







THE COMPLETE FAMILY GUIDE TO NATURAL HOME REMEDIES





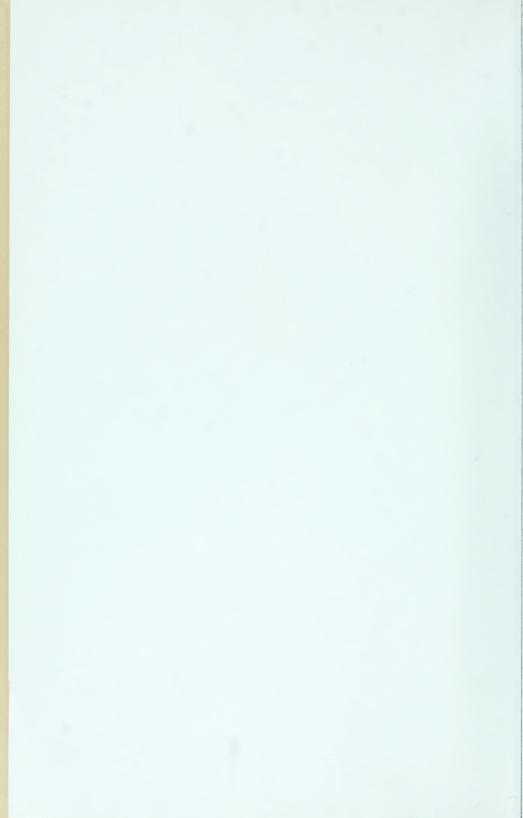
THE COMPLETE FAMILY GUIDE TO NATURAL HOME REMEDIES



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NOTE FROM THE PUBLISHER

Any information given in this book is not intended to be taken as a replacement for medical advice. Any person with a condition requiring medical attention should consult a qualified practitioner or therapist.

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FOREWORD

POLK MEDICINE has been the standard throughout the world and throughout history. Indeed, even today a majority of individuals living on the planet Earth have little or no access to physicians. It is estimated in the United States alone that at least 80 percent of ailments are treated in the "folk" domain.

Obviously there is a place for physicians in treating many acute illnesses and conditions such as seizures, fractured bones, serious infectious and abscesses, congestive heart failure, strokes, etc. For less serious problems, and for a majority of chronic difficulties, home remedies and common sense may often offer the best approach.

The Complete Family Guide to Natural Home Remedies is an encyclopedic treasure providing the most comprehensive approach to date. For esthetic reading, browsing, or a quick reference, you have here my recommendation of the best guide to assist you in taking responsibility for your well-being.

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Forest Institute of Professional Psychology

HOW TO USE THIS BOOK

The aim of *The Complete Family Guide to Natural Home Remedies* is to introduce the reader to simple, natural remedies that can safely be used at home for the common adments and everyday mishaps that every household experiences at some point.

It is divided into four parts. Part 1, Home Therapies, covers herbalism, homeopathy, flower essences, and aromatherapy, the therapies you are most likely to use at home, employing remedies that you can obtain easily or make yourself. There is also an essay entitled "From the Larder," which shows you the healing properties of everyday kitchen ingredients.

Part 2. The Ailments, lists common ailments and the injuries that are most likely to occur at home, grouped under the body system they affect, beginning with the immune system, then working from the head downward. Children's

problems and childhood diseases are covered in a self-contained section. Remedies from each of the five home therapies are suggested, as well as self-help tips.

Part 3, The Remedy Sources, introduces the vegetable, animal, and imneral sources that provide the most familiar remedies used in the therapies outlined in Part 1. It is interesting to note how many sources provide more than one therapeutic remedy.

Part 4, Practical Matters and Useful Information, contains a first-aid section and suggestions for the contents of a home medicine chest. These are followed by a table of vitanini and mineral data covering recommended daily intake, a glossary of terms, a directory of healing plants, suggestions for further reading, some useful addresses, and a general index.

THE ICON SYSTEM

Icons are used throughout the book to help you see at a glance which therapy is under discussion or recommended. There is also a special symbol to lead you to the most suitable remedies for children. A key is given below.

HERBALISM

AROMATHERAPY

HOMEOPATH

FROM THE LARDE

FLOWER ESSENCES

(C) CHILDREN

Explicit guidelines greing safe dosages for adults and children.

Informative text discussing the history, principles, and practical applications of the therapy concerned.

Clearly illustrated step-by-step instructions show you how to make basic mixtures such as infusions, decoctions, tinetures, infused oils,

PREPARING HERBS

US BAR S

Shart conduct discus

Specially commissioned hotography illustrating the triedy sources THE STATE OF THE PROPERTY OF THE STATE OF TH

This spread is from Part I: Home Therapies, which covers the theories and practicalities of the therapies used in this book.

8



Panel listing each relevant therapy showing how it can help the ailment in question. Therapies clearly signaled by icons.

> This spread is from Part 2: The Ailments, which discusses most common ailments and suggests useful home remedies to help them.

Data File box gives additional information on properties and dosages (herbalism), symptoms, complementary theropies, and antidotes (homeopathy), lessons (flower essences), properties (aromatherapy). and preparation suggestions (from the larder); are also given.

kons indicate the therapies for which the source provides remedies.

Cantion boxes aleit you to contraindications to various remedies or advise you about contacting your physician or therapist.

Main uses of remedy under each therapy.

Source listed inalphabetical order of Latin botamical name; secondary common

Special information on how the remedy can be used for children.

This spread is from Part 3: The Remedy Sources, an illustrated guide to the plant, animal, and mineral sources that provide the remedies most used in home therapies.



Specially commissioned photography to illustrate

Occasional panel contains intriguing facts

use the remedies.

INTRODUCTION

rom the very earliest days of civilization we have turned to plants for healing, a tradition that has survived the arrival of conventional medicine and found new strength at the end of the twentieth century. Until fairly recently, every family had a cornucopia of favorite home remedies - plants and household items that could be prepared to treat minor medical emergencies, or to prevent a common ailment becoming something much more serious. Most households had someone with a little understanding of home cures, and when knowledge fell short, or more serious illness took hold, the family physician or village healer would be called in for a consultation and a

treatment would be agreed upon. In those days we took personal responsibility for our health – we took steps to prevent illness and were more aware of our bodies and of changes in them. And when illness



Marshmallow Althaea officinalis) is a traditional herbal remedy with many uses. Its leaves make a soothing tea for coughs and its root is useful for digestive problems.

struck, we frequently had the personal means to remedy it. More often than not, the treatment could be found in the garden or the larder.

MODERN MIRACLES?

In the middle of the twentieth century we began to change our outlook. The advent of modern medicine, together with its many miracles, also led to a much greater dependency on our physicians and to an increasingly stretched healthcare system.

The growth of the pharmaceutical industry has meant that there are indeed "cures" for most symptoms, and we have become accustomed to putting our health in the hands of someone else, and to purchasing

products that make us feel good. Somewhere along the line we began to believe that technology was in some way superior to what was natural, and so we

willingly gave up control of even minor health problems.

We are no longer in touch with our bodies, and when we become ill we expect someone else to treat us and to make us well again. Studies show that we are not really satisfied unless we leave our physician's surgery with a pre-



A healthy diet, with plenty of fruit and vegetables, builds a strong constitution able to shrug off common illnesses.

scription. We are more dependent, and less self-

Increasingly, however, we are learning that the conventional medical system is not infallible. Its "miracle cures" may make us feel better, but they do



Mint oil has many healing uses, including soothing digestive upsets, unblocking stuffed-up noses, and casing muscular aches and cramps.



so by suppressing
the symptoms,
not by curing
their cause. For
example, hydrocortisone cream may
ease the itching of
eczema, but it does nothing to
treat whatever is causing it. Cough

suppressants will ease a cough, but the natural reflex of the body to expel mucus from the lungs has also been suppressed, which means that in the long run our bodies are unable to fight off illness and infection.

Many members of the medical community consider natural remedies to be old-fashioned and outdated, although some of the most effective drugs on the market are derived from plants. Foxglove provided digitalis, which has saved the lives of hundreds of heart patients, and the active ingredient in the bark of the white willow tree is none other than aspirin, one of the most important discoveries of modern medicine. There are plenty of other herbal

remedies already in use within orthodox medicine; components of the yew tree, for example, have been successfully used to halt cancer, and the rosy periwinkle is used to control leukemia, especially in children. Plants are effective medicine, and when used prudently they can provide us with good health – free of side-effects.

In the West, we are accustomed to taking medicine when we are ill, and it is difficult to teach ourselves that good health means taking a holistic approach. Natural remedies are designed to be holistic — taking into consideration the mind, body, and spirit as equally important elements of good

health. When all three elements are successfully balanced, when we have optimum energy levels and a good sense of well-being, our bodies have the ability to cure themselves.

REMEDIES FROM HOME AND GARDEN

Many of the remedies suggested in this book comprise natural items that you will find in your larder or growing in the garden. For others you may have to look a little further afield. There are detailed

descriptions of each home remedy - for example, the variety of uses for the marigold plant, vinegar, wild cherry, arnica, and apples. You will also find a useful discussion of the forms in which each remedy can be taken. Some plants can be infused and drunk as a tea; some can be used as a poultice on an injured limb; others can be taken in homeopathic dilutions to treat specific conditions and ensure that our bodies are



Natum uni. is a very useful homeopathic temedy which suits many symptom pictures; its source is common salt.

balanced. Certain plants have their "essences" extracted and distilled in alcohol (flower essences or

tinctures), and we use the "essential oils" of many plants in aromatherapy, which is the fastest-growing complementary therapy in the Western world.

More and more of us are developing a sense of personal responsibility, and taking our health back into our own hands. Today, with the benefit of knowledge of plants and traditional remedies from around the world, we have a vast and exciting pharmacy from which to choose our remedies, and an equally wide array of forms in which to prepare and purchase them. Our bodies are miraculous things and, by using natural remedies, we can encourage them to heal themselves.



Babics and children respond particularly well to home remedies; they can be safely used to treat everyday omplants such as diaper tash.



PART 1 HOME THERAPIES

Many natural healing therapies can be usefully applied at home. This part of the book offers a brief introduction to major therapies sympathetic to the natural approach: herbalism, homeopathy, flower essence therapy, and aromatherapy. There is also a section on food, covering basic nutrition and discussing foods that can heal and those that can do damage.

Each section gives a brief history of the therapy, its major principles and personalities, and practical advice and useful tips on how and when to use it in the home. Step-by-step illustrated instructions show you how to make your own basic herbal and flower essence remedies.



HERBALISM

REBBLISM IS the oldest form of medicine known to humankind, and our knowledge of the healing power of herbs has accumulated over thousands of years. People from every culture explored the natural world around them and used it to furnish sustenance, shelter, and medications. Often the differentiation between food and medicine was slight, but medicine people discovered through trance, journeying.

observation, and experimentation what was good or bad for the human body. The Ebers papyrus of ancient Egypt names eighty-five herbs including dill, lettuce, mint, and poppies. The Greek herbalist Dioscorides, who lived in the first century B.C., lists about four hundred herbs, most of which are still used today.

The golden age of English herbalism was the sixteenth and seventeenth centuries. Culpeper wrote his Complete Herbal in 1653 as an aid to the "common man" to treat himself. It has been in print ever since. Culpeper's language is archaic but poetic. He recommends rose petal syrup "as an excellent purge for small children and grown people of a costive habit" and sloe berries for "the lax of the belly or stomach [diarrhea] or too much abounding of women's courses."



The title page from a nineteenth-century facsimile of Nicholas Culpeper's famous Complete Herbal, completed in 1653. Interest in Culpeper's art is still strong more than 300 years after his death.

The tradition of self-help herbals was continued into the eighteenth century by John Wesley, a traveling preacher and founder of the Methodist Church, who collected many folk remedies on his journeys.

During the last century, as people moved into the new industrial cities, they lost touch with the herbal traditions of the countryside. However, herbal medicine was reintroduced by people such as Dr. Albert Coffin

who learned his herbalism in America from the native people. He set up practice in England and was influential in founding the National Association of Herbalists, a key body in bringing herbal medicine up-to-date.

Today there is a revived interest in herbalism. It is being embraced by people seeking an alternative to drug therapy, and by the medical and pharmaceutical professions who use the active ingredients of plants to formulate new medicines. In most parts of the world herbalism is the main source of medicine, and in recent years interest in Western countries has been boosted by a greater understanding of the ancient traditions of China, India, and South America. Herbalists trained in the West use herbs grown mainly in the West, but they are developing uses for herbs from some of the Eastern disciplines.



WHAT IS A HERB?

In botany a herb is a green plant without a woody stem. In medicine the term is extended to include any plant, and any part of a plant, that can be used to make a remedy. This term "herb" embraces seaweeds, ferns, flowers, roots, bulbs, barks, seeds, and leaves and includes cooking herbs, spices, and many fruits and vegetables.



HOW HERBS WORK

Herbal medicine occupies the middle ground between drugs and food. At one end of the herbal spectrum are strong remedies that have been used as the source of modern drugs; these include poppies and deadly nightshade, which are used to produce opium and atropine. At the other end are nourishing remedies such as bladderwrack and horsetail, which are rich sources of vicinings and essential trace nutrients.

The aim of the pharmaceutical industry is to find one "active" ingredient in a plant and extract it to make a more "powerful" medicine. Herbalists say that a plant is made up of many different ingredients that act together to make a safer and more effective medicine. Modern research tends to support this point of view.

Herbs are usually chosen to work with the inherent healing powers of the body. For example, fevers are treated with herbs, such as elderflower, that bring down the temperature by encouraging the body to sweat, which is its natural response. Recurrent infections are treated with herbs, such as echinacea, that stimulate the immune system to help the body fight off infection.

Many herbs are especially strengthening to particular organs and parts of the body. For example, hawthorn strengthens the heart and dandelion strengthens the liver. These herbs can be used for most diseases affecting those organs. Bitter tonics such as rosemary strengthen digestion and encourage the absorption of foods and are therefore applicable to most chronic illnesses, by helping to build up the whole body.

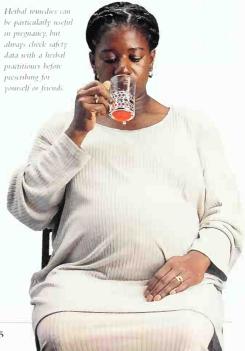
Herbalists consider that orthodox drugs suppress the body's healing powers. They have obvious advantages in crisis situations and for serious diseases, but they often



Bearberry Arctostaphylos uva ursi is a powerful astringent and antiseptic. It is useful for infections of the kidney and urinary tract.

leave the body in a partially healed state, setting up more health problems for the future.

For example, cortisone cream used in eczema quickly stops the inflammation but eventually thins the skin making it even more sensitive. Bronchial dilators used in asthma quickly stop an attack but lead to dependence, which discourages long-term healing. In both these conditions, the root cause of the illness is not addressed. The symptoms are eased, which is the form that all orthodox treatment takes. In contrast, the proper use of herbs strengthens rather than weakens the body.



HERBALISM IN ACTION

HERBS ARE ideal medicines for home treatment of minor ailments and chronic, non-life-threatening diseases. Herbs used for chronic complaints are slow and sure and need to be taken for many months for maximum effect.

Children respond very well to herbal medicine, but remember that children's illnesses can develop very quickly. Seek a diagnosis from your medical practitioner or professional herbalist before beginning a herbal treatment.

Pregnant women like herbs for their relative safety and lack of side effects, but no herbal remedy should be started while pregnant without first consulting a herbal expert. Some herbs are contraindicated in pregnancy. These include angelica, Chinese angelica, comfrey, dang gui, devil's claw, ginseng, Siberian ginseng, lady's mantle, licorice, motherwort (except in the last three weeks), peppermint, sage, thyme, uva ursi, vervain, wild vam, and varrow.

Some herbs are best avoided in early pregnancy. These include artemesia, Roman chamomile, burdock root, femnel seed, penny royal, raspberry leaves (best when taken in the last four to six weeks), and rue. A pregnant woman should not use any laxative except dandelion and yellow dock or any worming herbs except garlic.

When breast-feeding, women should avoid herbs that are contraindicated for infants. They should also avoid sage, which tends to dry up the milk.

Professional herbalists often use their remedies to complement orthodox therapies, and there has been much research validating this approach. This should not, however, be done at home, except in the specific instances mentioned under the appropriate herbs. If you are using herbs at the same time as orthodox treatment be sure to tell your medical practitioner, or ask your herbalist to contact your practitioner.





Use herbs gathered in the wild as quickly as you can after picking them to enjoy their maximum power.

ARE HERBS SAFE?

Herbs have fewer side effects than orthodox medicines, and they are safer to use provided the following simple guidelines are used:

- Always follow the advice given. The dosages represent the most effective herb use. Double dosages do not work more quickly; they merely give the body too much work to do at once.
- Never pick your own herbs without being sure of identification. There are many strong and powerful herbs such as filly of the valley and gelsemium that need to be taken under professional guidance.
- Be sure you have your diagnosis correct. If the symptoms do not improve consult your medical practitioner or professional herbalist.

WHERE TO FIND HERBS

Herbs can be obtained from many different sources:

- Culmary herbs, fresh and dried, can be bought from most supermarkets, fruit and vegetable shops, and markets.
- Other herbs can be bought from specialist shops and mail-order suppliers.
- Chinese herb shops.
- Some herbs and a selection of herbal tablets and remedies are usually available at healthfood stores

- Over-the-counter herbal remedies sold in most countries have to conform to strict rules governing their quality and safety.
- · A range of herbal tablets may be found at pharmacies.
- Many herbs can be bought from garden nurseries.
- Seeds can be bought and the herbs grown in window boxes or gardens.
- * Herbs can be gathered from the wild (wild crafted).

Purchase from a retailer with a fast turnover to ensure that herbs are as fresh as possible. To avoid confusion always specify the exact part of the plant you want: the leaf, flower, bark, or whole herb, etc. Botanical names are also useful. Although powders are convenient, it is best to buy whole herbs and spices and grind them when you need them — this way they retain their strength and flavor longer. Buy sufficient for your immediate needs and restock regularly. Store in jars in a cool dark place.

Wild crafting – gathering herbs from the wild – is becoming increasingly popular, but it is important to have an accurate identification and to pick with due regard to conservation. Many plants are protected by law. In some areas wild crafting is prohibited. Consider the rules of the countryside and treat all growing things with respect. Plants cannot be dug or roots gathered without the consent of the landowner. Gather well away from main roads and recently sprayed fields.

Growing herbs is rewarding and worthwhile. There is also the assurance, with homegrown produce, that it is free from sprays, chemical residues, and pollution. Follow the instructions on the seed package or buy a specialist herb gardening book. Each individual herb has an optimum harvesting time. Flowers are best when they have just opened. Leaves are most potent just before the plant has flowered. Gather roots in the fall and barks in the spring.

FRESH HERBS

Fresh herbs can be prepared in many different ways. They can be eaten in salads and sandwiches or added to soups and stews. They can be infused to make a tea or boiled to make a decoction. Fresh herbs are seasonal, but their healing virtues can be preserved in an alcoholic tincture for year-round use or they can be made into other preparations such as syrups and creams for convenience.

DRIED HERBS

Most herbs will be purchased in their dried form, which is available all year round. They can be used in the same way as fresh herbs although the amounts differ slightly since dried herbs are a little more powerful. For example, when using dried herbs the standard recipe for a herbal tea is loz, to 1pt. (25g. to 500ml.) of water; when using fresh herbs it is 2oz, to 1pt. (50g. to 500ml.) of water.

The easiest herbal remedies to make are "simples." This term is traditionally applied to remedies made from just one ingredient. They are simple, direct, and effective. Chanomile tea is a good example. All the herbs in this book can be taken as simples.



A traditional herb garden can be a delight to the eye as well as a useful source of natural home remedies.

PREPARING HERBS

MOST HERBS are safe to use at home with a little knowledge. However, some herbs are restricted to professional use and given only after consultation and diagnosis, like prescription medicines. It is important to realize that there are two levels of treatment. Using a herb at home is not the same as practicing herbal medicine, any more than using an aspirm is practicing orthodox medicine. Herbal home remedies can be used to treat specific symptoms, even if a professional diagnosis is not made. Minor ailments such as headaches, nausea, and fevers will all respond.



Herbal infusion, or tea, is simple to make and soothing to drink for any age group. Sweeten it with honey if necessary.

Treating ourselves and our family in this way is very rewarding. Making our own remedy, even if it is only a herbal tea, makes us feel good and is in itself part of the healing process. On this page and the following three, simple instructions show you how to make basic teas, decoctions, tinctures, and infused oils, and explain how they can be used to make further remedies. For information about specific herbs, see Part 3: The Remedies; for indications of which herbs help which complaint, see Part 2: The Ailments.



PREPARATIONS

There are three basic carriers used to extract the healing elements of herbs. These are water, alcohol, and oil. Each has different properties and adds its own special quality to the remedy

Water-based extractions

Water-based extractions include teas and decoctions, which can be used neat as skin washes, gargles, compresses, and lotions, or diluted as eye baths, douches, and baths. Decoctions can be reduced and preserved with an equal amount of honey, sugar, or alcohol.

TEAS

loz. (25g.) dried herb or 2oz. (50g.) fresh herb lpt. (500ml.) boiling water





Place the herb in a pot.

Pour water over the herb
and cover with a lid.

2 Brew for 1–3 minutes for flowers, 2–4 minutes for leaves, and 4–10 minutes for bark, roots, and hard seeds.

DOSAGE

Adult standard dose

- 1 cup two to three times a day as a tonic preventive or strengthener in chronic conditions such as arthritis
- three to six times a day in acute conditions such as influenza

Children over the age of five

· half the adult dose, unless otherwise stated

Infants

· 1 or 2 teaspoons, unless otherwise stated

DECOCTIONS

foz. (25g.) dried herb or 2oz. (50g.) fresh herb 1pt. (500ml.) water

Decoctions are made from seeds, barks, and roots.

Decoctions will keep for three or four days.





1 Put herb into a pan.

2 Cover with water, and put on a tight lid.





3 Bring to a boil and simmer gently for 20 minutes.

4 Strain and make back up to 1pt. (500ml.) by adding fresh water.

DOSAGE

Adult standard dose

- Loup two to three times a day as a tonic
- cup three to six times a day for acute conditions

Children over the age of five

· half the adult dose, unless otherwise stated

Infants

• 12 or 1 teaspoon, unless otherwise stated

Any suitable herbal tea or decoction can be diluted with fresh water to make an effective gargle.

SYRUPS

Make a decoction and reduce it slowly over low heat to one-third the original amount. Then add 2,2lb, (1kg.) of cane sugar or honey to every 4pt. (500ml.) of decoction. Pour into a clean dark-glass bottle, label and date clearly. Store in a cool place.

DOSAGE

Adult standard dose

• 2 teaspoons three to six times a day

Children over the age of five

· half the adult dose, unless otherwise stated

Infants

• 1/4 teaspoon, unless otherwise stated

COMPRESS

Use a standard tea at the required temperature: cold for inflammations, hot for joints and swellings, and warm for spasm, crainp, and muscle tension. Use hot alternating with cold for drawing abscesses.

To make a compress, soak a bandage in the tea, wrap it around the affected part, cover, and leave on for 10–20 minutes. Repeat as necessary.

Use the same method for children and infants.

GARGLE

Add a pinch of salt to a standard tea or decoction and gargle three to six times a day.

Use the same methods for children, although children under six are generally unable to gargle:

EVE BATH

Make sure that all utensils are scrupulously clean. Add a pinch of salt to a standard-strength tea and then strain carefully through unbleached filter paper. This may take some time. Make the tea fresh each time.

Use the eye bath to wash the eyes twice a day. Wash out the eye bath between bathing each eye.

Use the same method for children, although it may be more practical to use as eye drops by dropping the mixture directly into the eye.

BATH

One to two quarts (1–21.) of standard tea may be added to a bath, or one to two pints (½–11.) to an infant's bath or hand bath

Adults should soak for 20 minutes. Children and

Alcohol-based extractions

Alcohol is used to make herbal tinctures, which are stronger than infusions or decoctions.

TINCTURES

Herbal tinctures can be used internally and externally, in gargles, douches, compresses, liniments, mouthwashes, and baths.

Dilute 1 part tincture with 4 parts water for gargles, douches, and compresses.

Add 1 cup of tincture to a bath.

7oz. (200g.) dried herb or 14oz. (400g.) fresh herb 2pt. (11.) liquid made up of 3 parts vodka

2pt. (11.) liquid made up of 3 parts vodka to 2 parts water



Put herbs in large, clean glass jar and pour the liquid mixture over them.



2 Seal and store in a cool, dark place for two weeks, shaking occasionally.



3 Strain the mixture through a cloth and carefully wring out all the liquid.

Bottle and label with name and date.

ספק

Adult standard dose

- 1 teaspoon three times a day for chronic conditions
- 1 teaspoon six times a day for acute conditions

Children over the age of five

 \bullet % teaspoon three times a day, or mix well with equal amounts of honey and give 1 teaspoon of the mixture

DOSAGE

Infants

• 5-10 drops in a little fruit juice

CREAMS

The simplest way to make a cream is to add tincture to a base cream. Base cream or emulsifying creams are available from pharmacists or specialist shops. As a last resort use an unscented hand cream. Creams soak into the skin and nourish it.

Add 1 part tincture, drop by drop, to 3 parts base cream, stirring all the time.

For infants and people with sensitive skin, use only marigold or chamonnle, or test first on a small patch of skin.

VINEGARS

Vinegars are regarded as the "poor man's" tincture and are useful when you do not wish to use alcohol, or if it is contraindicated

Make as for tinctures (see opposite) using 2pt. (11.) cider vinegar instead of the alcoholic liquid.

Use diluted with water as douches, washes, baths, disinfectants, and cooling drinks.

DOSAGE

Adult standard dose

• 1 tablespoon to 1 cup of water

Children over the age of five

1 or 2 teaspoons mixed with water

Herbal vinegar,

a nonalcoholic tincture.

Infants

• 35 or 1 teaspoon mixed with honey, if they will take it, up to six months



Oil infusions

Traditionally bear or goose grease, butter, suet, or lard were used for infusions, but today we use vegetable oils.

INFUSED OILS

Use fresh or dried herbs (between 4 to 8oz. |100-200g.]) and pure unblended vegetable oil. A light oil such as sunflower or grapeseed is preferable to olive oil, which may overwhelm the natural fragrance of the herbs.





Use a pan with a light the pan and cover completely with oil.

