problems with the whole reproductive area.

Douches and Enemas

Douches and enemas are liquid injections into the vagina and rectum, usually in the form of infusion or decoction, vegetable, nut and seed oils, or aloe vera gel.

These injections can be used to wash out a bolus, to cleanse the area, and to supply the area with herbal, medicinal, and nutritional properties.

Rectal injections can be extremely important. In some cases, when a person cannot accept liquids, food, and medicinal agents orally, they can be fed through a bowel injection.

Herbal Syrups

A syrup is basically an infusion or a decoction and, sometimes, a tincture to which maple syrup, vegetable glycerine, honey, or sugar has been added. These substances are added mainly to preserve the solution, but also give the liquid a thicker, stickier, and more coating consistency and make it much more palatable to children..

You can make a very strong syrup by simmering down your decoction to less than its original amount before adding the syrup. If you "slowly" simmer your decoction down to 1/2 its original amount, you have what used to be referred to as a 3 power decoction. If you simmer your 3 power decoction down to 1/2 this amount you will have a 7 power decoction. By adding raw honey to this you have 3 8c 7 power syrup.

HERB IDENTIFICATION

Things to Consider in Herb Identification

1. Interest
We must have interest in the use of natural remedies and desiring to know where they can be found.
2. Study and Research more on the herbal Nature remedies. You can do this from books, internet and from the elderly or even gaining information from friends and others who know more about herb identification.
3. When checking the plant, look at the color of the leaves, roots, stalks and branches. You need also to know the taste of the leaves, roots and fruits they produce. Know the smell of the roots and the leaves.
4. Check on every stage of that herb, in your environment or the pictures in the internet.
5. Make it an habit of identifying at least two or three herbs in a day. Pray every day that God may show even you the herbs you've studied.
6. You can have a book where you record the herbs you've identified and note down there uses.
7. Endeavor to help others with the herbs God has shown you.
8. Rejoice in the Lord always and be thankful for the blessings that God has manifested in your life.

LOCALLY AVAILABLE HERBS

Abrus precatorius- Rosary peas / crab's eye



Medicinal uses

- Colds, coughs, convulsions, rheumatism, conjunctivitis, contraceptive, antimicrobial, aphrodisiac, ulcer, anaemia, antidote for poison.
- ✚ Used to treat tetanus, and to prevent rabies.
- ✚ Have a broad range of therapeutic effects, like antibacterial, antifungal, antitumor, analgesic, anti-inflammatory, antispasmodic, anti-diabetic, antiserotonergic, antimigraine, including treatment of inflammation, ulcers, wounds, throat scratches and sores.
- ✚ The seeds were also used to treat diabetes and chronic nephritis.
- ✚ Eye complaints like he purulent conjunctivitis
- ✚ Ephithelioma
- ✚ Ulcers
- ✚ Inflammation which spreads to the face and necks.
- ✚ Granular ophthalmia
- ✚ Keratitis.
- ✚ Angina pectoris
- ✚ Myocardial infarction
- ✚ Valvular insufficiency
- ✚ Celulites, gangrene, gastritis, hypertension, nephritis, hypertension, nephritis,
- ✚ Brain tumor, cardiomyopathies, epilepsy, septicemia, tetanus, purpura, typhoid, dysentery, cholera, snake bites_in its late sequel., purgative, emetic, tonic.

Acacia



Medicinal uses

- ✚ Used in the treatment of diarrhea, urinary infections, throat inflammation, gastritis, tuberculosis and headaches.
- ✚ The root is used orally in febrile convulsions.
- ✚ The leaf decoction is used orally in febrile convulsions.
- ✚ Its bark is used against tooth decay, by inhalation in case of bronchitis and cough
- ✚ Its bark is used against tooth decay, by inhalation in case of bronchitis and cough.
- ✚ The roots are used in Kenya in the treatment of joint and back pain.
- ✚ Dysentery,
- ✚ Good in curing women disorders
- ✚ Treatment of cancer, hypertension, arthritis
- ✚ Blood purification
- ✚ Used for stomachache

Adenia Cissampeloides



Uses

- ✚ Severe headaches.
- ✚ Treat gastro-intestinal complaints, such as stomach-ache, constipation, diarrhoea and dysentery.
- ✚ Treat various inflammatory ailments, commonly oedema and rheumatism, and for pain relief, particularly against headache and back pain
- ✚ A decoction of the leaves or root is taken to treat fever and malaria, and as a diuretic.
- ✚ Pounded roots is used to dress wounds and sores.
- ✚ A root decoction is drunk to treat cholera and, taken with black strap molasses , to treat anaemia.
- ✚ An extract of the root and stems is administered orally to treat intestinal worms
- ✚ A leaf decoction is drunk to treat liver ailments.
- ✚ A paste of the leaves is applied to broken bones and fractures.
- ✚ The powdered leaf and stem are macerated and taken to treat complaints of the gall bladder.
- ✚ Bronchitis and other lung ailments are treated with the leaves, eaten raw with salt and palm oil or cooked as a vegetable.
- ✚ Infusions of the root or aerial parts are taken to treat venereal diseases and sterility.
- ✚ Root shavings are introduced into the vagina, or the uterus rinsed with root decoction, as an abortifacient.
- ✚ A root decoction may also be taken to treat excessive menstruation.
- ✚ The root and leaves is drunk and the powdered root and leaves eaten in porridge, to prevent threatened abortion.
- ✚ Leaves are rubbed on women's breasts to stimulate milk flow.
- ✚ Decoction of the peeled root is drunk to treat swollen testicles.
- ✚ An infusion of the leaf is used as a stimulant to treat depression and insanity.
- ✚ Inner bark is used to induce amnesia
- ✚ Roots are chewed to treat snakebites.
- ✚ Treats Hemorrhoids.
- ✚ Used for rheumatism
- ✚ Used for amoeba and typhoid

Abutilon Mauritianum, common name, African Mallow.



Medicinal uses

- ✚ extracts of the leaf exhibited antibacterial activity against *Escherichia coli*, *Klebsiella pneumonia* and *Pseudomonas aeruginosa*
- ✚ The bark is diuretic. It is used to treat kidney problems.
- ✚ The roots and bark are boiled and the liquid drunk to treat diarrhoea, stomach-ache, coughs and colds.
- ✚ The roots are expectorant and febrifuge.
- ✚ An infusion of the root is taken as cooling drink in case of fever.
- ✚ A root decoction is drunk as a treatment against bronchitis and cramp in the stomach.
- ✚ The crushed fresh root is boiled and taken orally in case of snake bites.
- ✚ The leaves are demulcent and mucilaginous, They are used to treat a range of conditions such as diarrhoea and dysentery; cutaneous and subcutaneous parasitic infections; naso-pharyngeal affections; venereal diseases.
- ✚ The sap is drunk as a treatment against coughs, colds and malaria.

- ✚ The leaves are used as rectal suppository to relieve soreness of the rectum in babies and young children.
- ✚ Applied externally, they are used as bandage on open wounds.
- ✚ The leaves are pounded to a pulp and applied on scabies.
- ✚ A decoction of the leaves is used as a gargle for sore throat and as a fomentation to relieve pain in dysentery and haemorrhoids.
- ✚ Mucilage from the leaves is used in poultices, and is applied on wounds to facilitate the extraction of foreign bodies such as splinters.
- ✚ The seed is used to treat coughs and other pulmonary troubles.
- ✚ The powdered fruit is used in preparations for the treatment of eczema.

Albizzia Gummifera



Uses

- ✚ Used for constant headaches
- ✚ Used for neurological disorders such as anxiety, epilepsy, Multiple sclerosis, depression etc
- ✚ For Degenerative diseases such as cancer, Diabetes, arthritis , Hypertension etc
- ✚ An infusion of the bark is taken to treat malaria and to hasten parturition.
- ✚ Blood purifier
- ✚ Improves the immunity
- ✚ Used for women problems
- ✚ Joint pains
- ✚ Stomach troubles.

- ✚ Stomach ulcers.
- ✚ The pounded bark is used as a snuff to treat headache.
- ✚ The bark is applied externally as a body wash to treat conditions such as scabies and psoriasis.
- ✚ The roots and leaves are purgative. They are used in the treatment of diarrhoea and eye troubles.
- ✚ The roots are soaked in water for 10 minutes, and the liquid is drunk to relieve the pain caused by sprains.
- ✚ They are also used in the treatment of sleeping sickness.
- ✚ The pounded roots are added to a bath to treat skin diseases.
- ✚ A decoction of the leaves is used as an antitussive and to treat asthma.
- ✚ The leaves are applied externally to sores and fractures
- ✚ An extract of the crushed pods is drunk to treat stomach ache.

Aspillia Mosambicensis



- ✚ Use as a remedy for cystitis and gonorrhoea
- ✚ Treatment of abdominal pains, intestinal worms, and skin infections.
- ✚ Has antibacterial activity against Gram-positive and Gram-negative bacteria, including *Agrobacterium tumefaciens*
- ✚ Treat skin diseases, wounds, , respiratory problems and malaria.
- ✚ Improve survival, weight gain and immunological parameters in HIV patients
- ✚ Stop blood flow in fresh wounds
- ✚ Good for anthritis, rheumatism, ulcers, abscesses, cirrhosis, hepatitis and digestive disorders.

- ✚ Leaf decoctions is used for treating colic, suppress cough, liver diseases, heal injuries.
- ✚ Root is used to cure toothache and aphthae
- ✚ ANTI-inflammatory, anti microbial anti ulcer(bleeding gastric ulcers), antihelminthic, anti-oxidant activity.
- ✚ Decoction is used to cure eye problem and as a lotion for the face to relieve febrile headache
- ✚ Draws mucus
- ✚ Eliminate cancerous cells in hard or unyielding tumours, for instance those present in the breasts and lungs.
- ✚ sciatica, lumbago (recurring pain in the lumbar region), malaria, scurvy tuberculosis
- ✚ Alleviate manifestations of inguinal hernia and functional psychosis
- ✚ Treat fever, frequently due to malaria.
- ✚ Treating pulmonary haemorrhages and haemostasis.

Alfalfas



- ✚ A great alkalizer of the body.
- ✚ High in chlorophyll and nutrition.
- ✚ High in minerals and trace minerals.
- ✚ A body cleanser.
- ✚ Enhances the endocrine glandular system, especially the adrenal and pituitary glands.

- ✚ Helps eliminate retained water and carbon dioxide.
- ✚ Helps with alcohol, smoking, and narcotic addiction.
- ✚ Helps eliminate toxic chemicals and heavy metals (lead, aluminum, mercury, etc.) from the body.
- ✚ Bonds (chelation) to inorganic minerals for elimination.
- ✚ Infection fighter and acts as a natural deodorizer.
- ✚ Strengthens the body.
- ✚ High in chlorophyll, helps rejuvenate the blood.
- ✚ Pulls mucus (catarrh) out of the tissues.

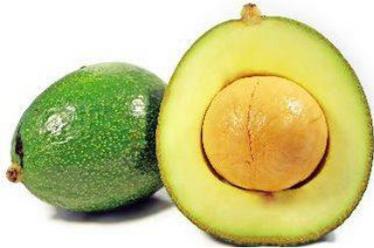
Aloe Vera



- ✚ Internally, aloe heals ulcerations and inflammation of the GI tract.
- ✚ Aloe and Burdock are the “burn botanicals.” First, second, third and fourth degree burns all respond to aloe’s tissue-healing and rebuilding properties.
- ✚ Used as a bowel mover in heavy constipation cases. (Avoid prolonged usage for this.)
- ✚ Aloe Vera is known as the First Aid Plant. It is great for cuts, wounds, and the like.
- ✚ Alkalizes the body
- ✚ The gel hydrates the body
- ✚ Good for liver functions. Aloe vera juice is an excellent way to keep your liver healthy. That’s because the liver functions best when the body is adequately nourished and hydrated. Aloe vera juice is ideal for the liver because it’s hydrating and rich in phytonutrients.
- ✚ For skin problems such as eczema, acne, psoriasis
- ✚ It is a nutritional boost. Aloe vera juice is jam-packed with nutrients. Drinking it is an excellent way to make sure you don’t become deficient. It contains important vitamins and minerals like vitamins B, C, E, and folic acid. Rich in calcium, copper, chromium, sodium, selenium, magnesium, potassium, manganese, zinc.

- ✚ Heartburn relief. The compounds present in aloe vera juice help control secretion of acid in your stomach.

Avocado



Medicinal properties

- ✚ Antimicrobial. Avocado seed might offer natural antibiotic and antifungal benefits
- ✚ High in antioxidants
- ✚ Lowers cholesterol. Avocado seed lowered cholesterol levels and may protect against arterial plaque formation.
- ✚ Fights cancers. Can be used in leukemia, breast and prostate cancers.
- ✚ Used in the treatment of kidney dysfunctions
- ✚ Used in balancing hormones in both men and women.
- ✚ Lowers blood pressure.
- ✚ Has Anti-Diabetic Effect. The anti-diabetic effect of avocado seeds is due to its calcium, magnesium, potassium, sodium, zinc, and chromium content. These elements regulate key enzymes involved in the formation of glucose and help the body use existing glucose better, thus fighting diabetes.
- ✚ Has Anti-Fungal And Anti-Bacterial Effects such as toothaches, gonorrhea, syphilis, pneumonia, typhoid.
- ✚ Helps With Diarrhea And Bladder Problem.
- ✚ It is also anti-inflammatory for the liver.
- ✚ Used to treat urinary tract infections.
- ✚ Treats painful cramps, also in PMS cases, hot flashes.
- ✚ It's a powerful hormonal balancer.
- ✚ Used for anemia patients to boost blood count.

Benefits of the avocado leaves

- ✚ Fights stomach ulcers. Avocado leaves have potent benefits in fighting stomach ulcer and relieve gastritis as well as bloating problem.
- ✚ Cures kidney stones. Avocado leaf can be a good alternative since it contain many phytochemical s such as alkaloid, saponin and flavonoids that have ability to destroy the stone inside your kidney and make a better function of the organ.
- ✚ Maintain Healthy And Smooth Skin.
- ✚ Avocado leaf contains many properties such as antioxidant that can bring smoothness to your skin and keep it from aging.
- ✚ Relieve Back Pain. Avocado leaves extract can also stimulate cartilage repair and cure the pain as the effect of anti-inflammatory drugs.
- ✚ Reduce Swelling. The phytochemical content especially the quercetin, a natural bioflavonoid in avocado leaves posses the benefits of reducing swelling that usually occur in the body during recovery process of wound such as after surgery.he phytochemical content especially the quercetin, a natural bioflavonoid in avocado leaves posses the benefits of reducing swelling that usually occur in the body during recovery process of wound such as after surgery.
- ✚ Lower Blood Sugar Level.
- ✚ Reduce Hypertension
- ✚ Cure Diarrhea.
- ✚ Treat Epilepsy and convulsions. The avocado leaves contain anti-convulsant agent that is also known as antiepileptic or as antiseizure drugs.
- ✚ Help To Lose Weight.
- ✚ Maintain Black Hair. Boil the leaves and wash your hair with this water.
- ✚ Treat Asthma. Avocado leaves contain a substance called pinene that can directly effect the air passage in the lung and heal the asthma attack. To solve this condition, you can boil several leaves of avocado in two cup of water and add a tablespoon of salt in the solution. Boil the water until it remain a cup, strain and drink it warm before go to bed.

- ✚ Eliminate Thrush. Can be used as a mouth wash. Steep the leaves, rinse your mouth with the water. Avocado leaves also contain some anti-fungal agent that can help you to eliminate oral thrush.
- ✚ Reduce The Risk of Cancer. Avocado leaves contain strong antioxidant effect which comes by the presence of its flavonoid and phenols content. The antioxidant of the avocado leaves can reduce the free radical effect and protect the cells from damage.
- ✚ Cure Headache. The leaves of avocado contain some effective analgesic substance such as quercetin and penicillin that can relieve the tension of headache by blocking the path of neurotransmitter or pain impulse to reach the brain.

Black Jack



Roots, leaves and seed possess antibacterial, antidysenteric, anti-inflammatory, antimicrobial, antimalarial, diuretic, hepato-protective and hypotensive activities.

- ✚ The sap from crushed leaves is used to speed up clotting of blood in fresh wounds.
- ✚ A leaf decoction is used for treating headache.
- ✚ Sap from the plant is put in the ear to treat ear infection.
- ✚ Decoction of leaf powder is used to treat kidney problems; and a herbal tea made from the plant decreases flatulence.
- ✚ Leaf extract is used to treat swollen spleens in children.
- ✚ Leaves cure stomach and mouth ulcers, diarrhoea, headaches and hangover.
- ✚ A concoction made from the whole plant is taken as a poison antidote, or to ease child delivery and to relieve the pain from hernia.
- ✚ Strong decoctions of the leaf taken in large doses have been reported to be helpful in treating arthritis.

