

## HERBAL FORMULAS FOR CLINIC AND HOME

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MATERIA MEDICA

INTRO: These are a variety of formulas I have used in my business and practice over the years. Some are elegant, some are silly and trivial, some are very useful therapeutic formulas. I have mixed them all together with little by way of editorializing. Some of the herbs are readily available in commerce, some are obscure, since I have been gathering, selling, using, teaching and writing about herbs in the Western United States for 25 years and have come to know a lot of useful plants not often encountered in commerce. Many former students market them commercially, but since I try to teach bioregional herbalism, they TOO are mostly in business in the west. Herbs Etcetera of Santa Fe, Dragon River Herbals, Wyoming Wild crafters, Bisbee Botanicals, The Herbalist (Seattle) and The Herb Store are some of the more visibly marketed of these lines (there are many more with a more local focus) and some of these obscure herbs are now to be found in the catalogues of Eclectic Institute, The Herb Pharm, Herbalist and Alchemist and Blessed Herbs. Anyway, scrambling around to try and locate some weird exotic 'cause Moore says so isn't the point. I have offered some substitutes, if you know YOUR herbs

real well make your own substitutes and otherwise just try the stuff that you can get the herbs for. I have always maintained that formulas are the LEAST important part of herbalism anyway.

You can get the same effects from 100 different variations of various herbs. You need to know the craft well in order to get the same end result using other paths, but the actual formula isn't all that important...knowing the palette. Anytime I see references to some "secret formula" I walk away. The VAST majority of physiologic reactions produced by herbs are repeated OVER and OVER endlessly in different plants; the physiologic effects that are beneficial plants that are ingested are really only a few. Although a specific herb may offer a subtle range of physiologic colors that warrant a homeopathic profiler a classic Eclectic Specific Indication separating its energy completely from other herbs, mixing stuff together reduces the subtleties to a gentle grey noise and you are left with the predominate effects. The Eclectics often raged against polypharmacy for the simple reason that botanical subtleties are lost. At the very same time most of them grimaced and ended up using formulas most of the time. They are simpler, effective, and, since most disease is self-limiting and not always so subtle, often all that's needed. Besides, having a bunch of useful formulas around the house (or, if you are a practitioner or physician, around the clinic) covers most bases and allows YOU to control the resources. You don't need to go trundling about seeing an Eclectic M.D. (100 years ago) or trying to figure out where to find a professional herbalist in the yellow pages (there aren't many of us).

Most formulas I use these days are made for a specific person, and are the end product of constitutional evaluations and counseling. For the 20 years I SOLD herbs, I put together a number of these formulas to wholesale, knowing that, without a Professional Herbalist (giggle) around, the formulas needed to be shotguns, covering the common problems that herbs are most appropriate for, and where subtleties are unnecessary (or could not be defined legally on the label and therefore could not be communicated to the innocent user). Besides, if you can't make it simple, you don't know what you're doing. When we pack for our endless numbers of field trips we pile boxes with enough tinctures, salves,

Fluidextracts, patches and herbal junk to outfit a dispensatory for a practicing Physiomedicalist in 1885 (another one of those schools of Medical Practice long extinct, may Flexner be cursed!). What we ACTUALLY end up using, however, if we get sick, are those same old formulas I used to wholesale. We always run out of Neutralizing Cordial, Hayden's Viburnum Compound, the latest version of some analgesic balm I put together in pharmacy lab and Mouth Tincture. We dutifully drag back all the subtle stuff until the next field trip. I figure it's our version of the gallon jars of organic soybeans and mung beans (for sprouting) that were bought in the holy flush of some dietary asceticism in 1987 and, in over 470,000 households across this land, get dragged sheepishly from house to house with NOBODY willing to either use them or risk Bad Karma Points by tossing them...an alternative lifestyle equivalent of the Christmas Fruitcake from Hell, and related to the Ma Rollers, Pyramid Hats, New Zealand Green Lipped Mussel Extract bottles, Willard Water and the half-finished Orgon Box that clutter the symbolic attics of those of us that have resided in North American Alternative Village.

## 1. MOUTH/NOSE/EYES/EARS

### 1.1 LIP and SKIN BUTTER

20 ounces Almond Oil

1/2 pound Anhydrous Lanolin

8 ounces Glycerin

3 3/4 ounces Beeswax

5-10 drops of Essential Oil

Over low heat, dissolve the lanolin in the almond oil, add the glycerin and stir until all three are dispersed. Add the finely-chopped beeswax, stirring until just melted, add the essential oil, and pour the salve into containers. Stir the pot frequently and pour as quickly as reasonable. If you take too long the lanolin and glycerin may begin to separate.

### 1.2 TOOTH POWDER (Michael's)

Arrowroot Powder 12 ounces.

Orris Root Powder 4 ounces

Baking Powder 1 ounce

Licorice Root Powder 1 ounce

Myrrh Gum Powder 1 ounce

Cloves, fresh pwd. 1 ounce

Cinnamon, fresh pwd. 1 ounce

Yerba Mansa Powder 1 ounce

Peppermint Oil 20 drops

Wintergreen Oil 10 drops.

Thoroughly mix all constituents, blend briefly in 1/2 cup batches and remix.

### 1.3 TOOTH POWDER (Jared's)

Orris Root Powder	4 ounces
Arrowroot	4 ounces
Myrrh Gum	2 ounces
Licorice Root	1.5 ounces
White Oak Bark	1.5 ounces
Golden Seal Root	1 ounce
Bistort Root	1 ounce
Peppermint Oil	1/2 teaspoon

Mix powdered herbs thoroughly with the Peppermint Oil.

## 2.GASTRO-INTESTINAL

### 2.1 STOMACH TEA

Star Anise	3 parts
Ginger Root	2 parts
Papaya Leaf	2 parts
Fennel Seed	2 parts
Camomile	2 parts
Comfrey Leaf	2 parts
Peppermint (or Poleo)	2 parts

Angelica or Calamus 1 part

Drink as a simple infusion as needed for dyspepsia or mild gastritis.

## 2.2 LAXATIVE TEA

Psyllium Seed 3 parts

Licorice Root 3 parts

Rhubarb Root 2 parts

Senna Pods (crushed) 2 parts

Angelica Root 2 parts

Drink as a simple infusion in evening.

## 2.3 COMFREY-MINT-LEMON TEA

Comfrey Leaf 3 parts

Peppermint 2 parts

Lemon Balm 1 part

Drink as a simple infusion for gastritis and pre-ulcer pain

## 2.4 PAPAYA-MINT-LEMON TEA

Papaya Leaf 3 parts

Spearmint 2 parts

Lemon Grass 1 part



Drink as a simple infusion for indigestion and disempacho

#### 2.4 COLON TONIC (Modified Thomsonian)

Cascara Sagrada 2 parts

Oregon Grape 2 parts

Cayenne 1 part

Ginger Root 1 part

Lobelia 1 part

Rhubarb Root 1 pt.

Stimulates peristalsis for chronic constipation of long duration. 2 "00" caps with water, morning and evening. When feces soften up go to 1 capsule twice a

day

#### 2.5 BITTER TONIC

Gentian Root 2 parts

Quassia Wood 2 parts

(or Castela) (2 parts)

Angelica Root/Seed 2 parts

Cardamon Seed .5 part

Bayberry Bark .5 part

Tincture 1:4, 50% alcohol.

Best for chronic conditions, such as recovering anorectics, achlorhydria, chemotherapy queasiness. Take 10-15 minutes before meal..5-15 drops.

## 2.6 ILEO-CECAL TONIC

Chaparro Amargosa or Quassia 4 parts

Bistort Root

(or Geranium or Heuchera) 4 parts

Bayberry Bark 2 parts

Yerba Mansa Root 2 parts

Ginger Root 2 parts

Tincture 1:4, 50% alcohol.

Use for giardiasis, amebiasis, especially with ileo-cecal irritability. With active diarrhea, take 1/2 teaspoon every 2 hours, alternating with 4 oz. skim milk. With poor milk tolerance, use blackberry or pomegranate juice concentrate

...1-2 tablespoons, straight up.

## 2.7 CATNIP-FENNEL TINCTURE

Fresh Catnip Tincture 3 parts

(1:2, 95% alcohol)

Fennel Seed Tincture 3 parts

(1:5, 60% alcohol)

Licorice Root Tincture 1 part

(1:5, 50% alcohol)

15-30 drops as needed for acute gastritis or simple dyspepsia.