Place the pan into a 1 Use a pan with a light 2 Place the pan into a lid. Put half the herbs into 2 water bath or steamer and simmer gently for two hours. Do not use direct heat.





After two hours strain well. The oil will change color, picking up some of the aualities of the herbs. Discard the spent herbs. Repeat the whole process. Put the remaining half of the original herbs in the pan and cover with the strained oil.

Return to the water bath and simmer for two hours. Strain. The oil will now have a rich herbal color. Pour into clean dark-glass bottles. Label and date. The infused oil will keep longer if you add 10 percent wheatgerm or vitamin E oil.

DOSAGE

Adult standard dose

- ½ cup two to three times a day as a tonic
- three to six times a day for acute conditions

Children over the age of five

· half the adult dose, unless otherwise stated

Infants

V or 1 teaspoon, unless otherwise stated

HOMEOPATHY

MEOPATHY is a medical system whereby in ill person is treated with a remody that would produce the symptoms of that illness in a healthy person. Although considered controversal by orthodox medical science it is not a new idea. In c.450, Hippocrates, a Greek physician considered to be the father of medicine. noted that things that caused illness such as poisons - could be used to treat illnesses they caused. Throughout history this principle was expounded and reconsidered, but it was not until Dr. Samuel Hahnemann (1755-1843) made it his life's work that the principle was formalized into a medical system.



Dr. Samuel Hahnemann, a pioneer of holistic medicine and founder of homeopathy.

THE HISTORY OF HOMEOPATHY

Dr. Hahnemann was a German doctor who was fluent in many languages; by translating scientific papers he paid his way through university, qualifying in medicine and chemistry. He had a successful practice as a doctor but became disillusioned with the barbaric medical treatments of the day, which included bleeding, purging, and the use of unsafe, occasionally poisonous medicines. He returned once again to translation, whereupon the beginning of his theory was developed.

Hahnemann received a paper attributing the curative affect of cinchona bark

(China) on malaria to its astringent and bitter properties. He found this difficult to believe and decided to take some china himself. He found that he suffered the symptoms of malaria, which disappeared within a few hours and did not reappear unless he repeated the dose.

He repeated the experiment on healthy friends and family, carefully noting the drug's effect, and he found that the same thing happened but the variety and strength of symptoms and the speed of recovery was different from person to person.

Hahnemann felt that he had now proved the action of the drug and called the list of symptoms "the proving." The healthy people who had taken the drug were "the provers." He then graded the symptoms into first (keynote), second, and third line, according to the frequency and strength of their appearance. Fired with enthusiasm he went on to prove other common drugs of the day including belladonna, arsenic, and mercury.

THE FIRST LAW OF HOMEOPATHY

In 1796 Halmemann wrote that there are three systems of medicine:

- Prevention, where you remove the causes, such as poor hygiene, and so prevent illness.
- Contraria contraris, which is healing by opposites (allopathy). An example of allopathic medicine is giving a laxative drug that will cause diarrhea to cure constitution.
- Similia similibus curentun, which means "like cures like," or a substance that causes symptoms in an ill person. He named this system homeopathy from the Greek meaning "similar suffering" or disease." Similia similibus curentur became the first law on which homeopathy is based (the Law of Similars). Hahnemann then set up in medical practice but this time he closely questioned his patients as to the effect their illness had on them: were they hot or cold? Thirsty or thirstless? What did the pain feel like? When he had their answers, he prescribed a single remedy accordingly.

Kali bichromium, or Kali bich., is an excellent remedy for complaints characterized by excessive, thick muchs.

THE SINGLE REMEDY

Hahnemann prescribed single remedies because they had been proven individually. He believed that if more than one remedy was given at a time, the combination might have a different effect on the body and it would be more difficult to pinpoint which remedy was having which effect. Other homeopaths have since gone on to develop combination remedies, but these should only be taken under the guidance of a professional practitioner.

THE HOMEOPATHIC REMEDY

Many people mistakenly believe that because homeopathic remedies are sold over the counter in minute doses, it is the tiny size of the dose that makes it homeopathic. This is not so. For a remedy to be homeopathic it has to be chosen or prescribed according to the First Law of Homeopathy – similia similibus amentur or "like cures like" – and the symptoms of the person taking it must fit the remedy picture as given by the healthy provers.

MATERIA MEDICA AND REMEDY PICTURES

A collection of remedy descriptions is known as a materia medica. An easy way to learn remedies is by getting to know them as people – think of the symptoms as making up a picture of a person. For example, a thin, hardworking, and irritable person who is prone to hangovers and indigestion would represent *Nux remica*. Homeopaths call these "remedy pictures."

THE ADVANCE OF HOMEOPATHY

Despite being dismissed by the orthodox medical profession as unscientific, Dr. Hahnemann's practice flourished and gradually other doctors converted to homeopathy, and so it spread throughout the world. It was an ideal form of medicine for missionaries, explorers, and adventurers since the remedies were not bulky and each remedy often covers a wide list of ailments.



Here are two people who are tired and under stress. A homeopath would look on each one as a whole person, and choose remedies appropriate for each one's whole symptom picture perhaps Sepia for the exhausted young physician but Bryoma for the stressed-out corporate man.

Hahnemann wrote many books in which he explained the philosophies on which homeopathy is based, the drugs he had proved with the symptoms elicited, and the use of such remedies up to the 30c potency.

REMEDY DILUTION, POTENTIZATION, AND THE MINIMUM DOSE

In homeopathy, the smallest dose (the minimum dose) is given to stimulate the body's natural defenses. During his early studies, Dr. Hahnemann found that people often suffered an initial severe aggravation of their complaint when taking a homeopathic remedy. He deduced from this that the dose must be too large, and so he devised a method of reducing it by progressive dilution (see below). The more he diluted the

remedy, the more powerful it became, and so he called the degrees of dilution "potencies," and the process "potentization". Most homeopathic remedies are diluted in a ratio of 1:100, the centesimal scale (c). Once the remedy is higher than 12c potency, there is little or none of the original substance left and yet the curative action is enhanced, not diminished. Remedies can also be potentized along the decimal scale.



The mother tincture is made directly from the source material.



One drop of the tincture is mixed with 99 drops of water or alcohol to make the first potency, Ic.



The tube is vigorously shaken over 100 times. This process is called succussion.



One drop is mixed with 99 drops of alcohol or water and the sequence is repeated.



Potentized remedies are used to make pills or creams, or taken as a tineture.

VITAL FORCE

The vital force is the energy that sustains life and gives strength to our constitution. Our minds, will and intentions inspire and drive us to keep going, but whether or not we can depends on our vitality. Someone with a strong vitality will be full of energy and vigor, be able to work hard and sleep well. Because such people are strong, illnesses tend to have a violent sudden onset.

HERING'S LAW OF CURE

Dr. Constantine Hering [1800–80] formulated principles that govern the direction of cure. He stated:



- Cure takes place from within outwards meaning the most vital organs will get better first. So the brain, lungs, heart, liver, and kidneys would improve before the gut, muscles, joints, or skin.
- Cure takes place from above to below; for example, psoriasis should clear up first on the head followed by the hands.
- *Cure takes place in reverse order to the onset of symptoms. If a child has a history of eczema but presents with asthma, as the asthma is cured the eczema should return before healing for good.

Susceptibility writes from person to person In a crowd of people exposed to the same conditions only a certain percentage will atch a contagious disease





Other people have a reasonable vitality, so illnesses may come on suddenly, but once laid low these people do not have the reserve to bounce back and illnesses tend to linger. Yet others have a low vitality – illnesses creep up on them slowly, with symptoms gradually increasing in severity and then lingering a long time. People with low vitality are slow to recover.

Our vitality is part of our inherited constitution and is very much affected by our lifestyle: adequate sleep, a nutritious diet, regular moderate exercise, and good hygiene all maintain and improve our vitality. Likewise, inadequate sleep, a poor diet, excessive or insufficient stimulation, and bad hygiene will deplete it and make us susceptible to ill-health.

SUSCEPTIBILITY TO DISEASE

We will not catch a disease if we are healthy. During an epidemic not everyone will succumb to the disease; we have to be susceptible in order to suffer from disease. This is attributable not only to our inherited constitution and our lifestyle but also to our state of mind. Traditionally, doctors and nurses rarely succumbed to the infectious diseases that they treated. This is thought to be because their work was their vocation and they were happy and fulfilled. They were mentally and emotionally healthy and their bodies were too.

Homeopathy states that the most important key to good health is the mind – the intellect and will – and the emotions, and it is well recognized that depressions and neuroses are linked to physical diseases such as rheumatism, asthma, heart disease, and cancers. A depressed person has suppressed immunity, which makes him or her

more susceptible to illness. Any physical, mental, or emotional stress depletes the vital force.

Homeopaths believe that the body instinctively seeks to be well and symptoms are a sign that the body is trying to maintain an equilibrium; for that reason, symptoms should never be suppressed, which simply drives the ailment inward. For example, suppressing eczema can lead to asthma, as the body tries to rid itself of disease through another route.

Grain vereals such as oats are rich in magnesium phosphate, the source of the remedy Mag, phos.



BIOCHEMIC TISSUE SALTS

Dr. W. H. Schuessler, a homeopath and chemist in the nineteenth century, noted that there are twelve mineral salts within the body that are vital for the healthy functioning of all the cells. He called them brochemic tissue salts and recorded their action on various bodily tissues and the symptoms caused by a lack or imbalance of each. He maintained that disease will not occur if cells receive adequate nutrition – the nuneral salts are vital for this – so he decided that tissue salts singly or in combination were the

only form of medicine the body needed. Because they are minerals, an ill body may not be able to assimilate them. So Schuessler used the homeopathic method of pharmacy and triturated (ground) the salts until they were soluble, in a 6x potency, and thus could be easily utilized by the body.

He maintained that his remedies are not homeopathic because they do not follow the like cures like rule; they supply the body with a substance it lacks to cure symptoms that have been produced because of the deficiency.



DOSAGES

Dr. Schuessler recommended prescribing tissue salts in the 6x potency:

- acute cases: every half hour until better
- a chrome cases: three times a day until better

Homeopaths will always use the same remedy to fit a symptom picture, but the potency may differ as will the frequency of the dosage, according to the Law of Similars. The twelve biochemic tissue salts are:

- Calc. fluor. Calcium flouride
- Cale. phos. Calcium phosphate
- Cale, sulf. Calcium sulfate
- Ferr. phos. Iron phosphate
- Kalı mur. Potassium chloride
 Kalı phos. Potassium phosphate
- * Kah. sulf.
 - . sulf. Potassium sulfate
- Mag. phos
- Magnesium phosphate
- Nat. mur.
- Sodium chloride
- Nat. phos.
 Nat. sulf.
- Sodium phosphate
- 7a Silica
- Silicon dioxide.

HOMEOPATHY IN ACTION



The quinne tree
Cinchona officinalis, source
of the homeopathic tenuely
Cinchona or China. This was
the remedy that inspired
Hahmemann's theory.

REMEDIES ART mide from any substance that can be proven to have an effect on humankind. They are derived mostly from plants and minerals but are also taken from the animal kingdom mostly in the form of secretions, such as snake venom and bee sting. Remedies are also made from disease products, such as pus, and also from sunshine electricity and sea water

As previously mentioned, remedies are

made according to two potency scales – decimal and centesimal. If a substance is easily soluble it is dissolved in alcohol for eight to fourteen days, then strained and the liquor is called the Mother tincture (Q) from which all other potencies are derived. If the substance is not easily soluble it is triturated (ground) with lactose and after the 6th potency it will be soluble in alcohol.

Remedies are dispensed as hard or soft tablets, powders, granules, or globules made from lactose. These may be sucked until they dissolve away, or be dissolved in a glass of water first and then taken by the spoonful. Remedies may also be dispensed as functures (liquids) and taken as drops directly on the tongue or diluted in water.

Remedies should be stored in cool, dry conditions, out of direct sunlight and away from strong smells; they should be handled minimally.

Do not eat, drink, or clean your teeth for 15 minutes before and after taking a remedy so that your mouth is relatively free of tastes and odors. While being treated homeopathically, it is best to avoid coffee and other caffeine-containing foods and drinks because some remedies may be antidoted.

CASE-TAKING

A professional homeopath will make a very detailed study of patients — not just their presenting complaint and its causes, but a full medical history noting their constitution and appearance, mental and emotional symptoms, physical symptoms, general symptoms and any peculiar symptoms that accompany them. Then they prescribe the similar remedy and required potency.



When taking a case yourself, jot down everything you notice about your patient, whether it is a friend or your child. Be observant, note their skin color and texture, whether they sweat or have a particular odor. What mood do they appear to be in, have they noticed a mood change themselves? Find out what they are complaining of — how severe it is, what the pain is like, whether it radiates anywhere, what things make them better or worse, and so on — until you have a picture of how their complaint affects them.

Compare your picture to the remedies in this book it is not necessary to have all the symptoms listed under the remedy, just the main ones for the complaint. It is best to start by prescribing remedies for minor ailments that are not too severe and are of limited duration such as coughs and colds, conjunctivitis, cuts and bruises, and teething.

Acute complaints are usually of a sudden onset and, by their nature, have a limited duration. Recovery is usually quick and uneventful. A chronic complaint is a recurring, long-term condition and may have a much slower recovery. Chronic complaints gradually increase in severity; acute attacks may occur on top of the chronic symptoms – for example, in asthma or arthritis. Chronic conditions usually weaken the system making it susceptible to further chronic and acute illnesses.

WHAT TO EXPECT

- The condition improves according to Hering's Law and the person feels well in themself: the correct remedy has been given.
- There is an initial aggravation of symptoms but then the person improves: the correct remedy has been given.
- The condition improves at first, then stops: review the case, either repeat the remedy in the same or higher potency, or change the remedy.
- The condition remains unchanged: review the case. If the remedy still appears to be correct review the potency given. Or change the remedy. Or consult a professional homeopath.
- New symptoms appear that the person has never experienced before: they could be "proving" the remedy. Stop taking the remedy, and the symptoms should clear up. If they do not, try drinking a cup of very strong black coffee it will often antidote the actions of remedies. Or consult a professional homeopath.

PRESCRIBING THE REMEDY

Having decided on the appropriate remedy you have to decide on the potency and the frequency of the dose to be given.

A general rule is: never repeat the remedy while improvement continues.

6 For acute physical allments where the physical symptoms predominate: 6x or 6c potency every 15 to 30 minutes.



• Then, as symptoms settle down, stretch the dose to every couple of hours.



Finally, reduce the dose to three times a day if required.



Once improvement is seen do not repeat the remedy until the action appears to stop and improvement does not continue.

- For acute physical or emotional ailments where the mental or emotional symptoms predominate, take one 30c dose and do not repeat unless needed.
- For chronic physical complaints, give a 6x or 6c potency three times a day for a week, or longer if you feel this is necessary.

In homeopathic mediane, the tnuing and dosage are as nuch a part of the prescription as the remedy uself.





nostaloia.

FLOWER REMEDIES

LOWER remedies use the vibrationary essence of flowers to balance the negative emotions that lead to and are symptoms of disease. They are a simple natural method of establishing personal equilibrium and harmony. Flower remedies are simple to make and use; they can be

safely taken by people of all ages and levels of health; and they will not interfere with any other medication.

THE HISTORY OF FLOWER REMEDIES

Until recent years the term "flower remedies" was synonymous with Dr. Edward Bach. Dr. Bach was born in Warwickshire, England, in 1886. He trained at University College Hospital in London where he worked as a bacteriologist during World War One. His work with E.H. Teale on intestinal bacteria was an important contribution to modern medicine, and in March 1919, he went on to the London Homeopathic Hospital. It was here that he began to study and develop the concept and application of flower remedies. He believed that diseases were not primarily due to physical causes but some deeper disharmony, which would lower the individual's vitality and resistance. In 1930, Dr. Bach decided to devote his life to a search for simple remedies from the countrivide.

Between 1928 and 1932, Dr. Bach discovered the "twelve healers," Agrimony, Beech, Centaury, Cerato, Chicory, Clematis, Gentian, Mimulus, Rock Rose, Scleranthus, Vervain, and Water Violet. Dr. Bach based the remedies on his observation that all people could be categorized into one of twelve easily recognizable types. He knew intuitively that there were more states to explore but he published the "Twelve Healers" saying, "The relief of suffering was so certain and beneficial, even when there were only twelve remedies, that it was deemed necessary to bring these before the public at the time, without waiting for the discovery of the remaining twenty-six."

Dr. Bach was very religious; he believed that health and harmony is our natural state and that we can achieve it if we listen to our true souls. Problems developed when an individual had difficulty learning one of the fundamentals of life, which according to Dr. Bach, are:

- a power
- intellectual knowledge
- intellectual knowle
- love balance
- service
- wisdom
- · spiritual perfection
- Disease indicates that the personality is in conflict. He believed that qualities and virtues are relative and that a virtue in one person may be perceived as a fault in

another. Dr. Bach said that the primary diseases are caused by the lessons of:

- a cruelty
- a hate
- a pride
- self-love
- is ignorance
- : instability
- a greed

Negative states could be broken down into seven groups:

- 🍇 fear
- uncertainty
- insufficient interest in present circumstances
- a loneliness
- oversensitivity to influences and ideas
- despondency or despair
- overcare for the welfare of others

The thirty-eight remedies developed by Dr. Bach are all rooted in one of these seven states and they respond to the seven steps of healing, generated by peace, hope, joy, faith, certainty, wisdom, and love.

The flower essences work with these positive emotions, so that the emotions may flow freely. Dr. Bach believed that flower remedies worked by "like repelling like." In his book *Heal Thyself*, he advises those who suffer to seek within themselves for the real origin of their maladies, so they may assist themselves in their own healing.

DR. BACH'S FIVE PRINCIPLES

Dr. Bach realized during the clinical trials that the remedies would be ideal for home use. Medical knowledge could lead to restrictive thinking and practices, but the use of flower remedies was available to everyone because it was based on five simple principles:

- 1 No medical knowledge whatsoever is required.
- 2 The disease itself is of no consequence whatsoever.
- 3 The mind is the most sensitive part of our bodies, and the best guide to tell us what remedy is required.
- 4 The manner in which a patient reacts to an illness is alone taken into account, not the illness itself.
- 5 Conditions such as fear, depression, doubt, hopelessness, irritability, desire for company or desire to be alone, and indecision are the true guides to the way in which a patient is being affected by his or her malady, and to the remedy he or she needs.

The same disease may have different effects on different people. It is these individual effects that require treatment. In illness there is a change of mood from that of ordinary life. It is possible to notice and treat the changes long before signs of the disease itself appear. Flower remedies affect on every level — spiritual, psychological, and physical. In this way, flower remedies are truly holistic.

THE BACH FLOWER REMEDIES

Agrimony*

For those who hide their feelings behind a cheerful face. They claim that all is well even when it is not.

Asnen

This "trembling tree" remedy is for fear of unknown things.

Beech*

For the perfectionist who finds it hard to tolerate or inderstand the shortcomings of those they believe to be foolish shortsighted or ignorant.

Centaury*

For those who are kind, gentle, and eager to please, but so unwilling to let anyone down that they find it impossible to say no.

Cerato*

For those who seek the reassurance of others because they do not trust their own judgment or intuition. Dithering means that they miss out on opportunities.

Cherry Plum

For irrational thoughts and those who fear losing their samity. They often feel aixious and overwhelmingly depressed.

Chestnut Bud

For those who keep making the same mistakes, never seeming to learn from past experiences.

Chicory*

For the mothering type who is loving but overprotective and possessive. They demand love, sympathy, and appreciation.

Clematis

For the artistic dreamer, who may become absent minded, mattentive, easily bored, and lacking in concentration.

Crab Apple

For those who feel infected or nuclean, revolted by eating or sex, or who have a hygiene fixation.

Flm

For those who are overwhelmed and made to feel madequate by pressure from work, family, and other commitments.

Gentian*

For the eternal pessimist, who is easily discouraged.

Gorse

For those who believe that they were born to suffer and are pessimistic about everything.

Heather

For those who are always talking about themselves, so nobody else can get a word in.

Holly

For those who develop the victim mentality, overcome with hatred, jealousy, envy, or suspicion.

Honeysuckle

For those who dwell on the past to the extent that they lose interest in the present. Can help with bereavement.

Hornbeam

For those who are mentally exhausted at the thought of work so what used to be a pleasure becomes a chore.

Impatiens

For those who do everything in a hurry. They are brusque, finish sentences for people, fidget, look at their watches, and edge toward the door when others are still talking.

Lurch

For those with ability but no confidence.

Minuduc*

For those who are shy, nervous, and blush easily. This is also the remedy for the fear of known things.

Mustand

For those who are gloomy for no apparent reason.

Oak

For the fighter who never gives in.

Olive

For those who are exhausted through overwork or overexhaustion.

Dina

For those who feel guilty, even when things are not their fault. They are always apologizing.

Red Chestnut

For those who are overanxious for family and friends and afraid of impending disasters.

Rock Rose*

For terror and pame, which may not be rational but is still real.

Rock Water

For those who are strict with themselves and who demand perfection.

Scleranthus*

For emotional distress due to indecision.

Star of Bethlehem

For the inconsolable after shock, bereavement, bad news, or trauma.

Sweet Chestnut

For those in utter despair, When they can see no way out of the darkness and wish they could die.

Vervain*

For the enthusiastic, principled perfectionist who is incensed by injustice and fights for the underdog.

Vine

For the leader – the strong, dominant, ambitious, and determined but sometimes tyrannical.

Walnut

This is the remedy for change. It settles one into a new environment and helps to cope with life changes.

Water Violet*

For the reserved, self-contained, and dignified.

White Chestnut

For those who are tormented by persistent worries and unwanted thoughts.

Wild Oat

For those dithering at a crossroads in life.

Wild Rose

For those who drift and do not have the enthusiasm or ambition to change any aspect of their life.

Willow

For the grouchy, introspective pessimist who dwells on misfortune and wallows in self-pity.

* These are Dr. Bach's original "Twelve Healers."

FLOWER REMEDIES IN ACTION



WHEN BUYING flower essences you purchase a stock bottle of remedy, which is a stock of the concentrated remedy from which personal remedies and medicines can be made. Do not use this in its middlifted state.

A personal remedy may contain one to six remedies. It depends on the areas being addressed. Decide on the remedies

needed, put 4 drops of each into a clean 1fl. oz. (30ml.) bottle, add water and 1 teaspoon of brandy to act as a preservative. Shake well and label with your name and the date. The remedy is now ready to use. All stock remedies should be diluted in this way before use.

The standard dose is 4 drops four times a day under the tongue. Remedies can be taken every half hour during extreme crisis.

There is some debate as to whether the remedies should be taken before or after meals, or if coffee and strong herbs and spices should be avoided. There is little evidence that anything affects the efficiency of the remedies, but it is useful to space them carefully across the day so that the remedy may take advantage of your personal rhythms.

Remedies are about growth and change, so it is worth looking for the periods of the day when you have some mental space. Some people find this time in the early morning, when they are fresh and before the pattern of the day has become established; others choose the evening when the chatter of the world has ceased and everyone else is in bed.

Remedies can be used:

- to treat the emotional outlook generated by disease
- to balance a particular recurring pattern in the personality
- to alter a temporary emotional response and situation
- as a preventive measure

An acute trauma may respond in a few days, A longstanding or chronic pattern might need supporting for three or four months. Try a new mixture for ten days and then reconsider patterns and moods before continuing.

Do not force yourself to take any remedy. It must feel right. Some people take their remedy regularly and then one day forget—a subconscious indication that they no longer need that particular remedy. Another may be needed but the original pattern has passed.

RESCUE REMEDY

The most frequently used of all the remedies is Bach Rescue Remedy, made up of Cherry Plum, Clematis, Impatiens, Rock Rose, and Star of Bethlehem. As the name suggests, it is the remedy for emergencies, for when you feel paine, shock, loss of control, and mental numbness. It is often the remedy that triggers the body's healing response during illness. Rescue Remedy can calm examinerves and reheve the anxiety of flying or visiting the dentist. You can dab it on

Rock rose, one of the five ingredients of Rescue Remedy.

stings, bruises, and sprams, as well as

taking it internally. Rescue

Remedy cream is also available

for external use



1111

Flower remedies can be taken with other remedies, and will not interfere with orthodox treatment or any of the natural remedies mentioned in this book.

BABIES, CHILDREN, AND SPECIAL NEEDS

Flower remedies are especially suitable for children. Babies, very old people, and pets also respond very well. A few drops of remedy, diluted in a tumbler of water, can be put in children's drinks. The skin can be anointed or the remedy put on the pulse point of the wrist, neck, or temples. It is important to make sure that the remedies are appropriate for the child and gathered from accurate observations and not a projection of adult fears and feelings. If you feel that a child needs a remedy it may be worth taking Red Chestnut, Rescue Remedy, or Chicory yourself, to make sure that you are thinking, feeling, and acting appropriately.

NEW FLOWER REMEDIES

Since 1976, the Australian company Gurudas has been working on developing flower essences based on American plants, and there are now 150 remedies. They deal with the transformation of subtle energies to create a pain-free pattern, finding a balanced expression between polarities of life. Dr. Bach expressed his ideas in Christian terms. Gurudas integrates ideas from Eastern philosophies.

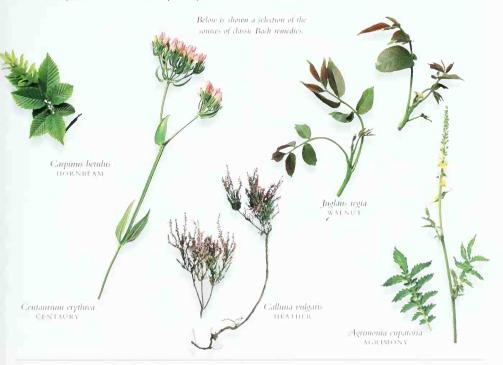
AUSTRALIAN ESSENCES

Australian naturopath and herbalist Ian White has been working to develop essences from the unique Australian flora. He calls them Australian Bush remedies. There are over sixty to date.

White believes that essences have a very important role to play in our lives as catalysts, in helping people heal themselves, normer that:

The essences allow people to turn inwards and understand their own life plan, their own life purpose and direction. They also give people the courage and confidence to follow that plan. Illness, disease and emotional problems are only indicators that we have strayed off our individual path. The essences, as well as helping us return to that path, can assist us to work through and resolve our problems and imbalances. They can also help to give us an understanding of why these difficulties came about in the first place and what needs to be done to clear them, by unleashing the positive qualities inherent in us.