- ✚ The plant is used for treating jaundice and dysentery.
- ✚ This mixture of the dried and ground leaves of *Bidens pilosa*, mixed with soap and hot pepper as an insecticide for the control of leaf miners and other insects.

Burdock



- ✚ The leaves are considered by many to be one of the top “burn healers” of all times. This includes first, second, third and fourth degree burns.
- ✚ A strong blood and liver cleanser and tonic.
- ✚ Reduces swelling in the body, especially around the joints.
- ✚ A great aid in detoxification.
- ✚ Burdock rids the body of toxins and mucus.
- ✚ Promotes urine flow and perspiration.
- ✚ Number one in skin conditions of all types.
- ✚ Promotes kidney function and helps remove acid build-up within the body, especially sulfuric, phosphoric and uric acids.

Cayenne (Red) Pepper



- ✚ Used in high blood pressure cases because of its vascular dilation properties.
- ✚ Increases circulation. Excellent in cold conditions.
- ✚ Stimulates lymph flow. However, it also creates mucus. I do not
- ✚ recommend long term use of cayenne or any hot peppers because of their
- ✚ stimulating and mucus-forming properties.
- ✚ Can be an irritant to the mucosa of the GI tract in prolonged usage.
- ✚ Used to heal ulcers.
- ✚ Used with castor oil packs to help drive oils and herbs into tissues.
- ✚ Used as a homeostatic externally and internally (stops bleeding).
- ✚ A must for strokes and heart attacks.
- ✚ Treats shock.

Cocklebur



- ✚ The leaves and root are anodyne (painkiller), antirheumatic, appetizer, diaphoretic, diuretic, emollient(calming), laxative and sedative.
- ✚ The plant is considered to be useful in treating long-standing cases of malaria .
- ✚ An infusion of the plant can be used in the treatment of rheumatism and arthritic conditions, diseased kidneys and tuberculosis.
- ✚ Can be used as a liniment on the armpits to reduce perspiration.
- ✚ It is an anodyne, antibacterial, antifungal, antimalarial, antirheumatic, antispasmodic, antitussive (relieve coughs), cytotoxic, hypoglycaemic and stomachic.
- ✚ Used internally in the treatment of allergic rhinitis, sinusitis, catarrh, rheumatism, rheumatoid arthritis, constipation, diarrhoea, lumbago, leprosy and pruritis.
- ✚ Used externally to treat pruritis- itchy skin. Rub the squeezed juice of the leaves on the itching areas.
- ✚ The root is a bitter tonic and febrifuge.

- ✚ Used in the treatment of scrofulous tumors.
- ✚ A decoction of the root can be used in the treatment of high fevers and to help a woman expel the afterbirth.
- ✚ A decoction of the seeds has been used in the treatment of bladder complaints.
- ✚ A poultice of the powdered seed can be applied as a salve on open sores.

Coffee Senna/Cassia Occidentalis



Use

- ✚ Abdominal pains especially caused by worms
- ✚ This plant extracts are known to have antibacterial, antifungal, antimalarial, anti-inflammatory, antioxidant, hepatoprotective and Immunosuppression activity.
- ✚ Most effective for indigestion.
- ✚ Coffee Senna regularizes bowel movements and its mild, laxative properties are helpful in treating constipation.
- ✚ Respiratory tract disorders can be relieved with the seeds of the herb.
- ✚ Coffee Senna leaves are externally applied to wounds to quicken healing.
- ✚ Treatment of typhoid
- ✚ Treats malaria, snake bites, dog bites,
- ✚ It is also used to treat diabetes, pains, rheumatism, venereal diseases, fevers, haematuria and convulsion.
- ✚ Insect antifeedant., diuretic, antimutagenic, coughs, respiratory disorders.
- ✚ The whole plant is diuretic, febrifuge, stomachic and tonic
- ✚ It is used in the treatment of hypertension, dropsy, diabetes, fevers, biliousness, rheumatism, ringworm and eczema
- ✚ The plant is boiled and gargled for treating throat troubles
- ✚ Applied externally, it is pounded and mixed with wood-ash and rubbed on areas of leishmaniasis and eczema
- ✚ The root is cholagogue, emetic and purgative

- ✚ An infusion is used in the treatment of bilious fever, ordinary fever, stomach-ache, and to ease menstruation
- ✚ The leaf is used as a remedy for renal calculi
- ✚ Leaves are made into a tea for treating afterbirth problems, fevers, coughs and colds, headaches, hemorrhage and thrush
- ✚ An ointment prepared from the leaves is applied as a remedy for ringworm and other affections of the skin
- ✚ The flowers are used in a preparation to reduce stomach acid in children
- ✚ The seed is febrifuge and sedative
- ✚ An infusion is drunk to calm one's nerves, and as a treatment for kidney problems, haemorrhage, worms, and cleaning womb and tubes
- ✚ Extracts of the leaf and seed have shown antibiotic activity.

Cures the following diseases

Kidney disease, urine retention, tetanus, urinary tract infections, water retention, ventral hernia, tuberculosis, whooping cough, yellow fever, high blood pressure, menstrual disorders, epilepsy, heart diseases, acid reflux, ring worm, cramps, constipation, malaria, diabetes, elephantitis, gonorrhoea, chills, convulsions, dysentery, earaches, nausea, flatulence. Colds, itching, colic, inflammation, muscle spasms, pain, edema, anemia,

Parts: roots leaves and seeds.

Comfrey



- ✚ For centuries considered one of nature's top healers.
- ✚ Nicknamed "knit bone" for its powerful effect upon rebuilding the skeletal structure.

- ✦ Strengthens connective tissue. Used for hemorrhoids, varicose and spider veins, prolapsed conditions (uterus, bowels, bladder, etc.), muscular degeneration, osteoporosis, hernia, aneurysms, etc.
- ✦ A powerful wound healer.
- ✦ Useful in sprains, fractures, and the like.
- ✦ A good astringent used to detoxify and clean tissue.
- ✦ Helps move the lymphatic system.
- ✦ Very beneficial for respiratory issues, both for its expectorant properties and its antibacterial properties.
- ✦ Comfrey is a tonic to the body, strengthening cells and tissue.
- ✦ Checks hemorrhages, especially in the GI tract, urinary tract and lungs.
- ✦ Comfrey is used to help regulate blood sugars.
- ✦ Said to aid protein through increasing the secretion of pepsin.
- ✦ A great lung tonic.
- ✦ Excellent as a poultice for any injury.
- ✦ Promotes the formation of epithelial cells.

Corn silk



- ✦ A powerful cleanser of bladder and kidney tissue.
- ✦ Helps clean toxins and mucus from the urinary tract.
- ✦ Helps lower blood sugar.
- ✦ Gently stimulates bile flow, aiding in improved digestion and alkalization.
- ✦ Used for bedwetting and edema.
- ✦ Used for prostatitis.
- ✦ Helps remove inorganic minerals from the body.
- ✦ Used for both gallstones and kidney stones.
- ✦ Excellent for cystitis.
- ✦ Useful in hypertension and C.O.P.D.

Creeping bauhinia /Tylosema Fassoglense



- ✚ One of the great herbs for the nervous system.
- ✚ Has a fairly strong regenerative effect upon the nervous system.
- ✚ Also has a balancing effect upon the tissues.
- ✚ Used for depression, anxiety and irritability.
- ✚ Great for insomnia. (Insomnia and anxiety are the effects of adrenal gland weakness.)
- ✚ A great aid with headaches and cramping of all types, including menstrual.
- ✚ Has antiparasitic properties, including antibacterial, antifungal and antiviral.
- ✚ Shown to have a very positive effect against the HIV virus.
- ✚ Has anti-inflammatory properties.
- ✚ Will help somewhat in sciatica.
- ✚ Used in colds and respiratory congestive issues.
- ✚ Helpful in Parkinson's Disease.
- ✚ Taken to treat gastrointestinal problems
- ✚ Used against anaemia, fever and pneumonia, and to heal the uterus after childbirth.
- ✚ The pulverized tuber is taken for the treatment of venereal diseases.
- ✚ The leaf sap is applied to treat inflammations of the middle ear.
- ✚ Infusions of powdered flowers are drunk against jaundice and hypertension.
- ✚ A decoction of the roots and flowers is drunk to treat impotence.
- ✚ Used in expelling the afterbirth.
- ✚ Root decoctions is used against typhoid and amoeba.
- ✚ Used in treating dysentery.

Dandelion



- + One of nature's top herbs.
- + A liver and gallbladder tonic.
- + Aids in pancreatic function.
- + A kidney and bladder tonic and cleanser.
- + Said to have the same diuretic strength as Lasix© (trade name for furosemide).
- + Promotes the formation of bile.
- + Improves the enamel of the teeth.
- + A great alkalizer.
- + Effective in liver conditions including hepatitis, jaundice and cirrhosis.
- + High in iron, and other minerals, which increases the oxygen-carrying capacity of the blood.
- + A natural source of protein.
- + Aids in blood sugar issues including diabetes and hypoglycemia.

Fenugreek



- + Fenugreek is a great expectorant.

- ✚ It softens, loosens, and helps expel mucus (phlegm), especially from the bronchial and lung tissues.
- ✚ Helps dissolve cholesterol and other lipids.
- ✚ A great blood cleanser and antiseptic.
- ✚ Fenugreek is a medium range parasite killer.
- ✚ Has some diuretic properties.
- ✚ Excellent for diabetes (helps regulate sugar and insulin levels)

Garlic



- ✚ Garlic is one of the great blood cleansers.
- ✚ It has antiseptic, antiparasitic, antibacterial, antiviral, antifungal, properties.
- ✚ Especially good for intestinal parasites.
- ✚ A great immune enhancer.
- ✚ Stimulates the action of the liver and gallbladder.
- ✚ Excellent for colds, flu, bronchitis and any congestive conditions.
- ✚ Great for yeast infections of all types.
- ✚ Garlic can be too strong and pungent for fruitarians.
- ✚ Stimulates digestive enzymes.

Ginger



- ✚ Used throughout the world as a digestive aid and for circulation.
- ✚ Used as a catalyst with other herbs.
- ✚ Increases circulation to peripheral areas (brain, hands and feet) of the body.
- ✚ Great for indigestion and nausea.

- ✚ Increases lymph flow and aids elimination of mucus from the upper respiratory areas, especially the lungs.
- ✚ Effective in motion and morning sickness.
- ✚ Lowers cholesterol and blood pressure.
- ✚ Prevents blood clotting.
- ✚ Useful in post strokes.
- ✚ Aids in the cleansing of congestion (mucus) in the cerebral and sinus areas.
- ✚ Increases perspiration and elimination through the skin.

Glorybower/ *Clerodendrum Rotundifolia*



Uses

- ✚ Headaches kill worms, coughs, boils/swells
- ✚ anti-inflammatory and anti-nociceptive, anti-oxidant, anti-hypertensive, anticancer, antimicrobial, anti-diarrheal, hepatoprotective, hypoglycemic and hypolipidemic, memory enhancing and neuroprotective.

Gotu Cola



- + One of God's finest herbs for brain and nerve regeneration.
- + A tremendous herb for spinal cord injuries.
- + A cellular proliferator (strengthens cells).
- + Increases oxygen to cells.
- + Strengthens the immune system.
- + Helps with difficult menopause issues.
- + Aids in weight loss.
- + Used for depression and endocrine glandular weaknesses.
- + Promotes blood flow in lower extremities.
- + Strengthens the vascular walls, therefore excellent in cases of varicose or spider veins, hemorrhoids, venous insufficiency or any vascular distensibility.
- + Shows healing potential in ulcerated conditions.
- + Prevents Hair Loss
- + rapidly speed the healing process for wound/
used as a natural skin care
- + Treats Psoriasis
- + Gotu kola prevents blood clotting-thrombosis
- + Gotu kola has anti-inflammatory properties which fight the bacterial infections.
- + Cures Stomach Ulcers
- + Treats Anxiety & Depression
- + Gotu kola, combined with mango, helps treat and eradicate the herpes virus.
- + Prevents Stomach Upset
- + Stimulate the release of excess toxins, salts, water, and even fat from the body through urination.
- + Regulate blood pressure and reduce strain on the cardiovascular system

- ✚ Protects the heart and prevents diseases like atherosclerosis, heart attacks, and strokes from occurring.
- ✚ Enhances Sex Drive

Guava Plant



- ✚ Anti diarrhea. Steep 10 tender leaves in a glass for ten minutes. Sieve and drink.
- ✚ Used for obesity. While guava is high in fiber and has a low glycemic index, making it a useful supplement for weight loss, guava leaves and their extract can also help. They do this by inhibiting complex starches from converting into sugars. Typically, the sugar is metabolized by the liver where it gets turned into fat, and then secreted into the blood.
- ✚ Cures Diabetes. The high fiber content in guava can help manage diabetes by slowing down sugar absorption in the blood. But guava leaf extract can prevent type 2 diabetes from developing.
- ✚ Reduces High Cholesterol levels . Regularly taking guava leaf for months can help reduce LDL (bad) cholesterol and triglycerides without any side effects.
- ✚ Powerful against Gastric Cancer. Guava leaf extract is so potent that it has the potential to treat patients with gastric (stomach) cancer. Its anticancer and antitumor properties come from compounds, like lycopene, quercetin, and vitamin C, which work as antioxidants to neutralize free-radical damage in the body.
- ✚ Fights Prostate Cancer. Guava leaves' high lycopene content is vital to fighting cancers, such as breast, prostate, and oral. Its cancer-fighting properties help inhibit the production of androgen, which is the male hormone responsible for the growth of cells in some types of prostate cancer.

Benefits of Eating Guava

- ✚ Gives a Strong Immunity Boost from Its Vitamin C Content.

- ✚ Guava reduces mucus, helps ease sore throats, and keep the respiratory tract free from infection. The vitamin C content does wonders for the body when you're experiencing viral infections like the common cold, but guava's iron content acts as the last nail in the coffin
- ✚ Promotes Better Eyesight Due to Its Vitamin A Content
- ✚ Makes Great Pregnancy Food as It Maintains Blood Pressure. Guava contains folic acid or vitamin B-9 (which is great for baby's nervous system), iron, calcium, thiamine, magnesium, and phosphorus, making it a beneficial food during this important time. It also maintains blood pressure, which pregnant women are more susceptible to.
- ✚ Relaxes You with Its Magnesium Content. The magnesium content acts as a muscle and nerve relaxant.

Hogweed/ *Boerhavia Diffusa*



Uses

- ✚ Eases constipation
- ✚ Addiction to alcohol
- ✚ It has anti-diabetic and diuretic properties.
- ✚ Used for pain relief, anti-inflammation, and treating indigestion.
- ✚ It is an effective diuretic, and can suppress the proliferation of immune cells.
- ✚ Has an anti-proliferative effect on some cancer cells, which means it prevents them from spreading.
- ✚ Has anti-oxidant properties.
- ✚ Beneficial in treating obesity.
- ✚ Is effective in treating dropsy, a condition wherein excess of watery fluid gets accumulated in the tissues and body cavities. A liquid extract of this plant stimulates urine secretion and discharge.
- ✚ It is also useful in treating Ascites, a condition caused by fluid accumulation in the abdominal lining and is particularly useful in treating specific types of Ascites caused by certain liver diseases.
- ✚ The roots of the plant help in killing intestinal worms.

- ✦ It promotes mucous removal from bronchial tubes and hence beneficial in treating Asthma. When the paste made out of the roots of this plant, is applied externally on the skin, it forms a beneficial dressing for edematous swellings, ulcers and skin diseases
- ✦ Treatment of anemia, nervous weakness, paralysis, constipation and cough.
- ✦ Excellent diuretic, anti-inflammatory, mild laxative and is a heart tonic.
- ✦ In treating obesity, improving appetite, jaundice, and general fever.
- ✦ Is used to treat swelling in conditions like rheumatoid arthritis.
- ✦ Is a very good nerve rejuvenator and it is given in cases of sciatica or nervous weakness or even paralysis condition.
- ✦ When used in enemas it works as a purgative and treats flatulence. It works as a mild laxative and it enhances the appetite thus can be given in various gastric troubles including constipation which is a most common trouble faced by people these days.
- ✦ It can be given in cases where intoxication due to serpent and rat bites has occurred.
- ✦ Leaf juice is used in the eyes for topical application.
- ✦ Roots rubbed in honey are locally applied for cataract, chronic conjunctivitis, blepharitis.
- ✦ used in treatment of renal and urinary problems.
- ✦ Kidney tonic

Holy Basil



Uses

- ✦ Flu, stomachache, eye infections, hypertension
- ✦ The plant is generally antimicrobial, antidiabetic, antidiarrheal, antiurolithiatic antioxidant antimutagenic, insecticidal and anti cancerous in nature.

