



SELF-RELIANCE IN HEALTH COURSE

the body, nutrition,
herbs, methods,
home remedies

www.anniesplacetolearn.com

Self-Reliance in Health Course

Introduction and Purpose

Purpose of the Self-Reliance in Health Course:

Throughout my experiences and those I've seen with family, friends, and society, I have realized the importance of individuals taking responsibility for their own health and knowing how the body works, and how to care for it. Many have been seeking ways to be more self-reliant in areas of finances, food production, and emergency preparation, but may not have thought about healthcare. The purpose of this course is to provide knowledge and skills of understanding and caring for our bodies and those of our families by using the light of Christ to discern truth.

Seeking and Receiving Truth:

Before we start on any journey of learning it is important to understand that each of us has been blessed with the light of Christ, which helps us discern truth. I can share with you information I have studied, learned, and applied with great results. You can also read about what others have studied, learned, and applied with great results which may be different than what I teach. Both may be right, some may not be for you and some may be in error, so it is up to you to discover truth for yourself. During this course it will be your quest to discern truth regarding the best way as individuals and families to obtain optimum health.

Let me share part of my story of using that light of Christ to discover the best course of action for myself while struggling with health issues. After my last child was born, I broke out in a horrible "rash" for lack of a better term, over my hands. It started as a little itchy spot, that continued to spread across my palms as little blisters that would burst and ooze puss and rendered my hands pretty much useless. I had to hold them in claws or else they would crack and bleed. As you can imagine, caring for a baby and having three other children under the age eight, without the use of my hands was quite the challenge. I went to the doctor and was told it was eczema and was given a prescription for a steroid cream. "But what is the cause? How did it just start? How do I get rid of it?" None of these questions could be answered. I was not about to just cover up a problem, I wanted to get to the cause of it. And so, my journey began.

For five years I studied, I prayed, I applied, I tried this, I tried that, I followed step by step where that light of Christ directed me. Through that path I learned about how our bodies were created and how they work. I learned how plants are created and how they work with our bodies. I learned about the power of God's creations and laws. I learned how to take my body and my health into my own hands and not rely on someone else to tell me how to do it. I submitted myself to the will of the Lord and found that he had a purpose for me and in order to fulfill that purpose he needed me to go through this trial. There are many things we can only learn through the trials the Lord places before us. I was able to heal that skin condition by following the light of Christ. I came out with much more than healed hands; I came out with a self-reliance in health that I feel the Lord now wants me to share with others.



We Are Created in the Image of God:

One thing we all have in common is that we are created by God, in his own image. Our body is a gift from God. Each system has a special job and knows what to do to bring balance.

“And the Lord God formed man of the dust of the ground and breathed into his nostrils the breath of life; and man became of living soul.” Gen. 2:7

“So God created man in his own image, in the image of God created he him; male and female created he them.” D&C 1:27

Although we are all blessed with a body that is in the image of God, we are created uniquely by a loving Heavenly Father.

Every”Body” is Different:

Often when we think of a person's uniqueness, it comes in the form of how they look, how tall they are, what color of skin, hair, and eyes they have, personality traits, and skills, etc. What is not often thought of is how unique our constitutional makeup is. Everyone has been created differently, from their DNA to their personalities and preferences, all the way down to their microbiome (bacteria in the gut). Some people have a strong constitution, they rarely get sick, and they can eat anything and continue to thrive. Others have weaker constitutions, making them more sensitive. They are subject to illness, allergies, and other health issues. This group must work harder on their health habits and be mindful of their environment. I have two sons and each one exemplifies those two constitutions.

Because of this, one person's health habits are not going to have the same results as another. For example, if all four of my children come down with a cold each one will require a different remedy to aid their body in healing. One just needs frequent hot baths and liquids, one will take a lot of herbs, one just needs an essential oil, and one needs all the above. This is important to remember when addressing health; what works for one person may not work for another. This is true for the diet as well as dealing with illness. Because every”body” is different, we will be exploring a variety of ways to help the body heal and function optimally, thus bringing about better health and vitality.

Another factor to keep in mind is that some health concerns are given to us from the Lord, to allow us opportunities to learn and grow, sometimes for ourselves and sometimes for others. All health and healing are dependent on the Lord’s will for each of us.

HEALING FROM THE INSIDE OUT

All conditions exist in the body because of some kind of imbalance that can be caused from improper diet, negative thoughts, feelings and emotions, environmental toxins (pollutants, harsh chemicals – including cleaning detergents and personal care products, second hand smoke, pharmaceuticals, vaccinations, electromagnetic radiation, etc., etc. this list could go on and on) and in some cases from God, to allow us opportunities to learn and grow, sometimes for ourselves and sometimes for others.

"We glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope." Romans 5:3-4

NUTRITION AND THE BODY

Each of us were created by a loving Heavenly Father, He likewise created everything these bodies would need for nourishment and protection. I find it fascinating that plants are so closely created like our own bodies, they have life force running through their veins that give oxygen and nourishment to the entire plant, similar to our own blood and they pro-create just as we do. This is no mere coincidence, plants were meant to give our bodies nutrients, vitamins, minerals and when needed, medicine, to keep the proper balance so they can perform their functions correctly.

"And by the river upon the bank thereof, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall the fruit thereof be consumed: it shall bring forth new fruit according to his months, because their waters they issued out of the sanctuary: and the fruit thereof shall be meat, and the leaf thereof for medicine." Ezekiel 47:12

When we consume fresh fruits, vegetables, herbs, grains, nuts, and seeds, we are nourishing our bodies with the life force it needs for proper function. When we consume man made products, food that has been refined and/or added to or covered with harmful chemicals the body does not receive the nutrients it needs for proper function as well as adding toxins to the systems, therefore creating an imbalance. This imbalance can cause illness, disease, and other problems within the body.

FEELINGS AND EMOTIONS

Negative thoughts, feelings and emotions can also bring imbalance in the body. Many studies have been done on the effects negative words and music can have on water and plants, so wouldn't it make sense that our bodies are even more inclined to be affected by them. Our thoughts and words carry power in them, so much that our physical body can either be healed by the positive or manifest disease with negative. [Feelings Buried Alive Never Die by Karol Truman](#) goes into great detail about how our feelings and emotions affect our health and relationships and what we can do to overcome them.

HOW TO BRING BALANCE

There is so much information pouring out from all areas; books, websites, television, health clinics, schools, programs, etc. on how we should care for our bodies and bring about balance for optimum health. I have fallen into some of the "fads" of our day, but the Lord has always brought me back to this thought: He has created everything we will ever need for health, healing, sustainability, life force, and balance in our life.

Elder L. Tom Perry, a late modern-day apostle of the Lord said this regarding the creation, *"Now the creation of the world was complete. There was a place for man to live. The waters, the dry land, the night and day, the plant and animal life -- all were created for the benefit of mankind. The supply system had been completed. All that man would ever need from the beginning of time to the very end, if he was industrious, would be supplied him."* ([As A Man Soweth, General Conference April 1976](#))

So back to the question of How to Bring About Balance? Clean up your diet, only partake of those things the Lord has created and placed upon the earth for our benefit and use. Use herbs as a way to get the

proper nutrients to areas of the body that are weakened. It is important to note that our bodies were created to know exactly what to do to heal. Herbs, essential oils, food, and other natural remedies merely support and aid the body with the healing process. Our bodies truly are amazing creations!

Forgive others, let things go, think positive thoughts, look at others through God's eyes, love one another and that includes loving and forgiving yourself.

Our Savior is the great healer and has overcome everything, so He knows how to succor and heal us emotionally, spiritually, and physically. Turning to Him will bring healing whether it be with peace for your situation or physical and mental health restored. Miracles are still upon the earth today and happen only through the Savior.

Foundation of Health:



I recently had a new home built and watched the construction process, starting with a solid foundation and ending with a beautiful, well-built structure that I could live in safely and comfortably. There is an order to follow when building a home, you cannot put a roof on before walls and walls cannot go up until a strong foundation is laid. The foundation is made of cement so it is strong and can hold the entire home securely. Once a foundation is laid, walls are put up, then a roof, then plumbing, electricity, and ventilation systems are put in place. I see that same pattern of order emerge in all areas of creation, including that of the body.

The foundation that we lay for a strong and healthy body is the food we consume.

Nutrition:

There is a lot of confusion about what a healthy diet looks like. We are bombarded with messages on what is the best way to eat; from eating mainly protein, to avoiding animal products all together, each one contradicting the other.

Here are few examples of books I own that teach different methods of nutrition:

- **Dr. Christopher's Herbal Home Healthcare** (Mucusless Diet):
 - ✓ No dairy, meat, salt, eggs, sugar, flour, or any processed foods.
 - ✓ Do not "break-the-fast" until noon.
 - ✓ Whole grains (sprouted, low heat only), nuts and seeds.
 - ✓ Vegetables and fruit
- **Your Health, Your Choice by Dr. M. Ted Morter:**
 - ✓ 45% cooked vegetables
 - ✓ 30% raw vegetables and fruit
 - ✓ 25% whatever else you want
 - ✓ Does not matter when, but first thing in your stomach each day should be fruit.
 - ✓ Decrease caffeinated drinks and stimulants.
- **The China Study** (Whole food, plant based)
 - ✓ Avoid animal-based products.
 - ✓ Minimize refined carbohydrates, vegetable oils, and fish.
 - ✓ Eat plenty of fruits, vegetables, legumes, nuts, and whole grains.
- **In Defense of Food by Michael Pollan** (Eat food. Not too much. Mostly plants.)
 - ✓ Do not eat anything your great grandmother wouldn't recognize as food.
 - ✓ Avoid processed food.
 - ✓ Eat mostly plants, especially leaves.
 - ✓ Grass fed animal products that have not be given medications or GMO foods.
 - ✓ Eat a variety of foods.
 - ✓ Eat well-grown food from healthy soils (no pesticides and synthetic fertilizers).
 - ✓ Eat wild foods when you can.
 - ✓ Have a glass of wine with dinner.
 - ✓ Eat three meals a day – no snacking.
- **Eat to Live by Joel Fuhrman, M.D.** (Whole Foods Plant Based)
 - ✓ 90% of diet should be unrefined plant foods. 10% can be whatever you want.
 - ✓ Use animal products as condiments.
 - ✓ Eat mainly vegetables, ½ cooked and ½ raw, then fruits and legumes, then seeds, nuts and avocados.
 - ✓ 10% or less should be whole grains, potatoes, poultry, oil, eggs, fish, and dairy.
 - ✓ Rarely eat beef, sweets, cheese, and processed foods.
- **Nourishing Traditions by Sally Fallon** (Traditional Foods)
 - ✓ Consume foods in their whole state (no refined or processed foods).
 - ✓ Consume animal products that are from grass fed, pastured animals in the traditional way there were treated.
 - ✓ Consume raw dairy as a living food, avoid pasteurized products.
 - ✓ Culture foods for gut health.
 - ✓ Cook your food from scratch.

What are your thoughts after reading this list of different diets that have brought great health for the people that teach them and many they have mentored?

Let's now look at God's law of health and nutrition as found in Doctrine and Covenants 89, called the Word of Wisdom in my faith:

"..verily I say unto you, all wholesome herbs God hath ordained for the constitution, nature, and use of man—Every herb in the season thereof, and every fruit in the season thereof; all these to be used with prudence and thanksgiving. Yea, flesh also of beasts and of the fowls of the air, I, the Lord, have ordained for the use of man with thanksgiving; nevertheless they are to be used sparingly;...all grain is ordained for the use of man and of beasts, to be the staff of life."

This law also counsels against the use of addictive substances such as coffee, tea (black, white, oolong, and green - *Camellia Sinensis* plant), alcohol, and tobacco.

This one comes from the Bible:

"He causeth the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth; and wine that maketh glad the heart of man, and oil to make his face to shine; and bread which strengtheneth man's heart." Psalm 104:14-15

I have found a pattern throughout my life and in the scriptures that shows the way God works. He is simple. Reading some of these books on nutrition overwhelmed me with their complexity. I have even followed some of them in the name of health and found my body lacking in strength and vigor, and every time I came back to His simple law of consuming fresh fruits, vegetables, herbs, grains, nuts, and seeds. While consuming animal products as well as "junk food", and sweets sparingly, my body has been nourished and given the life force it needs for proper function.

I just want to emphasize that I am not perfect, but I also do not worry about what we eat. I only purchase and keep in my home whole foods and when we go out to eat or to gatherings, we just eat what we want. We will still go out for ice cream or donuts for a fun family night, but we make it a special occasion, not all the time. I have incorporated many methods from the books I've read, and I love the 80% nutritive rich foods to 20% what you want. Please understand the Lord does not want us to be fanatical about our diets, but He does want us to be healthy so that we can be happy and have the strength to fulfill the missions He has sent us here to perform.

"There are many good fruits to be plucked, to be eaten, to be enjoyed. We believe in enjoying good food. We think that these good things are given us of God. We believe in getting all the enjoyment out of eating that we can; and, therefore, we should avoid gluttony, and we should avoid extremes in all our habits of eating." Jesus the Christ by James Talmage

If you or a loved one is experiencing major health problems, then you very well may need to follow one of the outlined diets above or one of the many others that are out there. This is where you can use your light of Christ to discern truth and determine what will be best for you.

Eat a Variety of Foods for Optimum Health:

We have all heard about the “scurvy” sailors of the past who got this disease on long voyages. They would lose their teeth, get spots on the skin, and even die. It was finally discovered that the cause of the disease was a lack of certain nutrients in the body, vitamin C in this case. Before then, vitamins were unknown. This paints a picture of the importance of a variety of foods in the diet, especially fruits and vegetables.

There are certain nutrients our bodies need every day for optimum health that can be found in the “Word of Wisdom” list of foods that God has created for our use and consumption:

- **Vitamins** – Deficiency in these can be the cause of disease and illness.
- **Minerals** – Naturally occurring inorganic compounds that are not produced by plants themselves but are present in the plant as they have taken them up through the soil. Plant minerals are absorbable in the human body whereas taking a mineral supplement will go right through without absorption. Have you ever eaten an “enriched” food (cereal for example) or taken a supplement and your urine came out bright yellow with a strong scent? What you are seeing, and smelling is the body not absorbing the synthetic vitamins and minerals. Green leafy vegetables and root vegetables have a good variety of absorbable minerals in them.
- **Essential fats** – Fatty acids the human body cannot produce on its own, mainly omega - 3 and omega-6. These can be found in many food substances including vegetables but are mainly consumed in seeds and nuts like chia, flaxseed, and walnuts.
- **Amino Acids** – Compounds that help in the formation of muscles and tissues and half of which the body cannot produce but must get from other sources. These are found in meat, fish, legumes, nuts, and eggs.

Other nutrients the body does not depend on to live but play a vital role in a balanced, thriving body:

- **Antioxidants** – Target free radicals which can help with cancer prevention. Found in dark leafy greens, berries, grapes, garlic, and pepper.
- **Polyphenols** – Hormone balancing. Found in vegetables such as cabbage, cauliflower, legumes, grapes, and berries.
- **Flavonoids** - Help your body function more efficiently while protecting it against everyday toxins and stressors. Found in berries, grapes, citrus fruits, dark chocolate, onions, and dark leafy greens.
- **Carotenoids** - Nutrient for vision, plays a critical role in cell growth and in maintaining healthy organs like the heart, lungs, and kidneys. Found in orange, yellow, and red foods as well as spinach and kale.

There are thousands of phytonutrients but only a handful have been studied so simply eating a variety of colored fruits and vegetables can ensure you are getting these “non-essential” nutrients into your body.

A Word About Animal Products:

The Lord speaks through his scriptures about blessing us with the gifts of the earth for our use, including animals, but they are to be used with “prudence” and “thanksgiving”.

The definition of prudence in the 1828 dictionary reads, “Prudence implies caution in deliberating and consulting on the most suitable means to accomplish valuable purposes, and the exercise of sagacity in discerning and selecting them. Prudence differs from wisdom in this, that prudence implies more caution and reserve than wisdom.”

Here is what God’s word says about using animals:

Doctrine and Covenants 59:20

“And it pleaseth God that he hath given these things unto man (beasts, fowls, herbs, food, all things that come of the earth); for unto this end were they made to be used, with judgement, not to excess, neither by extortion.”

1 Timothy 4:1-3

“Now the Spirit speaketh expressly, that in latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils; speaking lies in hypocrisy...forbidding to marry, and commanding to abstain from meats, which God hath created to be received with thanksgiving of them which believe and know the truth.”

Each of us should ponder these verses and even go on your own search through God’s word to learn about his gifts of the earth and how we should use them. The light of Christ will direct what is best for yourself and family.

If we are to be prudent in our use of animals, we should understand that they are not raised or treated the same way now as they were in biblical times, and we should inform ourselves of how the current food industry works. Man has tinkered with much of the food God has created for us, turning it into a junk food. Milk for instance has a totally different composition once it has been stripped, pasteurized, and homogenized, turning it from a whole, nourishing food, to a “manmade” product that can cause problems in the body. Most of the resources listed below will go into details about this but I do want to mention the more you have control over your food, the better it will be for your body. This would include growing your own garden, preparing your meals from scratch when possible, having chickens for fresh eggs or purchase locally from those who raise chickens, shop at Farmer’s Markets, local farms and the organic section of your grocery store, purchase meat that has been pastured and not injected with pharmaceuticals, use raw dairy, etc.

While it is important to make changes where you can, do not stress about it or get too fanatical. Part of the Lord’s counsel on food was to receive it with thanksgiving. I believe when we do the best we can with our time, resources and means, the Lord can make up for what our food may lack. We can pray that the Lord will bless our food to work in our bodies as He intended it to. This does not mean we pray that a Cheeto will work like a carrot in our body, but that the meat you purchased at the grocery store that was fed GMO grains and injected with hormones will nourish and not harm. That the conventional produce you purchased because you could not afford organic will act in your body as the organic version will, etc.

Use prudence and thanksgiving in all the Lord has blessed us with.

Assignment:

Using the resources below or others you feel directed to, study and seek the Lord's will for yourself and family regarding your diet and lifestyle. Try one or more of the following projects to incorporate more produce into your diet if that is a struggle for you or your family.

Projects:

- **Dehydrating (or Freeze Drying):** food and herbs (p. 254)
- **Food Powder:** Once you have dehydrated food or herbs, turn them into a powder. Place in spice jars to sprinkle away on food or incorporate into your meals. I love to add powders to pancakes, waffles, muffins, and breads or add to sauces and soups. (pg. 269)
- **Food Puree:** Cook, blend and freeze your puree in ice cube trays to easily add to your meals for extra nutrient content.

Conclusion:

There is so much information pouring out from all areas: books, websites, social media, television, health clinics, schools, programs, etc. on how we should care for our bodies and bring about balance for optimum health, many contradicting another. I have fallen into some of the "fads" of our day, but the Lord has always brought me back to this thought:

God has created everything we will ever need for health, healing, sustainability, life force, and balance in our life. He is a God of simplicity, not complication.

Let us keep this in mind as we explore more about food and herbs as medicine.

Resources for Further Learning:

Not sure where to begin with changing your diet? Here are some great resources for taking the step to a whole foods diet:

- <https://www.100daysofrealfood.com/>
- <https://traditionalcookingschool.com/>
- <https://minimalistbaker.com/>
- @just.ingredients on Instagram

Learn more about the body:

Fearfully and Wonderfully Made by Dr. Paul Brand (explore more about how our bodies are created and function with the analogy of the "body of Christ":

- Cells = Body of Christ, working together
- Bones = laws, commandments & doctrines of the gospel = strength and freedom
- Skin = love and charity (warmth)
- Movement; muscles, ligaments, joints & nerves = free agency, order of hierarchy

Atlas of the Human Body by Takeo Takahashi (my favorite anatomy book for those who need a visual of the systems of the body)

The Sanctity of the Body, Oct. 2005 GC Susan W. Tanner

<https://www.churchofjesuschrist.org/study/general-conference/2005/10/the-sanctity-of-the-body?lang=eng>

For Strength of Youth: How to care for your body and spirit.



As we continue the analogy of building a strong, healthy body to constructing a home, the walls go up after the foundation is laid. We discussed how the importance of nutrition is like laying a strong foundation, and our gut health can be likened to the walls that will support the function of the entire body.

Remember my story about healing my hands of “eczema”? Well during that time period, which was about five years, my little guy was experiencing frequent, high fevers and a myriad of health conditions that would vary from month to month, such as painful rashes, lung and bronchial conditions, ear infections, diarrhea, stomach aches with puking, pink eye, etc. Every month I was in the doctor’s office trying to get answers and the results were about the same as my hands. “Here, take this antibiotic, it might be (fill in the blank with a condition)”, the condition was different with each visit and each doctor. In essence, they could not help me. Again, I was left to figure this out through study, prayer and the spirit directing me to truth. Well, the root cause of both of our conditions was the same problem, our gut health. Little Man had received an antibiotic when he was 12 months old to treat a severe sinus infection. Not only did he have an allergic reaction, but it also destroyed his gut flora and with it, his immune system. Every time a virus or bacteria got around him, his body could not fight it, so it went into extreme fever mode. Ironically, the very thing that caused the condition in the first place, antibiotics, was what the doctors wanted me to give him every time I went in. Luckily, I had the spirit directing me to not fill the prescriptions and so that first dose at 12 months, was the only one he ever had.

Every path to health starts with a healthy gut, which refers to the digestive system, primarily the large intestine. The microbiome is the bacteria that populate your gut. For every human cell, there are ten bacterial cells, we are more bacteria than we are human! These bacteria are key to our immune function, working with our body to consume and kill viruses, toxins, and harmful bacteria. They produce vitamins, influence our personality and the way we think. They communicate with each other and with our brain, affecting mental health. They are tied to our nervous system and even produce hormones.

This microbiome consists of both beneficial and harmful bacteria. The key is to keep the beneficial bacteria more productive and thriving than the harmful. If there are too many harmful bacteria, the beneficial can morph into harmful and that is where you see many of the health issues common in society today. Most health concerns have a root cause in the gut and once you work on killing off the harmful bacteria, healing the gut from resulting damage and feeding the beneficial bacteria, your body will return to a balanced state of optimal health.

Building the Microbiome

The foundation to a healthy microbiome starts at birth. A baby coming through the birth canal is coated with the first beneficial bacteria he will receive. Mother's milk will continue to introduce more bacteria that will enter the new baby's gut. Nursing provides the best foundation for a strong immune system.

Have you ever noticed how babies put everything into their mouths? This is a natural instinct the baby uses to continue introducing more and more bacteria into their microbiome. Kids love to run around in bare feet, climb trees, play in the mud, etc. All this contact with dirt, plants, and animals continues to introduce different kinds of bacteria to the gut.

In his book *Eat Dirt*, Dr. Axe shares a few ways to continue building the immune system once that foundation is laid at birth:

- Toss the hand sanitizer and other sanitizing products and cleaners.
- Eat probiotic-rich foods like kefir, yogurt, and sauerkraut.
- Consume raw honey.
- Get a pet.
- Swim in the ocean.
- Walk barefoot in the dirt and grass.
- Do not wash your garden produce. (Yes, wash store bought)

Just as the bacteria can grow in the gut, it can also be destroyed. My son's experience with antibiotics is a great example of having an entire colony wiped out and what can happen when we do not have that strong foundation. Other ways the friendly bacteria can be destroyed is through over sanitizing, as antibacterial chemicals not only kill harmful bacteria but also wipe out the friendly, toxins in our environment. GMO's, pesticides in foods and soil, pasteurized foods, the list goes on and on. While this can be an overwhelming list, just do the best you can and ask the Lord to make up for the rest by strengthening and protecting your body through the efforts you can make.

The way to have a healthy gut and put up supporting "walls" in your body is to follow the above-mentioned things. If your gut is already damaged and you need to repair those "walls", here is an inspired, simple, gut healing regimen that will kill off and sweep out harmful bacteria, heal and soothe the gut to set a healthy terrain to build and strengthen the beneficial bacteria. In addition to this protocol, it is important to follow a whole foods diet we discussed in lesson one on nutrition.

If you are not sure if you have a gut issue, check out this statement from the book, *Eat Dirt* by Dr. Josh Axe:

"The signs of leaky gut can be confusingly varied:

- *You might feel tired and sluggish.*
- *You could get frequent indigestion, heartburn, bloating and gas.*
- *You might develop sensitivities to certain foods, foods that you have enjoyed without incident for years (or decades).*
- *You can experience persistent "brain fog" characterized by a cloudy memory and lack of focus.*

- *You may notice changes in your skin, such as dark circles under your eyes, or inflamed skin conditions such as eczema, psoriasis, and acne.*

If the situation persists, you might start to develop more serious ramifications:

- *chronic fatigue, adrenal exhaustion, and lethargy.*
- *Crippling pain and arthritis.*
- *A range of dangerous digestive conditions, including inflammatory bowel disease.*
- *Autoimmune diseases like Hashimoto's thyroiditis.*
- *Sometimes, frighteningly, inexplicably life-threatening conditions."*

I would add to that list "mystery conditions" such as my son experienced. As always, use your light of Christ to direct you if this may be an answer to a condition you or a family member is suffering with.

Gut Healing Program

The program is broken down into the following steps:

- Kill Off
- Sweep Out
- Soothe and Heal
- Build and Strengthen

KILL OFF

The following herbs are used to kill off the harmful bacteria inhabiting your gut. These bacteria can cause addictions, including sugar, alcohol, tobacco, and other substances. They affect mental health and can actually cause depression and anxiety. Because of their affect over our hormones and cravings they can cause chemical imbalances, obesity, mystery illness, allergies and chronic conditions. Kill off herbs can be taken alone or in a combination. I recommend using the Autumn Spice Tea because of its pleasant taste or go with what you feel directed to use. Take any of these herbs along with your breakfast in the morning for 4-6 weeks. Dosage would be around 2-3 capsules, 1-2 dropperfuls or 1 cup of tea. Go with what you feel when it comes to dosage remembering how each body is created individually and may need more or less. Check out the *Herbal* on page 114 for more details on the herbs listed in this course.

- Black Walnut Hull
- Cayenne
- Clove
- Cinnamon
- Ginger
- Garlic
- Lomatium
- Oregano
- Peppermint
- Sagebrush
- Turmeric
- Wormwood
- Willow
- Four Thieves Blend (p. 37)
- Dr. Christopher's Intestinal Sweep

- Autumn Spice Tea – you can also purchase a readymade blend called Creamy Pumpkin Pie Tea from www.bulkherbstore.com

AUTUMN SPICE TEA

4 parts red rooibos herbal tea
3 parts cinnamon chips
2 parts orange peel
1 part dried ginger root
1 part whole cloves



Mix all ingredients together. Fill a pan with a quart of water, add 3-4 tablespoons of the tea blend, depending on how strong you like it - I make mine strong with about 1/4 cup of tea blend. Place the pan over medium heat, stirring herbs into the water. When the water starts to bubble turn down and let it simmer about 5 to 10 minutes. Remove from heat, strain the herbs out and add some raw honey to taste and little bit of raw cream. Mmmm, it is so good!

SWEEP OUT

These herbs help the body sweep out the bacteria that are being killed off. They will also help flush out other toxins and cleanse the gut. Take these herbs in the evening before bed along with the kill off herbs in the morning for 4-6 weeks. Dosage would be around 2-3 capsules, 1-2 dropperfuls or 1 cup of tea. Go with what you feel when it comes to dosage. Go with what you feel when it comes to dosage remembering how each body is created individually and may need more or less.