This is very similar to the roles that Dr. Bach ascribed to the actions of his remedies. The Australian remedies deal with subtle emotional states, but also with fears and situations that were unknown during Dr. Bach's time, for example, techno-fear or protection against radiation poisoning. There is an Australian version of the Rescue Remedy and its key lesson is "comfort."



MAKING FLOWER ESSENCES

REMEDIES ARE prepared in two ways: the sun method and the boiling method. The methods are easy to follow Cleanliness is essential and all utensils should be sterile. Wash your hands well with unscented soap and rinse several times with plenty of water. Sterilize utensils by boiling gently for 20 minutes in pure water, preferably rain water. Allow them to drain dry, and then wrap them in a clean cloth. Do not touch the inside of the bowl with your hands. Decide beforehand on the plants you will need, where to pick them, and where to place the bowl. Wait for a suitable sunny day. The best time of day is between 9 a.m. and midday, when the sun has dried the dew and the flowers are open but still fresh. Picked flowers should be put in water as soon as possible. Picking movements should be quick and sure so that the flowers are in contact with your hands for as short a period as possible. A large



THE SUN METHOD

Pick flowers when they are at their best. This will depend on the weather, but here is a rough guide:

- EARLY SPRING:
 aspen, cherry plum, elm
- SPRING: beech, chestmat bud, crab apple, gorse, holly, hornbeam, larch, oak, olive, star of Bethlehem, vine, walnut, willow
- LATE SPRING: mustard, pine, red chestmut, water violet, white chestmut
- SUMMER: agrimony, centaury, honeysuckle, minimulus, rock rose, sweet clussmut, wild rose
- LATE SUMMER: chicory, clematis, heather, impatiens, seleranthus, vervain, wild out
- AUTUMN: cerato, gentian

To make a 3fl. oz. (100ml.) bottle of stock flower essence, you need:

- 2pt. (11.) bottle of spring water
- · a shallow glass bowl
- a 3 fl.oz. (100ml.) dark-glass bottle containing
 1.5 fl.oz (50ml.) brandy

This stock essence, made by the method shown on the right, will keep for many years.



1 If possible use water fresh from a local spring. If not available, use bottled spring water from a reputable source. Pour into a clean glass bowl.



2 Float the flowers on the water until the whole surface is covered. Use a twig or leaf to arrange them. Since the bowl is uncovered it is important that it is placed away from shadows and any possible contamination.



3 Leave the bowl out in the open where it will receive direct sunshine for three hours.



After three hours remove the flowers with a twig and pour 1.5[l. oz. (50ml.) of the water into the bottle with the brandy. Shake and label with the name of the stock flower essence and the date.

THE BOILING METHOD

Pick when the flowers are at their best (see page 32). Again cleanliness is vital to avoid contamination. Sterilize utensils as described opposite,

You need:

- 6pt. (3l.) saucepan with hd. Use an enamel, glass or stainless steel pan; avoid copper, aluminum, and Teflon-coated pans
- a glass measuring pitcher

- 2pt. (1L) cold water. Rain water is preferable but tap water will do
- a 3fl. oz. (100ml.) dark-glass bottle containing 1.5fl. oz. (50ml.) brandy
- · natural, unbleached filter paper



Touch the plants as little as possible. Pick twigs or flowers until the saucepan is three-anarters full.



4 When cool remove the turgs and stand until any sediment has settled at the bottom. Then carefully filter the water into the measuring pitcher.



2 Put the lid on the saucepan.
When over a source of heat
cover the flowers and twigs with
cold water and bring to a boil,
and then simmer for half an hom,
occasionally stirring with a twig.



5 Put 1.5fl. oz. (50ml.) of the flower water into the bottle with the brandy.



3 After half an hour remove from the heat and stand



6 Label with the name of the stock flower essence and the date. This will be used to make personal remedies.

leaf, preferably of the plant being picked, should be used to cover the palm and protect the flowers from the heat of your hands and contamination with sweat. The remedy water should never be touched. Use twigs for stirring and separating.

For the boiling method, it would be ideal to try to boil the flowers in the open, as near as possible to their source. That way you do not compromise their freshness. You can do this using a camping stove if it is permissible to light a fire near your collection site. If not, get back home as quickly as possible after picking your flowers.

nature to seek solutions to the emotional fears that lead to disharmony and disease. There will be more and different fears as humans and nations face the ever-changing and uncertain future. Whatever the future holds, we have the stability of Dr. Edward Bach's twelve basic healers, the helpers, and the other remedies to help us grow and deal with negative responses to life.

THE FUTURE

More essences are likely to be discovered from various countries as more plants are studied, and as we learn from Agriniony flowers are readily available for picking and making flower essences at home

AROMATHERAPY

HE WORD aromatherapy comes from a combination of two words: "aronia" which means smell or fragrance and "therapy," which means a treatment for the body or mind or social condition of a person to assist or facilitate a process where healing and change can take place. The science and art of aromatherapy is based on the various treatments by which essential oils can be used effectively and safely. Aromatherapy also plays an important role in the main branches of complementary medicine, where it acts as a link between orthodox medicine. homeopathy, osteopathy, and therapeutic counseling.



A Chuiese garden; essential oils play an important part in traditional Chinese medicine, which embraces massage and herbalism as well as acupuncture.

essential oils such as cedarwood incense, and myrrh to keep the body in good condition for embalming. They also used oils on a therapeutic basis in their everyday life. Tombs have revealed alabaster vases still full of aromatic preparations. Intricate carvings and detailed hieroglyphics can still be seen on many temple walls such as those on the island at Philae, at Edfu, and Deir el-Bahari, the temple dedicated to Hathor by Queen Hatshepsut. The ancient Egyptians described formulas and showed scenes where vessels were being used for perfumes and oils in ritual and dance.

Egyptian priests were also doctors. They knew how to extract

aromatic essences from plants, and they dedicated essences to their gods and to the astrological planets. Myrrh, for example, was dedicated to the Moon, incense to the Sun, and lavender and marjoram to Mercury. It was from their Egyptian captors that the Hebrews gained knowledge of the uses of aromatic and essential oils in medicine and in religious ritual.

In Greece, the revered surgeon and physician Hippocrates (460–377 B.C.) believed that, for medicine to be successful, the whole person had to be treated and not just the disease. He was known to have used saffon, thyme, cumin, peppermint, and marjoram in his work. Greek soldiers used to carry ointment made of myrrh into battle to put on their wounds. Later, many Greek doctors were employed by the Romans as military surgeons. Galen (A.D. 130–200), one of the most famous surgeons, treated many gladiators with his essential oils and remedies. He also invented the original "cold cream"

Pedanius Dioscorides (A.D. 40–c.90), another great Greek physician, who lived during the reign of Nero, collected many medicinal plants and transcribed the results of his labors in his memorable work *De Materia Medica*. After the fall of Rome, his work was translated into Arabic and Perstan and other languages. Texts spread from Constantinople to the famous medical library at Alexandria and on to the Arab world where aromatics and the art of distillation became widely practiced. One of the most famous medical authorities of these times was the Persian scholar, Avicenna (A.D. 979–1037), born Abu Ali al-Husayn Ibn ab Allah Ibn Sina, who is credited with the first distillation of essential oils.

THE HISTORY OF AROMATHERAPY

The art of aromatherapy has been practiced for thousands of years. The first evidence of its use comes from China where, m 4500 B.C., a medical book was written by an emperor named Kiwant Ti on the aromatic and healing properties of plants. Between 4000 B.C., and 200 B.C., Egypt developed a reputation for its use of essential oils for medicine, pharmaceuticals, perfumery, and cosmetology, all of which was placed under the protection of the god Horus. The Egyptians believed in reincarnation and used



The Egyptians understood the power of plant oils. Several kinds were used in the process that preserved the bodies of the ancient dynastic kings and queeus before they were embalmed and ununnified.

Medieval Medicine

Theophrastus Bombastus von Hohenheim, better known as Paracelsus (1494–1541), was a German physician and alchemist who pioneered the use of chemistry in medicine and studied the healing components of medicinal plants. He was an unconventional medical man and believed that everyone had an "inner doctor" and a life force; his contributions to the healing sciences, acclaimed in our century by the psychiatrist and psychologist C. G. Jung (1875–1961), were to provide the foundations of an empirical science of mental and physical health that continues to this day.

The use of essential oils continued to blossom around the European world; in Italy it was expanded under the patronage of the Medici family; in England Elizabeth I enjoyed aromatic oils; and in Germany and in France essences such as rosemary, lavender, camphor, mint, and sage were often used to fight off epideimes.

Aromatherapy in Modern Times

A French chemist named René Gatteffosé wrote his first thesis on "Aromatherapy" in 1928 and this was to become a cornerstone in the study and practice of the uses of essential oils. During the course of his work he discovered the healing properties of lavender for burns, when he treated himself for burns to the hand sustained in his laboratory by plunging his hand into water containing lavender essence.

In Paris from the 1920s to the 1940s, Dr. Jean Valnet conducted ground-breaking studies on aromatherapy and in 1964 published his authoritative book *The Practice of Aromatherapy*. At the same time, Madame Marguerite Maury, an Austrian who was working with her homeopath husband, became the first nonmedical person to study the powerful effect of aromatherapy on health. She wrote *Secrets of Life and Youth* in 1964.



Before the days of synthetic an-fresheners, flowers and roots played an essential role in the household to minimize smell and repel meets. Here the pomander hanging discreetly on the wall obviously needs realizing since their laws found their way into the hollowing

Present-day aromatherapists, such as Madame Micheline Arcier and many other excellent teachers and practitioners, have continued to refine and develop the ancient art of using essential oils.

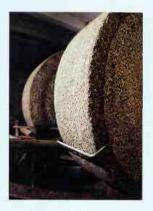


NATURAL HEALING POWERS

THE VALUE of aromatherapy has been known since ancient times, but it is only in the last decade that it has become widely accepted as an important and useful part of healthcare. Aromatherapy offers us a way to get in touch with our bodies, by enjoying the effects of uplifting or calming aromas. It is a gentle healing art that is available to men, women, and children of every age, and of every state of health or physical fitness.

Imagine for a moment walking in a lush green meadow or a field full of beautiful purple lavender; imagine standing in a colorful rose garden, smelling the warm, heady sweet scent that fills the air. The positive feelings such imagined pleasures bring allow

you to experience for a moment how beneficial and healing to the whole person – the body, mind, and spirit – an aromatherapy treatment can be. Aromatherapy encapsulates the wonderful smells and their healing properties in essential oils that have been extracted from the branches and twigs, leaves, petals, flower tops, roots, and resins of individual plants. These oils can be used as part of our



A traditional oil press for the extraction of virgin olive oil in industrial quantities.

everyday lives, and the power of their rich fragrances can work to enhance health and well-being.

Essential oils are an exciting and versatile way of treating ourselves on every-level. They are a gift of nature. which we can emoy and use in our day-to-day lives. Essential oils can penetrate our senses, through their sensual aromas. They are effective in many ways - through vapors that can be released into the atmosphere. through feeding the skin in the form of an aromatherapy massage, through the sensual effects of languishing and relaxing in an aromatic bath, and through their use as natural, pure perfumes in cosmetics or in cooking. Essential oils can be blended

combining the unique energy and life force of each oil to address a multitude of health problems. Care must always be taken when using essential oils at home: they are a powerful tool, and they must be used sparingly and in the correct circumstances and situations. If you have any doubts at all about the use of an oil, or its functions, consult a qualified practitioner for advice.

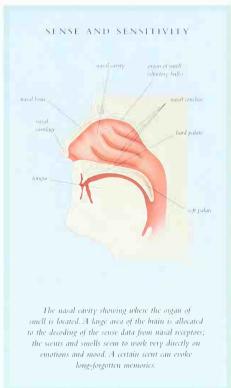


WHAT ARE ESSENTIAL OILS?

Essential oils are the substances that give plants or parts of them – their petals, leaves, flower heads, seeds, stalks, bark, guins, or resins, for example – their aroma. Some plants yield different oils from their various parts; the bitter orange tree, for instance, yields neroli oil from its blossom, orange oil from its fruit peel, and petitgrain from its leaves and twigs. But other plants contain very little essential oil. These essences contain that living element, often referred to as the "soul" of the plant, which provides each plant with its own life force, its own energies and healing powers.

Essential oils vary in their natural qualines and constituencies. Most oils are not greasy and are thin in texture, with the exception of a few oils that become thicker in consistency over time. The color of the oil varies from clear, through pale to dark yellow, amber, pink, reddish brown, and pale to dark olive green to blue. Each essential oil, volatile by nature — which means that it will evaporate quickly when coming into contact with the atmosphere — must be contained in a dark-glass bottle in order to preserve it. Only a few drops of an essential oil are used at one time.

The effective molecular structure and powerful natural healing qualities of an essential oil enable it to penetrate the skin and enter the bloodstream within 20 to 70 minutes after treatment, so that the essential oil's life force can meet our own life force and exert its therapeutic effect upon different areas of our physical, psychological, and spiritual well-being.





EXTRACTING OILS



Petals, leaves, stalks, seeds, bark, resin, and roots are all used in the manufacture of essential oils.

THERE ARE five different methods of extracting and preparing essential oils today: distillation, enfleurage, maceration, expression and solvent extraction.

Distillation

The technique called distillation is the main way essential oils are extracted from plants. Steam is passed over the leaves or flowers that have been placed in a still. The steam or vapor then passes into a condenser where it produces a liquid that contains both oil and water. The oil is then easily separated because, depending upon the weight of the oil, it either rests on the surface of the water or sinks to the bottom.

Enfleurage

The method used to extract the most delicate essences from petals and flowers such as rose, jasmine, and neroli is called enfleurage. Each flower or petal must be collected at the time of the day when its aroma is at its most pungent, often at sunset or sunrise. The petals or flowers are spread out on a sheet of glass on which fat has been spread. The glass is mounted in a wooden frame, then 24 hours later, when the fat has absorbed the essential oil from the petals, the petals are blown off and the process is repeated. The fat, known as a pomade, is then washed in alcohol, which evaporates, leaving the essential oil.



Enflewage is a gentle method used to extract the oil from delicate petals and blossoms

Maceration

This process is applied to plants that do not yield their essential oils naturally after being harvested. The flowers are soaked in hot oil in order to break down the cells, so that the fragrance is released into the oil. This is then purified and the essential oils extracted into a pomade. The enfleurage method is then used to complete the process.



Maccration is a process used to prepare tough plants for oil extraction.

Expression

This method is known as the sponge process, which was the way essential oil was extracted from the citrus family: orange, lemon, grapefruit, tangerine, and bergamot. Citrus oils used to be squeezed from the plant or fruit by hand on to a sponge. Machinery now carries out this work.



Expression is the traditional method for the extraction of citrus oils. The oil comes from the rind of the fruit

Solvent extraction

Used for resins and gums as well as some flowers, this involves placing the appropriate parts of the plant in a vessel and covering it with solvent. It is then electrically heated to produce an odiferous paste called a concrete, which is mixed with alcohol and chilled, then filtered. The alcohol is evaporated away, leaving a substance that is known as a resmoid.



Gums and resus must be dissolved in chemical solvent before they yield their oils.

SAFEGUARDS AND CAUTION

The following notes are important for safe usage of essential oils.

a Skin

Before using an essential oil, do a skin test. Dot some oil on the wrist pulse point; if the skin becomes irritated or inflamed, wash off the oil with water and do not use.

Phototoxicity

Some oils can cause an adverse reaction in strong sunlight. This is called phototoxicity. Test a little on the inside of your wrist before using any oil outdoors.

* Toxicity

Check for toxicity, which can occur when oils are overused or are contraindicated for some conditions or people. For example, clary sage can be toxic when used for treating PMS, and peppermint or frankincense may overstimulate the nervous system.

Asthma

Special care must be taken to check each oil if you suffer from asthma. It is safer not to use inhalations because of the risk of suffering palpitations.

a Blood pressure

Caution is required if you suffer from low blood pressure; oils such as eucalyptus and lavender should be avoided. If blood pressure is high avoid oils such as cypress, peppermint, rosemary, byssop, sage, clary sage, and thyme.

· Homeopathy

Always check with the homeopathic practitioner before using essential oils because they may nullify the effect of the remedies. Oils particularly important to avoid during homeopathic treatment are camphor, eucalyptus, black pepper, and peppermint.

Pregnancy and Babies

The body is particularly sensitive in both pregnancy and infancy, and special care must always be taken before any oil is used.

· Pregnancy

Only "safe oils" should be used during pregnancy since it is not known what effect the natural essences have on the placenta that feeds the growing fetus. Even when using safe oils it is important to remember to mix at half the measured amount. One very relaxing and safe way of using essential oils during pregnancy is on a burner in the room rather than directly on the skin.

Safe oils in pregnancy include black pepper, eucalyptus, chamonile (Roman), frankincense, geranium, ginger, lavender, mandarin, rose otto, tangerine, tea tree, and ylang-ylang.

Oils to be avoided in pregnancy include basil, cinnamon, citronella, clary sage, clove, cypress, hyssop, jumper, marjoram, myrth, rosemary, sage, thyme.

* Breast-feeding

It is best to avoid all essential oils during breast-feeding. For the purpose of skin maintenance, however, a light carrier oil massaged over the breasts can be helpful in reducing stretch marks. If in doubt, always consult a practitioner.

* Babies and children

There are various ways essential oils can be beneficial in treating babies and children, particularly for sleep disorders, irritability, colic, colds, and coughs. Oils are best used on a burner in the room, in a bath, in massage, and in herbal teas, but it is very important to use only safe oils and check for toxicity.

For babies of 0–12 months use 1 drop of essential oil in 1 teaspoon of light carrier oil.

For children of 1-5 years use 2-3 drops of essential oil in I teaspoon of light carrier oil.

For children of 6-12 years use half the measured amount as for idults

Safe oils for babies and young children include chamomile (Roman or German), lavender, mandarin, neroh, rose, tangerine.

The elderly

Aromatherapy is a wonderful way of relaxing and treating elderly people, but check carefully for toxicity and in general use half the measured amount. All oils that are safe for children are excellent for the elderly.

Epilepsy

Avoid essential oils such as clary sage, sage, hyssop, and fennel since they work very powerfully on the nervous system.

In general, essential oils are among the safest remedies to use on babies, infants, and children, but always check first to make sure you use appropriate oils at the concert dosage.



AROMATHERAPY IN ACTION

THERE ARE a number of different ways to use essential oils in aromatherapy. These range from massage, through baths and inhalations to sprays and compresses for specific healing needs.

Massage

A professional aromatherapist would favor a technique of therapeutic massage. This is also easy to do at home, with a friend or partner and on one's own. Specific areas of the body can gain particular benefit from massage – especially tired and aching muscles. Gentle massage over the abdomen will help relieve period

pains. A gentle massage over the lower back will help relieve backache. And because of the aphrodisiac qualities and the sensual dimensions of a massage, lovers can gain extra pleasure from using essential oils within a caring relationship.

In aromatherapy massage, the oils are blended with a carrier oil, which will dilute the essential oils for the purposes of massage without actually dispersing their active ingredients.

It is a good idea to choose an oil that appeals to your own personal sense of smell, and you may wish to blend two oils together. For example, to make a 1.5fl. oz. (50ml.) bottle of oil, use:

- 1 teaspoon of jojoba or calendula oil
- 1 teaspoon of avocado or hazelnut
- add a balancing oil, such as grapeseed or sweet almond oil

The secret of blending essential oils becomes easier with practice; it also enhances an individual's sense of smell. For example, an aromatherapy oil to relieve stress and tension can be made using 2 tablespoons of carrier oil in an egg



A luxurious and relaxing massage at the hands of a professional is one of the most pleasant ways to enjoy the power of essential oils.

cup or small bowl, combined with 2 drops clary sage, 3 drops lavender, and 3 drops rose.

Always remember to store aromatherapy oils in dark-glass bottles to preserve them.

Baths

A simple, beneficial, and very enjoyable way of using essential oils is in a bath. The warmth of hand-hot water releases aromatic vapors that are a joy to the senses. For I teaspoon of bath oil, add 5–10 drops of essential oil to a carrier oil such as peach kernel, apricot, or sweet almond oil. This method helps to

condition the skin and is safe if not more than a teaspoon of the blended oil is added to the bath. Only nonirritant essential oils, such as lavender, tangerine, and Roman chamomile can be added directly to a bath, but take care not to use more than 4–6 drops. You may wish to mix these first in a carrier oil before adding to the bath. There are oil dispersants available, which will ensure that the oil is spread throughout the bathwater, not just on the surface.

Hand bath

A bowl of warm water containing 3–4 drops of an essential oil can be a useful way of obtaining the therapeutic effects of aromatherapy.

Foot bath

Take an average size washing-up basin, fill it with handhot water and add 4–6 drops of essential oil. Soak the feet for 10 minutes. This is good for swollen, tired, aching feet as well as for athlete's foot and fungal infections, and is an excellent means of using essential oils, particularly in the very young or old.



The naturally refreshing scent of growing pine forests and lavender fields in bloom offer an invigorating "free session" of aromatheraphy to outdoor types.

Sitz bath

A half-full bathtub or large bowl full of warm water using the same proportions as for a normal bath can be used for many conditions, including thrush, hemorrhoids, perineal stitches, or genital and urinary ailments. A douche can be made of 3–5 drops of essential oils such as tea tree or lavender in warm water.

Shower

After a shower, pour a little prepared essential oil and carrier oil onto a sponge then squeeze this over the body and massage it into the skin.

Sauna

Add 20–30 drops of eucalyptus, pine, or cypress essential oil to a large pan of water and pour this over the coals, then he back and imagine being in a pine forest. Most aromatherapy oils can be used in this way.

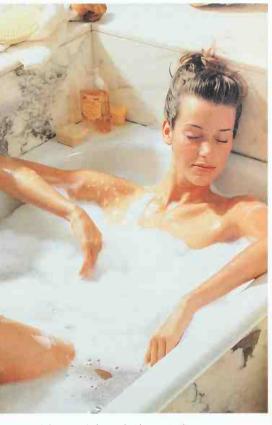
Inhalations

For coughs, colds, chest infections, and skin cleansing, put 6–12 drops of essential oil in a bowl of boiling hot water, cover your head with a towel, and deeply inhale the vapors. Two or three drops of essential oil put on a handkerchief or a pillow while sleeping can also be very helpful to reduce coughing at night and to encourage sleep. This is good for children.

Caution must be used for people who are either asthmatic or epileptic.

Gargles

For the treatment of bad breath, mouth ulcers, sore throats, and other conditions, add 3–4 drops of essential oil, such as Roman chamonile or tea tree (which is bitter but effective) to a glass of warm boiled water and gargle or use it as a mouthwash.



A deep, warm bath scented with aromatic oils is one of the best ways to enjoy aromatherapy at home. Avoid mixing essential oils with commercial bubble bath products.

best if diluted)

good if diluted)

(light - good base oil for all skin types)

(medium - a balancing oil, for dry skin;

(thick - needs to be diluted)

(light - good for all skin types)

(antiseptic and pain relieving;

(medium - for dry skin)

CARRIER OILS

grapeseed oil

St. John's wort oil

jojoba oil

olive oil

The following is a list of some fine oils:

* sweet almond oil (light – for all skin types)

e avocado oil (tluck – for dry, aging skin)

apricot kernel oil (light – good for all skin types)

arnica oil (for injuries and bruises, but not on broken skin) to be peach kernel oil

calendula oil (for feminine problems, PMS, menopause)

coconut oil

comfrey oil (for rheumatism, aches and pains)

corn oil (medium – for dry skin)

evening primrose oil (rich – for dry and aging skin)

(solid – for dry skin) sunflower c

suntlower oil (light – a good base oil, for all skin types)

wheatgerm oil (thick - good for stretch marks; best if diluted)

AROMATHERAPY AT HOME

AROMATHERAPY AND essential oils are not restricted to a healing role or just for personal use. The therapeutic powers of essential oils can also be enjoyed communally. There are many ways to scent the different rooms in your home, to establish certain moods or a special atmosphere: a calming scent in the evenings, a more bracing version at the start of the day, an elegant fragrance for a dinner party, something seasonal at Christmas, someone's favorite scent on their birthday. You can use the oils on their own or in combination. Many essential oil manufacturers give advice and recommend suitable blends.

There are various ways you can create a scented atmosphere. Some you can make yourself: a room spray, traditional bowls of pot pourri; others are easy to

find commercially; fragrancers, scented candles, and ring burners. You can even wear some kinds of essential oils as perfumes, but take advice first since not all of them are suitable. And they have a role in the kitchen: lemon and



You can make your own environmentally friendly room spray using a pump-action plant spray.

orange oil, used very sparingly, are traditional ingredients in delicate desserts and cakes.

Fragrancers

A number of excellent fragrancers are commercially available. Some can be plugged into the electricity supply to warm a dish containing a mix of a teaspoon (5ml.) of carrier oil and 6-8 drops of essential oil such as frankincense, so this can evaporate slowly in a room. Others are made of pottery or porcelain, lit by a night light candle. As the dish warms up, water is added with 3-4 drops of essential oil to send beautiful aromatic vapors throughout a room. Another technique is simply to add a few drops of essential oil to a small bowl of boiling water and put it on top of a radiator. But in all cases, be sure to keep the fragrancer well out of the reach of children.

Room sprays

Part fill a clean, empty plant spray with water then add 30–50 drops of, for example, lavender, lemon and citronella, geranium, or tea tree. This can be used to spray a fine mist into a room to act as a room fragrancer or insect repellent, depending upon your choice of essential oils. Citronella will deter cats from spraying.

FIRST AID

Essential oils, especially lavender, have a useful place in the family first-aid box.

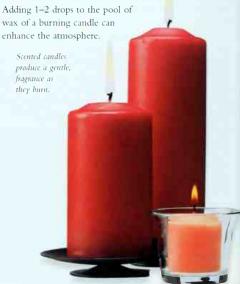
Compresses

A cold compress is good for treating bruises, sprains, headaches, and migraines. Soak a facecloth in a bowl of cold water with 5–6 drops of essential oil added, then wrap this around ice cubes from the freezer for a very soothing and effective balm. To make a hot compress for aches, pains, abscesses, or severe muscular tension, dip a facecloth into a bowl of hot water to which 5–6 drops of essential oil, such as lavender, have been added, then place this on the affected area.

