

Herbal Remedies for Health and Wellness

Master Cleanser

Purpose:

- To dissolve and eliminate toxins and congestion that has formed in any part of the body.
- To cleanse the kidneys and digestive system.
- To purify the glands and cells throughout the entire body.
- To eliminate all unusable waste and hardened material in the joints and muscles.
- To relieve pressure and irritation in the nerves, arteries, and blood vessels
- To build an health blood stream
- To keep youth and elasticity regardless of our years.

When to use it:

- When sickness has developed – for all acute and chronic conditions.
- When the digestive system needs a rest and a cleansing
- When overweight has become a problem.
- When better assimilation and building of body tissues if needed.

- 2 Tbsp lemon or lime juice (approx. ½ lemon)
- 2 Tbsp genuine maple syrup (not maple flavored sugar syrup)
- 1/10 tsp. cayenne pepper (red pepper) or to taste
- Water, medium hot (spring or purified water)
- **More details available in the booklet “The Master Cleanser” by Stanley Burroughs

Herbal Decongestant for Allergies, Colds, Coughs and Asthma (Also available as Nature’s Way HAS formula)

Mix equal parts of powdered:

1. Marshmallow Root
2. Chaparral
3. Parsley
4. Burdock
5. Cayenne
6. Lobelia
7. Brigham Tea
8. Golden Seal or Oregon Grape (I use Oregon grape because it is native to Utah and golden seal is not, Oregon grape is also less expensive.)

Mix these together well and encapsulate. Take as many as necessary to clear congestion, (up to 5 at a time) as often as every hour when acute. Be sure to drink at least 8 ounces of water with this, the cayenne can get warm in your stomach. I have often used this formula every day to keep allergies at bay; I take 2 in the a.m. and 2 in the p.m.

Saline Solution for eye wash or nasal wash

8 ounces of lukewarm water (purified is best)

1 tsp. sea salt (table salt will do)

- I have been known to just put warm water into a tablespoon and one shake of salt into the spoon and use it immediately and directly.
- Wash the eye whenever mucous is prevalent, dry eyes, allergy eyes, sty, or even pink eye. You may drop directly into the eyes or with children or animals I use a cotton ball dipped in this to wash the eyes.
- Salt water is a fabulous soak for sore muscles, for any infected area, i.e.: ingrown toenail, sliver, sore of any kind (it draws the infection and pus out).

-The best remedy for a bonk or bruised area, on the head, leg, arm, body or anywhere is: Immediately (as soon as available) put butter (or water, it just holds the salt on) and salt directly on the area of impact. This lessens the bruising, takes out the soreness and swelling. This one works great!

Grandma's Lemonade

¾ to 1 cup warm water

1 tsp. honey or maple syrup or sugar

¼ tsp. cream of tartar

½ tsp. Epsom salts

Mix together and drink whenever you don't feel well.

Gall Bladder Cleanse

1 Tbsp Olive Oil

1 Tbsp Fresh Lemon Juice

8 ounces of Organic Apple Juice

Drink this every night for six weeks, gall bladder will be cleansed; any potential stones will be softened and eliminated. Your liver will be happier too.

Garlic Plaster for Feet

Rub the feet with olive oil. Grate or press as much fresh garlic as needed, mix together with Vaseline or olive oil. Spread this on the bottom of the feet to draw out toxins. Wrap the feet to keep garlic in place. Leave on for one half and hour or so. Use this during a virus, an acute illness, a chronic illness or just as a cleanser. This treatment has antibiotic properties.

Ginger: Fresh ginger tea for nausea, even morning sickness, digestive disorders, fevers and it is delicious.

Put one teaspoon of powdered ginger in a tub to cleanse chlorine out of skin and hair after swimming.

Adding two teaspoons of Ginger and Cayenne in a tub helps break a fever. Also drink ginger tea with a little cayenne in it or Yarrow tea. This heats up the body so that it will throw off the fever.

Cayenne: Use in tea for coughs, mucous, inflammation, fever, ulcers, bleeding, and shock.

Viruses: For any virus, colds, flu, stomach flu, chicken pox, shingles, bronchitis, etc.

