

**The Complete Home Guide to Herbs,
Natural Healing, and Nutrition**

*The Complete
Home Guide to Herbs,
Natural Healing,
and Nutrition*



Jill Rosemary Davies



The Crossing Press
Berkeley / Toronto

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Caution

In many cases small quantities of herbs are therapeutic, given at the correct dose and in correct proportion of herb within a formula. In larger doses they are often highly dangerous, for example angelica (*Angelica archangelica*), coltsfoot (*Tussilago farfara*), goldenseal (*Hydrastis canadensis*), licorice (*Glycyrrhiza glabra*), and pokeweed (*Phytolacca americana*). I also never advise combining drugs and herbal medicines as their interactions are unpredictable. For formulas that are very similar to the ones described in this book, that are safely sold over the counter to many millions of people all over the United States since 1979 by mail order, contact:

The American Botanical Pharmacy
4114 Glencoe Avenue
Marina del Rey, CA 90292
Tel: 800-Herb-Doc
Website: <http://www.800herbdoc.com>

For British and European equivalent formulas contact Herbs Hands Healing Ltd. (see address and details below).

In general, no parts of formulas nor doses have been given for the herbal formulas and herbs. Neither have the contraindications of herbs been included, as they are numerous and specific, those pregnant and breastfeeding being in the highest category to avoid certain herbs. A very comprehensive list of herb contraindications and drug interactions, plus more information on dosage, is available on the Internet at www.herbshandshealing.co.uk and from:

Herbs Hands Healing Ltd.
Station Warehouse
Station Road, Pulham Market
Norfolk IP21 4XF, United Kingdom
Tel: 011-44-0137-9608201
Email: info@herbshandshealing.co.uk

The books *Herb Contraindications and Drug Interactions* by Francis Brinker and American Herbal Products Association's *Botanical Safety Handbook* edited by Michael McGuffin, Christopher Hobbs, Roy Upton, and Alicia Goldberg can provide alternative information. For added information see also *The United States Pharmacopoeia* and *American Herbal Pharmacopoeia* by Roy Upton. For more details on the above books contact American Botanical Council at 800-373-7105.

All of the herbs mentioned in this book can be used by qualified herbalists and the majority can be sold over the counter in line with laws varying from country to country.

Introduction

The stars of this book are the plants, trees, and flowers themselves. They are endearing, beautiful, mysterious, fundamental, and primitive. The delight and uses of their seeds, roots, bark, color, and form are phenomenal and, set among the rest of the intricate web of nature, they are truly miraculous. This book is not only about the plants, however, it is also about a combination of natural healing methods, healthy lifestyle, and the use of herbs as potent tools for natural healing. Were this simply a book on herbal medicine, it would be dangerously easy to see plants as a direct substitute for conventional drugs. But although it is often possible gently and carefully to substitute one for the other, on the whole it is best to use herbs as an integral part of life, combining them with a wealth of other lifestyle choices and thus preventing and balancing disorders or diseases.

Plant healing is deeply ingrained in our ancestry, yet the privilege of healing our own bodies has been increasingly taken away from us and put into the hands of doctors and conventional medicine. It is not surprising that night calls to doctors have doubled in the past few years, pill taking has soared, and the skills of home nursing have diminished. Many people tend to view ill health as a “supermarket affair,” demanding quick answers with the cry, “Give me a pill and make it go away, now!” Others, however, feel a desperate yearning to know more about natural home-healing skills, combined with herbs. So this book has been written with the understanding that herbalism and natural healing should be restored to the home as safely and effectively as possible. All practitioners insist that if there is any doubt about the cause of a patient’s condition, a doctor’s diagnosis should be sought. From this diagnosis you, and perhaps your local herbalist, can work on your body naturally until you regain full health.