Insect bites and stings

Because of their natural plant properties, tea tree and lavender oil can be effective in relieving pain if they are used neat on insect bites, wasp stings, bruises, and wounds. Soak a Q-tip in the essential oil and dab on the affected area.

Scented candles



MAKING POT POURRI

Pot pourri is easy to make at home. You can design it to fit your color scheme and to create whatever mood you want, whether it be sensuous, exhilarating, calming, relaxing, or refreshing.

Whatever you choose, mix the measures so that the scents do not conflict. A mixture of rose petals, assertive herbs such as mint, and pungent spices such as cinnamon makes a pleasant room sweetener. A recommended proportion is 2½ cups each of your main ingredients to 4 tablespoons of secondary ingredients; add between ½ and 2 teaspoons of spice, depending on your taste. Always add orris root – about 2 tablespoons is generally enough in these proportions.

Add essential oil by the drop (around 10 drops should be sufficient), and choose oils that reflect your choice of flowers. Mix everything together, place it in a paper bag, seal the top, and leave in a dark place for 4–6 weeks to cure. When it is ready, display it in a suitably beautiful dish and refresh with your chosen essential oil when necessary.



Pot pourri is a traditional and economical way to scent a room since its power can be periodically boosted by the addition of a few drops of oil.

Humidifiers

Adding 4-6 drops of essential oil to the water of a humdifier is a good way of experiencing the effects of aromatherapy oils.

Ring burners

Small porcelain rings placed over a lit lightbulb dotted with a few drops of essential oil gently send a vaporous aroma around a room.

Pot pourri

Make your own pot pourri or enliven the aroma of an existing one by adding 4-6 drops of essential oil such as rose, frankincense, geranium, or any other oil you enjoy.

Perfume

A few selected essential oils can be used neat as perfume. The pure essence of rose, neroli, lavender, ylang-ylang, jasmine, and sandalwood are good examples because they will not usually irritate the skin.

Cooking

In cooking, use only one or two drops for flavor since the essential oils are very strong. One drop of lemon or one drop of chamomile added to tea will be enough for several strong cups. Tangerine and lemon oils are good for using in cakes and desserts.



FROM THE LARDER

THE FACT that many foods and culinary ingredients eaten and used in daily life have specific therapeutic applications, either in the prevention of disease or as a potential remedy, is not a recent discovery. Some foods have a long history of use as folk medicines throughout most parts of the world - corn, for example, was used by the Aztecs as a medicine for the heart: the medicinal uses of garlic, of which there are many, were mentioned in Chinese texts as long ago as around A.D. 500. Today, there is an ever-increasing knowledge about why a particular food may work for some conditions but not for others, knowledge that is the result of scientific analysis of the constituents of foods

The therapeutic actions of natural foods and ingredi-

ents arise from the nutrients and other complex chemicals

of which they are composed, and which have a direct

effect on the body. Of the nutrients, the most widely



The cultivation of maize, or corn. was central to the lives of the Aztecs of Meso-America Corn was used both as a food and a medicine.

known are the vitamins and minerals. These are the substances that we hear most about, particularly in connection with the debate about supplements - whether we get enough of all the nutrients by eating a balanced diet, or whether, for a variety of reasons, there are some nutrients we lack and should supplement by taking the appropriate tablet or pill to make up any deficiency.

VITAMINS AND MINERALS

Of the many vitamins and minerals scientists have identified, there are five main vitamins (the group of B vitamins counting as one) and between six and eighteen minerals

and trace elements that are universally recognized as essential nutrients that we should, ideally, receive from the food we eat. These nutrients, which play such a significant role in the maintenance of a healthy body, are described on

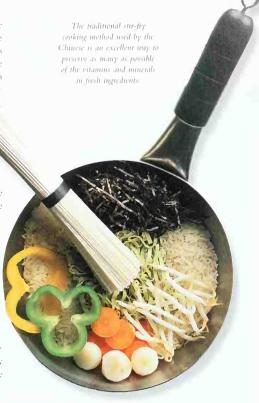
HEALTHY FATING BANANA GR APERLUT Fruit supplies vitamin C, B complex, biotin, folic acid, potassium, calcium, magnesium, and other trace minerals, but is most important in the daily diet for vitamin C and potassium. Berries and citrus fruits contain high amounts of vitamin C. APPLE Vegetables are a good source of carotene, vitamin E ARRACE and the B vitamins, folic acid, and the major minerals. Many also contribute significant amounts of vitamin C. Greenleaf and root vegetables should be included in the dict, and some should be eaten raw because cooking destroys some vitamins and leaches out minerals. CHICKEN Protein is essential in the diet. It should make up 11 percent of a main meal. Fish supplies both protein and polyunsaturated oils; meat from poultry gives protein without fat; eggs contain the B vitamins and all the essential minerals.

pages 238-39, together with the appropriate recommended daily allowance (RDA) for an average healthy adult. A discussion of the most important vitamins and minerals - in this context, meaning those that are present in such significant amounts as to have an effect on health - provided by specific foods can be found under the individual food listings in Part 3.

ANTIOXIDANTS

Many foods, including a large number of healing herbs contain antioxidants substances that provide protection against destructive molecules called free radicals. These molecules, when present in excessive numbers, can cause damage to the body's cells. They are manufactured in the body as a result of metabolization or from environmental pollutants that enter the body during respiration. Three vitamins, A. C. and E (often referred to as the ACE vitamins), in conjunction with the mineral selemum, are antioxidants that prevent the formation of free radicals or act as scavengers that mop up these undesirable agents. Research seems to indicate that antioxidants, particularly vitamin E, can be of particular benefit in protecting health when supplements are taken.

There is also some evidence that foods rich in the vitamins A and C, when eaten regularly and in fairly abundant quantities, may protect against cancer of the gastrointestinal tract and respiratory system.



HEALTHY EATING

Beans, peas, and lentils supply carotene, vitamin E, the B complex, potassium, and trace minerals. They are low in sodium and contain substantial amounts of protein. They are also a good source of dictary fiber.



BLACK BEANS





Cereal products supply bulk carbohydrate, WHOLEWHEAT the starchy element of the daily diet. They can be eaten in their natural forms, like oats, or eaten in bread (preferably wholewheat) or pasta. Carbohydrates should form at least 50 percent of your daily intake.









Milk is a good source of vitamins, rich in calcium and potassium and low in sodium Products made from milk have the same qualities; those worried about the fat content should choose skim-milk products. Goat's or sheep's milk can be substituted for cow's if there is an allergy.







NATURAL FOODS AND SUPPLEMENTS

THERE IS really no question about how best to obtain the nutrients and other benefits foods can supply: fresh is almost always best (although in a few cases dried fruit may contain higher amounts of a nutrient than the fresh fruit). But how fresh is fresh, and how safe? Much of the so-called fresh fruit and vegetables we buy have been in storage for weeks, sometimes months. Whereas once most fruit and vegetables were available only in season, now most of them can be purchased year round – and this is not always because fresh produce has been air-freighted the day before from foreign producers. Storing foods, even at low temperatures, usually results in the loss of valuable nutrients. Then there is the matter of herbicides and pesticides that accumulate in fruit and vegetables from

sprays that are applied during the growth of the plant, plus the addition of waxes and other substances that are used after harvesting to lengthen the shelf-life of food.

Buying organically produced food, locally grown and available in season, is probably the best way to ensure that food really is fresh, and that it is free from herbicides and other food "enhancers".

When buying any fresh produce, choose those with leaves and roots that are crisp, not wilted; vegetables should not have any yellow or brown leaves or spots, and both fruit and vegetables should not have any sign of bruising. Wherever possible, buy food that has been organically grown and eat within two or three days of purchase. Store in cool, dark conditions, preferably in the refrigerator or in a cold pantry. Eggs should always be refrigerated, never left at room temperature.

Wash fruit and vegetables very thoroughly. Although it is better to leave skins on fruit and vegetables — many of the nutrients are found just beneath the skin — washing may not remove the chemical residues of produce that has

been sprayed, and it is probably best to peel them. This should not be necessary with organic produce.

> Just as fresh food is preferable to preserved food, so raw food is more beneficial than cooked food. If it is difficult to eat raw foods

A balanced diet, containing as many fresh ingredients as possible, is a long-term preventive measure to ensure good health.

REACTIONS AND SIDE EFFECTS

As with all medicines, natural remedies must be treated with respect and taken with due regard to any potential adverse effects. This may seem to be overcautious; after all, on the surface of it, what could be safer and healthier than a freshly picked, homegrown strawberry or an organically grown cabbage? Unfortunately however, natural does not mean safe. All foods may produce side effects or adverse reactions, particularly when taken in excess. Side effects may be desirable or undesirable, but are not usually life-threatening for example, a side effect of eating beans is flatulence, which may be socially undesirable, but is not dangerous. Adverse reactions, however, produce undesirable effects that endanger health; eating strawberries, for example, can cause the classic symptoms of allergy in susceptible people, mainly skin rash, swelling of the face, eves, and lips, hay-fever-like symptoms, and upset stomach.

Other foods may interact with prescribed drugs. Bananas and pickled cabbage, for example, may interfere with drugs of the MAOI (Monoamine-oxidase inhibitor) type, prescribed for ailments such as hypertension and depression, and can result in critical hypertension.

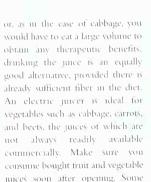
If you are taking prescribed drugs for an illness see your general practitioner before self-medicating with any natural medicine. Pregnant and lactating women, people with chronic gastrointestinal complaints, and the elderly should also seek the advice of a reputable, qualified practitioner, as should parents who are thinking of treating their children with natural medicines.



Stramberries can cause an allergic reaction and an irritating skin rash in susceptible people.



from is essential in the diet as it is a constituent of hemoglobur, the oxygen carrying proment in blood. Retween 3 and 50 should be mesent in a healthy body cocoa, soya, dried frint, and cereal. Preonant women and anemic people may need supplements, which should



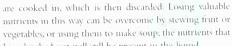
nutrients, especially Vitamin C,



do not like the taste. it is now available. in pill form.



Oily fish such as herring, uma is an excellent source of polyunsaturated fatty acids, which help to prevent blood clots and reduce blood fat levels. If you do not like eating fish, fish oil supplements are readily available in haund or capsule form. Cod liver oil tablets are the most popular.



vegetables, or using them to make soup; the nutrients that have leached out will still be present in the liquid.

deteriorate very quickly once exposed to the air, even if

the container is closed tightly and stored in a refrigerator. Vitamin C can be destroyed by heat, especially during

cooking processes such as boiling. Other water- and fat-

soluble nutrients may leach out into the water or oil they



Folic acid is a water soluble estamin belonoino to the B complex. It is very important in pregnancy since it combats anemia in the mother and builds up resistance to infection in the baby; women who take contraceptive pills should ensure they get enough folic acid. It occurs in greenleaf vegetables, soya flour, brewer's yeast, and is

PREPACKAGED PRODUCTS

It is sometimes more convenient or efficient to use commercially prepared natural medicines rather than the food itself, where these are available. This is particularly the case where large quantities of a food would be needed to obtain therapeutic benefits, or where commercially prepared medicines cannot realistically be prepared at home. There is a wide range of such medicines available in different forms, as any visit to a healthfood store or purveyor of natural remedies can testify. Ginger, for example, is usually available as tablets, capsules, extracts, tinctures, and concentrated drops, while celery can be purchased as concentrated drops, tablets and finctures.

When buying these products there are several things to bear in mind. Always buy products prepared by wellknown manufacturers whose preparations have proved to be safe. Always read the instructions carefully and take as directed in the recommended dosage. If adverse reactions occur stop taking the product immediately and seek medical advice as soon as possible.

Be aware that tablets, capsules, and so on have, of necessity, ingredients other than the natural therapeutic substance, and these may not be listed on the packaging. For example, capsules may contain gelatines and tablets will include binding agents that serve to hold all the ingredients together; they may also have a sugar coating to make them more palatable. While most of these are safe, any of them might be potentially harmful to those



oxidant, promotes non acid, and supports the body's unmune system. The body cannot store blackeurrants, and green peppers are good sources of estamin C but it is also



THE AILMENTS

This part covers common family ailments, grouped together under the particular body system they affect: for instance, indigestion is discussed under The Digestive System. Each body system is introduced and described before the ailments are listed. Each ailment is accompanied by a panel indicating which natural therapies can be applied beneficially in the home, and how to use them safely. Tips on self-help are included in this panel.

A special section at the end covers children's and babies' problems and the routine illnesses of childhood.



THE IMMUNE SYSTEM

The immune system is the body's defense against attack. It repels unfriendly bacteria and viruses, and fights off infection. All infections and allergies are diseases involving the immune system, which is why it is always advisable to support the system during illness and to maintain its strength and vitality at other times.

Strengthening the immune system

The immune system forms part of the lymphatic system, which runs parallel to the circulatory system. Its function is to fight off foreign substances such as viruses, bacteria, and allergens that invade the body. This is achieved by white blood cells (lymphocytes), which are produced in the bone marrow. Lymphocytes known as B-cells produce antibodies, which enable the body to protect itself against invading organisms when the immune system is healthy and functioning properly. A weakened immune system makes us susceptible to ailments such as colds and other infectious diseases and can produce the feeling of generally being run down.

A diagrammatic representation of the lymphatic system, showing how it shadows the circulatory system of the arteries and veins. The system comprises ducts, glands, and nodes.

thoracie duct

lymph nodes in groin

HERBALISM

- Echinacea root stimulates the immune system and strengthens a weakened one. Take as a tincture, decoction, or tablets
- Siberian ginseng enhances resistance to disease

AROMATHERAPY

 Ginger oil burned in a room is a preventive that encourages immunity to colds, flu, bronchitis, catarrh,

CAUTION

Do not take ginseng if you have high blood pressure, or are pregnant.

blocked sinuses, and headaches. Ginger oil in the bath is very helpful.

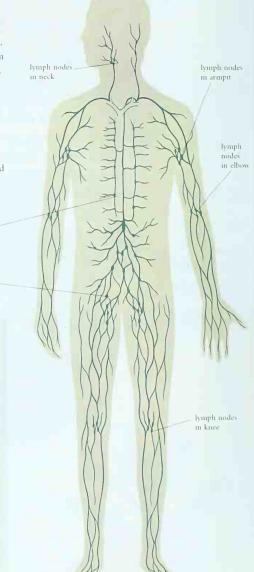
 Juniper oil strengthens the immune system.

FROM THE LARDER

• Supplements of the ACE vitamins, plus selenium, play an important role in strengthening the immune system. Vitamin B6 may also help promote a healthy immune system.

SELF-HELP

 Regular exercise and a nutritious diet are essential for maintaining the general health of the body, including the immune system



HIV and Aids

Human immunodeficiency virus (HIV) can cause a breakdown in the minium system, resulting in acquired immunodeficiency syndrome (Aids). Both HIV positive people and Aids sufferers need the care

> of specialist medical practitioners However, some aspects of these diseases can also be managed

> > by natural therapies. (See also Strengthening the Immune System)

SYMPTOMS People who are HII positive do not usually have symptoms. The symptoms of Aids are many and paried they diarrhea, infections, glands, fever, and weight loss. Dementia may occur in the later stages.

St. John's wort taken as lift a depressed mood.

- St. John's wort is useful for depression caused by HIV.
- Sage is useful for excessive night sweats.

CAUTION

St. John's wort should not be taken in cases of severe depression, High doses of concentrated tablets may cause skin rash when the skin is exposed to sunlight.

- Juniper oil strengthens the immune system and may be useful for HIV sufferers.
- Orange essential oil reinforces the immune
- Tea tree oil is useful for both HIV and Aids patients.

Allergies

Allergies are reactions to allergens, substances such as pollen and cat hairs that trigger physical symptoms in people who have been sensitized to them. (See also have fever, urticaria, dermatitis)

SYMPTOMS These vary according to the type of allerey. For example, air-borne allergens usually cause runny eyes and noses, succeing, and chest congestion; food allergies may cause upset stomachs, diarrhea, swollen lips, and skin rashes

HERBALISM

- · Agrimony tea or fincture is beneficial for those suffering from multiple allergies, but must be taken over a long
- Milk thistle seed is helnful
- Alternatively, try astragalis root fincture or decoction
- Add ainsena powder to herbal drinks to help reduce the frequency of attacks

HOMEOPATHY

Apis mel is used to treat allergic reactions following a bee or wasp sting. particularly when breathing becomes difficult

AROMATHERAPY

The essential oil of patchouli is anti-inflammatory and may ease the symptoms

CAUTION

Avoid agrimony if you are suffering from chronic constipation.

Astragalis should not be used by severely debilitated patients unless supervised . bv a herbalist.

FROM THE LARDER

· Vitamin B6 may help reduce sensitivity in the case of food allergy, but because it can cause adverse reactions in large doses, you should seek the advice of a nutritionist or naturopathic practitioner

SELE-HELP

Common sense dictates that avoiding the allergen will minimize or eliminate problems



Oysters can

Infectious mononucleosis or glandular fever

Infectious mononucleosis is an acute ailment. It is caused by a virus that usually affects young people.

SYMPTOMS Listlessness, fatigue - sometimes complete exhaustion - headache, and chills. These are followed by fever, sore throat, and swollen lymph glands.

· Astragalus root tincture or decoction may be beneficial

FROM THE LARDER

- Vitamin C supplements will help to strengthen the
- Hot lemon and honey

drinks may relieve sore throat and lower the temperature

SELE-HELP

- · Keep warm and get plenty
- · Hot-water bottles will help



Tonsillitis

Tonsils are lymphatic tissue that have a role in protecting the body against infection. When they become infected – usually by a streptococcus bacterium – they cause pain and discomfort

SYMPTOMS Sore throat, enlarged glands, pain on swallowing, a raised temperature, and swollen, inflamed tonsils, often speckled with white patches. There may be referred pain, causing earache, voniting, and general malaise. Children may complain of stomachache rather than a sore throat.

HERBAI

- □ Gargle and clean the mouth out with a mouthwash of echinacea root decoction or tincture.
- Marigold flower used as a mouthwash and gargle can also help relieve the pain and swelling.

HOMEOPATHY

- Take Apis mel. when the throat is bright red, dry, and swollen.
- Belladonna is particularly good for children who suddenly become ill.

FROM THE LARDER

- Strengthen the immune system by taking vitamin supplements (ACE vitamins plus selenium).
- Garlic capsules may also help to relieve some of the symptoms.

SELF-HELP

• A cold compress (made with a length of cloth long enough to go around the neck once only) wrapped around the neck at night will often reduce the swelling

HERBALISM

■ Take echinacea root decoction or tincture three times a day

FLOWER ESSENCES

• Rescue Remedy may prove helpful when symptoms are at their worst. It can also be applied as a cream.

AROMATHERAPY

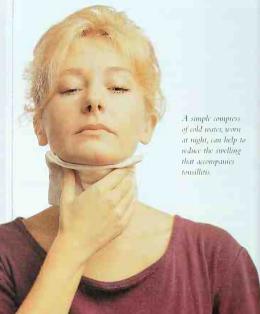
- Eucalyptus can be beneficial in the treatment of herpes.
- Dip a Q-tip into tea tree oil and gently dab on to the affected area.
- Lavender can be used in much the same way.

FROM THE LARDER

- A plantain compress will soothe the rash.
- Drink plenty of fresh, pure fruit and vegetable juices.
- Soothe the affected area with the juice of leeks.

SELF-HELP

 Frequent cool showers may help relieve the pain.



THE CIRCULATORY SYSTEM

The circulatory system keeps blood flowing around the body, delivering nutrients and oxygen wherever needed. The system comprises the heart and a network of arteries, veins, and smaller vessels. Obstructions to the smooth flow of blood, damage to the heart and blood vessels, and deficiency in the blood itself are the main diseases.

Anemia

There are more than half a dozen types of anemia. One of the most common is iron-deficiency anemia; deficiencies in the bone marrow or stomach are among the other causes. Where the condition is serious, as in pernicious anemia, seek medical help. Permicious anemia is usually treated with injections of vitamin B12.

Symptoms Breathlessness, a pale appearance, and lethargy, sometimes associated with palpitations. In severe cases there may be dizziness, fainting, jaundice, constipation, and thirst. The symptoms of pernicious anemia include nosebleeds and "pins and needles" in the hands and feet.

Hypertension

Hypertension, or high blood pressure, occurs when pressure, exerted on the walls of the arteries by the passage of blood, is raised above the normal level over an extended period.

SYMPTOMS Hypertension does not always produce symptoms, at least in the initial stages. Often it is diagnosed during a routine blood pressure check. When symptoms do occur they may include dizziness, swollen ankles, and shortness of breath. Severe symptoms include blackouts and minor strokes. Left intreated, hypertension may result in a debilitating stroke or lieatt attack.

D HERBALIEM

• Chinese angelica root may be helpful Take as a tea, tincture, or decoction.

HOMEOPATHY

- Ferrum phos. is useful for anemia caused by profuse bleeding during menstruation
- If the patient is cold and exhausted, Natrum mur may be beneficial.

AROMATHERAPY

- Lavender is helpful where the condition is associated with palpitations and dizziness.
- Massage with the essential oil of Roman chamomile

FROM THE LARDER

- Eat iron-rich foods such as oats, egg yolks, pumpkin seeds, and watercress.
- Eat foods rich in vitamin C, such as eggs, broccoli, citrus fruit, and pineapple, to help

CAUTION

Angelica should not be taken in pregnancy without professional advice. It may cause a skin rash when handled in sunlight.

the body absorb iron and iron supplements.

Nettle soup or tea is also helpful.

SELF-HELP

• Rest, plenty of fresh air, and a wholefood diet help to improve general health

Gentle, regular exercise can help lower blood pressure and is safe for all age groups

D HEBBALIEM

- If swollen ankles are symptomatic, take dandelion leaf tea. Drink frequently, taking enough to produce a good flow of urine
- Garlic, eaten daily or taken as pills, provides additional benefits
 - Gingko leaves will help to protect against stroke

0

AROMATHERAPY

- A massage with lavender oil helps control dizziness and is a good general remedy
 - Use petitgrain if the ankles are
 - Massaging with marjoram, or putting a few drops of marjoram oil in the bath, may also be beneficial

FROM THE LARDER

- Bananas, celery juice, nettle, and cinnamon tea may help reduce high blood pressure
- Both olive leaves and garlic are sometimes prescribed
- Increasing potassium and fiber in the diet and eating a vegetarian diet have all had beneficial results
- Decrease salt intake
- The minerals in hard water may prevent the occurrence of high blood pressure

SELE-HELP

▶ Daily exercise, such as walking and gentle aerobics, sustained for twenty to thirty minutes, has been proved to help lower raised blood pressure

Atherosclerosis and arteriosclerosis

Atheroscletosis is caused by the deposit of atheroma, a greasy substance consisting mainly of cholesterol, along the walls of an artery. This may eventually cause the artery to thicken and harden and become narrower, so the passage of blood is restricted, a condition known as arteriosclerosis. Blood may also become attached to the artery walls, creating a blood clot [thrombosis]. Both conditions require the attention of a qualified medical practitioner, but natural therapies can give additional support.

SYMPTOMS Atherosclerosis is a disease that can have fatal consequences if left untreated. There are few ill effects to indicate its development. Raised blood pressure and poor circulation to the part of the body concerned can be early symptoms. Atherosclerosis is a factor in heart disease and thrombosis, stroke, and angina.



Bladdenwrack, used regular y, often prevents further damage when the arteries have begun to harden

AROMATHERAPY

 Marjoram oil massaged into the skin assists in the treatment of hardening of the arteries

FROM THE LARDER

Alcohol in small quantities may help to prevent diseases of the arteries, while apples, globe artichokes, oats, and yogurt can contribute to lowering levels of cholesterol in the blood.

CAUTION

Bladderwrack should not be taken by anyone with an overactive thyroid.

- ◆ The antioxidant vitamins (ACE) and selenium are recommended as a preventive
- Garic, eaten daily or taken in capsule form, can be helpful for both atherosclerosis and arteriosclerosis.

SELF-HELP

◆ Eating foods low in cholesterol may help prevent atherosclerosis.

Chilblains

Chilblains are common on the feet but may also occur on the fingers, ears, and nose.

SYMPTOMS Irritation and pain. The affected area becomes red and swollen.

Add a few drops of ginger oil to a warm footbath to soothe chilblains.

CAUTION

Ginger and geranium oils should be used in half measures by pregnant women and children.

Do not use ginger in the bath because it may irritate sensitive mucous

Avoid yarrow in pregnancy.



 Yarrow is good for the circulation and warms cold hands and feet

AROMATHERAPY

Put a few drops of geranium oll in the bathwater.

 Ginger footbaths will soothe and soften the dry skin.

FROM THE LARGER

- Niacin vitamin B3 has proved to be beneficial. This can be taken in the form of yeast tablets.
- To relieve the irritation, make a paste of honey, flour, and egg white. Smooth over the affected area and cover with a clean bandage.
- An application of mustard or may also be beneficial.
- Rub a cut, raw onion over the chilblains to soothe and relieve Itching.

Varicose veins

Varicose veins occur in the superficial veins in the legs, the veins that he between muscle and skin. Veins that are varicose allow blood to flow back down the leg, which is not possible when the veins are healthy. This causes blood to collect and the wall of the vein to stretch.

SYMPTOMS Swollen, raised veins, blue in color, most commonly in the legs.

Rest with the legs higher than the head as firm at paralle to combat vari, so veins

HERBALISM

- Gingko eaf tea, tincture, or tablets will help.
- For painful veins, apply a compress of marigold flowers

HOMEOPATHY

• Take Calcium fluor, to prevent and treat varicose veins in pregnancy

AROMATHERAPY

- Massage the legs with basil oil.
- For u cerated veins, massage with frankincense essential o

FROM THE LARDER

vitamin E, bell peppers, and lemons may be helpful in treating varicose veins.
 An old remedy for ulcerated varicose veins is to make a poultice with equal parts honey and cod liver oil.

Bandade in place overnight.

SELF-HELP

- To prevent varicose veins, try to avoid standing still When sitting, raise your feet off the floor and rest
- them on a stool or chair

 Raise your feet when in bed

THE RESPIRATORY SYSTEM

The respiratory system supplies the blood with oxygen. Air is breathed into the lungs via the windpipe, passing down ever smaller inbes until it reaches the alveoli, where oxygen is taken in and carbon dioxide given out. Infection or obstruction causes illness. Mucus is created by the body to rid itself of infection, so should not be suppressed.

Common cold

The common cold involves infection and inflammation of the mucous membranes liming the nose and throat. It is caused by a virus.

