

Herbs For Health and Home Remedies

The cure may be in your cupboard!



Welcome to the world of HERBS

What is an Herb?

A herbaceous plant (in American botanical use simply herb) is *a plant that has leaves and stems that die down at the end of the growing season to the soil level*. They have no persistent woody stem above ground. Herbaceous plants may be annuals, biennials or perennials.



Or more current view of the term:

Any plant with leaves, seeds, or flowers used for flavoring, food, medicine, or perfume.

Ways to Use Herbs

- **Fresh** (this is the best way to apply or ingest herbs)
- **Frozen**
- **Dehydrated**
- **Mixed with a carrier**
 - **Water** (for tea, decoction, fomentation etc)
 - **Oil** (essential herbal oils, olive oil, jojoba oil etc)
 - **Alcohol** (rubbing alcohol for external use and vodka for internal use)
 - **Petroleum Jelly** (for ointment)
 - **Gels** (such as Aloe Vera)
 - **Creams** (lanolins, any fragrance free cream, etc)
 - **And others such as DMSO (DIMETHYLSULFOXIDE) etc.**

Preparing Herbs and Wild Plants

- **Tea/infusion** – boil water, add plants, let stand 5-15 mins, strain. (add sweetener as desired for taste)
- **Fomentation** - apply a cloth dampened with tea or decoction to area of body needing treatment
- **Decoction** – Cover and simmer plants 20-30 mins, strain and use. The simmered plant parts can also be used.
- **Poultice** – Grind or mash fresh herb and apply to area of body; cover with a cloth.
- **Tincture** – Soak herbs in 90% proof spirit. Strain and use 5-15 drops for treatment. Liniment is the term when it is used externally
- **Ointment** – Heat herb in hard fat or petroleum jelly until plant changes color. Strain and use as needed.

Aloe Vera



Fresh gel:

- Apply to burns, dry skin, fungal infections and insect bites

Leaves:

- Improves appetite
- Laxative effect
- Stimulates bile flow



Basil



Leaves:

- Similar to oregano, has anti-inflammatory properties
- Relieves bowel inflammation and rheumatoid arthritis
- Basil contains cinnamamic acid, a powerful compound proven to enhance circulation, stabilize blood sugar, and improve respiration.
- Inhale steam for head colds
- Infusion for asthma and bronchitis

Cannabidiol

Cannabidiol (CBD) - a compound found in hemp, is non-psychoactive, and has several medicinal properties:

- induces cell death in cancer cells,
- reduces/eliminates epilepsy
- reduces pain and is anti-anxiety
- restores/protects damaged nerves
- stabilizes/heals MRSA (flesh eating disease)
- shows promise for diabetes, arthritis, neuralgia, MS and most autoimmune diseases



This is what happens when **CBD** **oil** is applied to skin cancer. →



MELANOMA TREATED WITH CANNABIS OIL

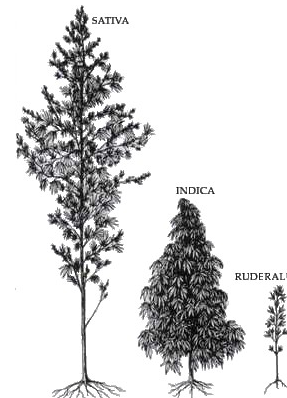
IN LESS THAN 60 DAYS THIS MELANOMA WAS TREATED FROM A 7MM DEEP HOLE DOWN TO THE BONE TO NEARLY BACK TO NORMAL.

CANNABIS OIL, ONCE AGAIN, SUCCESSFULLY TREATS CANCER!!!

Marijuana vs. Hemp

Both marijuana and hemp are of the plant genus called cannabis.

- Marijuana has over 1% THC (tetrahydrocannabinol)
THC is the psycho active part that gives people the “high”
- In contrast, **industrial hemp** contains less than 1% THC but can have high amounts of CBD (Cannabidiol) which is the medicinal part of cannabis.



Hemp is one of the most useful plants on earth. It was grown by George Washington and many other of our founding fathers:

- **Fuel** - Earth's No. 1 biomass resource. Just 6 percent of continental United States' acreage could grow enough hemp to provide all of the country's energy needs and it burns clean.
- **Food** - the only plant on Earth that provides **ALL** the essential fatty acids and amino acids (complete protein) needed by the human body
- **Paper** – recycles twice as many times as paper
- **Fabric** – stronger, lasts longer, blocks UV and resists fading & mildew
- **Construction** – it is lighter and stronger than fiberglass

Medical Cannabis



Marijuana Cures Cancer in 8 Month Old Baby



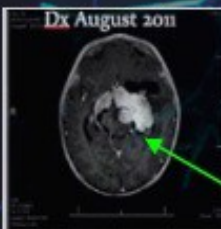
William L. Courtney, MD

"My youngest patient, 8 months old, had a massive inoperable brain tumor"

The father chose cannabis treatment over chemotherapy, radiation and surgery

"The child's being called a miracle baby and I would have to agree that this is the perfect response that we should be insisting is frontline therapy for all children"

This child is not going to have long term side effects that come with chemotherapy and radiation



