

## **Anise Seed**

Aromatic, carminative, colic, flatulence. Stop griping of laxatives (senna or cascara)

Cough syrups, bronchitis

Cough remedy - anise and thyme

Cough remedy for adults (bronchitis too) - horehound, thyme, anise, licorice

Sluggish liver - 2 dandelion leaves, ½ anise, ½ fennel, ½ flax seed.

Colic - each anise, fennel, ground ivy, catnip

Antacid - compound anise water - anise, fennel, caraway, dill.

Mouth rinse and antiseptic as a tea. Gargle and swallow

Also used for nausea and vomiting.

## **Basil**

Arthritis tea - basil, catnip or peppermint

Gets rid of stomach catarrh (inflammation) and gets rid of gas.

Headache 0 basil tea compress

Also used for allergic reactions topically, itching and hives.

Fevers can be reduced with basil tea.

Use as a tea for painful periods. Use several times a day.

Use as a gargle for thrush and as a douche for vaginal yeast infections.

## **Caraway Seed**

Digests starchy foods such as cabbage, turnips, potatoes, apple sauce, pumpkin pie.

Colic, carminative, gas, hysteria, nervous stomach.

It has been used since prehistoric times through the Greek and Roman times.

It is warming, opening, strengthens the stomach, increases the urine and moves the bowels. It also stops bloating.

For women, it strengthens the menstrual cycle and uterine cramps. It stops pain in childbirth. Caraway also increases milk in breast-feeding women.

It also has been known to stop alcoholism. It has been used to a nervous hear and colic symptoms in children.

Folk medicine also uses caraway to increase the appetite, and benefits the liver and gallbladder. It works for headaches caused from digestive problems.

Antacid - caraway, fennel, peppermint, spearmint (adults and children)

## **Celery Seeds**

Diuretic, stones, warm, carminative, disperses wind, gout, aromatic, nervine, tonic, nerve sedative.

It works better than most medicines for gouty arthritis.

## **Cinnamon**

Compound cinnamon water: Equal parts of cinnamon, fennel, catnip, sage Soak in a tea for sore feet or athlete's foot.

Use for digestive and heartburn problems, including nausea and vomiting.

Relieves menstrual cramping as well as heavy bleeding. One teaspoon in hot water 3 times a day.

Gargle: 1 teaspoon each sage, cinnamon, sumac berries

Sore throat formula: one part each of cinnamon, clove, mace, cardamom in a pint of warmed wine. Allow to cool and strain and add 10 oz. Of sugar used as a stomachic or anti-colic in flatulence. Use 1 teaspoon in a little warm water.

Partner with cinnamon: cardamom, fennel, catnip, sage, marjoram

## **Cloves**

Aromatic, warming, spicy, stimulant, adjuvant to bitter and cathartic preparations.

Thompson used in composition powder often added to asclepias, polemonium.

Cloves have been used for centuries. The first being the Egyptians and later the Roman Emperor Constantine. Later there was a monopoly by the Dutch.

Cloves have been used to increase digestion. The oil is used topically to get rid of tooth pains. Don't take clove oil internally. Chewing cloves stops bad breath.

Stops headaches by increasing digestion. Reduces itching topically with the diluted oil.

## **Coriander**

Aromatic, stomachic, griping, carminative.

Compound infusion Gentian: gentian root, coriander, orange peel

Tincture of Rhubarb compound: senna, coriander, figs, tamarinds, prunes, licorice

Coriander reduces fevers by acting as a diaphoretic.

## **Marjoram**

Dizziness, headaches, toothaches, sighing, antacid, carminative, cold stomach

Headache or nervousness: equal parts of marjoram, sage, catnip, peppermint (take away sage for indigestion, stomach upset, nausea.)

Measles: equal parts marjoram, yarrow, catnip, plus a pinch of saffron or calendula or safflower.

The Arabs recommended marjoram for alcoholism. It is especially good for all kinds of cramps and even epilepsy. It is used for the nerves, depression, headaches, dizziness, stomach problems. It is also used for jaundice, gas and bloating.

## **Nutmeg**

Historically used for bad breath, headaches, abdominal spasms, diarrhea and dysentery.

The Chinese use it as an aphrodisiac and to intensify dreams.

Ayurvedic medicine uses it as a digestive aid, urinary incontinence and premature ejaculation.

It is also used for nervous digestion and kidney problems. It may possibly counteract tranquilizers in large quantities.