## 2.8 NEUTRALIZING CORDIAL (Modified)

Rhubarb Tincture 80 ml

Cinnamon Tincture	64 ml
Hydrastis Tincture	40 ml
Spirit of Peppermint	8 ml
Potassium carbonate	16 grams
Simple Syrup	250 ml
Diluted alcohol (50%)	550 ml

Step 1. Dissolve 16 grams of potassium carbonate in 250 ml Simple Syrup

Step 2. Mix the tinctures, spirit and diluted alcohol.

Step 3. Mix both liquids, stirring or blending until  $KCO_3$  is dissolved.

Step 4. Add additional diluted alcohol to the total (if necessary) to bring the total volume to 1000 ml.

Use a teaspoon or two for nausea, gas pains, dyspepsia, tenesmus, diarrhea AND constipation. An elegant pharmaceutical that may be the single closest thing to a universal GI tonic. Unfortunately it is no longer made by any American

manufacturer.

### 3.LIVER/BILIARY

#### 3.1 LIVER TONIC

Barberry or Oregon Grape	2 parts
Milk Thistle Seed	2 parts
Chaparral (Larrea)	1 part
Toadflax (Linaria)	1 part
Echinacea	1 part
Burdock Rt or Seed	1 part

Yellow Dock                    1 part

Leptandra or Blue Flag Rt    1 part

An old-fashioned "shotgun" formula. Grind well and encapsulate. Echinacea is the only one of these herb that deteriorates in a powdered form, so the best compromise would be to keep it as a rather coarse grind, the rest as fine a powder as desired.

Useful for passive liver "heaviness", with periodic light stools and/or frontal headaches brought on by overeating or eating rich foods when tired. Look for greasy hair, acne on the cheeks (both kinds of cheeks) and acne around the mouth. It should be tried for those that regularly work with solvents or that drink regularly, whether in moderation or excess. In general, for those that regularly eat before going to bed and are slow in waking, grouchy and sluggish in the morning...they also have to cut back on the snacks.

DOSE:

Pronounced liver dysfunction, but w/out pathology: 2 caps, 3X a day. No overt symptoms, but having many of the risks mentioned: 1 cap, 3X a day.

### 3.2 ROBERT'S BILIARY FORMULA

Chionanthus (Fringetree) 1 part

Euonymus (Wahoo)        1 part

Piper methysticum (Kava) 1 part

Leptandra (Culver's Root) 1 part

Marshmallow Root        1 part

Powder the herbs and encapsulate. 1 capsule after each meal and one just before sleeping. A biliary laxative and gallstone preventative, it is also useful for cholecystalgia or biliary colic. Larger doses can be irritating; it is better to use the smaller dosages recommended, allowing a day or two to see if they help.

### 3.3 ALTERATIVE TEA

Sassafras Bark	2 parts
Sarsaparilla Root	2 parts
Burdock Root	1 part
Echinacea Root	1 part

A simple drinkable tea for low-level chronic liver, metabolic and immuno- depressed states...a couple of cups a day, made from a rounded teaspoon in 8 oz. water, brought to a boil and removed from the heat and allowed to cool.

### 3.4 LIVER DEFICIENCY TINCTURE

Mahonia (Oregon Grape)	2 parts
Yellow Dock Root	2 parts
Buckbean	2 parts
Pleurisy Root	2 parts
Blue Flag Root	1 part
Ocotillo Bark	1 part

Mix from tinctures, with Mahonia, Yellow Dock, Pleurisy Root and Blue Flag made from dry herb, and Buckbean (if possible) and Ocotillo (mandatory) made as fresh tinctures. Take 30 drops, morning, afternoon and before retiring. A constitutional tonic for those with catabolic or adrenergic excess.

### 3.5 LIVER EXCESS TINCTURE

Burdock Root FE	2 parts
Dandelion Root FE	2 parts
Milk Thistle Seeds	2 parts
Larrea	1 part

Tribulus (Puncture Vine) 1 part

Mix from Burdock and Dandelion Fluidextracts (1:1 strength) strong Milk Thistle

Seed Tincture (1:2, 75% alcohol), dry Larrea and Tribulus tinctures (1:5) Use

30-60 drops to 3X a day, and decrease protein and fat consumption by at least one third. A constitutional tonic for those with anabolic excess.

#### 4. RESPIRATORY

##### 4.1 DECONGESTANT TEA

Ma Huang 3 parts

Mormon Tea 3 parts

Yerba Santa 3 parts

Coltsfoot Leaves 3 parts

Cubeb Berries 2 parts

Drink frequently as an infusion. If you find it interferes with sleep or makes you jittery, lessen or delete the Ma Huang.

##### 4.2 WHITE PINE COMPOUND COUGH SYRUP

White Pine Bark

(or Balsam Root) 3 oz.

Wild Cherry Bark 3 oz.

Spikenard Root 1/2 ounce

Poplar Buds 1/2 ounce

Blood Root 1/4 ounce

Percolate with 50% alcohol until you have reached 16 ounces.

Add 12 ounces of simple syrup

OR

add 8 ounces of honey and 4 ounces of glycerin

#### 4.3 OSHA COUGH SYRUP

Osha Tincture      1 part

White Pine Compound    4 parts

Mix well and PARTY UP!

#### 4.4 COMPOUND SYRUP OF RED ROOT

Red Root Tops      4 ounces

Red Root Rootbark    4 ounces

Wild Lettuce      4 ounces

Black Cohosh      1 ounce

Pleurisy Root      1 ounce

Wild Ginger Root    1/2 ounce

Lobelia inflata    1/4 ounce

Bloodroot      1/4 ounce

Tincture 1:2 with 65% alcohol, (30 ounces) put it aside, add water to the percolation and drip another part (15 ounces), then add 1 part Simple Syrup (15 ounces) "Coughs, pulmonary and hepatic affections" (Kings)

#### 4.5 WINTER SOLSTICE COUGH/COLD SYRUP

Wild Cherry Bark 4 ounces

White Pine Bark 3 ounces

Osha Root 3 ounces

Elecampane Root 3 ounces

Balsam Root 2 ounces

Sweet Root 2 ounces

Licorice Root 2 ounces

Percolation I: 50% alcohol, 30 oz.

Percolation II: 25% alcohol, open ended.

Evaporate Perc II down to 10 ounces, add to Perc I to make 40 ounces total.

Add 20 ounces of Monarda Honey, and 10 ounces glycerin.

#### 4.6 MONARDA HONEY

Fresh Monarda Flowers stuffed tightly into a mason jar, Honey added, and topped off several times (until bubbles work completely out and flowers are saturated and covered), kept around for a month or two, pressed out.

#### 4.7 TONSILITIS FORMULA

Red Root 4 parts

Myrrh 2 parts

Bayberry 2 parts

Make from the individual tinctures, add 5% glycerin.

Take 1/2 teaspoon in 2 tablespoons of hot water, gargle well and swallow every 2



hours.

#### 4.8 ALLERGY FORMULA

Yerba Mansa      4 parts

Yerba Santa      4 parts

Bayberry        3 parts

Ambrosia        2 parts

Horehound      2 parts

Oregon Grape    1 parts

Mix herbs as tinctures, or tincture 1:5, 60% alcohol

Use 30-60 drops (1 or 2 squirts) 2 or 3 times a day

This is for the relief of seasonal allergies and resultant secondary hyper-sensitivities.

#### 5.REPRODUCTIVE

##### 5.1 CANDIDA FORMULA

Dandelion FE      2 parts

Pau D'Arco FE    2 parts

Castela or Quassia Tinct 2 parts

Larrea Tinct      1 part

Sweet Root Tinct    1 part

Mix formula with fluidextracts and tinctures

Use 30-60 drops (1 or 2 squirts) 2 or 3 times a day

A gradual, no die-off approach to alleviating symptoms of systemic candidiasis.

## 5.2 FEMALE BALANCER

Vitex agnus-castus Tinct 3 parts

Black Cohosh Tinct 2 parts

Dandelion FE 2 parts

Motherwort Tinct 2 parts

Oregon Grape Root Tinct 1 part

Mix with fluidextract and tinctures.