A high-CBD oil (3.8%) was put on the baby's pacifier twice a day

Within 2 months, there was a dramatic reduction



Within 4 months, the tumor was essentially gone

By 8 months, the normal architecture of the brain had resumed



My Poison Ivy: left = before CBD right = 3 days using CBD



Cannabidiol





Cayenne



Fruit (red pepper):

- In water and vinegar as a throat gargle for sore or dry throat or laryngitis
- In pill form for reducing blood pressure
- Cayenne is a stimulant, not an irritant
- It encourages sweating and is anti-bacterial
- Stops bleeding

Cayenne massage oil or liniment for

- Rheumatism and arthritis

Cinnamon



Bark:

- Tea from bark is used for weakened kidneys
- Taking cinnamon daily can improve the cells uptake of insulin, good for blood sugar control
- Used as a compress it can relieve arthritic and rheumatic pain
- It is an energizing herb
- Can be used for menopausal syndrome
- Relieves indigestion, colic and diarrhea.



Comfrey



Leaves and roots:

- Extraordinary anti-inflammatory benefits, reduces or eliminates bruising, for sprains and strains
- Nickname is “knit bone”
- Excellent for burns
- Good for reducing arthritis pain and swelling
- Reduces neuropathy and soothes feet
- Heals skin ulcers
- Rich in allantoin – tissue regeneration

Dandelion



Flowers:

- Antioxidant

Leaves:

- Natural diuretic, aids digestion
- Full of vitamins (ACDE) and minerals

Root (is slightly bitter):

- Detoxify liver and gallbladder
- Gentle laxative, helps in weight management



Elder or Elderberry



Flowers and berries:

- Flower infusions help with lung and upper respiratory conditions, a strong expectorant, reduces phlegm
- Berry juice is excellent for colds and flu and as a cough syrup
- Reduces hay fever symptoms
- Supports strengthening the immune system
- Berries are a diuretic

Garlic



Cloves:

- Boosts immune system
- Reduces blood pressure
- Antibiotic
- Detoxifies the body

Ginger



Root:

- Tea reduces motion sickness, nausea and morning sickness or stomach upset
- Lowers cholesterol, is a circulatory stimulant
- Reduces cramps
- Good for rheumatism
- Reduces flatulence
- Dispels chills

Milk Thistle



Leaves and seeds:

- Encourages liver cell renewal and repair
- It is a liver detox
- Above ground parts have slight estrogen like effect
- Silymarin in milk thistle is powerful anti-oxidant
- Helps with inflammation of bile ducts



Mullein

Edible but seeds are poisonous



Leaves for tea:

- Coughs, asthma and throat inflammation
- Anti-inflammatory and anti-bacterial in topical compresses.

Salve for:

- Wounds, hemorrhoids, eczema or inflammation



Oregano



Leaves:

- Tea used for respiratory tract disorders such as coughs, asthma, croup, and bronchitis.
- Extracts used for gastrointestinal (GI) disorders such as heartburn and bloating.
- Also for menstrual cramps, rheumatoid arthritis, and urinary tract disorders
- The oil of oregano is taken by mouth for intestinal parasites, allergies, sinus pain, arthritis, cold and flu, swine flu, earaches, and fatigue.
- It is applied to the skin for skin conditions including acne, athlete's foot, as well as for insect and spider bites, gum disease, toothaches, muscle pain, and varicose veins.
- Oregano oil is also used topically as an insect repellent.

Peppermint



There are many varieties – at least 30



Leaves:

- Make a tea and take for nausea, indigestion, or flatulence
- Tea is also good for fevers and migraines
- Inhalation eases nasal congestion
- Contains large amounts of menthol and is analgesic and calming
- Strong anti-bacterial and anti-septic
- Calming and cooling

Plantain



Survival Food



Leaves:

- Prepare leaves as you would cook any greens.
- Mash or chew leaves and put on bites or scrapes
- Anti-itch, anti-bacterial, reduces inflammation
- Draws out poison and sting

Flower buds:

- Are edible and can be used raw or stir fried.

Roots:

- Edible and also makes a good cough syrup

Rosemary



Leaves:

- **Edible**
- **Stimulates immune system**
- **Increases circulation**
- **Improves digestion**
- **Anti-inflammatory**
- **Increases blood flow to the brain improving concentration**
- **Contains carnosic acid which protects the retina and brain areas from macular degeneration and dementia**

Sage



Leaves:

- Tea is a tonic and liver stimulant, also dries up sinus drainage
- Is good for sore throats, tonsillitis, mouth ulcers and gum disease
- Infusion stops dandruff and restores color to graying hair
- Also used for angina and coronary heart disease

Shepherd's Purse



Seed Pods and Leaves:

- Used to reduce heavy menstrual bleeding, cystitis and diarrhea.
- Can apply a poultice to bleeding wounds
- Avoid herb in pregnancy as it stimulates contractions

Tea Tree (Melaleuca Tree)



Leaves:

- Anti-bacterial can be used for skin infections including herpes
- Toxic when taken by mouth
- Anti-fungal properties
- Used to kill lice
- In vitro studies show that tea tree oil is capable of killing MRSA in a laboratory setting
- Allergic reactions are possible