- Dandelion
- Gumweed
- Flaxseed
- Psyllium seed powder
- Fiber flush (from *The Prime*) 1 tsp. each of flaxseed and psyllium seed powder stirred into a glass of room temperature water, drink immediately.
- Red clover
- Yellow dock root
- Triphala
- Dried fruits; raisins, dates, figs, prunes
- Blood Purifier (p. 68)
- Dr. Christopher Blood Stream Formula
- Dr. Christopher Lower Bowel Formula (can purchase or make your own p. 55)
- Dandy Blend (purchase at health food store or online)
- Diatomaceous Earth (p. 283)
- Liver Cleanse and Support blend (p.61)

SOOTHE AND HEAL

After killing off and sweeping out the harmful bacteria, the cleansed gut needs to be healed. Harmful bacteria cause all kinds of damage including leaky gut, which is where the intestinal wall has been damaged and undigested particles can leak through into the bloodstream. These herbs and foods help seal up "leaks", tighten and firm the intestinal lining and soothe inflammation. They also lay a strong foundation for the beneficial bacteria to adhere to. Take

these herbs for 1- 2 weeks after the kill off and sweep phase, then continue to incorporate into the diet. Dosage for herbs and blends would be around 2-3 capsules with each meal, 1-2 dropperfuls with each meal or a quart of tea sipped throughout the day. Ghee, collagen, and bone broth can be incorporated into meals each day.

- Aloe vera juice (p. 119)
- Calendula
- Chamomile
- Chia seeds
- Marshmallow
- Mullein
- Purslane
- Slippery Elm
- Licorice Root
- Bone Broth (*below*)
- Collagen; found in bone broth, certain foods or as a supplement.
- Ghee (*below*)
- Gelatin: found in bone broth, gummies (purchased from health food store or make your own) or as a supplement.
- Olive Oil, Coconut Oil, Flaxseed Oil
- Frankincense essential oil massaged over abdomen
- Heartburn Blend (p.49)
- Gut Soother Blend (*below*)

GUT SOOTHER

3 parts plantain
3 parts calendula
3 parts spearmint (or other mint species)
3 parts chamomile
2 parts ginger



For every cup of boiling water use 1-2 tsp. of the herbal blend and steep for 10-15 minutes or make into a tincture or capsules.

GHEE

Start by melting a pound of unsalted butter (I like Kerrygold or make my own from raw milk) in a pan over medium heat. The butter will melt then get foamy, then start to sputter and turn golden. Once the sputtering has stopped remove from heat, let it cool for just a bit and then place a small strainer over a jar, pour and strain. As the ghee cools it will turn more solid at which point you can put on the lid and just keep it in the cupboard or fridge.



BONE BROTH

There is no set recipe to making bone broth, I usually just throw in whatever I have in my fridge, garden, and pantry. Remember anything you toss in the pot will have its nutrients and properties pulled out into the water, leaving you with a healthy, healing broth. These are just a few recommendations you can add and for those that must have a recipe to follow:

Fill a pot with bones of choice, including any parts like gizzards, feet, neck, etc. You can also use a whole chicken. Then add:

2 Tablespoons of apple cider vinegar (this helps pull the marrow from the bones where most of the goodies are)

1 large onion

2 carrots

3 stalks celery

4 cloves garlic

1 Tablespoon fresh ground pepper or peppercorns

Any vegetable scraps or herbs. I love to add thyme, oregano, rosemary, and medicinal mushrooms.

Forage through the garden or yard for "weeds" such as alfalfa, dandelion, lambs quarter, plantain, sorrel, etc.



Place your bones in a large stock pot and fill up with water. Chop all your veggies and add everything to the pot. Use one of the options below for simmering your stock, the longer it simmers the more will be extracted from your bones, vegetables, and herbs. Always go at least overnight. Sometimes I even go two days. When ready just strain and enjoy.

Stove Top

Set your stove to med-high heat and bring to a boil, then lower to a simmer. Cover and let simmer 6 -24 hours.

Slow Cooker or Instant Pot

Add everything to your crock pot or instant pot. Crock pot set to low heat, Instant Pot set to slow cooker and the time as high as it will let you go.

BUILD AND STRENGTHEN

Now the gut is ready to build up a healthy colony of beneficial bacteria. There are some herbs that will help with this, but the majority of building will be done by introducing cultured foods, supplements full of different species of microbes, and "dirt". Now is a good time to incorporate the other ways to build beneficial bacteria that we discussed at the beginning of this lesson. Start slowly with the building process, one item at a time in small amounts. Be mindful of how your body feels. If you get nauseous, head or body aches or just not feeling good, slow it down.

- Alfalfa
- Clover
- Elderberries
- Nettles
- Red Raspberry Leaf
- Blackstrap Molasses
- Yogurt and Kefir
- Cultured Foods and Drinks

- Probiotic Supplements or Mixes
- Happy Gut supplement from www.bulkherbstore.com
- Raw Honey

Example:

I just gave a big list of herbs and foods that can heal, repair and build gut health which will now need to be fitted to an individual and their constitution as we discussed in *Lesson 1 (p.3)*. Let me give you an example of the protocol I used to heal my son's gut to give you an idea of how that might look. All his meals were whole foods with no sugar or processed foods, and I tried to incorporate dried fruits and other foods listed above:

- Breakfast with a ½ cup of kefir, Gut Soother and Digize essential oil blend (from Young Living) massaged on abdomen.
- Lunch with Happy Gut digestive capsules and Digize massage.
- Dinner with Happy Gut digestive capsules and a ½ cup of kefir.
- Bedtime - two dropperfuls of Gut Soother and Digize massage.

It took three months of this simple schedule to completely heal his gut. He no longer had fevers and his body returned to a balanced state with no more mystery conditions.

Conclusion:

Once the gut is healed you must continue to populate the microbiome with a regular source of probiotic rich foods or supplements and the "dirt" we talked about that comes through walking barefoot, not washing garden produce, having pets, etc. Make the foods listed above part of your regular diet and strive to avoid substances that will destroy your friendly flora such as sugar, processed foods, pesticides, and pharmaceuticals.

Assignment:

Using the resources below or others you feel directed to, study and seek the Lord's will for yourself and family regarding gut health. Make some bone broth and/or a cultured food such as kraut or choose one from the [Cultures for Health](http://CulturesforHealth.com) website. Replace chemical antibacterial hand sanitizer and soap for a natural one.

NATURAL HAND SANITIZER

2 oz. spray bottle

2 oz. aloe vera liquid or distilled water

10 drops Four Thieves essential oil (40 drops clove, 35 drops lemon, 20 drops cinnamon bark, 15 drops eucalyptus, 10 drops rosemary) or antibacterial blend from your favorite brand.

Add liquid and essential oil to the bottle then shake up

NATURAL HAND SOAP

A foaming soap dispenser bottle

Liquid castille soap

Essential oil of choice –

use the Thieves blend above or you can use a single or blend for a particular scent such as citrus or floral. This is the fun part of making your own soap.



Fill your foaming soap dispenser a quarter full of liquid castille soap. Depending on the size of your bottle and how strong you like your soap to smell, start with 10-20 drops of essential oil and adjust from there. Fill the remainder of the bottle with water and screw on the top. Give it a gentle swish around and you are ready to start foaming.

ESSENTIAL OILS FOR GUT HEALTH

These can be used as a gut massage like I did with my son, in the bath, or diffuse throughout your home.



Thyme
Rose
Cardamom
Peppermint/spearmint
Clove

Tea Tree
Fennel
Oregano
Tarragon
Digestive Oils in *Lesson 6*

Resources for Further Learning:

Cultures for Health <https://www.culturesforhealth.com/>

Traditional Cooking School <https://traditionalcookingschool.com/>

The Complete Idiot's Guide to Fermenting Foods by Wardeh Harmon

Eat Dirt by Dr. Josh Axe

The Prime by Kulreet Chaudhary

Herbal (p. 114)

Other Remedies (p. 274)



Now that the foundation has been laid, and supportive walls placed, it is time for a roof. A roof protects everything inside your home. Food and herbs can protect, strengthen, and support the many systems in your body. When an imbalance occurs or an invader attacks, you can go to a specific food item or herb to help the body bring back balance. This lesson we will focus on food as our medicine and next lesson will be about herbs.

Each of us were created by a loving Heavenly Father, He likewise created everything these bodies would need for nourishment and protection.

"And by the river upon the bank thereof, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall the fruit thereof be consumed: it shall bring forth new fruit according to his months, because their waters they issued out of the sanctuary: and the fruit thereof shall be meat, and the leaf thereof for medicine." Ezekiel 47:12

Food can be used medicinally when the body is out of balance or dealing with an invader, such as a virus or bacteria. Some foods can give added nourishment the body needs, while others contain antiviral/antibacterial properties to aid the immune system in destroying pathogens. Here are a few of my favorite foods for healing:

Garlic (p.161)

- Herbal antibiotic – 4 cloves is equal to 1 dose
- Aids the body in treating cough, cold, flu, sore throat, respiratory, fever, upset stomach, etc.
- Immune booster and infection fighter; ear, throat, intestinal, yeast, etc.
- Heart health: clears plaque from arteries, moves blood.
- Antiseptic: kill 99% known bacteria, other 1% within the hour
- Fungal infections

Onion

- Contains the same healing properties as garlic due to the allium contained in them.
- Boosts the immune system.
- Reduce cholesterol and protects heart health.
- Protects the body against harmful bacteria and viruses.
- Breaks up mucus.
- Strengthens bones.

- People used to place an onion cut in half in the room of a sick person, it would turn black as it absorbed the germs and bacteria in the room and the person would heal much quicker. For this same reason it is not a good idea to eat an onion that has been sitting out for a while.

Ginger (p.163)

- Antiviral, antibacterial, antifungal
- Gets circulation flowing through the body.
- Activates brain function.
- Boosts immune system, use for all types of illness.
- Use for viral and bacterial infections of all types, including staph, strep, and malaria.
- Anti-inflammatory, use for pain relief due to inflammation.
- Heart tonic
- Digestive aid and intestinal infections.
- Antispasmodic: helps with cramping, aches, and pains.
- Helps remove toxins from the body.

Red Raspberry (p.215)

- This is one of my favorite plants because of how universal it is for all types of health concerns and healing. I include it in most of my herbal formulas.
- The berry contributes to heart health, guards against cancer and is very nourishing for the blood.
- The leaf is where most of the power lies, they are full of nutrients which makes them perfect for going to any area of the body that needs extra strengthening. They also nourish the body while dealing with illness and help to strengthen it after.
- A gargle can help with cankers, mouth sores and spongy gums.
- High in iron for those dealing with anemia.
- Female tonic helps with regulating menstrual cycles, balance hormones and ease cramps.

Lemon/Citrus (p.290)

- Antiviral, antibacterial, antifungal, antiseptic.
- Anti-inflammatory
- Good source of vitamin C, which helps the body fight off infection and disease.
- Immune system builder.
- Fights infection of all kinds.
- Cleanses the body inside and out.
- Aids digestion, relieves cramps and muscle spasms.
- Kidney and bladder tonic can help fight infection and dissolve stones.
- Cold sores, cankers, and mouth sores.

Bone Broth (p.278)

- Packed with many nutrients and minerals your body is in need of during time of sickness, especially when your body only craves liquids.

- Boosts immune system to aid body in fighting off illness.
- Reduces inflammation, making it great for easing arthritis symptoms along with strengthening bones, ligaments, and tissue.
- Soothes and heals intestinal lining supporting gut health.

Raw Honey (p.286)

- Contains micro-organisms that can build the gut flora, while also being antibacterial and antiviral, killing off harmful bacteria and viruses.
- Use to fight colds, flu, and respiratory infections of all kinds.
- Soothes and heals sore throat.
- Treat skin conditions, fungal infections, inflamed, raw tissue.
- Boosts the immune system.
- Antiseptic, drawing agent for poisons from insect bites and stings or infected wounds, and burns.
- Effective internally against bacteria and parasites.
- Do not heat honey above 100 degrees or all the healing properties will be destroyed, and you will just have sugar.

Wheat

- Commonly recommended as a long-term food storage item, and for good measure. The Word of Wisdom mentions wheat at the “staff of life”, I believe that is so because of its versatility. You can grind wheat into flour and make bread, which can provide your body with a variety of nutrients. It can be soaked and cooked to make “wheat berries” that can be eaten as a hot cereal or with other foods.
- If there is no fresh produce available, you can soak the wheat and create sprouts that will provide vitamins and minerals you would get from fresh fruits and vegetables.
- Sprouted wheat can be used to make Rejuvelac, a cultured beverage that will populate your gut flora, strengthening the immune system and fighting off bacteria and viruses.
- You can also “sow” the wheat in soil and create wheat grass which can be juiced, dried, and powdered or in emergency conditions just eaten whole. Wheat grass is a food category all its own. It has a high content of chlorophyll which supports the immune system and removes toxins from the blood and body tissues. It improves digestion and is high in vitamins and minerals. And the best part, even if you have a gluten intolerance you can consume wheatgrass.

Cucumber (p.282)

- Soothes all types of skin conditions when sliced and applied, including burns.
- Eating daily can reduce inflammation, helping with joint conditions and pain.
- Placing a slice over the eyes help with eye strain and inflammation.
- Supports the kidneys, lungs, and bones.
- Can replenish electrolytes that can be lost through vomiting, diarrhea, and sweating.
- Eases upset stomach and overindulging.

Assignment

Make one of the projects below or a recipe using one or more of the foods listed above. Study out the benefits of one of your favorite whole foods using the resources below or others you are directed to and share with someone.

SPROUTED GRAINS

There are many sprouting systems available for purchase but technically all you need is a jar and a strainer. I'm just giving basic instructions here as if you only have a jar to work with but you can do a google search and find many ways to sprout with more detailed instructions and videos.

1/2 cup wheat berries or grain of choice
Filtered water
Quart jar



Pour your berries into a jar and cover with filtered water. Let sit overnight. Drain and rinse in the morning. Cover with a cheesecloth or breathable cover. Place jar upside down at an angle in a bowl to allow air circulation and continued drainage. Rinse and drain the grains twice a day, keeping the jar in the same position. Continue this process until you see little "tails" form. You could eat them as soon as the tails form or let them go a little longer, your preference. Give them one last rinse and drain well before refrigerating. This process can take anywhere from a day to five days. Mine usually take only a day with the just emerging tails.

*My favorite sprouting system to purchase is the Easy Sprout

REJUVELAC

Rejuvelac is a cultured beverage that was traditionally made with wheat berries, but you could substitute any grain you choose. As with all cultured foods it contains a variety of probiotics, as well as enzymes, vitamins, and minerals. All of which help with colon health, digestion, building the healthy flora in the gut, boosting the immune system, and nourishing many parts of the body. It also contains protease enzymes which can break down the protein coat on certain viruses, allowing the body to recognize them as an enemy so the immune system can then attack and remove them. This is truly a super drink! Unlike other cultured beverages this one is very easy to make and all you need is water and some grains.

1/2 cup wheat berries (or grain of choice)
4 cups filtered water



Sprout the wheat berries (see above). Place the sprouted wheat berries and filtered water in a quart jar. Leave in a warm place for 24-48 hours. The liquid should turn cloudy, and you will see little bubbles forming along the sides when it is ready. The liquid will have an effervescent quality, which are the probiotics that have been cultured. Strain the berries and store the liquid in the fridge. The berries can be used for one more batch, but this time just let it sit for 24 hours. Compost the wheat berries at this point and enjoy your probiotic packed beverage!

I like to add a squirt of lemon and a couple drops of stevia liquid to make a sparkling lemonade. You could also try different flavored stevia drops, fresh fruit juice or just drink it plain.

ONION REMEDIES

Onion Poultice

An onion poultice is an effective way of breaking up mucus in the lungs and then expelling it through coughing or swallowing the mucus, which is then expelled through the digestive tract. This is best used right before bedtime or naptime if dealing with younger ones.

Chop up an onion and place in a pan with some olive oil sauté on low until translucent. Lay out a cheesecloth or cotton dish towel and pour the warmed onions on the cloth and wrap up like a burrito. Place over the chest and adhere with plastic wrap or lay a hand towel over the muslin bag and adhered with an ace bandage. Have the patient sleep with the poultice. I had my son watch a movie and then placed a hot pad over the poultice to keep it warm, which will help with penetration.

Onion Syrup

Onion syrup is a wonderful way to treat sore throat, respiratory conditions, coughs, colds and any time you are feeling a tingle or under the weather. The medicinal properties of the onion are extracted into the medicinal properties of the honey and makes a powerful immune tonic.

1 onion, sliced thinly

Raw honey

Optional additions:

ginger

garlic

Place the onion slices in a sauce pan and just cover with raw honey. Turn on low heat or if you have a hot cooking oven like mine, the warming burner. Let it sit on low for a couple of hours until the onions have softened, be sure not to let the heat get above 100 degrees. Rosemary just leaves her onions in the syrup but I had to strain them for Little Man to take - you choose.

Onion Pulling Toxins and Bacteria

Onions can pull toxins from the air and the body. If you cut an onion in half and place it in the bedroom of a sick person, it will pull harmful germs and bacteria from the sick one right into itself. Be sure to replenish with a new onion each day until the person is feeling better.

You can also place a slice of onion on the bottom of the feet and adhere with a sock. First massage olive oil onto the foot to prevent any irritation. The onion will pull out toxins and harmful pathogens from the pores of the feet right into itself.

*garlic can be substituted for onion in any of these remedies.



HOT HONEY AND LEMON

This is our favorite not feeling good remedy. It is very soothing in the winter, or you can put it in the fridge for a cooling drink in the warmer months. Add some freshly zested ginger for added benefits and more zing. Add a pinch of Real salt to make it an electrolyte drink. Good for bouts of vomiting and diarrhea or hot days in the sun.

Individual Serving Size

Heat water to desired temperature, I prefer right before it boils. Pour into individual cups with a tablespoon of raw honey, a pinch of Real salt, and fresh squeezed lemon juice to taste. Optional: Add zested ginger or a dropperful of ginger tincture.

Quart Size

Warm one quart of water to just about boiling. Add 1/3 - 1/2 cup of raw honey to taste, 2-3 fresh squeezed lemons to taste and 1/4-1/2 teaspoon Real salt. Stir until all ingredients dissolve into the water. You can also put the water and honey in a quart jar to sit overnight to dissolve the honey. Add the remaining ingredients and give it a shake to combine.

GARLIC OIL

Use four cloves of garlic for every 1/4 cup of olive oil, make sure the garlic you choose is organic or from your garden. Combine olive oil and minced garlic in a saucepan and heat over very low for 15 minutes, watch it and make sure to not burn the oil or garlic. I have a warm zone setting on my oven range that works perfect for the safe infusing of herbs in oil. Remove from the heat and cover until cooled. Strain the garlic from the oil. Keep refrigerated, where it should last for a couple of months, warm before each use.

Optionally: Fill a pint jar 1/2 full of fresh minced garlic, pour olive oil over the garlic and up to 1" from the top. Place a lid on and let sit for 3 days. Strain the garlic and pour the oil into a clean jar.

Garlic oil is the remedy of choice for ear infections due to its antibiotic properties. Use 4-5 drops of warmed garlic oil in each ear, every hour. I warm my oil by placing the dropper bottle in a mug of hot water for a few minutes. Test on your wrist to make sure it is not too hot. It is also helpful to rub some melaleuca or lavender essential oil behind and around the ear.

The oil can also be massaged into the chest for respiratory conditions and/or the bottoms of the feet for any ailment.

Resources for Further Learning:

- *The Encyclopedia of Healing Foods* by Michael Murray
- *DK Healing Foods*
- <https://draxe.com/> – search benefits of certain foods and recipes
- Cultures for Health <https://www.culturesforhealth.com/>
- Traditional Cooking School <https://traditionalcookingschool.com/>



"And there were some who died with fevers, which at some seasons of the year were very frequent in the land—but not so much so with fevers, because of the excellent qualities of the many plants and roots which God had prepared to remove the cause of diseases, to which men were subject by the nature of the climate." Alma 46:40

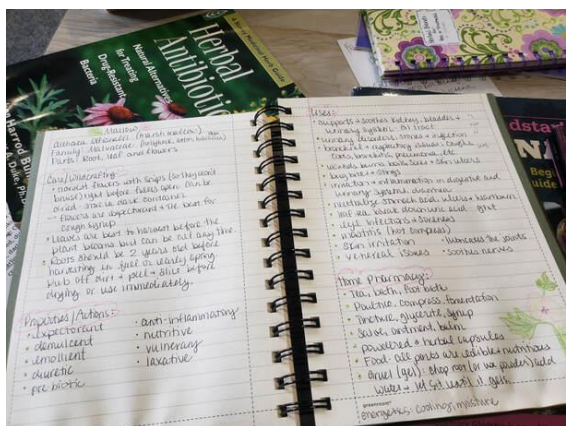
The same God that created our bodies, created all living things, giving them life, intelligence, and uniqueness. No two plants are the same, even within the same species. Plant medicine is a living intelligence, they know exactly what to do when administered into the body and they work with the natural healing abilities of the body, not against it. Along those same lines they also know what not to do so as to never cause harm, when used with prudence. The body is filled with trillions of cells that communicate electrically through neurons (nervous system) and chemically with hormones (endocrine system). When a problem exists, messengers (symptoms) are sent out to let us know something needs fixing. Plant medicine works with the natural, self-healing abilities of the body to return to a healthy, normal functioning state.

"And again, verily I say unto you, all wholesome herbs God hath ordained for the constitution, nature and use of man...to be used with prudence and thanksgiving."
D&C 89:10

Knowledge is key when using herbs as medicine. As stated above they are given for the constitution, which is the frame or temperament of the human body, to be used with prudence, which is wisdom applied to practice with caution and reserve. To me this all means we do not just grab some herbs and start taking them like prescribed medications. We study each herb out and learn what they do and how they work and then follow the spirit as to how much to take. Each body constitution is different, as we discussed in Lesson 1, so what amount works for me will be different than what works for you. Some need more and some less. Some herbs you can eat like food, to nourish the body. Some have stronger properties and can only be used for a certain duration or in specific amounts. Some herbs have cautions when using, such as if pregnant, nursing, or on certain medications.

My hope is that the care taken in using herbs will not dissuade you from learning about and using them. I have plenty of resources for you and can walk you step by step on this path of herbal medicine.

Personal Herbal



When I first began my herbal journey, I purchased a notebook and started to study all about one herb at a time. I already had a lavender plant growing in my yard because I love purple blossoms and it smelled wonderful. I purchased a couple of herb books (see my favorites list at the end of this lesson) and looked up lavender in each of them. I found similar and different information in each and wrote everything I learned about lavender in my notebook. I then went outside and observed my plant. I took some cuttings and made a cup of tea (tisane actually). I then made a burn spray using the essential oil and tea. I then made

some herbal oil and a salve and so on, continuing to experiment and use the plant. Once I mastered the lavender plant, I moved on to learning all about another one. I continued this pattern until I had quite a collection in my notebook, and I continue to do the same thing today. There are so many plants, I do not think I could master them all in my lifetime. My personal herbal has turned into part of my blog (and can be found in the *Herbal* section in this book), where I continue to post the herbs I have studied this way, including recipes I've tried or created along the way. Here is some key information you want to include in your study of each plant:

- **Latin name:** This ensures you find the correct plant when purchasing or growing.
- **Family:** Helpful to know for uses and cautions.
- **Parts Used:** Some plants you can use the entire plant but others you can only use certain parts, such as the berry or leaf only.
- **Care and Harvesting:** If you are planting in your garden you will need to know the how to. Foraging for “weeds” in your yard or community you will need to know how to identify the herb, and for both ways how and when to gather.
- **Properties:** Knowing the properties and definitions will guide you to know what to use the plant for.
- **Uses:** This is the fun part, where you determine all the many things you can use the plant for. I have even been directed to use certain herbs for something that was on no list at all, but after using it with success, I added it to my list.
- **How to Prepare:** Heating some herbs can diminish the properties, while some need to be heated, others can only be extracted using alcohol or made into a tisane. You also want to find all the different ways you can use the herb.
- **Cautions:** Some herbs will have cautions when using, such as not during pregnancy and nursing or if using a certain medication, etc.

Preparing Herbs (Methods of Use)

There are many ways to prepare an herb for use as a medicine (*Methods of Use p.252*). The most common and easiest way to prepare an herb is to make a **tisane**. A tisane is the correct term for a medicinal drink or infusion. An infusion is extracting plant properties by soaking leaves in a liquid. A decoction is the simmering of plant material, usually roots, bark, and seeds to extract the properties. The common term used for all these definitions is simply, making a tea.

For clarification purposes tea is a tisane made only of plant materials from the actual tea plant; *Camellia sinensis*. This would include black tea, green tea, white tea, oolong tea, iced tea and chai tea (which is a tea blend that has black tea in it). These all come from the same plant but are processed with different methods, giving them different properties and taste. For those of my faith that follow the Word of Wisdom, these are teas on the do not consume list.

“And again, hot drinks are not for the body or belly.” D&C 89:9

“And again, ‘hot drinks are not for the body, or belly;’ there are many who wonder what this can mean; whether it refers to tea, or coffee, or not. I say it does refer to tea, and coffee.” (“The Word of Wisdom,” *Times and Seasons*, 1 June 1842, p. 800.)

Any other plant material infused or decocted should be called a tisane, not tea, but the term tea has come to be known as any plant material infused in water and so that is what term will be used throughout the course. A tea is the best way to get the properties of herbs into the body, they are easily absorbed and can start taking immediate action. There are other ways you can use tea besides just drinking it; herbal baths, foot soaks, and compresses are other great ways to use an herbal tea.

Harvesting Plants

There is not a one size fits all way to harvest plants, but these are general guidelines for most plants. You still want to study out each plant to see if there are specific guidelines for harvesting. For example, blossoms are usually harvested right before opening before or after the heat of the day, but *Calendula* are harvested when they are wide open during the day. This is another area you can use your light of Christ to direct the when and how and do not get too caught up in the details.

Roots: Generally, roots are harvested in the fall after the plant has died back and sent all its energy back into the roots. This is not an absolute and can also be harvested in the spring or really, anytime of the year. The most potent plant material is in the fall as the plant sends its energy into the roots to prepare for winter. Plants like common mallow and dandelion can be harvested as you pull them from your yard and garden throughout the year as you “weed” (only if untreated with chemicals). Some plants you can merely pull up and out of the ground, but most will need to be dug up with a shovel or spade. Brush the dirt off the root, wash under running water and then pat dry. Chop roots before drying.

Bark: Bark should be harvested from the twigs and branches not the main trunk of the tree. “Prune” off a branch of the tree or shrub and then peel the outer bark off. This can be composted or discarded. Peel the next layer, which is the inner bark and where the living medicine is located. You can tell it is living because of the moist, sticky feel to it. This can be done by hand or with a vegetable peeler.

Leaves: Leaves can be harvested anytime of the growing season but are most potent before flowering. They should be gathered in the morning, after the dew has dried or the evening after the heat of the day where the plant is not depleted. Aromatic herbs such as basil, thyme, rosemary, etc. should be harvested in the hottest part of the day since the oils are at their strongest. Simply cut what leaves you want off the plant, leaving two thirds of the plant. Once the plant blossoms, it will work on developing the “fruit” and not

on foliage, so it is best to keep a plant trimmed until the end of the season if you want to have continual growth for harvesting.

Flowers: Flowers are best harvested right before they open. If harvesting from a plant that will give you both blossoms and fruit, leave enough blossoms to turn into fruit for a fall harvest. Some plants will continue to give blossoms as you continually harvest, such as calendula, and some only blossom once, like lavender. Leaves and blossoms can be harvested at the same time if desired for plants like alfalfa, thyme, rosemary, etc.