This book also explains the philosophy and ethos behind herbalism and natural healing. Perhaps you are not ill but just want to learn how to look after yourself. Knowing how to prevent ill health by understanding your body and having some practical insight into ways to look after it is all part of the ethos of natural healing. By gaining this knowledge, you will learn how to return some of the responsibility for your health to where it should be. The need to do so becomes especially urgent when one considers that 50 percent of the forty-six thousand patient deaths in Britain every year from iatrogenic (doctor-involved) ailments are associated with operations performed as a result of diagnostic errors.

Many of the natural healing programs in this book require the cleansing of the body by consuming special foods. This is called *detoxification* and it is fundamental to the natural healing process. Its basic importance rests on the fact that the human body has the ability to regenerate itself using its own

restrictions. He went on to exclude fats (especially from cakes and pastries), fish, and sugar. Someone else suggested that he should take plenty of exercise and, all in all, he began to feel a great deal better. Nevertheless, at the age of nineteen, he was scheduled for major open-heart surgery. On discovering, however, that a friend of a similar age had died on the operating table undergoing the same surgery just the day before, he literally fled the hospital and continued his self-healing quest. To this day he remains healthy and more alive than almost anyone I know, having used no drugs or surgery at any point in his life. His successful clinic, treating many thousands of terminally sick (and other) patients, was closed down by the U.S. Food and Drug Administration (FDA) in 1994, but his work lives on ever stronger through his books, seminars, videos, teaching tapes, and his herbal medicine company, the American Botanical Pharmacy, in California.

My major personal experience of ill health started at the age of eighteen. It took the form of intense knifelike pains on my right side, sometimes lasting hours or days. I saw twelve bowel consultants, yet gained no insight or advice. When I was nineteen years old, my stomach was cut open because it was suspected that I might have cancer. The doctors found nothing, but removed my healthy appendix. I couldn't walk properly for months, and I couldn't wear a bikini! But after a while, I discovered yoga and the effects of its general balancing and internal massage, which started healing my problems. Eventually, I discovered healing foods, cleanses, herbs, and colon health care, through Dr. Christopher and other teachers.

Book List

Common Sense Health and Healing by Dr. Richard Schulze (Santa Monica, California: Natural Healing Publications, 2002)

Confessions of a Medical Heretic by Robert Mendelsohn, MD (Chicago: Contemporary Books, 1990)

A Herbal Legacy of Courage by David Christopher (Springville, Utah: Christopher Publications, 1993)

The School of Natural Healing by Dr. John Christopher (Springville, Utah: Christopher Publications, 1976)

Our Bodies, Our Health

The Clues to Health and Sickness

It is a great blessing if your body can transport you through life without too many recurring breakdowns. Being unaware of the body's warning signs is part of a more general loss of many primal and gut instincts. When things do go wrong, there is a tendency to curse your body, treating it as something separate from yourself—an entity that has failed in its service to you. What people often fail to realize is that this reaction is the result of an ever-increasing disconnection with the body, and that the physical breakdown is the conclusion to a long series of unheeded warnings, which the body has been trying to communicate. These communications can be as simple as an awareness that you have not felt quite right for a while, that you have been unusually terse with loved ones or simply the feeling that you can't cope any more. They can also take a more physical form, like a headache or indigestion—symptoms often suppressed with a pill, when you should be addressing the cause and questioning the reason for them. Sometimes, as with so many children nowadays, ill health becomes a way of life. Allergies, digestive disorders, and overuse of antibiotics are all too common.

Listening to your body, observing and asking how and why you react to situations the way you do, can tell you an awful lot about yourself. With physical symptoms, what is often required is a process of seeing the external signs and tracing them back to the inside. Initially, there may be just a jumble of clues and tidbits of information, great and small. Every sensory ability has to be thrown into feeling more and gathering information. Approach the problem like a great detective novel; it will invariably contain many false trails that must be patiently tracked by applying all available wisdom. Drawing conclusions too quickly is as dangerous as overcomplexity and tunnel vision. Simplicity and common sense should be your primary focus. A practitioner can often make sense of all the pieces for you and design a helpful route back to health.