Use 30-60 drops (1 or 2 squirts) 2 or 3 times a day

This helps to regulate chronically short estrus cycles, with aggravated anabolic metabolism.

## 5.3 MENOPAUSE: EARLY FORMULA

Vitex agnus-castus Tinct 3 parts

Yellow Dock Tinct 2 parts

Sarsaparilla Tinct 2 parts

Peony Tinct 2 parts

Nuphar Tinct 1 part

American Ginseng Tinct 1 part

Mix using tinctures, since some are best fresh, some best dry

Use 30-60 drops (1 or 2 squirts) 2 or 3 times a day

For women in earlier stages of menopause when erratic cycles and flooding result from increasingly disorganized corpus luteal progesterone production.

#### 5.4 MENOPAUSE: LATER FORMULA

Motherwort	3 parts
Devil's Club	3 parts
Black Cohosh	2 parts
Licorice	2 parts
Bugleweed	2 parts
Dong Quai	1 part
Blue Cohosh	1 part

Mix from tinctures or make 1:5, 60% alcohol.

Use 30-60 drops (1 or 2 squirts) 2 or 3 times a day

For women in the later stages of menopause when ovulation has nearly ceased and the main symptoms arise not from erratic progesterone levels, but from the hypothalamus and pituitary attempts to increase diminished estrogen levels.

#### 5.5 PMS FORMULA, LONG CYCLE

Vitex	3 parts
Devil's Club	2 parts
Black Cohosh	2 parts
Oregon Grape Root	2 parts
Peony	2 parts
Inmortal	2 parts
Anemone (Pulsatilla)	1 part

Mix as tinctures, since the Anemone MUST be made fresh, the Peony is BETTER fresh, the rest can or should be made dry.

Use 30-60 drops (1 or 2 squirts) 2 or 3 times a day

For symptoms that start just before menses, deriving from weak progesterone levels with a premature rise in estrogen before menstruation; the cycle is generally longer than 28 days. Problems include rapid-onset water-retention, headaches, joint pain, and labile emotions.

#### 5.6 PMS FORMULA, SHORT CYCLE

Dandelion FE        3 parts

Red Root tincture    3 parts

Yellow Dock tincture  2 parts

Yerba Mansa tincture  2 parts

Bugleweed tincture    2 parts

Ocotillo tincture     2 parts

Celery Seed tincture   1 part

Make from the fluidextract and tinctures

Use 30-60 drops (1 or 2 squirts) 2 or 3 times a day

For symptoms that may start a week before menses, with the estrogen phase short, the progesterone phase strong, and the anabolic dominance showing as late-night energy, sweating, irritability, craving for proteins and fats (but with poor digestion), pelvic congestion (aggravated by fatty foods), and premenstrual acne.

#### 5.7 CERVICAL DYSPLASIA SUPPOSITORIES

\*Echinacea Fluidextract    30 ml.

Calendula Tincture        10 ml.

Glycerin                    175 ml.

Gelatin (Pharmaceutical Grade) 25 grams

(\* you can obtain the same results by slowly evaporating 5 ounces of Echinacea Tincture down to 1 ounce of milky-grey liquid and use that in place of the hard-to-come-by-unless-you-make-it-yourself Fluidextract)

Heat the glycerin on a double boiler, add the Echinacea and Calendula, and maintain at a low temperature for at least 30 minutes to evaporate off some of the alcohol. Add the gelatin (preferably finely powdered) and whisk (or egg- beat) until the gelatin is THOROUGHLY dissolved in the liquids. Don't leave any little gelatinous solids...continue stirring until the liquid is a clear grey-brown syrup.

Fill a plastic roll of disposable 3 or 5 ml suppository molds up to the top of the form line. A small turkey baster (no jokes O.K.?) is the easiest tool for this. The mixture should make 80-100 suppositories. The usual two-piece hard plastic or metal suppository molds, although reusable, work TERRIBLY for gelatin-based suppositories, fine for glycerin or cocoa butter types.

USE: A suppository should be inserted at night into the vagina and as close to the cervix as practical. Gelatin-based suppositories do not melt like those made with cocoa butter or gelatin...instead they dissolve slowly over 8-12 hours, maintaining the herb presence for long enough to facilitate resolution and stimulate regeneration of the tissues. This can be continued for many days if necessary.

CLAUSE: If it causes inflammation, stop. I know of no instance where the constituents have caused this reaction, but anything is possible. It is better to deal with such a condition, particularly if a class 2 or class 3 smear is involved, when you can monitor the cervix yourself with a speculum or can have it done for you regularly by a nurse-practitioner or midwife..Cervical erosion, of course, is CAUSED by something and stimulating membrane healing is not likely to help much in the long run unless you deal at least to some degree with underlying causes.

VEGETARIAN NOTE: Yes, gelatin comes from animals. No, Agar Agar and the like are NOT reasonable substitutes. Use gelatin or don't; it's up to you, since I know of no appropriate vegetable substitute. There ARE refined pharmaceutical colloids that are substituted for gelatin, but they are the refined by-products of it anyway, far more expensive, harder to get...and MUCH further from the source.

CAUSES: One common cause is diminished estrogen availability to the cervical membranes: if cycles are consistently longer than 29 or 30 days, you might consider one of the reproductive tonics or simply Don Quai; if you have extended bouts of pelvic congestion, with hemorrhoid and/or varicose vein flare-ups, you might try a liver tonic, ileo-cecal tonic or colon tonic.

Another common cause is a chronically imbalanced vaginal flora...sometimes from a Candida infection, sometimes from a subtler bacterial vaginosis condition. Both are helped by lactobacillus presence, both through diet and/or douche; candidiasis is highly reactive to sugars (both good and bad), fermented foods and booze...and is usually worse AFTER menses; bacterial vaginosis is not blood-sugar reactive, and is often worse between ovulation and menses.

These are thumb-nail pictures and the conditions are highly variable, and not all are treatable through personal measures. Besides, this does NOT involve the thumbnail.

SOURCES: The roles of perforated molds can be obtained from a number of pharmaceutical supply houses. Every pharmacy has these catalogues, and any reasonable pharmacist should be willing to locate a source, tack on a moral profit, and order them for you. Although unusual, your order is perfectly legal and you have an obvious right to request and obtain the product. The pharmacist is either A) lazy, B) so shell-shocked by the times that he/she figures it must\ have something to do with drug abuse and refuses on general principle or C) the pharmacist doesn't approve (also on general principle) with folks making their own medicine and D) they used to have their own drug store, got driven out of business by the chains, are now working FOR the chains and understandably hate the world.

Simply explain that you will take your business elsewhere. Then, TAKE your business elsewhere, preferably to a smaller, personally owned drug store. Look for a drugstore named after somebody...like Jack's or Garcia's, or named after a brand of toilet tissue...like Regent's or Deluxe or Standard, or after a neighborhood, like Midtown, Uptown or Lakeside. Establishing a rapport with an adventurous and inquisitive pharmacist is VERY important if you wish to make anything more than teas and tinctures. After all, most herb formulating derives directly from the pharmacy of 50 or 100 years ago. They can order glycerin, anhydrous lanolin, potassium carbonate, even beeswax and colophony or rosin. It's in their catalogues...as is simple syrup, coca-cola syrup, even White Pine Compound.

#### 5.8 HPV (Venereal Wart) SUPPOSITORIES

Echinacea Fluidextract 30 ml

Glycerin 175 ml

Gelatin (N.F.) 25 grams

Thuja Oil                    5 ml

Make the same way as the previous, but add the highly evaporative Thuja Oil to the dissolved syrup JUST before you begin to pour into the molds. Each suppository ends up containing about a drop of Thuja Oil...very easily tolerated.

USE: The same as the previous, although it may need to be continued for month or more, and some herbs should be taken internally as well, such as Caulophyllum\ (Blue Cohosh), Echinacea, Trillium (fresh plant tincture only), Nuphar, Lomatium (it seems to help for some reason) and Thuja tincture (for its moderate anti-viral effects against papillomavirus).

CAUSE: Sexual transmission...long ago or recently.

CLAUSE: This condition presents a big potential risk for women...long term. The number of sexual partners one has (any gender), the greater the likelihood of picking it up. It also doesn't go away, just go dormant, like herpes or plantar warts (a related virus). You're in a monogamous relationship for ten years, your partner has a parent die and you've both just moved: if they break out in venereal warts it MIGHT only be the stress...and a flare up of something they had 15 years ago. It also might be the stress COMBINED with some R&R with a new friend.