- ✚ Protects against and reduces stress; enhances stamina and endurance; increases the body's efficient use of oxygen; boosts the immune system; reduces inflammation; protects against radiation damage; lessens aging factors; supports the heart, lungs and liver; has antibiotic, antiviral and antifungal properties; enhances the efficacy of many other therapeutic treatments.
- ✚ Used as antiasthmatic and antikaphic drugs.
- ✚ Used in treatment of fever, bronchitis, arthritis, convulsions.
- ✚ Expels internal parasites and lowers fevers.
- ✚ The leaves and stems are used internally in the treatment of colds, especially chest colds; fevers, headaches, impotence, flatulence, diarrhoea, dysentery, post-partum problems, and worms in children.
- ✚ Applied externally, the leaves are used to treat rheumatism and lumbago.
- ✚ It has Antidiabetic activity. Antibacterial activity. Anticancer activity. Anti fertility activity.
- ✚ Reduces the level of total cholesterol, triglycerides and LDL cholesterol levels in acute hyperlipidaemia.
- ✚ Eye drop preparations recommended for glaucoma, chronic conjunctivitis and other painful eye disease.

Horseweed



- ✚ Used to treat Diarrhea , internal hemorrhage, cholera, rheumatism, tuberculosis, bronchitis, inflamed tonsils, diabetes, menopausal symptoms, kidney and bladder conditions, eczema and ringworm, nosebleeds, hemorrhoids, stomach aches, earaches or headaches.
- ✚ Poultices made from it is used to treat burns and sore joints.

- ✚ Roots are used in decoction teas to treat menstrual complaints.
- ✚ It is an extremely good herb for the urinary tract (kidneys and bladder).
- ✚ Use to strengthen any prolapsed condition of the body, e.g., bladder, bowels, uterus, veins, skin and the like.
- ✚ Has some minor antiparasitic properties.
- ✚ One of the greatest helps for increasing platelet production by the spleen.
- ✚ A very good herb for prostate inflammation and weakness.
- ✚ Used in the detoxification of the body.
- ✚ Has diuretic properties, therefore very beneficial in relieving kidney congestion.
- ✚ Used to strengthen fingernails (check thyroid/parathyroid).

Hoslundia Opposite (Bird Gooseberry)



Uses

- ✚ Gives appetite to a patient who has recovered from fever.
- ✚ The plant is antipyretic and diuretic
- ✚ Antimalarial
- ✚ It is used as a remedy for skin diseases and as an antidote against snake-bites
- ✚ leaves and roots are boiled and the steam inhaled for treating fevers and mental illness

- ✚ The leaves are pounded, soaked in cold water, then used as a cooling bath for babies who have fever
- ✚ The pounded leaves are used as a poultice for wounds
- ✚ The roots are boiled and the decoction drunk as an aphrodisiac; as a remedy for colds and coughs; and to relieve after-birth pains

Jack Fruit



Uses

- ✚ Prevent excessive formation of bile, develop flesh, phlegm, strengthen the body and increase virility
- ✚ It is anti-cancer and antihypertensive in nature and also rich in potassium which helps in the lowering of blood pressure.
- ✚ The extract from its seed, root and bark is supposed to be helpful in digestion and used also in the treatment of diarrhea and dysentery
- ✚ The root extract of jackfruit used as a remedy against skin disease, asthma and fever
- ✚ The heated leaves of jackfruit are placed on wounds
- ✚ An ash produced by burning the bark is supposed to be healing abscesses and ear problems.
- ✚ The ash of jack fruit leaves burned with corn and coconut shells, is used alone or mixed with coconut oil to heal ulcers.
- ✚ Bark of mature tree also support be useful in treatment of dysentery and releasing the placenta after calving in cows
- ✚ Its decoction and latex are used in the treatment of asthma, prevent ringworm infection, and heal cracking of the feet.
- ✚ The infusion of mature leaves and bark is supposed to be effective in the treatment of diabetes, gall stones and relieve asthma.
- ✚ Leaves possess wound healing effects, reduce pain, decrease abuses and relieve ear problems.

Lemon Grass



- ✚ Relieving anxiety. Many people find sipping hot tea to be relaxing, but lemongrass tea may offer further anxiety-reducing properties.
- ✚ Lowering cholesterol preventing infection.
- ✚ Boosting oral health.
- ✚ Relieving pain.
- ✚ Boosting red blood cell levels. Drinking lemongrass tea infusions daily for 30 days can increase hemoglobin concentration, packed cell volume, and red blood cell count in the body.
- ✚ Relieving bloating.
- ✚ Detoxifies the Body. The diuretic effect of the herb helps in increasing the quantity and frequency of urination, which helps in maintaining [digestive health](#) and detoxifying the body.
- ✚ Effective in preventing the growth of cancer cells without affecting the healthy cells of the body.
- ✚ Lemongrass essential oil has anti-microbial and anti-bacterial properties which help in fighting the infections caused by various pathogens such as *Helicobacter pylori* and *Escherichia coli*.
- ✚ Treats insomnia. Helpful in calming muscles and nerves that may aid in promoting sleep.
- ✚ Used in the treating cough and cold.
- ✚ Good for nervous system. It stimulates the mind and helps in combating convulsions, nervousness, vertigo, and various neuronal disorders.
- ✚ Beneficial implications for treating type-2 diabetes.
- ✚ Boosts Immunity
- ✚ Used in Skin Care
- ✚ Lemongrass possesses antioxidant qualities and helps in protecting the body cells from oxygen-derived free radicals.
- ✚ Give Relief from Edema
- ✚ Reduces Obesity
- ✚ Eliminates Body Odor

Mango Leaves



- ✦ Mango leaves are very useful for treating diabetes. The tender leaves of the mango tree contain tannins called anthocyanidins that may help in treating early diabetes.
- ✦ It also helps to treat diabetic angiopathy and diabetic retinopathy. Soak the leaves in a cup of water overnight. Strain and drink this water to help relieve the symptoms of diabetes. It also helps in treating hyperglycemia.
- ✦ Mango leaves help lower the blood pressure as they have hypotensive properties. They help in strengthening the blood vessels and treating the problem of varicose veins.
- ✦ Fights restlessness. Helps in relaxing and refreshing your body.
- ✦ Treats gall and kidney stones. The daily intake of a finely ground powder of mango leaves with water cures respiratory problems.
- ✦ Mango leaves are good for all kinds of respiratory problems. It is especially useful for people suffering from cold, bronchitis and asthma. Drinking a decoction made by boiling mango leaves in water with a little honey helps to cure cough effectively. It also helps in curing voice loss. Crush some leaves then keep it in a tumbler overnight,
- ✦ Helps in breaking the stones and flushing them out.
- ✦ Treats dysentery. Mango leaves help in treating bleeding dysentery.
- ✦ Remedy for ear aches. Ear ache can be quite painful and frustrating. Using mangoes leaves as home remedy provides good relief. A teaspoon of juice extracted from mango leaves works as an effective ear drop and pain killer. Heat the juice slightly before using it.
- ✦ Heals burns. The simplest remedy for healing painful burns is to apply mango leaf ashes to the wounded area. This soothes the skin and brings relief.
- ✦ Stops hiccups. If you're troubled with frequent hiccups or other throat problems, mango leaves can be a great home remedy. Burn a few mango leaves and inhale the smoke. This helps to cure hiccups and throat problems. You can also chew the tender leaves to arrest persistent hiccups.

- ✚ Good for your gut. Put some mango leaves in warm water, close the container with a lid, and leave it overnight. The next morning filter the water and drink this concoction on an empty stomach. The regular intake of this infusion acts as a good stomach tonic, flushes out toxins from your body and keeps your stomach clean.
- ✚ Treats arthritis, moreso, gouty cases.
- ✚ Fertility remedy. The benefits of mango leaves are also rarely known as fertility herbal medicine. Puree the onion and two cloves of mango leaves, then brew it with a half glass of hot water and drink regularly.

Mimosa pudica also called sensitive plant, sleepy plant, action plant, Dormilones, touch-me-not, shameplant, zombie plant, or shy plant



Uses

- ✚ Powerful for measles
- ✚ It majorly possesses antibacterial, antivenom, antifertility, anticonvulsant, antidepressant, aphrodisiac, and various other pharmacological activities. The herb has been used traditionally for ages, in the treatment of urogenital disorders, piles, dysentery, sinus, and also applied on wounds.
- ✚ Cure several disorders like cancer, diabetes, hepatitis, obesity, and urinary infections.

- ✦ It has a wide array of pharmacological properties like antioxidant, antibacterial, antifungal, anti-inflammatory, hepatoprotective, antinociceptive, anticonvulsant, antidepressant, antidiarrheal, hypolipidemic activities, diuretic, antiparasitic, antimalarial, and hypoglycemic.
- ✦ It has diuretic, astringent, antispasmodic, and blood-purifying activities
- ✦ Treat high blood pressure.
- ✦ Combats menorrhagia, and leucorrhoea.
- ✦ Leaves and roots are used for curing hemorrhoids.
- ✦ Wounds and eczema can be treated by applying a paste of the whole plant and leaves.
- ✦ Leaf paste is also applied externally as a psoriasis cure.
- ✦ Fresh leaf juice for impotence and spermatorrhea treatments
- ✦ Decoction of root is used as gargle to reduce toothache.
- ✦ It is very useful in diarrhea, amoebic dysentery, bleeding piles and urinary infections.
- ✦ Useful in the treatment of diseases arising from blood impurities and bile, bilious fevers, piles, jaundice, and leprosy.
- ✦ Useful in the treatment of bronchitis and impotency.
- ✦ It is a mood enhancer and improves circulation of the blood.
- ✦ Mimosa root is used for treating insomnia, irritability, premenstrual syndrome (PMS).
- ✦ It is also used to treat whooping cough and fevers in children.
- ✦ It reverses rheumatoid arthritis.
- ✦ Anti ulcer, antimalarial, anti venom.
- ✦ Pain reliever and depressant.
- ✦ Uterine tumors it reverses.
- ✦ Most effective for dysentery.
- ✦ Powerful for liver diseases.
- ✦ Anti-parasitic.

Diseases it cures

Abscess, acid reflux, adenitis, allergy, ascariasis, asthma, baldness, biliousness, external bleeding, blepharitis, blood disorders, breast diseases, burns, cancer, candiditis, cholera, conjunctivitis, constipation, coryza, cuts, debility, depression, diabetes, diarrhea, digestive disorders, fatigue, fistula, flu, fractures, gallstones, gastric catarrh, goiter, gout, heart diseases, heavy menstrual bleeding, high blood pressure,

impotence, inflammation, insect bites, insomnia, jaundice, kearns sayre syndrome, kidney diseases, kidney failures, kidney stones, leprosy, leucorrhoea, muscle spasm, nervous disorders, nose bleed, obesity, otorrhea, pain, piles, rabies, respiratory disorders, scorpion sting, sexual debility, sinusitis, skin diseases, snake bites, spermatorrhea, spleen enlargement, stomache, stress, swelling, throat disorder, tonsillitis, tuberculosis, tumors, ulcerative colitis, ulcers, urinary problems, uterine problems, vaginal dryness, wounds.

Milk Thistle



- ✚ The great “liver protector.”
- ✚ Milk Thistle protects, tones, strengthens and detoxifies the liver, like no other. Cirrhosis, jaundice, hepatitis, gallbladder disorders
- ✚ It has high antioxidant properties and is considered one of the best to protect against free-radical damage.
- ✚ Aids in the regeneration of the liver and pancreas (stimulates new liver cell production).
- ✚ Superb for hepatitis A, B and C and in cirrhosis of the liver.
- ✚ Increases the production and flow of bile.
- ✚ Increases formation of new liver cells.
- ✚ Milk thistle may help to promote healthy skin
- ✚ Reduces cholesterol
- ✚ Supports weight loss
- ✚ Reduces insulin resistance
- ✚ Improves allergic asthma symptoms
- ✚ Supports bone health
- ✚ Improves cognition, treats alzheimermer

Motherwort



- + Motherwort is a great heart tonic.
- + An anti-depressant.
- + It helps to eliminate palpitations and arrhythmias.
- + Used for any heart condition, including atrial fibrillation, V-tach, PVCs, PACs, tachycardia, and CHFs.
- + Helps to enhance the adrenal glands.
- + Uterine tonic
- + Reduces cholesterol
- + Used in female conditions, including menstrual cramps and hot flashes.
- + Motherwort can ease early labour pains if they begin prematurely. It can also alleviate the restlessness, anxiety, tension and insomnia some women experience during labour
- + Is diuretic and relieves headache.
- + The leaf and stem decoction or
- + Inhalations have been used internally for cough, common cold, influenza, bronchitis, wound healing and asthma.
- + The fresh stem juice is an infusion drunk for 'blood impurity'
- + The infusions made from flowers and seeds, leaves or stems are widely used as tonics for tuberculosis, jaundice, muscular cramps, high blood pressure, diabetes, viral hepatitis, dysentery, and diarrhea.
- + Tea made from the whole plant is used for arthritis, piles, bladder and kidney disorder, obesity, cancer and rheumatism.
- + The leaves and stems decoction are applied topically as a treatment for eczema, skin
- + infections and itchiness.

- + The leaves, roots and bark are widely used as an emetic for snakebites, bee and scorpion stings

Nettles (Stinging)



- ✚ A highly nutritive herb with a broad range of actions.
- ✚ Nettles has an alkalizing effect upon the body.
- ✚ Used to increase circulation.
- ✚ A specific for arthritis and rheumatism.
- ✚ Great for the joints.
- ✚ Used in pain and inflammation issues.
- ✚ One of the few herbs for the thyroid gland.
- ✚ A strong detoxifier of the skin.
- ✚ Being alkaline it neutralizes acids (like uric and sulfuric acids).
- ✚ Somewhat of a hemostatic (stops bleeding).
- ✚ Feeds the body nutrition, especially potassium and iron (although it is also full of minerals).
- ✚ Useful in circulation issues, somewhat of a vasodilator.
- ✚ Promotes the flow of urine and is useful for kidney stones.
- ✚ Shrinks swollen tissues.
- ✚ Excellent for pregnancy, nutrition, and for anti-abortive issues.
- ✚ Used in cases of bronchitis especially asthma, emphysema and C.O.P.D.
- ✚ Nettles is an expectorant (removes mucus) and has antispasmodic properties.
- ✚ Used for anemia.
- ✚ A great blood purifier and body regulator.

Mountain Knotgrass/ *Aerra lanata*



- ✦ It anthelmintic, demulcent, antiinflammatory, diuretic, hepatoprotective, hypoglycemic, anti-diabetic, anti-parasitic, anti-microbial, anti-asthmatic, anti-fertility, hypolipidemic and nephroprotective property.
- ✦ Arresting hemorrhage during pregnancy burn healing, as an anti-inflammatory, headache, skin disease, to dissolve kidney, and gall bladder stones, for uterus clearance after delivery and to prevent lactation. The plant extract is used to treat, nasal bleeding, cough, scorpion sting, fractures and spermatorrhoea.
- ✦ Treatment of diarrhea, cholera and dysentery. The roots also used for diuretic and demulcent.
- ✦ Kidneys stones, Alzheimer, anthritis , anemia, headache, asthma, cholera, biabetis, dysentery, indigestion, piles, sore throat, urine retension, blureed vision, cough, gall stones, lung diseases, poor blood Circulation, sress, wounds, bone pain, debility,high cholesterol, obesity.
- ✦ AntiHIV
- ✦ Excess heat from the body, snake bites

Mulberry



Uses

- ✚ One of nature's top female herbs.
- ✚ Considered a nutritive tonic.
- ✚ A specific in pregnancy, and produces a far less painful and more natural delivery.
- ✚ Strengthens both mother and fetus during childbearing.
- ✚ Checks hemorrhages, especially during labor.
- ✚ Enriches mother's milk.
- ✚ A great herb for cleansing the male and female reproductive organs
- ✚ Used for women disorders, such as PMS, menstrual cramps, delayed delivery, prevent miscarriage, eases birth.
- ✚ Excellent for cleansing and strengthening the blood.
- ✚ Decreases excessive menstrual flow.
- ✚ Used for prolapsus of the uterus, anus, intestines, bladder, etc.
- ✚ Used for piles and hemorrhoids.
- ✚ Somewhat of a nerve tonic and nervine.
- ✚ Increases healing in wounds, sores and ulcerated conditions.
- ✚ Used to relieve excessive labor pains (uterine cramps).
- ✚ Used as a mouthwash for bleeding and infected gums.
- ✚ Used in eyewashes for inflammation, congestion or swelling.
- ✚ Cures ulcers, heart burn, and paste of leaves can be used on wounds.
- ✚ Lowers Blood Glucose Levels. Type 2 diabetes is characterized by increased blood glucose levels. mulberry lowers blood glucose due to its gallic acid content.
- ✚ Reduces Bad Cholesterol
- ✚ Mulberry leaf is used to treat inflammation caused by chronic diseases.
- ✚ Treats arthritis
- ✚ Can be beneficial in reversing prostate cancer, breast cancer, and removes ovarian cysts.