Aromatic powder: cinnamon, ginger, cardamon, nutmeg

Quick acting stomach remedy and flavoring for cookies and pies

nutmeg for a carminative or to remove flatulence, nausea, vomiting. 1/4 to 1/8 tsp. in a cup of hot water every hour.

Not to be used by pregnant women or use in excess as it may cause hallucinations.

## **Apples**

Apples prevent kidney stones. Raw apples often do not agree with digestion. Apples stimulate saliva flow and help prevent tooth decay.

Studies have shown apples reduce tension, emotional upsets by 12 to 1 with a 2 a day.

People also have fewer skin diseases, arthritis, and upper respiratory difficulties. One of the active ingredients is pectin, reduce further for "kappopectate" for diarrhea, pectin helps to prevent putrefication of protein in the digestive tract."

An old time remedy for diarrhea, still in use today is to simmer apple parings in boiled milk, a half cupful being drunk warm every hour until relieved.

One can also grate apples and wait until they are brown. That is the sign that the pectin is coming out. Then eat one of two cups or as desired.

Apple Cider has been used in England for gout and arthritis and is also used as a diuretic.

Adamus lonicerus

The power and action of apples

The sour apples, so writes the learned Simeon Sethi, are good for those whose stomachs are damaged from warmth or dampness, and quiets the same.

Apples that have a sharp taste help the stomach that is not completely damp and can heal it.

Sweet apples help those with a cold stomach and those that have been bitten by poisonous animals

But all apples and especially the unripe ones, from alpine cold is damaged.

The sour apples slow down diarrhea, increase the urine, and stop nausea. Sweet apples are laxative and get rid of parasites.

## **Syrup of Apples**

The pharmacy produces a syrup that strengthens the heart, quiets heart palpitations, strengthens the stomach and quenches the thirst in high fevers and depression.

Spoiled apple extract: Apples boiled in water. It is good for cold decays burns, make a poultice from a cloth and apply externally morning and evenings.

The tea is also useful for chaffing, pestilential sores and wounds. Apply three times a day on a cloth.

An extract of cultured apples before they go rotten, is used to strengthen, cool the body and heart, drink morning and evenings.

Apple Blossom Extract: apple tree blossoms, tear them apart, put a cloth under the tree and knock off the blossoms and then boil in water. The extract is good for the measles, especially for the face, put on the face morning and evenings for 3 to 4 weeks, and helps quickly.

Of the nature, power and attributes of apples.

It has the attributes and nature. The sour type is colder and earthier in nature. The sweet has a slightly warm nature. The wind type is somewhat cold and warm, the wild apples constipate and congeal.

### **Inner Uses**

Simon Sethi writes that sour apples are good for the stomach of dampness that damages. Those apples that have a wine-like taste are also good for the stomach, refreshes it. A sweet tasting apple is useful for fevers when held in the mouth, also freshens. Sour apples cooked in butter help the convalescing sick and goes well with other foods. If one eats too many raw sour apples it blocks the colon, increases the urine and one can gag or get nauseated. The sweet apples soften the abdomen and act as a laxative, warm the stomach and protect against poisonous animal bites.

Almost all apples have the attribute when used as a fresh pressed juice with a small amount of saffron mixed and consumed antidotes poisonous substances and expels parasites. The apple juice along with the saffron works.

### **External Uses**

The fresh leaves ground up and made into a paste protect and treat hot wounds. Sweet apples cooked under hot ashes, cooled and laid on the eyes take away the pain. It can also be laid on the eyes mixed with rose water or cooked breast milk and used externally as a cataplasm.

For a stabbing of the side, use a sweet apple baked in plantain tea until the apples are soft, afterward lay on the wounded part with milk. You can also create the fragrant salve or pomade.

### **Apple Syrup**

From the apples you can make syrup in this way: take the juice from sweet and sour apples each 5 ounces, simmer to ½ the volume. Put in the fridge then add 3 oz. Of sugar and simmer until syrupy. Take off the foam and clear. Some drink this juice before it is done or merely simmer it in fresh raspberry juice so that it has a red appearance and the properties of raspberries.

In another fashion: use the juice of sweet and sour apples, each twelve ounces, simmer clear, then add 6 ounces of sugar and simmer until syrupy.

Both strengthen the weak and palpitating heart, weakness, and is useful for the stomach. It is good for depression and a blood cleanser.

### **Preserved apples (apple sauce)**

They are useful for a heated stomach and excessive thirst. For high fevers and quenches the thirst and is good for weakness (strengthens the heart and stomach).