## 5.9 CANDIDA DOUCHE

MIX IN A BLENDER JUST BEFORE USING:

Witch Hazel Extract (commercial) 3 tablespoons

Golden Seal Tincture            1 teaspoon

(or Oregon Grape Root        (1/2 teaspoon)

WITH Anemopsis                (1 teaspoon)

Warm Water                      1 pint

Table Salt                        1/2 teaspoon

Yogurt, live culture            3-4 tablespns

Douche once in the evening, either every second or third day. Eat, if possible, 6-8 ounces of live culture yogurt a day, and check urine pH in the morning with a teststrip...it should be under 7.0 and above 6.0, i.e. slightly acidic. If frequently alkaline (above 7.0), decrease carbohydrates (especially fruits and sweets and tubers) and increase proteins. If too acidic, modify in the other direction.

#### 5.10 HAYDEN'S VIBURNUM COMPOUND (Modified)

Black Haw (*Viburnum prunifolium*) 1.5 ounces

Cramp Bark (*V. opulus*) 1.0 ounce

Trillium (dried) 1.0 ounce

(OR Cotton Root Bark (1.0 ounce)

Dioscorea (Wild Yam) .5 ounce

Skullcap (recently dried) .25 ounce

Cloves 1.0 ounce

Cinnamon Bark .75 ounce

Orange Peel .5 ounce

Grind herbs together, moisten with a few tablespoons of alcohol, and let sit, covered, overnight.

Tincture with 50% alcohol menstruum to a 1:4 tincture (about 26 ounces). Add 6.5 ounces (by volume) of Simple Syrup to bring the final strength to 1:5. You MAY substitute equal parts of glycerin and honey for the syrup, but it tastes weird.

Take 1-3 teaspoons in HOT water for Killer Kramps, particularly if it is a problem that only happens every few months, or occurs only the first night of menstruation. Regular monthly dysmenorrhea from organic causes, rarely responds very well to H.V.C.

This is the Queen of Cramp Remedies

## 6.URINARY TRACT

### 6.1 URINARY TINCTURE (all purpose)



Buchu Leaves	3 parts
Juniper berries	2 parts
Yerba Mansa	2 parts
Pipsissewa	2 parts
Eryngium yuccaefolium	1 part

Mix as tinctures or make 1:5, with 65% alcohol.

Use 30-60 drops (1 or 2 squirts) in 8 ounces of water, 3 to 4 times a day

A general diuretic and antimicrobial for water retention and mild urinary tract infections.

## 6.2 ALKALIZING TEA

Nettle Leaf	1 part
Red Clover Tops	1 part
Alfalfa	1 part
Horsetail (optional)	(1 part)

Drink the hot or cold tea freely. If under metabolic stress you might even use the tea as your main liquid. Good for acid urine, uric acid kidney stones, post-op recovery, PMS acidity and as part of an osteoporosis regimen.

## 7.LYMPH/IMMUNE

### 7.1 LYMPH TONIC

Burdock Root	8 parts
Red Root	6 parts
Echinacea Root	6 parts

Ocotillo	4 parts
Stillingia Root	2 parts
Yerba Mansa Root	2 parts
Aristolochia serpentaria	1 part
Blue Flag	1 part
Pike Root	1 part.

Mix from the individual tinctures, and add 5% glycerin. A general tonic for moderate chronic immunosuppression, not for acute conditions.

60 drops 4X a day.

#### 7.2 IMMUNE STIMULANT #1

Echinacea Root	4 parts
Red Root	3 parts
Osha Root	2 parts
Myrrh Gum	2 parts
Ocotillo	2 parts
Stillingia	1 part
Aristolochia	1 part
Baptisia	1 part
Arnica	1 part
Capsicum	1 part

Mix from the separate tinctures. Use 30-60 drops in 2 to 4 ounces of hot water every 3 hours during acute infections in adrenal stress folks or those with a tendency to cold hands and feet and who seldom break a sweat when sick. Best taken in hot water. Bon a petit!

### 7.3 IMMUNE STIMULANT #2

Echinacea	4 parts
Red Root	2 parts
Osha	2 parts
Yerba Mansa	2 parts
Calendula	2 parts
Capsicum	1 part
Thuja plicata	1 part

Mix from the tinctures.

Use 30-60 drops (1 or 2 squirts) 2 to 4 times a day.

Used to stimulate resistance to short-term infections in the immune-competant who sweat easily, tend to a mesomorph somatotype, anabolic and "yangy".

### 7.4 LYMPH ANTI-EFFECT (for mumps, mono, etc.)

Ocotillo	3 parts
Echinacea	3 parts
Polymnia	2 parts
Red Root	2 parts
Poke Root	1 part
Arnica	1 part

Make from the individual tinctures, adding 5% glycerin. Take 30 drops with warm water every half hour until mild overload symptoms of sweating, salivation, irritability and semi-nausea, then back off to one dose 4-5 times a day. For active lymphatic infections in strong adults.

## 7.5 TONSILITIS FORMULA

Red Root      4 parts

Myrrh         2 parts

Bayberry      2 parts

Make from the individual tinctures, add 5% glycerin.

Take 1/2 teaspoon in 2 tablespoons of hot water, gargle well and swallow...every  
2 hours.

## 7.6 IMMUNE TONIC

Echinacea       5 parts

Stillingia        2 parts

Lomatium dissectum    2 parts

Baptisia         1 part

Myrrh            1 part

Aristolochia      1 part

Mix from the tinctures, or make 1:5, 65% alcohol.

Use 30 drops (1 squirt) 2 or 3 times a day For stimulating those with chronic immune suppression, associated with chronic depression, slow viruses, mycosis, and immune suppression from anti- inflammatories and chemotherapy

## 8.CARDIO-VASCULAR

### 8.1 GREASEBALL HYPERTENSION

Equisetum        4 parts

Dandelion Root 4 parts

Passion Flower 3 parts

Crataegus 2 parts

Prickly Ash 2 parts

Capsicum 1 part

Aristolochia serpentaria 1 part

Tincture 1:4 with 50% alcohol, after setting two days moistened. 1/2 teaspoon 2X a day, with a blood anti-viscosity agent, such as Red Root, Vit.E or an aspirin.

#### 8.2 HYPOTENSION FORMULA (Kidney deficient)

Kola Nuts 4 parts

Gotu Kola 3 parts

Licorice Root 2 parts

Korean red Ginseng 2 parts

Lily-of-the-Valley Root 1 part

Tincture 1:4, 50% alcohol

1/2 teaspoon AM and midday.

#### 8.3 TACHYCARDIA FORMULA

Lycopus 3 parts

Leonurus 3 parts

Passiflora 2 parts

Crataegus 2 parts

Tincture 50%, 1:4

30-60 drops, 4X a day

#### 8.4 CIRCULATORY STIMULANT

Prickly Ash Bark    3 parts

Ginger                2 parts

Immortal Root      2 parts

Osha Root            2 parts

Capsicum            1 part

Tincture 60%, 1:4 20-40 drops, 4X a day

30 drops before meals as a bitter tonic, 30 drops before retiring.

#### 8.5 ARTERIOSCLEROSIS FORMULA (health alright, memory bad)

Prickly Ash            6 parts

Bayberry              4 parts

Aristolochia spp      2 parts

Selenicereus or relative   1 part

Red Ginseng (low BP)    1 part

(White Ginseng (normal or high BP)

(1 part)

Make with finished tinctures, add 5% glycerin.

#### 9.TOPICAL

### 9.1 PODOPHYLLIN OINTMENT

8 ounces Podophyllum Root

5 ounces Myrrh Tincture

12 ounces Olive Oil

10 Rosin (Colophony)

Some Beeswax

Percolate the Podophyllum Root in 95% alcohol for a 1:2 strong tincture. Add the Myrrh Tincture, and evaporate both slowly over a low heat to 2 fluid of sickening goo. Add the olive oil and rosin, heat until all is dispersed, check for "set" on a metal surface, and add an ounce or two of beeswax if necessary. Pour into tins, and apply happily to your venereal warts or herpes sores.