In many cases of ill health, a disease progresses for some years before severe symptoms set in. The further advanced a disease is, the harder it is to find the source or to locate the actual moment, or moments, when the initial disharmony spawned the illness. So seeing and being aware of yourself is a habit you can begin at any age and is a lesson that it is never too early or too late to learn. In many ways it is a very natural process. Some may find comfort in knowing that their ill health is their destiny. What is certain is that what counts is the course of action that follows.

The Basics That Can Be Achieved at Home

Nutrition: Eat good foods, avoiding those that contain pesticides, hormones, and any other additives or contaminants. Instead, concentrate on foods that are organic, if available, and rich in vitamins, minerals, and other desirable constituents. An occasional checkup on the body through food cleanses is important. Today, digestive problems are rife and are at the bottom of much ill health. Weak digestive juices are often the cause.

Medicinal nutrition: Use healing plants to tone, support, and stimulate.

Herbalism: Use plant oils, tinctures, infusions, poultices, syrups, compresses, fomentations, and decoctions.

Hydrotherapy: This healing method can be practiced in the bathroom. Showering, soaking, and steaming are just a few ways in which water can be used to circulate blood and massage internal organs and systems—giving them more oxygen and nourishment in order to avoid or dispel congestion and stagnation.

Exercise: Keep the body moving, flexing, circulating, pumping, inhaling, exhaling, and detoxifying. Yoga and breathing exercises are especially good for all of these requirements and for those with limited movement.

Body contact: Massage, yoga, reflexology, tai chi, and other movement therapies help the body stay healthy or, if necessary, heal.

Celebrating Nature's Alchemy and Fragrance

“While the plant is growing, an enormous amount of electrical or vital energy is absorbed into the different parts of the plant. It is first generated by the sun, diffused through the atmosphere, the water and the earth; and the plants select what they need to build acids, alkalines, phosphates, carbonates, chlorides, glycerides, oils, fats, waxes and so forth.

In this profoundly wonderful vegetable kingdom that covers the earth with beauty, perfume and flavor, there is every conceivable requirement for every living creature, even to the breath of life. Plants arrange themselves into families, choose their own habitation and select their own food. Through long study of the chemistry of soil and plants we are able to predict what we shall find stored away in the leaves, roots, barks and fruits of particular plants for the purpose of supplying our own bodies with the specific material and specific energy we require.”

—Dr. Edward E. Shook, *Advanced Treatise on Herbology*

There are many ways to make contact with nature. Anyone who has spent time communing with it will understand and feel its unseen gifts and potential as much as the more visible ones. The rocks, the earth, the many greens of foliage, and the rainbow colors of the blossoms and fruits speak for themselves. A flower, when you stare into it, can heal by its color and form alone, while its vibration and essence are something else.

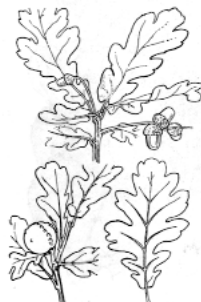
Nature can respond like a true friend or lover, as events have shown time and again. The Findhorn Project in northern Scotland continues to provide a wonderful experience and revelation of the power of love and tuning into nature, showing that plants are intelligent, responsive, and emotional, lacking only, perhaps, the power of movement in an otherwise full spectrum of humanlike abilities. On stony soil under windy conditions, unbelievable plants, fruits, and vegetables have been produced at Findhorn, proving that really relating to nature can produce some surprising results—such as double-size fruits and vegetables with no pests. This vibrational attunement with nature could produce even more wonderful benefits for world food production. Indeed, we are all going to need to reassess our methods as time goes by. Perhaps we need to recall times when our relationship with growing things was founded on more simple gratitude and celebration.

was originally brought to Britain by the Romans. British settlers brought it in turn to North America, where it has naturalized.

