

PROGRAM II: Herbal Materia Medica

Lesson 9

Lecture DVDs #1

***BERBERIS VULGARIS* (Common Barberry)**

ROOT. Tincture [1:5, 50% alcohol] 10-60 drops. Cold Infusion, 1-3 ounces.

Capsules, #00, 1-3. All to 3X a day. See MAHONIA (Oregon Grape)

STATUS : W/A

***MAHONIA* (Oregon Grape, Algerita)**

SAME as *Berberis*.

STATUS : W/A

***XANTHORHIZA* (Yellow Root)**

SAME as *Berberis*.

STATUS : W/LA

COLON TONIC (Modified Thomsonian)

Cascara Sagrada.....2 parts

Oregon Grape2 parts

Cayenne 1 part

Ginger Root ... 1 part

Lobelia..... 1 part

Rhubarb Root. 1 pt.

Stimulates peristalsis for chronic constipation of long duration. 2 “00” caps with water, morning and evening. When feces soften up go to 1 capsule twice a day.

LIVER TONIC

Barberry or Oregon Grape.....2 parts

Milk Thistle Seed.....2 parts

Chaparral (Larrea) 1 part

Toadflax (Linaria)..... 1 part

Echinacea..... 1 part

Burdock Rt or Seed..... 1 part

Yellow Dock.. 1 part

Leptandra or Blue Flag Rt 1 part

An old-fashioned "shotgun" formula. Grind well and encapsulate. Echinacea is the only one of these herb that deteriorates in a powdered form, so the best compromise would be to keep it as a rather coarse grind, the rest as fine a powder as desired.

Useful for passive liver "heaviness", with periodic light stools and/or frontal headaches brought on by overeating or eating rich foods when tired. Look for greasy hair, acne on the cheeks (both kinds of cheeks) and acne around the mouth. It should be tried for those that regularly work with solvents or that drink regularly, whether in moderation or excess. In general, for those that regularly eat before going to bed and are slow in waking, grouchy and sluggish in the morning...they also have to cut back on the snacks.

DOSE: Pronounced liver dysfunction, but w/out pathology: 2 caps, 3X a day.

No overt symptoms, but having many of the risks mentioned: 1 cap, 3X a day.

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.

ALLERGY FORMULA

Yerba Mansa.. 4 parts

Yerba Santa.... 4 parts

Bayberry 3 parts

Ambrosia 2 parts

Horehound 2 parts

Oregon Grape 1 part

Mix herbs as tinctures, or tincture 1:5, 60% alcohol

Use 30-60 drops (1 or 2 squirts) 2 or 3 times a day

This is for the relief of seasonal allergies and resultant secondary hyper-sensitivities.

FEMALE BALANCER

Vitex agnus-castus Tinct 3 parts

Black Cohosh Tinct 2 parts

Dandelion FE. 2 parts

Motherwort Tinct..... 2 parts

Oregon Grape Root Tinct 1 part

Mix with fluidextract and tinctures.

Use 30-60 drops (1 or 2 squirts) 2 or 3 times a day

This helps to regulate chronically short estrus cycles, with aggravated anabolic metabolism.

PMS FORMULA, LONG CYCLE

Vitex	3 parts
Devil's Club ...	2 parts
Black Cohosh	2 parts
Oregon Grape Root.....	2 parts
Peony	2 parts
Immortal	2 parts
Anemone (Pulsatilla)	1 part

Mix as tinctures, since the Anemone MUST be made fresh, the Peony is BETTER fresh, the rest can or should be made dry.

Use 30-60 drops (1 or 2 squirts) 2 or 3 times a day

For symptoms that start just before menses, deriving from weak progesterone levels with a premature rise in estrogen before menstruation; the cycle is generally longer than 28 days.

Problems include rapid-onset water-retention, headaches, joint pain, and labile emotions.

CANDIDA DOUCHE

MIX IN A BLENDER JUST BEFORE USING:

Witch Hazel Extract (commercial)	3 tablespoons
Golden Seal Tincture	1 teaspoon
(or Oregon Grape Root	(1/2 teaspoon)
WITH Anemopsis	(1 teaspoon)
Warm Water ..	1 pint
Table Salt	1/2 teaspoon
Yogurt, live culture	3-4 tablespns

Douche once in the evening, either every second or third day. Eat, if possible, 6-8 ounces of live culture yogurt a day, and check urine pH in the morning with a teststrip...it should be under 7.0 and above 6.0, i.e. acidic. If often alkaline (above 7.0), decrease carbohydrates (especially fruits, sweets and tubers) and increase proteins. If too acidic, modify in the other direction.

