

PROGRAM II: Herbal Materia Medica

Lesson 3

CONTENTS

Lecture DVDs

#1

***ALOE* (Aloes Socrotine, etc.)**

DRIED JUICE. Capsules, a single #0 or #00. Tincture [1:10, 50% alcohol] 15-60 drops. Use with antispasmodic such as Acorus or Angelica.

FRESH LEAF JUICE. 1-2 teaspoons to 3X a day for ulcers and erosions of upper GI. Topical: as needed. SPLIT LEAF: as needed, changed every 3-4 hours,

Althea and the Malvaceae

***ALTHEA OFFICINALIS and A. ROSACEAE* (Marshmallow and Hollyhock)**

ROOT. Cold Infusion or Fresh Tincture [1:2] as needed

HERB or FLOWERS. Cold Infusion as needed, or moistened for poultice.

STATUS : W/C

***SPHAERALCEA* (Scarlet Globemallow, Yerba de la Negrita)**

FLOWERING HERB. Standard Infusion as needed. Powdered herb, mixed with hot water for poultice. The tea is a widely used hair rinse.

STATUS : W/LA

***ILIAMNA* (Stream Bush Mallow)**

Same as above

***MALVA NEGLECTA and other MALVA* (Mallow, Malvas, Cheeseplant)**

HERB. Standard Infusion, 2-6 ounces, as needed.

STATUS : W/A

***MALVAVISCUS* (Turk's Cap)**

Same as above

***SIDALCEA* (Checker Mallow)**

Same as above

***SIDA HEDERACEA* and others (Alkali Mallow)**

Same as above

HIBISCUS COULTERI, *H. DENUDATUS*, *H. MOSCHATUS*, etc. (**Hibiscus, Desert Hibiscus**)
Same as above

#2

***AMMI VISNAGA* (Khella, Bishops's Weed)**

SEEDS. Tincture [1:5, 60% alcohol], 60-120 drops to 4X a day. Not advisable for extended use. Whole seed CVS uses are rather inferior to the refined constituents, but quite adequate for smooth-muscle relaxation.

STATUS : W/C

***ANAPHALIS* and FRIENDS**

***ANAPHALIS MARGARITACEA* (Pearly Everlasting)**

FLOWERING HERB. Standard Infusion, as needed. Rubbed leaves mixed with hot water for poultice.

STATUS : W/A

***BIDENS* (Tickseed, Spanish Needles, Te de Coral)**

HERB. Cold or Standard Infusion, 2-4 ounces. Tincture [Fresh, 1:2, Dry, 1:5, 50% alcohol] 45-90 drops.

STATUS : W/A

***ERIGERON CANADENSE* (*Conyza canadensis*, Canadian Fleabane)**

RECENT FLOWERING HERB. Standard Infusion 2-4 ounces, to 4X a day.

STATUS : W/A

***LEUCANTHEMUM* (*Chrysanthemum leucanthemum*, Oxe-Eye Daisy)**

FLOWERING HERB. Standard Infusion, 4-8 ounces to 4X a day.

STATUS : W/A

***ANDROGRAPHIS PANICULATA* (Chiretta)**

Standardized extract (4% andrographolides) - 2-3 "00" capsules a day
(15% andrographolides) - 1 "0" capsule a day

#3

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

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

Use with care.

STATUS : W/LA

***ANEMONE TUBEROSA (Desert Anemone, Desert Pasque Flower)**

Same as previous.

STATUS : W/LA

ARGEMONE (Prickly Poppy, Cardo Santo)

HERB. Cold Infusion, 2-3 ounces, to 3X a day.

For short duration of use only.

STATUS : W/A

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 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 gayety, 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 completely over-rides the subtleties that, at a more reasonable amount, make Guarana so nice.

#4

Angelica, Dong Quai, etc.

ANGELICA

ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 65% alcohol] 30-60 drops, to 4X

a day. Strong Decoction, 1-2 ounces similarly.

SEED: Tincture (as previous), 10-30 drops, or several seeds chewed.

STATUS : W/C

***ANGELICA SINENSIS (Dong Quai, 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.

STATUS : W/C

#5

Anemopsis - Yerba Mansa

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.

STATUS : W/LA

YERBA MANSA SALVE

Yerba Mansa Leaves	5 ounces
Alcohol	3 ounces
Olive Oil	35 ounces
Beeswax	7 ounces

Grind and sift the recent dried Anemopsis leaves (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 moist herb with olive oil in a hearty blender (Oster at high speed or Vitamix at slow speed) until the container gets 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

#6

***Arctium* - Burdock**

***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.

STATUS : W/C