Seeds: Most seeds are harvested by allowing them to dry on the plant. Once brown and "crisp" they can be placed in a paper bag or container. Shake the container to disperse the seeds. Some may need to be "rubbed" out of their coverings. Seeds come in many shapes, sizes, and forms so you will need to learn how each plant's seeds are collected.

Sap/Pitch: Best harvested in early spring by drilling a hole in the bark, slightly angled toward the ground, about two inches deep. Insert a straw or similar tube and put the other end in a collectible container. After a week remove the straw and plug with a fitted twig so the sap stops leaking. For pitch you can snap off a twig and the pitch will ooze from the broken end. You can also collect the sap crystals that form on the bark.

In this lesson you will learn about five common herbs in four different categories; what you have in your kitchen, commonly grown in gardens, "weeds" you may encounter in your yard and community, and medicinal trees. This is just a small list of what is easily found and grown around my home in Northern Utah, Rocky Mountain area. I know there are amazing medicinal herbs found in Chinese and Ayurvedic medicine, but I love to use what I can grow and find around me. It is also a good emergency preparation skill to identify medicinal and edible plants in the area you come from. For a more detailed list on these herbs, go to the *Herbal* section in the back of this book.

Common Herbs in the Kitchen:

Cinnamon (*p.147*)

- Antiviral and antibacterial
- Use during cold and flu season to fight infection and boost the immune system.
- Digestive aid that also kills off harmful bacteria, useful for gut health.

Oregano (*p.203*)

- Antiviral, antibacterial, antifungal
- Useful for fungal and bacterial infections and sores.
- Will kill parasites and harmful bacteria, making it a great herb for gut and digestive system.
- Cold and flu season to fight illness and treat fever and congestion.

Rosemary (*p. 221*)

- Antibacterial, antifungal, antiseptic
- Brain tonic for memory, concentration, calming and lifting spirits.
- Improves circulation which aids cardiovascular system and boosts energy.
- Respiratory support for lung and sinus congestion.

Sage (*p.223*)

- Antibacterial, antifungal, antioxidant, antiviral, anti-inflammatory
- Can help prevent and treat any type of illness, use for cough, cold, fever, flu, and digestive issues.

- Balances hormones so great for use during menstruation, menopause and women concerns.
- Mouth care such as cankers, sores, inflamed gums, and infection.

Thyme (*p. 234*)

- Antibacterial, antibiotic, antifungal, antiviral
- Supports and strengthens respiratory system, useful for sore throat, cough, cold, chest congestion, asthma, etc.
- Fights infection of all kinds including fungal, viral and bacterial and will kill parasites.

Common Herbs in the Garden:

Calendula (*p. 134*)

- Antifungal, antimicrobial, antiviral, antiseptic, anti-inflammatory
- Skin care support for any skin condition including inflammation, acne, wrinkles, dry, cracked, ulcer, burn, cold sores, wounds, bug bites, etc.
- Lymph care, cleanses and aids the flow. Use for swollen glands,
- Soothes inflammation in any area of the body, great for gut health.
- Liver and gall bladder tonic.

Coneflower (Echinacea Root), *p. 154*

- Antimicrobial, antiviral, antifungal, antiseptic
- Boosts immune system to aid the body in fighting off viruses, bacteria, and any type of infection, including fungal, ear, throat, intestinal, breast, sinus, respiratory, skin, wound, yeast, bladder, etc.
- Aids the body in treating vaccination reactions.

Lavender (*p. 178*)

- Antibacterial, antifungal, anti-inflammatory
- Mild pain reliver for use with headache, cramps, muscle, joints, etc.
- First aid care, wounds, burns, infection, sprains, insect bites, etc.
- Supports and strengthens nervous system, calming, sedative, sleep aid.

Rose (*p. 219*)

- Antibacterial, anti-inflammatory, astringent
- Cooling for fevers, skin inflammation, burns, rash, acne, any type of inflammation.
- Female tonic with hormone balancing that can ease PMS and menopause symptoms, depression, mood swings, etc.
- Hips support the immune system and help with cold, flu, cough, congestion, infection, etc.

Yarrow (*p. 248*)

- Antimicrobial, antiviral, antiseptic
- Wound care herb for cleansing, disinfecting, aid in healing and stops bleeding both internal and external.
- Aids body in fighting off illness, respiratory system, digestive system, cold and flu, best fever care herb in my opinion.

Common “Weeds” in the Yard:

Chickweed (*p. 143*)

- Lung strength and support, useful for any and all respiratory issues.
- Cooling and emollient properties for sore throat, canker and mouth sores, eye inflammation, skin inflammation, burns, digestive and gut issues, ulcers, sores, or any inflammation within the body.

Dandelion (*p. 152*)

- Liver and kidney strength and support. Aids in cleansing and detoxing the liver and kidney, helpful for any conditions in these areas.
- Chronic skin problems
- Blood purifier

Plantain (*p. 211*)

- Antibacterial, anti-inflammatory, antiseptic
- Draws toxins from the body internally and externally, insect bites, stings, snake bites, splinters, boils, acne, skin eruptions, etc.
- Stops bleeding, aids in healing wounds, and treating infections of all kinds.
- Can kill and detox parasites and harmful bacteria. Great for gut health.

Purslane (*p. 213*)

- Antibiotic, antifungal, anti-inflammatory, antioxidant
- Nutrient rich food with omega-3 fatty acids that support the brain and heart.
- Soothes and heals inflammation, wounds, burns, skin condition, bites, etc.
- Urinary tract and lung support.

Wild Lettuce (*p. 245*)

- Antibacterial
- Pain relieving properties can aid with cramps, muscle and joint pain, headache, etc.
- Milky sap can disinfect wounds and dissolve warts.

Common Medicinal Trees:

Birch (*p. 127*)

- Antiviral, astringent, antiseptic
- Detoxifier that cleanses and supports urinary systems, dissolves kidney and bladder stones, reduces fluid retention and swellings, which can clear up skin problems.
- Pain reliever

Linden (*p. 180*)

- Supports and strengthens the nerves and heart which results in calming of anxiety and depression, lifts the moods and aids in sleeping.
- Aids in lower blood pressure.

Pine Family (Pine, Juniper, Firs, Spruce), *p. 209, 176*

- Antibacterial, antiseptic, antiviral, antioxidant
- Immune booster for cold and flu season, respiratory and sinus conditions, etc.
- Relieves muscle pain and soreness.

Sagebrush (*p. 225*)

- Antibacterial, antifungal, antiviral, anti-inflammatory, anti-parasitic

- This can be used for about every issue you may encounter with the body. So powerful! Infection of all kinds including those that are antibiotic resistant, parasites, liver and kidney issues, pain reliver, respiratory issues, digestive issues, wound care, hygiene, even radiation poisoning.

Wild Cherry (p. 243)

- Best cough “medicine” around. Calms an irritating cough and assists the body in a productive cough to release mucus.
- Calms indigestion and upset stomach and mild pain reliever.

Assignment:

Start your own “herbal” and study out one herb this week. Try to find it, plant it, or if you already have it available, start experimenting with it. Smell, touch, taste and make an herbal tea or other herbal preparation. Maybe start with some culinary herbs in your kitchen cupboard.

My Favorite Herb Books:

Medicinal Herbs A Beginner's Guide by Rosemary Gladstar

The Herbal Kitchen by Kami McBride

Backyard Medicine by Julie and Matthew Seal

The New Healing Herbs by Michael Castleman

Back to Eden by Jethro Kloss

Essential Herbal Wisdom by Nancy Arrowsmith

Healing Plants of the Rocky Mountains by Darcy Williamson (for Rocky Mountain area)

Herbal Home Health Care by John R. Christopher

Homegrown Herbs by Tammi Hartung (mainly how to cultivate herbs)

Mountain States Medicinal Plants by Briana Wiles (for Rocky Mountain area)

School of Natural Healing by John R. Christopher

Favorite Online Herbal Education

www.blog.mountainroseherbs.com

www.draxe.com

www.theherbalacademy.com

www.herballegacy.com

www.schoolofnaturalhealing.com



Lesson 5
IMMUNE SYSTEM
VIRUSES & BACTERIA

The purpose of the immune system is to protect the body from disease causing organisms (pathogens) and foreign substances such as dust and chemicals (antigens). Pathogens include harmful viruses, parasites, some types of fungi and some types of bacteria. The immune system is not so much a system as many parts of the body working as a team to identify pathogens, devise a plan of attack and then communicate to other cells to destroy and remove. It works much like our own little military machine to prevent enemies from invading, and if they do get past the first lines of defense “soldiers” are deployed to either remove or destroy them. With the combination of good nutrition (*Lesson 1, p.3*) and a healthy gut (*Lesson 2, p.11*), your immune system can work as it was designed to by our Creator.

First Lines of Defense

Skin

The first line of defense is the skin, which is a barrier between the outside world and our internal organs. It even produces certain chemicals that will kill pathogens as they come into contact with it. Antibacterial soap, hand sanitizer and other chemicals can destroy these protections so be mindful of what you put on your skin. You can purchase or make your own products that will only target harmful bacteria and leave your skin’s protections to do their job.

Eyes, Nose, Mouth, and Throat

- Eyes produce tears which flush out and can even kill certain pathogens.
- The nose contains hair that captures dust and germs and then produces mucus which breaks down and removes the pathogens.
- Saliva in the mouth will break down and kill pathogens which are then carried into the stomach where even more acid mixes with them, killing what may have been left.
- Mucus is also produced in the mouth, throat, lungs, and digestive tract to serve the purpose of capturing, breaking down, destroying where possible and then carrying away pathogens from the body. For this purpose, you should not use cough or mucus suppressant drugs, so your body can eliminate the mucus which happens through coughing, blowing it out the nose and even swallowing it.

If pathogens make it through the first two lines of defense the internal components of the immune system are ready to kick in. These include the lymphatic system, white blood cells and friendly flora residing in the gut.

Lymphatic System

This system filters and removes waste, dead cells, toxins and pathogens through vessels and glands all over the body. It also produces hormones that aid in immune function. The lymph

vessels do not have a pump like the blood, so movement is important to keep this system flowing and preventing clogs, which are swollen nodes.

- **Tonsils & Adenoids** - trap pathogens and make antibodies which bind to toxins, disables them and aids in their removal. This is why you may get a sore/swollen throat when you aren't feeling well.
- **Thymus** - produce T-cells which are the "soldiers" that fight and destroy pathogens.
- **Bone marrow** – produces white blood cells which are the military force behind the immune system. They organize attacks, record invaders as an enemy for instant kill on future attacks, ingest and dispose of pathogens, produce antibodies which can bind to toxins or pathogens and then disables them.
- **Spleen** - acts as a large lymph node that filters the blood, removes pathogens, and stores half of the pathogen destroying white blood cells.
- **Appendix** – acts like the tonsils in trapping pathogens and producing antibodies.

Lymph Care:

- Build a strong nutritional foundation (*Lesson 1, p.3*).
- Exercise regularly. Jumping jacks and yoga are good ones for lymph flow.
- Drink purified and distilled water to keep the "pipes" clean.
- Avoid toxins as much as possible (*Lesson 7, p.57*).
- Avoid wearing tight clothing.
- Take deep breaths regularly.

Foods that Promote Lymph Flow:

- Green leafy vegetables
- Cilantro
- Parsley
- Fruits
- Flax and chia seeds
- Avocados
- Garlic
- Nuts

Stimulate and Cleanse Lymphatic System:

A sluggish lymph system can manifest as the obvious swollen or sore lymph nodes but can also show signs in the body as arthritic conditions, skin issues, digestive disorders, frequent headaches, sinus infection, excess weight and chronic fatigue. In addition to following the above suggestions for lymph care there are herbs that can help as well.

- Angelica
- Calendula
- Cleavers
- Dandelion
- Echinacea
- Garlic
- Hyssop
- Mullein
- Oregon grape root
- Yellow dock root

- Burdock root
- Red clover
- Thyme
- Dr. Christopher's Glandular Formula Lymph (purchase or recipe below)
- Massage with Glandular Formula made into an oil, or plain olive oil.
- Alternating hot and cold packs. (p. 287)
- Lemongrass essential oil (apply over areas of concern with a carrier oil).
- Tapping or massaging any of the above oils, over the chest where the thymus is located. This can stimulate that gland to produce and send out the "soldier" cells. Thyme can also stimulate this gland.

DR. CHRISTOPHER'S GLANDULAR FORMULA

3 parts mullein
1 part lobelia

I like to blend my mullein leaves in a blender before adding with the lobelia. Keep in an airtight container until ready to use. When treating swollen glands or lung conditions, it is best used as a fomentation. I like to place a hot water bottle over the fomentation and keep on as long as it stays warm. After taking off the fomentation I rub in some herbal oil or salve.

Cleanses and nourishes the glands and lymph organs of the body. Use for swollen glands, sore throat, tonsillitis, mastitis, thyroid malfunction, respiratory congestion, etc. Use as a tea, fomentation, capsule, or tincture. In addition to external application take 2 capsules or 2 droppers of tincture, 2-3 times a day or 2-3 cups of tea a day.

Microbiome

As we discussed in *Lesson 2 (p.11)* on gut health, the friendly flora that reside in our gut are an important part of our immune system. They act like a little Pac Man, gobbling up the pathogens as Pac Man does the ghosts in the video game. Refer to *Lesson 2 (p.11)* for how to heal, build and strengthen your microbiome.

Immune Responses in the Body

"Symptoms" that show the immune system is working on healing a problem in the body include:

- Scabs
- Swelling
- Bruising
- Excess mucus in sinus and lungs which would trigger coughing and sneezing.
- Stuffed or runny nose
- Sore throat
- Swollen tonsils and lymph glands
- Fever
- Aching bones and muscles
- Nausea and vomiting
- Etc.

All these symptoms are the body working to kill or dispose of a toxin, virus or bacteria and bring about balance. It is the immune system in our body that heals – everything else we do with food, herbs, and other remedies are an aid to the body healing itself. If you use drugs to suppress these symptoms, you will put a halt to the immune system function.

Individual Constitution

As mentioned in *Lesson 1 (p.3)*, each person is designed in a unique way and each of us have different lifestyles. All these factors determine how strong our immune system functions and how our body will react to pathogens.

Weakened Immunity:

- Poor nutrition
- Inadequate sleep
- Unhealthy habits – addictive substances.
- Pharmaceuticals
- Stress and anxiety
- Negative thoughts and emotions, including fear and anger.
- Negative, hard, and heavy music

Strengthened Immunity:

- Meditation and prayer.
- Positive thinking, gratitude, and love. (p. 296)
- Uplifting, relaxing music (p. 292).
- Exercise – reduces stress and strengthens the body.
- Diet full of whole foods, lots of fruits, veggies, and herbs.
- Healthy microbiome

“Our thoughts influence our character, shape our attitudes, determine our behaviors, affect our spirituality, and even influence the immune system.” A Better Way to Think by Norman Wright

Build and Strengthen the Immune System

- Follow the factors just mentioned for strengthened immunity.
- Incorporate cultured foods and/or probiotics into the diet.
- Avoid refined sugar, it does the opposite and depresses the immune system.
- Avoid refined and processed foods and fast food. (A good rule to follow is 80% whole foods and 20% other foods).
- Make sure the digestive system is functioning correctly (*Lesson 6*). Average bowel movement at least once a day, coming out easily.
- Foods: arugula, asparagus, kiwi, mangoes.
- Carotene foods strengthen and protect the thymus and enhance white blood cell function. Dark greens, yellow and orange in color such as carrots, yams, orange squash, red peppers, dark green leafy vegetables.

Herbs & Formulas – take as daily tonics to prevent illness

- Garlic
- Onion
- Blue fruits such as blueberry, huckleberry, and blackberries
- Elderberry
- Red raspberry leaf
- Alfalfa
- Red clover
- Dandelion
- Turmeric
- Golden Goodness Mix (*recipe below*)
- Four Thieves Blend (*recipe below*)
- Elderberry Syrup (*recipe below*)
- Dr. Christopher's Plague Remedy (purchase as Super Garlic Immune or *recipe below*)

GOLDEN GOODNESS MIX

This blend of herbs can boost the immune system, strengthen and support the heart and digestive system, combat inflammation and joint pain, improve memory and brain function, help keep harmful viruses and bacteria that reside in the body at bay, and may even combat infection.

I like to mix a large amount up and keep a smaller container in my cupboard to whip up Annie's Tonic Brew each day or throw into smoothies, soup, or a batch of pancakes or waffles.

1 cup turmeric powder
1/4 cup ginger powder
1/4 cup cinnamon powder
4 teaspoons black pepper
2 teaspoons allspice
2 teaspoons nutmeg



ANNIE'S TONIC BREW

This is my favorite way to enjoy the healing benefits of Golden Goodness mix. Dandy Blend offers liver support, cocoa powder antioxidants, and the other herbs are immune strengthening and antimicrobial. The perfect blend for a daily tonic.

Mix the following herbs in a mug:
2 tablespoons Dandy Blend (purchase at health food store or online)
1 tablespoon cocoa powder
1 teaspoon maca powder
1/2 teaspoon Golden Goodness Mix
1/2 teaspoon powdered mushrooms
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg or grate a fresh nutmeg on top
dash of Real salt
Pour in 1 ½ cups hot water and stir well.
Stir in 1 tablespoon of raw honey to taste.
Optional: 1/4 cup raw cream



FOUR THIEVES BLEND

This antimicrobial herb blend can be made into a simple tea, a tincture, or the traditional use of an herbal vinegar. Herbal vinegars are easy to incorporate into the diet by using as a vinaigrette on salads and in marinades or adding a splash of it into drinks.

1 tablespoon sage leaf
2 teaspoons lavender flowers
2 teaspoons rosemary leaf
1 teaspoon thyme leaf
1/2 teaspoon black peppercorns, crushed
4 cloves garlic, chopped
16 oz. raw apple cider vinegar or
water (for making a tea) or
Vodka (for a tincture)



Turn this blend into a delicious vinaigrette (recipe from Mountain Rose Herbs)

1 part four thieves vinegar (above)

1 part olive oil

1/2 part mustard

salt and pepper to taste

Add ingredients to a blender or whisk vigorously until well blended.

Four Thieves Essential Oil Blend (not for internal use):

40 drops clove

35 drops lemon

20 drops cinnamon bark

15 drops eucalyptus

10 drops rosemary

Use for natural “antibiotic” hand sanitizer, hand soap, disinfectant spray, multi-purpose cleaner, mouth wash, in a diffuser to kill germs, etc.

ELDERBERRY SYRUP

1 part dried elderberries (or use half elderberries and half rosehips)

2 parts distilled water

raw honey

Bring water to a simmer over low heat and cover with a lid, not quite sealed, you want the steam to be able to escape. Simmer until the liquid has been reduced by half. Strain into a measuring bowl and add the same amount of raw honey as there is liquid. Stir until dissolved. Store in a glass container and keep in the fridge where it should last for 3 months or so.

Dosage:

For preventive measures you can take a tablespoon each day.

At the first sign of illness take a teaspoon every hour.



DR. CHRISTOPHER'S PLAGUE REMEDY (SUPER GARLIC IMMUNE)

Mix together the following herbs in a large bowl or container:

- 2 parts comfrey
- 1 part wormwood
- 1 part lobelia
- 1 part marshmallow root
- 1 part oak bark
- 1 part black walnut hull
- 1 part mullein
- 1 part skullcap
- 1 part uva ursi



Place the following liquids into a blender and blend until fully incorporated:

- 8 parts apple cider vinegar (use Bragg's brand or any kind with the mother)
- 5 parts vegetable glycerine
- 5 parts raw honey

Fill a jar 1/2 full of the herbal blend and cover with the liquid mixture. Stir well, allowing the herbs to absorb the liquids. Shake it up several times during the first day, adding more liquid as needed. Let the herbal tincture sit for 6 weeks on a counter or in a cupboard, shaking daily - if you remember. Strain the herbs at the end of the 6 week period and add 2 parts garlic juice (run garlic bulbs through a juicer).

Keep stored in a glass container in a cool, dark area. Dosage: The regular dosage for an adult would be 1 teaspoon, 3 times a day for prevention and 1 tablespoon each hour during illness. Although follow your body and take as often as needed.

Dr. Christopher had many stories of people using this remedy for all sorts of problems including colds, flu, congestion, infection, communicable diseases, even menstrual cramps and headache. One family used this remedy only for every ailment or problem with the body they encountered.

Adaptogenic herbs improve immune response, enhances the body to adapt to stress, increase immune function, brings balance to the body.

- Licorice Root
- Medicinal Mushrooms: Shitake, Reishi, Turkey Tail, Cordyceps
- Ashwagandha
- Astragalus
- Eleuthero
- Tulsi or Holy Basil
- Rhodiola
- Schisandra
- Turmeric

Immune stimulant herbs at the very onset of any illness the following herbs will stimulate the immune system and increase its function.

- Echinacea
- Garlic (also works as an herbal antibiotic, killing pathogens)
- Ashwagandha
- Astragalus
- Medicinal mushrooms

Harmful (Pathogenic) Bacteria

Most of our bodies already contain many pathogenic bacteria, but in small enough numbers that the friendly flora keeps them from causing harm. If we become sick or have a weakened immune system (see list above), or our numbers of friendly flora are low and not being replenished, the pathogenic can get a hold on our system and we will then be dealing with a bacterial infection. At this point an antibiotic may be prescribed. A problem we now have is *antibiotic resistant bacteria*. Because of the overuse of antibiotics, and because they are chemically produced, not living, the bacteria are adapting to resist what once worked. In his book, *Herbal Antibiotics*, Steven Harrod Buhner states: “*Not only have the bacteria spread, not only have they learned antibiotic resistance, but they are increasingly learning how to survive environments that formerly would have killed them.*” As each generation adapts and increases, they also become stronger and more intelligent.

Luckily, the Lord has provided everything we will ever need to live on earth and so he gave us His medicine – plants. They are also living, and they can think and adapt as well. The resistant bacteria cannot figure out the “code” of an herbal antibiotic because of how complex God designed them.

ANTIBIOTIC HERBS

- Black walnut hull (the green covering over walnuts on a black walnut tree)
- Cloves
- Echinacea Root
- Eucalyptus (used in the form of essential oil)
- Garlic
- Ginger
- Oregon grape root
- Rosemary
- Sage
- Thyme
- Wormwood
- Usnea (algae-fungus that grows on the tops of trees in moist, cool areas)
- Honey (not an herb but still living)
- Four Thieves Blend (p. 37)

IMMUNE SYSTEM FORMULA

This is a powerful herbal antibiotic formula from Darcy Williamson in *Healing Plants of the Rocky Mountains*. She suggests taking in small frequent doses several times throughout the day. All these herbs are found all over the Rocky Mountain area as foraging plants.

4 parts arrowleaf balsamroot
2 parts lomatium
2 parts gumweed
1 part red clover

Viruses

A virus is a microscopic pathogen that invades cells and then replicates itself until the cell bursts and spreads to other cells. The Latin meaning of the word virus is toxin or poison, which gives an idea why many diseases today are caused by them. I am giving a very brief overview of what a virus is and if you would like to learn more details, which there are many, I highly recommend the book *Herbal Antivirals* by Stephen Harrod Buhner.

Your immune system is the only thing that will destroy a virus in your body, so working on building and strengthening your immune system is the best thing you can do so that when a virus invades, your body can immediately kick into action to attack and remove it.

All viruses are not designed the same but the treatment for them can be. The first step is the prevention mentioned above for a strong immune system. Most healthy persons will not even know they had a virus because the body took care of it before it became a problem. For those that start showing signs that there is a problem (symptoms in the body) I have found the following protocol to be helpful:

- Continue to strengthen the immune system by following preventive measures.
- Break down the protein coat covering the virus with protease enzymes.
- Take antiviral herbs to aid the body in destroying the virus.
- Detox the body to remove dead cell waste.
- Treat individual symptoms.

BREAK DOWN PROTEIN COAT WITH PROTEASE ENZYMES

Some viruses are nastier than others and will take a little more work to get through the protein coat protecting the virus. That is where protease enzymes come in. Protease enzymes break down or change the composition of proteins, which will break down that coat so the immune system can recognize the virus and start the attack process. Some protease enzymes are thought to improve inflammation (anti-inflammatory) and strengthen the immune system, so I highly recommend incorporating them in your diet. The following food contain protease enzymes:

- Pineapple
- Papaya - can also use papaya supplements.
- Kiwi
- Ginger
- Whole grains - sour dough bread
- Rejuvelac (p. 22)

- Sprouts - whole grains, nuts, and seeds (p. 22)
- Raw Honey
- Kefir
- Kimchi/Kraut
- Dr. Christopher's Plague Remedy (p. 39)

ANTIVIRAL HERBS

Once the protein coat is dismantled and the virus is revealed, antiviral herbs would then be helpful in fighting the virus. Some of the best antiviral herbs include:

- Ginger
- Elder
- St John's Wort
- Licorice
- Pine
- Usnea
- Yarrow
- Dandelion
- Basil
- Garlic
- Oregano
- Black Walnut
- Plantain
- Thyme
- Lemon Balm
- Lomatium

DETOX

It is important to help the body remove the waste and toxins produced by the virus through the elimination passageways.

- Herbs that assist the lymphatic system such as mullein, cleavers, and calendula.
- Bentonite clay and Epsom salt bath. This could be a full bath or a foot bath. Make the water as hot as you can stand and drink plenty of fluids while soaking. Use 2 parts salt and 1 part clay.
- Drink a quart of Clay Water per day. 1 tablespoon of bentonite clay (I love Redmond Clay, p. 275) in a quart of water.
- Drink plenty of fluids, including distilled water and bone broth.
- Use the same herbs and remedies from the SWEEP OUT portion of the gut healing protocol in *Lesson 2* (p. 11).
- Detox Yoga session (check out YouTube, I love Yoga with Adrienne).

SYMPTOM TREATMENT

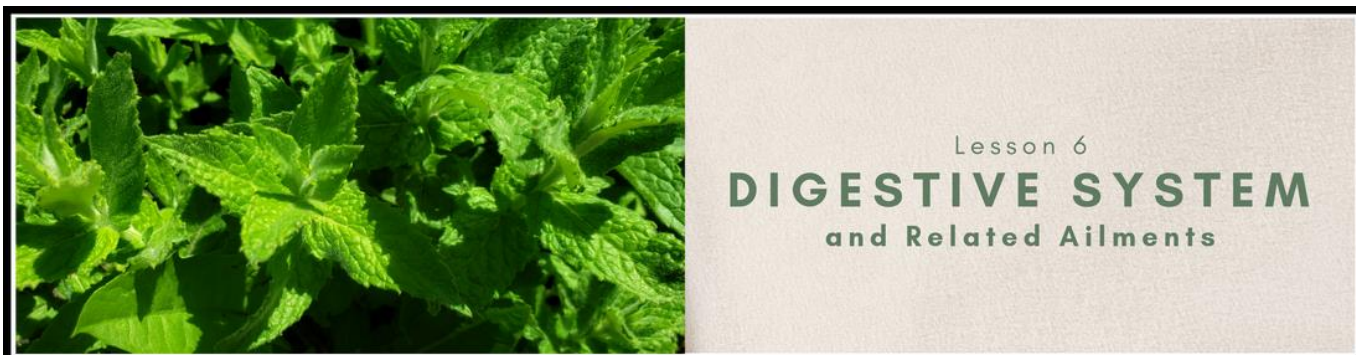
Viruses affect people differently and some viruses are known to target specific body systems. Once the protein coat has been broken down, antiviral herbs taken, and detox herbs flushing out the waste, it is time to focus on building and supporting the systems being affected. During this course we will be going over each body system and how to strengthen and support them with food, herbs, and home remedies.