### **Lemons**

Nature, power, and attributes of lemons.

The lemons have a cold dry nature as its sour taste shows.

### **Lemon juice and its uses:**

It is useful for the weakness and powerlessness of the heart and those that are very hot, heals the gallbladder and gives the heart a power and is especially good with borage and ox tongue herb extracts.

This also calms the heart palpitations, which come from too much heat, use with borage and sheep sorrel extract.

Those that suffer from priopismo (penis erection doesn't subside), use lots of lemon juice on foods.

It is also useful for those that have a poor appetite, it freshens the mouth, clams the stomach and gallbladder, and increases the appetite. Those that suffer with stomachaches from heat will benefit from lemons.

Lemon juice with plantain tea or tintrue cools the liver and quenches all unnatural heat.

Lemon juice is used to dissolve kidney stones and also lay pearls and snail shells with lemon juice over the kidney area.

In summation, lemon juice is food for all heat related weakness of the stomach, liver, kidneys, hear, and high fevers. It is especially useful in pestilential fevers and has the power and virtue to protect against poisons (toxins), delays decay and putridness, ant to strengthen the heart.

## **Lemon Syrup**

From lemon juice a syrup is made with sugar.

This syrup is used for infirmity and is more cooling than the juice and is especially good for putrefication, parasites and other raw dampness of the colon. It is good for the hot and sharp and weakening fevers, especially the gallbladder whose cause is anger, solves the heat and the thirst, but drives and protects the angry sharpness, hot and burning gallbladder. It is the vehicle of this syrup for the pestilential fevers with borage and sheep sorrel tea.

## **Lemon tea**

Mathiolus recommends the tea made from the juice and mixed with the syrup has the power to drive out and kill parasites. Use the tea externally on the face to bleach brown spots for a woman's clear complexion. The flowers can also be made into a wonderful tea.

The tea is useful to strengthen the heart and head and exhaustion, cleanse the blood and increase courage.

## **Spice Herbs**

Spice Herbs can be categorized as those herbs which are used in cooking, and are readily available to everyone, from caraway and cinnamon to marjoram and nutmeg, and so on. They have historically been used to stimulate digestion because way back then people didn't have refrigerators, and rotting food was a problem. So, to avoid putrefying of meat in the digestive system spices were used.

Spice herbs are "warming," a term most indicating a low acid condition. Normal stomach acid is essential for normal digestion. When you digest normally there should be very little gas or bloating. Spice herbs are especially warming to individuals with poor digestion, gas and bloating and those who tend to always feel cold.

These spice herbs also promote circulation. Each particular spice herb stimulates a different part of the digestive system. For instance, caraway seeds are especially good for starchy foods and legumes such as cabbages, turnips, potatoes, apple sauce, pumpkin pie.

Most spice herbs are considered carminatives, a term for herbs that reduce muscle cramps in the gastrointestinal system. It works to regulate the nerves and circulation of intestinal muscles.

### **Spice tonic from Dr. from England**

12 cayenne peppers

1 T. Cinnamon, fennel or caraway

1 t. fresh ginger

12 cloves

½ t. grated nutmeg

In a pint of boiling water and then stir in 8 oz. honey or molasses

Use 1 T. In hot water for sore throat, indigestion, gas, heart palpitations, fatigue or coldness.

## INTRODUCTION TO THE LIQUID COPALS

In our Native American tradition, natural plant medicines have been used throughout history. The Native American term "copal" means the living essence of healing plants. The sacred liquid copals deserve serious study, for they have great potential for healing. Unfortunately, the public today is still largely unfamiliar with how to use traditional plants. The traditional healing plants are safe, comparatively inexpensive, practical to use, quick acting, and effective. The use of these plants to combat infections is adequately documented in medical and scientific literature. There is now sufficient clinical experience to show how plants can be effective for a wide range of health problems. Unfortunately, much of the research and medical literature on this topic is available only in other countries.

In France, for instance, many medical doctors use the liquid copals to fight common infections. The most common uses are for infections of the respiratory and digestive systems, the urinary tract, the reproductive organs, and the skin. The French are world leaders in the use of liquid copals for therapeutic purposes, and because it is considered normal, the liquid copals are covered by health insurance plans. French pharmacies also carry formulas consisting of liquid copals and herbal tinctures that are specifically made under a doctor's prescription. Aroma therapy is taught in French colleges, universities, and medical schools. In the United States, traditional natural plants are commonly available but the medical doctors rarely use them in treatments.