Nut Grass or Musta



- ✚ Great for digestive and urinary system.
- ✚ It fights metabolic disorders like diabetes and inflammatory conditions like rheumatoid arthritis.
- ✚ It can also help treat weight gain and fight obesity.
- ✚ Treat epilepsy, Alzheimer's disease, and even cancer
- ✚ Sorts Out Digestive Ailment: dysentery, irritable bowel syndrome, and indigestion. Colic, flatulence, nausea, and vomiting,
- ✚ For diarrhea, take a decoction of musta made by boiling/heating the powdered herb in warm water. Have it with a little honey. This remedy has even been used successfully to treat childhood diarrhea.
- ✚ Tackles Obesity And Cuts Fat Levels.
- ✚ Counter obesity and high cholesterol, helping expel excess fat and kapha from the body.
- ✚ Reduces in excess hunger, thirst, and tiredness. Dry massage with musta powder (udvartana) is recommended for cutting subcutaneous fat deposition. Musta's ability to metabolize fat and expel it from the body may be responsible for its anti-obesity activity.
- ✚ It is also able to chelate or remove heavy metals and toxins found in existing fat cells, thus detoxifying the body.
- ✚ Fights Urinary Tract Infections. Rhizomes shows antibacterial activity against these pathogens.
- ✚ The rhizome powder also has diuretic properties which help you pass more urine.
- ✚ Eases Menstrual Problems. Musta is an emmenagogue, helping stimulate menstrual flow in women. Treats anemia as well as easing any general weakness you might experience as a result of a menstrual disorder.
- ✚ Given to nursing mothers to purify and improve the quality of breast milk. A paste of the fresh tubers is also applied on the breast to boost lactation.

- ✦ Regulates Blood Pressure. Musta has hemodynamic properties that help optimize blood flow and stimulate respiration.
- ✦ Help counter the learning impairment associated with Alzheimer's disease (AD) and may even improve cognitive problems that result from it.
- ✦ Treat worm infestations or infections, including by tapeworms.
- ✦ Has an antipyretic effect. If you have a fever, the remedy could help bring down your temperature by promoting sweating.
- ✦ Its anti-allergic properties.
- ✦ Nut grass paste is used topically to treat skin problems like eczema and scabies. It also helps ease itchiness you might experience at the site. In addition, the extract is used in formulations designed to help with pigmentation of both hair and skin. It is used in some suntan gels as well.
- ✦ Use of musta ointment and found that it was more effective than a standard topical antibiotic ointment at reducing wound closure time, helping the wound contract, and improving the tensile strength of the wound site. This ointment may help reduce tissue swelling, inflammation, and oozing of tissue fluids.
- ✦ Eases Conjunctivitis Symptoms.
- ✦ Helps cure Diabetes. Used for diabetes.
- ✦ Tackles Epilepsy And Reduces Seizures. Has antispastic and sedative effects.
- ✦ Help relax the muscles of the body and act as a gentle tranquilizer.
- ✦ Eases Rheumatoid Arthritis And Osteoarthritis Symptoms.
- ✦ Has Cancer-Fighting Potential.

Oxygonum Sinuatum



Uses

- ✚ Elephantitis , skin inflammation due to infection, swelling of eye membrane.
- ✚ The stems are chewed as a treatment for tonsillitis.
- ✚ The leaves are applied as a poultice on boils
- ✚ They are squeezed and the juice is dropped into the eyes to treat conjunctivitis, and is applied topically to treat fungal infections of the legs and feet.
- ✚ The roots are used for the treatment of venereal diseases
- ✚ Skin infection, pounded leaves, local application
- ✚ Boils, leaves: stems crushed and packed into or onto the surface of the skin: as needed to effect result - - For threadworms, a strong decoction of the leaves,
- ✚ Ashes of leaves are used for carbuncle and furuncle
- ✚ Inflammation of the conjunctiva, crushed leaves, juice, drops in eyes
- ✚ Diabetes, cold infusion of pounded whole plant of oxygonium sinuatum,
- ✚ Wounds, warts, the leaves of oxygonum sinuatum are burnt and the ash licked
- ✚ For liver diseases, macerate 50 g of whole plant of oxygonum sinuatum with 1 l of h₂o.
- ✚ Whitlow infection, ashes of leaves of oxygonum sinuatum in local application
- ✚ A potential remedy for fibroids and cancerous wounds.
- ✚ East coast fever in animals.

Parsley



- ✚ A tremendous herb for the urinary tract and adrenal glands.
- ✚ Has a strengthening and cleansing effect upon the bladder and kidneys.
- ✚ High in chlorophyll, therefore it enhances the blood and cleans and moves the lymphatics.
- ✚ Excellent for heavy metal and chemical toxicity.
- ✚ Enhances nerve and heart function.
- ✚ Superb for the endocrine glands.
- ✚ Increases the iron-carrying capacity of the blood.
- ✚ Used to fight infections.
- ✚ Used in cases of jaundice and dropsy (edema).
- ✚ Excellent for upper respiratory congestion and infections.
- ✚ Also used in conjunctivitis and inflammation of the eyelids.

Paw Paw



Uses

- ✚ The many benefits of papaya owed due to high content of Vitamins A, B and C, proteolytic enzymes like papain and chymopapain which have antiviral, antifungal and antibacterial properties. Carica papaya can be used for treatment of a numerous diseases like warts, corns, sinuses, eczema, cutaneous tubercles, glandular tumors, blood pressure, dyspepsia, constipation, amenorrhoea, general debility, expel worms and stimulate reproductive organs .
- ✚ The leaves are used for colic, fever, beriberi, asthma , and cancer
- ✚ papaya leaves are used traditionally in treatments like jaundice, malaria, dengue immunomodulatory and antiviral activity
- ✚ The leaves have medicinal properties like anti-inflammatory hypoglycaemic, anti-fertility, abortifacient, and hepatoprotective, wound healing, antihypertensive and antitumor activities.
- ✚ Papaya leaves are used as a tonic for heart disease, treatment for stomach ache, and have antioxidant, anticancer, antiseptic and analgesic property, immunomodulatory, anti tumour, antiplasmodial, antibacterial, anti dengue, also used in treating wounds, burns and malignant tumours.
- ✚ Dried leaves are known as blood purifiers and taken as tonic. Papaya leaf tea is used to treat obesity and helps in losing weight and it acts against chronic indigestion, high blood pressure and arteriosclerosis weakening of heart.
- ✚ Daily consumption of leaves helps to prevent malaria.
- ✚ Aqueous extracts of papaya leaves consumption also increases platelets WBC and neutrophils counts (especially in dengue patients). Dried leaves have been indicated in sickle cell anemia management.
- ✚ Its roots can be used as medicine for renal and urinary bladder problem

- ✚ Root is chewed and swallowed for cough, bronchitis and other respiratory disease
- ✚ Also acts as abortifacient, diuretic, antifungal activity, also checks irregular bleeding from uterus, piles.
- ✚ The roots are used in traditional medicine for treatment of diseases as it could be a good source of drug for birth control in males.
- ✚ The roots are used in treatment of gastroenteritis, urethritis, otitis media, typhoid fever and wound infections
- ✚ It also helps in treating infectious wound, pneumonia internal heat, stomach noise, and strange movement in the body, abdominal pains and a host of other diseases.
- ✚ The bark and twig tissues are found to possess antitumour and pesticidal properties.

Plantain



- ✚ The great Plantain can't be beat for pus and septic conditions of the blood and body.
- ✚ Great for boils, abscesses and tumors.
- ✚ Known for its anti-venom properties in snakebites.
- ✚ Has a strong astringent action (pulling and cleansing) upon tissues.
- ✚ Useful for inflammation and for its healing abilities.
- ✚ Neutralizes stomach acids and helps restore proper gastric action.
- ✚ Has mild expectorant properties (therefore aiding in bronchial and lung congestion).
- ✚ Used in venereal diseases.
- ✚ Use topically and internally for all skin conditions including eczema, dermatitis and psoriasis.
- ✚ Great in an eyewash, especially for cataracts and glaucoma.

Senna



- ✚ Helps tone and strengthen the GI tract.
- ✚ Increases peristaltic action of the GI tract.
- ✚ Used as a strong laxative, so not recommended for prolonged usage by itself. (Can irritate in high dosages and prolonged use.)
- ✚ Helps clean the intestinal walls.
- ✚ Anti-Parasitic
- ✚ Senna leaves contain essential oils and tannins that help to alleviate skin inflammation.
- ✚ Used for amoeba cases
- ✚ Combat hair loss. Senna plant may be able to improve the condition of the scalp by helping to treat dandruff, also being able to prevent hair loss.
- ✚ Eliminates Intestinal Worms
- ✚ Treats Indigestion
- ✚ Promotes Weight Loss
- ✚ The Senna plant may be able to effectively treat haemorrhoids or inflammation of the veins surrounding the anal passage, which usually results when there is excessive pressure.
- ✚ The Senna plant may help boost the defence system of the body so that it can effectively detect foreign pathogens that may be dangerous to our health.
- ✚ The Senna plant can help detoxify the body by getting rid of toxins via urine.
- ✚ Prevents multiplication of bacteria. Senna possesses bacteriostatic properties, which slows the replication of bacteria even though it may not kill them.
- ✚ The Senna plant may help improve the function of the lungs and may be an effective remedy for asthma and other respiratory diseases. It works

by reducing inflammation in the lungs so that breathing difficulties are eliminated.

- ✚ Prevents Bad Breath Bad breath may result from poor dental hygiene and may be worsened by other unhealthy habits. Most times, antiseptic mouthwashes are used to treat bad breath, however, the leaves from the Senna plant may also be effective in preventing bad breath. A good way to use the Senna plant for this purpose is to soak the leaves in boiling water and then allow to cool before swishing around the mouth.

Swingle



Turmeric



- ✚ An ancient herb used for liver and blood conditions.
- ✚ Stimulates bile flow and production.
- ✚ Helps dissolve and remove sediment in the liver.
- ✚ Has some antiparasitic actions, especially for protozoa infestations.
- ✚ Helps increase circulation.
- ✚ Has a beneficial effect upon the whole GI tract.
- ✚ Has strong anti-inflammatory properties, therefore very beneficial for arthritis, bursitis, tendonitis, etc.

- ✚ Aids in digestion.
- ✚ Promotes healing.
- ✚ Curcumin from turmeric Boosts Brain-Derived Neurotrophic Factor, Linked to Improved Brain Function and a Lower Risk of Brain Diseases.
- ✚ Help in treating Alzheimer and depression.
- ✚ Treats arthritis
- ✚ Anticancer.
- ✚ Premature aging

White Pond Lily



Uses

- ✚ This is another one of God's great cleansing herbs.
- ✚ Similar to white oak bark, but more for lower body cleansing.
- ✚ Helps remove toxicity from the tissues of the body.
- ✚ Has a healthy and toning effect upon tissues.
- ✚ Especially used to cleanse and strengthen the reproductive tissues in both male and female.
- ✚ It has pain-relieving properties.
- ✚ Use in cancerous conditions.
- ✚ Useful for abscesses, boils and tumors.
- ✚ Makes a great mouthwash to clean and heal swollen or ulcerated gums.
- ✚ Makes an excellent douche for cleansing the vaginal wall (infections, inflammation, A-typical cells, ulcerations, etc.).
- ✚ Strengthens prolapsed conditions and relaxed vagina.

- ✚ Use for prostate conditions, especially prostatitis and prostate cancer.
- ✚ Excellent for urinary tract system (kidneys and bladder).
- ✚ Use to heal wounds, sores, and the like.
- ✚ Helps remove congestion out of tissues.

Wood Sorrel/*Oxalis corniculata*



Uses

- ✚ Toothache, scars
- ✚ Wood sorrel possesses various medicinal actions like anthelmintic, astringent, antiscorbutic, diuretic, stomachic, febrifuge and styptic.
- ✚ Leaves and flowers are used as remedy for fever, influenza, diarrhea, traumatic injuries and urinary tract infections.
- ✚ Leaves also work as an antidote for poison such as snakebite, datura.
- ✚ The infusion of this plant is useful remedy for hookworms and leaves extract can be used externally to apply on skin rashes and eruptions, insect bites and burns.
- ✚ Externally, the leaves are crushed and applied locally to dispel boils and abscesses, they also have an astringent affect on wounds.
- ✚ Used to relieve hemorrhages and urinary disorders, as a blood cleanser, and will strengthen a weak stomach, produce an appetite, and check vomiting.
- ✚ Strengthens the Liver. Can be used as a liver flash.

Yellow Dock



- ✚ One of the great liver and blood herbs.
- ✚ Strengthens the liver and promotes liver function.
- ✚ Promotes bile formation.
- ✚ Increases the oxygen-carrying capacity of the red blood cells.
- ✚ High in iron, thus used for anemia and low hemoglobin counts.
- ✚ A top blood builder.
- ✚ A great lymphatic cleanser.
- ✚ Used in all types of skin conditions.
- ✚ Strengthens the spleen and helps clean the blood.
- ✚ Has a strengthening effect upon the entire body.
- ✚ Excellent for swollen lymph nodes and tumors as well as abscesses and
toxic conditions of the body.
- ✚ Use in all cases of cancer and HIV.
- ✚ Helpful in cases of fatigue and lack of energy.
- ✚ Helps increase red blood cell count.
- ✚ Helps to promote bile formation and secretion.

SINGLE POWERFUL HERBS

Garlic

Garlic, known botanically as *Allium sativum*, is certainly one of nature's miracle plants. It has been worshiped since the beginning of recorded history for its ability to heal and strengthen the body.

The ancient Egyptians, Greeks and Romans all used garlic in copious amounts to increase strength and combat disease and illness. Hippocrates, the so-called father of modern medicine was actually an herbalist and natural healer. He used garlic specifically to treat cancer.

As recently as World War I and II the British government used garlic in the battlefield hospitals.

It is credited with saving thousands of lives. It was used in various preparations to disinfect and heal battle wounds and also used internally to successfully treat typhoid fever and dysentery.

Today garlic is the leading over the counter drug in many European and Asian countries. It is an official drug in many countries and prescribed by medical doctors outside the U.S. for many diseases especially hypertension (high blood pressure), high cholesterol, cancer, as a broad spectrum anti-biotic, anti-viral agent and fungicide. It has been eliminated from medical use for the last 100 years in the United States, not because of its inability to heal, but due to pressure on doctors from the A.M.A. and the pharmaceutical companies. For years the pharmaceutical industry and the American Medical Association have been attempting to discourage the public from using plants to heal themselves and make them doctor and drug dependent. It seems that even the tight fist from these two groups and the 850 billion dollars a year they demand can't keep garlic underground anymore.

Garlic is famous for its healing power with heart disease. Heart disease is the #1 cause of

death in the United States today. This year almost 1 million people will die, that's about 2 people a

minute. 99% of all these heart deaths are caused by cholesterol and saturated fat blocking the coronary

arteries. Attention was first put on garlic as a cardiac remedy when researchers noticed that in countries

who had high garlic consumption, the incidence of heart disease was much lower than average.

Garlic has also been found to lower serum cholesterol and triglyceride levels and reduce the

build up of atherosclerotic plaque in our arteries. It does this partly by increasing our blood levels of high density lipo-proteins (HDL's). These lipoproteins clear our blood of excess cholesterol and fat.

Garlic also lowers our low density lipoproteins (LDL's) which can attribute to arterial plaque.

Medical researchers have also found substances in garlic that inhibit blood platelet aggregation

(The sticking together of blood cells). This is just another way that garlic can reduce your risk of heart attack.

High blood pressure is a worldwide disease and in every study garlic has proven conclusively

to reduce hypertension. Because of its powerful effect on blood pressure, the Japanese Food and Drug

Administration has approved garlic and it is now an official drug listed in the Japanese Pharmacopeia.

If you are looking for a safe and effective remedy for heart disease, Garlic is a great choice.

