

PROGRAM II: Herbal Materia Medica

Lesson 1

CONTENTS

HERB RESEARCH CDs

A Library-on-a-stick - 1.5 GB of research material

CD-ROM #1 - 486 MB - 3571 items

ALTERNATIVE-NATUROPATHIC
BIBLIOGRAPHIES-RESOURCES
BOOK-Matthew Wood
BOOKS-Moore
BOOKS-Moore - Manuals-files
BOOKS-Texts-Francis Brinker
BOTANY-Economic
BOTANY-endangered Plants
BOTANY-Families-All
BOTANY-Families-NA only
BOTANY-Floras (by state)
BOTANY-New Arizona Flora
BOTANY-Phylogeny-Misc.
BRITTON-BROWN - Herbs only
ENVIRONMENTAL and RACHELS
HUMOR
MEDICINE-Activism-Paranoia
MEDICINE-Pathology-Treatment
MEDICINE-Physiology
MEDICINE-History
NOSTALGIA
NUTRITION and SUPPLEMENTS
NUTRITION-ADDITIVES-Govt files
PHARMACOGNOSY
RECIPES and COOKBOOKS
SOUTHWEST-Info
USP Botanical List.PDF

CD-ROM #2 - 536 MB - 7493 items

ETHNOBOTANY and REGIONAL Files
ETHNOBOTANY-Books
Herbal Resources 2006.pdf
HERBS-Chemical structures
HERBS-Constituents
HERBS-Cultivation files

HERBS-Distribution Maps
HERBS-Folios-MM
HERBS-Hallucinogens
HERBS-Individual monographs
HERBS-Journals
HERBS-Misc.
HERBS-Specific substances
HERBS-Specifics, Protocols
HERBS-Toxicology
Mugshots

CD-ROM #3 - 590 MB - 8715 items

HERBS — Plant Images

Herbal Materia Medica 5.0

school manual on preparation preferences and dosages,
preparation methods, name index

Lecture DVDs

#1

***Acacia* spp., Acacia**

***ACACIA GREGGII* (Catclaw Acacia)**

PODS/LEAVES. Standard Infusion, 2-4 fluid ounces

STATUS : W/LA

***ACACIA SENEGAL* (Gum Arabic)**

One tablespoon dissolved in 4 oz. water, flavored with vanilla, cinnamon, etc.

Gum Arabic Mucilage, 1-2 teaspoons as needed.

STATUS : W/A

GUM ARABIC MUCILAGE

Gum Arabic - 35 grams

Distilled water - 100 ml.

Soak until dissolved - strain

Store in cool place for up to a month. Discard when it starts to get a vinegar scent.

SIMPLE SYRUP

White sugar - 850 grams

(any other form, such as turbinado or dried sugar cane juice will ferment)

Water - 450 to 475 ml

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

***Prosopis* spp., Mesquite**

Mesquite Gum, Mesquite tea (same as *Acacia greggii*)

Gum as mucilage, stem, leaves, flowers as tea

Achillea millefolium*, *A. lanulosa

***ACHILLEA* (Yarrow, Milfoil, Plumajillo)**

WHOLE FLOWERING PLANT. Tincture [FRESH 1:2, DRY 1:5, 50% alcohol] 10 to 40 drops. Standard Infusion, 2-4 ounces.

ROOT. Fresh Root Tincture, fresh roots steeped in brandy topical to gums as needed.

STATUS : W/A

#2

Acalypha californica*, *A. lindheimeri, Yerba del Cancer, Copperleaf

Herb as tea for topical and intestinal use, salve

***Aconitum* spp.**

****ACONITUM COLUMBIANUM* (Aconite, Western Monkshood)**

FLOWERING HERB. Fresh Herb Tincture, 1:10, topical in moderation, internal 3-10 drops to 4X a day. ***DANGEROUS IN LARGER DOSES.***

DRIED ROOT. Tincture [1:10, 70% alcohol] FOR TOPICAL USE ONLY.