The American public in general is unfamiliar with liquid copals and the possibilities of using them for healing purposes. There is comparatively little public or private funding available for natural health care research. In order to make better decisions, people should be informed about alternative treatments and what they can do to live a longer and healthier life. A freely informed public is in everyone's best interest.

The end result of plant metabolism is called liquid copals. They are synthesized by the plant's chemistry and circulate through the stems, leaves, flowers, and roots. They contain the elements that make each plant unique - the scent and the intelligence of the plant. As you walk through a forest of pine trees you can easily smell their fragrance. Liquid copals are found in the skin of an orange, in the leaves of a peppermint plant, and in the petals of a rose flower. It is the liquid copals that give the plant its aroma and fragrance.

Liquid copals are "essential" for a plant's survival. They are a key component of the immune system of plants. Scientists have observed that plants use their liquid copals for various reasons such as repelling unwanted insects, healing when the plant is injured, preventing water loss from foliage when the climate is hot or dry, and attracting bees and other insects that aid in pollination.

Liquid copals are stored by plants in resin ducts, hollow spaces, and cells. They can be found in various parts of the plant such as the leaves, stems, bark, needles, resin, flowers, fruits, and roots. With few exceptions, liquid copals are extracted from plant materials through steam distillation or cold pressing. When a plant is distilled, each has unique requirements in terms of how the plant should be handled. These include when to harvest, the time between harvesting and distillation, distillation equipment, temperature, pressure, and when to stop distillation in order to avoid exposing the copals to excessive heat, thus destroying vital constituents. The cold pressing is used to remove citrus liquid copals from the peel of citrus fruits such as grapefruit, orange, lemon, lime, and tangerine.

Thousands of tons of liquid copals are used each year by the flavor and fragrance industry. They are inferior in quality to the liquid copals we use in our traditional healing and should not be used for that purpose.

Because of the limited amount of plants grown in the world each year, many commercial growers will use various methods to make it more profitable for them. Growers will use chemicals during the growing process and extreme heat, pressure, or chemical solvents to squeeze more liquid copals from the plants during distillation. These processes not only cut production time and reduce costs, but they also greatly compromise the quality of the liquid copals being produced. The result of such practices is very little, if any, life force left. Many times the very small trace constituents that are lost are the ones important for healing. Dead liquid copals are to be avoided in our traditional healing. They may still have a flavor or fragrance to satisfy the perfume and food industry, but they are not the quality liquid copals necessary for healing. In fact, this lower standard is very acceptable for flavoring or fragrance. Since the demand for unadulterated liquid copals comprises less than 5% of the market, it is the suppliers that buy the food and perfume grade liquid copals and sell them as "therapeutic" grade who are committing fraud.

Because quality liquid copals are expensive to produce, fraud is rampant in the industry. Liquid copals that say "100%" can mean as little as 10% of the pure liquid copals with the rest being a colorless, odorless petrochemical. This mixture is considered acceptable in the retail trade. While some companies are conscientious about correctly labeling their

products, others are not.

It is important to understand the term "aromatherapy grade" originated in England and is known to be the practice of massage with liquid copals. To the English, "aromatherapy grade" liquid copals consist of only 2 - 5 % pure liquid copals and 95 - 98% carrier oil. A food or fragrance grade of 2 - 5% can still meet the English requirement of "aromatherapy grade." In America, many take the term "aromatherapy grade" to mean pure unadulterated quality liquid copals which may not be the case. Here is another area where one will need to determine which English is being spoken-- American English or British English. You will soon recognize when the liquid copals are labeled "aromatherapy grade," it is probably by definition adulterated and/or diluted.

Most users of liquid copals in Britain are horrified at the thought of applying pure, "neat" liquid copals to the body for fear of a toxic reaction. This may be because most British liquid copals are by-products of the food and fragrance industry and such liquid copals probably are toxic if used neat. Since in England only 2 - 5% liquid copals are used in their blends, no serious reactions are usually noted.

The term "Pure USP Grade Oil" refers to a set of standards for liquid copals set by the fragrance and food industries. These standards were set so that all batches of liquid copals will be as identical as possible for use in receipts and formulations. When a new crop of liquid copals come in, they add or subtract chemical constituents to make the new batch comply with the "USP Grade Oil" standards. These standards are intended for the fragrance and food industry and never for our traditional healing.