Turmeric



Roots:

- Turmeric contains curcumin, which is a powerful anti-inflammatory. It relieved joint pain and swelling in people with arthritis as well as prescription nonsteroidal anti-inflammatory drugs (NSAIDs) without side effects such as abdominal bleeding or stomach upset.
- used to treatment of digestive disorders, promote wound healing, and strengthen the immune system
- Natural anti-oxidant

Wormwood



Leaves:

- Tea to help with gastritis and expel intestinal worms
- Used in fever management and menopausal syndrome

Liniment:

- Reduces spasms and soothes bruises and bites.
- Active ingredient in Absorbine Junior and Absorbine for horses

Thieves Oil

Story: During the outbreak of the bubonic plague, there is a legend of four thieves who were captured and charged with robbing the dead and dying victims. When the thieves were tried, the magistrate offered leniency if they would reveal how they resisted contracting the infection as they performed their thievery. They told of a special concoction of aromatic herbs that they put on themselves. Since then, it has been replicated and called “Thieves Oil”

Ingredients:

- *Clove*
- *Lemon*
- *Cinnamon Bark*
- *Eucalyptus*
- *Rosemary*

- **Immune boosting**
- **Powerful anti-bacterial**
- **Anti-viral, Anti-fungal**
- **Sore throat, lung congestion**
- **Air purifier**
- **Household cleanser**

Note: Nostradamus, also a physician, had a famous lozenge that supposedly also had thieves oil in it.30

Herbs – Home Remedies

Sore Throat:

Gargle with a combination of water (1/4 cup), apple cider vinegar (1 or 2 Tablespoons) and a pinch or more of cayenne pepper. Note: The vinegar changes the Ph of the throat area to kill bacteria and the cayenne pepper acts as a stimulant to bring blood (and white blood cells) to the surface of the throat to combat bacteria while also stimulating the saliva glands to keep the throat from becoming dry.

Earache:

There are several good solutions:

Put a drop of lavender oil on two small cotton balls and insert the cotton in the ear. (For babies, cut the strength of the lavender oil – 1 drop lavender in 1 tablespoon of body oil)

Or: Gently swab inside the ear with colloidal silver and then use the lavender cotton.

Or: Press a clove of garlic into olive oil and put a drop or two into the affected ear.

(Note: often the ears become infected from bacteria in the throat, so also treat the throat with a good gargle.

Bronchitis, chest congestion, sinusitis:

In a small pan over med-low heat simmer about 2 cups of water and put about 1-2 teaspoons of rubbed sage in the water. Inhale the steaming herb for about 5 minutes.

The best nasal spray is 2 drops of peppermint oil to 2 ounces of purified water in a nasal spray bottle. Be sure to shake before spraying. Spray once into each nostril while inhaling.

(Note: one of the best supplements for sinus and allergy problems is querceten and bromelain capsules.)

Herbs – Home Remedies

Nausea:

Put a drop of peppermint oil in a 16 ounce bottle of water and sip occasionally (be sure to shake before sipping as the potent oil floats to the top while standing) You can also put a drop of oil on the palm and rub it gently over the stomach and digestive tract. Ginger is very good too (drink tea or suck on the root).

Sore muscles, contusions and bruises:

Anti-inflammatory herbs such as arnica and comfrey, and **anti-spasmodic** herbs such as wormwood (*artemesia absinthium*) and clary sage are very useful. It is easy to make your own medicines by blenderizing any of these herbs with water, straining out the juice and mixing the juice with a water based gel (aloe Vera is a good gel) for external topical use.



Comfrey – a powerful anti-inflammatory

Insomnia:

Sleep inducing herbs are chamomile, hops, valerian root and skull cap. You can brew tea quite easily; since it's all natural, there are few side effects to worry about.

Use Caution When Using Herbs and Medicines

Ephedra (ma huang): **Don't take** with caffeine and other stimulants or decongestants with stimulant ingredients

WHY? Ephedra plus other stimulants can increase your risk of high blood pressure, nervousness, irregular heartbeat, or even heart attack or stroke.

Ginkgo Biloba: **Don't take** with aspirin with vitamin E or anticoagulant drugs like coumadin.

WHY? Ginkgo acts as a blood thinner. Taking it with other blood-thinning agents could increase risk for excessive bleeding or stroke.

Licorice: **Don't take** with blood pressure medications.

WHY? Natural licorice can raise blood pressure, counteracting the effects of drugs used to treat hypertension.

Valerian: **Don't take** with alcohol, sedatives or sleeping pills.

WHY? Valerian may add to the effects of sedatives, especially Valium.

St. John's Wort: **Don't take** with antidepressants

WHY? There's concern that herbal and prescription antidepressants could interact with each other and lead to adverse side effects.

Hawthorn: **Don't take** with Lanoxin (digoxin), prescribed for most for heart ailments. *WHY?* The mix can lower your heart rate too much, causing blood to pool, bringing on possible heart failure.

Feverfew: **Don't take** with Imitrex or other migraine medications.

WHY? It can increase the patient's heart rate and blood pressure to dangerous levels.

**Thank You, Be Well and
May God Bless You !**