Symptoms A tickle in the throat, shivering, aching joints, a sore throat — any or all of these can mark the beginning of a cold. Fits of succeing, headache, congestion of the nasal passages, watery eyes, and a runny nose soon follow.



1 Put three teaspoons of encalyptus leaves in a heatproof bowl. Other herbs can also be used; pine is useful.



2 Pour 4'-pt.
(2l.) of boiling water
directly onto the herbs.
Leave to soak for a
minute or two.



3 Place your head over the bowl and cover it and the bowl with a towel. Inhale through the nose for about 10 minutes.



CENTION

Peppermint leaf should not be used during pregnancy.

MERBALISM

- A mouthwash and gargle of marigold flowers will soothe a sore throat.
- A tea made from peppermint leaves, elderflower, and yarrow acts on mucous membranes, relieving a blocked nose and other cold symptoms.

HOMEOPATHY

- Use Aconite for feverishness alternating with chills during the night.
- Sabadilla is useful for fits of sneezing

AROMATHERAPY

• Essential oil of bay, burned in the room or inhaled from a bowl of steaming water, will ease cold symptoms

FROM THE LARDER

- ♠ Taking frequent doses of vitamin C may help to relieve symptoms. One-gram tablets, dissolved in water, or large doses of vitamin C powder, are particularly beneficial This remedy is sometimes recommended for the prevention of colds.
- Drink plenty of fluids (avoid milk and other dairy products, which will encourage the buildup of catarrh). Hot drinks of honey and lemon, honey and vinegar, or onion juice and honey can be soothing.

SELF-HELP

 Bed rest and warmth will help relieve some of the symptoms.

Coughs

Coughing can be symptomatic of a mild illness such as a cold or just a natural, involuntary response to clear the air passages of foreign material. Persistent coughs with other symptoms such as fever however can be indicative of a serious respiratory illness and should be referred to a qualified medical practitioner.



The warm scent of nine oil in a burner will help ease a constricted throat and soothe a tight cough.

· Angelica leaf and root are expectorants and antiseptics

- lise as a tea or tincture Codonopsis root tincture decoction or powder is
- useful for chronic coughs Licorice is good for
- nonproductive coughs.
- Take comfrey tea and syrup for dry coughs that will not go away

HOMEOPATHY

- For coughs characterized by whooping take Drosera.
- if the cough is loose and rattling, producing little or no phleam, take Antimonium
- Ferrum phos, is beneficial for tickly, hard, dry coughs.

AROMATHERAPY

 Inhaling jasmine or pine, or burning the essential oil in a room, may ease a cough

FROM THE LARDER

· Carrot juice mixed with honey and a little warm water is a traditional Russian remedy for coughs. Take by the spoonful throughout

Do not give comfrey syrup to children.

Pregnant women should avoid angelica.

Licorice, used for extended periods, acts as a laxative. Anvone with high blood pressure should avoid licorice since it will exacerbate the condition.

If coughing is accompanied by chest pains and other symptoms, consult a qualified medical practitioner.

SELF-HELP

- · Raise the end of your bed to help ease the coughing at niaht.
- · A room vaporizer or humidifier will keep the air moist, which will help to soothe airways and make breathing easier

Chronic catarrh

Catarrh is a common but uncomfortable complaint caused by irritation or inflammation of the mucous membranes lining the nose and throat.

SYMPTOMS A runny nose, followed by dryness when the nose becomes blocked

HOMEOPATHY

- · Kali bich is recommended when the nose is blocked and mucus is thick vellow-green It also helps in postnasal catarrh
- Pulsatilla is suitable for catarrh that becomes worse in a stuffy room. It is particularly suitable for children who are prone to

AROMATHERAPY

- Inhaling or burning iasmine essential oil can be heneficial
- Niaouli massaged around the chest and lung areas may reduce congestion caused by catarrh.

Catarrh is produced in all parts

of the mouth, nose, throat, and

throat and nose from the back

windnine This view of the

shows how all the parts are

Chronic catarrh, which lasts beyond six weeks, should

be treated by a qualified therapist or general practitioner.

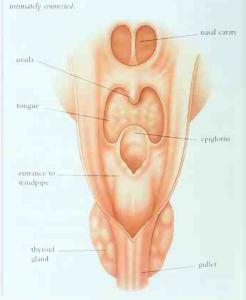
FROM THE LARDER

- · Garlic capsules may help relieve the symptoms
- Cavenne cansules or drops will act as a decongestant

SELF-HELP

- Regularly blowing the nose will help to clear some of the
- Fresh air and exercise may bring temporary relief.

CAUTION



Hay fever

Hay fever is an extremely common allergy that in severe cases can drastically disrupt daily life.

SYMPTOMS Irritation, succeing, and a watery discharge from the nose and eyes are mild symptoms. More serious ones include sore throat, blocked nose and sinuses, a feeling of stuffiness and heaviness in the head, itchy and streaming eyes.

HERBALISM

- Elderflower tea or tincture is particularly good for a runny nose
- Alternatively, make a tea of peppermint leaf and varrow
- Take steps to improve your immune system, which can reduce the severity of symptoms.

HOMEOPATHY

•• Use Euphrasia when the eyes are hot and irritated by burning tears.

AROMATHERAPY

Patchouli oil is anti-inflammatory and therefore useful for hay-fever symptoms of blocked nose and sinuses.

CAUTION

During pregnancy avoid patchouli except when used in a vaporizer. Not suitable for infants and babies.

FROM THE LARDER

- Drink cider vinegar and honey to relieve congestion in the nose and sinuses.
- Honey contains traces of pollen. Eating a local honey in the early spring, before the hay fever season begins, may help to desensitize you to pollens in your area.

SELF-HELP

There is some evidence that an increased intake of vitamin C may reduce symptoms because of its effect on the immune system.

The brilliant chrome yellow of a rape field in full bloom may signal high summer, but can be anotherna to hay-fever sufferers.

Asthma

Asthma is an increasingly common disease, especially among children. Some authorities blame the rising incidence and intensity of air pollution as the reason for the increase, but allergies still account for a large number of cases.

SYMPTOMS Heavy, labored breathing, especially on breathing out, which may become very severe and disabling.

Pollution from car exhaust fumes is one of the factors leading to the increase of asthma among children.



Cajeput is a stimulant and should not be used before bedtime. It is unsuitable for babies.

Aniseed should not be used during pregnancy or by anyone with a digestive problem.

B HERRALISM

- For chronic cases, codonopsis root can be helpful
- Gingko leaves help to reduce the dependency on prescription drugs. However, do not stop taking or alter the dosage without consulting your medical practitioner.

HOMEOPATHY

- Mag phos. is recommended for asthma brought on by nervousness
- Use lpecac to relieve symptoms brought on by anger or irritability

AROMATHERAPY

• The essential oil of cajeput is excellent when inhaled Eucalyptus, marjoram, and melissa are also useful.

FROM THE LARDER

- Apricots strengthen the mucous membranes and may be of some help in preventing asthma attacks.
- A drink made from vinegar and honey is an old remedy for asthma. It may help to clear congestion of the lungs.
- Aniseed tea may also bring some relief from symptoms.

SELF-HELP

- Asthma is often exacerbated by stress, and steps to reduce stress will discourage attacks.
- Make sure your house is free of dust, pollen, and pet hairs, which may lead to an attack

Influenza

The virus that causes influenza is remarkable in that it is able to change its appearance in an effort to hoodwink the immune system. So it presents in a different strain every twelve months or so, although on rare occasions it will emerge in a form similar to one it took previously. The latter occurrence means that some people will have an immunity to the virus. Every thirty to forty years, changes to the strain produce an entirely new virus, causing a worldwide epidemic.

SYMPTOMS Fever, aching joints and muscles, shivering, headache, sore eyes, and a runny nose. These are sometimes combined with diarrhea and/or vomiting. Severe forms of influenza can be fatal, particularly for the elderly and the very young.

HERRALIEN

- Elderflower tea or tincture should help to relieve symptoms, particularly if the elderflower is combined with equal parts of peppermint and yarrow Drink a cup every two hours
- ➤ Echinacea encourages resistance to illness.

HOMEOPATHY

- For feverishness alternating with chills at night, take Aconite.
- Gelsemium is helpful when the whole body aches, chills

CAUTION

Avoid peppermint during pregnancy.

Serious cases should be referred to a qualified medical practitioner.

run up and down the spine, and burning heat alternates with shivering.

AROMATHERAPY

- To ease aching limbs, add juniper oil to the bathwater.
- A massage with juniper is both comforting and soothing.

FROM THE LARDER

- Taking large doses of vitamin C may help to relieve symptoms.
- Lemon acts as a tonic to the immune system and helps to reduce fever.
- Onion stimulates and warms the body.

SELF-HELP

Get plenty of bed rest, warmth, and fluids, including energizing, sugary drinks.

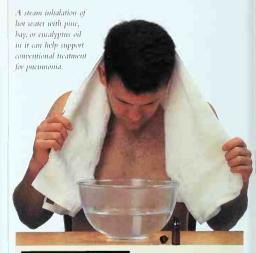


A soothing massage can help ease the actics and pains that accompany influenza.

Pneumonia

Pneumonia most often occurs as a result of bacterial infection. Other causes include viral or fungal infection, or, more rarely, the inhalation of a foreign object.

SYMPTOMS Symptoms depend on the type of pneumonia. In those caused by a bacterium, coughing is the common symptom; other symptoms may include feverishness, the production of sputum, and chest pain. In pneumonia caused by agents other than bacteria, symptoms include cough, fever, and breathlessness (in the newborn), with very little or no symuon.



CAUTION

This is a serious disease that requires treatment by a qualified medical practitioner.

HERBALISM

- Echinacea root stimulates the immune system to fight infections.
- Garlic and thyme syrup may be helpful.

AROMATHERAPY

- Bay, when inhaled, acts as a pulmonary antiseptic.
- Inhaling eucalyptus may also be beneficial.
- Pine is a powerful antiseptic for the lungs. Use as an inhalation in a bowl of steaming water. It can be burned in a vaporizer and placed in a baby's or child's room.

FROM THE LARDER

- Vitamin C can help to strengthen the immune system
- An onion compress or mustard plaster placed on the chest may help to reduce inflammation.

SELF-HELP

After receiving conventional medical attention there are many remedies that will help make you more comfortable, encourage healing, and prevent further attacks. Bed rest is essential. Drink plenty of fresh juices and cool water to flush the system.

EARS, NOSE, AND THROAT

Probably the most recurrent ailments we deal with in the home concern infections in the ears, nose, and throat, where the inside of the body is exposed to external influences and pollution. This is usually treated as one "system" because each area is closely connected to the other: a cold can lead to an ear infection, blocked ears to a sore throat. Ailments include earache, laryngitis, tonsillitis, and sinusitis.

Earache and infections

Infection of the ears, or otitis, takes several forms. Otitis media is an infection of the middle ear usually caused by a viral or bacterial infection in the nose and throat. It is commonly known as glue ear and often affects infants and young children. Left untreated, it may cause mastoiditis. Otitis externa is inflammation of the outer ear, caused by a fungus or a bacterium.

Earache may be caused by inflammation of the lymph nodes in the neck or by an illness such as mumps. There may be an ear infection in the inner, middle, or outer parts of the ear. Occasionally a boil can crop up in the outer ear, which can be very painful. Ear infections can cause a great deal of pain, and the pressure may burst the eardrum, causing a discharge. There may be fever and a sore throat.

SYMPTOMS In otitis externa, the outer ear is red and itchy. There may be a watery discharge. In acute conditions of otitis media there is a buildup of pus, which may cause exeruciating pain and fever. There is usually some hearing loss. If the condition is not treated early, the eardrum may perforate. Chronic conditions of otitis media cause persistent carache, sometimes accompanied by fever and a slight discharge of pus.

(a)

- Garlic has antibiotic properties. A few drops of garlic oil in the ear canal should ease the pain of garaghe.
- Mullein flower infused oil used as eardrops will relieve itching in otitis externa
- A mouthwash of marigold flowers used as a gargle may be helpful for chronic ear infection.

HOMEOPATHY

- Belladonna is beneficial in cases of otitis media, particularly when there is sudden onset of throbbing, stabbing pain
- Merc. sol. can be taken for earache that is accompanied by a thick, yellow discharge
- Aconite may help if the earache comes on suddenly.

AROMATHERAPY

№ For mild cases of earache soak a piece of absorbent cotton in cajeput essential oil and place it carefully in the outer ear Carefully dab neat lavender oil into the ear canal to soothe and encourage healing in both external and middle ear infections

FLOWER ESSENCES

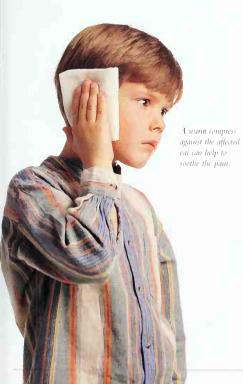
• Rescue Remedy cream can be rubbed in around the ear canal, or Rescue Remedy can be taken internally to relieve pain and discomfort

FROM THE LARDER

- Foods rich in vitamin C and vitamin B6 (pyridoxine) – citrus fruit, bananas, wholewheat bread, brewers' yeast – help promote a healthy immune system, which will fight infection.
- A small bag of warm salt placed against the ear should ease the pain of earache

SELF-HELP

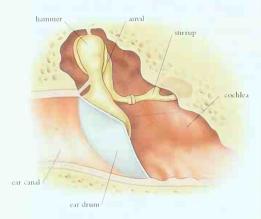
• A warm compress on the affected side will ease pain and help to bring out the infection.



Wax in the ear

Ear wax protects the inner ear from infection. It consists of oils secreted by small glands in the skin of the outermost part of the ear canal, pieces of skin, and dust particles. In ordinary circumstances wax constantly moves into the outer ear and is washed away. When it accumulates in the ear canal it can cause problems.

SYMPTOMS Irritation, temporary deafness, and a buzzing or ringing sound in the ear (see Tinnitus, right). It rarely causes pain.



A cross-section of the complicated arrangements of the middle ear. A buildup of wax in the ear canal can disturb balance, affect hearing, and seal in infection.

SELF-HELP

→ Prevent the buildup of wax by keeping the outer ear clean. Never try to remove wax from the ear canal yourself; this should be done by a medical practitioner.

Hopi ear candle therapy is a safe and natural way to remove obstinate ear wax, but must be carried out by a trained practitioner.

Do not do this yourself.

A specially made candle is

placed in the ear and lit. Old wax softens and is drawn out and healing herbal vapors penetrate the ear Tinnitus

Timitus is symptomatic of an ear disorder. It may be a result of wax that has become impacted in the ear canal, or a fungal or bacterial infection in the external ear. Middle ear infections and inner ear disorders, such as damage to the cochlea, may also cause timitus.

If tinnitus is accompanied by giddiness so severe that the sufferer vomits or falls down, consult a medical practitioner; this may be caused by Ménière's disease, a periodic affliction of the inner ear.

HERBALISM

- Lycium fruit decoction or tincture is useful for weakness associated with fingitus
- Gingko leaf tea, tincture, or tablets may help in cases of tinnitus.

HOMEOPATHY

- a Ignatia is recommended for ringing in the ears that is relieved by listening to music
- Calc. sulf, in the 6c dosage, may help; a homeopath may recommend Chininum sulf. or Kali iod., both in the 6c potency.



Cold sores

Cold sores are a viral infection caused by the nucroorganism *Heipes simplex*, usually following a cold, flu, sore throat, or chest infection.

SYMPTOMS Tiny, inflamed blisters fill with a yellowishwhite fluid. They are itely, tender, and often painful. During the healing process the blisters dry up and

a crust forms on the top. This should not be removed: it will fall off when the blisters have healed.

> Undiluted lemon puce dabbed on to a cold sore will sting but help to heal



- Use echinacea root with damiana leaf as a tincture or decortion
- Use St. John's wort tincture with a few drops of essential oil of myrrh as a lotion.

HOMEOPATHY

• Take Natrum mur. or Rhus tox for blisters that itch and burn

AROMATHERAPY

- •• The essential oil of bergamot will help to heal
- Dab lavender oil neat on the sores to encourage healing and attack the virus

EROM THE LAROER

- ▶ Vitamin C and bioflavinoids, available as supplements and found in green bell peppers, blackcurrants, and citrus fruit, will aid in the healing. Both vitamin C and vitamin B6 (pyridoxine) help promote a healthy immune system.
- A few drops of undiluted lemon juice, applied several times a day, may help in the healing process.

SELE-HE10

- A peculiar old remedy for "cold blisters" advises the sufferer to "rub a slug on it."
- Cold sores are a sign that you are run down consider more rest and a better diet

Mouth ulcers

Ulcers in the mouth are caused by a viral infection. If left untreated, they may cause problems in other parts of the body.

Children may get mouth ulcers as a result of the same virus that causes cold sores in susceptible adults.

SYMPTOMS

Yellowish or white patches that are surrounded by red sore areas. This may be accompanied by halitosis.



Chocolate and citrus fruit should be avoided if there are ulcers in the mouth.



Make a mouthwash with echinacea root. Use frequently to gargle and to ruse out the mouth

HOMEOPATHY

 Merc. sol. may be helpful for mouth ulcers.

AROMATHERAPY

• Use myrrh or orange essential oils as a mouthwash

FROM THE LARDER

Rinsing the mouth with cabbage juice is soothing

SELF-HELP

• Avoid chocolate, oranges, tomatoes, pineapple, and other acid foods until the condition improves

Halitosis

Bad breath has a number of causes, including smoking, tooth decay, and indigestion. Crash dieting can also cause halitosis. Ketones, produced by the body during the



breakdown of fats and carried in the bloodstream, have a sickly, sweet odor that is noticeable on the breath.

Tincture of myrrh diluted to form a mouthwash helps to sweeten sour breath.

HERBALI

 Use aniseed tea as a mouthwash

AROMATHERAPY

• Myrrh, prepared as a mouthwash, will sweeten the breath

FROM THE LARDER

 Gargling with a solution of baking soda and water should eliminate bad odors Repeat as necessary

SELF-HELP

• Identifying the cause of halitosis and eliminating the problem is the best solution

Gum disease

There are two types of chronic gum disease gingivitis and pyorrhea. Left untreated they can lead to the premature decay and eventual loss of teeth.

SYMPTOMS Symptoms of gaugie its are bleeding gums aused by a mid inflammation. The gams will become size on and pus will form if the condition is not treated. If it trene't mouth, a form of outgivitis, grayish sores appear and there may be a temperature. In pyorrhea, crevices form in the onm in which bacteria flourish and plaque accumulates.



SELF-HELP

recurrences.

and having regular dental

checkups will help prevent

- · To soothe sore gums, use a mouthwash made with tincture of aloe vera.
- * Try a sage mouthwash

AROMATHERAPY

Rinse the mouth out with a mouthwash of myrrh or orange Myrrh is particularly good for pyorrhea

FROM THE LARDER

- . Vitamin C supplements are beneficial, they promote healthy gums.
- · A gargle of vinegar of water may help to treat the condition.

Oral thrush

Oral thrush is caused by the same agent as vaginal thrush the timgal yeast Candida, particularly Candida albicans,

SYMPTOMS Small white patches on the sums, tongue, inside the lips and cheeks. There may be soreness when eating or drinking.

• Use rasphern leaf tea as a mouthwash

FROM THE LARDER

- Live sheeps or goats vogurt has proved to be successful in treating thrush Eat it or apply it to the area
- · Garlic can be chewed for local effect
- Try cinnamon to boost the immune system
- · Fennel has antifungal properties and can be drunk or chewed raw during an attack

CELE-HELD

· Where possible, eliminate dairy products from cows. yeast products, and wheat from the diet until the symptoms have disappeared.

Switch to goat's milk if you are suffering from thrush anywhere in the body. The live yogurt made from it has a beneficial effect.



Laryngitis

Both common and acute larguages may be caused by oversite of the volce, rathest diseasing, fraction from capacities stroke, that, or other pollutarys, and artistates

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SELF-FELP

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CAUTION

Do not use cabbage juice if you are taking an antidepressant of the MAOItype, or are taking an anticoagulant. Avoid cabbage if you have gotten

Simusicis

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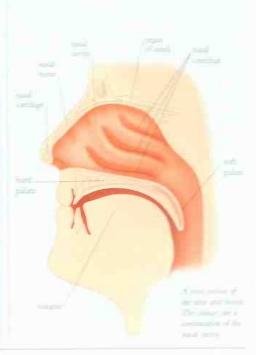
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EYES

The eyes are pa<mark>rticul</mark>arly vulnerab<mark>le to strain, inflammation, allergic reaction, and</mark> physical damage (see also The Respiratory System on pages 55-58). Always consult your general practitioner if problems persist for more than 24 hours, or if there is a foreign body in the eye that cannot be removed with an eye bath or by rapid blinking.

Conjuctivitis

Conjunctivitis, or pink eve, occurs quite frequently in children. These cases are generally mild. A more severe form of the disease can result in loss of sight.

SYMPTOMS Painful, inflamed eyes and watery discharge or pus. There may be an intolerance to strong light and the eyelids may become swollen.

- German chamomile makes an effective eyewash.
- · A compress soaked in cornflower, chamomile, or marigold infusions will soothe
- Diluted witch hazel can be used on sore, red (closed) eves.

HOMEOPATHY

- · Use Argentum nit. (silver nitrate) for eyes pink with pus and with a bland discharge.
- · Euphrasia is useful for red, inflamed eves.

FROM THE LARDER

- · Take vitamin C and vitamin B complex supplements to boost the immune system.
- To relieve itching, lie down and place cucumber slices over the eyes.

SELE-HELP

- Rinse the eves frequently with cooled, boiled water.
- · Rub a little olive oil into your lashes before you go to bed to prevent them from sticking together.

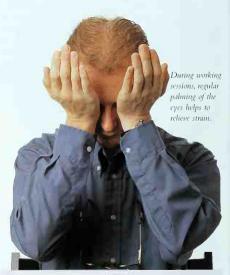
Marigold infusion on a compress can soothe inflamed eyes.



Evestrain

Evestrain is usually caused by close work in poor lighting conditions and by poor eyesight.

SYMPTOMS Headache behind the eye or at the front of the head. The eyes may feel tired and a little sore.



HERBALISM

- Make a marigold flower compress for sore eyes.
- · Chamomile tea can be used as a compress to cool sore eves.
- Dampened rosehip teabags may be used to relieve symptoms.

HOMEOPATHY

- · Euphrasia will soothe tired eyes, refresh and brighten them.
- Use Ruta grav. when the eyes are hot, sore, and itching and when the condition is aggravated by reading, sewing, or working in dim light

FROM THE LARDER

- · Cold tea bags placed over the eves may also help
- alleviate evestrain.
- · Slices of cucumber placed on each eyelid will cool and refresh the eyes.

CELE-HELD

- Palming closing your eyes and cupping them in your palms, with the heels of the hand resting on the lower orbital bone - can soothe tired eves.
- * Rest your eyes frequently when working

THE DIGESTIVE SYSTEM

The digestive system begins at the mouth and ends at the anus; it is a huge, complex organization whose job is to break down food into its constituent nutrients and distribute them. It is intimately linked with the endocrine and nervous systems, which is why anxiety so often results in digestive distress.

Heartburn and indigestion

Heartburn, like hiccups, can be a nuisance but is not serious. The cause is not really known but may result from acid rising from the stomach into the gullet. It is quite common in overweight people and pregnant women. Indigestion has many causes, among them eating too quickly stress, and anxiety.

SYMPTOMS Hearthurn is felt as a burning pain in the center of the chest. Indigestion may be felt in the same area as a dull ache or stabbing pain. It may also be felt as stomachache



Stressful situations can bring on indigestion, stomach-upsets, and heartburn. The symptoms will diminish once the situation is resolved. Marshmallow tea can soothe indigestion.

NEBBALIEM

- Take agrimony or horsetail tea or tincture for indigestion.
- Take a combination of meadowsweet (to lower acid production), comfrey (to heal acid "burn"), marshmallow (to soothe), and chamomile (to reduce stress and inflammation).

HOMEOPATHY

- Arsenicum alb. is used to treat heartburn that creeps up into the chest and throat.
- Carbo veg. is useful when indigestion is accompanied by flatulence
- For cramping pains in a hard, bloated abdomen after eating beans, onion, cabbage, and other "windy" foods, take Lycopodium.
- ** Kalı mur. helps indigestion caused by eating fatty foods.

AROMATHERAPY

- Clove oil massaged over the stomach is useful for dyspensia
- Mandarin essential oil aids digestion.

FROM THE LARDER

- A glass of milk may relieve the pain of heartburn.
- Indigestion may be relieved by drinking soda water and prevented by drinking sparkling mineral water with the meal.

CAUTION

If indigestion causing pain in the chest area lasts for a number of hours, you should seek medical advice, particularly if pain is also felt in the arms, neck, or jaw, with vomiting, sweating, or shortness of breath

Avoid agrimony if you are suffering from chronic constipation.

Avoid comfrey in pregnancy.

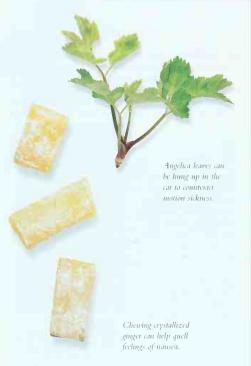
ie Eat fresh pineapple following a meal to prevent an attack of heartburn – canned pineapple does not have the same effect. This is particularly useful during pregnancy

SELF-HELP

- Weight loss will probably effect a cure in heartburn if obesity is the underlying problem
- Indigestion brought on by stress or anxiety may respond to relaxation exercises.
- Relaxing while eating may prevent indigestion; avoid eating while moving around.

Nausea and vomiting

Nausea and vomiting have many causes, including overindulgence in food and drink, food poisoning, pregnancy, and travel sickness. They may also be symptoms of a more serious underlying illness. If these symptoms continue for more than twenty-four hours, see a qualified medical practitioner.



HERBALISM

- German chamomile or peppermint tea or tincture will ease nausea.
- Hang fresh angelica leaves in the car or ship's cabin when traveling.

HOMEOPATHY

- Cocculus is useful for travel sickness
- For vomiting and nausea attributable to the early months of pregnancy, try Sepia, or Kall mur if white phlegm is vomited.

AROMATHERAPY

• Orange of helps to prevent travel sickness

FROM THE LAROER

- Chewing a piece of raw or crystallized ginger or drinking ginger tea may help.
- Drinking barley water or clove tea may help relieve both nausea and vomiting

SELF-HELI

 Swallowing cracked or crushed ice may help relieve morning sickness.