Some would argue that there are only minor differences between liquid copals and reconstituted liquid copals, but man can never reproduce the quality liquid copals that nature produces. There is more to liquid copals than its aroma. For instance, throughout the world a pure synthetic methylsallylate is labeled and sold as natural wintergreen or birch. The synthetic will never be able to duplicate the healing properties of the pure liquid copals of wintergreen or birch.

These counterfeit liquid copals are so skillfully compounded they are virtually impossible to detect even with the most sophisticated equipment. In the book *What to do When Antibiotics Don't Work!* by Dirk Van Gils, it states that Dr. Herve Casabianca, director of the largest liquid copals testing laboratory in France, has come to the conclusion it is important to "know your grower, know your distiller, and know your supplier." Dr. Casabianca says, "The chemists have become so clever that they can sometimes fool even the best of laboratories."

God makes the sacred liquid copals. All we can do is extract them as lovingly as possible and find a producer who is willing to leave them untouched. God's gift of liquid copals can never be copyrighted, trademarked, or patented for profit. Every person has the right to experience true traditional liquid copals.

Traditional healing liquid copals are not usually sold in retail stores. It is believed over 90% of the "liquid copals" sold in the U.S. are fragrance or food grade and unsuitable for healing. Many books written on liquid copals are written by those with little or no experience with the traditional healing liquid copals. Their experiences and information may come from adulterated or synthetic liquid copals. The traditional healing liquid copals are very powerful and must be used with respect, in small amounts, and are best diluted in carrier oil when you first begin.

Liquid copals should always be purchased in protective dark glass bottles (blue bottles being the better choice) with airtight seals. The airtight seal prevents oxidation and keeps the volatile components of the liquid copals in the bottle, thereby retaining their traditional healing properties. The physical nature of liquid copals allows them to penetrate human tissue quickly. This is what gives the traditional healing its effectiveness.

The traditional healing liquid copals are wonderful to use, but we need to learn to respect them and their abilities. My favorite way to use the traditional liquid copals is on the bottom of my feet, my wrists, and my ears. This way I can benefit my whole body in a few quick applications.

Diffusing the liquid copals is another way to enjoy the benefits of their traditional healing aromatic influences. Diffusing not only removes dust particles from the air but is also a great air filtration system. Until you purchased your diffuser, use a two ounce spray bottle, filled it with water, added ten drops of your favorite liquid copal, then shake and spray around the room. This is also good when traveling to use in the hotel room, keep the driver alert, or to calm the children. As you use the sacred traditional healing liquid copals, you may wonder how you ever tolerated the chemical substitutes.

As you use the liquid copals in their ceremonial traditional healing way, you will have your own experiences. Write about your experiences, explain how the liquid copals were used, and the benefits you experienced. This will prepare you to be able to share the Shahaptian Healing Way with others. You will find your knowledge will increase as you share. On the other hand, if you keep the knowledge and benefits to yourself you will lose this knowledge. The Shahaptian Healing Way was given to us to share and be willing to assist others in their health quest.

As you use the liquid copals, you will find new applications to add to the list of benefits. You may find you did not

notice the specific benefit mentioned for the liquid copals. This is okay because the sacred liquid copals seem to have a mind of their own and will adapt to the specific needs of the individual.

It is important to have respect for the ceremonial liquid copals. They are powerful and just a very small amount is all that is usually needed. If you use too many or too much, you may experience "flu like symptoms" as the liquid copals go to work in the traditional healing way to assist you to detoxify. If this is the case, drink plenty of water and stop using the liquid copals for a few days. Two tablespoons of the traditional powdered ginger in a bath may also assist in detoxifying.

Bevonne Birch

Native American Medicine Woman

## SINGLE OILS

**Basil** (India) *Ocimum basilicum* - intestinal and respiratory ailments, nerves, repairing connective tissue asthampoor memory, fainting and depression,

**Birch Bark, Sweet** (USA) *Betula Lenta* - benefits muscle & joint discomfort, arthritis, poor circulation, cramps, high in cortisone-like function, and gout.

**Black Cumin** (Turkey) *Nigella Sativa* - digestive aid, colds, headaches, infection, allergies, nervous exhaustion insomnia, and hypothyroidism.

**Cedarwood, Wild** (Himalaya) *Cedrus deodora* - controls odors, calming, antiseptic, urinary track infections, hair loss, nerves, acne dandruff and arthritis.

**Clove Bud** (Madagascar) *Eugenia Caryophyllata* - respiratory system, pain, toothache, infectious diseases, memory deficiency, anti-fungal, and colic.