- Stop eating all animal products, meat, dairy, eggs, etc. and all sugar. Do this for two weeks to totally clear the virus.
- Drink lots of clear fluids, water, tea, vegetable broth, no juices (too much fructose sugar) and certainly NO soft drinks.
- At the first sign of a virus (especially a cold) take two cayenne capsules, stand in a hot steamy shower for several minutes (I would take a hot bath), take two more capsules, drink plenty of fluids, get into bed with warm blankets and quite often by morning you will be able to sweat out the toxins and stop the cold before it gets started.
- Take Vitamin C; take as much as possible without getting diarrhea.
- Take Zinc, one capsule as often as every two hours.
- Take Elderberry capsules or syrup (I prefer capsules), two capsules as often as every two hours.
- Take Echinacea tincture or capsules, two every two hours to boost immunity.
- Take garlic capsules or eat garlic. You can swallow a clove or ½ of a clove every hour or so.
- Take acidophilus capsules.
- Eat vegetables, sprouts, some fruits, fresh vegetable juices, legumes, only use whole grains, no refined.
- Take a mineral supplement. There are a lot of good ones on the market. We use Capra-Mineral Whey.
- Use specific herbs for the particular virus. For stomach viruses use Raspberry, ginger, chamomile, and mint teas. For respiratory viruses use eucalyptus, cayenne, garlic, and onions. Take up to five of the herbal decongestant capsules as often as every hour. Rub the chest, throat and forehead with eucalyptus oil or Vicks Vapor Rub. Grate onions or horseradish and smell the vapors to clear nose and sinuses. Use the saline wash in the nose and the eyes.

Onion: Use roasted onion slices directly on the chest for croup, bronchitis, asthma, or any respiratory issue. Grate raw onions and breathe the vapors to help clear sinuses.

Eating onion helps boost immunity.

For ulcers: Grate one cup of cabbage and eat it or juice one head of raw cabbage and drink it on an empty stomach first thing in the morning for at least two to three weeks, this will heal the stomach lining and get rid of the ulcer virus (e-

pylori). Also take two capsules of cayenne, three times a day OR ½ to one teaspoon of cayenne in water and drink, two to three times per day. You can also use bismuth, the element in Pepto Bismol through out the day for two weeks.

Potatoes: Grate raw potato and put on sore breasts, engorged, a plugged duct or a breast infection. Swallowing a clove of garlic every hour at the first sign of a plugged milk duct or breast infection stops it in its tracks. A slice of raw potato on hemorrhoids helps them shrink and is soothing. A slice of raw garlic works as well but can sting.

Immune System Builders:

Garlic and Onions

Acidophilus

Fish oil

Minerals

Vitamin C and A

Zinc

Echinacea

Elderberry

Avoid refined foods and grains

Avoid refined sugars

Avoid soft drinks

Broken bones and sprains:

Immobilize the joint above and below broken bone to stabilize it.

Alternate moist heat and cold – in the first 24 to 48 hours alternate moist heat and cold packs to disperse the inflammation and swelling.

Comfrey or Dr. Christopher's Bone, Flesh and Cartilage herbs (BF&C) – soak broken or sprained limb in a strong tea or decoction of Comfrey or BF&C.

Use BF&C Ointment – keep it on all day and night, when not soaking.

Comfrey paste –blend fresh leaves with a little water into a paste to put on. It keeps in baggies in the freezer. (I crushed dry leaves and stuck it onto olive oil.)

Take BF&C capsules – Take five capsules three times a day.

Take Dr. Christopher's Vitalherbs – Five capsules three times a day with meals.

Burns:

Keep area in cold water- Make a strong comfrey tea to add to the cold water, this starts to regenerate cells and helps with pain. Use a cold cloth or snow, whatever is available.

Use Lavender oil directly on the burn.

Follow with aloe vera gel.

Four Thieves Vinegar:

1. 2 quarts apple cider vinegar
2. 2 tablespoons lavender
3. 2 tablespoons rosemary
4. 2 tablespoons sage
5. 2 tablespoons wormwood
6. 2 tablespoons rue
7. 2 tablespoons mint
8. 2 tablespoons garlic buds

Preparation: Combine the dried herbs {except the garlic} and steep in the vinegar in the sun for 2 weeks. Strain and re-bottle; label; add several cloves of garlic; close lid. When garlic has steeped for several days, strain out. Melt paraffin wax around the lid to preserve the contents or add 4 ounces of glycerine for preservation.

Dosage! Use as a wash for sick rooms to disinfect. May be used in small proportions for a body wash. Internally, the dose is 1 teaspoon at a time in water. Do not take more than 1 tablespoon an hour. This is a good preventive during an epidemic!

First-Aid Kit

Cayenne - You can keep some powder in a container the size of a chap-stick bottle. Putting the powder in between 2 pairs of socks will help prevent frostbite. You can also keep a bottle of cayenne extract on hand for convenience purposes. A squirt of the extract will bring a person out of shock, regulate body temperature, stop bleeding, and assist in the healing of any injury. Cayenne helps stop heart attacks and strokes as well.