Irritable bowel syndrome

Irritable bowel syndrome occurs when digested food and waste material pass through the bowel too quickly. Anxiety, stress, and food intolerance may be a contributing factor in the onset of this allment.

SYMPTOMS Diarrhea or constipation, severe abdominal pain, bloating, and stomach rumblings. There may be long periods without any symptoms before they recur. Emotionally, sufferers may appear to be depressed.

HERBALISM

- Slippery elm drinks or tablets are soothing and helpful for most bowel irritations.
- Fennel seed tea or tincture and teas made from mint and peppermint may be helpful.
- Try a tea made from yellow dock root, chamomile, and marshmallow

SELF-HELP CAUTION :• If anxiety

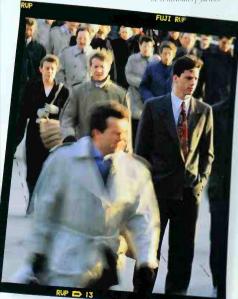
Do not take peppermint in pregnancy. Nervous and overexcitable people may find that it is too stimulating.

FROM THE LARDER

- Drinking at least eight glasses of water a day and increasing fiber intake in the form of wholegrains and cereals may help
- Avoid foods with gluten for example wheat and rye – if a gluten allergy is suspected

in If anxiety and stress are a causative factor, exercise, in the form of a sport, or relaxation may be helpful

The cause of irritable bowel syndrome is unclear, but stress and anxiety are considered to be contributory factors.



Constinution

Constitution may be caused by an inadequate diet or a change in lifestyle, such as going on vacation, as well as ill health.

SYMPTOMS Infrequent passing of stools. It is usually associated with some degree of discomfort.

HERBALISM

· For constination in pregnancy try a decoction of dandelion root. Add 202 (50a) peeled licarice root to 2pt (11) cold water. Bring to a hoil then simmer for 10 minutes Drink three wineglassfuls a day until the condition improves

HOMEOPATHY

· Calcarea carb, may help to resolve the problem.

A D O M A T H E D A D V

 Try a massage with geranium oil. Massage over the abdominal area

FROM THE LARDER

- Gradually increase bran intake heginning with a heaped teaspoon each day for three days. Increase water intake by drinking an extra-10fl oz (300ml.) for each additional teaspoon of branvou eat
- Eating one or two apples a day will help prevent constipation in the future

CELE-HELD

Fresh air and exercise may he helnful

Hemorrhoids

Hemorrhoids, or piles, are varicose years that occur in the anus. They can be particularly troublesome and, if severe, may need medical attention. They may be caused by straining when passing stools.

SYMPTOMS Painful, protruding veins around the anns. Bleeding and itching.

MERRALISM.

- Try devil's claw as a tincture or decoction
- Flder leaf ointment helps relieve painful piles.

HOMEOPATHY

 Use Nux vom for throbbing piles.

AROMATHERAPY

Neroli essential oil may bring relief

- FROM THE LARDER
- A wholefood high-fiber diet may prevent a recurrence of this condition.
- Witch hazel can be applied neat to the hemorrhoids to reduce swelling and itching

 Apply garlic directly to the affected area and ensure that you have plenty of garlic and onions in your diet, which increase the elasticity of the

.......

- Keep the area clean washing gently after each bowel movement
- Sitting on a cushion with the legs raised may bring some temporary relief. Some people find that a hot-water bottle, wrapped in a towel and placed over the bottom. also helps relieve nain when applied before a howel movement

Diarrhea

Loose, watery stools may be symptomatic of an underlying condition. It may also be caused by eating an excess of high-fiber foods or infection by bacteria in food, among other things.



The lionwopathic remedy Calc. carb. is helpful in cases of diarrhea accompanying infection of any kind.

HERBALISM

- · Agrimony tea or tincture may ease the condition.
- In cases of chronic diarrhea take codonopsis root as a decaction functure or powder

HOMEOPATHY

- Phosphoric acid is useful for painless, watery diarrhea that is not debilitating. although the patient may feel weak afterwards
- Take Calcarea carb when the diarrhea is caused by infection and Graphites for a fluid diarrhea with undigested food particles



AROMATHERAPY

- · Geranium oil massaged over the stomach area may he heneficial
- Use neroli for diarrhea related to stress

FROM THE LARDER

- Grated apple mixed with live yogurt may be helpful.
- Potassium supplements. may be indicated in cases of chronic diarrhea
- An old remedy for diarrhea. advises eating white bread with cinnamon and drinking black tea - with no other food - until the condition

SELE-HELD

Restrict foods to soups, such as barley soup, and soft foods, such as pureed or mashed fruit and vegetables, until the condition clears

CAUTION

Diarrhea that lasts for more than forty-eight hours should be reported to your physician.

Children and the elderly are particularly at risk of dehydration; ensure adequate intake of liquids.

Peptic ulcers

Penne ulcers occur in the stomach (gastric ulcers) and duodenum (duodenal ulcers) and less commonly in the esophagus. They are caused by the action of stomach acid on the lining or mucous membranes of these structures. Heavy drinking, smoking, stress, and aspirin may all contribute to the formation of an ulcer.

SYMPTOMS Pain (dyspepsia) that occurs in bouts over a period of one to two weeks.

- Astragalus root tincture or decoction helps relieve stomach ulcers.
- · Alternatively, drink tea made from comfrey. chamomile and meadowsweet.

AROMATHERAPY

For gastric ulcers. massage the abdomen with Roman chamomile.

THE LARDER

- · Short-term relief may be gained from drinking five glasses of cabbage juice every day
- Banana powder may help to heal ulcers and prevent peptic ulcers caused by
- · For advice on diet it is best to consult a nutritionist or natural healthcare practitioner

Red rest has been shown to be beneficial in the treatment of pentic ulcers



Gentle massage to the ahdomen can ease the discomfort of peptic ulcers.

CAUTION

Comfrey should not be taken in pregnancy. Do not give to children.

Crohn's disease

Crohn's disease - also known as ileitis - and ulcerative colitis affect the bowel. Medical practitioners refer to both conditions as inflammatory bowel disease.

SYMPTOMS Swelling in any part of the bowel as a result of ulceration or inflammation is characteristic of Crohn's disease. The ileum, the final part of the small intestine, may be particularly affected. Sometimes the passage of feces is obstructed. In ulcerative colitis only the large intestine is inflamed and there may be copious diarrhea.

These conditions require the attention of a qualified medical practitioner.

HERBALISM

- Try meadowsweet, chamomile, and licorice as a tea or mixture of tincture.
 - Slipperv elm as tablets or a drink is soothing.
 - AROMATHERAPY
- Lemongrass. massaged over the abdomen, is helpful when there is gastric infection.

THE LARDER

* Fat foods that are high in fiber, such as wholegrain cereals. pulses, fruit, and vegetables.

* Take natural vogurt. sweetened with a little honey. several times a day

SELF-HELP

 Keep a record of foods that appear to appravate the condition and avoid them in future

Avoid licorice in pregnancy or if you have high blood pressure.

Gallstones

Gallstones are made of bile pigments, calcium salts, and cholesterol. They usually go unnoticed while they remain in the gallbladder, but if they begin to pass into the intestine through a bile duct, they may get trapped, causing irritation and inflammation of the gallbladder. bile ducts, or pancreas.

SYMPTOMS Vomiting, severe pain in the abdomen, chest area, or right shoulder. There may be a rise in body temperature.

· Take a decortion of dandelion root or milk thistle sports

HOMEOPATHY

· Natrum phos, should be taken when there is sour

AROMATHERAPY

Try a massage with peppermint oil.

CAUTION

Persistent or recurring symptoms should be reported to your physician.

FROM THE LARDER

· A fairly drastic (but reportedly effective) remedy for passing

gallstones painlessly is as follows. Take a dose of Epsom salts. One hour later, drink a wineglassful of olive oil. Follow this with a small glass of lemon juice. Continue taking the Epsom salts, olive oil, and lemon juice every five minutes until 10fl. oz. (300ml.) of oil and the juice of six lemons have been taken

SELF-HELP

· A wholefood diet with a high-fiber, low-sugar content may aid in the prevention of gallstones.

THE NERVOUS SYSTEM

The body has three nervous systems, all interlinked: the central, the peripheral, and the autonomous nervous systems. Anxiety, stress, depression, and headaches respond well to natural treatments, but physical or degenerative problems of the nervous system or severe depression must be treated by a medical practitioner.

Anxiety

Abnormal forms of anxiety – those that go beyond the normal worries and cares experienced by everyone – can be debilitating. Severe states of anxiety usually benefit from counseling or therapy.

Symptoms Increased heart rate, raised blood pressure, and rapid breathing are common symptoms of abnormal anxiety states. In some cases the sufferer may have panic attacks and a strong feeling that they are losing control. There may also be a sense of detachment from the surroundings and loss of appetite.

CAUTIO

Severe cases of anxiety should be treated by a qualified medical practitioner or therapist.

• Hawthorn berries and valerian or linden flowers will help relieve palpitations associated with anxiety attacks.

HOMEOPATHY

- Arsenicum alb. helps those who feel out of control. You may have phobias or be obsessive and may break out in a cold sweat when anxiety is at its worse.
- Kali mur. may be beneficial where anxiety is linked with depression, irritability, and a nervous dread

FLOWER ESSENCES

- Take Aspen for vague anxieties that apparently have no cause
- Cherry Plum is helpful for
- Rock Rose helps overcome panic attacks.

Rescue Remedy is excellent for relieving anxiety and promoting a feeling of calm

AROMATHERAPY

- Essential oils with a calming effect include Roman chamomile, lavender, neroli, or marjoram. Use in the bath, or during massage.
- Petitgrain is useful for those with panic attacks.
- Cedarwood, burned in a room or used in a vaporizer, balances anxiety and nervous tension

FROM THE LARDER

- In mild cases, oats, which contain thiamine and pantothenic acid, are a gentle tonic for the nerves.
- ❖ Supplements of vitamin B complex and zinc may also be beneficial.

SELF-HELP

 Learn and practice deep breathing and relaxation techniques. Meditation may also be helpful

Stress

Some level of stress appears to be mevitable in modern life. When it becomes excessive and prolonged it can be dangerous to mental and physical health.

SYMPTOMS Stress may manifest itself in physical ailments, and the underlying cause may not always be immediately apparent. Headaches and skin complaints such as eczema are just two common ailments that can result from unmanageable levels of stress. Mental and emotional effects include mental fatigue, confusion, lack of concentration, and poor memory.

Stress is part of the hustle and bustle of modern life. Many people thrive on it, but most of us should learn to judge when we have gone past our own stress barrier and take time to rebalance ourselves.



HERBALISM

- The Chinese ginseng helps the body to cope with stress. For cases in which stress is prolonged, take Siberian ginseng
- Motherwort and vervain aids anxiety associated with stress.

AROMATHERAPY

Frankincense is excellent for achieving calm and relaxation; it also aids meditation, as it slows and deepens breathing

FROM THE LARDER

♣ Foods rich in zinc ~ blackstrap molasses, egg yolk, sesame seeds – and zinc

CAUTION

Ginseng should not be taken during pregnancy. Do not give to children unless advised to do so by a qualified herbalist. Avoid if you have high blood pressure.

supplements may help to alleviate stress.

SELF-HELP

 Learn and practice deep breathing and relaxation techniques. Meditation may also be helpful

Short spells of sleeplessness affect most people, often as a result of temporary depression or anxiety. Chronic insomina requires the advice of a qualified practitioner who will look for the underlying cause.

SYMPTOMS Inability to fall asleep on first going to bed, or waking during the night and being unable to get back to sleep.

HERBALISM

- · As a general remedy try German chamomile tea or fincture before retiring
- Skullcap, hops, and vervain. are soothing; take as a tea at
- · A tea or fincture of wild oats is helpful for restless. sleep and sleeplessness



HOMEOPATHY

- Use Coffea when you cannot unwind and sleep because your mind is too. active
- Kali phos helps insomnia. that results from excitement or mental stimulation



AROMATHERAPY

- · A massage with mandarin oil, or a few drops in bathwater, will help sleeplessness in children.
- · Adults suffering from insomnia should try marjoram as a massage or bath oil
- Lavender oil is soothing try a few drops on the bedclothes or in a bath just before retiring



FROM THE LARDER

- Supplements of macin (vitamin B3) can have a sedative effect, but take
- · A hot, milky drink taken before bed may help promote sound steen
- An old remedy for sleeplessness is to wash the head in a decoction of dill seed prior to retiring and to smell the decoction frequently.

sleep patteru.

- Learning and practicing deep breathing and relaxation. techniques can be very helpful in inducing sleep
- · Eat your final meal of the day several hours before going to hed
- · Avoid stimulants such as tea and coffee in the evening and limit alcohol.

CAUTION

Coffea is an antidote to many homeopathic remedies.



Depression

Depression has a number of causes and exhibits itself in many different ways.

SYMPTOMS Like the causes, the symptoms vary in kind and in intensity, from feeling in low spirits for a few days to feelings of intense despair that continue for a prolonged period. Sleeplessness is common, as is apathy, fatigue, lack of confidence, and manifestations of



Mild depression can often be helped by counseling, or talking about your feelings.

- Damiana leaf is a stimulant for the nervous system. Take as a tea or tincture.
- Marigold flowers are helpful in depression that occurs during the menopause.
- Skullcap can be helpful. for postexam depression.
- Take vervain tea or fincture for chronic nervous depression

HOMEOPATHY

. Actaea racemosa helps with feelings of overwhelming gloominess, for example when it feels as if a black cloud has settled over the head

FLOWER ESSENCES

- · Take Gorse for feelings of helplessness.
- Mustard is useful in cases of deep depression, melancholy, and sadness

AROMATHERAPY

- Bergamot oil is uplifting and jasmine increases self-confidence, the lack of which may be at least partly responsible for the depressed state.
- Melissa has healing powers and may be helpful

FROM THE LARDER

- . In mild cases, oats, which contain thiamine and pantothenic acid, are a gentle tonic for the nerves; they are available in capsule form.
- Supplements of vitamin B complex and zinc may also be beneficial.
- Food containing the amino acids phenylalanine tryptophan, and tyrosine such as turkey, can supply help to ease symptoms.

SELF-HELP

 Take care of vourself. Gentle exercise and relaxing baths should promote a feeling of well-being You may find it helpful to seek counseling, which allows you to talk about your feelings.

CAUTION

Bergamot should not be used during pregnancy. In sunlight and hot climates it may produce a rash when applied to the skin.

Clinical depression should be treated by a qualified medical practitioner or therapist.

Headache

Headache can result from minor ailments or tension, from factors such as lack of sleep, hay fever and other allergies, or loud, sustained noise. It can also be a symptom of a more serious disease.

Symptoms Stiffness and pain in the neck and back of the head, around the eyes and forehead. Migraine headaches usually begin with an "aura" – a visual disturbance such as flashing lights or zigzagging lines in the left or right eye – followed by severe pain. In the most serious attacks there may be vomiting, numbness down one arm, and an inability to communicate successfully.



1 Lightly crush 4oz. (100g.) black mustard seeds in a bourl big enough to fit your feet. You can use ordinary mustard powder if you do not have seeds.



2 Poin on enough boiled, hot water to half fill the bourl, leaving sufficient room for your feet. Soak for as long as feels comfortable.

Headaches can ocen in any part of the head and are characterized by throbbing, stabbing pains or a feeling of tightness like a band around the head



HERBALISM

- A tincture made from the fresh leaves of feverfew eases migraine. Used with valenan it is useful for migraine and other severe headaches caused by anxiety.
- Chamomile is the best remedy for milder headaches
- For persistent headache, combine feverfew with skullcap and valerian

HOMEOPATHY

- Coffea is beneficial when headaches are caused by exhaustion from insomnia or from overstimulation.
- Phosphoric acid is used for crushing headache in the temples, with pressure on the top of the head.

AROMATHERAPY

- Inhale basil oil for migraine.
- Melissa in the bath or as a massage oil is uplifting and calming, both for migraine and other headaches.

FROM THE LARDER

• A mustard footbath is a traditional remedy for headache

SELF-HELP

Avoiding foods such as chocolate, red wine, and cheese may help prevent migraine attacks where migraine is caused by food allergies. Other foods implicated in migraine include oranges, rhubarb, coffee, and spinach.

- Cold compresses on the forehead and back of the neck may bring some relief, this can be done for migraines as well as ordinary headache
- A light headache caused by congestion may be alleviated by taking a brisk walk in the fresh air.

CAUTION

Coffea may reverse or eliminate the effects of other homeopathic remedies; coffee will have the same effect, so it is advisable not to drink it while taking homeopathic remedies.

Feverfew leaves, when eaten fresh, should be wrapped in bread to eliminate the possibility of mouth ulcers. Feverfew should not be taken during pregnancy and by people who are taking drugs such as warfarin to thin the blood.

Neuralgia

The localized pain that occurs in neuralgia is caused by irritation of a nerve and its subsequent malfunction. This is a condition that results from one of several diseases, including neuritis and shingles (see also Immune System), emotional upsets, or minor complaints such as a tooth abscess, or sitting in a cold draft.

SYMPTOMS In facial neuralgia severe pain causes the facial muscles to go into spasm. Neuralgia caused by shingles may occur several days before the red rash appears.

NERBALISM

- St John's wort rubbed into the painful area often helps
- Elderberry wine is a traditional herbal remedy for neuralgia.

E HOMEOPATHY

- Take Chamomilla to re eve intolerable neura gic
- Mag phos. relieves shooting pains

AROMATHERAPY

- Cajeput on the oath
- For neura gia caused by anx et, and stress, try Roman chamom e

FROM THE LARDER

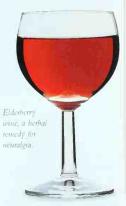
Eating eggs was an old remedy for eim nating the pain from neura gia

SELF-HELP

• A cold compress can help ease the pain

CAUTION

Cajeput oil placed directly and undiluted on to the skin can be an irritant: use sparingly. Do not use before going to bed unless it is mixed with a sedative oil, since cajeput is a powerful stimulant.



ME (Myalgic encephalomyelitis)

ME, once called "yuppie flu," has been classified by the World Health Organization as a disease of the nervous system. It can be seriously debilitating and may last for years. The cause is still unknown, but it appears that illnesses such as chickenpox, tonsillitis, and infectious mononucleosis may trigger the disease. Some authorities believe that a viral infection or a failure of the immune system may be partly responsible, since food allergies are often part of the syndrome.

SYMPTOMS Depression, physical exhaustion, memory lapses, Candida, chronic muscle fatigue, and pain are among the many reported symptoms.

HERBALISM

- Use sage for nervous exhaustion, postviral fatigue, and general debility
- A decoction of rehmannia root is useful for weakness and lack of energy
- Take a wild oat tea or tincture when there is anxiety
- Vervain is a useful general tonic.

HOMEOPATHY

 Carbo veg is beneficial when there has been a poor recovery from an infectious disease, and may be helpful in cases of MF

FLOWER ESSENCES

- Rescue Remedy may be beneficial when symptoms are at their worst
- Take Gorse for feelings of helplessness.

CAUTION

Avoid sage in pregnancy and when breast-feeding. Do not use if you are epileptic.

 Mustard is useful in cases of deep depression, melancholy, and sadness.

AROMATHERAPY

- Juniper oil strengthens the immune system: lavender strengthens the nervous system.
- Palmarosa and rose may assist MF sufferers

SELF-HELP

Foods that may be implicated in the occurrence of ME include dairy products, wheat, rice, and chicken.

Meningitis

Meningococcal meningitis, caused by a bacterium, is the most severe form of this disease. It is highly infectious and can be fatal. It requires immediate medical attention. Viral meningitis is generally milder but also needs treating by qualified medical professionals.

Symptoms Severe headache and feverishness are symptoms of viral meningitis. Meningococcal meningitis begins with weldtke symptoms, such as snuffles, and a high temperature (102°F/39°C). The patient then becomes drown, confused, and has severe headaches. There may be a stiff neck and an unability to to lerate bright lights. A red rash may appear on the butterless, legs, and trunk

HERBALISM

• Echinacea root is very useful for a weak immune system and for fatigue following a viral infection.

FROM THE LARDER

Supplements of the ACE vitamins, plus selenium, play an important role in strengthening the immune system. Vitamin B6 may also help promote a healthy immune system Foods rich in immune system.

these vitamins and in selenium, such as offal, fish, shellfish, dairy produce, fruit, vegetables, and cereals, should be eaten regularly to maintain a healthy immune response

SKIN AND HAIR

The skin is the largest organ of the body and is our protection against the outside world. It is remarkably strong, resilient, and self-healing. Hair is the result of the development of the specialized skin cells that also form our nails. Many of the minor ailments of skin and hair can be safely treated at home using natural remedies.

Ferema

Eczema is a discomforting skin condition that is often associated with allergies but may also be caused by stress.

SYMPTOMS Itehy, weepy rash, rough, red patches on the skin. The affected area may become infected.

CAUTION

Do not take aloe vera internally during pregnancy.



AROMATHERAPY

- · A massage or bath using Roman chamomile may soothe the skin.
- Melissa will benefit eczema that is stress-related



- · Applications of aloe vera gel or cream on the affected area may be helpful.
- · Chickweed ointment may stimulate healing and can be used to soften the skin
- . German chamomile used as lotion or cream is also beneficial



HOMEODATHY

· Graphites is useful when the skin is hard, rough, and cracked with a honevlike discharge.

Recommended for infantile

- When blisters are filled. with a white fluid, take Kali
- · Natrum mur, will promote healing in cases of raw. inflamed eczema: Kalı sulf is indicated for weeping
- Use Calendula cream to soothe



FLOWER ESSENCES

· Rescue Remedy cream can be applied to all skin irritations to soothe and

FROM THE LARDER

- · Cucumber Juice and cabbage poultices may be beneficial
- An oatmeal bath can help. to soothe the skin. Put one or two handfuls of natmeal in a cheesecloth bag and place under the hot water faucet when running the
- · Both sesame oil and apricot kernel oil are useful for moisturizing and soothing the skin. A few drops of vinegar in the bath may also help soothe irritated skin.

SELE-MELD

- Except in severe cases it is not recommended that you use hydrocortisone cream, which has numerous side
- Wear cotton clothing and use soap powders without stain digesters.
- See a doctor or therapist about allergy tests.

Dermatitie

Dermatitis is a general term for any skin rash. It has many causes, including contact dermatitis in which a rash results when the skin comes into contact with an irritating substance. Dermatitis may also be an allergic reaction. In atopic dermatitis the skin rash is an allergic response that occurs when the affecting substance comes into contact with a part of the body other than the skin: for example, eating strawberries produces hives (urticaria) in some sensitive people.

SYMPTOMS Red, itchy skin, sometimes rough patches. Atopic dermatitis causes patchy, mild inflammation.



 Marigold flower cream or lotion will relieve itchiness



HOMEOPATHY

- Sulfur is useful for severe. itching when the skin is hot and bleeds easily when scratching to relieve the itch.
- · Calendula cream will soothe itching and soften



FLOWER ESSENCES

Rescue Remedy cream can be applied to all skin irritations to soothe and promote healing.



AROMATHERAPY

- · Local massage with neroli soothes sore, sensitive skin and helps it to heal
- Apply lavender oil and chamomile, in a suitable carrier oil, directly to the affected area to relieve discomfort and promote healing



FROM THE LARDER

· Nettle tea, taken three times a day, may be

heneficial in cases of contact dermatitis

- Both sesame oil and apricot kernel oil are useful for moisturizing and soothing the skin. A few drops of vinegar in the bath may also help soothe irritated skin.
- · Make a paste of baking soda and apply to the affected area

SELE-HELD

 Avoid perfumed soaps and soap powders with stain digesters. Wear cotton clothing whenever possible and try to avoid known allergens.

CAUTION

Sulfur should be used cautiously for skin complaints. It may initially aggravate the condition. For severe cases, consult a homeopathic practitioner.

Psoriasis

Psoriasis is a fairly common, noncontagious disease affecting the outer layer of skin. Usually the scalp, back, and arms are most affected. Fortunately this condition rarely affects the face. Each case of psoriasis is different and requires different remedies. Some of the more common ones are given below.

SYMPTOMS Red, thickened blotches with a scaly surface. It may be painful and it is always distressing because it is so disfiguring. In rare cases the condition spreads very rapidly and becomes dangerous.

HERBALISM

- Use licorice internally and as an ointment for psoriasis that is inflamed.
- Yarrow used twice weekly in the bath has proved to be beneficial in some cases.
- Burdock root is the most useful drink, but you need to persist for many months.

AROMATHERAPY

Bergamot essential oil, cajeput, and Roman chamomile can all be used to some benefit as a massage oil. They also bring about some comfort when used in a vaporizer.

FROM THE LARDER

Nettle tea and products based on nettles may be helpful.

■ Take at least one tablespoonful of olive oil a day and at least one raw vegetable salad

SELE-HELP

• Sunbathing and dry skin brushing can help improve the condition.

CAUTION

Avoid licorice if you have high blood pressure or in pregnancy.

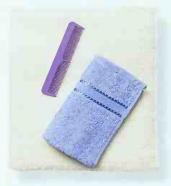
Do not take burdock root during the first six months of pregnancy without expert advice.

Do not apply bergamot oil when exposing the skin to sunlight.

Impetigo

Impetigo is a highly contagious bacterial infection requiring immediate medical treatment with antibiotic creams, injections, or tablets. To avoid contaminating others, affected individuals should keep their own towels, hair brushes, combs, and so on away from those used by other family members. These should be cleaned frequently until the infection clears. Impetigo is very common in children, particularly around the nose area.

SYMPTOMS Clusters of small abscesses on the surface of the skin. Discomfort in the lymph glands of the neck.



Impetigo is highly contagious; keep towels, facecloths, and combs separate from those of the rest of the family.

HERRALISM

- Apply marigold cream or lotion to the affected area.
- Aloe vera gel or cream may also promote healing. Wash hands thoroughly after touching the skin.

FROM THE LARDER

 Additional vitamin C, available in fresh citrus fruits and kiwi fruit, will help strengthen the immune system.

A course of multivitamins and minerals will supplement nutrients that are depleted by antibiotics.