Whether you have high blood pressure, high cholesterol and triglycerides, arterial plaque or

Clotting, Garlic is for you. Garlic has proven to be an effective cancer therapy. 1/3 of all the medical research into garlic is cancer related. The National Cancer Institute has reported that cancer incidence worldwide is lowest in the countries where garlic consumption is highest, France, Spain and

Italy. In the few isolated rural areas of the world where there is NO incidence of cancer, the garlic consumption was also the highest reported.

Garlic has been shown to help our white blood cells not only defend us against cancer but also to increase our ability to destroy tumors. When the properties of garlic are present in the bloodstream, many aspects of our immunity are enhanced. Garlic has also been found to stimulate interferon production, enhance natural killer cells, stop tumor growth, and reduce the associated pain of cancer.

Colon-rectal cancer is on the rise. In many areas of the world it is the #1 cancer among men and Women together as a group. According to The Merck Manual almost 1/2 of all American adults over age 50 have diverticulosis, (bowel herniation). Garlic has been found in double blind studies to **reduce the incidence of colon - rectal cancer**. Garlic has also been reported to reduce stomach cancer.

In one medical university study garlic was shown to reduce stomach cancer 10 times more effectively than the non garlic eating group.

Garlic with its over 80 different sulphur compounds, is a free radical scavenger. This is just another way that garlic will protect you from cancer and suppress chemically induced cancers.

Garlic is a powerful Antibiotic, Anti-Viral and Anti-Fungal agent.

Garlic is a very powerful anti-biotic. Garlic juice diluted 1 part in 125,000 has been found to inhibit the growth of bacteria. Garlic destroys BOTH gram positive and gram negative bacteria making it a broad spectrum antibiotic. Garlics use as an antibacterial agent in Russia is so esteemed it has been nicknamed Russian penicillin.

Pharmaceutical antibiotics are non-selective in their destruction of bacteria in your body, they just destroy it all. This creates many problems because our body has many so-called friendly bacteria, that we need for proper metabolic functions. This is why many people after a course of antibiotic therapy have digestive problems, constipation, and yeast and fungal overgrowth infections. Our bodies also become immune to these antibiotics over time and sometimes dangerous resistant strains of bacteria are actually created in our body.

Garlic is totally selective in its bacteria destruction, only killing bacteria that's harmful to our body. What is amazing is that at the same time garlic actually enhances our friendly bacteria and improves our intestinal flora and digestion.

Garlic destroys many types of bacteria including Streptococcus, Staphylococcus. Typhoid, Diphtheria, Cholera, Bacterial Dysentery (Travelers diarrhea), Tuberculosis, Tetanus, Rheumatic bacteria, and many others.

Some say that the reason you don't catch colds when you eat garlic is because no one will come near you. Regardless, **garlic is also a powerful antiviral agent** Many feel it's the cure for the common cold. It destroys various virus that cause upper respiratory infections and influenza. Garlic destroys on contact, the viral infections of Measles, Mumps, Mononucleosis, Chicken pox, Herpes simplex #1 and #2, Herpes zoster, Viral Hepatitis, Scarlet fever, Rabies and others. H.I.V. & A.I.D.S ?

Garlics antifungal ability is second to none. In the laboratory it has proved to be more potent than any known antifungal agent including Nystatin. Garlic will regulate the overgrowth of Candida. **Dr. Richard Schulze's Natural Healing Crusade newsletter, page 37**

Child Nutrition

If children are disciplined aright, they will soon learn that they can receive nothing by crying or fretting. A judicious mother will act in training her children, not merely in regard to her own present comfort, but for their future good. And to this end she will teach her children the important lesson of controlling the appetite, and of self-denial, that they should eat, drink, and dress in reference to health. {CD 228.4}

Diet

- ☞ Grains should not be introduced until after the infant cuts teeth. Saliva contains the starch-splitting enzyme alpha-amylase needed to digest grains. This enzyme does not develop in an infant's saliva until the teeth are present. Therefore, introducing grains too early can result in food allergies later.
- ☞ Children need a balanced diet of fruits, vegetables, grains, legumes, and nuts. Large amounts of raw foods are excellent for the child and easy for moms to serve. Especially vital are the colorful vegetables and fruits. These contain important carotenes and flavonoids that are high in antioxidant activity. [Carotenes, which convert into vitamin A, lower the risk of cancer, enhance the immune system, and fight free radicals.

Flavonoids are anti-inflammatory, antiallergic, antiviral, anticarcinogenic agents that support joint structures and benefit collagen, which holds together tissues of the body].

DEALING WITH DISEASES

Colic

(Pertaining to the colon) Acute abdominal pain or gas pains, often due to improper combination of food and retention of waste matter in the system. Enemas will usually give immediate (if temporary) relief!

Symptoms and causes

Paroxysmal abdominal pain due to smooth-muscle spasm, obstruction by calculi, nervous indigestion, or distention or enlargement of any of the hollow viscera.

In all cases, this is due to improper diet, digestive disorder, and poor elimination.

Herbal remedies for colic flatulence

☞ Catnip and chamomile tea will help eliminate colic in your baby. Make a tea from either of these herbs and place a couple teaspoons of cooled tea in the baby's bottle. Also, be sure to check what the mother is eating if she is breast-feeding the infant

For a soothing syrup for babies (stomach and bowel pains, aches, cramps, colic, spasms, convulsions, flatulence and common ailments).

Make the following tea:

Boil parsley seeds, cinnamon and pepper mint in little amount of water. Sweeten with raw honey, give a table spoon after every 30 minutes. Until relief is achieved.

For Flatulent colic (stomach distension, rumbling bowels, griping pains, and

constipation).

Steep few leaves of dandelion, mulberry leaves and guava leaves and a piece of ginger root in a cup of hot water. Give in small doses (2tbsp after every thirty minutes). You can do liquid injection using a syringe through the anal tract. Let the child hold for five minutes.

You can Also do an enema of borage, mulberry leaves, garlic, ginger, spearmint, gotu cola, acacia leaves. This should be given three times daily from the onset of the disease.

Papaya and Peppermint: As an aid (after resolving to cut down on the wrong types of foods) start using papaya and/or peppermint tea.

Juices for Colic: Carrot & celery, papaya.

Brown Rice: This contains an easily digested starch, is beneficial for stomach or intestinal ulcers and for the relief of diarrhea. A poultice of rice flour can be used to relieve skin inflammations of various kinds. We have seen serious cases of diarrhea respond most effectively to rice water made by boiling one ounce of rice to one quart of water for 20 minutes, strained and drunk. This drink is also used in cases of congestion, acute head pain, nausea, fainting, difficult breathing, stomach cramps, colic, worms, and a sedative.

Diarrhea

Diarrhea is the abnormal frequency and liquidity of fecal discharges.

Cause

1. Diarrhea is the most severe form of constipation caused by a complete blockage in the lower intestine. Liquids only will come through while solids are retained. The body must be cleansed as quickly as possible or diarrhea will go into dysentery.
2. Diarrhea has a number of causes: too much fruit, digestive upset, stressful emotion. It may be the body ridding itself of toxins. It is the most severe form of constipation and should be dealt with immediately.
3. Caffeine intoxication, or caffeinism, has symptoms which include among others diarrhea.

Herbal Aids:

- **Rice Water:** Rice water will check the diarrhea as will peach leaves, mulberry leaves, raspberry leaves, and sunflower leaves.
 - Sunflower leaf tea is one of the most potent but must be used in very small amounts.
 - Plantain: Use a strong tea (steep one ounce of the granulated herb for twenty to thirty minutes in one pint water), inject one tablespoonful three or four times daily (or more frequently in bad cases), and especially after each bowel movement.
 - Infant Syrup for Diarrhea: use mulberry leaves, gotu cola, cloves, horsetail and
 - ginger. Steep or decoct overnight. Can be injected through the anal tract. Drink also, two tablespoon after one hour.
 - Mucilage of Comfrey: Diarrhea, dysentery, and cough [delicate children]. Give the mucilage sweetened with honey in teaspoonful doses frequently (it helps strengthen, nourish, sooth and heal).
 - Wild and Domestic Sunflower Leaf: An excellent and easy-to-find herb for diarrhea is the common wild and domestic sunflower leaf. Make up a tea of this, and start giving a teaspoon of the tea at a time. Increase the amount gradually if needed, but not too fast, as it will cause constipation if too much is taken. This is children dosages.
 - Serious Diarrhea in Children: Should the diarrhea be a more serious nature, keep the child on nothing but teas for six, twelve or twenty-four hours or more, depending on the age of the child. The following herbs are suitable for this purpose: mulberry leaves, red raspberry, yarrow, oak bark, bayberry bark, sage (garden), mullein, marshmallow, nettle, slippery elm, strawberry leaves, ginger, plantain.
- ☞ 1 teaspoon of charcoal in olive oil taken 3 times daily. You may also place powdered charcoal in a nursing bottle filled with water. If the stomach is very irritated do not use charcoal as such, but let water stand over 1/4 cup powdered charcoal or tablets in a 2-quart jar, pour off clear fluid on top, and use for all drinking water.
- ☞ Thin rice or barley water will also check diarrhea in an infant. This should be given until the looseness is stopped.
- ☞ Fresh lemon juice in pure water will relieve diarrhea.

- ☞ Aloe vera gel is excellent also for relief.
- ☞ Raw carob powder can also end this problem.
- Vegetables for Diarrhea: Apply cabbage leaves to the abdominal region during the day and a fresh application for overnight and drink a cabbage broth.
- Carrots for Diarrhea: Scrub 3-4 large carrots well, chop finely, and cook in one cup of water for 15 minutes, or until soft. Strain through a fine strainer and add enough water to make a quart. For infants, or very small children, put this in a nursing bottle.
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- Vegetables for Diarrhea: Sweet, winter squash (butter nut) and ginger.
- Brown Rice: We have seen serious cases of diarrhea respond most effectively to rice water made by boiling one ounce of rice to one quart of water for 20 minutes, strained and drunk.
- Fruits for Diarrhea: Apricot, blackberry, mulberry fruits and apple.

Fever

- ☞ Give cool sips of water during treatment and make sure the child is not dehydrated. Even if all the treatments below are given, the fever may not go down if the child is dehydrated.
- ☞ The best treatment for fever is a **brief exposure** to heat in a hot water bath (100 degrees or slightly above) while being careful not to burn the delicate skin of the baby, or alternating hot and cold applications of water. To do this, place a dry towel on the child's chest and then place over it a second towel that has been first dipped in warm water, and then wrung out. After 4 minutes remove towels and take a cold wash rag and rub the area for 30 seconds. Repeat this procedure three times. This will treat not only the fever, but the underlying infection by activating the white blood cells and the immune system.
- ☞ A cool-tepid enema may be given with excellent results. Catnip tea or mulberry or is very good for fevers and may be added to the enema bottle.
- ☞ A tea made of yarrow or red raspberry, mulberry, is excellent. A tea of peppermint, catnip, lemon grass or rosemary or slippery elm is also helpful. These teas provide nutrition and induce sweating.
 - A tablespoon or two of fresh lemon juice may be given to the child to reduce the fever. Only fruit should be eaten.

- Make sure the bowels are clean and moving. If they are not, it may be necessary to do an enema. If a child is just coming down with a cold, do a fever bath to increase the immune system's ability to fight the cold. You may also give goldenseal, garlic, or echinacea tea, or drops, to the child every four hours.

Cough syrup

1 lemon

Pineapple juice

Bake the lemon at 350 degrees until it loses juice through the skin (about 15–20 minutes). Cool slightly, squeeze out all the juice into a measuring cup, and add the same amount of unsweetened pineapple juice. Then add just enough honey to sweeten it a little. Take 1 tablespoon at a time, as needed. Honey removes mucus and eases coughing. It also helps to control infection. Lemon will ease a sore throat, contains antibiotic properties, while the acid in the lemon turns alkaline in the body and thus becomes a cleansing agent. Pineapple combats infections of the throat and body. The lemon and pineapple juice combined disintegrates the mucus in the throat. The lemon and pineapple juice combined disintegrates the mucus in the throat.

Chest congestions

For Congestion:

Put several drops of eucalyptus oil in a humidifier, and let it run throughout the night in the child's room; or place drops in a pan on the stove, heat and have the child inhale the steam, being cautious around the stove.

Place diced potatoes and onions in a pan, boil gently, and have the child inhale the steam. This mixture has properties to relieve congestion.

You may also give a steam bath with eucalyptus oil in the water, or rub peppermint oil on the child's chest to break up congestion.

Natural Remedies for Earaches

- ✚ Garlic oil for infection. Place 1-2 drops in ear daily.

- ✚ Mullein oil or clove oil for the pain. Place 1-2 drops in ear daily. These two together work wonders.
- ✚ Cut onion in half, bake it for 5 minutes, then cool and tie it over the ear. This will give relief when pain is severe, and it also has antibiotic properties.
- ✚ A lobelia, or slippery elm, poultice is very effective in treating the inflammation and pain.
- ✚ A hot foot bath, with powdered mustard in it, often gives relief.
- ✚ A poultice made of charcoal and placed on the ear will help relieve the pain and draw out the infection.
- ✚ Hot foot bath, as described above, with fomentation extending from one ear across the throat to the other ear will frequently help. Remove the fomentation occasionally; then rub with ice water, and dry.
- ✚ Give bifidus acidophilus—it will restore the good stomach flora the antibiotics destroy and fight the bad bacteria.

Fungus/Yeast infections

Ringworm—Cut open a lemon and rub the area with the juice. Repeat several times daily.

[Note: Colloidal Silver will usually stop it dead in one application!]

Hiccoughs—Place juice of orange or lemon on the tongue; then swallow.

Athlete's foot—Squeeze the juice from one lemon; add a small amount of water if needed. Soak the foot in this for ten or more minutes at least once a day. Colloidal Silver will usually stop it dead in one application!]

Coconut as antibacterial

- ✚ Kills viruses that cause influenza, herpes, measles, hepatitis C, SARS, AIDS, and other illnesses.
- ✚ Kills bacteria that cause ulcers, throat infections, urinary tract infections, gum disease and cavities, pneumonia, and gonorrhea, and other diseases.
- ✚ Kills fungi and yeasts that cause candidiasis, ringworm, athlete's foot, thrush, diaper rash, and other infections.
- ✚ Expels or kills tapeworms, lice, giardia, and other parasites.
- ✚ Provides a nutritional source of quick energy.
- ✚ Boosts energy and endurance, enhancing physical and athletic performance.

- ✚ Improves digestion and absorption of other nutrients including vitamins, minerals, and amino acids.
- ✚ Improves insulin secretion and utilization of blood glucose.

First aid remedies

Insect Bites and Snake Bites.

If wasp or bee sting, remove stinger first; take a Band-Aid and wet the gauze part, dip in charcoal and place on the bite. Replace, as needed, until pain and itching is gone. You can use plantain poultice, activated charcoal,

Plantain: Bruise with a mortar and pestle or juice in a juicer fresh plantain (*Plantago major* or *lanceolata*) and place over the sting or bite. Relief will generally come within a very short time, the pain and itch will stop and the swelling will leave. Rub the bruised leaves or juice over the exposed parts of the body, and it will discourage the insects from annoying you. The juice or crushed leaves of horseweed, mulberry will assist in keeping bites and stings to a minimum.

Crushed Onions: Ant bites stop stinging with a poultice of crushed onions.

Pine Gum: you use the heated resin to bring boils to a head and to treat sores, insect bites, swellings and cuts.

Senna: Bark and leaves mixed and rubbed with oil are applied to pustules, ringworm, chilblains, insect bites, facial paralysis and rheumatism.

Lemon grass also called Feverfew: A tincture of the herb, applied locally, is used to relieve pain and swelling caused by bites of insects and vermin.

Cabbage Leaves: for insect bites rub a crushed cabbage leaf over the bite.

Snakebite

Plantain: The American Indians used Plantain for a variety of ills. It is said that a South Carolina Indian was given a reward for the information that Plantain was the chief remedy for the cure of **rattlesnake bite**. Indians are said to have applied a poultice of Plantain for battle bruises and for drawing out snake poisons. The Shoshone Indians made poultices of the whole plant and applied them to the bruises of battles. In some cases, the poultices are combined with the foliage of wild clematis. The Indians of southern Massachusetts applied the leaves both for wounds and for snakebites . The Chippewas used it for inflammation, and as an application to draw out a splinter.

You can prepare salves and ointments made from plantain for emergencies.

Other herbs used for snake bites: ardenia, aerva lanata, activated charcoal.

