

PROGRAM II: Herbal Materia Medica

Lesson 4

CONTENTS

Supplemental Audio CD #2

Baccharis.mp3
Baptisia-field.mp3
Betula.mp3
Brickellia 1-field.mp3
Brickellia2-field.mp3
Cacalia.mp3
Caffea.mp3
Camellia sinensis.mp3
Campsis.mp3
Carnegia-field.mp3
Carthamus.mp3
Castanea.mp3
Chilopsis.mp3
Cetraria.mp3
Centaurea.mp3
Ceanothus herbaceum-field.mp3
Ceanothus greggii-field.mp3
Ceanothus fendleri-field.mp3
Cicuta.mp3
Cichorium.mp3
Chrysanthemum.mp3
Chilopsis2-field.mp3
Chilopsis1-field.mp3
Conium.mp3
Condalia-field.mp3
Colchicum.mp3
Clematis hirsutissima-field.mp3
Claviceps.mp3
Cirsium-field.mp3
Cinchona.mp3
Cnidoscopus.mp3
Cleome.mp3
Clematis-field.mp3
Cypripedium.mp3
Cupressus.mp3
Cupressus-field.mp3

Cornus.mp3
Convolvulus.mp3
Convolvulus-field.mp3
Convallaria.mp3
Conopholis-field.mp3

Lecture DVDs

#1

***APIUM* (Celery)**

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

ROOT. Standard Decoction, ad lib

STALKS, ORGANIC ONLY. 1 lb juiced a day when needed.

STATUS : C

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

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

STATUS : W/LA (?)

***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.

STATUS : W/LA (?)

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

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

STATUS : W/LA

#2

***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

STATUS : W/C

ARNICA SALVE

Arnica flowers, stems, leaves..5 ounces
Alcohol3 ounces
Olive Oil35 ounces
Beeswax.....7 ounces

Grind and sift the Arnica herb (roots will not work). Mix the alcohol with the herb 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. If you wish Arnica steeped oil, use without the beeswax.

"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 light-headedness resulting from parasympathetic or vagus discharge caused by physical manipulation or trauma.

CHAC SALVE (Calendula, Hypericum, Arnica, Cajeput)

2 ouncesCalendula Flowers
2 ouncesArnica Herb
2 ouncesethanol
24 ouncesOlive Oil
6 ounceHypericum Oil
1/2 ounceCajeput Oil
5 ouncesBeeswax

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.

MUSCLE BALM

Poplar Bud Oil (steeped)2 ounces
Arnica Oil (steeped).....2 ounces
Hypericum Oil (steeped)2 ounces
Oil of Wintergreen.....30 drops
Olive Oil6 ounces

A Topical oil, used as an analgesic, counterirritant, and anti-inflammatory: 30-60 drops rubbed into the area aids dispersal and resolution of exudates. It is too strong to use "straight" as a true massage oil. Instead, apply the muscle balm and then use a normal massage oil over the area,

SORE THROAT GARGLE

4 parts Witch Hazel Distilled Extract
1 part Arnica Tincture

For protracted sore throat, gargle slowly and spit out. Meant to stimulate macrophage response.
For tonsillitis, alternate with Ceanothus tea.

#3

***ARTEMISIA ABSINTHIUM* (Wormwood)**

HERB. Cold Infusion, 1-3 ounces.

STATUS : W/C

***ARTEMISIA TRIDENTATA* (Sagebrush)**

HERB. Cold Infusion, 1-2 ounces.

STATUS : W/A

***ARTEMISIA VULGARIS* (Mugwort, California Mugwort)**

HERB. Tincture [1:5, 50% alc.] 10-25 drops. Acetum Tincture [1:5, in vinegar] as needed externally. Standard Infusion (drunk hot) for diaphoretic, Cold Infusion as tonic.

STATUS : W/C

***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.

STATUS : W/A

#4

***ASARUM* (Wild Ginger, Canada Snakeroot)**

ROOT. Tincture [Fresh Root 1:2, Dry Root, 1:5, 60% alcohol] 20-50 drops in hot water.

HERB. Standard Infusion or simple tea as needed.

STATUS : W/LA

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

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

STATUS : W/LA

***ASCLEPIAS CORNUTA* (Common Milkweed)**

ROOT. Same as above.

STATUS : W/A

***ASCLEPIAS INCARNATA* (Swamp Milkweed)**

ROOT. Same as above.

STATUS : W/A

***ASCLEPIAS SUBULATA* (Desert Milkweed)**

ROOT. Tincture [1:5, 50% alcohol] 10-20 drops in hot water, to 3X a day.

STATUS : W/LA

***ASCLEPIAS TUBEROSA* (Pleurisy Root)**

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

STATUS : W/C

#5

***ASTRAGALUS MEMBRANACEUS* (Huang-Chi)**

SLICED ROOT. Cold Infusion, 2-3 ounces to 3X a day. Fluidextract [1:1, 55% alcohol] 10-15 drops to 3X a day. Tincture [1:5, 60% alcohol] 30-60 drops, 4X a day.

STATUS : W/C

***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 but green stems). Standard Infusion, 4-8 ounces.

STATUS : W/C

***BACOPA* (*B. monnieri*, Brahmi, Water Hyssop)**

FLOWERING PLANT. Standard Infusion, ad lib

STANDARDIZED POWDER EXTRACT. 1 capsule in evenings.

***BALSAMORHIZA* (Balsam Root)**

ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 65% alcohol], 20-50 drops in hot water, to 4X a day. Honey extract of fresh root (spring)

LEAVES. Powdered, with water as poultice.

STATUS : W/LA

***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

STATUS : W/A

***THERMOPSIS* (*T. montana*, Mountain Pea)**

ROOT or WHOLE PLANT. Same as above

USE WITH CARE; better long term in formulas

STATUS : W/A

***AMORPHA* (*A. canescens*, *A. fruticosa*, Lead Plant, False Indigo, Indigobush)**

FLOWERING HERB. Standard Infusion, 2-4 ounces, 2 or 3 times a day

STATUS : W/A

***BOSWELLIA* (Frankincense)**

STANDARDIZED POWDER (60% boswellic acid) - 1-3 capsules a day