STATUS : W/LA

(Corrected listing)

#3

***Acorus calamus*, *Acorus americanus* - Sweet Flag, Calamus**

***ACORUS CALAMUS* (Calamus, Sweet Flag)**

RHIZOME/ROOT. Tincture [FRESH 1:2, DRY 1:5, 60% alcohol], 15-45 drops, to 4X a day. The dried leaves make a tasty simple tea.

STATUS : W/C

#4

***Actaea rubra*, etc, - Baneberry, Doll's Eyes**

***ACTAEA RUBRA* (*A. arguta*, Baneberry)**

ROOT. Fresh or Dry Tincture, [1:2, or 1:5, 80% alcohol] 10-20 drops to 3X a day.

STATUS : W/A

***Cimicifuga* spp. - Black Cohosh**

***CIMICIFUGA RACEMOSA* (*Macrotys*, Black Cohosh)**

RHIZOME and ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 80% alcohol], 10-25 drops. Capsules, #00, 1-2, both to 3X a day.

STATUS : W/LA

***ADIANTUM* (Maidenhair Fern)**

DRIED HERB. Standard Infusion, 1-3 fluid ounces; 8 ounces as hair rinse.

STATUS : W/LA

***EQUISETUM ARVENSE* (Horsetail)**

HERB. Standard Infusion, 2-4 ounces, topically as hair rinse. Use only herbs gathered upstream...inorganic fertilizer runoff alters the chemistry.

STATUS : W/A

***EQUISETUM HYEMALE* (Scouring Rush)**

HERB. Standard Infusion for external use.]

STATUS : W/A

***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. HERB TEA (dry but green stems). Standard Infusion, 4-8 ounces.

STATUS : W/C

***EPHEDRA VIRIDIS* (Mormon Tea, American Ephedra, Canutillo)**

HERB. Standard Infusion, as needed.

STATUS : W/A

#5

SEE Adaptogen Chart

***Aralia* spp. - Spikenard, etc.**

***ARALIA HISPIDA* or *SPINOSA* (Dwarf Elder, Hercules Club, Devil's Walkingstick)**

ROOT or BARK. Tincture [1:5, 50% alcohol] 5-25 drops, to 3X a day.

STATUS : W/LA

***ARALIA NUDICAULIS* ("American Sarsapilla")**

ROOT. Cold Infusion 2-4 ounces. Tincture [1:5, 60% alc.] 15-30 drops, both up to 3X a day.

STATUS : W/A

***ARALIA RACEMOSA* [including *A. californica*] (Spikenard, California Spikenard)**

ROOT. Tincture [Fresh Root or leaf, 1:2, Recent Dry Root, 1:5, 50% alcohol] 10-30 drops. Strong Decoction or Cold Infusion, 2-4 ounces.

BERRIES. Tincture [Fresh Berries, 1:2] 10-30 drops

STATUS : W/LA

SEE Adaptogen Chart

***Panax* spp. - Ginseng**

***PANAX GINSENG* (Asian Ginseng)**

ROOT. Tincture [1:5, 70% alcohol]. KIRIN (dark red Chinese cured root) 5-20 drops. SHIU-CHIU (light red Chinese cured) 10-30 drops. KOREAN RED, 5-15 drops. WHITE (Chinese or Korean uncured) 20-40 drops, all to 3X a day. Capsules, "Red Ginseng" (Kirin or Korean Red) to 4 a day. "White", to 6 a day. Chewing root pieces is more reliable than the unidentifiable substances found in capsules. With the cost of Ginseng, tinctures are the most bioavailable form.
STATUS : C

***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.
STATUS : W/RARE!/C

***ELEUTHEROCOCCUS* (*Acanthopanax*, Siberian Ginseng)**

ROOT. Tincture [1:5, 60% alcohol] 20-60 drops. Cold Infusion, 2-4 ounces, both to 3X a day.

***CENTELLA ASIATICA* (*Hydrocotyle asiatica*, Gotu Kola, Brahmi)**

HERB. Fresh Plant Tincture [1:2], 15-30 drops to 3X a day. Standard Infusion, 1-2 ounces. Dry Herb Tincture [1:5, 50% alcohol] 20-40 drops, to 4X a day.
STATUS : W/LA/C