Assignment:

Evaluate what steps you need to take or changes you need to make in order to strengthen your immune system? Prepare one of the herbal remedies we discussed in this lesson in preparation for cold and flu season.

References

- *A Better Way to Think* by H. Norman Wright
- *Herbal Antivirals* by Stephen Harrod Buhner
- *Herbal Antibiotics* by Stephen Harrod Buhner
- The Herbal Academy Intermediate Herbal Course
- School of Natural Healing: Family Herbalist
- *Immune: A Journey Into the mysterious System That Keeps You Alive* by Philipp Dettmer



For the next couple of lessons, I would like to go through the different “rooms’ in our body home that we are building. I feel it is important to understand the way our body systems work so we can know how to build and strengthen those areas, as well as help in determining a possible root cause of a condition and how to aid the body in healing – if that be the Lord’s will.

The digestive system is the next place to focus on healing, cleansing, strengthening, and building because this is the place for eliminating toxins from the body. If this system is not properly eliminating, a myriad of complications in the body can manifest in all kinds of symptoms and mystery illness.

The purpose of the digestive system is to take in food for the assimilation of nutrients, so the body has fuel and building blocks with which to function, and then remove all the waste. The digestive tract, which goes from the mouth to the anus is lined with epidermis which protects us from pathogens (harmful viruses, bacterial and other “invaders”). The digestive system can be broken down into the follow parts:

- Ingestion (mouth, pharynx, esophagus)
- Digestion (stomach)
- Absorption (small intestine)
- Elimination (large intestine, rectum, anus)

The Mouth

There is a lot going on in the mouth. It is the first line of defense in the immune system, where the saliva can kill off certain pathogens. The saliva also starts the digestive processes of breaking down food, and lubrication for passage down the esophagus. The tongue contains taste buds which are the pleasure center for tasting our food, remember how the Lord wants us to enjoy the creations he has blessed us with.

“It was pointed out to him (Adam), as it has been pointed out to you, that there are many good fruits to be plucked, to be eaten, to be enjoyed. We believe in enjoying good food. We think that these good things are given us of God. We believe in getting all the enjoyment out of eating that we can; and, therefore, we should avoid gluttony, and we should avoid all extremes in all our habits of eating.” Jesus the Christ by James E. Talmage, chapter 3.

These "tastes" send messages to stimulate or support other body systems depending on the specific taste: salty, sour, bitter, sweet, and savory.

Conditions in the Mouth

Canker/Mouth Sores: Also known as mouth ulcers, that are formed because of inflammation - not infection. They can appear anywhere in the mouth: tongue, lips, cheeks, gums, etc. Canker sores are small, white swellings that are painful and can also burn or tingle. They last anywhere from four to twenty days and can be triggered by a number of reasons including, dental work, accidental biting or injury, stress, fatigue, hormone imbalance, allergies, viral infection or abnormal immune response. The most common causes are stress and allergies. The best prevention would be to have a clean diet (Lesson 1) and a healthy gut (*Lesson 2, p.11*).

- Avoid: sugar, refined and processed foods, chewing gum, mouthwash, citrus fruits, or any other trigger foods.
- Probiotic foods such as yogurt, kefir, and rejuvalec. (*p. 22*)
- Gargle with one of the following, swishing specifically on the sore; raspberry leaf tea, sage leaf tea, plantain tea, or witch hazel.
- Aloe vera gel from a fresh aloe leaf.
- Raw honey applied to the sore.
- Thieves essential oil; can apply directly to the sore (will sting) or add 6 drops to 1 cup of water and swish around. (*p. 37*)
- Gum and Tooth powder (*see below*)
- Canker Sore Gel: 1 teaspoon each of the following tinctures - echinacea, oregon grape root (or goldenseal), calendula, grapefruit seed extract. Mix with 1 tablespoon of aloe vera in a small jar with a sealing lid. Place a small amount of the gel on a cotton swab or gauze and apply to sore. This can be used several times a day up to hourly. (Recipe comes from *The Herbal Drugstore*)

GUM AND TOOTH POWDER

This tooth powder is a modified version of Dr. Christopher's Herbal Tooth and Gum Powder. It can be used to brush your teeth in place of toothpaste (get brush wet and sprinkle powder over the brush or dip into container), to strengthen gums, tighten loose teeth, to stop cavity formation and rebuild enamel. Use powdered herbs:

3 parts oak bark
6 parts comfrey
3 parts horsetail
3 parts peppermint
2 parts slippery elm
1 part lobelia
1 part cloves
1/4 part stevia



- Herbs
 - Onions and/or Garlic
 - Calendula
 - Chamomile
 - Cloves
 - Ginkgo - strong herbal infusion applied to sore
 - Gotu Kola - tea or rinse

- Horsetail
- Licorice - apply powder right to canker
- Acacia (Mimosa tree) gum juice
- Blood cleansing and purifying herbs can help to cleanse the bloodstream and decrease infection. (*Lesson 8, p.67*)
 - Goldenseal* - tincture mixed with water and swished, apply directly
 - Burdock
 - Red Clover
 - Blood Purifying Blend (*p. 68*)
- Essential Oils: Any of these essential oils can be used as a mouthwash by placing a couple of drops into a glass of water, swish and spit. They can also be applied directly to the mouth sore, Thieves is my favorite for this purpose.
 - Melaleuca (Tea Tree)
 - Clove
 - Melissa
 - Thyme
 - Lavender
 - German and Roman Chamomile
 - Myrrh
 - Oregano
 - Sage
 - Wintergreen

Cold Sores: Cold sores are a viral infection caused by the herpes simplex virus 1 that resides in nerve endings. Many people harbor this virus but it only "surfaces" when over stressed, immune system compromised, overexposure to the sun and wind and for women, menstruation. It manifests as a tingling in the affected area which can swell to painful blisters that can cluster around the mouth and lips and even on the nose. The blister will ooze and crack and eventually crust over. They can last anywhere from four days to three weeks The best prevention for a cold sore outbreak is to keep the body in a healthy condition by eating nutritious food (*Lesson 1, p.3*), building the immune system (*Lesson 5, p.32*), and practice stress relief techniques (*Lesson 10, p.90*).

- Because of how contagious the virus is be mindful of what you touch to your mouth and always wash your hands after touching sores.
- Consume probiotic rich foods. (*Lesson 2, p. 11*)
- Apple, cranberry, grape, pear, prune, and strawberry juice.
- Relax and practice stress relieving remedies. (*Lesson 10, p.90*)
- Dr. Christopher's X-ceptic Formula. Apply directly to sores. (*Purchase or recipe below*)
- Raw honey, applied directly to sores and taken internally.
- Kloss's Liniment (*recipe below*)
- Cold Sore Balm (*recipe below*)
- Pain Salve (*p. 99*), or Dr. Christopher's Cayenne Heat Ointment
- Dr. Christopher's Plague remedy (*p. 39*)

COLD SORE BALM

- 1 Tbsp. cocoa butter (or 4 wafers)
- 2 Tbsp. lemon balm infused coconut oil
- 1 Tbsp. beeswax
- 7 drops *Melaleuca alternifolia* (tea tree) essential oil
- 10 drops lemon essential oil
- 3 drops eucalyptus essential oil
- 6 drops melissa essential oil (optional since it is so expensive)



Follow instructions for making an herbal oil found in the Methods section, using lemon balm and coconut oil. Melt the lemon balm oil, beeswax, and cocoa butter over very low heat. Remove and add the essential oils, stir well, and pour into lip balm tubes or containers and let them sit until hardened. Cap and label. Apply liberally when dealing with a cold sore or use as a daily lip balm.

DR. CHRISTOPHER'S X-CEPTIC FORMULA

Equal parts:

- Oak bark
- Echinacea
- Myrrh gum
- Comfrey
- Garlic
- Cayenne



Follow the instruction for making a tincture found in the Methods section. These herbs will need to be tinctured with alcohol.

KLOSS'S LINIMENT

- 1 part echinacea root
- 1 part goldenseal (or substitute Oregon grape root)
- 1 part myrrh gum
- 1/4 part cayenne

This is an old formula that came from a famous herb doctor, Jethro Kloss. Traditionally it was made with rubbing alcohol and used only as a liniment to disinfect wounds and rub into inflamed muscle and tissue. I like to make it with Vodka so it can be used internally as well. Follow the instructions for how to make a tincture in the Methods section. Use either rubbing alcohol (external only!) or 80 proof alcohol.

➤ Herbs:

- Lemon Balm: poultice over sore or apply tea and drink it.
- Garlic or Ginger juice applied to the sore and taken internally.
- Aloe Vera
- St. John's Wort (herbal oil topically, *p. 105*, or tea both topical and drink)

- Red Clover
- Echinacea
- Goldenseal (avoid if pregnant or nursing)
- Myrrh (tincture or essential oil applied topically)
- Support the nervous system with nervine herbs (*p. 91*)
- Anti-Viral herbs (*p. 41*)
- Essential Oils: Apply at the first sign of tingling and continue applying until gone.
 - Bergamot
 - Eucalyptus
 - Tea Tree (Melaleuca)
 - Lavender
 - Lemon
 - Melissa
 - Peppermint
 - Thieves or antiviral blend of your choice (*p. 37*)

Tooth and Gum Care:

- Keep teeth clean by brushing and flossing every day.
- Swish mouth with water every time you eat something or drink something that is not water.
- Stay away from sugar and processed foods and consume a whole foods diet.

Tooth Decay has as several causes, including diet, heredity, infection, mechanical problems and endocrine disorders, or severe illness as a baby while teeth were developing.

- Thieves essential oil – brush teeth, swish with it in water, place directly on area of concern.
- Dr. Christopher's Herbal Calcium formula – take every morning.
- If there is a cavity or tooth ache and you cannot get immediate dental care, pack the tooth with tooth powder regularly until you can get help.

HERBAL CALCIUM

6 parts horsetail
 3 parts oatstraw
 4 parts comfrey (or nettles)
 1 part lobelia
 2 parts peppermint



Mix all the herbs together and use to make a tea, tincture or capsules.

Dr. Christopher created this formula as natural, absorbable form of calcium for body function. We all know how important calcium is for strong bones and teeth, but did you know it is also needed for the nerves, veins and artery walls? Pregnant mothers need extra calcium for growing another person, children for developing strong and even straight teeth, the elderly for bone strength. Dr. Christopher even used this formula for relieving cramps and Charlie horses.

Gum Issues (including receding gums):

- Comfrey – chew up and place between lip and gum.
- Gum formula; ½ part slippery elm, ¼ part white oak powder, ¼ part comfrey – make a paste and apply to gums or use Gum and Tooth Powder (*recipe above*).

Gum Infection: Any infection of the gum is referred to as gingivitis. If infection continues untreated it may lead to periodontitis, which involves not only the gum tissue but also the teeth supporting bone.

- Dr. Christopher's X-ceptic formula (*p. 46*), swish around teeth 3-4 minutes after teeth have been brushed and flossed.
- Gum and Tooth Powder (*p. 44*)

Tooth and Gum Pain:

- Essential oils: Thieves, clove, Purification (Young Living blend)
- Herbs: Tarragon (chew on leaf for temporary numbing), spilanthes (numbing).
- Gum and Tooth powder, add a little water to form a paste and pack area of concern.
- Follow pain relief remedies from *Lesson 10 (p. 98)*.

The Esophagus

After the mouth does its job of starting the food break down process it moves through the esophagus and on to the stomach.

Conditions in the Esophagus:

Heartburn: Often occurs when hydrochloric acid, which is used by the stomach to digest food, backs up into the esophagus, causing sensitive tissues to become irritated. Causes include obesity, overeating, gallbladder problems, stress, allergies, enzyme deficiencies, emotional issues, pharmaceutical side effects, and hiatal hernia to name a few. Food triggers include but are not limited to alcohol, caffeine, chocolate, citrus fruits and products, fats and fatty or fried foods, spicy foods, tomato-based foods, processed food, sugar, rich foods such as cheese, and desserts.

Some prevention measures include chewing food well and slowly, don't eat three hours before bedtime and do not overeat. If overweight, weight loss may be all that is needed to remove symptoms. Avoid trigger foods.

- Foods:
 - Papaya, including papaya seeds.
 - Raw vegetables – include more into the diet.
 - Cabbage juice and salad greens.
- Herbs:
 - Aloe vera juice
 - Catnip
 - Fennel seed – (avoid when pregnant)
 - Ginger
 - Marshmallow root – soothes and heals dry and irritated linings.
 - Chamomile – aids in digestions, soothes and relieves pain.

- Calendula – soothes and heals digestive tract and mucosal linings.
- Cardamom – eliminates gas.
- Dill – soothe digestive tract (avoid if pregnant)
- Dandelion leaf
- Heartburn Tea
- Gut Soother Blend (*p. 15*)

HEARTBURN TEA

Equal parts of the following herbs:

- Marshmallow
- Chamomile
- Catnip (or any member of the mint family)
- Fennel seed (crushed)
- Calendula



Blend all the herbs together and use to make a soothing herbal tea. 1 teaspoon per cup of water or 3 Tbsp. per quart of water. Let steep for 10 minutes or so and then drink as is or add some raw honey to sweeten. Optionally you can also add a couple of stevia leaves to sweeten.

Even though I call this Heartburn Blend, the herbs in it are suited for any type of indigestion. It works best when taken as a tea so that it can run down the digestive tract, coating and soothing as it goes.

The Stomach

The stomach is where the actual digestion takes place. Mucus lines the stomach to protect it from the acid. This acid helps break down the food even more and kills pathogens that got past the first few lines of immune defense (*Lesson 5, p.32*).

Conditions in the Stomach

Nausea/Upset Tummy: Can be a symptom of pregnancy, anxiety, motion sickness, side effect of pharmaceuticals, eating fatty meals, food poisoning, harmful bacteria, etc.

- Herbs, can be made into a tea, capsules, or tincture:
 - Peppermint
 - Fennel
 - Ginger
 - Catnip
 - Chamomile
- Herbal Formulas:
 - Heal All - Sick Syrup (*recipe below*)
 - Kiddie Calm (*recipe below*)
 - Dr. Christopher's Stomach Comfort Formula

HEAL ALL (SICK SYRUP)

This herb blend has been around a very long time and can be found in just about every herb book you can open. Each herbalist calls it something different and I have even given it my own name. My kiddos refer to it as sick syrup (because they know it in glycerite form) and I like to call it "Heal All" because it seems to do just that. No matter the ailment I always use this blend, many times combining it with others. It is the number one thing I make sure to have on hand going in to cold and flu season. It is especially good for naturally reducing fevers and boosting the immune system to aid the body in combating cold and flu symptoms.

Mix equal parts of the following herbs:

- Peppermint (or mint species of choice)
- Elder flowers
- Yarrow

Make into a tincture or tea. Taking as often as needed for upset stomach, allergies, or any type of illness. Also works great for a herbal bath or foot soak.

KIDDIE CALM

Mix equal parts of the following herbs:

- Spearmint
- Chamomile
- Lemon balm
- Catnip



Make into a tea or glycerite tincture. Not only is this a wonderful blend for upset stomach and digestive concerns but is calming for stress or anxiety relief and a mild pain reliever. I love to administer this to my children for whatever ailments they come to me with.

ESSENTIAL OILS FOR DIGESTION

Massage onto abdomen with a carrier oil and/or diffuse in the air:

Peppermint/Spearmint	Marjoram
Ginger	Rosemary
Lavender	Juniper
Fennel	Pine
Oregano	Citrus oils
Thyme	Black pepper
Anise seed	Tarragon
Frankincense	

Digestive blend from company of choice
(Butterfly Express is Inside Out, Young
Living is Digize)

Blend #1

3 drops orange
2 drops fennel
2 drops carrot seed
in 1 tsp. of carrier

Blend #3

6 drops each of:
orange
tangerine
spearmint
in 1 tsp. carrier oil

Blend #2

5 drops spearmint
5 drops pine
5 drops rosemary
in 2 Tbsp. of carrier

Blend #4

15 drops cedarwood
10 drops lemon
5 drops, peppermint
in 2 oz. carrier oil

Ulcers: Ulcers are raw sores in the upper gastrointestinal tract that can have many causes including excess stomach acid, smoking, alcohol, coffee, stress, certain drugs like aspirin and anti-inflammatories, heredity, food allergies, and lack of certain nutrients from poor eating habits. Symptoms include chronic pain in the stomach that feels deep, burning, aching, and gnawing. Pain may ease right after eating but comes right back and increases when stressed or after drinking coffee or alcohol. Other symptoms include blood in the stool, recurrent upper abdominal pain, nausea, vomiting, loss of energy, lower back pain, headaches, choking sensation, and itching.

Striving to deal with and avoid stress where possible and having good nutrition and gut health can prevent ulcers from forming.

- Blackstrap molasses (*p. 277*)
- Consume whole foods and clean up the diet if necessary (*Lesson 1, p.3*)
- Avoid sugar, processed food, fried food, black tea, coffee, chocolate, animal fats, carbonated drink, alcohol, and any trigger foods.
- Anti-Ulcer Fruit Cocktail (*recipe below*)
- Stomach Soothing Tea (*recipe below*)
- Heartburn Tea (*recipe above*)
- Stress-Relief Tea for mind and ulcer healing: 3 parts milky green top oats, 1 part licorice root, 1 part marshmallow, 1 part purslane or chickweed.
- Incorporate stress relieving techniques (*Lesson 10. p.90*)
- Eating frequent, small meals of softer foods can ease the pain.
- Fresh cabbage juice, two or three times a day. Drink immediately after juicing.
- Dr. Christopher's Soothing Digestion formula
- Foods:
 - Bananas
 - Dark green leafy vegetables
 - Red pepper
 - Pineapple
 - Blueberries
 - Cabbage
 - Cultured foods
- Herbs:
 - Aloe Vera
 - Calendula
 - Chamomile
 - Garlic
 - Ginger
 - Licorice
 - Marshmallow Root
 - Purslane
 - Plantain

ANTI-ULCER FRUIT COCKTAIL

Cut up bananas and pineapple in a bowl, add blueberries and season generously with cinnamon, cloves, and fresh ginger. Sprinkle with raw honey and stir well. You can also improvise with any of the herbs and foods listed above.

STOMACH SOOTHING TEA

Mix equal parts:

Chamomile
Calendula
Meadowsweet
Slippery elm

To make a cup of tea add 3 tablespoons of tea mix to 3 cups boiling water and steep for 10 minutes. Sip frequently throughout the day.

- Essential Oils: Apply over the stomach with a hot compress, massage oil and/or add to bath water.
 - Frankincense
 - Chamomile
 - Myrrh
 - Bergamot
 - Cinnamon Bark
 - Clove
 - Lemon
 - Oregano
 - Rose
 - Thyme
 - Vetiver

The Gut

We have talked a lot about gut health and here we are at the body system that is considered “the gut”. The gut consists of the small and large intestines, as well as most of the friendly bacteria we discussed in Lesson 2 on gut health. 75% of the immune system resides here, mostly in the small intestine. This area is considered the microbiome. These are some of the jobs these bacteria do in exchange for food and a home:

- Help the body metabolize foods.
- Feed the cells of the intestinal walls.
- Make vitamins B and K.
- Help maintain the mucus coating of the intestinal lining.
- Compete for living space with pathogenic bacteria, which inhibits their growth.
- Prevent infection, they are the security guards of the body.

The Small Intestine:

The largest collection of lymph tissue, which is part of the immune system is in the small intestine, where all the nutrients from our food is absorbed into the body through the lymph and blood.

The Large Intestine:

Continues to absorb electrolytes and water to form a solid piece of waste called feces, which is then excreted through the anus. The waste consists mainly of food residue, dead cells, dead bacteria and viruses, and inorganic substances. This is also the place where most of the friendly bacteria in our body live.

Conditions in the Colon

Diarrhea is an increase in the volume of wateriness of stool or increase in frequency of bowel movements. Symptoms include cramping, vomiting and gas. Main causes are food poisoning or pathogenic virus or bacteria. Can also be from a chronic condition such as food sensitivities, anxiety, inflammatory bowel issues, or irregular eating habits.

- #1 rule is to stay hydrated and consume a lot of electrolytes while the body is working on the problem. Consume mostly liquids as food intake.
- Bone broth (p. 16)
- Lemon Refresher with electrolytes (p. 24)
- Herbs, best taken as a tea to help with hydration:
 - Chamomile
 - Red raspberry leaf
 - Marshmallow
- Consume cultured food or take probiotics. (p. 11)
- Bentonite clay water (p. 275)

Constipation: Infrequent or irregular bowel movements, with difficulty, discomfort, and sometimes pain on passing dry, hard feces. Regular bowel movements are important for removing toxins from the body and can affect all areas of our body and health. It is estimated that 90% of all diseases and imbalance in the body stem from a clogged or unclear intestinal tract. The number of healthy bowel movements will be different from person to person because of how unique we all are (*Lesson 1, p.3*). Some people go three times a day, after each meal, and if it goes down to once a day, they are constipated. Still another may have a daily BM and another, every other day. It's important to discover what your "regular" is so you can be aware if you need to do some work in getting the bowels moving and those toxins out. Main causes of constipation are poor diet (processed, refined foods and fried foods), and stress. Others can be a lack of exercise, not drinking enough water, eating too much meat or dairy, not eating enough fiber, withholding the urge to go, pharmaceutical and antibiotic use, virus or bacteria, and abuse of laxatives.

Symptoms of constipation can range all over the place since this is a toxic build up condition in the body which can manifest as all kinds of disease. I will just list a few of the more common signs of toxic build up and blockage: Pain in the abdominal area (this can be real intense), difficulty passing stools, infrequent passing of stools, or diarrhea, strong body odor, bad breath, strong-smelling gas, coated tongue (toxins trying to be released from the body), headache, fatigue, skin conditions, and indigestion.

Lifestyle Adjustments:

- Eat only whole foods, avoiding anything processed or refined.
- Avoid dairy, cheese and meat until the bowels are cleared and then introduce slowly to see how you feel. These should be consumed sparingly as part of a balanced diet. Cultured dairy, such as kefir and plain yogurt, are fine and may also help the condition because of the probiotics.
- In addition to the above, other constipating foods to avoid; oatmeal and other “pasty” cereals, pasta, fried foods, and doughy foods.
- Drink plenty of fluids. Some causes of constipation are not enough fluid. Avoid soda, processed drinks, and concentrated juices. Include lots of purified or distilled water and fresh juices.
- Chew your food thoroughly. Do not swallow until the food is like a paste.
- Eat small, light meals, avoid heavy and large meals.
- Get moving. Exercise. Yoga is especially good for getting the bowels moving. Other great ones are walking, jogging, climbing, dancing, and swimming.
- Pay attention to how you feel after you eat something and avoid items that seem to trigger the condition.

Remedies:

- Bentonite clay water (p. 275), try for a quart a day.
- Diatomaceous earth (p. 283).
- Natural Calm: This is a name brand for a magnesium supplement that can get things moving. Look for it at your local health food store.
- Fiber Flush (from *The Prime*): 1 teaspoon each of ground flaxseed and psyllium seed powder, stir together and add some water then drink quickly before the psyllium powder turns gelatinous. Take this as often as you feel but always every night before bed and with a glass of water afterward.
- Laxative Gruel (Dr. Christopher): 3 parts each of flaxseed, psyllium seed, licorice root powder, marshmallow root powder, and comfrey root powder. 1 part lobelia, powder. A gruel is made by boiling water and slowly pouring over the herbs while stirring until a paste is formed. Sweeten with raw honey.
- Abdomen Massage: Use any of the digestive essential oils above alone, in combination or one of the DIY blends. Drop 3-5 drops of essential oil into a teaspoon of carrier oil or herbal infused oil and begin at the bottom left side of the abdomen and massage in a circular, clockwise motion.
- Heating Pad: Just having heat on the abdomen can bring relief of pain and aid the body in moving the bowel. I like to apply the heat right after the abdomen massage.
- Warming Compress: Use any of the digestive essential oils. Fill a bowl with hot water, add several drops of essential oil along with 1 teaspoon of a carrier oil (olive oil, almond oil, etc.). Soak a washcloth in the water mixture, then squeeze out excess water and place over abdomen. Insulate with plastic wrap and can even place a heating pad over that, keep on until the cloth cools to body temperature. Repeat several times. Alternatively, you can make a tea with any of the herbs listed and use that to soak the washcloth in.

- Healing foods: Fresh, ripe fruit of all varieties, papaya fruit or enzyme tablets, dried fruit, especially prunes and figs, raw fibrous vegetables, green leafy vegetables, whole grains, chia seeds, cultured foods rich in probiotics.
- Herbs:
 - Triphala, Indian formula used in Ayurveda.
 - Raspberry leaf and alfalfa aid in detoxifying the body.
 - Warm chamomile tea with raw honey is soothing and pain relieving.
 - Cumin seed, coriander seed, fennel seed in equal parts, make as a decoction
 - Teas using the following herbs, alone or in combination: fennel seed, dill seed, catnip, any of the mints, ginger, and chamomile.
- Herbal Formulas:
 - Dr. Christopher's Lower Bowel Formula (purchase or *recipe below*)
 - Heal All formula (*recipe above*)
 - Autumn Spice Tea Blend (*p. 14*)
 - Anise seed

DR. CHRISTOPHER'S LOWER BOWEL FORMULA

2 parts Cascara sagrada bark
 1 part Barberry bark
 1 part Cayenne
 1 part Ginger
 1 part Goldenseal root
 1 part Lobelia
 1 part Red Raspberry leaves
 1 part Turkey rhubarb root
 1 part Fennel



Mix the powdered herbs together for capsules or make as a tincture. You can purchase the herb pack or a readymade product.

This formula is meant to be used as a food to strengthen the colon and remove hardened, dried, fecal matter and accumulated filth. The amount you take depends on the condition of your colon, so it is important to be in tune with your body. Start with 2 capsules (or dropperfuls), 3 x a day and increase or decrease from there. I have a person in my home (not to be named ;)) that had a major constipation issue, it took him about 25 capsules before things started to move. Note that it wasn't all at once. I had him take about 3 capsules every hour with plenty of water. Dr. Christopher also noted that he had a patient that had 40 capsules before things started to move, so it's important to gauge where your body is. Continue using this formula until your bowels are regularly moving, at least once a day, but you should know what your regular is. Some people will take up to six months to completely eliminate all the built-up fecal matter and rebuild the bowel structure, which can be damaged as it is stretched and weakened when constipated. After that just take the formula as needed. Please note this is not a laxative, it is a colon building formula so look at it as a food, not a medicine.

Digestive Support and Lifestyle for a Healthy System

- Eat in a pleasant setting that is unhurried and chew food thoroughly before swallowing.
- Eat whole foods (*Lesson 1, p.3*)
- Avoid eating while stressed, working or in pain.
- Consume fluids between meals, not during.
- Do not overeat or eat too frequently, the system needs a rest.
- Light movement, like walking, aids digestions after meals.
- Incorporate cultured foods to feed and build gut flora. (*Lesson 2, p.11*)
- Exercise regularly. Twisting yoga postures are great for digestion!

Herbs for Digestive Health

Carminative herbs are aromatics that ease digestion, soothe intestinal walls, ease cramping, reduce inflammation and help expel gas. These can be used as daily tonics in food and beverages or tincture or capsules.

- Bee balm, cardamom, catnip, chamomile, ginger, fennel, lavender, lemon balm, mints, sage, thyme, basil.