Lobelia - Lobelia extract also helps bring a person out of shock. It will stop an asthma attack, induce vomiting in cases of poisoning, and it is the strongest herbal sedative.

X-Ceptic / Tea Tree Oil / Garlic Oil - Any of these will do to help fight infection and act as an antiseptic for wounds.

Comfrey ointment / Aloe Vera gel (fresh is best) - Both are cell regenerators, and speed up wound healing, including burns.

Comfrey powder, Raw Honey and Wheat Germ Oil - Mix equal parts of these ingredients together to form an excellent burn paste. Will help regenerate 2nd and 3rd degree burns. Keep the mixture on constantly. Don't wash off in between applications or the new skin cells will be washed off with it.

Activated Charcoal - A heaping teaspoon in water and drunk will absorb food poisoning, or any internal poisoning, even the consumption of household chemicals.

Bentonite Clay - Mix it with water to form a paste and it will draw out slivers, and even the venom of insect bites and stings.

Dr. Christopher's Super Garlic Immune formula - Formerly known as Anti-Plague, this formula helps the body fight off any viral, bacterial, or fungal infection.

Echinacea - Drinking a full 1 oz. bottle of Echinacea tincture (preferably glycerin based) will prevent the venom from a snake or insect bite from spreading, and should help clear it up within 24 hours if taken up to 3 times in a day.

Rescue Remedy - A flower essence combination that helps calm the emotions during periods of shock and trauma.

For your 72 hour kit you can put these herbs in small bottles or jars so your first-aid kit is compact. Though it would be good to keep larger amounts of them in your home first-aid kit, in case you end up being the herbal healer on your block if/when a disaster happens and you need to help a lot of people.

Local Plants to Use for Emergencies

Alfalfa herb, seeds, or sprouts - Nutrient source. Full of vitamins and minerals, and has 8 essential amino acids. Could survive on it. Alfalfa neutralizes acids and poisons. Contains the most amount of chlorophyll of any plant. Chlorophyll builds the blood and can replenish the blood supply of a person who has lost a lot of blood. Stimulates the pituitary gland.

Dandelion leaves, flowers or roots - Detoxifies the body. Good diuretic, Increases bile production from the liver and is very useful in the 1st stages of cirrhosis of the liver. Has been used as a poultice for breast cancer. Reduces uric acid and serum cholesterol. Builds the blood, helps anemia. High Vitamin A content, which is useful in cancer prevention. High nutrient food. Balances electrolytes. A valuable survival food. In situations of severe vomiting, it restores the gastric balance. The juice from the broken stem helps get rid of warts, helps acne, blisters, and corns. Dandelion greens improve the enamel of teeth. The Dandelion seeds are a strong antibiotic for lung infections. May strengthen immune system and assist pancreatic function.

Mullein leaves or flowers - Especially known for its use in respiratory problems. Helps clear up congestion and infection in the lungs. Calms bronchial spasms. Mullein has been used to relieve pain. Mullein oil is wonderful for relieving the pain of earaches. It calms inflamed and irritated nerves, and is soothing to any inflammation. Mullein is an anti-spasmodic and an astringent. The dry leaves and stems make excellent tinder. They will quickly ignite if exposed to the slightest spark. Mullein is effective in relieving swollen joints. Mullein is a demulcent and a bacteriostatic and has been used to treat tuberculosis for centuries.

Oak Bark (inner bark), leaves, or acorns - North American colonists used Oak for barrel making because when the wood gets wet it swells, which would seal the barrel and enable it to hold liquids. Oak is an astringent. For external use, boil the bark and/or leaves and apply them to bruises, injuries, varicosities, swollen tissues, and bleeding. Will stop bleeding. Oak can help diarrhea and dysentery. Can apply Oak fomentation to swollen glands, tumors, mumps, goiters, and lymphatic swellings. Oak strengthens the gums. Can use the Oak bark for tooth and gum health if you don't have access to a toothbrush and toothpaste. Can help varicose veins and hemorrhoids. Oak bark can expel pinworms. It increases

the flow of urine, and is a good antiseptic. Oak Bark stops bleeding in the stomach, liver, lungs, and bowels. It will also stop the spitting up of blood. Helps remove kidney and gallstones. Brings down the temperature in fevers.