**Cypress** (Spain) *Cupressus sempervirens* - circulation, stops bleeding, diarrhea, tightens tissue, nerve virus, colds, thyroid dysfunction, & fatigue.

**Eucalyptus radiata Organic** (Australia) - athlete's foot and other fungal infections, cuts, herpes, hiccups, asthma, colds, fevers, and expels mucus.

**Fennel Seed, Sweet, Organic** (Turkey) *Foeniculum vulgare Miller* - assists the liver and aids digestion, increase lactation, constipation and detoxifying.

**Frankincense, Wild** (India) *Boswellia corderii* - incredible immune system builder, anti-trmoral, dry skin, scars, fevers, anxiety, ease labor pain, etc.

**Geranium** (Egypt) *Pelargonium graveolens* - acne, burns, bruises, broken capillaries, cellulite, lice, all skin types, jaundice, PMS, and anti-depressant.

**Ginger** (Nigeria) *Zingiber officinale* - digestion, memory, fatigue, chills, flu, rheumatism, sprains gas, nausea, motion sickness, and nervous exhaustion.

**Grapefruit, Pink, Organic** (USA Pressed Peel) *Citrus paradisi* - helps with digestive complaints, obesity, muscle fatigue, kidney and liver problems.

**Helichrysum, Organic** (Croatia) *Helichrysum italicum* - hearing problems caused by nerve damage, anti-fungal anti-viral anti-inflammatory, and pain.

**Helichrysum, Organic** (Madagascar) *Helichrysum gymnocephalum* - liver cell function, muscular aches, rheumatism, and pulmonary spasms.

**Juniper Berry** (India) *Juniperus communis* - detoxifying, diaper rash, arthritis, obesity arthritis, obesity, infections, bladder, kidney, liver and respiratory problems.

**Lavender, Organically grown** (Hungary) - Beneficial for skin conditions, anti-infectious, stretch marks, anti-inflammatory, acne, insomnia, indigestion, hair loss, and burns.

**Lemon, Organic** (USA Pressed Peel) *Citrus Limonum* - digestion problems, strengthens immune system, boils, obesity, poor circulation, flu and anxiety,

**Lemongrass** (Guatemala) *Cymbopogon flexuosus* - anti-fungal, varicose veins, kidney disorders fluid retention, edema, bladder infection & insect repellent.

**Lime Organic** (USA Pressed Peel) *Citrus aurantifolia* - fevers, viral infections, flu, cold congestion, muscle tonic, cheering, listlessness, anxiety, and uplifting.

**Mandarin, Red** (Italy Pressed Peel) *Citrus nobilis* - hiccups, congested and oily skin, acne, stretch marks, strengthens the digestive function and liver.

**Marjoram, Sweet** (Egypt) *Origanum marjorana* - anti-spasmodic, muscular aches and stiffness, sprains, bruises, chronic fatigue, and respiratory problems.

**Myrrh** (Somalia) *Commiphora myrrha* - anti-inflammatory, anti-bacterial, anti-fungal, chapped and cracked skin, wrinkles, hemorrhoids, and voice loss.

**Myrtle, Wild** (Tunisia) *Myrtus communis* - respiratory problems, asthma, sinus infection, prostate decongestant, infectious disease, flu and colds.

**Nutmeg** (Indonesia) *Myristica fragrans* - supporting adrenal, increasing energy, nervous fatigue, rheumatism arthritis, gas, and poor circulation.

**Orange** (USA Pressed Peel) *Citrus sinensis* - improves digestion, sedative, cooling a fever or warming chills, palpitation, muscular spasm, & brings joy.

**Oregano, Wild** (Turkey) *Origanum vulgare* L. *hirtum* - anti-bacterial, anti-fungal, anti-viral, anti-parasitic, warts, mental disease, and muscular pain.

**Palmarosa** (India) *Cymbopogon martini* var. *montia* - skin problems, acne, wrinkles, candida, rashes nerves, anti-microbial, anti-fungal and anti-viral.

**Patchouli** (Indonesia) *Pogostemon cablin* - wrinkles, chapped skin, skin allergies, hives, anti-infectious, anti-inflammatory and nervous exhaustion.

**Peppermint** (USA -1st Distilled) *Mentha piperita* - shock, fever, arthritis, flu, migraine, antiseptic, colds, swelling, chronic fatigue, digestion, headaches & heartburn.

**Ravintsara, Organic** (Madagascar) *Cinnamomum camphora* - the "oil that heals", anti-viral, anti-bacterial, anti-fungal anti-infectious, liver, lung & flu.