Bitter herbs send a message to prepare the body for digestion, increase digestibility of food, and calm the nervous system (for emotional health). They should be taken 15-20 minutes before eating.

- Dandelion, rosemary, wormwood, angelica, barberry root, burdock root, motherwort, hyssop, mugwort, orange peel, Oregon grape root, yellow dock root.

References:

Memmler's The Human Body in Health and Disease by Barbara Janson Cohen

Prescription for Nutritional Healing by Phyllis Balch

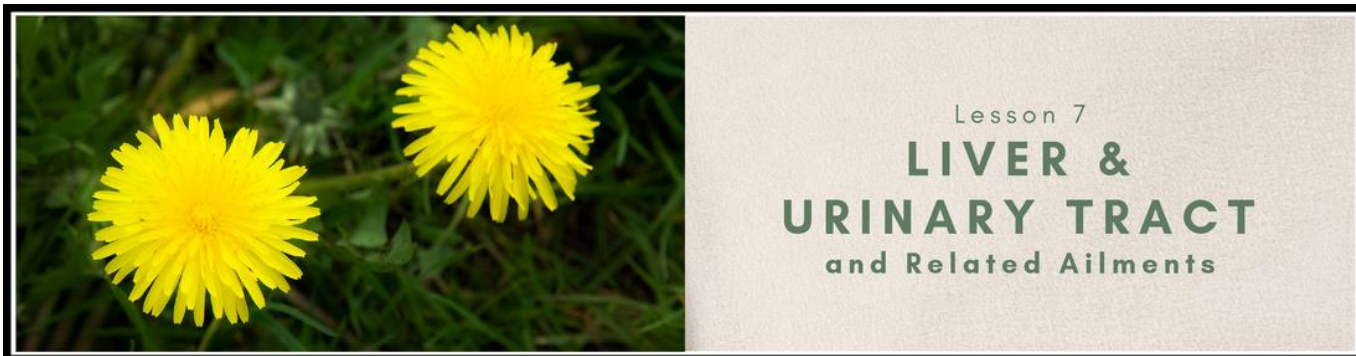
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Reference Guide for Essential Oils by Connie Higley

The Herbal Academy Intermediate Course



The liver is the second largest organ in the body which controls many functions essential for maintaining life. It produces bile, which aids digestion, filters out waste, toxins, and poisons in the blood, synthesizes nutrients, regulates blood sugar, processes hormones, manufactures antibodies and even stores vitamins and minerals. This organ does much more and is so complex, it is second only to the brain in body function. The liver can even regenerate itself when injured.

The urinary tract includes the kidneys, ureters, bladder, and urethra. The purpose is to filter waste material from the blood, control the body's fluid balance, maintain a healthy level of electrolytes and manufacture urine for elimination of waste. This would be the waste treatment center of the body.

Liver and Kidney Care:

The liver needs to be taken good care of for healthy function. If we go back to our analogy of the body being like a home, the liver acts as the filter system. We need to keep the vents in our homes cleaned out and change the filter every six months. The way we care for the liver is avoiding as many toxins as possible, eat a whole foods diet (Lesson 1), drink plenty of liquids, and feed it liver nourishing foods and herbs.

- Purified water: Did you know that tap water in the U.S. is treated with over 700 different chemicals, including “medications” such as fluoride? That is a toxic overload on the liver and kidneys, which use water as the means of flushing out waste. Make sure the water you consume is filtered. There are many filtering systems available so do some research and find what system or method may work best for you. Whatever you do, be sure to consume pure water and avoid tap water. (*Distilled Water*, p. 284)
- Breathe clean air. The air filter we talked about as part of a home system needs to be changed regularly to keep the air in your home as clean as possible and so should the air we breathe. Open the windows in the spring and fall months and get outside as much as possible.
- The lifestyle suggestions in *Lesson 10*, p. 90 for stress relief are just the things needed for optimal function of all body systems, including the liver and urinary tract. They include adequate rest, exercise, relaxation time, positive thoughts, feelings, and attitude, etc.
- Avoid toxic foods such as alcoholic beverages, excess fried foods, hydrogenated oils, processed and refined foods, artificial (and “natural”) flavors, and colors.
- Cut out as many environmental toxins as possible.

Liver Care:

- Tonic herbs to build and strengthen the liver: shitake and reishi mushrooms, barberry root, burdock root, dandelion, golden seal, vervain, wild yam, yellow dock root, yarrow, milk thistle seeds, Oregon grape root, and turmeric to name a few.
- Foods that can help the liver process toxins: broccoli, cabbage, cauliflower, kale, collard greens, arugula, onions, and garlic.
- Foods that improve liver function: all the above plus beets, whole grains, avocado, leafy greens, nuts, and legumes.
- Dr. Christopher's Liver Gall Bladder formula

Kidney Care:

- Tonic herbs to build and strengthen the kidneys: chamomile, carrot, dandelion, fennel, hawthorn berry, marshmallow, mint, sorrel, sage, yarrow.
- Foods that strengthen and support kidney function: lemon, apples, cabbage, blueberries, bell peppers, cauliflower, garlic, onions, cranberries, raspberries, strawberries, cherries, red grapes, olive oil, egg whites, and fish.
- Kidney Support blend (*recipe below*)

KIDNEY SUPPORT

In addition to diet and removing as many toxins from your environment as possible, this formula can be used for sluggish kidneys, to increase urine flow and decrease water retention, and to strengthen and support the urinary tract.

2 parts dandelion leaf
1 part marshmallow root
1 part raspberry leaf
1 part crushed fennel
1/2 part oak bark
1/2 part uva ursi (not for pregnant women)

Mix the herbs together and use as a tea, tincture or capsules.



Environmental Toxins:

We live in a world surrounded by environmental toxins; pollutants, harsh chemicals – including cleaning detergents and personal care products, secondhand smoke, pharmaceuticals, vaccinations, electromagnetic radiation, etc., etc. this list could go on and on. While we cannot escape them, we can do our best to eliminate what we do have control over. The more toxins our liver must filter out, the harder it must work and sometimes it can be overwhelmed and then those toxins leak into our blood and cause all kinds of health conditions and mystery illnesses. Here is a small list of ways you can cut toxins out of your environment:

- **Emotions:** Studies have shown that negative thoughts and feelings literally work like poison to a body, not to mention the soul. If there is any one thing you can do to eliminate toxins from your environment it would be to let go of negative thoughts and emotions. It is okay to experience and feel sadness, anger, and frustration – that is part of life – but the

key is to feel it, then let it go. Give it to the Savior, who suffered, died, and atoned for not only our sins, but our weaknesses, sorrow, and negative feelings.

- Forgive others and yourself.
 - Think positive thoughts.
 - Seek for understanding of others and look at them through God's eyes.
 - Love one another, including yourself.
- Swap chemical household cleaners for natural ones. You can either make your own or purchase locally from a health food store or do a google search.
- Swap personal care products for natural ones. Again, there are many companies out there supporting natural personal care from shampoo and deodorant to makeup. You can also make your own.
- Avoid using synthetic perfumes, dryer sheets, or any items with fragrance.
- Pharmaceuticals: All synthetic medications are chemicals which the liver must process, and studies have shown the ill effects they have on it. On top of liver damage, they also carry side effects and adverse reactions:
- Prescription medications...readily deplete the body of nutrients and damage the gut lining. This is why all synthetic drugs in some way cause leaky gut. (*Eat Dirt* by Dr. Josh Axe)
 - 209 people a day – approximately 106,000 a year – die from non-error adverse effects of medications...that figure was for deaths only and did not include adverse effects associated with disability or discomfort. (*Eat Dirt* by D. Josh Axe)
 - Adverse drug reactions (ADRs) are the 4th leading cause of death in the U.S. (*Herbal Academy Intermediate Herbal Course Unit 1*)

If you are currently taking pharmaceuticals, you will want to make sure to replenish the nutrients they deplete by eating a variety of vegetables, fruits, and some nutritive herbs such as alfalfa, nettle, and raspberry leaf. Please be prayerful about how you decide to use or not use pharmaceuticals and if you decide you want to cut them out of your life be sure to do it under the care of a trained physician. Getting off certain medications cold turkey can cause serious harm. Functional medicine doctors (www.ifm.org) can help as they understand and work with the body as a whole. Dr. Christopher's Liver Transition formula can assist the body transitioning from drugs to supplements.

BATHROOM SCRUB

1 cup baking soda
1/3 cup citric acid
1/3 cup salt



Add to a container and shake to incorporate all the ingredients.
Then add 15 drops essential oil (see list below)

You can place this solution in a used spice jar container for easy sprinkling or just keep a tablespoon in your container and sprinkle around your wet tub, sink or toilet, then scrub away.

MULTI-PURPOSE CLEANING SPRAY

Stuff a jar with citrus peels and if you have some in your garden or cupboard, herbs. I love thyme, oregano, and lavender as disinfectants. Cover with vinegar and let sit for about 2 weeks then shake and strain.

Add 1 part vinegar infusion to 1 part water in a spray bottle. You can use this solution for multi-purpose cleaning, as a fruit and veggie wash, and a mold and mildew killer.

Alternatively, you can just add some essential oils from the list below to 1 part water and 1 part white vinegar (skipping the citrus infusion).

CLEANING WITH ESSENTIAL OILS

Essential oils are perfect for natural cleaning, they are antiseptic and antibacterial, so they inhibit the growth of bacteria and kill germs. They also naturally purify the air by wrapping around odor molecules and deodorizing them, instead of masking an odor, leaving the air fresh and clean.

You can use an oil as a single, blend them together yourself to create your own custom scent or use a blended oil from an essential oil distributor. This is my list of the top bacteria busting essential oils. In addition to these I love to use my essential oil distributor's immune support blend, citrus blend and purifying blend.

Cinnamon – very powerful antimicrobial

Clove – kills viruses and bacteria

Lemon – grease stains, stain remover, brightener, disinfectant

Lemongrass – best oil for disinfecting and purifying

Lime – removes gum, wood stains, oil stains, grease spots on clothing

Orange – removes sticky adhesive residue from most surfaces

Eucalyptus – targets and eliminates bacteria, viruses, and fungi

Thyme – prevents fungi molds, antibacterial

Pine – disinfectant

Thieves – antibacterial blend (*recipe Lesson 5*)



Liver Conditions:

Immune imbalances can happen because of an over toxic liver due to its job of manufacturing antibodies, which mark a virus or bacteria as an invader. If an imbalance occurs no marking happens, and pathogens can run wild in the body. Mystery or chronic illness can also find their root causes in liver dysfunction. Follow the foundational principles of good nutrition and gut healing in *Lesson 1* (p. 3) and *Lesson 3* (p. 19) first, then incorporate liver support and detox measures:

Hepatic herbs strengthen, tone, and stimulate liver function:

- Barberry

- Cleavers
 - Dandelion both leaf and root
 - Fennel
 - Milk Thistle Seed
 - Oregon Grape Root
 - Selfheal
 - Yarrow
 - Wormwood
 - Turmeric
 - Yellow Dock
 - Reishi Mushroom
- Dr. Christopher Liver Gall Bladder Formula
 - Liver Cleanse & Support blend (*recipe below*)

LIVER CLEANSE & SUPPORT

Use this formula anytime you need to cleanse, build, or support the liver so it can effectively remove toxins, hormones, and heavy metals from the body.

3 parts nettles
 2 parts catnip
 1 1/2 part milk thistle seed
 1 part yellow dock
 1 part Oregon grape root
 1 part dandelion root
 1/2 part ginger

This formula can be made into a tincture, capsules or tea.



Skin Conditions: The skin is one of the elimination organs of the body, so when the liver is overburdened with toxins, the next place to go is the skin. Skin conditions can include eczema, psoriasis, rashes of all kinds, hives, acne, and sores. These conditions can also result from an allergy or reaction to a toxin, either way, treating the liver is the first place to start after following the foundational principles of health.

- Use one of the liver cleansing options above. Take the herbs every morning and evening.
- Drink plenty of distilled water to aid in cleansing and flushing toxins.
- Incorporate probiotics and/or cultured foods to work on the gut. (*Lesson 2, p.11*)
- Clean out bowels (*p. 53*)
- Purify the blood (*Lesson 8, p. 67*)
- Topical soothing remedies while treating the inside with above suggestions:
 - Only use natural personal care products on the skin while conditions exist.
 - Burn salve (*p. 111*)
 - Miracle Face Cream (*recipe below*, makes a great facial moisturizer and wrinkle cream)

- Chickweed Salve
- Aloe Vera
- Raw Honey, yes, it is messy, but it works.

MIRACLE FACE CREAM

This can be used as a daily face cream, and wrinkle reducer. Also use as a natural body lotion and for soothing rashes and skin conditions.

Add to a small saucepan and melt over very low heat:

1 oz. beeswax
 .85 oz. coconut oil
 .45 oz. cocoa butter (or 8 wafers)
 .40 oz. shea butter
 1/4 tsp. lanolin
 3/4 cup Calendula infused olive oil (see herbal oils in *Methods section*)

Pour into a blender and let sit until it becomes an opaque color with a pudding like consistency.

Then add:

1 tsp. essential oil (I use Ageless blend from Butterfly Express)
 1 tsp. Vitamin E oil

Add the following ingredients into a separate measuring cup:

2/3 cup distilled water (or a hydrosol)
 1/3 cup aloe vera liquid (I prefer the Mountain Rose Herbs aloe vera)

Turn on the blender and slowly pour the liquid mixture while it is going. It may get so thick the blender chugs and doesn't want to mix, just turn it off, add more liquid if you still have some left, give it a stir and turn it on again. I use a Blendtec and it comes with a twister jar that allows me to easily turn the contents while blending. Continue blending until the liquid is fully incorporated and you have a rich, thick, cream.



Urinary Tract Conditions

Urinary Tract Infection (UTI): When a pathogenic bacterium invades any part of the urinary tract and turns to infection. Symptoms include an urgent desire to urinate, typically frequent and painful, even after the bladder has been emptied there may be a desire to go again. Urine may have a strong, unpleasant odor and may appear cloudy. Abdominal pain and burning sensation may also be present.

Preventive Measures:

- Women should always wipe from the front to back after using the restroom.
- Do not delay urinating, go when you feel the urge.
- Avoid alcohol, caffeine, carbonated beverages, coffee, excess chocolate, refined or processed foods, and refined sugars. These can be hard on the urinary tract.

Home Remedies:

Diuretic herbs (increase the flow of urine) – help cleanse the system, flush the kidneys, and help reduce the urgency to urinate:

- Birch leaves (also have pain relieving properties)
 - Dandelion leaf
 - Hydrangea
 - Alfalfa
 - Fennel
 - Hawthorn Berry
 - Horsetail
 - Marshmallow (also soothes irritation)
 - Plantain
 - Sorrel
 - Uva Ursi (reduces bacteria in urine and reduces swelling)
- Unsweetened cranberry juice – prevents bacteria from adhering to the bladder lining and acidifies the urine which inhibits bacterial growth. Drink 1 quart a day.
 - Drink plenty of fluids, at least 8 oz. every hour: distilled water, celery and parsley juice, watermelon (this is a food, not drink but so full of liquid I'll include it here), rejuvalec (p. 22).
 - Consume cultured foods or take probiotic capsules, two per meal. (*Lesson 2, p. 11*)
 - UTI Formula (*recipe below*)
 - Essential oils massaged over abdomen:
 - Basil
 - Cedarwood
 - Eucalyptus
 - Frankincense
 - Juniper berry
 - Thyme
 - Rosemary
 - Tea tree (Melaleuca)
 - Hot bath with essential oils from the list above or a sitz bath.
 - Herbal antibiotics specific for kidneys:
 - Oregon grape root
 - Garlic
 - Ginger
 - Goldenseal

- Juniper
- Sage
- Wormwood
- Usnea

UTI FORMULA

2 parts uva ursi
 1 part echinacea
 1 part Oregon grape root
 1 part marshmallow
 1/2 part horsetail



Make into herbal capsules, tincture or tea. This blend comes from Rosemary Gladstar's *Medicinal Herbs for Beginners*, she recommends 2 capsules, 1/2-1 teaspoon tincture, or 8 oz. of tea every 3-4 hours until symptoms subside.

This is what Rosemary has to say about her formula:

"This is one of my favorite recipes for treating bladder infection. Taken with cranberry juice and/or berries, this formula is very effective and will cure all but the most tenacious cases of bladder infection."

Kidney Stones: Accumulations of mineral salts that form crystals which clump together forming either jagged or smooth 'stones'. They can lodge anywhere along the course of the urinary tract. Symptoms include agonizing pain radiating from the upper back to the lower abdomen and groin, profuse sweating, frequent urination, pus and blood in the urine, odorous or cloudy urine, nausea and vomiting, and sometimes chills and fever. Men are much more likely to get them than women. There are different types of kidney stones and many causes, which can be tricky to pinpoint. Some factors include high blood calcium levels, over consumption of carbohydrates, especially sugar, and oxalates (found in dark green leafy vegetables), metabolism, heredity, shape of the kidneys, and pharmaceuticals to name of few. While it is hard to identify the actual cause, one factor that increases risk is dehydration, which concentrates the urine making it more susceptible to forming crystals.

Preventive Measures

- Drink plenty of purified water every day.
- Daily glass of lemon water can prevent stones from forming due to the citric acid.
- Include 2 tablespoons of extra virgin olive oil into daily diet.
- Consume a whole foods diet, avoiding high amount of carbs, processed foods, and refined sugar.
- Foods high in Vitamin A discourage stone formation: alfalfa, apricots, cantaloupe, carrots, pumpkin, sweet potatoes, and squash.
- Stay active. Exercise helps pull calcium from the blood into the bones.
- Eat meat sparingly. Diets high in animal protein can cause the body to excrete calcium, and other minerals that can crystallize.
- Avoid taking synthetic vitamin supplements.

Home Remedies

- Drink a large glass of purified water, wait for 20 minutes to absorb, and then run up and down the stairs vigorously.
- Take a hot bath with essential oils for pain relief (*p.99*).
- Hot and cold Therapy (*p. 287*)
- Music Therapy for pain relief (*p. 292*)
- Hot Lemon Refresher or just lemon in warm water will help flush kidneys and break down stones (*p. 24*)
- Kidney Stone Capsules and Power Lemon Water (*recipe below*)
- Essential oils that aid in stone dissolving, add to a carrier oil and massage into bladder area, add to bath water, and massage into the reflex points on each foot (right in the middle of the foot).
 - Fennel
 - Geranium
 - Juniper
 - Lemon
 - Spearmint
 - Frankincense
 - Orange
 - Digestive blend from your favorite essential oil company (*p. 50*)
- Essential oils for pain relief (*p. 99*). Apply to backside where the kidneys are and then place a hot pad over the area or hot and cold depending on the person. You could also use a wet compress.
- Herbs:
 - Birch - cleanses and supports urinary system and dissolves kidney and bladder stones.
 - Marshmallow - soothes inflamed and irritated urinary tract
 - Willow - pain reliever
 - Herbs that help dissolve stones include celery seed, gravel root, cleavers/sweet woodruff, parsley and stone root. Ginkgo biloba and goldenseal both aid circulation to the kidneys and have anti-inflammatory properties.

KIDNEY STONE CAPSULES

3 parts **uva ursi** - strengthens and supports the kidneys, helps relieve pain and bloating
3 parts **marshmallow root** - soothes the mucus membranes, helping to relieve the discomfort of a passing stone, also has a cleansing effect
2 part **juniper berries** - increases urine flow and eliminates congestion, removes waste and strengthens the kidneys, bladder and urinary passages
2 parts **gravel root** - derived its name from its effect on stony deposits in the kidneys
2 parts **skullcap** - antispasmodic and sedative, helping with the pain
1 part **Oregon Grape** - infection fighter
1 part **valerian** - strongly sedative to relax ureter, allowing stones to pass

Use powdered herbs to make capsules. This formula tastes horrible so capsules are the best way to go, but you can make a tincture or tea with it.

POWER LEMON WATER

2 cups distilled water
4 drops lobelia tincture
15 drops juniper berry tincture (or wild yam)
1/2 lemon
3 drops of liquid stevia to taste



Squeeze the lemon and then drop right in the water with all the other ingredients.
Sip throughout the day, refilling as necessary.

Drinking a lot of water (distilled) while dealing with stones helps get them out faster, adding lemon to the mix will help break down and dissolve the stones. The juniper tincture increases urine flow and eliminates congestion, removes waste and strengthens the kidneys, bladder and urinary passages. The added lobelia helps to relax ureters, relieve pain, and hasten the passing of stones, it amplifies the effects of all other herbs as well.

Resources:

Natural Therapy for Your Liver by Christopher Hobbs
Herbs for Hepatitis C and the Liver by Stephen Harrod Buhner
The Emotion Code by Bradley Nelson
Feelings Buried Alive Never Die by Karol Truman
A Better Way to Think by Norman Wright
Eat Dirt by Dr. Josh Axe



The cardiovascular system transports oxygen, nutrients, and hormones throughout the body, sends waste to the respiratory and urinary systems for removal, and regulates body temperature. This system is intertwined with the lymphatic system to filter and return blood, and the digestive system to provide nutrients delivered via the blood. This system includes the heart, blood, arteries, veins, and capillaries, which are the “river of life” in our body.

Blood

The blood is known as "the river of life", it contains red and white blood cells, platelets, and plasma. Red blood cells are the transporters, carrying oxygen and nutrients to each body system. White blood cells are part of the immune system to defend the body against pathogens. Platelets repair and stop damage to the system and plasma is the liquid component that contains nutrients, hormones, and waste. Not only does the blood carry oxygen and nutrients, but it also expels waste.

Blood Care: One of the problems with "leaky gut" is toxins are leaked into the blood stream rather than being expelled through the proper elimination systems. The first step to healthy blood is making sure the gut is healthy and working properly. Next work on eliminating as many environmental toxins as possible and make sure the liver is strong and functioning so it can process and eliminate toxins. At that point it is time to work on purifying and cleansing the blood. Mystery illnesses can occur from the blood having too many toxins in it and disease can weaken the circulatory system as the blood is working overtime to get all the toxins out. When the cause of disease is difficult to pinpoint after nutrition, gut health, digestion, and liver function have been addressed, suspect blood toxicity.

Alterative herbs "alter" the blood by cleansing and purifying. They aid the body in assimilating nutrients, eliminating waste, and restoring proper body function. They are best used as a daily tonic, over a long period of time to properly detox and purify, restoring health and vitality.

- Alfalfa
- Burdock
- Cayenne (Capsicum Family)
- Cleavers
- Dandelion
- Elder
- Garlic
- Nettles
- Plantain
- Red clover

- Red raspberry
- Yarrow
- Yellow dock
- Blood Purifying Blend (recipe below)
- Dr. Christopher's Blood Stream formula

BLOOD PURIFYING BLEND

5 parts red clover
 2 parts red raspberry leaf
 2 parts alfalfa (replace with nettle leaf if you are on blood thinner medication)



Typical dosage is 2 droppers for tincture, 2 capsules or 3 cups of tea, 3 times a day until symptoms subside and/or you start to feel better.

Blood Conditions:

Anemia is a condition when the amount of oxygen carried by the blood is decreased due to either a reduction in red blood cells or hemoglobin in the blood. Without the proper amount of oxygen to deliver to cells around the body all activity will be slowed down resulting in weakness and fatigue, breathlessness, pale skin and lips, headaches, dizziness and a host of other symptoms and conditions. The most common cause is a lack of iron and other minerals which can result from blood loss, poor diet, and failure of the body to absorb minerals and nutrients. After addressing diet and gut health you can "feed" the blood with food and herbs..

Mineral rich herbs usually have deep roots that pull iron and other minerals from the earth. The plant processes the minerals so that the body can absorb them through the leaf or root. Synthetic supplements have a hard time being absorbed into the body and can even cause heavy metal build up. Other plants help build blood in the body and are filled with a variety of vitamins and minerals. All these herbs will help to build and nourish the blood.

- Dandelion
- Thyme
- Alfalfa
- Nettles
- Raspberry Leaf
- Yellow Dock Root
- Hawthorn
- Mullein
- Food Rich in Iron:
 - Beet, carrot, and prune juice.
 - Legumes
 - Pumpkin seeds, sesame seeds, hemp seed and flaxseeds
 - Green leafy vegetables
 - Raw honey
 - Amaranth, oats, quinoa, and other grains.
 - Blackstrap Molasses
- Blood Building Formula (*recipe below*)

- Herbal Iron Formula (*recipe below*)
- Dr. Christopher's Herbal Iron formula

BLOOD BUILDING BLEND

1 part dandelion root powder
 1 part kelp powder
 1 part wheat grass powder
 1 part barley grass powder
 ½ part spirulina powder



This blend also works great as a daily vitamin supplement to keep an already healthy body at its best.

Mix together the herbs and then use them in powder form to add in smoothies or to make into a green drink. You can also make this blend into herbal capsules, a tincture, or glycerite. For capsules I have found that 2 capsules with each meal is a good place to start and then depending on your body you can add more if needed.

HERBAL IRON

Equal parts of the following herbs:

raspberry leaf
 nettle
 dandelion leaf
 alfalfa
 yellow dock root



This blend can be made into a tea (sip on a quart each day), tincture or capsules.
 Iron Infusion

Herbal Iron #2

This formula comes from Shoshanna Easling in her book, *Making Babies*. A pregnant woman will double the amount of blood her body produces to care for both her and her growing baby so extra iron is always a need. This tea is to give the body a good iron boost throughout the day.

2 ½ cups nettle
 1 cup rose hips
 1 cup dandelion leaf
 1 cup fennel
 8 cups hot water

Place all the herbs in a glass jar and cover with hot water. Cover and let sit overnight. Strain out herbs and sip throughout the day. You could also make a tincture out of this blend.

Heart and Arteries

The heart is what pumps the blood throughout the body and even generates its own electrical impulses. The arteries and veins are the “highway” system the blood flows through. These should all be kept clear and open for good flow.

Heart Care:

- Diet – see *Lesson 1, p. 3*.
- Avoid smoking, alcohol, refined carbs, and sugars.
- Exercise regularly.
- Regularly focus on stress relieving activities – this is different for each person. For me it is gardening; some meditate, do yoga, listen to relaxing music, read, write, etc. Find what works for you and everyday take some “me” time.
- Get an adequate amount of rest each day.
- Strive for healthy relationships with family, friends, and even animals.
- Heart happy food: vegetables, fiber, limited animal protein, antioxidant rich foods, garlic and onions, tomatoes, berries, whole grains, avocado, brassicas family (broccoli, kale, cabbage), and even cocoa beans.
- Heart happy herbs: hawthorn berry, turmeric, cayenne pepper, rosemary, cinnamon, garlic, motherwort, olive leaf, and guggul.
- Golden Goodness Mix (*p. 36*)
- Heart Happy Sprinkle (*recipe below*)
- Heart Health daily supplement (*recipe below*)

HEART HEALTH BLEND

4 parts hawthorn berry powder
2 parts turmeric root powder
2 parts alfalfa leaf or nettles
1 part cayenne powder
1 part garlic powder



Mix the herbs together and make into capsules or a tincture. Regular dosage is two capsules or two droppers with each meal for a total of six capsules a day. These are all building “food” herbs, so it can be taken every day as a supplement.