DETOX FORMULA

Oregon Grape Root.....	3 parts
Silybum Fluidextract	2 parts
Larrea.....	2 parts
Yellow Dock..	2 parts
Aristolochia watsonii.....	1 part

Mix from the fluidextract and tinctures. Use 30-60 drops (1 or 2 squirts) 3 or 4 times a day. This is meant to assist cleansing of the blood, liver and lymph system when recovering from alcohol, drug abuse, even long-term overmedication.

MATRICARIA (Chamomile, Manzanilla)

FLOWERS. Standard or Cold Infusion, 2-6 ounces as needed.

STATUS : W/C

MATRICARIA MATRICARIOIDES (M. suaveolens, Pineapple Weed)

FLOWERS. Standard or Cold Infusion, 2-6 ounces as needed.

STATUS : W/A

ANTHEMIS NOBILIS (Roman Chamomile)

FLOWERING HERB. Cold Infusion (bitter tonic), Standard Infusion (diaphoretic), both 2-4 ounces.

STATUS : C

STOMACH TEA

Star Anise	3 parts
Ginger Root ...	2 parts
Papaya Leaf ...	2 parts
Fennel Seed....	2 parts
Camomile.....	2 parts
Comfrey Leaf.	2 parts
Peppermint (or Poleo).....	2 parts
Angelica or Calamus	1 part

As a simple infusion as needed for dyspepsia or mild gastritis.

RELAXING TEA

Camomile Flowers.....	3 parts
Catnip.....	3 parts
Passion Flower.....	3 parts
Spearmint.....	2 parts
Lemon Balm ..	2 parts
Hops.....	2 parts
Viscum album	1 part

Drink the simple infusion as needed, particularly in the evenings. If you know you will have trouble sleeping, start drinking it BEFORE you can't sleep.

FLOWER TEA

Chamomile.....	3 parts
Orange Flowers.....	3 parts
Hibiscus Flowers	2 parts
Rose Buds	2 parts
Lavender Flowers	2 parts
American Saffron	1 part

Calendula Flowers 1 part
(Cyani flowers 1/2 part)
(If it doesn't sell, add some essential oil to it and pawn it off as a
potpourri!)

***MENTHA AQUATICA* (Water Mint)**

Same uses as *Mentha spicata*

****MENTHA ARVENSIS* (Brook Mint, Poleo)**

HERB IN FLOWER. Standard Infusion as needed. Although less than
found in *Hedeoma* or *Mentha pulegium*, the pulegone content in this plant
makes it inappropriate in pregnancy.

STATUS : W/C

***MENTHA PIPERITA* (Peppermint)**

HERB. Cold or Standard Infusion as needed. ESSENTIAL OIL. 10-20
drops in capsules (in a binder), to 3X a day.

STATUS : W/C

****MENTHA PULEGIUM* (European Pennyroyal)**

BASAL LEAVES and FLOWERING STALKS. Same as *Hedeoma*.

STATUS : W/C

***MENTHA SPICATA* (Spearmint, Yerba Buena)**

HERB. Standard Infusion, or any way you want, as needed.

ESSENTIAL OIL. 10-20 drops in capsules (in a binder), to 3X a day.

STATUS : W/C

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.

TOOTH POWDER (Jareds)

Orris Root Powder	4 ounces
Arrowroot	4 ounces
Myrrh Gum	2 ounces
Licorice Root	1.5 ounces
White Oak Bark	1.5 ounces
Golden Seal Root.....	1 ounce
Bistort Root ...	1 ounce
Peppermint Oil.....	1/2 teaspoon

Mix powdered herbs thoroughly with the Peppermint Oil.

STOMACH TEA

Star Anise	3 parts
Ginger Root ...	2 parts
Papaya Leaf ...	2 parts
Fennel Seed....	2 parts
Camomile.....	2 parts
Comfrey Leaf.	2 parts
Peppermint (or Poleo).....	2 parts
Angelica or Calamus	1 part

As a simple infusion as needed for dyspepsia or mild gastritis.

COMFREY-MINT-LEMON TEA

Comfrey Leaf.	3 parts
Peppermint.....	2 parts
Lemon Balm ..	1 part

Drink as a simple infusion for gastritis and pre-ulcer pain

PAPAYA-MINT-LEMON TEA

Papaya Leaf ...	3 parts
Spearmint.....	2 parts
Lemon Grass..	1 part

Drink as a simple infusion for indigestion and disempacho

NEUTRALIZING CORDIAL (Modified)

Rhubarb Tincture.....	80 ml
Cinnamon Tincture	64 ml
Hydrastis Tincture	40 ml
Spirit of Peppermint.....	8 ml
Potassium carbonate	16 grams
Simple Syrup .	250 ml
Diluted alcohol (50%)	550 ml

Step 1. Dissolve 16 grams of potassium carbonate in 250 ml
Simple Syrup

Step 2. Mix the tinctures, spirit and diluted alcohol.