OAK (*QUERCUS ROBUR*)

Parts used: bark, leaf, gall, and acorn

The oak is a bitter, astringent plant, rich in antiviral and antibacterial chemistry. Because of the strongly astringent qualities of its tannin, only small amounts can be taken internally. It is ideal for treating some types of diarrhea. It is also a wonderful treatment for the immune system. But it is mainly used for mouth-washes and as a gargle for sore throats and for gum and mouth problems. Relatives of this tree were a staple food source for many indigenous tribes around California, where the white oak still grows in profusion. Flour from the acorns really sustained these people, who often left the acorns in water for days to wash away the tannin and then crushed them. The resultant paste was very nutritious and good for boosting immunity.



PLANTAIN (*PLANTAGO MAJOR*)

Parts used: leaf and juice

This roadside herb (not the banana relative) is a wonderful immune stimulant and can be taken internally for bacterial infection or put directly on wounds as a fresh poultice. It also has antihistaminic properties, which make it useful for treating allergies, insect bites, and so on. It cools, helps reduce inflammation, and acts as an efficient blood and lymph cleanser.



RED CLOVER (*TRIFOLIUM PRATENSE*)

Part used: flower

Red clover is an unequalled blood cleanser used for degenerative diseases and specifically for cancers of the lymphatic system and bloodstream. It is also capable of relaxing spasms and will help release water retention and induce sweating when needed. Its red flower gives a huge clue to its blood-cleansing capabilities.



ST. JOHN'S WORT (*HYPERICUM PERFORATUM*)

Parts used: flower and top leaves

This yellow flower, which blooms at the summer solstice, has been used for a century in Europe for a wide variety of diseases, both internal and external. The list is impressive, and modern research is now able to support its older uses—externally for wounds, bruises, burns, and nerve pain (including dental), internally for liver and gallbladder complaints, bladder and lung problems, dysentery, worms, diarrhea, hysteria, and nervous complaints. Sales of St. John's wort outstrip those of Prozac in Germany because it has the ability to heighten serotonin levels in the brain. (St. John's wort should not be taken with drugs containing serotonin; it can also cause sensitivity to light in some individuals. It is advisable to seek professional advice before taking this herb.)



YARROW (*ACHILLEA MILLEFOLIUM*)

Parts used: flower and leaf

Yarrow is commonly found along road and field verges. Aromatic and bitter, it affects digestion favorably and lowers blood pressure. As a strong astringent it can staunch heavy blood loss. In Europe and North America, it has traditionally been used for fevers, colds, flu, and other viral diseases.



EUCALYPTUS (VARIOUS SPECIES)

Part used: leaf

Rich in rutin, this tree's leaves not only help strengthen the walls of the vascular system but, as a strong antiviral, make a wonderful tea for treating flu, colds, coughs, and more. It is used for the treatment of malaria all over the world.

JUNIPER (VARIOUS SPECIES)

Parts used: leaf and berry

This is another antimicrobial plant with a particular affinity to the urinary tract. The leaves of this shrub are used; make them up as a tea. A few juniper berries can also be used over a short term.

PINE (VARIOUS SPECIES)

Parts used: needle and resin

As a prime antioxidant, a cup of tea a day made from the needles will

Basic Preparations of Herbs

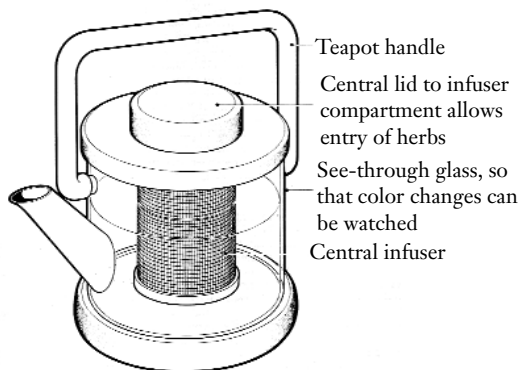
A herb is sometimes used on its own or sometimes as part of a formula that contains several herbs. The latter, termed *polypharmacy*, employs a teamwork effect that is appropriate when the power of a single herb needs to be supplemented. Very often the formula consists of one main herb with others acting as support. The support team can be made up of one or two herbs, or even ten or twelve. The main herb may, for example, be required to soothe impaired tissue, while the others assist in nourishment, help eliminate toxins, assist in nerve or blood supply, or calm and sedate. These single or multiple herb choices can be prepared as teas (infusions), decoctions, tinctures, syrups, capsules, ointments, compresses, poultices, suppositories, pessaries, douches, essential oils, herbal oils, smudge sticks, or powders.

