

PROGRAM II: Herbal Materia Medica

Lesson 7

Lecture DVDs

#1

Please refer also to the section under “Echinacea” in the guide to Lesson 6

EUCALYPTUS

LEAVES. Standard Infusion, 2-4 ounces, to 4X a day.

ESSENTIAL OIL, 1-5 drops in capsule.

STATUS : W/C

#2

***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.

STATUS : W/LA

URINARY TINCTURE (all purpose)

Buchu Leaves 3 parts

Juniper berries 2 parts

Yerba Mansa.. 2 parts

Pipsissewa..... 2 parts

Eryngium yuccafolium 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, 3-4 X a day

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

***EUPATORIUM PERFOLIATUM* (Boneset)**

FLOWERING HERB. Fresh Plant Tincture [1:2], 20-40 drops in hot water.

Dry herb, Cold Infusion (tonic), Standard Infusion (diaphoretic), 2-6 ounces, to 3X a day.

STATUS : W/C

***CARTHAMUS TINCTORIA* (Safflower, American, Mexican or Bastard "Saffron")**

FLOWERS. Standard Infusion 4-8 ounces.

STATUS : W/C

***EUPATORIUM PURPUREUM, E. MACULATUM* (Gravel Root, Queen of the Meadow)**

ROOT. Strong Decoction, 2-4 ounces, to 4X a day. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 60% alcohol] 30-90 drops in cup of warm water.

STATUS : W/A

***EUPHRASIA* (Eyebright)**

HERB. Strong Decoction, 2-4 ounces. Tincture [1:5, 50% alcohol] 30-90 drops, both to 4X a day.

STATUS : U

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

HERB. Standard Infusion, 1-2 ounces. Fresh Tincture [1:2] 20-40 drops, both to 4X a day.

STATUS : W/A

#3

***ASAFETIDA* (*Ferula asafetida*, Devil's Dung, Stinkasant)**

GUM. Tincture [1:5, 85% alcohol] 5-20 drops.

STATUS : W(rare)/C

***SUMBUL* (*Ferula sumbul*, Musk Root, Jatamansi)**

ROOT. Tincture [1:5, 95% alcohol] 5-20 drops. Cold Infusion, 1-4 oz., to 3X a day

STATUS : U

***FOUQUIERIA SPLENDENS* (Ocotillo)**

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

STATUS : W/LA

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.

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.

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
Poke 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.

IMMUNE STIMULANT #1

Echinacea Root.....	4 parts
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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 appetit!

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.

***JUGLANS CINERIA* (Butternut Bark)**

BARK. Weak Decoction, 2-4 ounces, to 3X a day.

STATUS : W/LA

***JUGLANS MAJOR* (Black Walnut)**

LEAVES. Tincture [Fresh Plant, 1:2, Dry Plant, 1:5, 50% alcohol], 30-90 drops to 3X a day. Standard Infusion 2-4 ounces.

STATUS : W/C

***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.

STATUS : W/C

***GALIUM APARINE* (Cleavers, Bedstraw)**

WHOLE PLANT. Cold or Standard Infusion, as needed. Fresh Plant Tincture [1:2] 1-2 teaspoons. Fresh plant juice, 1/2 to 1 teaspoon, all to 4X a day.

STATUS : W/A

***STELLARIA MEDIA* (Chickweed)**

HERB. Fresh plant juice or bruised whole plant as a poultice. Tincture [Fresh Herb, 1:2, Recent Dry Herb 1:5, 50% alcohol] as needed.

STATUS : W/A

***PLANTAGO MAJOR* (Plantain)**

FRESH LEAF. Fresh or frozen juice, 1/2-1 tablespoons to 4X a day.

STATUS : W/A

***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

***GELSEMIUM* (Yellow Jasmine)**

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

DANGEROUS IN LARGER DOSES

STATUS : W/LA

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 myo- and neurogenic discomfort from body work, and lessen the tendency of the body to immediately revert to patterning

VERATRUM (Green, False or American Hellebore)

ROOT. Tincture [1:10, 95% alcohol] 3-10 drops to 3X a day.

DANGEROUS IN MODERATE, POISONOUS IN LARGER AMOUNTS.

STATUS : W/A

DRACONTIUM (Symplocarpus, Skunk Cabbage)

RHIZOME AND ROOT. Tincture [Fresh Root 1:2, Dry Root, 1:5, 50% alcohol], 20-60 drops. Cough Syrup: 1 part by volume of chopped, cleaned fresh root in 3 parts by volume of honey, heat and cool several times for 8 hours, drain and store in cool place or refrigerator.

STATUS : W/A

LYSICHITON AMERICANUM (Western Skunk Cabbage)

SAME as *Dracontium*.

STATUS : W/A

#5

GINKGO BILOBA (Maidenhair Tree)

LEAVES. Standard Infusion, 2-4 ounces. Tincture [1:5, 60% alcohol] 30-60 drops to 3X a day. STANDARDIZED EXTRACT: 50-200 mg a day.

STATUS : W/C

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.

STATUS : C

GLYCYRRHIZA LEPIDOTA (American Licorice)

ROOT. Strong Decoction, 1-3 ounces, to 3X a day. Topically, the decoction as an antimicrobial.

STATUS : W/A

TOOTH POWDER (Michaels)

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.

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.

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.

ROOT TEA

Sassafras 2 parts
 Sarsaparilla 2 parts
 Licorice Root 2 parts
 (Chinese Cinnamon) 1 part
 (Sweet Root).. 1 part

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.

WINTER SOLTICE 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 (40 ounces total.) Add 20 ounces of Monarda Honey, and 10 ounces glycerin.

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

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.

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.

GUAIACUM ANGUSTIFOLIA (Porlieri, Guayacan)

BARK AND WOOD. Fresh Tincture [1:2] 10-25 drops in water, frequently. As a gargle, one part tincture in four parts hot water.

STATUS : W/LA

GUAIACUM OFFICINALE (Lignum Vitae, Guaiac Wood)

BARK OR WOOD. Tincture [1:5, 95% alcohol] 5-15 drops in water, frequently. As a gargle, the same as above.

STATUS : W/LA

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.) & 1 part simple syrup or honey (15 oz.) to bring to a final 1:5 strength

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.

STATUS : W/LA

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

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
Poke 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.

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 appetit!

See also ALTERATIVE SYRUP

#6

GOSSYPIUM (Cotton)

ROOT BARK. Fresh Bark Tincture, [1:2], 30-60 drops, to 3X a day.

Recent Dry Bark Tincture, [1:5, 50% alcohol] 1-2 teaspoons, to 4X a day.

STATUS : W/C

HAMAMELIS (Witch Hazel)

TWIGS AND LEAVES. Tincture [Fresh Herb, 1:2] 10-60 drops as needed, and diluted for topical use.

BARK. Serviceable as Standard Decoction topically.

STATUS : W/C

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.

STATUS : **W/Rare/C (w/little success)**

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.

***SCROPHULARIA* (Figwort)**

HERB. Standard Infusion, 2-4 ounces, to 3X a day.

STATUS : **W/A**

***HYOCYAMUS NIGER* (Henbane)**

FLOWERING TOP. Tincture [Fresh Herb, 1:2, Dry Herb, 1:5, 50% alcohol] 3-10 drops to 3X a day. Standard Infusion topically for pain.

USE WITH CARE.

STATUS : **W/A**