### 9.2 CHAC SALVE (Calendula, Hypericum, Arnica, Cajeput)

2 ounces Calendula Flowers

2 ounces Arnica Herb

2 ounces ethanol

24 ounces Olive Oil

6 ounce Hypericum Oil

1/2 ounce Cajeput Oil

5 ounces Beeswax

Make a 1:6 steeped oil with the Calendula and Arnica (as usual), add the Hypericum Oil (made from the fresh flowers), heat slowly, dissolve the beeswax, add the Cajeput (actually Tea Tree Oil, but much cheaper by the older name), and pour into tins. Can also be called OSFA Salve (One Size Fits All) or Rescue Grease or Limbaugh Leech.

### 9.3 MUSCLE BALM

Poplar Bud Oil (steeped) 2 ounces  
Arnica Oil (steeped) 2 ounces  
Hypericum Oil (steeped) 2 ounces  
Oil of Wintergreen 30 drops  
Olive Oil 6 ounces

A Topically applied oil, used as an analgesic, counter-irritant, and anti-inflammatory: 30-60 drops rubbed into the area aids dispersal and resolution of exudates. It is too strong for a true massage oil.

#### 9.4 "TRAUMA TINCTURE"

Hypericum (fresh plant tincture) 3 parts  
Calendula (fresh flower tincture) 2 parts  
Arnica (fresh plant tincture) 1 part

Make by mixing tinctures, or if fortunate in timing, from the fresh plants, using the volumes of compressed herbs for the parts. Useful in acute conditions, such as sprains, contusions, hyperextensions and muscular-skeletal trauma. It should

be applied topically and taken internally, (10-20 drops) both modalities every two hours for three or four rounds. Taken internally it will also help for faintness and lightheadedness resulting from parasympathetic or vagus discharge caused by physical manipulation or trauma.

#### 9.5 ROTGUT LINIMENT

Tobacco (Bull Durham etc) 1 ounce  
Baneberry Root 1 ounce  
Datura Leaves (or Henbane) 1/2 ounce  
Cayenne Pepper 1/4 ounce  
(OR Ginger Root 1/2 ounce)



Rubbing Alcohol(70% isopropyl) 16 ounces.

Grind up the herbs together and soak them in the rubbing alcohol (shaking daily) for two weeks. Apply the squeezed-out liniment by hand or with a liniment-moistened cloth to sprains, bruises and hyperextensions. Wash your hands immediately AND, eventually, the parts the liniment is applied to. Avoid touching your eyes, mouth or naught bits until your hands are clean...for obvious (cayenne) reasons.

CLAUSE: Besides the previous, the smell is genially obnoxious and proletariat.

#### 9.6 ECHINACEA SALVE

Echinacea Purpurea Flowerheads 5 ounces

Alcohol 3 ounces

Olive Oil 35 ounces

Beeswax 7 ounces

Grind and sift the Echinacea Flowers (roots will not work). Mix the alcohol with the flowers in a stainless steel bowl with a lid, cover and let stand for at least 2-3 hours. Blend the moistened herb with the olive oil in a hearty blender (an Oster at high speed or a Vitamix at slow speed) until the sides of the container get warm. Filter through muslin, squeezing the marc as well as possible, and heat the oil slowly in the top of a double boiler. Chop and add the beeswax, continuing the low heat until the beeswax has melted. Pour into containers.

Use freely for hemorrhoids, blisters, cold sores, stings, vaginitis, anal fissures and any inflamed swellings

#### 9.7 GOLDEN SEAL SALVE

Golden Seal Herb (no root) 6 ounces

Alcohol 3 ounces

Ammonia Water (3-4% solution) 2 tablespoons

Olive Oil 35 ounces

Beeswax                    7 ounces

Grind the herb, moisten with the alcohol THEN the ammonia water, cover, and let stand for 2-3 hours. Proceed as with Echinacea Salve. The ammonia is necessary to stabilize the alkaloids in the Golden Seal. You can omit it if you wish, but the end result is somewhat inferior. The herb contains the same constituents as the root, although with a shorter shelf-life, and using the leaf spares this vanishing plant from further decimation through the digging of wild plants (STILL the primary source of roots on the market).

## 10. CENTRAL NERVOUS SYSTEM

### 10.1 RELAXING TEA

Camomile Flowers    3 parts

Catnip                3 parts

Passion Flower      3 parts

Spearmint            2 parts

Lemon Balm          2 parts

Hops                  2 parts

Viscum album        1 part

Drink the simple infusion as needed, particularly in the evenings. If you know you will have trouble sleeping, start drinking it BEFORE you can't sleep.

### 10.2 NERVE TONIC

Valerian              4 parts

Verbena              4 parts

Skullcap             4 parts

Passion Flower      4 parts  
European Mistletoe    2 parts  
Damiana              2 parts  
Siberian Ginseng      2 parts  
Cordyialis            1 part

3-6 "00" capsules as needed

Lower doses help anxieties, larger doses act as an overt sedative.

(Can be tinctured, 50% alcohol)

#### 10.3 SPEED DETOX FORMULA

Bee Pollen            6 parts  
Fu-tse (Cured Aconite) 4 parts  
Mahonia              3 parts

6-12 caps a day, use at least 250 mg. of tyrosine a day, and add the water-soluble vitamins such as B complex and C. Used to help someone get through the first week of amphetamine or cocaine withdrawal.

#### 10.4 V's NERVE TONIC

Passiflora FE        5 ounces  
Leonurus cardiaca    1 ounce  
Crataegus            1 ounce  
Verbena hastata      1 ounce  
Hypericum (fresh)    1 ounce  
Selenicereus (fresh) 1/2 ounce

Make from separate tinctures

Dose 60-90 drops as needed.

For physical agitation, nervousness, and stress palpitations

#### 10.5 B's ANTIDEPRESSANT

Hypericum (fresh) 6 parts

Aralia Berries (fresh) 5 parts

Licorice Root 4 parts

Oplopanax (fresh) 2 parts

Panax quinquefolium 1 part

Mix as tinctures.

Dose: 60-90 drops up to four times a day.

For morbid depression with congestion and dry mucosa

#### 10.6 K's SYRIAN RUE FORMULA (what an Ayurvedic Medicine friend uses)

Syrian Rue 58 parts

Avena fatua (fresh) 58 parts

Panax (uncured) 58 parts

Rauwolfia 58 parts

Lobelia (fresh) 8 parts

Mix as tinctures

1/2 to 1 teaspoon, 3X a day

Antidepressant for adrenergic individuals

NOTE: As an Ayurvedic therapist, my friend has access to Rauwolfia serpentina. As a once widely used crude drug (the source of reserpine), it is seldom to be found in herb commerce...and perhaps is illegal. I personally have seldom used the plant, have always considered it, like digitalis, a "True" crude drug best left to medicine. With a body of experiential use in Ayurvedic Medicine, wherein my friend has learned it, I would trust the use here. I have never inquired as to his rather peculiar scheme of proportions. I would have thought that the presence of what amounts to nearly a quarter of the tincture of Rauwolfia to be an excessive amount. In fact the formula is quite effective, and seems relatively safe.

Since I feel perfectly comfortable using toxic herbs that I know personally (I prefer the term "Low Dosage), including such shit as Aconite, Gelsemium and Veratrum, herbs that cause fellow herbalists who aren't familiar with their safe use to cringe and scurry, I guess my reluctant attitude regarding the herbal use of Rauwolfia is similarly the result of only knowing it "by rep" and not as a specific entity.

#### 10.7 COMPOUND TINCTURE OF CANNABIS (1910)

Lupulin (Hops resin) 3 parts

Valerian Root 3 parts

Cannabis "shake" 2 parts

Tincture 1:4 in 65% alcohol.

When finished, add enough fresh Pulsatilla Tincture to bring final strength to a 1:5 potency. As a narcotic-analgesic, especially for referred visceral pain.

Dose 15-45 drops as needed.

The Cannabis is, of course, completely illegal to possess in ANY form. With the increased use by authorities of the tactic of property confiscation, wherein THEY keep YOUR stuff even if you never get to court or are even charged with possession (and pigs will fly before they ever give it back to you, since local police get to keep most of the money they raise from auctioning it off), having this plant is considerably riskier at present. (Did I miss something when I learned about the Constitution in Civic's Class??)