Differing forms of administering a herb or herbs are chosen for whether external or internal uses are needed. Also, a choice has to be made regarding by what means the specific beneficial chemistries are to be extracted. For instance, the main chemical constituents in ginkgo leaf are best extracted using water, and therefore a tea or decoction is ideal; whereas for echinacea root, alcohol is best, and therefore a tincture is ideal. Sometimes methods can be combined, thus taking advantage of all available chemistries. As mentioned before, all plants used in the basic preparation of herbs should be organic or wild-crafted. For information on the specific plants referred to by common name, see appendix 1.

HERBAL TEAS — INFUSIONS

Teas and infusions can be made using a specialized teapot, or if you wish to make tea in a mug or cup, then a tea sock is ideal. A tea sock is a simple cotton sock on a wire rim that holds the herbs and can be set into a mug, cup, or pot and left to infuse in boiling water.

Use $\frac{1}{2}$ to 1 ounce of dried herbs or 1 to 2 ounces of fresh herbs to 3 cups of distilled water. Infuse the herbs in a mug or teapot for five to twenty-five minutes, then strain out the herbs and discard. Chamomile is the only exception—use $\frac{1}{2}$ ounce of this herb to 3 cups of water and infuse for only five minutes.



The teapot infuser

Dosage Guide for a Seven-Minute Infusion

Adults:	3 cups a day
Children aged 3 to 12:	1½ cups a day
Children under 3:	¾ cup a day
Adults over 70:	1½ cups a day
Adults over 75:	¾ cup a day

You can mix many herbs together. In fact, it's better to do so, because that way you get a range of chemical properties and effects, and no one herb can dominate in either flavor or effect. Change your herb mixes regularly.

DECOCTIONS

A decoction is similar to a herbal tea but is designed for using the harder parts of herbs, such as nuts and hard seeds, barks, or rhizomes and roots. With these harder parts of plants, an infusion may not extract all the medicinal properties that are locked into them. Therefore, you need to heat them for a longer period of time.

A basic decoction is made by adding ½ ounce to 1 ounce (depending on how bulky the pieces are) of dried herbs to 3 cups of cold springwater (1 cup may evaporate during boiling). If you have the time, it is best to let the herbs soak and rehydrate in the water for up to twelve hours, and then slowly bring the mixture up to a boil. Let it simmer for between ten to thirty minutes.

Divide the resultant liquid (approximately 2 cups worth) into three glasses and drink at intervals throughout the day.