Burns

☞ (including carpet grass, cement burns, etc.). Cut off an aloe vera leaf, split it open, and lay the inside of the leaf on the burn. Band-Aid, or tape, the leaf on. Repeat when the leaf is dry. Tofu is also an excellent thing to put on burns. It can relieve pain and prevent blistering. Plantain, comfrey leaves, vegetable smashed and applied as a poultice.

Plantain: Burns, scalds, erysipelas. Use the strong tea as a frequent wash, and drink the infusion internally.

Comfrey: Wounds, bruises, burns, varicose veins, ulcers, boils, etc. Paint the part with pure olive oil to prevent sticking, then saturate a thick layer of cotton with comfrey mucilage and apply to the affected parts. Cover with plastic or waxed paper, bandage, and leave on until nearly dry.

Make a fresh application by following the same process. If pus is present, paint the part with oil of garlic instead of olive oil and take 1 teaspoonful of the oil, internally. This will help prevent or stop putrefaction and pus formation, which will hasten the healing process. Give fomentation wrung out of a strong decoction.

Comfrey Paste: The following paste formula can be used for the mildest to the most severe third-degree burns with assurance of success, if used as instructed. This paste has been used by hundreds of people with great success. It is made as follows: to equal parts of liquid honey and wheat germ oil, blend in finely chopped or powdered fresh or dried comfrey leaf or root.

When the mixture is the consistency of a heavy spreadable paste it is ready to use. Apply it a half-inch thick or more over the entire area that has been burned, scalded, etc. Cover with gauze and bandage lightly. Observe area from day to day and if paste has been absorbed add more on top of the original application. Do not remove original, just add to it when needed. This paste will keep

well for many months at room temperature if kept in a tightly closed jar. Always have it on hand for emergencies. You might want to carry a small jar on trips in case of emergency. If the paste is not available, submerge the burned area in cold water and leave it there as long as possible to take the heat out, or keep cold wet compresses over the burned area. If honey, wheat germ oil, or olive oil are available, use them to saturate the area completely, keeping it well soaked in the honey or oil until healed. The gel from the aloe vera plant promotes the healing of burns. These are all good, but nothing can compare to the comfrey paste.

Wheat Grass Chlorophyll: Skin--Burns, skin abrasions, bruises, wounds: The wheat grass chlorophyll has both healing and antiseptic characteristics. The chlorophyll is applied either directly onto the afflicted surface, or, it is soaked in a cloth and bandaged to the area. At the same time, the chlorophyll should be taken internally.

Cabbage Leaves for Burns: Apply mashed cabbage leaves to the burn area to relieve pain and speed healing.

Pumpkin and Squash (butter nut): These can be applied as a poultice for burns

Sprains

An injury to the tendons, muscles, or ligaments around a joint, marked by swelling and pain.

Herbal Aids for Sprains

Put ice on them (20 minutes on and 20 minutes off, several times), and then use hot and cold water treatments, either with fomentations or by soaking in water.

Wormwood: Apply fomentation of the herb; or, use the oil as a liniment.

Comfrey: Apply a comfrey poultice of the fresh, bruised leaves. It relieves pain in an hour

Onion: A finely-chopped onion mixed with sugar is spread on a cloth to treat sprains.

Cabbage Leaves: Tie three or four thicknesses of cabbage leaves around the sprained area and leave on over night. Next time you see the lowly cabbage plant consider that over the centuries many people have derived much relief from physical ailments through using it.

Flaxseed Poultice is probably one of the most famous applications of the herb. The ground seed is mixed with boiling water until it is a thick mush. Other herbs may be added to it for specific conditions, such as gotu cola, cloves powder and plantain. This is one of the best poultices, according to Kloss, for old sores, boils, carbuncles, inflammations, and tumors. It is an excellentherbal aid for enlarged glands, joints, swellings, pneumonia, pleurisy, sprains, bruises, contusions, or inflammations of any part of the body, according to Dr. Shook (ShoA: 182). Apply as hot as possible; cover with waxed paper or plastic, and keep warm, reapplying hot poultices as needed.

It helps allay irritation and pain and promotes suppuration; lobelia will help assist the body with boils. It is commonly used for abscesses and other local affections .

Fever

The elevation of the body temperature above normal (98.6 F., 37 C).

Symptoms

It is characterized by increased heat, accelerated pulse, general functional derangement, and usually is accompanied with thirst and loss of appetite.

Cause

Fever is not a disease but a condition in the body wherein the balance of circulation has become disturbed. This is nature's way of trying to burn out the toxic poisons. When the body becomes exposed to excessive chilling or dampness, the capillaries near the surface contract and the pores close by becoming obstructed with body waste matter. This results in a containment of body heat and a sudden rise of body temperature. In fever the natural body function is to increase the heat to a point wherein the thick glutinous and fibrinous matters loading and congesting the system are made liquid enough to pass through the fine and delicate excretory membranes and tubules.

HERBAL AIDS

General Instructions: If the fever is from cold or flu, eliminate the mucoid condition and eliminate the problem. Mulberry leaves, Raspberry, horseweed, ginger and other sweetening herbs, are very beneficial. Raise the body heat with moisture, a stimulant and diaphoretic herbs so the restricted blood vessels relax, the obstructed pores open, and the morbid material washes out in the subsequent profuse perspiration.

Echinacea: Fever, typhoid fever. Drink sufficient of the hot tea to induce diaphoresis, and administer hourly thereafter until the system is relieved of stagnated wastage.

Four Greater Cold Seeds remedy for catarrhal affections, bowel and urinary disorders, fever, etc.

Use pumpkin seeds, ground seeds, watermelon seeds and cucumber seeds for this cases. Grind the powder, add into a glass of warm water. Taken after every two hours.

Chamomile: Colds, bilious fever. Give a warm infusion with a little ginger added.

Horse weed , mulberry leaves, lemon grass and ginger are very powerful.

Boneset: Influenza, colds, fevers, etc. Give the patient 1/2-1 teacupful hot, every hour until freely perspiring and the fever begins to subside- then give in smaller dose as a tonic (cold) every 2-3 hours and keep closely-covered in bed 24-48 hours until all signs of the fever are gone.

Cinnamon and ginger and a pinch of cayenne also works well.

Do a cold sheet treatment

Points to note on Fever

When a Fever Just Gets Started: it can be cleared up very easily, if these following procedures are started early. One of the most simple remedies is to stop the use of all foods and beverages, take a high herbal enema (catnip is good) and drink only mulberry leaves or red raspberry tea. Between cups of this tea, distilled water may be used, and if desired, give some good organic (natural) Vitamin C. Drink several quarts of mulberry leaves or red raspberry tea during the day, but no solid foods. The running nose, fever, headache and weariness will soon leave and one will feel like a new person.

Even after feeling greatly improved, continue on with the red raspberry leaf tea all that day and

well into the next day. If an adult will stay on the tea for three days, it would do a wonderful cleansing job for the body. To make mulberry leaves or red raspberry leaf tea put one heaping teaspoonful of cut or granulated (powdered) mulberry leaves or raspberry leaves into a teacup. Fill the cup with boiling distilled water, cover and let stand in a warm place for five or ten minutes. Strain, and drink it while it is very warm (You may use an ounce of red raspberry leaves to a pint of distilled water, if desiring to make up more at a time).

Peppermint, horse tail , horsetweed and ginger are powerful remedies.

HERBAL REMEDIES FOR FEMALE REPRODUCTIVE SYSTEM



Gotu Kola: Known to help promote the stimulation of the brain and relieve fatigue when given in small amounts. Wonderful for the functioning of the pituitary in disorders of the adrenal system when used in conjunction with other herbs like, the root of cocklebur, mulberry, avocado seed powder, horse weed root powder, yellow dock root, Albizia.

This is an amazing combination of herbs to aid in rebuilding a malfunctioning reproductive system (uterus, ovaries, fallopian tubes, etc.).

These formulas can correct almost any problem you might have; they are non-specific and they are mild, so you can take them over a prolonged period of time without any problems.

If you exercise well in addition to following the above suggestions, eventually your PMS should disappear. For coping with the problem while you are healing, hot peppermint, catnip or chamomile tea, lemon grass, rosemary can relieve some of the pressure.

Foods containing good B-vitamins, such as sprouted wheat, and those containing C, such as lemons and cucumber, tamarind are excellent for balancing the system.

Ingredients:

The female corrective formula consists of three parts of golden seal root or gotu cola and one part of each of the following:

- ✚ Blessed thistle
- ✚ Cayenne
- ✚ Mulberry or Red raspberry leaves
- ✚ Holy basil
- ✚ Ginger

- ✚ Avocado seed powder.
- ✚ Acacia bark and leaf powder.

Herbal Hormone Combination (hormone balancer)

These are natural herbal foods that are needed by both men and women at all ages. Being "natural" herbs, the human body can accept, assimilate and use those materials that are needed to produce estrogens and other hormones naturally. This formula will assist in rebuilding the weak malfunctioning areas and help keep the organs healthy so they can supply the proper amounts of hormones and estrogens themselves. Herbs are a natural food, so they do not have "side effects" and "after effects" as are so evident in man-made and synthetic drugs.

Ingredients

- black cohosh
- yellow dock or cocklebur
- Gotu cola
- Licorice
- Avocado seed powder
- Holy/milk thistle
- Carrot tops.

Painful menstrual cramps

Black Cohosh Root, Cayenne, Blessed Thistle Leaves, mulberry leaves, Red Raspberry Leaves, cocklebur, acacia , carrot tops, Albizia, gotu cola, avocado seed powder, mimosa, Creeping bauhinia, avocado bark, ardenia.

WOMEN NUTRITION

Anemia/ Insufficient Blood

Anemia may be caused by iron deficiency or other problems.

Iron supplements are commonly given to expectant mothers, yet these are usually made of ferrous sulphate and cannot be utilized by the body they are absorbed but not assimilated they destroy vitamin E that may be taken at the same time.

Building Iron

Yellow dock

Avocado seed powder

Dandelion root and leaves

Kigelia Africana/ local name Sausage tree



Iron containing foods.

Some good iron-containing foods include apricots, sunflower seeds, black molasses, raisins, prunes, kelp, grains, beets and their greens, turnip greens, dulse, and walnuts, pumpkin leaves and African spinach.

- Better to obtain this important nutrient in foods; some important sources are **whole grains**, green leafy vegetables, parsley, dandelion, amaranth, and **lamb's quarters and purslane**. Some of these can be taken in the green drink purslane is especially valuable, as it also contains a large amount of **vitamin A**, which helps prevent infections.

Iron Drink

Take about one gallon of grape juice.(You need to get a good wholesome grape juice) take about a cup of raisins. raisins are high iron. This is what we are focusing on—iron. have apricots, which is one of the highest sources of iron. It the most easily assimilated iron. Take one cup of apricots, and one cup of figs..

The grape juice has lactic acid in it, which will actually pull out the minerals that are found in those fruits into the juice itself. put at least a half-cup black strap molasses (this is not just your sopping molasses that you use with biscuits.) put about 5 Tbsp. of Black Cherry concentrate. This is a very high source of iron. This is a delicious drink.

Foods High in Hormones

Foods high in hormones include carrots, soybeans, wheat, oats, barley, potatoes, apples, cherries, plums, garlic and rice bran.

Pregnancy Green Drink

- + African spinach
- + Cummin leaves
- + Alfalfa leaves
- + Comfrey leaves
- + Amaranth leaves
- + Red rasp berry leaves
- + Fenugreek powder
- + Add the flax seeds and chia seed grounded.

Add a cup or more of carrots in a blender container; add a handful of mulberry or Red Raspberry leaves, a handful of comfrey leaves and a few alfalfa leaves. Blend until the fibers of the leaves are broken down and drink immediately.

Onions: To help build the blood or to help prevent obesity, to help provide strength during pregnancy or to help prevent toxemia, take Onions three times a week cooked, two times a week raw

Red drink

- + **Mulberry fruits or Red Raspberry berries**
- + **Pineapple juice**
- + **Grapes**
- + **Mangoes**
- + **Cherries**
- + **Increase your B-vitamin foods.**

Calcium

- + Oat meal
- + Millet
- + Sorghum
- + Chia seeds
- + Flax seeds
- + Amaranth seeds
- + Sesame seeds
- + Pumpkin seeds

- ✚ Avocado seed powder
- ✚ Add 2 tbsp of honey or black strap molasses.alcium drink

This drink can also be used with male having reproductive problems.

Follow strictly the Laws of health.

Your diet should consists largely of organically grown vegetables, fruits and seeds like chia and flax seeds. Cold pressed Coconut oil will be better than all oils to be used in cooking.

HAVE FAITH IN GOD. Isaiah 26:3-4

Thou wilt keep [him] in perfect peace, [whose] mind [is] stayed [on thee]: because he trusteth in thee.

Trust ye in the LORD for ever: for in the LORD JEHOVAH [is] everlasting strength:

HERBAL REMEDIES FOR MALE REPRODUCTIVE SYSTEM

Prospallate

An Aid for the Prostate.

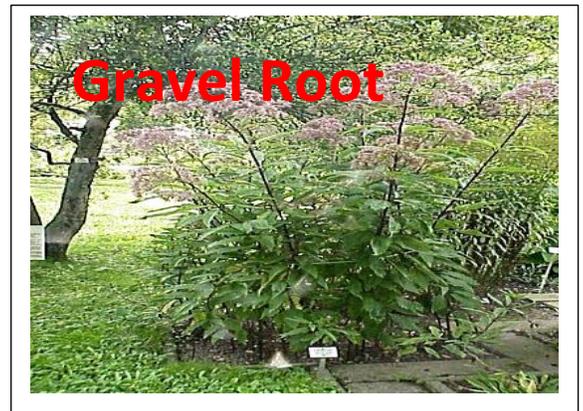
In case of malfunction we suggest this combination to assist the male. This will dissolve the stones that are in the kidneys, as well as clean out other sedimentation and infection in the prostate.

To strengthen the reproductive system of the male take the Prostate Formula [Prospallate].

Both parents will benefit by the **Hormone and Estrogen Formula**. Both parents should begin these detoxification procedures before conception.

Single herbs:

Creeping bauhinia root (ombasa), cocklebur roots, gotu cola, avocado seed powder, gravel root, saw palmetto, licorice and fenugreek.



Note: The Laws of health and its Principles are to be followed to the later. Trust in Divine power.

Take foods high in Zinc, copper and Selenium. Chick peas, hemp seeds, sesame and pumpkin seeds. These keeps the prostrate healthy.

Eating nuts such as pine nuts, peanuts, cashews and almonds can boost your intake of zinc.

If you're looking for a nut high in zinc, cashews are a good choice.

URINE RETENTION OR BLOCKAGE IN MEN AND WOMEN HERBAL AIDS

Horseweed, cocklebur, yellow dock root, burdock root and leaves, cornsilk, avocado seed powder, stinging nettle roots and roots and boneset.

Put all these herbs in a together, simmer for 30 minutes. Drink three times Daily.

All the Laws of Health should be followed faithfully.

Backache Formulas

Acacia Bark and leaves, plantain herb, yellow dock, Gotu cola, Albizia, cocklebur, guava leaf powder, mulberry leaves, aspilia Africana.

To three parts of comfrey root powder, add one part of the following, acacia bark and leaf powder, gotu cola and others as you can find.

Simmer for 30 minutes. Sieve. Then Drink.

Ulcer/Stomachic Formula

Paw paw leaf powder, gotu cola, guava leaves, avocado leaves, acacia leaf, mango leaves. Do a decoction of all these or atleast three, overnight. Drink a glass three times a day.

Folow all the laws of health faithfully.

Cancer Formula

Yellow dock root, aspillia Africana, white pond lily, guava root, paw paw leaves, cocklebur, acacia bark, Knut grass, creeping bauhinia (ombasa).

These should be decocted, or simmered for thirty miuntes.

Arthritic Formula

Use Calcium Formula: acacia leaf powder, acacia bark, horse weed roots and leaves , Albizia, whole parts of plantain, alfalfa leaves powder. Ginger, comfrey root , cayenne.

Poultices made from the above herbs can be made then applied on the joints, this poultice can be mixed with apple cider vinegar or Epsom salt, apply it warm. Choose at least three of these, comfrey root is a must for all these.

The best calcium supplement you can take, other than calcium-rich foods, Carrot juice is a good source of calcium, and green leafy vegetables contain lots of it. The darker the green, the more calcium it contains. Turnip greens and kale--though not everyone's favorite, it is true--contain several times the calcium contained in milk.

Aloe Vera: Interesting claims for Aloe Vera include ...relieving the pain of arthritis

Alfalfa tea and stinging nettle is a powerful alkalizer and remove the salt deposits and uric acid in the system.