Those of you having a relationship to Cannabis dating from the Old Days, with fond memories of youth, more hair, lower gravity and Tie-Dye teeshirts should especially bear this in mind. Those involved in the drug business, both those that deal and those that chase, are MUCH weirder. And what cost \$10 20 years ago now costs \$100-\$200 (and the lid is STILL short). Myself, I have this rather strange attitude towards Cannabis. It's just another goddam plant medicine, and I REFUSE to take it all that seriously.

#### 10.8 POST-TREATMENT RELAXER

Skullcap	3 parts
Betony	3 parts
Cimicifuga	2 parts
Hypericum	2 parts
Gelsemium	1 part

Mix from the tinctures

Use 30-60 drops (1 or 2 squirts) 2 or 3 times a day

To alleviate post-treatment myogenic and neurogenic discomfort from body work, and lessen the tendency of the body to immediately revert to patterning

#### 10.9 POST-TREATMENT STRENGTHENER

Nettles	3 parts
Echinacea	3 parts
Devil's Claw	2 parts
Licorice	2 parts
Larrea	2 parts

Make from the tinctures or tincture 1:4 with 55% alcohol.

Use 30-60 drops (1 or 2 squirts) 2 or 3 times a day To aid in and shorten the duration of connective tissue, fascia and muscle regeneration after injury, infection or surgery; to lessen free-radical damage to

collagen and elastin from inflammation that degrades into congestion. It also aids in recuperation and healing from chronic tendonitis.

## 11.ACUTE DISEASE

### 11.1 EGO CAPSULES

Echinacea Root 2 parts

Garlic 2 parts

Osha Root 2 parts

Cayenne 1 part

2-4 capsules as needed for colds, flu, various viral junk.

SEE ALSO:7.3 IMMUNE STIMULANT #2

## 12.CHRONIC/METABOLIC

### 12.1 ALTERATIVE SYRUP

Aralia Root 3 ounces

Oplopanax 2 ounces

Xanthoxylum Bark 2 ounces

Smilax (Sarsaparilla) 2 ounces

Burdock Root 2 ounces

Guaiacum or Stillingia 1 ounce

Sassafras or Sweet Root 1 ounce

Pipsissewa 1 ounce

Blue Flag Root 1 ounce

Tincture 1:3 with 65% alcohol, add 1 part water (15 oz.) and 1 part simple syrup or honey (15 oz.) to bring to a final 1:5 strength

## 12.2 DETOX FORMULA

Oregon Grape Root 3 parts

Silybum Fluidextract 2 parts

Larrea 2 parts

Yellow Dock 2 parts

Aristolochia watsonii 1 part

Mix from the fluidextract and tinctures

Use 30-60 drops (1 or 2 squirts) 3 or 4 times a day

This is meant to assist cleansing of the blood, liver and lymph system when recovering from alcohol, drug abuse, even long-term over medication.

SEE ALSO: 6.2 ALKALIZING TEA

SEE ALSO: 7.1 LYMPH TONIC

## 13. FOR PLEASURE OR FUN

### 13.1 FIVE MINT TEA

Spearmint 2 parts

Peppermint 2 parts



Poleo 2 parts

Lemon Balm 2 parts

Catnip 1 part

### 13.2 ROOT TEA

Sassafras 2 parts

Sarsaparilla 2 parts

Licorice Root 2 parts

(Chinese Cinnamon) 1 part

(Sweet Root) 1 part

### 13.3 FLOWER TEA

Chamomile 3 parts

Orange Flowers 3 parts

Hibiscus Flowers 2 parts

Rose Buds 2 parts

Lavender Flowers 2 parts

American Saffron 1 part

Calendula Flowers 1 part

(Cyani flowers 1/2 part)

(If it doesn't sell, add some essential oil to it and pawn it off as a potpourri!)

### 13.4 MESOMARBLES

Bee Pollen 8 parts

Guarana            2 parts

Korean "Red" Ginseng   1 part

Powder together and take pinches as food, or mix with a little honey and form balls.

### 13.5 GUARANA FUDGE (AKA Speed Fudge)

Mix together:

5 cups brown sugar

2 1/2 cups milk

salt

Add later:

1 cube sweet butter

6 ounces powdered Guarana Bean

Various nuts (if desired)

Boil to the soft ball stage. Remove from heat for 10 minutes, add 1 cube sweet butter. Mix in 6 ounces of powdered Guarana Bean, and stir constantly until the glistening surface starts to look like frosting and stiffens. Add nuts (if desired), scrape onto greased surface, cool until set, and cut. **WARNING:** This stuff tastes GREAT, but speeds like a mother. This fudge has no self-redeeming qualities...it's just happily perverse.

Dosage: start with a small square, and wait an hour before overlapping with another piece. Guarana is the Queen of caffeine plants (with some hypoxanthines thrown in) and will generally (to quote Dr. Donald Culbreth) produce gaiety, restlessness, quick perception and wakefulness, while slowing the pulse and impairing the appetite. Eating it slows absorption and can extend its effects well past the 3-4 hours you might expect from a similar amount of coffee. The fudge tastes good, the effects of Guarana are fun, but if you pig out on this stuff you can get to a level of pure caffeine jitters that will completely over-ride the subtleties that, at a more reasonable amount, make Guarana so nice. For several years in the early 70s I manufactured this fudge, packaged and \ labeled it and wholesaled it to truckstops in the L.A. area. One time I made up a huge batch to give to my sales reps to take to a Gift Show (I was making a line of herbal gift boxes...teas, spice blends, stuff like that). They passed it all out, the show ended up

lasting until dawn, with vendors, representatives and buyers wandering around spending, ordering, chatting, dancing, giggling and kvetching long after the doors closed. The reps returned to L.A. only to find that they had walked off with someone else's order book, had lost theirs, and

promptly slept for two days. I did not do this again. Neither should you.

#### SIMPLE SYRUP

850 grams of WHITE sugar (any other form, such as turbinado or dried sugar cane juice will ferment) 450 to 475 ml of water Blend together, pour into a saucepan, and heat slowly until the sugar is completely dissolved. Will make a liter of simple syrup. Store in a cool place, but no refrigeration is necessary

#### MATERIA MEDICA

This defines all the specific tinctures and preparation called for in those formulas not made from the individual botanicals but by mixing finished products.

(\* ) Not appropriate in pregnancy

#### AMBROSIA (Ragweed, Bursage, Yerba del Sapo)

HERB. Standard Infusion, 1-2 ounces. Fresh Tincture [1:2] 20-40 drops,

both to 4X a day.

#### \*ANEMONE HIRSUTISSIMA (Pulsatilla ludoviciana, Pasque Flower)

FRESH PLANT. Tincture [1:2] 3-10 drops, to 4X a day. Use with care.

#### ANEMOPSIS (Yerba Mansa, Lizard Tail)

ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 60% alcohol] 20-60

drops to 5X a day. Cold Infusion, 2-4 ounces similarly.

HERB. Standard or Cold Infusion as needed.

#### \*ANGELICA SINENSIS (Dong Qua'i, Tang Kwei)

CURED CHINESE OR KOREAN ROOT. Large slices, 1/16 to 1/8 a day, chewed

and swallowed. Tincture [1:5, 70% alcohol] 5-20 drops Capsules, #0, 1 to

3 a day.

APIUM (Celery)

SEED. Simple Infusion, 1/2 to 1 teaspoon of seeds in cup of hot water.

Tincture [1:5, 50% alcohol] 10-30 drops to 4X a day

ARCTIUM (Burdock)

ROOT Cold Infusion, 2-4 ounces. Fluidextract [1:1, 60% alcohol] 15-30 drops.

Tincture [Fresh Root, 1:2, Dry Root, 1:5, 60% alcohol] 30-90 drops, all 3X a day.

SEED. Tincture [1:5, 60% alcohol] 10-25 drops.

\*ARISTOLOCHIA CALIFORNICA (California Snakeroot, Cal. Dutchman's Pipe)

WHOLE PLANT. Fresh Plant Tincture [1:2] 5-20 drops to 3X a day.

\*ARISTOLOCHIA SERPENTARIA (Virginia Snakeroot, Serpentaria)

ROOT and HERB. Tincture [Fresh Plant, 1:2, Dry Root, 1:5, 70% alc.]

5-20 drops to 3X a day. For extended use, use only low doses, and within a formula.