TINCTURES

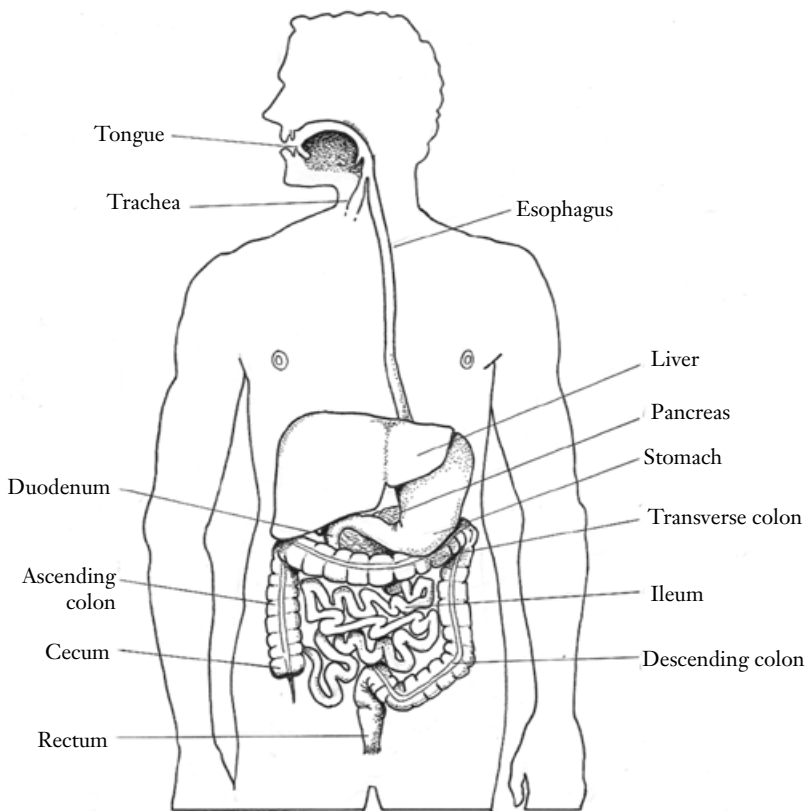
These are mixtures in which the medicinal components of herbs have been extracted, ideally into organic grain alcohol or vinegar. To make a standard quantity of alcohol or vinegar tincture at home, use 8 ounces of dried roots, berries, leaves, or flowers, or 16 ounces of fresh material, with enough vodka to cover—a minimum of 32 fluid ounces (1 quart).

1. Place the chosen material in a blender or food processor and cover with vodka; standard 45-proof is effective, but 70- to 80-proof is even better. Blend the ingredients. If using berries, the mixture will be particularly stiff and hard, making it difficult for the blades to turn and requiring more vodka to get them to break down. Once the mixture is well blended, pour the tincture into a dark, airtight container—a dark glass jar with a rubber seal is ideal.

Body Systems

The Digestive System

The digestive system runs from the mouth through to the rectum. In many ways it is the focal point of the body. It is our earthy center. Whatever we eat, we must have the ability to absorb and make use of it. Most illnesses, from chronic diseases such as cancer to many modern allergies, arise out of gastrointestinal debility, with a range of causal factors that include bacterial, fungal, and viral overgrowth. One such condition is “leaky gut,” in which the integrity of the stomach becomes thinned and leaky like a colander. One survey has shown that the high incidence of asthma among children—and, no



The digestive system

doubt, the whole spectrum of allergies — is caused by low hydrochloric acid levels, leading to low levels of vitamins B₁₂ and B₆ and magnesium. Note also that if you are in blood group A or B, you may have a tendency toward low hydrochloric acid levels, resulting in poor digestive enzyme activity.

NUTRITION

Working out which foods suit you and can be processed efficiently by your body is a key factor in the upkeep of your digestive system and balanced health. As a general rule, you should avoid common food intolerances, vary and rotate foods, and increase fiber intake by eating whole grains, vegetables, and fruit. It may also be necessary to take probiotics occasionally. Pineapple, papaya, and apple cider vinegar will help digestion, while slippery elm inner bark will soothe and protect if necessary.

HERBS

Meadowsweet, a northern European herb that grows plentifully in Britain, is capable of stimulating the cells in the stomach to produce hydrochloric acid and pepsinogen. It is also capable of treating overacidity with tremendous results. There are many other herbs that can stimulate and support digestion in a variety of ways, not least the common culinary ones such as oregano, marjoram, fennel, coriander, basil, garlic, and ginger. Additionally, drink a tea of meadowsweet leaf, peppermint leaf, or chamomile flower after eating. It may even be necessary to avoid herbs that could be too harsh on the stomach for some, like *pau d'arvo* inner bark. Your stomach will generally tell you if herbs don't suit you, but do consult a herbalist.