Urticaria

Urticaria, nettle rash, and hives are all names for the skin complaint caused by a reaction to an allergen or an irritating substance. Urticaria is a type of dermatitis. Nettles are a common cause (hence one of its popular names, nettle rash). The hairs, or stings, of nettles cause the release of histanime when they are touched, and it is the histanime that gives

SYMPTOMS Red, itchy, or painful blotches on the skin.

rise to the problem.

Fresh fruit and vegetables help to cleanse the system.



HERBALISM

 Apply German chamomile as a lotion or cream.

AROMATHERAPY

 Massage using chamomile or melissa may prove beneficial.

FROM THE LARDER

Eat at least four servings of fresh, raw fruit and vegetables every day

SELF-HELP

The stinging rash caused by nettles can be soothed by rubbing the area with a

crushed dock leaf, usually found growing nearby.

• Anyone sensitive to the salicylates in aspirin may get an allergic reaction – urticara – to foods containing these substances. These include tomatoes, citrus fruits, berries, potatoes, cucumbers, and bell peppers. The food coloring tartrazine (E102) contains a large amount of salicylates. Eliminating these foods from the diet may prevent urticara.

Ringworm

Ringworm is a common skin disease caused by infection with a fungus. It often occurs on the scale,

SYMPTOMS A raised and red circle on the skin that usually dries in the center as the active infection spreads outward. It is usually very itelry. There may be temporary loss of small clumps of hair when rinoworm occurs on the scalp.

· Apply aloe vera gel or cream to the affected area.

- Fresh garlic juice may help the healing process.
- Covering the infected area with a thick layer of honey is messy but may help the healing process. Repeat as many times as necessary during the day and before retiring for the night. Leave uncovered.

- Eliminate sugars and yeast from the diet until the successfully
- Tincture of iodine is a traditional remedy

Warts are harmless growths that are caused by a virus. They are contagious and are particularly likely to occur on the hands especially in childhood the neck, and the genitals.

A plantar wart, or verruca, is a smular growth on the foot.

> Dandehon sap is a folk remedy for marts.

- Dabbing the white sap from dandelion flower stalks on to the wart may help if done on a regular basis
- Rub elderberry juice on warts to break them down

HOMEDPATHY

 Sepia is useful for dealing. with brown, itchy warts

AROMATHERAPY

 Massage the wart with basil essential oil. Tea tree oil is useful for plantar warts.



 An old remedy is to rub the wart with pure, undiluted lemon juice first thing in the morning.

- Dampen the wart and sprinkle a little salt over it. then cover with a small band-aid
- Fresh pineapple contains an enzyme that can break down warts - apply several times a day until they have gone
- The juice from the white cabbage can be used in the same wav

SELE-HELP

· A country remedy is to rub the wart with fig leaves and bury the leaves in the garden. The belief is that the wart will disappear as the leaves rot.

directly on the site may help it to heal

Athlete's foot

Athlete's foot is caused by a fungus that thrives in warm, moist conditions, It is easily transmitted in public places such as swimming pools and gyms.

SYMPTOMS Patches of dry flaky skin and itching. The skin may crack and bleed, allowing bacteria to enter.

Keep feet serupulously clean, and dry carefully between the toes to prevent athlete's foot



 Apply fincture of myrrh twice a day It should be diluted if the skin is broken.

HOMEOPATHY

Sulfur may help reduce itchiness and redness

AROMATHERAPY

Bath the feet in warm water to which you have added eucalyptus, myrrh, or patchouli essential oils.

FROM THE LARDER

- To keep the skin dry. powder between the toes
- A footbath of apple cider vinegar (about 2 tablespoons will often soothe areas. where the skin is broken

SELE-MEID

- Wear cotton or woolen
- Dry the area between the toes thoroughly after bathing, swimming, and

Boils, spots, abscesses

Boils, spots, and abscesses are all localized infections of a hair follicle or wound. They are caused by bacteria. Large abscesses on the skin, and tooth abscesses, should be treated by a qualified medical practitioner as soon as possible.

SYMPTOMS Boils and abscesses are extremely painful, producing raised red areas on the skin or gums.

MAKING A CABBAGE POULTICE



Pull fresh large leaves from a white cabbage.



2 Wash well, dry lightly and bruise slightly with a rolling pin.



3 Lay them on the boil or abscess and keep in place with a bandage. Replace after 20 minutes

HERBALISM

- ♣ Echinacea purifies the blood; take with marigold or burdock root to treat boils and spots. Drink as a tea.
- Marigold tea or tincture is also helpful.
- Use echinacea root as a gargle and mouthwash for tooth abscesses.

HOMEOPATHY

- Treat boils and abscesses that give rise to pricking pain and are red and swollen with Hepar sulf.
- Use Calc. sulf. for discharging abscesses that have come to a head
- ** Kali sulf. is useful for irritating spots with a yellow, weepy discharge.
- Silica is useful when boils come in crops, heal slowly, and leave a scar.

AROMATHERAPY

For tooth abscesses, apply a little clove oil to a piece of pure absorbent cotton and dab gently on to the affected area.

FROM THE LARDER

- A cabbage poultice will help in the treatment of both boils and minor abscesses.

 Bandage in place.
- Cucumber juice may be beneficial in healing spots.
- Use warm bread poultices for boils
- ∴ An old remedy advises using the skin of an egg to heal boils. Remove the shell carefully so that the skin remains on the egg. Gently lift off the skin, wet it, and apply to the boil.

SELF-HELP

- Treating boils with magnesium sulfate paste (which can be bought over the counter at drugstores) is very effective.
- Doctors quite rightly caution against squeezing or lancing a boil, since this can spread the infection.

Acne

Acne can be a distressing condition, particularly during adolescence when it usually occurs in its most aggressive form

SYMPTOMS Whiteheads, blackheads, and red spots, most frequently on the face, upper back and chest, and back of the neck. Scars may remain once the condition has cleared.

D HERRY

Applications of aloe vera gel or cream can be helpful.

HOMEOPATHY

- Calc. sulf. is useful when spots are red, hot, and tender with oozing yellow heads.
- Use Silica for pustular sore spots that heal slowly and leave scars.

FLOWER ESSENCES

Crab Apple is a useful flower remedy for skin conditions.

AROMATHERAPY

- Massage with bergamot, cajeput, or grapefruit essential oils is a general remedy for acne.
- Juniper oil helps with open pores and blackheads.

FROM THE LARDER

■ Eat plenty of fresh fruit and vegetables. Supplements of vitamins E, zinc, and selenium have proved to be beneficial in some cases. Vitamin B6 may be helpful where acne worsens during or prior to menstruation.

SELE-HELP

- Cleanse the skin gently but thoroughly in the morning and before going to bed
- Wash your hair frequently and keep combs, brushes, and all grooming equipment scrupulously clean
- ➤ Exercise regularly and get as much fresh air as possible.

CAUTION

Do not take zinc supplements if you have been prescribed tetracyclines. Those with kidney complaints should seek their general practitioner's advice before using zinc.

Avoid bergamot during pregnancy and do not use on the skin when going out in the sun.

Aloe vera and echinacea root should not be taken internally during pregnancy.



Fresh fruit in the daily diet helps keep aene at bay.

Excessive perspiration

Perspiration is vital for regulating the body's temperature. It is produced by sweat glands – eccrine glands and apocrine glands – in the skin. The sweat glands are controlled by the nervous system and hormones. Excessive perspiration can therefore be caused by emotions such as fear and excitement, and by an hormonal imbalance. Other causes include an unhealthy diet.

Symptoms The unpleasant smell of body odor is often associated with excessive perspiration from the apocrine glands, which are situated in the armpits, groin, and areola of the breast. These glands become active in adolescence, a time when excessive perspiration can be particularly troublesome and embarrassino.

wash the underarms

breasts, and genital areas

water, to which you have

added a capful of apple

Clean cotton clothing or

allows air to circulate more

clothing in other natural

fabrics next to the skin

freely: it also absorbs

cider vinegar.

SELE-HELD

moisture.

twice a day with warm

(a)

- Sage tea taken regularly often reduces excess
- we For smelly feet, take a daily footbath to which you have added 1oz. (25g.) of horsetail plus a spoonful of sea salt. Bathe the feet for 10 to 15 minutes, rinse in cool water and dry

AROMATHERAPY

- Soak the feet in a footbath using essential oil of pine, a natural deodorant.
- ▶ Lemongrass in the bathwater cleanses and deodorizes the whole body

FROM THE LARDER

Perspiration can produce body odor when it is allowed to remain on the skin. For persistent body odor,

Cellulite

Cellulite is fat stored just underneath the skin. It has a dimpled appearance, which is caused by a network of collagen fibrils that attach the skin to muscles. This network is a bit like a trellis; the fat fills up the gaps in the trellis causing the skin to look puckered. Women are particularly likely to have this type of fat on their thighs and buttocks. It may become more noticeable with age as the skin loses its elasticity.

HERRALISM

- Bladderwrack capsules, tablets, or powder may aid weight reduction
- Where the metabolic rate has slowed down as a result

of aging, kelp tablets may help in weight control through their action on the thyroid gland.

AROMATHERAPY

- A massage with essential oil of grapefruit is cleansing and balancing

FROM THE LARDER

Grapefruit aids in the digestion of fatty foods.

SELF-HELP

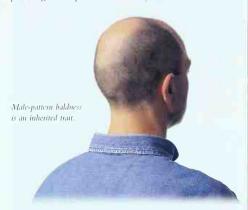
- ▶ Diet and exercise may help. Eat a healthy diet based on grains, pulses, fresh fruit and vegetables. Restrict the daily fat intake to 30 percent. Avoid foods high in fat, and exercise regularly – at least thirty minutes sustained exercise a day
- Current evidence suggests that losing weight and maintaining your correct weight results from exercising and from changing your eating habits, rather than following a punishing low-calorie regime

Cellulte is a term used for a type of fat, which is best burned off by following a sensible diet and choosing a regular exercise that you enjoy doing.

Baldness and hair loss

Baldness is generally an inherited characteristic, malepattern baldness especially so. Sudden hair loss, as occurs in alopecia, is largely determined by emotional factors. Abnormal amounts of hair may also be lost after pregnancy - a temporary situation - and hair may become thinner following the menopause, Long-term vitamin and mineral deficiencies may lead to hair loss. as will certain drugs and radiotherapy used in the treatment of some cancers.

SYMPTOMS In alovecia the hair is usually lost in one area. producing a bald patch on one side of the head.



- · Rosemary with horsetail and skullcan can be beneficial for hair loss caused by anxiety and stress
- Make an infusion of nettles and rub into the scalp twice a day as a remedy for baldness.
- Make a hair rinse with varrow and use after shampooing to control sudden hair loss.

HOMEOPATHY

- Use Arnica for hair loss after injury.
- Use Phosphoric acid for hair loss following an emotional upset
- Baryta carb. for hair loss due to age.
- Lycopodium for hair loss after childbirth.

AROMATHERAPY

• For hair loss as a result of alopecia, massage cedarwood into the scalp

FROM THE LARDER

- Supplements of vitamins C and A are prescribed where hair loss is caused by chronic deficiencies of these nutrients
- · Hair loss as a result of zinc and iron deficiencies also responds to supplements of these minerals
- Old remedies for restoring. hair loss include rubbing brandy and salt into the scalp, or rubbing the bald area with the juice of an onion until the skin becomes red

SELF-HELP

· Rubbing a teaspoon of castor oil into the scalp before shampooing may stimulate hair growth.

Dandruff and dry scalp

Dandruff occurs when excessive amounts of skin scales are sloughed off the scalp, accumulating on the scalp and. sometimes, on other hair-covered parts of the body. It is a particular problem in adolescence when the sebaceous glands in the skin may be overactive. Dry scalp is merely dry skin that flakes off easily

SYMPTOMS Scaling of the skin of the scalp, sometimes accompanied by itching.

- Massage the scaln daily
- with rosemary tea
- Rinse your hair with a few drops of thyme tincture.
- · Or rinse with an infusion of marigold or nettle.
- A Burdock and nettle can be taken internally as a tonic for the scaln

HOMEOPATHY

- · Rub the scalp with Calendula cream
- Suitable remedies include Arsenicum, Graphites, and Kalı mur., or Sepia

Massaging the essential oil of bay into the hair can be beneficial. It also assists arowth.

FROM THE LARDER

A Rinsing the hair with nettle tea may help to remove dandruff

SELF-HELP

 Taking cod liver oil or halibut liver oil improves lackluster hair and dry scalp



THE MUSCULOSKELETAL SYSTEM

Bones and muscles linked together by joints, tendons, and ligaments form the mechanical structure of the body. There are 206 bones in the adult human body, supported and moved by more than 650 muscles. Most ailments are the result of wear and tear, injury, or aging and may be helped or relieved using natural remedies.

Sciatica

Sciatica is usually caused by a slipped disk, which puts pressure on the sciatic nerve at the bottom of the spinal column.

SYMPTOMS Pain in the lower back initially, followed by severe, sharp pain in the legs.

CAUTION

See your physician if you have prolonged sciatica.

FROM THE LARDER

• Taking a warm bath to which nettles have been added may help relieve the page.

D HEDRALISM

Elderberry wine is a traditional remedy for sciatica

AROMATHERAPY

- Lavender oil is antispasmodic and antiinflammatory; use it in the bath or in local massage.
- •• For pain relief, try cajeput cream or ointment rubbed on the affected area

SELE-HELP

Sciatica and other forms of back pain may be eased by lying on the floor for fifteen minutes. Prop the head up on a small pile of paperback books and keep the knees bent. Repeat daily.

Backache

Backache can result from injury to the spine, or occur as a symptom of a number of ailments and diseases, including arthritis, kidney infection, sciatica, and menstrual problems.

SYMPTOMS Pain in any area of the back, often accompanied by referred pain in the legs or, sometimes, the arms, and neek.

HERBALISM

• Massage cramp bark cream into the back Alternatively, take cramp bark decoction, tincture, or capsules.

HOMEOPATHY

- Take Calc fluor, for backache that is worse when starting to move but eases with continued movement
- Ruta grav. will help relieve pain at the nape of the neck and in the lumbar region.
- Use St. John's wort oil for a massage.

AROMATHERAPY

• Relaxing in a warm bath to which lavender oil has been added can be very soothing.

FROM THE LARDER

It may be helpful to chew a small quantity of horseradish leaves daily to ease pain.

SELF-HELP

- ie fce packs will help to relieve backache. You can use a package of frozen peas or ice cubes in a plastic bag if nothing else is handy. Wrap the frozen item in a clean cotton towel and leave in place for about three minutes. Repeat every thirty minutes.
- For chronic backache, try placing a warm, moist cloth over the area and leaving in place until it begins to cool. Repeat as necessary.

Bunions

Bunions are caused by wearing illfitting shoes over a prolonged period. This puts pressure on the big-toe joint where it meets the foot.

SYMPTOMS Pain and enlarged joints.



A regular exercise rontine for the feet will prevent buttons and other malformations.

AROMATHERAPY

- For inflamed bunions, add a drop of melissa or chamomile essential oil to the massage oil and rub in gently
- Lavender or marjoram oil will relieve pain.

SELF-HELP

Ensure that shoes fit properly and are designed to suit the foot, not the fashion.

High-heeled shoes and shoes with narrow toes are especially bad for the feet.

- Go barefoot as often as is practical, walking on a variety of surfaces to exercise the small bones in the feet
- Practice picking up small objects, such as marbles, with the toes.

Cramp

Muscular cramp may be caused by low salt levels in the body – as a result of excessive sweating, for example – or by blood vessels temporarily narrowing and cutting off the blood supply to the muscles. Night cramp is a common occurrence, the reason for which is unknown.

SYMPTOMS A painful spasm in which the muscle spontaneously contracts and sustains the contraction for a short period of time.



HERBALISM

A decoction of cramp bark taken four to five times a day should bring relief. Cramp bark can also be taken as a tincture or in capsule form. The ointment made from it is useful for massaging into the affected area.

HOMEOPATHY

- ★ Take Mag. phos. (6c) every five minutes when cramp occurs. It is especially useful for writer's cramp and cramp that occurs after excessive exercise.
- For menstrual cramp, take Mag. phos. every half hour.

AROMATHERAPY

Lavender is antispasmodic and can be usefully

employed for cramp as a massage oil.

FROM THE LARDER

• To treat cramp brought on by low salt levels, take salt tablets as soon as possible. If symptoms persist, consult a qualified medical practitioner. Salt tablets are recommended when living in hot climates for any length of time.

SELF-HELP

- Stretching the affected muscle will usually relieve night cramp.
- The condition may be prevented by taking lemon juice before going to bed, or by dissolving a pinch of salt on the tongue

Osteoporosis

Osteoporosis – often called "brittle bone disease" – is caused by bones becoming less dense and therefore more vulnerable to fracture. Women after menopause may become prone to osteoporosis.

SYMPTOMS In many cases there are no symptoms, but some people suffer pain in the back or neck.

HERBALISM

- Drink a wineglassful of comfrey leaf and bay leaf tea three times a day.
- Many herbs contain estrogen-like substances, such as hops or sage, which can protect the bones against loss.
- * If you are in pain, use analgesic herbs such as white willow, meadowsweet, or wild vam.

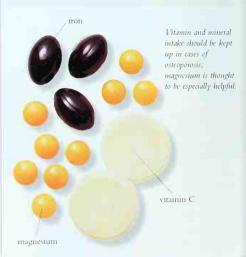
HOMEOPATHY

• Ruta grav, will help relieve pain at the nape of the neck and in the lumbar region.

FROM THE LARDER

- Recent evidence suggests that an increased intake of magnesium may help prevent the worst effects of osteoporosis. Magnesium sources include soybeans, nuts, and brewers' yeast.
- № Calcium can also be very helpful. Recommended doses are between 1,000

- and 1,500mg a day. To meet this, supplements would be necessary in addition to eating calciumrich foods such as milk, cheese, and yogurt. (Those watching their weight should note that skim milk and low-fat cheese and yogurts have the same amount of calcium as full-fat products.)
- Vitamin D − obtained from cod liver oil, mackerel, eggs, and milk − helps the body absorb calcium.
- Foods containing boron, which reduces the body's excretion of calcium and magnesium, and increases the production of estrogen, should be taken. Such foods include beer, wine, cider, and edible plants.
- * Fluoride may be useful for preventing and treating the condition because it stimulates new bone formation.



Arthritis

There are four common forms: osteoarthritis, or wear and tear on the joints, mainly occurs as part of the aging process; rheumatoid arthritis mostly affects women of all ages and is often crippling; ankylosing spondylitis occurs mostly in young men and can result in a "frozen "spine. A form of arthritis can follow injury.

SYMPTOMS Painful joints, restriction of movement in the joints, disability, and some degree of deformity.

A HERRALISM

- Bladderwrack capsules, tablets, or powder used regularly may prevent the progress of the disease.
- For aching joints, try a liniment made with tincture of comfrey and a few drops of black peoper essential oil
- Dandelion root and horsetail tea or tincture is recommended for degenerative arthritis.
- For inflamed joints in the hand, take a decoction or tincture of devil's claw.
- Siberian ginseng is beneficial for rheumatoid arthritis

HOMEOPATHY

Bryonia is useful for arthritis where stitching pains occur in swollen, pale or red joints

CAUTION

Bladderwrack should be avoided by anyone suffering from an overactive thyroid.

Devil's claw should not be used during pregnancy; it is best avoided if you suffer from stomach acidity or ulcers.

Do not use Siberian ginseng during pregnancy unless advised to do so by a qualified herbalist.

AROMATHERAPY

- Use juniper oil in the bath or as a massage. It is stimulating and anti-rheumatic.
- Massage petitgrain into the limbs for osteoarthritis.

FROM THE LARDER

- ◆ There is some evidence to show that the antioxidants – ACE vitamins, plus selenium – may have beneficial effects
- on arthritis.

 Magnesium is required to
- Magnesium is required to form the synovial fluid, which surrounds the joints, and an adequate intake will promote health
- Eating nettles or drinking nettle tea is an old remedy for arthritis. The "stings" in stinging nettles contain histamines, which are anti-inflammatory
- Vinegar and honey is another old remedy

Copper may help relieve

SELF-HELP

arthritis, and many sufferers use copper bracelets.

FLOWER REMEDIES

Rub a little Rescue Remedy into the affected area

Rheimaricm

Rheumatism is a general term used to describe aches and pains experienced in the muscles, bones, and nerves of the body. Often the cause may be unattributed, but some muscular rheumatism is caused by inflammation of the tissue that surrounds the muscles and tendons.

SYMPTOMS General aches and pains, occasionally accompanied by stiffness, headache, and, rarely, fever.

HERBALISM

- Leseful herbs, which may be taken internally or applied as a compress to the affected part of the body, include bogbean, feverfew, meadowsweet and white willow.
- A poultice of slippery elm on the offending area may help
- An infusion of celery seed may help reduce the level of acid in the blood, which can contribute to rheumatism.

AROMATHERAPY

- There are many oils that can reduce swelling and inflammation and encourage the healing process. Try massage with pine, lemon or juniper, in a suitable carrier oil.
- Massage with oil of black pepper or eucalyptus can stimulate the circulation and relieve stiffness
- Lavender oil is antiinflammatory

FROM THE LARDER

- Chew a tiny quantity of horseradish leaves, which is said to prevent attacks.
- Many cases of rheumatism respond to a dietary change, and it is suggested that the following foods are eaten as often as possible to reduce muscular and joint inflammation cabbage, celery, turnip, lemon,
- dandelion, and oily fish.
- Drink plenty of water, which will flush the system and act as a detoxificant

SELF-HELP

- Eliminate members of the "Nightshade" family of plants from your diet, which can cause joint problems. These include potatoes, peppers,
- eggplants, and paprika
- Evening primrose oil is a rich source of gamma linoleic acid, which is necessary for the production of prostaglandins, and may have an anti-inflammatory effect on the body's system.
- Copper deficiencies may be at the root of the problem, and wearing a copper bracelet may help the copper is absorbed into the skin when it comes into contact with your perspiration.

Massage of the affected joint with a stutable essential oil an help ease the pain and stiffness of arthritis and rheumatism

THE ENDOCRINE SYSTEM

The endocrine system consists of various ductless glands, which secrete hormones, or chemical messages. Over-or underproduction of the hormones, mistimed secretion, or damage to a gland causes diseases that need qualified medical attention, although home remedies can support orthodox medical treatment.

Obesity

Obesity has a clinical definition. It is measured by the body mass index (BMI), which is an individual's weight (in kilograms) divided by their height squared (in meters). Obesity can lead to heart and kidney problems, osteoporosis, diseased gallbladder, diabetes mellitus, hypertension, and stroke.



Take bladderwrack capsules, tablets, or powder,



AROMATHERAPY

- · A massage with essential oil of juniper is often helpful.
- Mandarin is an excellent diviratio

SELE-HELP

 Take regular exercise – at least thirty minutes sustained activity, five to six times a week

- Reduce daily fat intake to 30 percent or less and eat fresh fruit and vegetables and wholefoods that are high in starchy carbohydrates.
- · Drinking eight glasses of water a day will help to cleanse the digestive system.
- Current evidence suggests that losing weight and maintaining your correct weight results from exercising and from changing your eating habits, not from dieting.

Diahetes

The two types of diabetes - Type L insulin-dependent diabetes; and Type II, noninsulin-dependent – are serious, life-threatening conditions that need orthodox medical treatment. However, natural therapies can help the patient achieve a healthy lifestyle.

SYMPTOMS Thirst, the need to urinate frequently, a sweet smell to the urine, and weight loss. The appearance of boils may also be symptomatic.



Foods containing chromium can help diabetics control their blood sugar levels.

THE BODY MASS INDEX

The Body Mass Index (BMI) is reached by dividing your weight in kilograms by your height in meters squared. So, if you weigh 80kg and are 2m. tall, your BMI is 80 divided by 2x2 -80 divided by 4 - which is 20. The graphic below shows how the index works











RMI 25-30

BMI 30+

UNDERWEIGHT BML20 OR LESS

If you have a BMI of 27 or more, you double the risk of high blood pressure, heart disease, and gallstones, and are 14 times more likely to contract diabetes

If it is over 30, you have 4 times the risk of heart disease, high blood pressure, and gallstones, and are 30-50 times more likely to contract diabetes. You are also 4 times more likely to get degenerative arthritis.

AROMATHERAPY

- Eucalyptus has grounding. harmonizing, and cleansing qualities. It is useful as a massage oil in cases of diahetes
- Massage with juniper oil is detoxifying. It can help in challenging conditions

FROM THE LARDER

- Dietary restrictions (avoiding sugar and large amounts of alcohol) should not prevent diabetics from following a wholefood diet based on fresh fruit and vegetables, grains, and pulses
- Foods containing chromium, such as egg yolks. molasses, brewer's yeast, hard cheese, liver, fruit juice, and wholewheat bread may help to control blood sugar levels.

SELF-HELP

 Regular physical exercise in conjunction with a healthy diet will help to strengthen the whole system.

REPRODUCTIVE SYSTEM: MALE

The male reproductive system consists of the two testes and the penis. It is responsible for the manufacture and delivery of sperm and the production of testosterone, the hormone responsible for male characteristics. Sexual organs are outside the body since sperm production needs a lower temperature than that inside the body.

Prostate problems

The role of the prostate is to secrete some of the seminal fluid in which sperin, produced by the testes, are suspended. Problems may arise if there is inflammation in the urinary system, enlargement of the glands, physical injury, or undue continuous pressure on the area.

SYMPTOMS These include a frequent urge to urinate, obstruction of urine flow, and the presence of blood in the urine.

HERBALISM

- As a general remedy, drink damiana leaf tea twice a day
- When the prostate gland is swollen, take a decoction of horsetail with equal parts of crushed saw palmetto berries. Saw palmetto on its own will help an enlarged prostate

AROMATHERAPY

• Pine massaged over the abdomen can be helpful.

Jasmine is a relaxant and has a strong masculine scent. It is useful for a number of problems associated with the reproductive system.

including those affecting the prostate. Massage with the oil is recommended.

FROM THE LARDER

• Dandelion leaves – they can be eaten in a salad – are a traditional remedy for prostate problems

Infertility

Infertility in males may result from a low sperm count or the failure to produce sperm. Other reasons for this condition are the mability of sperm to swim and an mability to deposit them in the vagina near the cervix (as in premature ejaculation).



A decoction made from the Chinese lycum fruit can help with premature ejaculation.