PROGRAMS

GOD'S PLAN FOR HIV/AIDS

ITEMS NEEDED

Vegetables

Carrots , Onions, Spinach, Brocholi, White cabbage, Beet root, Celery, Parsley, Collards , Kales, Cauliflower, Pumpkin Leaves, Cowpeas, Garlic

Fruits

Raisins, Prunes, Figs, Apricot, Grapes, Black strap molasses, Honey, Anise

Herbs

Set 1 (onset patients) Yellow dock, Alfalfa, Parsely root, Comfrey, Stinging Nettle, Wheat grass, creeping bauhinia (ombasa) Spirulina, Algae, Dulse, Moringa.

Set 2 (advanced cases)

2tbsp Albizia + 2tsp golden seal + 2tbsp red clover + creeping bauhinia (ombasa) + White pond lily + Yellow dock root + aspilia Africana + 2tbsp Echinacea + 2tbsp Licorice root

Powerful immune booster, taken morning and evening. A glass.

Intestinal fiber cleanse

Psyllium Husk, Slippery elm, Alfalfa, Apple pectin, Bentonite clay, Acidophillus , activated charcoal

Others

Hydrogen Peroxide, Epsom salt: stimulates the lymphatic system, used in hot bath tab.

Vitamin E(lemons, wheat germ), Vitamin C, 500gms tablets per day.

Power drink

Yams, millet, amaranth, pumpkin seeds, yellow corn, fenugreek, sesame.

Put in a half a jug of hot water and leave to steep for 20 minutes. Sieve. Drink , a glass. In case of a child use ¼ tablespoon.

For advanced give

2tbsp Albizia + 2tsp golden seal + 2tbsp red clover + 2tbsp Echinacea+ creeping bauhinia + acacia bark + 2tbsp Licorice root

Powerful immune booster, taken morning and evening. A glass.

10 minutes to lunch

Give the juice that was provided

Fruit juice /Iron drink

900 ml grape juice

1 cup apricots

1 cup figs

1 cup raisins

½ cup anise and prunes

1 cup black strap molasses

Blend them using a blender, leave over the counter for 1 night and refrigerate and use for 30 days. Before sleep. Taken twice daily.

1 pm Lunch

4pm Exercise + Hydrotherapy + massage

Give the herbal formula given in the morning

6 pm Fruit salad

7-8 pm Put them in a bath tab (hydrogen peroxide + Epsom salt)

9pm Give the juice that was given in the morning.

Points to note

- ✚ Bring the blood balance to the body
- ✚ Build the blood
- ✚ In case of diagnosis and he or she has not begun the medication, you may give the herbs indicated before.

Begin with the following in the first 3 days: for advanced cases

2 eggs + unfermented wine, 1 cup grape fruit blend, let it to stay overnight. Give the patient for three days. Twice , daily.

For advanced HIV cases.

Do the following:

Use the Juice that was indicated “10 minutes before lunch”

Give them one liter a day for 30 days.

In the morning up to midnight after every 2 hours give the patient charcoal plus rock salt. This will remove the heavy toxic load from the drugs.

- ✚ After midnight give energy drink
- ✚ Every morning: give 2-3 cups of aloe vera + lemon + 2 apples + honey, this help in detoxification.
- ✚ Then Vitamin C , you can use fruits high in vitamin c, citrus fruits, tamarind
- ✚ This will be taken twice daily
- ✚ This should go for the first three days. After the third day, use it only once.

20 minutes later give protocol juice

On the first week, do not put them on heavy meals.

Make them potassium broth.

Potassium broth

Boil 2 cups of oatmeal in 3 cups of water until it turns into porridge

Add the following

- ❖ 3 stalks of celery
- ❖ 2 pieces of parsley
- ❖ 2 boiled soft irish potatoes with the cover, add a ½ a cup of irish pototoe peels.
- ❖ 3 carrots
- ❖ 1 bulb onion

All should be chopped but not very fine

Mix them into the oatmeal; let them boil for about 10 minutes

Once soft, add a little cayenne pepper, blend it till it becomes uniform

Give this for breakfast to the client. Use this for breakfast and lunch for the first week.

Give power drink also.

You may give fruit salad incase the client finds it not palatable.

During first week take garlic water: 1 bulb crushed in a jug of warm water. You may add sprouts of alfalfa.

In case of nausea d the following:

Grate one Ginger root + 2 lemons + vitamin B-complex 2 capsules

Give a cup until it disappears.

You need Apples and pears for anti-hiv activity.

Powerful immune booster, taken morning and evening. A glass.

Make the following for nutritional herbal drink.

- ❖ 2 tbsp moringa, 2tbsp stinging nettle, 2tbsp alfalfa , 2tbsp lemon grass, 2tbsp wheat grass fenugreek, avocado seed powder.

Do enemas in the first three days with coffee enema.

Then the subsequent days for three months do enemas with (garlic + aloe vera)

Important foods for body building

2 Bananas, 1 cup soy milk , 20 pump kin seeds, 2tsp flax seed, 2tbsp sesame , add two apples .

Blend . Give twice daily.

Do not give for more than two weeks because it will fatten up the client very first, and excess of protein in the system is not right.

In case the patient feels numbness

- ✚ Give blood builder, in case of weakness
- ✚ Flood them with B-complex, vitamin C, and Vitamin E.
If you have white pine bark, you can simmer it for provision of Vitamin C.

Precautions

1. Do not work with the patient if he or she is not willing to cooperate and follow all the Laws of Health.
2. Check when the cash is available
3. Work with them closely

The patient must be prayerful and devoted to God.

This program can be used for the following diseases.

Sickle cell Anemic patients, Hodgkin disease, myeloma, bone cancer, leukemia, blood related disorders.

This program is not a rule of the thumb; you can adjust always as the Lord gives you wisdom.

GENERAL IDEAL CLEANSING PROGRAM FOR ALL DISEASES

THE FIRST 30 DAYS:

A SHORT FAST: "...Many times a short period of entire abstinence from food, followed by simple, moderate eating, has led to recovery..." {MH 235.2}

"There are some who would be benefited more by abstinence from food for a day or two every week than by any amount of treatment or medical advice..." (CD 189.4) (See Luke 18:12)

"Intemperate eating is often the cause of sickness, and what nature most needs is to be relieved of the undue burden that has been placed upon her. In many cases of sickness, the very best remedy is for the patient to fast for a meal or two, that the overworked organs of digestion may have an opportunity to rest..." (MH 235.2)

"...A FRUIT DIET FOR A FEW DAYS has often brought great relief to brain workers..." {MH 235.2}

"...TO FAST ONE DAY A WEEK WOULD BE OF INCALCULABLE BENEFIT TO THEM." {CD 189.4}

FOR THE AVERAGE PERSON:

DAYS 1-2 –NO FOOD

DAYS 3-4 – FRUIT ONLY/3 x Day (apples and red grapes are the best for this fast)

DAY 5 – INTRODUCE WHOLE GRAIN CARBOHYDRATES

DAY 6-30 – ADD VEGETABLES AND PROTEIN TO THE DIET....THIS IS THE REGULAR, COMPLETE DIET...INCLUDE

ALL THE FOOD GROUPS

FOR THOSE WHO CANNOT DO A NO FOOD FAST:

DAYS 1-2 – FRUIT ONLY/ 3 X DAY (apples and red grapes are the best for this fast) have them only do apples or grapes in the day, but not both if they choose apples, it would be one type of apple for breakfast, another type for lunch, and another type for the 3rd meal. The same goes for if they choose the grapes. If they choose apples for their first day, grapes should be eaten the 2nd day and vice versa.

DAY 3 – INCLUDE WHOLE GRAIN CARBOHYDRATES

DAY 4 – INCLUDE VEGETABLES

DAY 5 -30 INCLUDE PROTEIN TO THE DIET

FOR THOSE WHO MAY ONLY WANT TO FAST ONE DAY AND EAT FRUIT THE NEXT DAY:

DAY 1 – NO FOOD

DAY 2 – FRUIT ONLY/

DAY 3 – ADD WHOLE GRAINS TO THE DIET

DAY 4 – ADD VEGETABLES & PROTEIN TO THE DIET

DAY 5 – GO TO REGULAR DIET INCLUDING ALL THE PLANT BASED FOOD GROUPS WITH PROTEIN AS WELL THIS IS THE REGULAR, COMPLETE HEALTHY DIET...INCLUDE ALL THE FOOD GROUPS (fruit, vegetables, nuts, grains, seeds.

DURING THE FAST, ONLY DRINK WATER THROUGHOUT THE DAY AND YOUR HERBAL FORMULA

If you feel faint, drink ¼ c. grape juice if you are not a diabetic. If you are diabetic, eat a piece of fruit instead.

*

WHAT TO DO FOR DAYS 1-60:

For the first couple of days, you won't be eating during your fast, whether it will be 2 days of no food followed by 2 days of fruit. Or only 1 day of no food, or whatever you choose.

And on your fruit only day/days, you won't be eating the other foods. Your goal is to follow everything else as much as you can, doing a little week by week until you are following everything on the plan.

#1: UPON WAKING UP:

DRINK 16 OZ. HOT WATER (or normal temp if they can't handle the hot) WITH THE JUICE OF 1-2 LEMONS.

"Water can be used in many ways to relieve suffering. Drafts of clear, hot water taken before eating (half a quart, more or less), will never do any harm, but will rather be productive of good." {CD 303.1}

- ✚ Listen to your patients, because some don't do well with 2 lemons, only 1.
- ✚ Be sure this is drunk within 1 hour.

"...IN THE MORNING I TAKE LEMON AND WATER..." (21MR 290.6)

#2: DEEP BREATHING EXERCISES

"Nature will want some assistance to bring things to their proper condition, which may be found in the simplest remedies, especially in the use of nature's own furnished remedies--pure air, and with a precious knowledge of how to BREATHE..." (2SM 287.4)

"...Impress...the importance of deep breathing...while the importance of deep breathing is shown, the practice should be insisted upon. Let exercises be given which will promote this, and see that the habit becomes established..." {CG 364.4/{Ed 199.1}

"In order to have good blood, we must BREATHE well. Full, deep inspirations of pure air which fill the lungs with oxygen...A good respiration soothes the nerves; it stimulates the appetite and renders digestion more perfect; and it

induces sound, refreshing sleep.” (The Ministry of Healing, page 272.1) (1905).
{CH 59.2}

“...simple, rational methods of treatment employed for the healing of disease...people were to be taught how to...BREATHE...properly...” {CD 303.4}

A GOOD PROPER BREATHING TECHNIQUE IS AS FOLLOWS:

Breathe in through your nostrils as much as you can, hold to the count of 10, exhale through your mouth. Do 5 sets of these every morning....BE SURE that when you inhale through your nose, your stomach expands and not the other way around. Most adults breathe incorrectly.

#3: MORNING DEVOTION:

“Consecrate yourself to god in the morning; make this your very first work. Let your prayer be, “Take me, O Lord, as wholly Thine. I lay all my plans at Thy feet. Use me today in Thy service. Abide with me, and let all my work be wrought in Thee.” This is a daily matter. Each morning consecrate yourself to God for that day. Surrender all your plans to Him, to be carried out or given up as His providence shall indicate. Thus day by day you may be giving your life into the hands of God, and thus your life will be molded more and more after the life of Christ.” {SC 70.1}

“It would be well for us to spend a thoughtful hour each day in contemplation of the life of Christ. We should take it point by point, and let the imagination grasp each scene, especially the closing ones...” {DA 83.4}

Notes: If they’re not used to doing a morning devotion, have them start off with 10 to 15 minutes after they do their breathing exercises. The morning devotion could include reading a Proverb a Day. (Whatever day of the month it is, read that chapter.

#4: MORNING WALK BEFORE BREAKFAST (LS 168.2):

- ✚ Aim for a minimum 3 miles in 60 minutes....2 miles can be done before breakfast.

- ✚ It may take a while to get to this goal...if possible, do more. But some may only be able to do 5 minutes for the day, so add 1 minute each day. Tell them that recovery is sped up when they are active, especially in walking, according to Medical Science.
- ✚ “Morning exercise, in walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestions of brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases.” {ML 136.5}
- ✚ “Hours should be spent each day in walking or in working in the open air when the weather will admit...” {HR, April 1, 1872 par. 5}
- ✚ ***Jesus tells us through the prophet that we should wear double and triple layers in the cold months and go outside and exercise...ONLY WHEN IT RAINS OR SNOWS ARE WE NOT TO GO OUT.

#5: MORNING WORSHIP:

“In every family there should be a fixed time for morning and evening worship.” (CG 520.1)

“Family worship should not be governed by circumstances. You are not to pray occasionally and, when you have a large day's work to do, neglect it...” {CG 520.2-3}

#6: 30 MINUTES BEFORE BREAKFAST:

DRINK HERBAL FORMULA DRINK (whatever this may be)

THE FOLLOWING IS RECOMMEND:

BLOOD: One herb for this. examples, plantain, kigelia African (sausage plant, Yago), Aavocado seed powder, creeping bauhinia (ombasa), echinacea, red clover, periwinkle. Chose the one you can get.

Most recommended is 2 T.

LIVER: One herb for this. Turmeric, milk thistle, durdock, cocklebur, paw leaves, tamarind, Thithonea leaves, aspilia Africana. The bitter herbs and sour fruits are good for the liver.

Most recommended is 2 T.

MEDICAL CONDITION: Two different herbs for whatever medical condition you may be addressing

Most recommended is 2 T of each herb.

***By the way, you will not use the same formula for month two that you use for month one. Be sure to use another herb for the blood, another for the liver, and 2 new ones for whatever medical condition you are dealing with.

A VERY GOOD OVERALL HERBAL FORMULA EXAMPLE IS:

BLOOD: Red Clover

LIVER: Dandelion Root

OVERALL GOOD CLEANSING HERBS: Burdock Rt., cocklebur , Yellow Dock, or plantain, creeping bauhinia (ombasa)

Be sure to change the formula each month with about 1 week rest in between.

HOW TO PREPARE THE TEA: you can boil and simmer the roots for 40 minutes. Leaves you can decoct overnight and use the following day. Check the introduction on herb preparations to know how to make decoction

- ✚ Put 36 oz. (4 glasses) of water into a sauce pot and turn a timer on to 40 minutes.
- ✚ Then turn on the flame on high and put in 2 Tablespoons of each hard herb (roots, bark, etc.).
- ✚ Bring to a fast boil, then turn down on very low and cover.
- ✚ When timer goes off, remove from hot burner to another burner that is not hot and then add 2 Tablespoons of each herb that is soft.
- ✚ Put lid on pot, and steep x 20 minutes.
- ✚ Strain and Drink 8 oz./3 x day 1/2 hr. before breakfast, and ½ hr. before 2nd meal, and in the late afternoon.

“This is God's method. The herbs that grow for the benefit of man, and the little handful of herbs kept and steeped for sudden ailments, have served tenfold, yes, one hundred-fold better purpose, than all the drugs hidden under mysterious names and dealt out to the sick...” {PC 31.2}

Other different herbal formulas:

- ☞ **Colon:** psyllium husk, senna, holy basil, bentonite clay, activated charcoal, ginger, plantain, garlic and gotu cola.
 - ☞ **Immune:** creeping baubinia (ombasa), yellow dock, burdock, White pond lily, paw paw leaves, whole parts of black jack, guava leaves and root.
 - ☞ **Kidney:** avocado tops, acacia bark, knut grass, durdock, plantain, horseweed, avocado seed powder, stinging nettle
 - ☞ **Liver:** burdock, milk thistle, yellow dock root, paw paw root and leaves, Albizia, creeping baubinia, cocklebur.
 - ☞ **Lung:** Comfrey, horseweed, garlic, onion, catnip, borage
 - ☞ **Skin:** Milk thistle, yellow dock root, cocklebur, aspilia Africana, creeping baubinia (ombasa)
- ✚ **AND MORE**

#7: BREAKFAST:

Skip if you're fasting.

Only drink water and herbal tea formula. This may be adjusted to only 1 day of fasting with 1 day of fruit.

Eat a piece of fruit if you cannot hold out on the fasting

“It is the custom and order of society to take a slight breakfast. But this is not the best way to treat the stomach. At breakfast time the stomach is in a better condition to take care of more food than at the second or third meal of the day. The habit of eating a sparing breakfast and a large dinner is wrong. Make your breakfast correspond more nearly to the heartiest meal of the day.” {CD 173.2}

- ✚ 3 Fruit (fresh is best...canned or jarred fruit without sugar is okay)
- ✚ 1 Servings of Grain (1 whole grain Bread + 1 whole grain (whole grain pancakes, waffles, hot or cold cereal)
- ✚ 2 Tablespoons of Seeds (RAW/NO SALT) (Pumpkin, Sesame, Flax, Sunflower, Chia, etc.)
- ✚ Closed Fist full of Nuts (may mix up...can substitute 1 Tbsp. Nut butter instead)
- ✚ EAT ALL RAW FOOD FIRST
- ✚ NO SECONDS

If the person is a diabetic have them eat their seeds and nuts at END of the meal.