NATURAL HEALING

Good chewing is vital, and you can check on how good you are at it by looking at your stools. If you are able to recognize much of your food, then chew more! Even if you are desperately hungry, restrain yourself because your haste may easily backfire. In the short term it may produce gas, and in the long term, poor assimilation and ill health, not to mention a backed-up bowel, resulting in constipation or diarrhea. Take it slowly and chew.

Bad dental care and mouth problems can hamper your ability to chew well, so go regularly to the dentist, brush your teeth, and take care of your mouth. Mouthwashes containing salt, oak bark, fennel seed, and myrrh leaf are helpful for abscesses, receding gums, and infection. They can be especially effective alongside regular brushing.

Any natural healing technique that helps the process of digestion will be useful. Start with sound sleep and exercise accompanied by cleansing programs where necessary, especially of the colon and liver.

All the herbs mentioned in this book can be used by qualified herbalists or can be sold over the counter in line with British laws. However, laws do vary from country to country; therefore, discrepancies may occur.

An A to Z of Diseases and Treatments

ANEMIA

If the body does not have high-quality blood containing enough iron, oxygen, and other nutrients, the body cannot sustain itself. Iron deficiency very often does not show up on tests for anemia, as it is possible to have normal hemoglobin levels and still be deficient in iron. Symptoms include pale, ridged nails; brittle, wiry hair; constant fatigue; a sore tongue and cracks at the corners of the mouth; poor general growth; a weak appetite in children; and a weakened immune system, which leaves one open to infection. The individual can feel tired and low. For a quick hemoglobin test, look at the inner palm of your hand. Look at the lines—are they pale or even white, or are they a good pink to red? Pale or white will indicate low levels of hemoglobin. Women will be most likely to suffer from anemia because of menstruation, so these symptoms should be watched for and a good daily diet ensured. An average iron loss at menses is 15 mg to 30 mg. Pregnant women need 130 mg daily, coupled with relatively high amounts of folic acid, in the region of 700 mg. These nutrients are best obtained from food and herbs because iron–folic acid pills frequently cause zinc deficiency. This deficiency can cause a host of problems, just as with iron and folic acid deficiency. It should be noted that supplements of synthetic ferrous iron from the drug-store have a tendency to constipate and are often unassimilable. Natural iron sources are able to burn up toxic wastes in the body, flushing the poisons out. Vegetarians are often low in iron.

- 🍎 Foods rich in both iron and vitamin C help the absorption of iron from food. They include cherries, black currants, apricots, grapes, bananas, beets, globe artichokes, red kidney beans, watercress, blackstrap molasses, and carrots.
- 🍏 Tea and coffee drinking is very disruptive to iron absorption.
- 🌿 Yellow dock root, chickweed leaf, mullein flower, and pennyroyal leaf are rich in iron.
- 🌿 I have used nettle leaf and red raspberry leaf tea with carrot and beet juice for patients who have been told they need a blood transfusion to save their life but refuse to have one owing to their religious beliefs. In one case, days into the herb treatment, anxious hospital staff carried

out tests and evaluated the patient physically, especially for pallor and energy. They were pleasantly surprised at the outcome and eventually discharged the patient after convalescence with no major concerns.

- ✎ People with low copper levels often have lower iron levels; take skull-cap leaf.

APPENDICITIS AND RUMBLING APPENDIX

Appendicitis is an acute inflammation of the appendix that, if left untreated, can result in a rupture causing peritonitis. Symptoms can include stomachache; intense, sharp pain on the right-hand side; or tenderness to the right and below the navel, which is increased by pressure and movement. There may also be nausea, constipation, rapid pulse, vomiting, and slight fever (100°F to 102°F). It is most commonly caused by fecal impaction in which the feces have become compressed and immobile owing to a faulty bowel. Occasionally, foreign objects like buttons and safety pins are to blame.