Pine tree bark or needles - A tea made from the pine needles and bark saved the lives of a crew stranded on the Quebec peninsula who had fallen victim to scurvy. It is one of the richest available sources of bioflavonoid. Pine needles contain Vitamin C and the bark contains the flavonoids. Bioflavonoids have the ability to provide the substance of life that will help rebuild the system. They also help remove heavy metals. Pine bark is full of antioxidants and is the source of Pycnogenol, which protects brain and nerve tissue from free radicals. The Pycnogenol content of Pine bark can help protect against free radicals from cigarette smoke, air and water pollutants, pesticides, radiation, electromagnetic fields, and power lines. Pycnogenol reduces inflammation and is helpful for arthritis and diabetes. It also strengthens the capillaries and improves circulation. Helpful for varicose veins and hemorrhoids.

Plantain herb - Plantain was known as the "Mother of Herbs" and a heal-all. Plantain notifies the mucus membranes, reduces phlegm, and is good for topical healing. Plantain seeds act similar to Psyllium seeds by swelling in the intestines and preventing cholesterol absorption. Plantain used as a poultice is excellent at treating the rash of poison ivy or poison oak. It relieves inflamed and painful mucus membranes. Works well for chronic bronchitis. Plantain has a drawing action, and when applied as a poultice, it will draw poisons out of the body, this includes the venom from snake bites, animal bites, insect bites and stings, and blood poisoning caused by puncture wounds. Its astringent properties make it effective for stopping bleeding, and to promote the healing of wounds and injuries.

Poplar/Quaking Aspen leaves and bark - Contains Salicin, a relative and precursor to aspirin. Effective at reducing a fever and inflammation. It is a safe substitute for quinine. Helpful for mild urinary tract inflammations. The fresh or dried plant can be used in fomentations or poultices for muscle aches, sprains, or swollen joints. A tea of the bark will aid in diarrhea.

Sagebrush herb - Powdered Sagebrush leaves are an old Native American remedy for diaper rash or any form of chafing. The whole plant is strongly antimicrobial and is very useful as a first-aid disinfectant and cleansing wash. Fresh or dry, the leaves can be used as a cover, and between berries, seeds, or root foods, preserving them and protection them from bugs and rodent attack.

Shepherd's Purse herb - Shepherd's Purse has astringent properties and is an effective blood coagulant, used to control bleeding. Can control excessive menstrual flow and hemorrhaging after childbirth, as well as any other internal bleeding (lungs, colon, hemorrhoids, etc.). Externally it can be applied to bleeding sores, cuts, wounds, nosebleeds, and bruises. It is valuable for diarrhea. Regulates blood pressure.

Willow bark - Contains Salicin (what aspirin is made from), making it an effective pain-killer without the hemorrhaging that aspirin causes. Great anti-inflammatory. Helps relieve the pain of headaches, fevers, sciatic, arthritis, rheumatic, and minor aches and pains of the body. It is a valuable nerve sedative. It is used as a first-aid plant because of its antiseptic properties which help treat infected wounds. Excellent source of magnesium. Helps stomach problems, including heartburn.

Yarrow leaves or flowering tops - When taken hot, Yarrow is a strong diaphoretic, meaning it helps increase body temperature so the body will sweat. Taken cold, it will act as a diuretic. Yarrow purifies the blood, balances the function of the liver, and assists in the removal of congestion and disease. Yarrow can stop bleeding relatively quickly and assists in the healing process of wounds. To stop a nosebleed, insert a roll of Yarrow leaf into the nostril and it will stop the bleeding. If you have a severe sinus headache and insert a leaf into the nostril, it will cause the nose to bleed, relieving pressure in the head, thus relieving the headache. Yarrow helps inflammation. It is a great substitute for quinine. It is a powerful virus inhibitor. It usually breaks up a cold in 24 hours. Supports liver and pancreas function. Aids nausea and helps control fungus. Helps skin eruptions. Shrinks hemorrhoids. Controls internal bleeding. Yarrow grows nearly everywhere as a weed.

Harvesting Herbs

If a plant grows in large stands, never pick more than a third of the plants. If it is a larger solitary bush or tree, never pick more than a third of the foliage or twigs, and pick from the borders of the plant, leaving the older central growth to regenerate outwards. If you are digging roots, dig no more than half of the immediately visible plants, and the largest of the group, leaving the younger to grow and reseed. When bark is needed, check the trees after a good rainstorm; there may be large, newly fallen limbs with fresh bark. Otherwise, choose older limbs with only a few leaves at the tips and remove the whole limb before stripping the bark.