I made this formula for my husband to take daily since he has a family history of heart disease. I also prepared it for my grandfather who was told his arteries were clogged with plaque and because of his health and age there was nothing that could be done. He was sent home to die. He took these faithfully for a couple more years before he finally did pass away. A note about grandpa, he was not willing to give up his goodies and fast food and was also dealing with diabetes on top of the heart condition. Remember that nutrition is the foundation of a healthy body, along with the will of the Lord

HEART HAPPY SPRINKLE

2 parts hawthorn berry powder
1 part cinnamon powder
1/2 part ginger powder
1/8 part cardamom powder



Put all the powders in a spice jar and shake up. Use to sprinkle over hot cereal, toast, smoothies, and fruit salads. You could also make an herbal honey with this blend or sprinkle into other herbal teas.

Heart Conditions:

Any issues dealing with the heart should definitely be dealt with under the direction of a competent health care provider, but since part of this course is about what we can do if we do not have ready access to healthcare, I will give a few suggestions for emergency care while waiting for help.

Heart Attack: When the supply of blood to the heart is reduced or cut off, oxygen can no longer get to the heart and if not restored within minutes the heart begins to die. Restrictions can be caused by fatty plaque deposits in the arteries (mainly formed by the diet), a piece of tissue or air lodged in the artery, or a blood clot in the artery. Symptoms include shortness of breath, chest pain, squeezing or pressure, discomfort or pain in the shoulders, arms, back or neck, dizziness, nausea, and sweating. Get help as soon as possible and while waiting:

- Drink 1 teaspoon powdered cayenne in a glass of warm water or 2 dropperfuls of cayenne tincture under the tongue.
- If person is unconscious put the cayenne tincture under the tongue a few drops at a time, until help arrives.
- Use this same protocol for a stroke and hypothermia.
- Dr. Christopher used this protocol time and again with patients and it always brought them out of a heart attack.

Hypotensive herbs have the effect of lowering elevated blood pressure. They include some of the following:

- Hawthorn
- Motherwort
- Crampbark
- Black Cohosh
- Gumweed
- Nettle
- Valerian
- Linden
- Passionflower

Hypolipidemics are herbs that are able to decrease the level of cholesterol in the blood. They include some of the following:

- Hawthorn

- Artichoke
- Eleuthero
- Reishi Mushroom
- Turmeric
- Garlic
- Ashwagandha
- Triphala

The Emotional Heart

There are many studies now that support emotions having profound impact on the physical body, both positive and negative. Just as the heart pumps life giving blood throughout the body, it is also a sensory organ communicating information about the emotional state to the rest of the body. Just as positive thoughts and emotions can strengthen the immune system (or depress them), they can also impact the heart and cardiovascular system. Have you ever heard of a person dying of a "broken heart"? It is an actual condition called stress cardiomyopathy, caused by intense emotional stress that leads to cardiac dysfunction and even death. Emotions truly are powerful, and we will be discussing them deeper in *Lesson 10, p. 90*.

Emotional Heart Care: Many of the herbs and foods that are good for the physical heart can also aid and heal the emotional heart. Hawthorn for example is known as the heart herb. Along with building and nourishing the heart and cardiovascular system, it is also a wonderful remedy for grief and sadness as it can uplift the spirits. Linden blossoms are used for rest, relaxation and lifting the mood but they can also be used as a remedy for the physical heart as a tonic to nourish and feed it. Here are some other lifestyle choices that can build, strengthen, and nourish the physical heart:

- Develop meaningful relationships with family and friends.
- Meaningful acts of service that foster a sense of community and bonding.
- Having animal companions or even plants to care for.
- Spending time in nature.
- Allow yourself to feel an emotion, but then let it go. Replace the negative emotion you let go with a positive one, such as sadness for joy.
- Avoid a constant reliance on news, media, politics, social media, etc. These generally foster feelings of negativity and keep you from using your time to do the suggestions above.
- Experience and focus on gratitude, joy, contentment, love, forgiveness and all the positive feelings. (*Pleasure Books p. 296*)
- Journal your feelings. Take them to the Lord for comfort, guidance or understanding and journal the response you feel in your heart.
- Take time each day to breathe deeply.

Herbs for emotional heart care are best inhaled as you make and drink as a tea during a relaxing time period, such as before bed or in the morning. They can also be used as hydrosols that can be incorporated into beauty care or just spritzed over your body while inhaling.

- Hawthorn
- Linden

- Lavender
- Rose
- Tulsi
- Anise Hyssop
- Mimosa Blossoms
- Vanilla
- Linden Love Tea Blend (p. 94)
- Herbal Grief Tea (from [The Herbal Academy](https://theherbalacademy.com))

HERBAL GRIEF TEA

6 parts motherwort
 4 parts rose petals
 2 parts each of hawthorn berry, linden, and violet
 1 part each of cardamom and cinnamon bark

Combine herbs and mix well. Store in a labeled glass jar.

To use, add 2 teaspoons of herbal grief tea mix to 8 ounces of just-boiled water. Steep 10 minutes before straining and composting herbs.

Sweeten as desired, drink, and enjoy 2-3 cups a day!

<https://theherbalacademy.com/herbal-grief-tea/>

Resources:

The Herbal Academy Intermediate Course www.theherbalacademy.com

Prescription for Nutritional Healing by Phyllis Balch

Memmler's The Human Body in Health and Disease by Barbara Janson Cohen

Feelings Buried Alive Never Die by Karol Truman

A Better Way to Think by Norman Wright

The Emotion Code by Bradley Nelson



The purpose of the respiratory system is to exchange oxygen, needed by the body for all its processes, for carbon dioxide, the waste product. This system also allows us to speak, sing, make sounds, and smell. The alveoli, where this exchange happens are shaped like trees, which can symbolize the oxygen exchange because trees provide us with the oxygen we inhale, while we provide the carbon dioxide trees “inhale”. We work together in a symbiotic relationship.

Respiratory Care:

If the blood is the "river of life" flowing through our body, the breath is what keeps this life force flowing. Practicing certain breathing exercises, consuming tonic respiratory foods and regular exercise can strengthen and build this most important system.

- Breathe clean air. Make sure to change home filters regularly and go outside for fresh air each day. Even better, nature walks, and hikes are very lung cleansing, taking deep breaths while out in nature.
- Breathe deeply. Mindfully inhale all the air you can and then exhale it slowly. Doing this for 5 minutes each day not only strengthens the respiratory system it also reduces stress, improves immune function, better oxygenates the blood and focuses the body towards healing.
- Yoga. This type of exercise focuses on the breath while moving with the body. It calms both the mind and body which reduces stress, improves immunity, and strengthens not only the respiratory system, but the body as a whole.
- 20 minutes of light exercise five days a week. This could be any fun activity you enjoy doing such as walking, riding a bike, roller blading, hiking, dancing, tennis, or any type of sport specific to you, and my favorite - nature walks. Find something you enjoy doing and just get out and do it.
- Foods that feed and strengthen the respiratory tract include beets, peppers, tomato based foods, blueberries, pumpkin, apples, and red cabbage.

Lung Tonic herbs are herbs that can be taken to strengthen, support, increase energy to, and stimulate the respiratory system.

- Comfrey
- Garlic
- Ginger
- Mullein
- Turmeric
- Wild Cherry
- Astragalus

- Elecampane
- Fenugreek
- Lungwort
- Pleurisy Root
- Reishi Mushroom.

Herbs for the Respiratory Tract

Anticatarrhal herbs breakdown and eliminate excess mucus and counteract inflammation in both the respiratory system and the digestive system.

- Cayenne, echinacea, garlic, ginger, red clover, sage, angelica, borage, black pepper, burdock root, cloves, coriander, dill seed, all the herbs below under expectorants are also anticatarrhal.

Expectorant herbs break up and discharge mucus from the throat and lungs. They can promote coughing when needed to expel mucus and are usually combined with demulcents to soothe the mucus membrane.

- Catnip, cinnamon, comfrey, elder, fennel, mullein, thyme, wild cherry, yarrow, elecampane, horehound, horseradish, licorice root, nettles, pleurisy root, violet.

Antispasmodic herbs relieve irritation, muscular spasms, convulsions, cramps. and hacking coughs. In the respiratory systems they would be used for constant coughing beyond the body expelling mucus, and asthmatic conditions.

- Calendula, chamomile, fennel, lemon balm, linden, mullein, mint, red clover, red raspberry leaf, sage.

Demulcent herbs are mucilaginous herbs that moisten, soften, relieve and protect irritated or inflamed tissue. Because most respiratory issues are dealing with inflammation, these are wonderful to use in combination with any of the herbs above.

- Aloe vera, chickweed, marshmallow, mullein, plantain, purslane, coltsfoot, licorice root, cornsilk, flax seed, psyllium seeds, slippery elm.

Upper Respiratory System: Includes the nasal cavity, sinus, and larynx. The nose is the opening for passage of air. It cleans, heats, and moistens the air as it is breathed in. It is also responsible for smelling and is involved in voice production.

Lower Respiratory System: Includes the trachea, which is the tube that oxygen flows down to enter the lungs where the bronchioles and alveoli are located, and the oxygen/carbon dioxide exchange is made. At this point oxygen is taken to all the parts of the body via the blood, while carbon dioxide is 'exhaled' back up through the trachea and out the nasal cavity.

Respiratory Conditions:

Conditions affecting the respiratory tract, lung and bronchioles, resulting in chest congestion, cough, pain and discomfort can be considered cold and flu caused by a virus, infection caused by a bacteria, allergies, emphysema, bronchitis, croup, whooping cough, pleurisy, asthma,

tuberculosis, etc. These remedies should help with all these conditions, with a focus on just a few.

Cold and Flu: The common cold is a viral infection of the upper respiratory tract that can be caused by weakened immunity, poor nutrition, over work, stress, lack of exercise, etc. It only affects the sinus area, and no fever is present. The flu is similar to a cold, also being caused by a virus and contributing factors. Symptoms are the same for a cold but with additional goodies such as fever, body and headaches. Depending on the virus different body systems can also be affected such as the lungs or digestive system, adding other symptoms such as respiratory congestion, nausea, and vomiting.

- At the first sign of illness cut out all meat, dairy and sugar until the patient is 100% once again. Meat is heavy on the system and the energy put into digestion could go toward healing. Dairy congests the body by producing lots of mucus that you don't want to clog the lymph and respiratory system, and sugar is a strain on the immune system, preventing it from doing its job at healing the body.
- Massage one of the essential oils, herbal oils, or salves below on the bottoms of the feet and along the spine.
- Diffuse an essential oil throughout the home for the duration of the illness. Thieves (p. 37) is a great immune boosting and antibacterial blend, you could also choose one from below.
- Add more garlic, onions, cinnamon, ginger and herbs to your meals. Black pepper drains chronic sinus and dissolves mucus.
- Administer lots of fluids, including herbal teas, smoothies, fresh juice, bone broth and probiotic drinks, such as rejuvalec (p. 22). Stay away from processed drinks and juices that are high in sugar, artificial colors, and other not so great ingredients - fresh is always best!
- Hot beverages: Drinking any type of hot beverage or bone broth will help open up the pathways in the body; draining mucus, expelling waste and promoting blood, lymph and urine flow.
- Rest, rest, then rest some more. As you rest your body can put all its energy into expelling pathogens, disposing of waste, and over all healing. Rest is the key to quicker healing.

Home Remedies:

- Garlic Oil (p. 24)
- Ginger Bath (p. 164)
- Ginger Lemonade (p. 24)
- Heal All Formula (p. 50)
- Dr. Christopher's Plague Formular (p. 39)
- Four Thieves (p. 37)
- Onion Remedies (p. 23)
- Golden Goodness Mix (p. 36)
- Autumn Spice Tea (p. 14)
- Elderberry Syrup (p. 37)
- Medicinal Honey (p. 286)
- Bone Broth (p. 278)
- Immune Booster Blend (*see below*)

IMMUNE BOOSTER BLEND

1 part elderberries
1 part hibiscus flowers
1 part nettles
1 part rosehips
1/4 part ginger root



Mix all the herbs together and keep stored in a container. I keep a quart jar of this mix ready to go. You can also use this blend to make a tincture, glycerite, or herbal capsules.

I make a quart of tea at a time, adding raw honey to taste and sip it throughout the day. Sipping on your tea over an extended period of time is the best way to incorporate the medicinal properties into your system. In the summer refrigerate for a refreshing drink or freeze in popsicle molds.

Sinus congestion and infection manifests as inflammation of the upper respiratory system causing red, swollen nose with discharge that is clear or milky from the pressure of swelling. This can be caused by illness, allergies, or reaction to toxins. An infection is caused by a virus or bacteria. Symptoms include congestion, sinus pain, headache, fever, fatigue, tender sinus cavities, and even sore teeth. The discharge changes to green, yellow, or brown.

- Follow cold and flu remedies above.
- Blow mucus out regularly.
- Steam Inhalation: The most effective treatment for a sinus infection is a steam inhalation. This helps loosen the mucus, soothe dry membranes, and drain the sinus cavities. There are several decongestant herbs you can use but from experience, peppermint is the most effective. (p. 268)
 - Mint family, anything with menthol
 - Mullein
 - Cinnamon
 - Cloves
 - Ginger
 - Lavender
 - Rosemary
 - Thyme
 - Yarrow
- Neti pot: A fluid-filled vessel that is used to flush or rinse the sinuses and nasal passages with warm water or herbal tea. You can use any of the herbs listed above for an herbal tea option.
- Decongestant Salve: Apply directly to sinus cavities. (*recipe below*)
- Hot Herbal Teas: Drinking any type of hot drink will help open and drain the sinus but using decongesting and immune boosting herbs will also help to kill the virus and heal the problem. A few favorites are:
 - Peppermint
 - Heal All Herb blend (p. 50): this not only opens the sinus cavities but will break a fever if present, and help kill the virus.

- Immune Booster tea (recipe above)
 - Ginger lemonade or Hot Lemon Refresher (p. 24)
- Herbal antibiotics (p. 39)

ESSENTIAL OILS FOR CONGESTION

These essential oils encourage proper nasal function. They can be diffused throughout the home, placed in a humidifier, or applied to sinus cavities with a carrier oil. You can also add to the bath water, shower floor, and as a facial steam.

Eucalyptus
Ginger
Mints
Rosemary
Lavender
Wintergreen
Ravintsara
Frankincense



Sinus blend from your favorite company. Young Living has a roll on that we love called *Breathe Again* that can be applied directly to sinuses. Mountain Rose Herbs has *Breathe Blend* and Butterfly Express has *Breezy* to name a few.

Congestion Blend:

30 drops ravensara
15 drops lemon
10 drops wintergreen
10 drops peppermint

DECONGESTANT SALVE

Mix the following herbs together to make an herbal oil (Methods section):

1 part thyme
1 part mullein
1.5 parts lavender
1.5 parts rosemary
2 part peppermint
2 parts yarrow
1/4 part ginger



For each cup of herbal infused oil, melt with 1 oz. of beeswax in a pan over very low heat. Remove from heat and add the add 1-2 teaspoons of one or more of the congestion essential oils. Pour into containers until cooled and hardened. Cap and label.

Bronchitis: Inflammation of the bronchioles causing symptoms such as cough, chest pain, fever, shortness of breath, and wheezing. Acute bronchitis can be associated with cold, and flu caused by a virus or bacteria. Chronic bronchitis can be caused by smoking, damp, dusty or foggy environment, or allergies to name a few. The best way to bring balance to this area is to feed, nourish and support the respiratory system.

- Follow the same measures as listed under cold and flu and sinus infection, plus the following:
- Massage a respiratory support essential oil blend into chest and back (see below).
- Apply on top of the essential oil layer a respiratory salve or herbal oil
 - Respiratory salve (*recipe below*)
 - Decongestant salve (*recipe above*)
 - Glandular Oil (*p. 34*)
 - Garlic Oil (*p. 24*)
 - Infection Salve (*p. 112*)
- Then do some chest claps. Simply cup your hand and whack it firmly over the chest and back to break up mucus, just make sure that the hand is cupped or else you will just be smacking, not clapping. There are chest clapping tools also available to purchase.
- During the evening run a humidifier in the room of the sick one and add a few drops of one or more of the respiratory essential oils to the water.
- If the patient is having a hard time breathing, wrap warmly in blankets and take out into the cool night air, letting them breathe deeply for several minutes. This can be repeated as often as needed. If it is warm outside go into the bathroom and turn on a hot shower to produce some steam (adding essential oil to the floor of the shower will diffuse it into the steam, opening the bronchial passages) let them inhale for several minutes, then take them out into a cool room.
- Steam inhalation: Listed above in sinus condition remedies.
- Administer herbal tinctures and herbal tea, sweetened with raw honey, throughout the day. The following will aid the body in fighting illness while strengthening the respiratory system:
 - 2 dropperfuls of Dr. Christopher's Lung and Bronchial Formula or sip on a cup of the tea every hour. (*recipe below*)
 - Elderberry Glycerite or syrup about 3 times a day (*p. 37*)
 - Immune Booster Herbal Tea (*recipe above*)
 - Heal All formula (*p. 50*)
 - Ginger Lemonade (*p. 24*)
- Baths and foot soaks are also very healing. I like to make a strong herbal infusion with the Heal All Herb Mix and pour into the bath water. Thyme and oregano baths are also good for the respiratory system. Pour the water over the chest and back while bathing. Drink plenty of fluid while bathing. (*p. 268*)
- Use any of the remedies below for pneumonia.

ESSENTIAL OILS FOR RESPIRATORY SUPPORT

These essential oils help break up chest congestion and support the lungs and bronchioles. They can be diffused throughout the home, placed in a humidifier, or applied to the chest and back with a carrier oil. You can also add to the bath water, shower floor, and as a facial steam.

Pine or balsam fir
Wintergreen
Oregano
Tea tree

Ravintsara
Eucalyptus
Rosemary
Thyme

Respiratory support blend from your favorite company. I use and love RC by Young Living, other ones I've tried are Butterfly Express *Aspire*.

LUNG AND BRONCHIAL FORMULA

I modified this Dr. Christopher formula to make it more palatable as a tea by adding a bit of peppermint. I found the peppermint also supports the original formula due to its own respiratory support and congestion clearing properties.

1 oz. marshmallow root
1 oz. lobelia
1 oz. peppermint
1 oz. chickweed
.5 oz. mullein
.5 oz. comfrey leaf



I find this herbal formula works best as an herbal tea. Add a teaspoon of raw honey and it tastes great while receiving the healing benefits of the raw honey. It is soothing on sore throats that can sometimes accompany constant coughing associated with respiratory conditions. You can also make a tincture or glycerite or grind into a powder for herbal capsules. Typical dosage would be one cup of tea two or three times a day, 2-3 capsules two or three times a day or 1 teaspoon of tincture or glycerite 3 times a day for adults and 2-3 dropperfuls 3 times a day for children.

RESPIRATORY SALVE

This salve is formulated to support, strengthen, cleanse and heal the lungs, making it useful for treating mucus coughs, chest congestion, croup, bronchitis, pneumonia, whooping cough, and other lung related conditions, including asthma.

Make and herbal infused oil (Methods section) using the following herbs:

Yarrow - 3 parts
Oregano - 2 parts
Comfrey - 2 parts
Sage - 1 part

For each cup of herbal infused oil, melt with 1 oz. of beeswax in a pan over very low heat. Remove from heat and add the following essential oils:

10 drops eucalyptus essential oil
10 drops oregano essential oil
10 drops blue spruce essential oil
10 drops peppermint essential oil
or 30 drops of a respiratory blend of your choice

Pour into containers to harden and cool. Cap and label.



Coughs: Coughing is the body's way of ridding itself of excess mucus, waste, dead virus and bacteria material, foreign material, and irritants. There are two kinds of coughs that help pinpoint the cause. Dry coughs can be caused by infections, colds, chemicals in the atmosphere, foreign objects, and sometimes nervousness. A loose, "wet" cough is caused by inflammation in the lungs that could result from infection or allergy. Chronic coughing can be from asthma, reflux, and smoking to name a few.

- Follow remedies for cold and flu.
- Work with your body to expel the mucus by using expectorant herbs that will aid the body in expelling that mucus. (*list above*)
- If dealing with an unproductive cough, which would mean mucus isn't coming up, chest pain, and no sleep you want to use **antitussive herbs** to help calm and relax the cough reflex. Wild cherry bark is the best one to use, which is where the wild cherry cough syrup stems from. Other antitussive herbs include:
 - Garlic
 - Ginger
 - Horehound
- Wild Cherry Cough Syrup (*recipe below*)
- Onion Syrup (*p. 23*)
- Garlic Oil (*p. 24*) massaged onto chest and throat.
- All the remedies listed for bronchitis will help with a "wet" cough, since the cough is the symptom of the root cause (bronchitis).

WILD CHERRY COUGH SYRUP

This recipe can be played around with to suit whatever you have growing around you or on hand to accompany the wild cherry bark, where the power lies. If you don't have access to wild cherries, you can substitute rosehips and/or elderberries.

2 ½ cups wild cherries
1 cup water
2 cups food grade vegetable glycerine
½ cup fresh grated ginger (¼ cup dried)
½ cup fresh chopped mullein (¼ cup dried)
1 cup wild cherry bark



Add cherries, water, and glycerine to a pot over medium heat and steep for 20 minutes. Add ginger and mullein then let simmer another 20 minutes. Remove from heat and add the wild cherry bark. Let sit, covered for 2-3 hours. Strain and store in the fridge. Take a teaspoon at a time 3 to 4 times a day or as often as needed.

Simple Wild Cherry Syrup

This is a very simple version using basic tinctures to create a simple syrup.

- 1 part wild cherry bark tincture (this should be alcohol based to pull all the properties from the bark)
- 2 parts elderberry glycerite (a tincture made with vegetable glycerin)

Mix the tinctures together well and take a teaspoon 3 to 4 times a day.

Sore Throat: One of the most common health complaints, probably due to the tonsils filtering out toxins, viruses and bacteria. They manifest as raw, burning, itchy, or just soreness at the back of the throat. Most sore throats are caused by viral or bacterial infections, but other factors could be irritants and allergies.

- Follow the remedies for cold and flu, and respiratory conditions in addition to these suggestions.
- Throat Coat (recipe below) or use plain raw honey.
- Sore Throat Spray (recipe below)
- Wrap and alternate warm and cold towels around the neck; 3 minutes hot/30 seconds cold, alternate 3 or 4 times.
- Lymphatic massage before bed using Garlic Oil, Glandular Oil, Decongestant Salve or an essential oil listed above. In a gentle circular motion, start behind the ear, down the neck and towards the chest and heart.
- Cayenne Tincture and Lobelia Tincture, massaged gently down the throat and along lymph glands (caution: cayenne tincture is hot use with a carrier oil if irritation occurs).

Strep Throat: Signs of strep throat include fever, swollen, tender lymph nodes on the side of neck, white patches on tonsils and back of throat. Other symptoms could include sore throat, headache, painful swallowing and less often nausea and vomiting. When treating strep throat, you want to add an antibiotic along with the sore throat remedies. Garlic is a powerful herbal antibiotic and 4 cloves is the equivalent of 1 dose of antibiotics. Here are some ways I have included garlic as part of my strep throat treatment, and these will also work for a throat abscess (which I have also had):

- Add 4 cloves of minced garlic to the Throat Coat above. This is very potent and effective, and I have healed a case of strep throat in one day with it, but I had to gag it down because the texture was too much for me.
- Take 4 cloves of pickled garlic a day. You could mince it and add it to fresh dishes (don't cook) or just eat them whole.
- Use garlic oil as the massage for your neck and lymph, apply to the bottoms of the feet and to the wrists.
- In his book *Herbal Antibiotics*, Stephen Buhner lists the following herbs as specific for streptococcus: berbine plants, cryptolepis, juniper, usnea, lomatium, honey, echinacea, licorice, ginger, and red root.

*If you do not see any signs of improvement within 24 hours, you may want to see your doctor.

THROAT COAT

1 Tbsp. raw honey
1/4 tsp. cayenne pepper
optional (for infection): 4 cloves minced garlic



I just mix up a tablespoon at a time because the throat seems to heal so fast you usually don't need anymore than that. You could double or triple if treating an entire family. If your raw honey is solid you may want to warm it in some hot water (don't let the temperature exceed 100) until softened, stir in the cayenne and if using garlic mix that in also.

Take ½ teaspoon every waking hour and do not drink for 30-60 minutes. You want the honey to coat your throat to soothe and heal, if you drink, you'll be washing it right down, this is why I call it a throat coat. If the heat is too hot or you could handle more adjust the increments to your liking.

SORE THROAT SPRAY

At the onset of a dry or sore throat start spraying with this every hour or sometimes more frequently depending on how you feel. During the night it works great on those dry hacking coughs that keep you up all night. Also use for strained throat, tonsillitis, strep throat, or any kind of throat condition, I've even used it as a breath freshener!

This is the original recipe from the book, but I tweak it below, using echinacea glycerite rather than the tincture and I like my peppermint strong so I added a few more drops of essential oil.

1/4 cup echinacea glycerite

1/8 cup distilled water

6-8 drops peppermint essential oil or Thieves oil (I prefer peppermint)

Mix ingredients thoroughly and pour into a spritzer bottle. Spray as often as needed.

Pneumonia: Pneumonia is an infection of the lung caused by bacteria, fungus, or viruses that enter the lungs, leading to inflammation of the lung tissue. It is a general term used to describe any infection that is deep in the lungs. Those at higher risk of developing pneumonia are the elderly, those with weakened or compromised immune systems, those that are hospitalized, alcoholics, those that smoke and those suffering with other health conditions. Symptoms include, rapid, shallow breathing, shortness of breath, chest pain, sore throat and headache, cough with mucus and possibly blood, fever, sweat, shivering attacks, fatigue and exhaustion.

- Follow all the suggestions for cold and flu, sinus, lung, and cough conditions above, in addition to the following:
- Incorporate herbal antibiotics, including Immune System Formula. (p. 39)
- Ginger tea with raw honey and a squirt of lime - ginger is warming and drying which can help the wet condition of the lungs.
- Herbal baths: Soak in an herbal bath as often as your body feels. It is also good for this condition to dip in cold water, right after a hot bath or do Dr. Christopher's cold sheet treatment. I recommend yarrow and thyme. Yarrow baths are a go to healing remedy for whatever may ail you, it just knows what to do in a body to bring about balance and healing. Thyme is specific for the lungs and antiviral/antibacterial. Soak for at least a half hour and drink plenty of fluids. (pg. 268)
- Incorporate plenty of garlic and onions in the diet. Not only do these foods have antibiotic properties that will aid the body in killing the bacteria or virus, but they also help expel phlegm. (*Onion recipes* p. 23)
- Hot Chest Plaster. These can be made using a poultice, compress or hot pad. You can use food such as onions, garlic, ginger and or mustard (powder not the condiment), herbs or essential oils. (see below)
- Alternating hot and cold packs (p.287). If you are dealing with a stagnate condition, alternating hot and cold over the area - in this case the lungs - will get the lymph and blood moving. Chest claps are another way to help break up mucus so it can be expelled.
- Cold sheet treatment (see below)

- Castor oil massage: massage into the chest and on the back every morning and evening before bed. Castor oil applied to the skin will increase the blood supply to that area for focused attention. It also can stimulate the immune system.
- Catnip enema with cold water. (p. 271)
- Exercise like jogging or jumping.
- Using aromatic spices as a tea or in your foods. Those such as cloves, cinnamon, and allspice have microbial action that can help the body kill off harmful viruses and bacteria. They are also more drying so will help with the wet condition in the lungs. Autumn Spice Tea (p. 14) would be a good one to add a little raw honey to and sip on throughout the day.
- Pneumonia Formula (see below)
- Dr. Christopher's Immucalm: Sometimes the immune system can get in overload mode and sends so many blood cells to take care of the lung problem that too much mucus builds up too quickly. This formula helps to calm the immune response while also strengthening and stimulating the body's ability to fight off infection. Combine equal parts: marshmallow root and astragalus. (Can also be purchased)
- Dr. Christopher's Plague Remedy (p. 39): break down protein coat on viruses, antiviral and antibiotic, strengthens and nourishes body systems.
- Try to take deep breaths throughout this process. The body needs oxygen, and it needs to fight to breathe. Many times, when people are placed on machines that breathe for them, the body stops fighting to breathe and they go downhill. Intentionally work to breathe deep to keep the lungs working.