For a rumbling appendix

- 🍏 Fast on mono-juice (drinking only apple, grape, or carrot juice), with a glass of prune and lemon juice in the morning for two or three days. Ease into a mucus-free whole-food diet, starting with potassium broth (see chapter 4), sweet fruits, and steamed vegetables. Build up to raw vegetables, grains, and legumes. For children, try one or two days of liquids—including juice, potassium broth, and pureed vegetable soups.
- 🍏 Drink plenty of water at room temperature.
- ✎ Once the attack has subsided, take a tincture made from equal parts of marshmallow root, slippery elm inner bark, licorice root, chamomile flower, and barberry root bark. Dandelion leaf and root, as a tea will help.
- ✎ Take herbs to ensure the bowel is moving, such as barberry root, fennel seed, and even senna leaf. Subsequently, for the next two to three days, take one teaspoon each of wild yam root and echinacea root four times a day, and three teaspoons slippery elm inner bark mashed into a ripe banana twice daily.
- ✎ Massage the abdomen with ginger essential oil or make a fresh hot ginger compress. Massage the abdomen and feet each night with gentle movements. Castor-oil packs will also bring relief.
- ✎ Take hot and cold showers.
- ✎ Childhood rumbling appendix is said to be associated with the fear of life. Nighttime is a prime time for this to flare up, as with other illnesses. Place pillows and blankets snugly around the child at bedtime.

parts sage leaf, two parts barberry root bark, two parts myrrh resin, and one part Siberian ginseng root . Take one teaspoon, three times daily, for ten days.

Book List

The Encyclopedia of Medicinal Plants by Andrew Chevallier (London: Dorling Kindersley, 1996)

The Herbal Medicine-Maker's Handbook by James Green (Berkeley, California: The Crossing Press, 2000)

Tom Brown's Field Guide to Wilderness Survival by Tom Brown Jr. (New York: Berkeley Books, 1983)

Appendix 1

English to Latin Translation and Parts of the Herb to Use

COMMON NAME	PART	BOTANICAL NAME
Agrimony	herb	<i>Agrimonia eupatoria</i>
Aloe	leaf, gel	<i>Aloe ferox, Aloe barbadensis</i>
Angelica	root	<i>Angelica archangelica</i>
Apple	pectin	<i>Malus pumila</i>
Arborvitae (thuja)	leaf, seed	<i>Thuja occidentalis</i>
Artichoke	leaf	<i>Cynara scolymus</i>
<i>Astragalus</i> (milk vetch)	root	<i>Astragalus</i> (various species)
Balm of Gilead	bud, resin	<i>Populus</i> (various species)
Barberry	root bark	<i>Berberis vulgaris</i>
Bearberry (manzanita)	leaf	<i>Arctostaphylos uva-ursi</i>
Black cohosh	root	<i>Actaea racemosa</i>
Black pepper	seed	<i>Piper nigrum</i>
Black walnut	hull, leaf	<i>Juglans nigra</i>
Bladder wrack	seaweed	<i>Fucus vesiculosus</i>
Blessed thistle (holy thistle)	leaf, flower	<i>Cnicus benedictus</i>
Boneset	leaf	<i>Eupatorium perfoliatum</i>
<i>Buchu</i>	leaf	<i>Agathosma betulina</i>
<i>Bupleurum</i>	root, leaf	<i>Bupleurum chinense</i>
Burdock	seed, root	<i>Arctium lappa</i>
Butternut	bark	<i>Juglans cinerea</i>
Cascara sagrada	aged bark	<i>Rhamnus purshiana</i>
Catnip (catmint)	leaf, flower	<i>Nepeta cataria</i>
Cayenne pepper	pod	<i>Capsicum annum</i>
Celery	seed	<i>Apium graveolens</i>
Chamomile, German	flower	<i>Matricaria recutita</i>

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