\*ARISTOLOCHIA WATSONII (Indian Root, Raiz del Indio)

Same as previous, but safer for extended use, as is A. californica.

\*ARNICA (A. montana, A. cordifolia, A. latiflora, etc.)

WHOLE PLANT. Fresh plant, flower or root tincture [1:2], dry flowers or herb tincture, [1:5, 50% alcohol] and dry root tincture [1:5, 60% alcohol].

EXTERNAL is diluted with one or two parts of water, applied as needed.

INTERNAL use 3-10 drops. TAKE INTERNALLY WITH CARE

\*ASCLEPIAS ASPERULA (Immortal, Antelope Horns, Spider Milkweed)

ROOT. Tincture [1:5, 50% alcohol] 5-30 drops, Capsules, #00, 1-2, to 3X a day.

\*ASCLEPIAS TUBEROSA (Pleurisy Root)

ROOT. Cold Infusion, 2-4 ounces. Tincture [1:5, 50% alcohol] 30-90 drops. Capsules, #00, 1-3, all to 3X a day.

AVENA (A. sativa, A. fatua, Oats, Wild Oats.)

UNRIPE FRESH SEED, w/"Milky" center. Fresh Tincture [1:2], 10-20 drops, to 4X a day. STRAW (dry stems). Standard Infusion, 4-8 ounces.

BAPTISIA (Wild Indigo Root)

ROOT. Tincture [1:5, 65% alcohol], WHOLE PLANT. Fresh Tincture [1:2], both taken 10-25 drops, to 3X a day.

USE WITH CARE; better long term in formulas

BAROSMA (Agothasma, Buchu)

LEAVES. Cold Infusion (rewarmed) 1-3 ounces. Tincture [1:5, 80% alcohol], 30-60 drops in water. Both forms to 4X a day.

Bayberry see Myrica

BERBERIS VULGARIS (Common Barberry)

ROOT. Tincture [1:5, 50% alcohol] 10-60 drops. Cold Infusion, 1-3 ounces. Capsules, #00, 1-3. All to 3X a day. See MAHONIA (Oregon Grape) as well.

Betony see Pedicularis

Black Cohosh see Cimicifuga

Blue Cohosh see Caulophyllum

Blue Flag see Iris

Bugleweed see Lycopus

Burdock see Arctium

CALENDULA OFFICINALIS (European Marigold)

FLOWERS. Tincture [Fresh Flowers, 1:2, Dry Flowers, 1:5, 70% alcohol] 15-30 drops, to 4X a day. Dilute with several parts of water for topical use.

CAPSICUM (Cayenne, African Bird Peppers)

FRUIT. Tincture [1:5, 95% alcohol] 5-15 drops. Capsules, #0, 1-2

Catnip see Nepeta

\*CAULOPHYLLUM (Blue Cohosh)

RHIZOME/ROOT. Tincture [1:5, 60% alcohol] 5-20 drops, usually in formula context.

CEANOTHUS (Red Root, New Jersey Tea)

ROOT. Cold Infusion, 2-4 ounces. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 50% alcohol] 30-90 drops, to 4X a day.

Celery see Apium

CEREUS GRANDIFLORUS (Selenicereus, Peniocereus, Night-Blooming Cereus)

FRESH STEMS. Fresh Tincture [1:2], 5-15 drops (Selenicereus spp.); 10-25 drops, (Peniocereus greggii). Either one to 4X a day.

CHIMAPHILA (Pipsissewa, Prince's Pine)

HERB. Tincture [Fresh Plant, 1:2, Dry plant, 1:5, 50% alcohol], 20-50 drops, to 4X a day. Standard Infusion 4-8 ounces.

CINNAMOMUM (Cinnamon, Canela)

BARK. Standard Infusion 2-4 ounces. Tincture [1:5, 60% alcohol, 5% glycerin] 20-50 drops, both to 4X a day. ESSENTIAL OIL. 2-5 drops in

capsule.

COMMIPHORA (Myrrh Gum)

RESIN. Tincture [1:5, 95% alcohol] 5-20 drops. Capsules, #0, 1-2, both to 3X a day. Topically, dilute tincture with water as needed.

Dandelion see Taraxacum

Devil's Claw see Harpagophytum

Devil's Club see Oplopanax

Dong Quai see Angelica sinense

ERIODICTYON (Yerba Santa)

LEAVES (from current year's growth). Tincture [Fresh Herb, 1:2, Dry Herb, 1:5, 75% alcohol] 20-30 drops, to 5X a day. Standard Infusion, 2-4 ounces as needed.

ERYNGIUM YUCCAFOLIUM (Eryngo, Rattlesnake Master, Button Snakeroot)

WHOLE PLANT. Fresh Plant Tincture, 1:2, 15-30 drops in warm water.

ROOT. Weak Decoction, 4-8 ounces. Dry Root Tincture, [1:5, 60% alcohol], 20-40 drops, in cup of water. All forms to 4X a day.

Fennel Seed see Foeniculum

FOENICULUM (Fennel Seed)

SEED. Tincture [1:5, 60% alcohol] 30-60 drops in warm water as needed.

Standard Infusion as needed.

\*FOUQUIERIA SPLENDENS (Ocotillo)

FRESH BARK. Tincture, [1:2] 10-30 drops, to 4X a day.

\*GELSEMIUM (Yellow Jasmine)

ROOT. Tincture [Fresh Root 1:2, Dry Root, 1:10, 65% alcohol] 2-10 drops.

DANGEROUS IN LARGER DOSES

Ginseng see Panax

\*GLYCYRRHIZA GLABRA (Licorice)

ROOT. Tincture [1:5, 50% alcohol] 3-60 drops. Strong Decoction, 1-3 ounces, either to 3X a day. Can occasion sodium retention.

HARPAGOPHYTUM PROCUMBENS (Devil's Claw)

TUBERS. Capsules, #0, 2-4 in evenings. Cold Infusion 4-6 ounces similarly. Strong Tincture [1:2, 60% alcohol], 1/2 to 1 teaspoons.

Some recommend that two weeks on and two weeks off is the best approach to Devil's Claw. I have found a month of continuous use is the best way to begin.

Horehound see Marrubium

\*HYDRASTIS (Golden Seal)

ROOT and LEAF. Fresh Plant Tincture [1:2], 15-30 drops. Dry Root Tincture, [1:5, 70% alcohol] 20-50 drops. Dry Herb Tincture [1:5, 60% alcohol] 30-75 drops all the above to 4X a day. Dry Root capsules #00, 2-4, to 3X a day. Standard Infusion of leaf 1-3 ounces, to 4X a day. The root is only partially soluble in water and should not be wasted in tea; this old friend is disappearing in the wild.

Immortal see Asclepias asperula

\*IRIS VERSICOLOR, I. MISSOURIENSIS (Blue Flag)

RHIZOME. Tincture [1:5, 80% alcohol], 5-20 drops to 3X a day.

USE WITH CARE.

JUNIPERUS (Juniper)

BERRIES. Tincture [1:5, 75% alcohol], 20-40 drops. Standard Infusion, 2-3 oz., to 3X a day.

LEAVES: Standard Infusion, 2-4 ounces, or boiled for inhalation. For short term use; may irritate the kidneys eventually.

LARREA (Chaparral, Gobernadora, Creosote Bush)

LEAFING BRANCHES. Tincture [1:5, 75% alcohol], 20-60 drops. Capsules, #00, 2-4 a day. Strong Decoction for topical use.

\*LEONURUS CARDIACA (Motherwort)

FLOWERING HERB. Tincture [Fresh Plant 1:2, Recent Dry Plant, 1:5, 60% alc.] 30-60 drops, to 4X a day. Standard Infusion, 2-4 ounces.

Licorice see Glycyrrhiza

LIGUSTICUM PORTERI (Osha, Chuchupate, Mountain Lovage)

ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 70% alcohol], 20-60 drops up to 5X a day. Cold Infusion, 2-6 ounces, as needed.

LOMATIUM DISSECTUM (Leptotaenia, Biscuit Root)

ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 70% alcohol], 10-30 drops up to 4X a day. Cold Infusion, 2-3 ounces also to 4X a day.

LYCOPUS (Bugleweed, Water Horehound)

HERB. Fresh Plant Tincture [1:2] 15-40 drops, to 3X a day. Standard Infusion of recent plant, 2-3 ounces, also to 3X a day.