**Rosemary** (Hungary) *Rosmarinus officinalis* - good all around oil, sinuses, flu, anti-viral, liver, kidneys, diabetes, memory, energy, and aging.

**Rosewood** (Brazil) *Aniba roseodora* - anti-infectious, anti-parasitic, anti-fungal, scars, slows aging process, depression, nervous tension and stress.

**Sage, Wild** (Turkey) *Salvia fruticosa* Miller - eczema, acne, digestion, liver, diuretic, anti-cancer, glandular disorders, nervous system & adrenal cortex.

**Sandalwood, Wild** (Australia) *Santalum spicatum* - benefits all skin conditions, kidneys, glands, supports lymphatic, nervous and cardiovascular systems.

**Spearmint** (USA) *Mentha spicata* - respiratory, nervous, and glandular systems, anti-fungal, anti-parasitic, anti-inflammatory candida, & digestion.

**Spruce** (Canada) *Picea alb* - respiratory problems, stimulant to thymus, grounding, prostate, arthritis, bone pain, sciatica, and immuno-depression.

**Tangerine** (USA Pressed Peel) *Citrus reticulata* - digestion, water retention, obesity, cellulite, calming to nerves, laxative, constipation, and parasites.

**Tea Tree** (Australia) *Melaleuca alternifolia* - respiratory, infectious diseases, anti-fungal, digestion, flu, immuno-stimulant, cold sores, herpes, and shock. bWUIt1,

**Thyme, Red** (Spain) *Thymus vulgaris* - anti-microbial, anti-bacterial, anti-fungal, anti-infectious, anti-parasitic, anti-viral, asthma, and tuberculosis.

**Vetiver, Wild** (hydro-distilled - Haiti) - acne, cuts, oily skin, wounds, arthritis, muscular pain, stiffness, anxiety, deeply. relaxing, attention deficit disorders, etc.

**Ylang Ylang Complete** (Comores) *Cananga odorata genuina* - soothing to nervous system, balancing heart functions, fatigue, depression, & insomnia.

**Ylang Ylang Extra, Organic** (Madagascar) *Cananga odorata genuina* - first extraction and finest oil, high blood pressure, tachycardia, & skin problems.



## Super Garlic Immune

Mix well the following liquid ingredients:

- 8 parts apple cider vinegar
- 5 parts glycerine
- 5 parts honey
- 2 parts garlic juice, fresh
- 2 parts comfrey root concentrate
- 1 part wormwood concentrate
- 1 part lobelia leaf concentrate
- 1 part marshmallow root concentrate
- 1 part oak bark concentrate
- 1 part black walnut bark concentrate
- 1 part mullein leaf concentrate
- 1 part skullcap leaf concentrate
- 1 part uva ursi, hydrangea or gravel root concentrate

To make concentrates:

Each concentrate should be made individually. Start by soaking the herb in enough distilled water to cover it, for four hours, over night if it is a root. After soaking, add more distilled water so that the total added equals 16 oz. water per 4 oz. of herb. Use a multiple of these amounts for larger batches. Using this amount will make approx. one gallon of Anti-Plague. Simmer the herb on very low heat in a covered pan or double boiler for thirty minutes. Then strain the liquid into a clean pan. Put the liquid into a double boiler or on very low heat uncovered and simmer it down to one-fourth of the original volume (4 oz.) Only after all the ingredients have been prepared should the liquids be mixed. (Use only stainless steel pots.)

To make Garlic Juice: for the above amount use 2 ½ lbs. of garlic - peel, blend in blender with vinegar (do not liquify). Let set for 3 days, shaking several times per day. Squeeze out liquid and measure. If needed add more vinegar to equal the 8 parts.

\*\*\*I priced this on the internet and it is around \$35.00 for 16 oz.

## Morning Sickness Remedies

Taunya Robbins C.C.E. and L.M.T.  
801-254-5938 or tbrobbins @comcast.net

**Papaya Enzyme:** Chewable tablet that aids digestion, helps with heartburn, indigestion and nausea. Chew two to four tablets whenever needed.

**Hydrochloric acid (HCL):** Take one tablet of HCL about a half an hour to fifteen minutes before a meal to aid digestion.

**Apple Cider Vinegar:** Add 1 teaspoon of apple cider vinegar to eight ounces of water and drink it about a half an hour to fifteen minutes before a meal. This can also aid digestion.

