

PROGRAM II: Herbal Materia Medica

Lesson 5

Lecture DVDs

#1

***BRICKELLIA* (Prodigiosa, Hamula)**

HERB Standard Infusion, 2-4 ounces, to 2X a day. Tincture [1:5, 50% alcohol], 30-60 drops to 3X a day. Use the infusion for Type II diabetes, tincture as tonic.

STATUS : W/LA

***OPUNTIA* (Prickly Pear)**

FRESH JUICE, 2-4 ounces to 2X a day.

DRIED FLOWERS, two or three as an infusion (strain VERY well).

STATUS : W/A

***BRYONIA* (Bryony)**

ROOT. Tincture [Fresh Root, 1:2, recent Dry Root, 1:5, 50% alcohol], 2-10 drops to 3X a day.

USE WITH CARE; better in small, frequent doses.

STATUS : W/LA

#2

***CAESALPINIA* (Tabachin, Bird of Paradise)**

DRY STEMS. Weak decoction, 3-6 ounces twice a day

***PLANTAGO OVATA* (Psyllium Seed)**

SEED. Whole seeds, 2-3 tablespoons in 12 ounces warm water or fruit juice.

HUSKS. 1-2 tablespoons in same, both to 3X a day, usually only once.

STATUS : C

***SALVIA COLUMBARIAE and others* (Chia Seed)**

SEED. Whole seeds, 1-2 tablespoons in 12 ounces warm water or fruit juice.

STATUS : C

LINUM (Flaxseed)

SEEDS. Whole seeds, 1-2 teaspoons in cup of warm water, Ground seeds for a poultice. Only use freshly ground whole seeds internally; even several days is long enough to allow oxidative degradation, creating irritating lipids.

STATUS : C

CALENDULA OFFICINALIS (European Marigold)

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

Salve, as with Arnica

STATUS : W/C

CYNOGLOSSUM OFFICINALIS (Hound's Tongue)

HERB (in summer) ROOT (in fall). Standard Infusion, 1-3 ounces, to 3X a day.

For short term use; may irritate liver if used excessively.

STATUS : W/A

SYMPHYTUM (Comfrey)

LEAF and ROOT. Leaf, Standard Infusion 2-6 ounces. Root, Cold Infusion, 1-4 ounces, both to 3X a day, for short term use.

Constant use of some cultivated strains can irritate or damage the liver.

STATUS : C

HEALING TINCTURE

Calendula Tincture (fresh)	1 part
Symphytum Leaf Tincture (fresh)	1 part
Centella Tincture (fresh)	1 part

When used, dilute with 2-4 parts water and apply to wounds to stimulate epithelial, connective tissue and cartilage regeneration.

CANNABIS SPP. (Marijuana, Hemp)

FLOWERING TOPS. Tincture [Fresh Herb, 1:2, Dry Herb, 1:5, 95% alcohol] 5-30 drops. Smokers need higher dose.

ILLEGAL TO POSSESS AT PRESENT.

STATUS : W/LA/C

PILOCARPUS (Jaborandi)

LEAVES. Tincture [1:5, 60% alcohol] 15-30 drops in warm water.

Standard Infusion, 2-3 ounces as a hair rinse.

STATUS : U

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. A narcotic-analgesic, especially for referred visceral pain. Dose 15-45 drops as needed. Cannabis is, of course, completely illegal to possess in ANY form.

CAPSICUM (Cayenne, African Bird Peppers)

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

STATUS : W/C

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.

***CAPSELLA BURSA-PASTORIS* (Shepherd's Purse)**

WHOLE PLANT. Tincture (Fresh Plant, 1:2, recent Dry Plant, 1:5, 50% alcohol] 20-60 drops.

STATUS : W/A

***TRILLIUM* (Beth Root)**

WHOLE PLANT. Fresh Plant Tincture [1:2] 15-25 drops to 3X a day.

STATUS : W/LA to W/Rare

UTERINE FIBROID HEMOSTATIC

Shepherd's Purse Tincture (fresh).....2 squirts

Trillium Tincture (fresh).....15-20 drops

Take with water every 8 hours as needed

***CARDAMOMUM* (*Elettaria cardamomum*, Cardamom Seeds)**

SEEDS. Tincture [1:5, 50% alcohol] 5-10 drops...or chew a couple seeds, already.

STATUS : W/LA/C

***CASSIA MARILANDICA* (American Senna)**

LEAVES. Standard Infusion, 3/4 Senna, 1/4 Coriander Seed (antispasmodic), 4-8 ounces. Take in evening for morning effect.

STATUS : W/LA

***SENNA* (*Cassia angustifolia*, Egyptian Senna, etc.)**

LEAVES. Strong Decoction, 2-4 ounces.

PODS. 10-20, steeped for an hour in a cup of water. Take both in evening.

See also *Cassia marilandica*.

STATUS : W/C

CAULOPHYLLUM (Blue Cohosh)

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

STATUS : W/LA

MOTHER'S CORDIAL

Mitchella repens,	16 ounces
Helonias Root	4 ounces
Viburnum opulus (Cramp Bark)	4 ounces
Caulophyllum Root	4 ounces
Sassafras or Sweet Root	1 ounces (for flavor and optional)

Percolate with 50% alcohol until 3 pints are dripped.

Percolate a second time with water until at least 4 pints are dripped.

Add 2 pounds of sugar to the SECOND drip, and evaporate until 5 pints remain.

Add the first percolation (3 pints at 50%) to the second percolation/sugar.

Result is 1 gallon, or a 1:6 syrup (actually a sweetened tincture)

Dose: 2-4 ounces 1-2 times a day in pregnancy, the last 2-3 weeks.

For a tonic in deficient reproductive conditions with emotional lability, or as an agent to strengthen the uterus when desiring pregnancy, but a history of frequent ,miscairrage, 2-4 ounces to 3 times a day.

VALERIANA (Valerian)

PLANT. Tincture [Fresh Whole Plant 1:2, Dry Root, 1:5, 70% alcohol], 30-90 drops, to 3X a day. Capsules (root), #00, 2-3.

Constant use of the dry root can induce mental agitation.

STATUS : W/C

CENTRANTHUS RUBER (Red Valerian)

SAME AS Valeriana

STATUS : W/C

CEPHALANTHUS (Button Bush)

BARK and TWIGS. Tincture [Fresh Plant, 1:2, Dry Plant, 1:5, 50% alcohol] 10-30 drops, to 3X a day.

Best for short term use.

STATUS : W/A

***CHELIDONIUM* (Greater Celandine)**

WHOLE PLANT. Fresh Plant Tincture, [1:2] 10-25 drops. Alone, for short term use; safe for extended use as a low dose formula constituent.

STATUS : W/A

***CHELONE* (Balmony, Turtlehead)**

HERB. Tincture [fresh plant, 1:2], 10-20 drops to 3X a day. Cold Infusion, 1-3 ounces, to 3X a day. Dry Plant Tincture [1:5, 50% alcohol], 30-60 drops, to 4X a day.

STATUS : W/LA

***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.

STATUS : W/LA

***SOLANUM DULCAMARA* (Bittersweet Twigs)**

STEMS. Tincture [Fresh Stems 1:2, Dry Stems, 1:5, 60% alcohol] 10-20 drops.

This is best used in formulas. USE WITH MODERATION.

STATUS : W/A

***CHIONANTHUS* (Fringetree)**

BARK. Cold Infusion, 2-4 ounces. Tincture [Fresh Bark, 1:2, Dry Bark, 1:5, 65% alcohol] 30-60 drops. LEAF. Cold Infusion, 2-4 ounces.

STATUS : W/LA