MAHONIA (Oregon Grape, Algerita)

SAME as Berberis.

MARRUBIUM (Horehound)

FLOWERING HERB. Cold Infusion, 2-4 ounces. Tincture [Fresh Plant, 1:2, Dry Plant, 1:5, 50% alcohol], 30-90 drops, both to 4X a day.

MENYANTHES (Buckbean, Bogbean)



WHOLE PLANT. Tincture [Fresh Plant, 1:2, Dry Plant, 1:5, 50% alcohol], 10-30 drops, to 3X a day. Cold Infusion, 1-2 ounces, also to 3X a day.

Milk Thistle see Silybum

Motherwort see Leonurus

Myrrh see Commiphora

MYRICA (Bayberry)

BARK and ROOTBARK. Tincture [Fresh Bark, 1:2, Dry Bark, 1:5, 60% alc.] 20-60 drops. Cold Infusion, 2-4 ounces, both to 3X a day. The diluted tincture or the infusion for topical use or as a gargle.

NEPETA CATARIA (Catnip)

FLOWERING HERB. Tincture [Fresh Herb 1:2, Recent Dry Herb 1:5, 50% alc.], 1/4 to 1 teaspoon Standard Infusion, 2-6 ounces, all to 4X a day.

Ocotillo see Fouquieria

\*OPLOPANAX HORRIDUM (Echinopanax, Devil's Club)

ROOT and ROOTBARK. Tincture [Fresh Root 1:2, Dry Rootbark, 1:5, 60% alc.] 10-40 drops. Cold Infusion, 1-3 ounces, all forms to 3X a day.

Oregon Grape see Mahonia

Osha see Ligusticum

OSMORHIZA OCCIDENTALIS (Sweet Root, Western Sweet Cicely)

ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 65% alcohol] 45-60 drops to 3X a day. Strong Decoction, 2-3 ounces to 3X a day.

\*PAEONIA (Peony)

ROOT. Tincture [Fresh Root 1:2, Dry Root, 1:5, 60% alcohol] 10-25 drops up to 4X a day. Cold Infusion, 1-2 ounces. Capsules, #00, 2-3 at a time.

Pau D'Arco see Tabebuia

\*PANAX QUINQUEFOLIUM (American Ginseng)

ROOT. Tincture [1:5, 70% alcohol]. WILD ROOTS (morally objectionable), 5-10 drops. WOODSGROWN ROOTS. 10-20 drops. CULTIVATED ROOTS. 20-40 drops. CULTIVATED RED ROOTS (Michigan and Wisconsin cured roots), 15-30 drops. Any other "American Red Ginseng" is a blatant fake. LEAVES. 30-60 drops, Cold Infusion, 2-4 ounces. All above forms to 3X a day.

PASSIFLORA (Passion Flower)

WHOLE HERB. Tincture [Fresh Plant 1:2, Dry Herb, 1:5, 50% alcohol] 1/2 to 1 1/2 teaspoon.  
Fluidextract [1:1, 45% alcohol], 30-60 drops. Standard Infusion of recent herb, 2-6 ounces, all forms to 4X a day.

PEDICULARIS (Betony, Lousewort, Elephant Head, Parrot's Beak, Indian Warrior)

HERB in FLOWER. Standard Infusion, 4-8 ounces. Tincture [Fresh Plant, 1:2, Dry Plant, 1:5, 50% alcohol] 1-2 teaspoons, all to 3X a day.

\*PEGANUM HARMALA (Syrian Rue)

SEEDS and ROOT. Tincture [1:5, 60% alcohol] 10-30 drops, to 3X a day. LEAVES. Standard Infusion for topical use.

\*PHYTOLACCA (Poke)

ROOT and BERRIES. Fresh Tincture, (Root or Berries), [1:2], 2-10 drops. Dry Root Tincture [1:5, 50% alcohol] 5-15 drops. USE WITH CARE.

PICRAENA (Picrasma, Quassia)

WOOD. Cold Infusion, 2-4 ounces. Tincture [1:5, 50% alcohol] 30-60 drops, to 3X a day. Cold Infusion, 4-8 ounces, as a retained enema, once a week for 4-6 weeks for pinworms/threadworms.

Pleurisy Root see *Asclepias tuberosa*

Poke Root see *Phytolacca*

\*POLYMNIA UVEDALIA (Bearsfoot, Leafcup)

STEM and ROOT. Tincture [Fresh plant 1:2, Dry Root 1:5, 75% alcohol] 10-50 drops, to 3X a day. Small, frequent doses are preferable.

Prickly Ash see *Xanthoxylum*

Red Root see *Ceanothus*

RHEUM (Rhubarb, Chinese or Turkey Rhubarb)

ROOT. Tincture [1:5, 50% alcohol, 10% glycerin] 15-30 drops, to 4X a day. Too much too frequently can induce rebound constipation.

Rhubarb see *Rheum*

RUMEX CRISPUS (Yellow Dock)

ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 50% alcohol], 30-75 drops, to 3X a day. Capsules, #00, 1-2 to 2X a day. Use with moderation in pregnancy. In all cases it works best in sub-laxative doses.

Sarsaparilla see Smilax

SCUTELLARIA (Skullcap)

HERB. Tincture [Fresh Plant, 1:2, Recent Dry Plant, 1:5, 50% alcohol] 20-60 drops. Standard Infusion of recent herb, 2-6 ounces, all to 3X a day.

Selenicereus see Cereus

SILYBUM MARIANUM (Milk Thistle)

SEEDS. Capsules, #00, 2 at a time, to 3X a day. Fluidextract [1:1, 60%alcohol], 20-40 drops to 5X a day. Strong Tincture [1:3, 70% alcohol], 1/2 to 1 teaspoon, to 4X a day.

Skullcap see Scutellaria

SMILAX (Sarsaparilla)

ROOT and RHIZOME. Cold Infusion or Strong Decoction, 1-4 ounces, to 3X a day. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 60% alcohol] 30-90 drops to 3X a day.

STILLINGIA SYLVATICA (Queen's Root)

ROOT. Tincture [Fresh root,1:2, Recent Dry Root, 1:5, 50% alcohol] 10-30 drops, preferably in small frequent doses.

Sweet Root see Osmorrhiza

TABEBUIA (Lapacho, Pau D'Arco, Ipe Roxo, Amapa)

TREE BARK. Cold Infusion, 2-4 ounce to 3X a day. Fluidextract [1:1, 50% alc.] 15-30 drops to 5X a day. Tincture [1:5, 50% alcohol] 1/2 to 1 teaspoon to 4X a day

TARAXACUM (Dandelion)

ROOT or LEAF. Root Fluidextract [1:1, 45% alcohol] 30-60 drops up to 4X a day. Tincture [Fresh Root, 1:2] 1/2 to 1 teaspoon. Strong Decoction, 2-4 ounces, to 4X a day. Leaf as Standard Infusion, 3-6 ounces as needed.

\*THUJA (Arbor Vitae, Flat, Red or Yellow Cedar)

HERB. Fresh Plant Tincture [1:2] for topical use; 5-15 drops in water, to 4X a day. Cold Infusion, 2-3 ounces, to 3X a day.

\*TRIBULUS (Puncture Vine, Goat's Head)

HERB and SEEDS. 1/2 to 1 teaspoon of the powdered plant in tea, to 2X a day. Tincture [1:5, 60% alcohol] 30-40 drops, 2X a day.

VERBENA (Blue Vervain)

FLOWERING HERB. Standard Infusion, 2-5 ounces, to 3X a day. Tincture [1:5, 60% alcohol] 30-90 drops, to 4X a day.

\*VITEX AGNUS-CASTUS (Chaste Tree Berries, Monk Peppers)

SEEDS. Tincture [1:5, 65% alcohol] 30-60 drops. Ground Berries, 1/2 to 1 tspn. in tea, both once in the morning. As it strengthens the progesterone phase of the estrus cycle, it usually works best the two weeks before menses.

XANTHOXYLUM (Prickly Ash)

BARK/BERRIES. Tincture [1:5, 65% alcohol] 10-30 drops, before meals.

Yellow Dock see Rumex crispus

Yerba Mansa see Anemopsis

Yerba Santa see Eriodictyon

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