PNEUMONIA BLEND

This blend contains a combination of herbs that will fight infection, tend to be more drying for the wet condition in the lungs, aids the elimination of mucus, reduces inflammation, and relieves pain and swelling. Take in small frequent doses throughout the day.

Combine the following herbs:

- ½ part birch bark
- ½ part oak bark
- ½ part Oregon grape root
- 1 part yarrow
- 1 part elder flowers

CHEST PLASTER

Plasters work like a poultice in drawing out toxins, relieving inflammation, cooling, moistening, pain relief, stimulate circulation and to promote proper cleansing and healing of an area. The difference between a plaster and a poultice is the herb material is placed between a thin cloth or dense material such as flour or cornmeal is added to the base.

Plasters are a wonderful healing tool when treating lung congestion as they break up mucus, draw out toxins and bring pain relief. Always apply olive oil or even better, glandular oil (recipe Lesson 5) to the chest before applying the plaster to protect the skin and aid with deeper penetration. Leave on for 20-30 minutes.

Mustard Plaster

Mustard plasters have been used for centuries to aid the body in breaking up and expelling mucus from the lungs. Because of the heat in the mustard always add to a base material, in this case flour.

1/4 cup ground mustard seed
1/2 cup flour or cornmeal
warm water

Place the mustard and flour in a bowl and stir until well incorporated. Slowly add warm water while stirring until a smooth paste is formed. Take a cheesecloth and fold it to have three layers thickness. Apply the paste and fold up like a burrito. Apply to chest for 20 to 30 minutes.

Herb Plaster

Choose any expectorant or lung support herb listed above. Comfrey is a favorite of mine so I like to combine it with other herbs such as mullein or peppermint or you can just use it alone.

1/2 cup dried or powdered herb material or use fresh leaves
warm water

Place the plant material in a bowl, if using powdered herbs add enough water to make a paste. Dried herbs will need less water and add just enough for the material to absorb the water. Fresh herbs add just a little water and mash up with a mortar and pestle or other method of your choosing.

Apply moistened plant material to a cheesecloth folded in three layers and wrap like a burrito. If there is too much water, gently "wring" it out so it isn't dripping. Apply to chest for at least 30 minutes. You can also apply a heating pad on top for deeper penetration.

Onion or Garlic Plaster (*Onion Remedies in Lesson 3*)



Cold Sheet Treatment

Taken From Dr. Christopher's Herbal Legacy – herballegacy.com

When a cold has advanced into a severe, chronic condition, or when you have no success with the first simple remedies, the Cold Sheet Treatment program is the next step you want to take. It successfully blends hydrotherapy with herbal therapy to clean out the body of its poisons and toxins. It works to break up systematic congestion, such as viral infections and pneumonias, which prevents normal bodily function through the use of hot water and diaphoretic herbs. It is a very safe healing modality because it works with the body instead of against it. (For more detailed information see *Dr. John R. Christopher Herbal Home Health Care*)

To do this program properly, you should have at least two people. This treatment takes time and is best to do in the evening so your patient can sleep through the night after the treatment. It is wise to make all your preparations before you proceed with the Cold Sheet Treatment.

Preparation Items:

- 10-15 cloves, fresh garlic
- 8 oz. Diaphoretic herb (yarrow, peppermint, elder flowers, catnip, ginger)
- 1 oz. cayenne pepper
- 1 oz. dry mustard powder
- 1 oz. ginger powder
- 16 oz. apple cider vinegar
- 1 gallon distilled water
- 1 gallon fruit juice
- 1 oz. olive oil
- 4 oz. petroleum jelly
- Gauze or cotton strips
- 2 large cotton socks
- Natural sponge
- Enema bucket or bag/bulb syringe for babies and children
- Rectal syringe
- Towels
- Bucket or ice chest
- Safety pins
- Plastic or rubber sheet for bed
- Cotton sheet bedding
- Several natural fiber blankets (wool, cotton, linen or silk)
- 1 double cotton sheet
- Cayenne extract (in case of shock)
- Pots or pans (stainless steel, glass or corning ware)
- Strainer
- Measuring cup

Cold Sheet Treatment Preparations

Iced Sheet

Take a large double sheet and soak in ice water.

Diaphoretic Tea

Prepare a gallon of diaphoretic tea. This can be any good sweating herb, preferably yarrow. But it can also be blessed thistle, chamomile, pleurisy root, boneset, thyme, Hyssop, garden sage, catnip, spearmint, or any other good, diaphoretic herb.

For one gallon:

1 cup of diaphoretic herb (*p. 287*)

1 gallon distilled water (*p. 284*)

Preparation: Pour boiling water over herbs, cover, allow to steep (not boil) in a warm place 30 minutes. Strain and sweeten with honey if desired. Keep warm until used.

Garlic Paste

To prepare a garlic paste for an adult, use 1 part garlic and 1 part petroleum jelly. Reduce the amount of garlic for a child or small infant to 1 part garlic to 3 parts petroleum jelly. For an adult, you will want about 1 cup of paste. Crush or finely grate peeled garlic cloves. Blend with an equal amount of petroleum jelly.

Hot Bath

Fill a hot tub of hot water. Add to the water, according to your tolerance, one or all of the following diaphoretic herbs, ginger being the most mild, then dry mustard, with cayenne as the most stimulant. Use 1 ounce of each herb.

Bed with Plastic

Prepare a bed by placing a rubber or plastic sheet over the mattress, with a cotton sheet over it. Have several natural blankets on hand, such as wool or cotton.

Enema

4 tablespoons catnip, sage, or red raspberry cut or powdered herb

1 quart distilled water

Preparation: Bring distilled water to a boil and pour over cut herb. Steep for 30 minutes. Strain the herb and set in refrigerator until tea is cool. Pour tea into enema bucket or bag. Lubricate the end of the enema hose to be inserted into the rectum.

Garlic Injection

1 cup apple cider vinegar

1 cup distilled water

3 or more cloves of garlic

Preparation: Combine vinegar and water. Grate, squeeze through garlic press, or puree in blender 3 cloves of garlic until finely crushed. Blend in water and vinegar mixture. Put mixture into syringe and check flow. If flow is loose, add additional crushed garlic. Continue adding as much garlic as you can, making sure the mixture flows from syringe without clogging.

Cold Sheet Treatment

Step One: Cleansing Enema (p. 271)

Give the patient an enema using catnip, sage, red raspberry or some other herb, but preferably catnip. You will want to administer this enema cold.

Important Note: Do not use enemas except in the case of emergencies.

Step Two: Garlic Injection

In herbology an injection is never a needle; it is a syringe type application into an already existing orifice of the body, i.e. the rectum, ears, or nose. Insert the prepared injection into the rectum with a syringe. Use the full pint for an adult and less for a child. Have your patient retain the injection for as long as possible before voiding.

Step Three: Hydrotherapy

After the patient has voided the garlic injection, help him or her into a hot bath prepared with diaphoretic herbs. Have the water as hot as your patient can possibly tolerate. Cayenne, dry mustard, and ginger will increase the perspiring of the patient by opening the pores wide.

Step Four: Diaphoretic tea

Do not give cold drinks. Instead, give them cups of hot diaphoretic tea, such as yarrow or another type. You will want to stay with only one type of tea. Have your patient drink as much as possible. This will keep the patient from a dry fever. You should give them a cup to drink about every 10 to 15 minutes.

Your patient may get lightheaded and feel like fainting. If so, place a cold towel or washcloth on their forehead. Leave the patient in the hot bath as long as possible, at least 45 minutes (may reduce for a small infant). You will know when to get a child out when perspiration starts to bead up on the face. At this point, give them 10 to 15 more minutes.

When your patient is ready to leave the tub, you will need to lift him or her out, as they will be unable to support themselves. Fainting can occur when you pull the patient out of the bath. Keep a cayenne tincture on hand in case your patient goes into shock.

Step Five: Cold Sheet Therapy

After you have helped the patient out of the bath, wrap the large double cotton sheet, dripping wet from being soaked in ice-cold water, around the standing patient. With just the head and the feet protruding, pin the sheet down the side. Help your patient into the prepared bed that has been covered with plastic and with a cotton sheet. Then place dry cotton sheet covers over the patient while they are still wrapped in the cold sheet. Add additional natural fiber blankets over the top of the sheet for warmth and to continue the sweating routine.

Step Six: Garlic Paste

With your patient lying down in bed, thoroughly massage their feet from the ankles down with olive oil. Allow as much of this oil to be absorbed into the skin as possible, covering the soles, sides, and entire foot area. After you have massaged each foot, prepare a strip of cotton that is wide enough to cover the bottom of the foot with ½ inch of the garlic paste. When this is done, place the strip of cotton with the paste on the sole of the foot, then take a roll of two-inch gauze and gently wrap the foot to secure the strip of garlic to the foot. With this in place, gently pull over the foot and gauze bandage a large white cotton wool sock to hold everything in place.

Do not allow the paste to get up on the sides or on top of the foot. Put it only on the sole.

Put the bandaged feet back under the cold, wet sheet and pin the bottom of the sheet together so that the patient will be in a wet sack. You will want to use a large double sheet instead of small because it will allow your patient to roll or turn around without being too closely confined.

Step Seven: Sound Sleep

In most cases, your patient will sleep soundly all night in the cold sheet. You do not have to worry about them wanting to get up to urinate because of the large amount of tea they drank. While the body is in the cold, wet sheet, the subconscious mind will build an artificial fever to warm the body. From this incubation process, the patient's body will use the fluid from the ingested teas and accumulated moisture from their bath to warm the outside of their wet body. While this is being done the body breaks loose old toxins, drugs and medicines, mucus and poisons which have accumulated and carries them out of the body through the sweating process. Your patient will lie all night in a deep sleep, sweating out the poisons of their body.

When your patient wakes in the morning, they will be refreshed and invigorated from having such a thorough cleanse. The large, white sheet, which was wrapped around your patient, will no longer be wet. In addition, it should no longer be white. It will often be stained with toxic residue secreted out of the body during the night.

Step Eight: Sponge Bath

After your patient awakes out of the deep sleep, take them out of the bed and sponge them down thoroughly with a warm mixture of 1 part apple cider vinegar and 1 part distilled water. You will probably want 1 quart of solution, so use approximately 1 pint of each. This removes any remaining toxic residue from the outer layers of the skin. It is very important that you do not leave toxic residue on the skin.

Put fresh clothing on the patient and fresh bedding on the bed. Now you will want your patient to go back to bed and relax for a while to regain their strength.

Step Nine: Juice Therapy

Your patient should by this time have a desire for something to drink or to eat. This is a critical moment for your patient; what they eat will either retain or cause them to lose their health. They may even have cravings from the past. They may desire a steak, a full meal, processed beverages, ice cream, or other junk food. Do not respond to these desires. Instead give your patient fresh fruit or vegetable juices (juices from Dr. N.W. Walker's Fresh Vegetable and Fruit Juices or Wheat Grass drink in School of Natural Healing, pp. 610-614), or bottled fresh grape juice, apple juice, etc, with no additives. Each mouthful of juice should be swished or chewed thoroughly to mix it with the saliva for good assimilation. In addition, chewing your juice will prevent an unpleasant sugar reaction if your patient is hypoglycemic or diabetic.

Do not mix the patients juices. If a different juice is desired, wait at least one half hour before using a different one. After a few hours, if your patient is very hungry, let them have a little ripe fresh fruit, but it must be chewed to a liquid before swallowing.

During the day it is good for your patient to have as much distilled water as desired and some good herb teas. It is best to keep your patient on juice therapy for one to two days to allow thorough cleansing of the digestive organs before going into the Mucusless diet.



The nervous system is the control and messaging system for the entire body. It is here we experience the environments of our lives; physical, mental, and emotional. It has three basic functions: to receive, to interpret, and to respond. It includes the brain which sends messages to the body through the spinal cord, and then out to different areas of the body through a complex network of trillions of nerve cells. These messages move as electrical impulses through the nerve fibers, sending messages throughout our body. This system is responsible for our senses (smell, touch, taste, sight, hearing), memory, learning, emotions, reflexes, movement, organ control, pretty much everything that happens in the body. Before working on the nervous system make sure you have gone through the other systems we discussed, imbalance in those areas can cause issues with this system.

Brain

The brain is so complex that we do not even know everything it is capable of, so in simple terms it controls mental activities, movement, balance, emotions, sensory information, and memory. The brain stem controls the body's hormones, and vital life functions such as respiration, heart function, sleep, pain, and temperature adjustment.

Spinal Cord

The spinal cord is the pathway for nerve signals to communicate information back and forth between the brain and the rest of the body.

Brain and Nerve Care:

- Nutrition is vital for a well-functioning nervous system. (*Lesson 1, p.3*)
- Gut health is now being linked to brain health, something referred to as the "gut brain" or the "gut brain connection". Once the nutritional foundation is laid, work on the gut. (*Lesson 2, p.11*)
- Cut out as many environmental toxins as possible, especially heavy metals, as these are linked to brain function. (*p.58*)
- **Herbs that feed the brain** include: ashwagandha, ginkgo, ginseng, gotu kola, and turmeric. They should be used as a tonic over several weeks or months, two or three times a day.
- **Foods to feed the brain and nervous system** include, fresh sprouts, high-quality protein, whole grains, green leafy vegetables, root vegetables, cultured foods, citrus fruits, seaweeds, chia seeds, flax seed, fish oil, nuts, and seeds.
- Stress weakens and "stresses" the nervous system so practice regular stress relief measures. (*see below*)

- Adequate rest (see below if dealing with a sleep disorder)
- Regular exercise
- Study and learning allow the brain to grow in its capabilities, the more effort put forth, the greater the capability increases.

"Then opened he (Jesus) their understanding, that they might understand scriptures." Luke 24:45

"...he that receiveth light and continueth in God, receiveth more light; and that light groweth brighter and brighter until the perfect day." D&C 50:24

Herbs for the Brain and Nerves:

- Nerve Formulas (*see below*)
- Golden Goodness Mix (*p. 36*)
- Calcium rich foods and herbs are essential for healthy nerve function. Proper amounts of blood calcium prevent nervousness, irritability, muscle spasms, muscle cramping, hyperactivity, and insomnia.
 - Herbal Calcium (*p. 47*)
 - Amaranth
 - Chickweed
 - Dandelion
 - Nettle

Nerve tonics feed, tone, rehabilitate, fortify, and strengthen the nerve tissue.

- Chamomile
- Catnip
- Garlic
- Lemon Balm
- Linden
- Skullcap
- Oatstraw
- Wood Betony
- Valerian
- Hops

Nerve sedatives work to relax, soothe, and nourish the nervous system to help reduce pain, ease tension, and encourage sleep. They include those listed above as nerve tonics in addition to some of these herbs:

- Mint
- Lavender
- Hawthorn
- Red Clover
- Sage
- St. John's Wort
- Thyme
- Yarrow

- Wild cherry
- Blue vervain
- California poppy
- Passionflower
- Lobelia
- Motherwort
- Crampbark

Adaptogen herbs enhance the body's ability to deal with emotional, physical, and environmental stress. They are generally taken over a long period of time to build the body's resistance and endurance to a variety of adverse influences and stressors.

- Ashwagandha
- Astragalus
- Codonopsis
- Dang Shen
- Eleuthero
- Ginseng
- Licorice
- Lycium
- Reishi Mushroom
- Rhodiola
- Schisandra
- Tulsi (Holy Basil)

NERVE REGENERATION FORMULA

When my son had nerve damage to a tooth, we were told a root canal was the only way to go. After prayer I was shown that yarrow would regenerate that nerve and it would be healed. I used it and that nerve did regenerate and is healthy today. I created this formula afterwards with additional nervine herbs for regenerating dying nerve cells.

1 part yarrow
 1 part St. John's wort
 1 part valerian blossoms (or root)
 1 part skullcap
 1 part hawthorn berry
 1/2 part lobelia



Mix herbs together and place in capsules (preferred due to the taste of this formula), tea, or tincture.

NERVE FORMULAS

This is a compilation of different nerve formulas meant to nourish, calm, strengthen, and heal the nervous system. These can be used for anxiety and stress relief, tension, hyperactivity, depression, nervous exhaustion, sleep, malfunctioning motor nerves, pain, or any condition linked to the nervous system.

Because of how different each of us were created there are a variety of nervine herbs that will work great for one person, but react poorly with another one. Nervine herbs should always be used as part of a formula verses a single herb for this purpose, and because they work better as part of a group. Nervine herbs are meant to nourish and calm the nervous system, but in some individuals the opposite can occur where the herb actually stimulates or irritates, if this happens just discontinue the use of that herb and try another one.

Nervine blends work best taken over a longer period of time, such as a couple times a day for two to three months. Use your light of Christ to feel out what would work best for you or your family, and if one doesn't work out, give another one a try.

Dr. Christopher's Nerve Formula (can also be purchased)

Equal parts:

- black cohosh
- blue cohosh
- blue vervain
- skullcap
- lobelia

Rosemary Gladstar's Nerve Tonic Formula #1

- 3 parts lemon balm
- 1 part chamomile
- 1 part oats
- 1/2 part chrysanthemum flowers
- 1/2 part rose petals
- 1/4 part lavender flowers

Rosemary Gladstar's Nerve Tonic Formula #2

- 2 parts dandelion root
- 2 parts Siberian ginseng
- 1 part astragalus
- 1 part burdock root
- 1 part cinnamon
- 1 part licorice root
- 1/2 part cardamom seeds
- 1/2 part ginger
- 1/2 part ginseng root

Butterfly Miracles with Herbal Remedies Nerve Tonic

- 2 parts oatstraw
- 1 part skullcap
- 1/2 part St. John's wort
- 1/2 part lemon balm
- 1/2 part lavender
- 1/2 part rosemary
- 1/2 part motherwort
- 1/2 part passion flower

Brain & Nerve Conditions:

Chronic stress can lead to conditions such as anxiety, depression, weight loss or gain, fatigue, sleep disruption, and hypertension to name a few. Making lifestyle changes in order to reduce stress levels can prevent some of these conditions as well as strengthen the nervous system.

- Adaptogen herbs from above.
- Exercise (clears the stress hormone, cortisol)
- Yoga, get the benefits of clearing cortisol plus the breathing that can calm and balance the mind and body.
- Hot baths
- Breathing exercises from *Lesson 9, p.74*.
- Massage
- Meditation, spiritual time, prayer, “you” time doing what you enjoy.
- Cuddling with pets or people.
- Adequate sleep.
- Tapping (<https://www.tappingsolutionfoundation.org/>)
- Nervine tonic and sedative herbs and formulas from above.
- Dr. Christopher Relax-Eze Formula
- Linden Love herbal tea blend (*recipe below*)
- Kiddie Calm (*p. 50*)
- Music Therapy (*p. 292*)
- Pleasure Books - express gratitude (*p. 296*)
- Micro Neurofeedback Therapy: useful for any conditions connected to the brain including mental health issues and all that follow. (Look for at a local wellness center)

LINDEN LOVE HERBAL TEA

I came across this wonderful tea blend while taking the [Intermediate Herbal Course from The Herbal Academy](#). This tea starts calming and relaxing the moment you inhale it, before even making a cup of tea. The herbs in this blend all have an affinity for the heart and work on a physical and emotional level. It can be used for insomnia and sleeplessness, to calm the nerves, relieve anxiety and stress, and uplift the mood. On a physical level it can reduce blood pressure and protect the heart.

1 part rose petals
1 part chamomile
1 part lemon balm
1 part linden blossoms
pinch of cardamom

Best used as a tea but can also be made into a tincture or syrup



Headaches: When pain sensitive areas in the head are stimulated, a headache occurs. There are several types of headaches: dull and aching, tension, migraine, and cluster. There are many causes including inflammation, congestion, low blood sugar, fatigue, stress, eyestrain, muscle tension, heat exhaustion, allergies, medication, hormone imbalance, environmental toxins, dehydration, injury, or illness, just to name a few. Finding the root of the problem can help in relieving the headache, maybe all you need is a beverage, food, or rest.

Prevention Measures:

- Drink plenty of water.
- Follow nutrition guidelines from *Lesson 1, p.3*.
- Be aware of your body, are you holding tension somewhere, bad posture, exercise too hard, eating foods that don't agree, not enough fluids, etc.
- Be mindful of environmental toxins.
- Use stress relief practices from above.
- Keep a food journal to pinpoint triggers and avoid them.

Remedies:

- Visit a Chiropractor, your body just may be out of alignment.
- Apply icepack or herbal pillow to pain area. Place a hot compress on the back of neck, while at the same time you place a cool one on the forehead.
- Take a warm bath or shower.
- Take a nap.
- Headaches can be caused by an over toxic body so cleansing the liver can help (*Lesson 7, p. 57*)
- Exercise and get outside in some fresh air.
- Walk barefoot in the grass, in water, over rocks, any type of earth element.
- Soak feet in as hot as you can stand water with a few drops of lavender essential oil – while sipping on herbal tea. After hot soak dip feet in cold water.
- Apply pressure to where the pain is for several minutes at a time - for best results use one of the essential oils listed below as well.
- Massage shoulder blades, the neck and back of head, all over head like shampoo. For migraines, massage the earlobes as well.
- Pain Salve - apply to the temples, back or neck as well as area of pain. (*Recipe below*)
- Raw Honey - dissolve 1 teaspoon in a glass of warm water and sip at the onset of headache. Repeat every 20 minutes.
- Lobelia Tincture - apply to temples, forehead and along the spine.
- Arrowleaf balsamroot: inhale steam in addition to internal use.
- Apply bentonite clay on the nape of the neck and forehead.
- Herbs (any **analgesic** herbs from the list below):
 - Cayenne
 - Ginger
 - Lavender
 - Basil
 - Sage
 - Wintergreen, Willow or Birch (poplar family members)
 - Feverfew (chew on two leaves or 1 teaspoon of tincture – avoid if pregnant)
 - Valerian (avoid if pregnant)
 - Meadowsweet
 - Passionflower
- Essential oils: lavender, rosemary, peppermint, eucalyptus, frankincense, chamomile, copaiba or one of the oils for pain (*see below*).

Sleep Issues: Sleeping is vital for all body processes. It is a time to store memories and all that was learned throughout the day, restore energy, renew cells, and heal and fix up any problems. The inability to easily fall asleep or to stay asleep long enough to feel rested upon waking is considered insomnia. It can be caused by stress, anxiety, illness, excitement, fatigue, jet lag, irritability, and life changes. Chronic insomnia lasts longer than a few days and can be caused by pharmaceuticals, drug and alcohol abuse, sleep apnea, aging, obesity, chronic depression, asthma, chronic pain, and certain bacteria and viruses to name a few.

Long term insomnia can cause other problems due to the lack of sleep including decreased ability to function emotionally and physically, impaired memory, concentration, and attention, learning capacity, decreased reaction time, depression, decreased immune function and increased risk of other chronic disease. Strive to find the root cause of the problem and work on treating that while using these other means to get some rest.

Here are some helpful bedtime habits to aid with quality sleep. Many of these come from [The Herbal Academy Intermediate Course](#):

- Keep an uncluttered bedroom that is dark, cool, and quiet.
- Keep a regular sleep wake cycle.
- Minimize daytime naps.
- Avoid staying up late/depriving the body of sleep on a frequent basis.
- Avoid vigorous exercise too close to bedtime.
- Avoid drinking anything caffeinated too close to bedtime.
- Sleep as much as you need to in order to feel refreshed, but not more than that (spending too much time in bed has been linked to poor sleep quality).
- Get up the same time every day, regardless of when you went to bed—this helps to establish a consistent sleep-wake rhythm.
- Sleep on a quality mattress!
- If you don't fall asleep after 15-20 minutes, get up and do something quietly until you become drowsy.
- Consider using earplugs and/or an eye mask.
- Bedtime Yoga (Youtube – Yoga with Adrienne)

Avoid:

- Keeping a TV in your bedroom.
- Watching or reading anything scary, violent, or otherwise stimulating before bed.
- Having sources of artificial light in your bedroom.

Remedies:

- Adaptogen and nervine herbs from above.
- Dream Pillow (*recipe below*)
- Acupressure
- Yoga, tai chi, or regular exercise.
- Kiddie Calm blend (*p. 50*)
- Linden Love herbal tea (*p. 94*)
- Walk barefoot on the grass, this releases static electricity which can interfere with sleep.
- Tapping www.thetappingsolution.com

ESSENTIAL OILS FOR SLEEP

Diffuse, add to sleep spray, apply to the wrist, feet, behind ears or on temples. Can also be dropped right on pillowcase, bedding, or pajamas.

Lavender
Valerian
Bergamot
Marjoram
Roman Chamomile
Rosewood
Neroli
Orange
Ylang Ylang
Jasmine
Cypress
Ravintsara
Angelica
Basil
Clary Sage
Lemon
Sandalwood
Vetiver

BLENDS TO PURCHASE:

Mountain Rose Herbs: Sleep blend
Young Living: Tranquil, Rutavala, Peace & Calming, Stress Away
Garden Essence Nite Cap from Dr. Christopher's
Butterfly Express: GoodNite or Dreams
Blend from your favorite essential oil company

BLENDS TO MAKE:

Blend #1

2 drops chamomile
6 drops ylang ylang
3 drops lemon
4 drops sandalwood

Blend #2

10 drops lavender
6 drops chamomile
4 drops cardamom
2 drops ylang ylang

Blend #3

8 drops blue spruce
4 drops fir tree
4 drops cedarwood
4 drops vetiver
4 drops bergamot

Blend #4

4 drops lavender
6 drops chamomile
6 drops lemon
4 drops vetiver
6 drops spearmint



DREAM PILLOW

2 parts lavender
3 parts chamomile
3 parts lemon balm
2 parts lemon peel



Blend the herbs together and keep in an airtight container. This blend can be used to fill an herbal pillow (see Methods), make a tincture or glycerite, a calming herbal tea before bed or even as a compress either hot placed over the forehead.

Optional essential oils for Dream Pillow:

2 drops vetiver
3 drops spearmint

For an herbal dream pillow you can add the essential oils to a cotton pad and place in the pillow before sewing closed or you can drop the essential oil directly on the pillow. The dream pillow can be tucked inside the pillow case, cuddled up to like a stuffed animal or rub the dream pillow over your sleeping pillow and your entire pillow becomes an herbal pillow. Keep stored in a plastic bag in between uses to keep the herbs fresh.

Pain: *The Gift of Pain by Dr. Paul Brand & Phillip Yancey* is a great book about why we have pain, its importance and what we can do about it. Pain is a message the nerves send through the body that there is a problem. If that problem is just covered up with a pain reliever, the problem was not solved and can just turn into chronic pain or other conditions. You need to seek out the cause of the pain, work on nourishing and healing the issue, and then apply pain relieving methods from that point on.

Analgesic herbs are used to relieve pain. Depending on the situation they can be used either internally or externally. It is often best to use them both ways, simultaneously.