You can use this in tablet form as well. You do not need both, HCL and vinegar, just one or the other.

**Red Raspberry leaf tea:** Steep for 5 minutes, sip on throughout the day.

**Keifer:** A thin yogurt in drinkable form. Aids digestion and replaces good bacteria.

**Plain Yogurt:** A few spoonfuls, without flavors or sugar, can help.

**Capra Mineral Whey:** A mineral powder that mixes with water (I prefer it warm). This helps with sodium balance and works wonders on upset stomach and nausea.

**Recharge:** (by Knudsen's) A juice similar to Gatorade but with herbs and natural sugars to help sodium and potassium balance. Sip throughout the day.

**Acidophilus (Probiotic) supplements:** Aids digestion and replaces good bacteria in digestive tract.

**Fresh apples, pineapple or papaya fruit** sometimes relieves nausea. You may also try dehydrated **ginger, pineapple or papaya**.

Keeping your fluid intake (**water**) regular, sipping it all day will help. Some believe that nausea is partly due to the rapid increase in blood volume during the first trimester, as well as the amniotic fluid production.

Eating **Celery** can be beneficial due to its natural sodium content.

**Snack** every 2 hours at least, sometimes more often. It doesn't need to be a lot, just a small snack often.

Keep your **protein intake** relatively high, around 70 to 100 grams a day if possible.

**Sea bands:** Available at most pharmacies or health stores. Small bands that you wear on your wrists, there is a small bead inside that puts pressure on the pressure point –Pericardium 6 – which helps with vomiting, dizziness, stomach problems.

**Acupressure points** that help alleviate nausea and vomiting are:

CX -3 (pericardium meridian) Located on the inside of arm, at the bend of the elbow, just medial (toward the body) of the center.

GV -14 (governing vessel) Located on the spine, in the intervertebral space between Cervical 7 and cervical 8.

CX – 6 (pericardium meridian) Located 2 inches above the wrist on the inside of arm.

B -57 (bladder meridian) Located on the back of the leg, in the V of the calf muscle.

GV – 5 (governing vessel) Located on the spine, in the intervertebral space between Thoracic 12 and Lumbar 1.

**Homeopathic Remedies:** Nux Vomica, Ipecac, Phosphorus, Sulphur, Veratrum Album, Pulsatilla, Lycopodium, Arsenicum Album, Carbo Veg. See homeopathic rubric to determine exact symptoms and remedy. Dave's Health and Nutrition carries a combination remedy called "Morning Sickness" or Triple Potency also has one called "Morning Sickness".

**Cell Salts:** (Homeopathic) For digestion: Put 15 soft pellets of each of these cell salts in a bottle of water, shake, then sip on this water throughout the day. Calcarea Phosphoricum, Natrum Muriaticum and Natrum Phosphoricum. For heartburn: Use Calcarea Phosphoricum, Mag Phosphoricum, Natrum Phosphoricum, and Nat Sulphuricum.

**Herbs:** For Nausea, gas and bloating: Catnip, Chamomile, Fennel, Ginger, Juniper, Peppermint, Slippery Elm, Spearmint and Yarrow. Check with professional or the book, Wise Woman Herbal for the Childbearing Year, by Susan Weed.

**Aromatherapy:** Native American Nutritional's blend called, Tummy Rub or Freedom. Other individual oils that help nausea are: Basil, Melissa, Cardamon, Chamomile, Anise, Fennel, Coriander, Cloves, Ginger, Lavender, Peppermint, Nutmeg, Pepper, Rosewood, Sandalwood, Spearmint, Tarragon.

**Massage** can be beneficial. Be sure to let the therapist know you are pregnant.

**Positive affirmations:** For nausea and vomiting. From Louise Hay's "Heal Your Body"

"I am safe. I trust the process of life to bring only good to me."

"I digest life safely and joyously. Only good comes to me and through me."

"I breathe freely and fully. I am safe. I trust the process of life."

"I am always in control of my thoughts. I am safe. I love and approve of myself."

**Recommended books** to consult:

"Heal Your Body" or "You Can Heal Your Life" by Louise Hay

"Wise Woman Herbal for the Childbearing Year" by Susan Weed

"What Every Pregnant Woman Should Know: The Truth About Diet and Drugs in Pregnancy" by Tom Brewer M.D.

"The Secret Life of Your Unborn Child"

"Transformation Through Birth" by Cynthia Panuthos

Any books by Carl Jones are beneficial also.

Copyright: Taunya Robbins