Step 3. Mix both liquids, stirring or blending until KCO₃ is
dissolved.

Step 4. Add additional diluted alcohol to the total (if necessary)
to bring the total volume to 1000 ml.

Use a teaspoon or two for nausea, gas pains, dyspepsia, tenesmus, diarrhea AND constipation.

An elegant pharmaceutical that may be the single closest thing to a universal GI tonic.

Unfortunately it is no longer made by American manufacturers.

FIVE MINT TEA

Spearmint.....	2 parts
Peppermint.....	2 parts
Poleo	2 parts
Lemon Balm ..	2 parts
Catnip.....	1 part

***MENYANTHES* (Buckbean, Bogbean)**

WHOLE PLANT. Tincture [Fresh Plant, 1:2, Dry Plant, 1:5, 50%
alcohol], 10-30 drops, to 3X a day. Cold Infusion, 1-2 ounces, also to 3X 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

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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.

***MONARDA* (Bee Balm, Oswego Tea, Wild Bergamot, Wild Oregano)**

FLOWERING HERB. Standard Infusion, 1-4 ounces, to 3X a day or as
gargle.

STATUS : W/C

MONARDA HONEY

Fresh Monarda Flowers stuffed tightly into a mason jar, Honey added, and topped off several times (until bubbles work completely out and flowers are saturated and covered), kept around for a month or two, pressed out.

#3

MYRICA (Bayberry)

BARK and ROOTBARK. Tincture [Fresh Bark, 1:2, Dry Bark, 1:5, 60% alcohol] 20-60 drops. Cold Infusion, 2-4 ounces, both to 3X a day. The diluted tincture or the infusion for topical use or as a gargle.

STATUS : W/A

ILEO-CECAL TONIC

Chaparro Amargosa or Quassia.....4 parts

Bistort Root

(or Geranium or Heuchera).4 parts

Bayberry Bark2 parts

Yerba Mansa Root.....2 parts

Ginger Root2 parts

Tincture 1:4, 50% alcohol. Use for giardiasis, amebiasis, especially with ileo-cecal irritability. With active diarrhea, take 1/2 teaspoon every 2 hours, alternating with 4 oz. skim milk. With poor milk tolerance, use blackberry or pomegranate juice concentrate ...1-2 tablespoons, straight up.

TONSILITIS FORMULA

Red Root.....4 parts

Myrrh.....2 parts

Bayberry2 parts

Make from the individual tinctures, add 5% glycerin.

Take 1/2 teaspoon in 2 tablespoons of hot water, gargle well and swallow every 2 hours.

ALLERGY FORMULA

Yerba Mansa..4 parts

Yerba Santa....4 parts

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Horehound2 parts

Oregon Grape1 parts

Mix herbs as tinctures, or tincture 1:5, 60% alcohol

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Take 1/2 teaspoon in 2 tablespoons of hot water, gargle well and swallow...every 2 hours.

ARTERIOSCLEROSIS FORMULA (health good, memory bad)

Prickly Ash 6 parts

Bayberry 4 parts

Aristolochia spp..... 2 parts

Selenicereus or relative..... 1 part

Red Ginseng (low BP)..... 1 part

(White Ginseng (normal or high BP)

..... (1 part)

Make with finished tinctures, add 5% glycerin.

***NEPETA CATARIA* (Catnip)**

FLOWERING HERB. Tincture [Fresh Herb 1:2, Recent Dry Herb 1:5, 50% alc.], 1/4 to 1 teaspoon Standard Infusion, 2-6 ounces, all to 4X a day.

STATUS : W/C

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.

RELAXING TEA

Camomile Flowers..... 3 parts

Catnip..... 3 parts

Passion Flower..... 3 parts

Spearmint..... 2 parts

Lemon Balm .. 2 parts

Hops..... 2 parts

Viscum album 1 part

Drink the simple infusion as needed, particularly in the evenings. If you know you will have trouble sleeping, start drinking it BEFORE you can't sleep.

FIVE MINT TEA

Spearmint.....	2 parts
Peppermint.....	2 parts
Poleo	2 parts
Lemon Balm ..	2 parts
Catnip.....	1 part

***MELISSA OFFICINALIS* (Lemon Balm)**

FLOWERING HERB. Standard Infusion as needed.

STATUS : W/C

COMFREY-MINT-LEMON TEA

Comfrey Leaf.	3 parts
Peppermint.....	2 parts
Lemon Balm ..	1 part

Drink as a simple infusion for gastritis and pre-ulcer pain

RELAXING TEA

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Poleo	2 parts
Lemon Balm ..	2 parts
Catnip.....	1 part