- Willow, birch (poplar family)
- Chamomile
- Hops – nervine, sedative, and anodyne pain reliever.
- Turmeric (curcumin) – natural anti-inflammatory that has been found to significantly reduce pain.
- California Poppy (morphine is derived from the opium poppy)
- Lavender
- Lemongrass (analgesic and anti-inflammatory properties)
- Peppermint – mild pain reliever
- Skullcap – relieves cramping and muscle/organ spasms, sedative
- Valerian - highly sedative, relaxes to relieve pain
- Wormwood – narcotic type qualities
- Cayenne
- Cloves
- Wild Lettuce
- Lomatium

Remedies:

- Comfrey is not necessarily an analgesic herb but used topically while using turmeric internally make a great combination for many forms of pain. (*The Healing Power of Trauma Comfrey by Holly Lucille*)
- Anti-inflammatory herbs relieve pain as swelling is reduced. (p. 104)
- Pain Salve (*recipe below*)
- Herbal Pain Formulas (*recipe below*)
- Dr. Christopher's Stop Ache (internal), Dr. Christopher's Cayenne Ointment, MPR spray, or Sen Sei Menthol Rub (external). (*All from Dr. Christopher's Herb Shop*)
- Hot and cold therapy (p. 287)
- Release trapped emotions - *The Emotion Code* and EFT (*The Tapping Solution*)
- Progressive Muscle Relaxation
- Hydrotherapy
- Regular yoga practice for chronic pain.

Pain management:

- Stimulate sensations in other areas of the body - like walking barefoot on rocks for example.
- Distraction – work, serving, reading, hobbies, pets, anything to divert the mind from pain.

- Beauty – art, nature, poetry, music, fresh air, garden walk, feeling sensations of plants and inhaling their aroma, barefoot on grass, etc.
- Positive thoughts/pleasure book (p. 296)
- Music Therapy (p. 292)

PAIN SALVE

Increments for these herbs are for a pint jar:

1/4 cup cayenne powder

1/2 cup St. John's wort flowers

olive oil - to fill to the top of the jar



Make an herbal oil using the measurements above. Measure out 1 oz. of beeswax per 1 cup of oil left after your oil infusion has been strained. Heat over low just until melted. Remove from heat and stir in 40 drops of essential oil from the list below. Pour into containers and let sit to harden uncovered. Cap and label once the salve has set up.

To use your salve, apply a fingerful over aches and pains to soothe and relieve as often as necessary. I generally reapply as soon as the first application has absorbed into the skin.

ESSENTIAL OILS FOR PAIN

Inhale, diffuse, apply to the temples, across the forehead and massage on the back of the neck. May also help to massage into shoulders and neck with a carrier.

Peppermint/Spearmint

Rosemary

Basil

Clove

Copaiba (Layer With Peppermint For Best Results)

Eucalyptus

Frankincense

Helichrysum

Lavender

Marjoram

Sage

Wintergreen

German chamomile

Roman chamomile

Pine, balsam fir, spruce (for inflammation)

Vetiver

Panaway or Deep Relief roll on from Young Living

Pain blend from Butterfly Express

Pain blend from your favorite essential oil company

PAIN FORMULAS

Annie's Pain Relief Blend:

- 2 parts birch bark
- 1 part St. John's wort
- 1 part valerian root (or skullcap if you have an aversion to valerian root)
- 1 part wild lettuce
- ½ part cayenne



Recommended dosage is 2-3 capsules or 20-30 drops tincture every few hours as needed.

The Herbal Academy Pain Be Gone Cordial:

- 6 teaspoons white willow (*Salix alba*) tincture
- 2 teaspoons valerian (*Valeriana officinalis*) tincture
- ¼ – ½ teaspoon vanilla (*Vanilla planifolia*) extract (to taste)
- ½ teaspoon maple syrup

Combine herbal extracts, maple syrup, and vanilla extract in an amber glass bottle. Cap the bottle and shake gently to combine. Clearly label your bottle and store in a cool, dark space. Use up to 30 drops (or ¼ teaspoon, which is approximately 25 drops) as desired, up to 6x/day. This formula is for short term use only.

Frugally Sustainable Herbal Ibuprofen:

- 2 parts meadowsweet powder
 - 2 parts devil's claw powder
 - 1 part turmeric root powder
 - ½ part kava kava powder
 - ¼ part hop flowers, powdered
 - ¼ part bladderwrack seaweed powder, optional but a good source for omega-3 fatty acids
- *Parts are to be measured by volume not weight.

Follow the instructions under *Methods* to make herbal capsules.

How To Use:

To use for acute conditions: Take 1-2 caps every 2 hr., but no more than 8 caps daily.

To use for chronic ailments: Take 2-3 caps 2-3 times daily, but no more than 6 caps daily.

A note on over-the-counter pharmaceuticals:

Pain relieving medication sends a message to the brain to stop sending a pain signal that there is an issue in the body. They only cover a problem; they do not heal it.

- Ibuprofen and aspirin slow down blood clotting and may prolong bleeding, so they work against the body when dealing with injury pain. (*Trauma Comfrey*)
- Acetaminophen (Tylenol) - is easy to overdose on because it is included in more than 500 medications; it causes half the cases of acute liver failure in the U.S. and is responsible for 26,000 hospitalizations and 500 deaths annually. (*Trauma Comfrey*)
- NSAIDs (aspirin, ibuprofen, naproxen, etc. pain reliever) - can cause serious toxicity problems and gastric bleeding. 200,000 hospitalizations and 30,000 deaths each year. Doubles the risk of heart attack and stroke due to the decrease in kidney function.

I personally keep Ibuprofen in my emergency kit for conditions where it is needed once we have identified the root cause of an issue and the pain is too much for the herbal remedies above to work. It is with constant use where the problems lie.

Resources:

Three Brains: How the Heart, Brain, and Gut Influence Mental Health and Identity by Karen Jensen, ND

Feelings Buried Alive Never Die by Karol Truman

A Better Way to Think by H. Norman Wright

The Gift of Pain by Paul W. Brand and Philip Yancey

Curcumin: The 21st Century Cure by Jan McBarron

Trauma Comfrey by Holly Lucille

A Well-Educated Heart <https://www.librariesofhope.com/> (The Arts: nature, poetry, art, music)

The Emotion Code by Bradley Nelson

The Tapping Solution by Nick Ortner www.thetappingsolution.com

Rosemary Gladstar's Herbal Recipes for Vibrant Health

Adaptogens: Herbs for Strength, Stamina, and Stress Relief



The skeletal system has several purposes: it gives the body shape and support, protects our vital organs and spinal cord, stores lipids, marrow, and minerals, and produces blood cells. Ligaments are part of the skeletal system since they connect bones together with tough collagen fibers that hold the bones in place at the joint. The ligaments are what allow the body to move around.

Muscles are made of fibrous, stretchy tissue that attach to our skeletal system and organs. Muscles are attached to bones with tendons and give the body the ability and power to move. They also help certain organs in the body to function.

Bone and Muscle Care

Diet and exercise are the key to a healthy skeletal and muscle system. As with all the other body systems, follow good nutritional practices from *Lesson 1* and gut health from *Lesson 2*.

- Bone Broth strengthens bones, joints, ligaments, and tissue in addition to helping with pain and inflammation. (p. 16)
- Raw Honey increases calcium absorption.
- Ghee (p. 15)
- Calcium rich foods and herbs are the building blocks for a strong bones and muscles (see *Lesson 6*, p.43).
- Sugar leaches calcium from the bones and blood so avoid when possible.
- Be mindful of foods that can interfere with the body's absorption of calcium such as red meat, soft drinks, alcohol, and caffeine.
- Regular exercise builds bone density, increases strength, retains coordination and balance to prevent falls that could result in injury.
- Vitamin D assists in the absorption of calcium and plays an essential role in bone health. Sunshine helps the body produce vitamin D and it is also found in fatty fish, fish oils (cod liver, tuna and salmon are highest), sardines, eggs, avocados, and mushrooms.
- Sulfur-containing foods are used to repair and rebuild bone, cartilage, and connective tissue, and aids the absorption of calcium. They include asparagus, eggs, garlic, and onions.
- Osteo Blend (*recipe below*)
- Alterative herbs (blood cleansing) are helpful for joint pain and inflammation, they should be used consistently over a long period of time for best results (p. 67).
- Nutrient rich foods: seaweeds, oats, spinach, green leafy, etc.

Nutritive herbs nourish and build body tissue, supplies substantial amount of nutrients and aid in building and maintaining the body. Use these herbs for all conditions in the body and to build and strengthen bones and muscle tissue.

- Alfalfa
- Algae (kelp, spirulina, etc.)
- Chickweed (also anti-inflammatory)
- Dandelion
- Lambs Quarter
- Marshmallow (also anti-inflammatory)
- Nettles
- Purslane
- Parsley
- Red Clover
- Red Raspberry Leaf
- Horsetail
- Rosehips

OSTEO BLEND

Strengthen and builds teeth, bones, joints, and tissue. Use for a preventative for bone deterioration.

Blend together equal parts of the following herbs:

Horsetail
Red clover
Cayenne
Nettle leaf
Sage
Rosehips



Make into capsules, tincture, or tea. Recommended dosage would be 2 capsules, 2 dropperful or 2 cups of tea, twice a day.

Bone Conditions:

Joint Pain and Inflammation are considered rheumatic conditions in the body and refers to a group of more than a hundred types of arthritic diseases. Symptoms include pain, stiffness, swelling, bone growths (spurs), diminished range of motion, deformity, redness, swelling and sometimes warmth. There is no known cure just ways to treat the pain and inflammation associated with it.

- Consume a whole foods diet while avoiding sugar, processed foods, and junk food (*Lesson 1, p. 3*).
- Follow bone and muscle care above.
- Keep within the normal weight limits for your height.
- Eliminating inflammation causing foods such as coffee, alcohol, chocolate, and dairy can help.

- Water exercise can help keep you active while keeping pressure off your inflamed and painful joints.
- 2 tablespoons of flaxseed oil a day.
- Golden goodness mix (p. 36)
- Foods that can relieve pain and inflammation: cherries, pineapple (fresh), peppers, ghee, bone broth, peppers, pomegranate, papaya, celery, cabbage, most spices, black pepper.
- St. John's Wort Oil (p. 105)
- Kloss's Liniment (rub into area of concern) p. 46
- Pain Salve (p. 99)
- Bone and Muscle Salve (*recipe below*)
- Hot bath with Epsom salts (add one of the pain-relieving herbs or essential oils from *Lesson 10, p.98*).
- Pain management from *Lesson 10, p.98*.

Anti-inflammatory herbs reduce inflammation which helps relieve pain and swelling. They are used both internally and externally.

- Aloe Vera
- Borage
- Cayenne
- Calendula
- Chamomile
- Comfrey
- Garlic
- Ginger
- Elder Flowers
- Mullein
- Nettles
- Peppermint
- Rosemary
- Sage
- Self Heal
- St. John's Wort
- Thyme
- Turmeric
- Wormwood

ALOE ARTHRITIS GEL

This recipe comes from *Medicinal Herbs* by Rosemary Gladstar:

¼ cup strong comfrey infusion
 ¼ cup aloe vera gel
 5-10 drops essential oil from the pain list (*Lesson 10*)

Mix together and keep refrigerated. Apply topically to joints of concern, massaging it in gently. This will last for up to a week.

ST. JOHN'S WORT OIL

St. John's Wort oil has been used for centuries to massage into sore, aching bones, joints, and muscles. It can be used as a massage oil, or made into a liniment, salve, ointment or balm. In addition to external use it can also be used internally to calm the nerves, aid in sleep, and work internally on inflammation and pain relief (only if no essential oil was used). Use in the kitchen as you prepare your food and meals.

Fresh is always best when making an herbal remedy but if you don't have fresh you can certainly use the dried herb. The flowers are where the healing goodies are in this plant, but I throw in both the leaves and blossoms because it is easier that way. You want to cut the blossoms right before they bloom or just as they are blooming. A good way to tell if they are ready is to squeeze the bud and if a dark red or purple juice oozes out, they are ready and at their top potency level.

Fill a jar 3/4 full of fresh blossoms or 1/2 full with dried, cover with olive oil or carrier oil of choice. Fill with the oil until it comes about an inch above the herb. Follow instruction in the *Methods* section for how to make an herbal oil.

You will notice the oil turns a beautiful red color as the blossoms are infused into it. Strain the herb out and optionally add 1 teaspoon of essential oil for pain, per cup of herbal oil (if using for external purposes only).

First Aid

First aid check list:

- 1 - Stay calm and think before acting, keep a positive attitude.
- 2 - Check for breathing and heartbeat.
- 3 - Check for bleeding.
- 4 - Check for shock, head injury, fracture, cuts, dislocations.
- 5 - Treat a person while staying calm and kind.
- 6 - Find shelter (if needed), keep victim warm and calm.

FIRST AID ESSENTIAL OILS

Tea Tree (Melaleuca)
Eucalyptus
Helichrysum
Lavender
Chamomile
Pine
Rosemary
Eucalyptus

Cypress
Thyme
Oregano
German Chamomile
Mountain Savory
Frankincense
Myrrh
Spikenard



Blends: MelaPlus (Butterfly Express), Melrose (Young Living) or a blend from your favorite company.

Best First Aid Herbs

- Yarrow
- Chickweed
- Comfrey
- Plantain
- Lavender
- Horsetail
- Calendula

Cuts, scrapes, and wounds

Use any of the first aid herbs above as a poultice, wash, compress, oil, or salve. (see *Methods*)

- Wound Wash (*recipe below*)
- First Aid Liniments (*p. 46*)
- Healing Salve (*recipe below*)
- Infection Salve (*recipe below*)
- Burn Salve (*recipe below*)
- Bentonite Clay (*p. 275*)
- First Aid Powder (*recipe below*)

WOUND WASH

3 oz. herbal infused witch hazel (equal parts: lavender, yarrow, thyme, calendula)
3 oz. distilled water (or calendula tea)
2 oz. aloe vera liquid
1 Tbsp. castile soap
30 drops Melaleuca angustifolia (tea tree) essential oil or first aid blend
15 drops lavender essential oil

To make the herbal witch hazel, add the herbs to a jar and fill to the top with witch hazel. Let it sit for two weeks then strain. Add the other ingredients to a spray bottle and gently swish the bottle to incorporate. Spray on wound, cleaning and disinfecting it, wipe with the cotton pad, and then apply Healing Salve, which speeds healing and prevents infection.

FIRST AID POWDER

Not only does this powder staunch bleeding but it also prevents infection and pulls the tissue back together. I have used this for deep cuts from glass, cut fingers with a knife, and teeth through the lip to name a few (of more incidents than I can count). For major bleeding I just continue adding the powder, layer upon layer and then cover with a bandage. As the wound heals the body actually pushes the powder up and out naturally. I have really seen some pretty awesome things happen with this powder!

Equal parts of the following dried, powdered herbs:

Yarrow
Comfrey
Plantain



Store powder in a spice jar for easy sprinkling. Use to staunch bleeding by sprinkling right over cut or wound. Rinse the powder off with warm water once the bleeding has stopped (or apply a bandage right over the powder), pat dry and apply any of the wound remedies above.

HEALING SALVE

This particular salve is my favorite for cuts, wounds, scrapes, and any type of skin condition. It is antibacterial and antifungal making it perfect for fighting infection. This would be the herbal equivalent of Neosporin.

Make an herbal infused oil (*Methods section*), with the following herbs:

- 4 parts lavender flowers
- 3 parts echinacea root (or Oregon Grape Root or half and half)
- 3 parts calendula flowers
- 2 parts plantain
- 2 parts comfrey
- 2 parts St. Johns Wort
- 2 parts yarrow



Pour the herbal infused oil into a pan. Add an ounce of beeswax per cup of oil and melt over very low heat. Remove from heat and cool for a minute or two then add 1 tsp. of first aid essential oil (*see list above*) per cup of oil. Pour into containers until solid, then cap and store in a cool, dry location.

Bleeding: Both External and Internal

- The most effective way to utilize these herbs to stop bleeding internally (nosebleeds or other internal bleeding) is a tincture under the tongue.
 - Shepherd's Purse (I've had amazing success with this one)
 - Yarrow (my next best for bleeding)
 - Plantain
 - Horsetail
 - Nettle
 - Cayenne
 - Comfrey
- Nosebleeds: hold an ice cube in the hand while taking one of the herbs from above internally. Ice pack on the back of the neck is also useful.
- External bleeding is best treated using a powdered herb or the First Aid Powder and pack over bleeding area. Leave on until bleeding stops. A poultice can also be used to pack or cover bleeding area.

Bone and Muscle Injuries

- Use any of the first aid herbs above in a hot bath, poultice, compress, or salve. Comfrey is my favorite herb for tissue regeneration, including bones.
- First Aid Liniments (*p. 46*) massaged into aching muscles.
- Epsom salt bath (add about 1 cup of salt to a bath of hot water, make it an herbal bath for more healing).
- Hot/Cold Therapy (*p. 287*)
- Bone & Tissue Builder (*recipe below*)
- Dr. Christopher's Complete Tissue & Bone Formula (also known as BF&C)
- Bone & Muscle Salve (*recipe below*)

BONE AND TISSUE BUILDER

This formula works wonders for broken bones, stitches and many other injuries resulting in open wounds, bruises, and torn tissue. The combination of these herbs helps rebuild bone and tissue.

- 6 parts comfrey
- 3 parts horsetail
- 3 parts alfalfa
- 3 parts raspberry leaf
- 2 parts white oak bark
- 2 parts plantain
- 1 part rosehips



This blend can be used internally, externally or my favorite, both. You can make a tincture, herbal capsules, oil and/or salve. I personally like to take it internally to work on building the inside as well as a salve to work from the outside in.

BONE AND MUSCLE SALVE

This salve combines many powerful healing herbs that will aid in soothing sore muscles and healing bones. It is especially effective on sports injuries, and I used it with great results on my grandmother who had a lot of back and hip pain.

Make an herbal oil infusion using olive oil with the following herbs:

- 3 parts arnica
- 2 parts calendula
- 1 part peppermint
- 1 part St. John's wort
- 1 part plantain
- 1 part comfrey



Pour the herbal oil into a small pan and melt 1 oz. of beeswax per cup of herbal oil. Remove from heat and add 1 teaspoon of a pain-relieving essential oil blend (see Pain Essential Oils in *Lesson 10*). Stir to combine and pour into container(s).

Bites and Stings

Prevention:

- Wear protective clothing. When working in the garden, wear gloves, pants, and long sleeves (if you can handle them). I have a light weight, light colored cardigan I wear, along with yoga pants tucked into my awesome purple garden boots. Not only does this protect me from bug bites and stings, but it also protects me from getting sunburned. You can also tuck your pants into your socks, so those suckers don't try going up your legs.
- Non-toxic bug repellent. I have a tried and true recipe we've been using for years around here (see below).
- Apply bug repelling essential oils to clothing, wrists, arms creases, and behind the ears. You can also apply it to ribbons or fabric and hang next to areas you want bug free.

BUG OFF SPRAY

Mix the following ingredients in a 2 oz. spray bottle. Shake well before each use.

1 oz. witch hazel (infuse it with catnip for extra protection) or catnip hydrosol

1 oz. grapeseed oil

35 drops citronella essential oil

20 drops peppermint essential oil

15 drops lemon essential oil

15 drops lemongrass essential oil

15 drops cedarwood essential oil

ESSENTIAL OILS FOR BUG REPELLING & BITES

Basil

Eucalyptus

Helichrysum

Lemon

Lemongrass

Chamomile

Lavender

Citronella

Rosemary

Sage

Thyme

Peppermint

Remedies:

- Chew up and apply one of the following herbs: plantain, comfrey, yarrow, lambs quarter, peppermint, chickweed, lemon balm, or basil. (If that grosses you out, you can mash up the herb with a tool or your hands)
- Apple cider vinegar, applied directly to area.
- Apply cucumber slice, banana peel, or sliced potato to area.
- Bentonite Clay. Mix the dry clay with twice as much water in a glass jar and shake until the water is absorbed, consistency should be like ketchup. Place a thick chunk of gel right on the bite, the clay will draw the toxins right out of the bite and the itching immediately ceases. Leave on until it starts to harden then wash off with warm water.
- Raw honey
- First Aid Liniments (*p. 46*)
- Healing Salve (*p. 107*)
- Ice pack, cold cloth/compress, or cold herbal pillow (I like lavender).
- Use any of the following drawing remedies.

Drawing herbs and remedies for venomous bites, poisonous plants, splinters, and infection.

- Bentonite clay: Mix enough water to form a gel and apply to area of concern. Wrap in a gauze bandage and plastic wrap for a couple of hours. Remove and wash clay off with warm water. (*p. 275*)
- Activated charcoal, mix with water to make a paste before applying.
- Dr. Christopher's Black Ointment Drawing Salve
- Dr. Axe Drawing Salve (*see below*)
- Take echinacea internally in frequent doses.

- Poultices are the best way to utilize the drawing power of these herbs. Compress or bath would be the next best. Also incorporate blood cleansing herbs (see *Lesson 8*) internally while applying these remedies externally.
 - Plantain
 - Yarrow
 - First Aid Powder (*p. 106*)
 - Sagebrush

DR. AXE DRAWING SALVE

1 teaspoon honey
 1 teaspoon vitamin E oil
 2 tablespoons calendula Infused olive oil
 1 tablespoon arnica oil
 1 tablespoon aloe vera
 1 teaspoon activated charcoal
 1 tablespoon coconut oil
 2 tablespoons shea butter
 10 drops frankincense essential oil
 10 drops tea tree oil



Using a double boiler (or pan on very low heat), melt the shea butter and coconut oil. Remove from heat and add the calendula infused olive oil, honey and arnica oil. Blend well.

Now, add the aloe vera, vitamin E oil and activated charcoal and continue to mix.

Once all of these ingredients have been well blended, add the frankincense and tea tree oil.

www.draxe.com

Burns

Sun, cooking, carpet/rug, water, steam, engine, even the trampoline. Burns are going to happen one way or another so here is a resource list of what you can do to stop the burn and start the healing. Every time I reach for my burn spray, followed up with burn salve. They work wonders.

- Flush skin with cold water until pain stops. Keep clean, rinse with lavender water.
- Burn Soother Spray (*recipe below*)
- Burn Salve (*recipe below*)
- Comfrey Salve
- Raw Honey
- Bentonite Clay Gel (*p. 275*)
- Vitamin E Oil
- Raw potato or cucumber - slice and apply to burn.
- Egg white, applied to burn in layers.
- Witch hazel or apple cider vinegar (dilute vinegar with water ½ and ½)
- Dr. Christopher Burn Ointment: equal parts raw honey, comfrey powder, wheat germ oil.
- **Herbs for burns.** Prepare by making a tea and putting in a spray bottle to spray down burn, this is especially effective for a sunburn. You could also use a compress, poultice, oil, salve, or bath.
 - Aloe vera (slice open a leave and apply directly to burn)
 - Calendula

- Comfrey
- Lavender
- Marshmallow (root and leaves)
- Plantain
- Rose
- St. John's Wort

ESSENTIAL OILS FOR BURNS

Use in a spray bottle of water, compress, bath, or in a carrier.

Lavender	Tea tree
Spikenard	Chamomile
Balsam fir	Vetiver
Helichrysum	Carrot seed
Rose	Geranium

BURN SOOTHER SPRAY

2 oz. aloe vera liquid
 2 oz. lavender tea, infused in distilled water, lavender hydrosol or plain distilled water
 20 drops lavender essential oil
 15 drops tea tree

Mix all ingredients together and pour into a 4 oz. spray bottle. Keep refrigerated, this not only prolongs the shelf life but adds extra healing for burns and cooling. Spray as often as necessary until pain subsides.

This spray is my go-to for everything. It works amazingly on burns, instantly soothing the pain. We use this for a wound wash, all- purpose owie spray, after sun spritzer, works great on sunburns and for cooling the body down on hot days.

BURN SALVE

This salve includes a variety of properties just for healing burns, tissue repair and rebuilding, pain relief, inflammation and skin conditioning. Use the Burn Spray for immediate relief and the Burn Salve for longer term healing and care...they work great together!

Make an herbal oil using the following herbs:

2 parts comfrey
 1 part calendula
 1 part lavender
 1 part St. John's wort
 1 part chamomile



For every cup of herbal oil, melt 1 ounce of beeswax in it over very low heat. Remove and cool for a minute, then add 1 teaspoon of lavender essential oil for each cup. Apply liberally to burn as the skin absorbs it. This salve also works wonders on diaper rash and baby skin conditions, eczema, cuts and wounds, rashes, or any type of skin issue.

Infections

When treating an infection, you want to stay on top of it and be as aggressive as the infection. I've had to treat a number of external infections due to injuries, these I change bandages and apply one of the following every hour. I have the person bathe in Epsom salts, bentonite clay, and antiseptic essential oils a couple of times a day in addition to some of the following remedies.

- Use remedies for cuts, scrapes, and wounds from above.
- Use drawing herbs and remedies for external infections.
- Use blood cleansing herbs to aid body in removing infection from the body (p. 67)
- Incorporate antibacterial herbs (p. 39)
- Infection Fighter Formula (see below)
- First Aid Liniments (p. 46)
- Dr. Christopher's Plague Remedy (p. 39)
- Four Thieves (p. 37)
- Garlic and oregano

ESSENTIAL OILS FOR INFECTION

Tea tree
Lavender
Eucalyptus
Rosemary
Oregano
Clove

Peppermint
Lemongrass
Frankincense
Pine
Cinnamon

Blends: Melrose or Thieves
(Young Living), Deliverance or
MelaPlus (Butterfly Express),
Shield (Mountain Rose Herbs)

INFECTION FIGHTER

This formula can be used for all types of infections including external cuts and wounds, sores, bug bites, and fungal infections to internal infections of the respiratory and urinary tract.

2 parts usnea
2 parts yarrow
1 part red clover
½ part nettle leaf
¼ part lobelia



Salve: apply as you would an antibiotic ointment on cuts, wounds, sores, or skin infections of any kind. Apply over any internal areas of infection such as the chest for lung issues and abdomen for urinary infections, cover with a hot pad to push further into the body.

Tincture/Tea/Capsules: Take internally to treat any infection. The lobelia in the formula will know exactly where to go and what to do.

Boils and Skin Eruptions

A boil is a tender, inflamed, pustulant area of skin, usually due to staphylococcus infection; furuncle. -*Practical Herbalism*

I have found that many of these remedies work for any type of skin eruption including blisters, ingrown hairs, acne, etc. These remedies have helped heal and relieve the pain.

- First rule for healing a boil or skin eruption, is one of the hardest, DON'T SQUEEZE! It is so tempting to help that yucky pus out by squeezing but it could spread staph infection to other parts of the body and can also lead to blood poisoning. What you want is to have the pus come out naturally, using a warm compress to help it drain on its own. You can use an herbal tea preparation or tea bags themselves as the compress and apply 2 times a day for at least 15 minutes. Use one of the herb suggestions below.
- Fill a bottle with boiling water, empty the water and place the bottle over the boil to form a heat suction. Be very careful the bottle gets hot. This should help naturally bring the pus to the top and drain.
- Bentonite Clay (or any of the drawing remedies above).
- Apply a paste using 1/2 tsp. ginger powder and 1/2 tsp. turmeric powder (or 1 tsp. of Golden Goodness Mix (p. 36), add warm water and stir until a paste is formed. Rub the paste in and cover with gauze, leave on for at least a half hour.
- First Aid Liniments (p. 46)
- Raw Honey
- Garlic Oil (p. 24)
- Use any of the first aid herbs. They can be applied as a poultice, compress, salve, or herbal oil.

Resources:

The Healing Power of Trauma Comfrey

Healthy Bones and Joints by David Hoffmann

Prescription for Nutritional Healing

Herbs to the Rescue: Herbal First Aid Handbook