“Much tact and discretion should be employed in preparing nourishing food...a diet lacking in the proper elements of nutrition, brings reproach upon the cause of health reform. We are mortal, and must supply ourselves with food that will give proper nourishment of the body.” {TSDF 21.6}

“...Grains, fruits, nuts, and vegetables, in proper combination, contain all the elements of nutrition; and when properly prepared, they constitute the diet that best promotes both physical and mental strength...” {Ed 204.3}

GRAINS USED IN MAKING PORRIDGE OR MUSH SHOULD BE COOKED FOR SEVERAL HOURS:

“Grains used for porridge or “mush” should have several hours' cooking...” {MH 301.4}

DO NOT EAT PORRIDGE EVERY DAY FOR BREAKFAST (Examples: Oatmeal, Wheateena, Cream of Wheat, etc.)

“...So much porridge eating is a mistake. The dry food that requires mastication is far preferable...”

(CD 108.1)

“...But soft or liquid foods are less wholesome than dry foods, which require thorough mastication...” {MH 301.4}

#8: WALK FOR 10-15 MINUTES AFTER BREAKFAST:

“To engage in...violent exercise immediately after eating, hinders the digestive process...But a short walk after a meal, with the head erect and the shoulders back, exercising moderately, is a great benefit...” {CTBH 101.1} ***This will not be done on the day a person is fasting.

#9: During mid-day, you may include your poultices, showers, baths, salt glows, whatever you need to do – You don't have to do it at this time. This is just a suggestion.

“...Baths are always most beneficial in their effects when taken with the body at its highest point of vigor. Hence, as a rule, ten or eleven o'clock in the day is the best hour for bathing. When this is impracticable, the hours of rising or

retiring are unobjectionable. No bath should be taken immediately after or before a meal..." (How to Live, pg. 48 online PDF; pg. 78 in book)

#10: 30 MINUTES BEFORE SECOND MEAL: (lunch or supper)

DRINK HERBAL FORMULA DRINK (whatever this may be) (See Step #5)

#11: LUNCH

Skip if you're fasting.

Only drink water and herbal tea formula. This may be adjusted to only 1 day of fasting with 1 day of fruit.

Eat a piece of fruit if you cannot hold out on the fasting.

1. A SALAD (, cilantro- dhania, parsley, spinach, soft dark green leafy vegetables...add sliced radishes, sliced cooked beets or carrots...

***You may add olives to this salad.

"Olives may be so prepared as to be eaten with good results at every meal..." (CD 349.4)

***EAT ALL RAW FOOD FIRST

***DO NOT ADD ANY FRUIT TO THE SALAD

***NO COARSE VEGETABLES, THIS INCLUDES NO RAW CABBAGE

2. INCLUDE COOKED UNTIL TENDER 1 OR 2 OF THE FOLLOWING GREEN VEGETABLES:

Asparagus, kunde, African spinach (ndemra), Beet Greens, Broccoli , Brussel Sprouts, Cauliflower , Collard Greens , black jack greens, Dandelion Greens, Kale , Mustard Greens , Spinach

OTHER COLORED VEGETABLES (cooked, not raw) THAT SHOULD BE INCLUDED WITH THE GREEN VEGETABLES:

Beets , Carrots , Parsnips , Potatoes (White, Red, Or Purple) , Sweet Potatoes , Yams

Note: Do not mix your vegetables with any fruit, including tomatoes, etc.

3. ONE TO TWO SERVINGS OF WHOLE GRAIN:

Barley, Corn, Millet , Oat Patties, Quinoa , Rice (green, red, black, wild, brown, basmati, jasmine...NO WHITE RICE), Whole Grain Bread, Whole Grain Pasta

And more as you can add.

4. ONE SERVING OF PROTEIN: (½ cup is sufficient)

Beans, Peas, Lentils , Tofu (don't use more than 2x's per month)...BE SURE THE LABEL SAYS "NON-GMO"

"Much tact and discretion should be employed in preparing nourishing food...a diet lacking in the proper elements of nutrition, brings reproach upon the cause of health reform. We are mortal, and must supply ourselves with food that will give proper nourishment of the body." {TSDF 21.6}

"...Grains, fruits, nuts, and vegetables, in proper combination, contain all the elements of nutrition; and when properly prepared, they constitute the diet that best promotes both physical and mental strength..." {Ed 204.3}

"After the stomach has done its work for one meal, do not crowd more work upon it before it has had a chance to rest and before a sufficient supply of gastric juice is provided by nature to care for more food. Five hours at least should elapse between each meal..." {CD 173.1}

"After disposing of one meal, the digestive organs need rest. At least five or six hours should intervene between the meals..." (CD 304.1)

#12: WALK FOR 10-15 MINUTES AFTER LUNCH

“To engage in...violent exercise immediately after eating, hinders the digestive process...But A SHORT WALK AFTER A MEAL, with the head erect and the shoulders back, exercising moderately, IS A GREAT BENEFIT...”

{CTBH 101.1} ***This will not be done on the day a person is fasting.

#13: DRINK YOUR LATE AFTERNOON HERBAL FORMULA

#14: EVENING STROLL (15 minutes minimum)

#15: EVENING WORSHIP/DEVOTION

“In every family there should be a fixed time for morning and evening worship.”
(CG 520.1)

“Family worship should not be governed by circumstances. You are not to pray occasionally and, when you have a large day's work to do, neglect it.” {CG 520.2-3}

MONTH TWO:

DAYS 31-60

Do everything the same, except, there's no need to do the fruit fast or water fast at the beginning. You may eat your regular meals for breakfast and lunch. However, it is good to fast at least one to two days every week.

ALSO:

The only other change would be the HERBAL FORMULA. Have a completely different herb for the Blood, Liver, and 2 more new herbs for whatever ailment you are combating. If you stick to the same herbs as you did in your first 30 days, your body will become immune and you won't have great benefits the 2nd month.

ADDITIONAL INFO:

#1: Be sure all windows are open (crack hairline breadth in winter time)

“Sleeping apartments...to have a circulation of air through them day and night.” (HL 142.1}

“The idea that night air is unhealthful and must be excluded from our sleeping apartments is a mistake. In the night god designed that we should breathe night air, for we have no other. Our creator would not make night air dangerous to health and yet compel us to breathe it. Night air is healthy for us to breathe in the night as day air is in the day.” {HR, February 1, 1874 par. 10}

#2: GET VITAMIN D LEVELS CHECKED. 25 Hydroxy is the correct test. Be sure levels are at least 80-100.

#3: DO NOT EAT COARSE VEGETABLES

Like Cabbage, Broccoli, Brussel Sprouts, Carrots, Collard Greens, etc. Steam or cook until they are tender to release the enzyme to help with proper digestion and to get proper nutrients.

“Tea and coffee, fine-flour bread, pickles, COARSE VEGETABLES, candies, condiments, and pastries fail of supplying proper nutriment.” (Ed 204.3)

#4: FAST AT LEAST 1-2 DAYS EACH WEEK (For skinny persons, only 1 day is necessary if done at all)

“There are some who would be benefited more by abstinence from food for a day or two every week than by any amount of treatment or medical advice. To fast one day a week would be of incalculable benefit to them.” {CD 189.4}

#5: SQUASH, CUCUMBERS, BELL PEPPERS, TOMATOES, PUMPKIN, AND EGG PLANT, ARE ALL FRUIT:

Please do not eat with any vegetables. Anything that grows on a vine, a bush, or a tree, is a fruit.

“It is not well to eat fruit and vegetables at the same meal...It is better to have the fruit at one meal, and the vegetables at another.” {CD 112.3}

“I have vermicelli-tomato soup one meal and greens the next...” {CD 324.1}

#6: THE JUICE OF LEMONS MAY BE USED ON GREENS:

“My thistle greens, nicely cooked, and seasoned with sterilized cream and lemon juice, are very appetizing.”(CD 324.1)

#7. OLIVES, ALTHOUGH A FRUIT, MAY BE EATEN AT EVERY MEAL (WITH PERMISSION FROM THE SOP):

This is an exception to the rule.

“Olives may be so prepared as to be eaten with good results at every meal...”
{CD 349.4}

#8: BREAD IS TO BE AT LEAST 2-3 DAYS OLD BEFORE HEALTHFUL TO EAT:

“...thoroughly cooked bread two or three days old will be more healthful than fresh bread.” {CD 108.2}

#9: NO MORE THAN 3-4 DISHES PER MEAL:

“Do not have too great a variety at a meal; three or four dishes are a plenty. At the next meal you can have a change.”(CD 109.5)

#10: NO MORE THAN 2-3 KINDS OF FOOD:

You have grains, fruits, nuts, vegetables, seeds, etc. Only 2-3 kinds at one meal.

Example: You can only have 3 kinds of food maximum, but you may have 4 dishes.

Now how can this be you may ask?

Simple: 2 cooked green vegetables are 1 kind of food, but 2 separate dishes

Then you have 1 grain, and 1 legume. That’s 4 dishes, but only 3 kinds of food.

Or you could do 2 grain, 1 cooked vegetable and 1 legume

“It would be much better to eat only two or three different kinds of food at a meal than to load the stomach with many varieties.” {CD 110.2}

#11: NO COMPLICATED MIXTURES:

“All mixed and complicated foods are injurious to the health of human beings. Dumb animals would never eat such a mixture as is often placed in the human stomach...” {CD 113.3}

“...complicated mixtures of food are health destroying.” (CD 113.4)

#12: NO CONDIMENTS:

“If any have a perverted taste that craves tea, coffee, condiments, and unhealthful dishes, enlighten them...”(CTBH 117.3)

“The less that condiments and desserts are placed upon our tables, the better it will be for all who partake of the food.” {CD 113.3}

#13: NO RICH FOOD:

“The richness of food...are health destroying.” (CD 113.4)

#14: Do not eat Veggie Meats bought in a store.

They are full of harmful ingredients.

“...guard the door of your stomach, allowing nothing to pass your lips that will be an enemy to your health and life.” (CD 102.1)

#15: NO MSG, ASPARTAME, SOY SAUCE, VINEGAR, PRESERVATIVES, ADDITIVES, FOOD COLORING, ETC.

This means no candies, gum, or breath mints...Read All Labels....See CD 485.1-.2; & 2MR 143.3

“I advise you to make your diet abstemious. Be sure that as a rational Christian sentinel you guard the door of your stomach, allowing nothing to pass your lips that will be an enemy to your health and life.

God holds you responsible to obey the light He has given you on health reform...” (CD 102.1)

“...vinegar...These things are injurious and deleterious to the human system...” {20MR 2.4}

#16: DO NOT EAT ANY FRIED OR GREASY FOOD:

“Fruits, grains, and vegetables, prepared in a simple way, FREE FROM...GREASE OF ALL KINDS...” (CTBH 47.1)

“The grease cooked in the food renders it difficult of digestion...” (CTBH 46.3)

#17: DO NOT TAKE YOUR FOOD IN LIQUID FORM:

“TAKEN IN A LIQUID STATE, YOUR FOOD WOULD NOT GIVE VIGOR OR TONE TO THE SYSTEM...” {CD 105.1}

#18: IF YOU EAT A 3RD MEAL, MAKE SURE IT IS ONLY FRUIT & TOAST OR SOME OTHER GRAIN LIKE GRANOLA

Be sure it is eaten at least 3 hours before bedtime, going to bed no later than 9:00 pm:

“...HAVE THE THIRD MEAL, PREPARED WITHOUT VEGETABLES, BUT WITH SIMPLE, WHOLESOME FOOD, SUCH AS FRUIT AND BREAD...” {8MR 372.2}

“If a third meal be eaten at all, it should be light, and several hours before going to bed.” {CD 158.1}

“Supper...When taken later, it is not itself digested before bedtime. Thus the stomach fails of securing proper rest. The sleep is disturbed, the brain and nerves are wearied, the appetite for breakfast is impaired, the whole system is unrefreshed, and is unready for the day's duties.” (CD 176.1)

#19: DRINK ½ YOUR WEIGHT IN OUNCES OF WATER EACH DAY ON TOP OF THE 16 OZ (two glasses) TO DRINK UPON RISING IN THE MORNING:

WATER CALCULATION FORMULA

Most people believe they drink enough water. Unfortunately they don't.

And as a result, approximately 85-90% of people are dehydrated. They either do not drink enough water or they are not drinking it properly. That's right!!! There's a Right way and a Wrong way of drinking water. Therefore, to ensure that people are not only getting enough water, but that they are drinking it the right way, the following WATER CALCULATION FORMULA has been provided.

#1: Upon arising, adults should drink 16 oz. (2 glasses) of water. This is to replace the fluid that everyone loses in the morning. To make your morning water even better, try adding the juice of 1-2 lemons.

#2: After-ward, take your weight and divide that by 2. Now take your answer and convert it to ounces. This is the total number of ounces you will be drinking for the entire day on top of the 16 oz. of water you are to drink first thing in the morning.

#3: The next thing you want to do is calculate the number of hours you are awake each day. What time do you get up on average and what time do you go to sleep? Now if you are awake for 16 hours, you would subtract 1 hour before bedtime, giving you a total of 15 hours for the day.

#4: Then, take the # of ounces you are to drink each day (not including your 16 oz. for the morning) and divide that by the # of hours you are awake after having subtracted the one hour before bedtime. Your answer will be the total # of ounces you are to drink each hour of the day, stopping 1 hour before you go to bed.

By drinking water this way, you are not only getting enough of it, you are also drinking it properly. Most people

wait a couple of hours before they even take their first drink of water for the day. This causes dehydration.

Therefore, when they drink, they gulp their water instead of sipping it, which in turn causes the water to run right through them, still leaving them dehydrated. By drinking the water every hour, you are helping your body to absorb and store the water instead of helping it to be flushed out.

#20: NO DRUGS IF SIMPLE REMEDIES DON'T WORK

“Not a poisonous drug should be used. When you have a case that does not respond to the use of simple remedies, take it to the lord in prayer. Talk to Him as the only one who can help. Quote simple scripture with tenderness and faith...” {PC 43.1}

WHY NOT DRUGS?

“When drugs are introduced into the system, for a time they may seem to have a beneficial effect.

A change may take place, but the disease is not cured. It will manifest itself in some other form. In nature's efforts to expel the drug from the system, intense suffering is sometimes caused the patient. And the disease, which the drug was given to cure, may disappear, but only to re-appear in a new form, such as skin

diseases, ulcers, painful diseased joints, and sometimes in a more dangerous and deadly form. The liver, heart and brain are frequently affected by drugs, and often all these organs are burdened with disease..." (4aSG 135.1)

"A physician...prescribes some drug...which does not cure the disease...the real evil is increased ten-fold." (4aSG 133.2)

"MORE DEATHS HAVE BEEN CAUSED BY DRUG-TAKING THAN FROM ALL OTHER CAUSES COMBINED..." {2SM 450.2}

THE ANSWER TO HEALING:

"Nature will want some assistance to bring things to their proper condition, which may be found in the simplest remedies, especially in the use of nature's own furnished remedies--pure air, and with a precious knowledge of how to breathe; pure water, with a knowledge how to apply it; plenty of sunlight in every room in the house if possible, and with an intelligent knowledge of what advantages are to be gained by its use. All these are powerful in their efficiency, and the patient who has obtained a knowledge of how to eat and dress healthfully may live for comfort, for peace, for health, and will not be prevailed upon to put to his lips drugs, which, in the place of helping nature, paralyzes her powers. If the sick and suffering will do only as well as they know in regard to living out the principles of health reform perseveringly, then they will in nine cases out of ten recover from their ailments."

MOST CASES DON'T WORK DUE TO NOT FOLLOWING LAWS OF HEALTH STRICTLY:

"...They do not live it out, and have never followed it strictly, therefore they cannot be benefited by it..." (CD 399.1)

THINGS TO KEEP IN MIND WHEN WORKING WITH OTHERS:

- ✚ WE MAY HAVE TO WORK WITH THESE PATIENTS FOR WEEKS... {GH, October 1, 1899 par. 9}
- ✚ WE SHOULD GO TO THEIR HOMES TO GIVE TREATMENT... (WM 334.3)
- ✚ ACCEPT NOTHING FOR OUR LABOR WHEN WE GO TO THEM... {GH, October 1, 1899 par. 9}