For aboveground foliage that from distinct stems, cut the stems below the lowest green leaves and bundle, facing the same direction, then bind one or two inches from the cut ends with rubber bands. For moist herbs like Mint or Horsetail, bundles should never exceed the diameter of a beer bottle (at the tied end). Hang upside down to dry. Herbs should NEVER be dried in sunlight. They should be hung in shaded areas with adequate circulation. Hand until both top and bottom of herbs are brittle-dry. After drying, herbs can be chopped and stored in a cool, dark, dry place.

For large roots, if they are aromatic, they should be split once or twice from top to bottom and dried loosely in a shallow box or on newspapers. This prevents exposing much of the oil cells to the air and evaporation. Nonaromatic roots may simply be cut sideways and laid loosely until dry. Cross sections should be no more than 1/4 inch thick. They may be cut smaller after dried.

For moist, highly perishable herbs, (flowers, fruits, or small damp plants and roots), staple or tack a cheesecloth (at least 24 inches wide) along its front width to a ceiling or the underside of a wall cabinet in a well ventilated area. A sag in the cloth of 8-10 inches should be allowed, then staple or tack again about 2 feet away and repeat as long as the cloth or ceiling allows. The draped cloth between the tacking allows for the loose placement of the herbs in the panels. These should be patted periodically from underneath to redistribute and speed drying. Another method for small quantities is an open-topped box covered with cheesecloth. In extremities, newspaper can be used if the herbs are loosely laid.

For tree barks, the branch or tree should still be fresh. Make shallow cuts around the diameter every foot or two, and length-cuts every two or three inches. The strips should be pulled off the inner wood and threaded on coarse thread, wire, or a straightened, oiled coat hanger (the oil prevents rust). Hang the bark strips in well ventilated shade until dry, then chop or break into smaller pieces for storing.

Making Herbal Preparations

Medicinal Plants of the Mountain West, By Michael Moore, pg. 14-16

Herbal Teas - Steep 1-2 Tbs. fresh or dried herb (leaves and/or flowers) in 1 cup boiling water for five minutes or more (the longer the herbs steep, the stronger the tea will be). Strain, add honey or sweetener to taste and drink 1 cup every four hours or three times daily.

Infusions - Steep 2 Tbs. fresh or dried herb (bark, roots and/or stems) in 2 cups boiling water for 15 minutes to several hours. Strain, add honey or sweetener to taste and drink 1 cup every four hours or three times daily.

Decoctions - Simmer 2 Tbs. Fresh, packed herb (bark, roots and/or stems) in 2 cups water for 30 minutes. Strain, add honey or other sweetener to taste and drink ½ to 1 cup every four hours or three times daily.

Tinctures - Combine 1 cup dried or fresh herb with 2 cups Vodka in sterilized glass bottles. Allow to steep for several weeks, shaking vigorously three times daily. Strain and store in a dark cool place. To remove any alcohol from the tincture, simply freeze it; the alcohol will be the only thing left unfrozen and can then be poured off and used again. Or you can put it on a double broiler on low heat. The alcohol will be the first to evaporate off.

Herbal Vinegar Tincture - Pack 1-2 cups washed, fresh herbs in hot, sterilized glass jars with a wooden spoon. Fill jars with vinegar, leaving about 1" head space at the top. Lightly bruise the herbs by pushing them down with the wooded spoon. Cover the tops of the jars with plastic (to prevent vinegar from reacting with a metal lid), then cover the jars with lids. Place the jars in a warm, dark place for about 2 weeks (less time is fine if you need it sooner), then strain out the herbs.

Pour the herbal vinegar into hot, sterilized glass bottles; add a few sprigs of herb, cap and seal. Store in a dark, cool place.

Fomentations/Compresses - Heat up previously prepared infusion or decoction if it isn't already warm (try not to let it come to a boil). Soak towel or cloth in the warmed liquid, wring it out and apply to afflicted areas. When the cloth cools, soak and wring it out again. Repeat the process for about 30 minutes, or until skin is flushed.

Poultices - Take the fresh herb and chop it up with a bit of water (or chew it up a little). Bruising it and making it moist is the most important thing. Smear this mixture about 1/4 inch thick on a piece of thin cloth, and apply to afflicted areas (cloth side down), covering with plastic. When the poultice cools off, remove the cloth and reapply if needed.

Herbal Oils - Pack 1/4 cup washed, chopped fresh herbs into hot, sterilized jars. Pour olive oil into jar with herbs and seal. Sit it in the sunlight, if possible, for 3 days to 2 weeks. If the preparation is needed immediately, heat the oil just until warm, and pour into jars with herbs. Let cool and strain.

http://www.freedomtowns.com/herbs_res/herbprep.htm