(a)

- For infertility with premature ejaculation, use a decoction or fincture of white willow bark or lycium fruit
- AROMATHERAPY
- Rose is a euphoric oil that can help those who are making a new beginning Massage with rose oil is recommended for infertility caused by premature elaculation

FROM THE LARDER

- Vitamin E therapy may be beneficial in improving the mobility of sperm and their ability to fertilize the ovum.
- Zinc supplements are sometimes recommended for improved production of healthy sperm.
- Pumpkin seeds are an excellent source of zinc. They are available from healthfood stores and Chinese herbalists.

Impotence

Most cases of impotence are psychological in origin, but a small minority are the result of a physical condition, for example the adverse effects of prescribed drugs.

Jasmine oil promotes relaxation; impotence is often caused by anxiety



HERBALISM

- Damiana leaf tea or tincture is recommended for impotence caused by underlying anxiety. Take half a teacup or 1 teaspoon twice a day.
- Wild oats with saw palmetto may also help. Alternatively, take a decoction or fincture of lycium fruit.
- AROMATHERAPY
- Jasmine is a relaxant and has a strong masculine scent It is useful for a number of problems associated with the

reproductive system. Massage with the oil is recommended

 Vetivert and clary sage are natural aphrodisiacs that help in the treatment of impotence

FROM THE LARDER

- Oatmeal has been a traditional remedy for impotence and sterility for many years.
- Cinnamon is warming and strengthening and may be beneficial

REPRODUCTIVE SYSTEM: FEMALE

The female reproductive system consists of the womb (uterus), Fallopian tubes, two ovaries, the cervix, and the vagina. Eggs are present in the ovaries at birth; the ovaries also produce the hormones estrogen and progesterone, which regulate the menstrual cycle. Natural remedies can be helpful for menstrual and menopausal complaints.

Breast problems

Discomfort, pain, or lumps in the breast not associated with menstrual problems should be referred to a qualified medical practitioner. If an illness is diagnosed and treatment has begun, natural therapies may help the patient strengthen the system and return to health.

SYMPTOMS Sore or tender breasts, mastitis, discharge from the nipple, inverted or puckered nipples, and lumps in the breast tissue – all should be reported to your general practitioner as soon as possible. In a large majority of cases, himps in the breast are harmless and do not require medical treatment.

HERBALISM

• For lumpy, painful breasts, drink marigold flower tea or use marigold as a compress.

HOMEOPATHY

- Arnica is helpful for treating mastitis and sore nipples that result from breast-feeding
- Use Chamomilla for unbearably painful, inflamed nipples.

AROMATHERAPY

• To minimize stretch marks on the breast as a result of pregnancy or weight loss, massage the breasts with the essential oils mandarin and neroli, or with palmarosa oil.

FROM THE LARDER

• Eating sprouted barley may help to relieve swollen and painful breasts.



Vaginal thrush

Vaginal thrush is caused by the same agent as oral thrush—the fungal yeast Candida, particularly Candida albicans. Some antibiotics may create a favorable environment in which thrush can thrive.

SYMPTOMS Itching, sorcness, sometimes a burning sensation. There is usually a thick, creamy discharge.

A douche made with golden seal tea cases thrush

symptoms.

CAUTION

Use myrrh at half strength if you are pregnant.

HERRALISM

- Put a cup of German chamomile vinegar in the bath or dilute it with six parts warm water to make a tea, use this as a vaginal douche.
- Golden seal can be applied externally or infused and used as a douche to ease symptoms.
- Take steps to boost the immune system (see page 50).

HOMEOPATHY

- ▶ Pulsatilla may be useful when the discharge is watery but cloudy, and smarting and soreness are worse around the time of the periods.
- Sepia is good for yellow, smarting discharge, a distended abdomen, and a stinging in the uterus.
- Carbo veg. is for yellowish, burning discharge.

AROMATHERAPY

Myrrh has antifungal properties. Use as a douche.

FROM THE LARDER

- Eat plenty of garlic, parsley, onions, and live yogurt, and drink as much water as you can.
- * Take multivitamin and mineral supplements to improve general health, particularly if you are taking or have been taking a course of antibiotics.
- Applications of live yogurt can be soothing and may help in the treatment.
- Garlic can be used as a poultice and applied locally

SELF-HELP

- Wear cotton underwear and avoid pantyhose and tight trousers, to allow the free flow of air around the area.
- Thrush is usually treated by following an anti-Candida diet, which means cutting out sugars and yeasts, and reducing alcohol, caffeine, citrus fruits, dairy produce, eggs, fat, hops, malt, mushrooms, and peanuts.
- Do not wash with irritating soaps or perfumes.

Premenstrual syndrome can often be treated very productively by the therapies outlined below.

SYMPTOMS The dominant symptoms of PMS may be anxiety characterized by sweating, palpitations, dizziness, headache, cramp, sleeplessness, and fatione. In other instances PMS may manifest itself in depression, with anothy, tearful outbreaks, aggression, and confusion. Some sufferers of PMS-H (hyperhydration PMS) complain of breast tenderness, sudden gain in weight, and bloating.

Avoid sage if you are breast-feeding or if you suffer from epilepsy.

Agnus castus sometimes causes headaches. It should not be taken by anyone undergoing hormone treatment such as HRT (Hormone Replacement Therapy), or anyone taking oral contraceptives.



- · Agnus castus decoction or tincture is beneficial. especially if irritability, breast tenderness, mood swings, and water retention are severe
- Fennel seed and sage tea help alleviate breast tenderness
- · For painful breasts caused by PMS, take fennel, sage, and marshmallow

FLOWER ESSENCES

 Scleranthus helps to balance cyclical symptoms.

AROMATHERAPY

 Massaging the essential oil of marjoram, jasmine, or rose over the abdomen may help.



- Vitamin B6 (pyridoxine). found in dairy products such as vogurt and eggs and cheese, is often helpful in eliminating symptoms in cases of PMS-H and those where anxiety is the dominant feature. For severe cases sunnlements are probably the best choice to
- Where a craving for sweet foods is symptomatic, magnesium supplements may help. Good sources of magnesium are pasta. shellfish wholewheat bread. peas, and other green vegetables, dried brewers' veast, and nuts.

ensure the dose has

therapeutic value.

- · Vitamin E may be beneficial where breast tenderness is a problem. Rich sources include wheatgerm, eggs, wholewheat bread, and green, leafy vegetables.
- Many women feel PMS is much improved by taking evening primrose oil.

SELF-HELP

Restricting amounts of alcohol and dairy products, keeping salt intake low, and avoiding caffeine may help eliminate some of the symptoms.

sources of magnesium; a deficiency ontribute to PMS



Menstrual problems

Heavy, painful, and irregular periods, and a failure to menstruate regularly should be referred to a qualified general practitioner, since they may be symptomatic of an underlying disease. Once this has been ruled out complementary therapies may help in alleviating the problem



HERBALISM

- · Chinese angelica tea or tincture can help relieve painful periods.
- Lady's mantle with marigold flowers, taken on a regular basis, can also help with pain. Use Lady's mantle as a tea or fincture for heavy bleeding Lady's mantle can be used with equal parts of shepherd's purse or varrow for the same symptoms.



HOMEOPATHY

- · Chamomilla is recommended for heavy periods with dark clots and unbearable pain in the pelvic area, especially when associated with anger and irritability
- Use Actaea racemosa for irregular, painful, and heavy periods.
- Graphites is beneficial for late periods that are scanty and associated with constipation and nausea



AROMATHERADY

- · Rose oil or cypress oil. massaged over the abdomen. helps with heavy periods.
- Try lavender to regulate scanty periods.
- Melissa will also act as a regulator
- A massage with marioram is beneficial for pain.



FROM THE LARDER

- Frequent drinks of cinnamon tea may be beneficial for heavy periods.
- Evening primrose oil tablets, taken daily, will help to prevent menstrual pain and premenstrual symptoms

- A warm compress, placed across the abdomen, will help to relieve period discomfort
- Avoid alcohol and caffeine the week before your period is due, to prevent uncomfortable symptoms.

Menopause

Menopause usually occurs in the late forties and early fifties. Some women pass through it with few, if any, noticeable symptoms, other than a gradual decrease in the frequency and volume of menstruation, or irregular periods prior to total cessation. Other women seem to suffer from all of the classic ailments associated with the change of life.



SYMPTOMS Hot flushes. headaches, sudden mood swings, inability to concentrate, "pins and needles" in the face, arms, and legs, and irritability any or all of these may affect menopausal women.

> The ink from the cuttlefish provides the source for Sepia, the homeopathic remedy for menopause symptoms.

HERBALISM

 Agnus castus is particularly helpful for mood swings and depression. Combine with sage to help reduce hot flushes.

HOMEOPATHY

- Use Lachesis for hot flushes and palpitations.
- Sepia is beneficial for hot flushes and dry vagina and vulva.

FLOWER ESSENCES

· Walnut helps with times of change in your life.

AROMATHERAPY

- Roman chamomile will help control profuse sweating and hot flushes and act as a diuretic in fluid retention.
- Rose is an excellent oil for female complaints, including menopausal symptoms Massage over the abdomen for greatest benefit.

Agnus castus sometimes causes headaches. It should not be taken by anyone undergoing hormone treatment such as HRT, or anyone taking oral contraceptives.

Sage should not be taken when breast-feeding or during pregnancy.

FROM THE LARDER

- Vitamin E supplements have had some beneficial results in trials. Many therapists also recommend calcium supplements to minimize the risk of osteoporosis.
- · Oatmeal has an effect on the reproductive system and may be beneficial in alleviating some of the symptoms.
- · Nettles are an excellent restorative during the menopause. Add them to soups and casseroles, or use them like spinach to make a sauce for pasta.

Infertility

Infertility in women may occur as a result of disease. such as salpingitis, which blocks the Fallopian tubes. a failure to ovulate, or a problem with the cervix. Sometimes the cause is unknown and in many cases it is linked to stress levels. Once any underlying problem has been found, treatment with drugs or surgery may be necessary.

HERBALISM

- · Lady's mantle may be useful when there is no obvious cause
- Marigold flowers are recommended for infertility caused by blocked Fallopian. tubes or ovarian cysts.

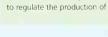
HOMEOPATHY

· Conium, Sabina, and Sepia may all help, depending on the cause

AROMATHERAPY

- Orange encourages a positive outlook and is useful for those undergoing treatment for infertility when they are becoming frustrated and doubtful about the results.
- · An abdominal massage using rose essential oil may be beneficial.

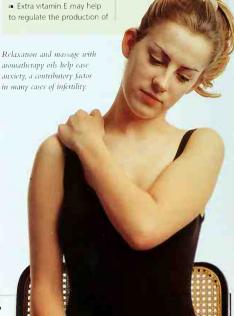




cervical mucus, so it is advised that you eat foods that are good sources - for example, wheatgerm and avocado.

SELE-HELP

- · Relaxation and deen breathing techniques can help to alleviate stress and anxiety Frankincense can be helpful here as it deepens breathing
- A good diet is essential to ensure healthy eggs and a welcoming home for a growing embryo. Cut out alcohol, tobacco, drugs, and caffeine, and eat plenty of wholefoods, rich in vitamins and minerals.



THE URINARY SYSTEM

The urinary system consists of the kidneys, wreters, bladder, and wrethra. Urine is made in the kidneys as a carrier for soluble waste products and poisons, and then flows to the bladder, where it is stored. When full, the bladder empties via the urethra. The female wrethra is shorter and more susceptible to infections than the male wrethra.

Cystitis

Cystitis is inflammation of the bladder. It occurs most often in women, causing much discomfort. It may result from infection or bruising, particularly during sex, or as a result of taking the contraceptive pill. Recurrent cystitis or cystitis that does not respond to treatment should be referred to your general practitioner. If untreated, the infection may spread to the kidneys.

SYMPTOMS A constant urge to pass water, pain on urinating, blood in the urine. This may progress to abdominal pains and dull backache.

CAUTION

Avoid agrimony if you suffer from chronic constination.

Cranberry puce is recommended by natural therapists and orthodox practitioners as an excellent . internal and for cystitis.

 Take agrimony with horsetail as a tea or fincture

HOMEOPATHY

· Cantharis will relieve the frequent urge to urinate.

AROMATHERAPY

- · Cedanwood is antisentic and can be added to bathwater to clear infection and soothe symptoms
- Niaouli can be used as a douche.

FROM THE LARDER

- Cranberry juice, preferably unsweetened, is the first choice of many women who suffer from cystitis. Drink as
- water, and corn silk also seem to have a beneficial effect on cystitis.

SELE-HELP

Avoid wearing pantyhose. tight trousers, or jeans, and wear cotton underwear.

until the symptoms have cleared up.

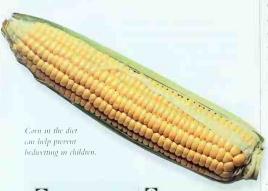


Cystitis affects more women than men. Cotton underwear can help prevent discomfort.

Incontinence

Incontinence has a number of causes some of which result from other disorders in the nervous system, such as multiple sclerosis, stroke, and injury to the spinal column. Disease or minry to the bowel and/or bladder may also result in incontinence.

SYMPTOMS An inability to prevent urination or defecation.



· Agrimony or horsetail tincture may help to promote

HOMEOPATHY

- Sepia is particularly good for stress incontinence.
- Phosphoric acid is beneficial for bedwetting. particularly when large amounts of urine are produced

FROM THE LARDER

- Corn and its products may help in the treatment of childhood bedwetting
- An infusion of cardamom seed is a useful tonic for incontinence



Kidney infection

Kidney infections can have very serious even fatal consequences if left untreated. If there is any likelihood that the kidneys may be malfunctioning seek immediate medical attention. Kidney stones are caused by the abnormal deposit of calcium, phosphates, or oxalates in the kidney or, rarely, the crystallization of uric acid, sometimes as a by-product of gout.

SYMPTOMS Pain in the loin or abdomen blood in the urine or urine that is otherwise discolored: pain on passing urine; frequent urination: swollen ankles; thirst; delivedration - numbress or lack of feeling in the tips of the fingers is symptomatic of delivedration.

> Fresh asparagus in the diet is a delicions way to cleanse the kidneys.



- Meadowsweet is a diffretic with a mild antiseptic action. It helps eliminate toxic wastes and unc acid.
- A syrup made from empty rose hip capsules helps in the treatment of kidney disorders.



HOMEOPATHY

Lycopodium is helpful for backache caused by kidney complaints.



FROM THE LAROER

- Minor kidney infections may be improved by increasing consumption of fresh asparagus, grapefruit, and lemon juice
- Drinking barley soup may help relieve inflammation of the kidneys.
- A cocktail of beet, carrot, and cucumber juices, used in conjunction with orthodox treatment, may be beneficial to those suffering from kidney stones.

- · Corn silk, infused in hot water, may also be helpful for kidney stones.
- Magnesium supplements may help in the prevention and treatment of kidney stones, and vitamin B6 (pyridoxine) may also be a preventive.

SELF-HELP

· An old remedy for dissolving kidney stones recommends taking a spoonful of glycerine on an empty stomach first thing in the morning

CHILDREN'S PROBLEMS

This section covers most of the minor complaints that babies, infants, and children are likely to suffer. Most are uncomfortable rather than serious, but always check with your medical practitioner if symptoms persist for more than 24 hours or are sudden and violent. Common childhood illnesses are covered on pages 97–101.

Cradle cap

Cradle cap appears on the scalp of babies as a thick, yellowish crust, sometimes in patches, and sometimes covering the entire surface of the scalp. Cradle cap is caused by overproductive sebuin glands, and most babies who suffer from cradle cap have slightly oily skin. It can last for up to three years in some children, but as the hair grows in it becomes less noticeable. Many babies outgrow the condition in the first few months of life.

CAUTION

Try not to loosen crusts that have not pulled away on their own – bleeding and infection may result.

herbalism

- Rinse the scalp after washing with an infusion of marigold, which acts as an anti-inflammatory and will reduce any tiching
- Burdock may also be used to rinse the scalp after washing.

HOMEOPATHY

- Massage the scalp with Calendula ointment.
- Lycopodium, taken internally, is useful if the skin is dry but uninfected.

FLOWER ESSENCES

- Rock Rose is useful if the itching causes distress
- Rescue Remedy cream may be massaged into the scalp to reduce symptoms
- Impatiens relieves irritation

AROMATHERAPY

• Massage a few drops of lavender or lemon oil, mixed in a light carrier oil, into the scalp before bedtime. Rinse gently each morning.

FROM THE LANDER

 Olive oil can be massaged into the scalp each evening, and then gently shampooed away in the morning

SELF-HELP

 Cradle cap is not caused by inadequate hygiene, and overwashing will make the condition much worse. Gently brush away loosened crusts with a soft brush

Diaper rash

Diaper rash occurs around the genitals and anus, and may extend up the abdomen or down the legs in more severe cases. It is caused by contact with urine or feees, which cause the skin to produce less protective oil and therefore provide a less effective barrier to further irritation. Friction may also exacerbate the condition.

HERRALISM

- Marigold (calendula)
 ointment can be rubbed onto
 the diaper area to soothe and
 to reduce inflammation.
- Wash the diaper area with infusions of marigold, rosemary, or elderflower
- Powdered golden seal can be applied to a clean diaper area before putting on the diaper
- Give your baby lots of soothing drinks, such as diluted chamomile tea, to reduce the acidity of the urine

HOMEOPATHY

- Internally, you can try Rhus tox for an itchy, blistered rash
- Sulfur may be appropriate if the skin is dry and scaled.

FLOWER ESSENCES

 Rescue Remedy cream may be gently massaged into the affected area to reduce inflammation and ease any pain or itching.
 A few drops of Rescue Remedy on pulse points will calm a baby who is distressed

AROMATHERAPY

A few drops of lavender or rose oil in a peach kernel carrier oil can be gently rubbed into the diaper area

FROM THE LARDER

- Wash the bottom with a little diluted cider vinegar and allow it to dry before putting on the diaper
- Spread live yogurt on the diaper area to soothe and to prevent thrush.
- Egg white can be painted on the sore bottom to encourage healing. Allow to dry before putting on a diaper.

SELF-HELP

- Avoid using soap or other detergents on the diaper area. Rinse carefully with clean water at each diaper change
- Frequent diaper changes are suggested, and using a disposable diaper liner may help to reduce irritation.
- Allow your baby to go for as long as possible with a bare bottom, to allow it to dry and heal.
- Give your baby plenty to drink

CAUTION

Any diaper rash that does not heal within a week or so should be seen by a physician.

Diaper rash can make the summest baby irritable.

Teething problems

Most babies get their first teeth at about six months of age and there may be problems with teeth coming through until the age of two or three. Most babies experience some discomfort, which can range from

simply being clingy and fractious, to dribbling, loosened stools, and problems sleeping.

Provide plenty of hard, sale objects for on when teething.



- Svrup made from the marshmallow root will soothe inflamed gums, and a few teaspoons can be added to your baby's normal meals.
- Offer infusions of chamomile or fennel to calm and to soothe

HOMEOPATHY

- Chamomilla is the standard remedy for teething and can be take up to six times daily
- · Calcarea phos. may also be useful

FLOWER ESSENCES

- Rub a little Rescue Remedy directly into the gums, or apply to pulse points if your baby is crying inconsolably. A few drops at nighttime will help your baby to sleep. Rock Rose is also useful
- AROMATHERAPY
- Put a few drops of lavender oil on the bedclothes to help your baby sleep
- · Essential oils of chamomile and lavender can be added to the bathwater to calm a
- · Rub the gums with a little chamomile oil mixed with a
- · Clove oil also acts as a local anesthetic and a minute amount can be diluted and rubbed into the gums.

FROM 0 THE LARDER

- · Rub a little honey into the gums (make sure it is pasteurized) for relief
- · Give your baby a cold licorice root to gnaw on.
- Cold_raw carrots are useful teethers, but watch your baby carefully to make sure he or she doesn't bite off a piece and choke.

SELF-HELP

- · Offer your baby a cool teething ring to gnaw on. and rub his or her gums with a clean finger
- If your baby has trouble sleeping, gentle rocking may help him or her get back to sleep.

Fever and vomiting are not symptoms of teething. See your physician if your baby seems unwell.

Colic

Colic is a condition affecting almost a quarter of all infants, usually beginning at about two or three weeks, and often continuing until the baby is eight to twelve weeks old. It is characterized by inconsolable crying usually at the same time each evening - wind, severe pain in the abdomen, which causes the legs to be drawn up against the body, and bloating. The cause is unknown. but may be caused by contractions of the colon, an allergy to something in the formula (if bottle-fed), or the mother's diet (if breast-fed), or simply excessive air gulped in through repeated bouts of crying.

- Recause colic is exacerhated by tension relaxing herbs are often suggested - used in the bath, or infused, cooled slightly, and taken by bottle. Chamomile Jemon balm and limeflowers are most effective
- If you think your own stress or nervousness is causing your baby to become tense, drink a cup of passion flower or chamomile tea just before feeding
- A warm bath with infusion. of dill_fennel_marshmallow. or lemon balm will soothe a colicky baby
- · If you are breast-feeding, drinking fennel seed tea will promote milk flow and wind the baby automatically

HOMEOPATHY

- Chamomilla is useful for babies who seem better when they are held
- · Pulsatilla is used for babies who are better in the fresh air, and when they are rocked.
- · Cuprum met is used when the tummy rumbles and the child curls his fingers and toes in discomfort

FLOWER ESSENCES Rock Rose is excellent for

- distress and fright
- · Rescue Remedy can be used to calm and help to reduce any spasm.



AROMATHERAPY

 A gentle massage of the abdominal area with one or

- a blend of chamomile dill lavender or rose oil will help to ease symptoms and calm a distressed haby
- If your baby is wakened by discomfort, place a cloth moistened with a few drops of lavender oil by the bed
- Try a few drops of lavender or chamomile oil in a warm bath, just before evening feeds.

FROM THE LARDER

- If you are breast-feeding. chew cinnamon sticks, which can be passed through the breast milk to aid digestion.
- · Caraway water can be diluted and given to even a very young baby in a sterilized bottle. Offer a few sips just before a feed

SELF-HELP

- Most babies respond to being rocked and gently massaged.
- · Colic can be very distressing for parents, and this can often be passed on to the baby Try to stay calm. If you are breast-feeding, avoid dairy produce for a few days to see if this helps. Other foods to avoid are very spicy foods, citrus foods, gassy foods (beans, onions, cabbage, etc.), and sugar

CAUTION

If colic is accompanied by vomiting or diarrhea, see your physician.

Vomiting and diarrhea

There are many causes of voniting and diarrhea in children including infections (such as gastroenterius), eating rich or fatty foods (or, indeed, overeating), emotional upsets, food poisoning, and many others. These conditions are not usually serious unless they recur or carry on for more than about forty-eight hours.

Ripe bananas help restore the gut's bacterial balance after voiniting or diarrhea



1 Chop up femicl leaves to make an infusion (see page 18) Chamonile can be used if preferred.



2 Poin boiling water onto the herbs and leave for 15 minutes, Transfer the infusion to a putcher when it is cool.



3 Pour into an ice cube tray; freeze. Offer the cubes for your child to suck.



NEBRALIEM

- Depending on the cause, there are many herbs that can be used to treat these conditions
- Use meadowsweet, with chamomile, if there is distress or inflammation
- Chamomile, peppermint, and thyme can be drunk as infusions, or added to a bath when there is infection at the root of the illness.
- Chamomile and vervain can be taken internally to soothe a child whose illness is exacerbated or caused by emotional upset, or who is distressed by the vomiting.

HOMEOPATHY

- China is useful for diarrhea with wind, particularly when the child is very irritable.
- Colocynth can help if the diarrhea is accompanied by episodic pain and is copious, thin, and yellow
- Arsenicum is useful when there is burning and the child is restless, anxious, and cold
- Use Veratrum alb. when there is vomiting and diarrhea with cold sweats

• Pulsatilla can be taken after a rich, fatty meal, when there is no thirst

FLOWER ESSENCES

- Rescue Remedy will relieve the distress caused by vomiting and diarrhea
- Olive is useful for recuperation
- Holly or Beech may help if the vomiting is linked to emotional problems.

AROMATHERAPY

- Massage the tummy and chest with a few drops of lavender or chamomile in a light carrier oil.
- Use essential oil of thyme or tea tree in a vaporizer for their antiseptic properties
- A few drops of lavender in the bath or by the bedside will calm

FROM THE LARDER • Following an attack of

- vomiting an attack of vomiting or diarrhea, offer lots of live yogurt and very ripe bananas to restore the bacterial balance of the gut
- Garlic is excellent to fight infection, boost immunities,

- and cleanse the blood. It is also a natural antibiotic, so it is excellent in cases of bacterial
- Drink fresh lemon juice, warmed and mixed with a little honey, to cleanse the gut
- Drink blackcurrant juice, which will act as a gut astringent
- Raw apple that has gone brown is useful for settling an upset stomach. Offer in small quantities.
- Milk and honey are excellent for treating food poisoning
- Mustard is a natural emetic and can be taken internally, mixed with a few teaspoons of warm water.

SELF-HELP

- Offer lots of fresh, cool water to drink, but make sure that your child drinks only small sips at a time if your child is having trouble keeping even small sips down, freeze some chamomile or fennel tea in ice cube trays and give them to him or her to suck. These should only be given to children over the age of six.
- Avoid eating dairy products

and solid food until the symptoms have passed.

- Fresh fruit juice, herb teas, and a mixture of salt and glucose mixed with a glass of water will prevent dehydration
- if you are breast-feeding your baby, carry on, for breast milk provides all necessary nutrients, as well as your own antibodies. Breast-fed babies are less likely to develop dastroentents.

CAUTION

Babies and children can very easily become dehydrated by vomiting or diarrhea and it is important that you seek medical treatment urgently. See your physician if there is blood in the vomit or feces.

All babies and children need different amounts of sleep. and most of them experience some difficulty sleeping at some point. Common causes of sleep problems in babies are diaper rash, teething, colic, illness, being too hot or cold, or simply being wakeful. Older children may be worried about something at school, or a stressful event in the family home. Illness usually disrupts sleep patterns in some way. Some children experience night terrors, which may cause them to waken suddenly. screaming and often wringing their hands.



milky drink last thing at night can promote restful sleep. Do not offer milky drinks to children suffering from a cold.

If you suspect that sleep problems are associated with illness, consult your medical practitioner.

> Restful sleep is essential for healthy growth and development.

- A crying baby may be soothed with an infusion of chamomile, offered an hour or so before bedtime, or when he or she wakens
- A strong infusion of chamomile, lavender, or limeflower can be added to a warm bath to soothe and calm a baby or child
- Add about ten drops of tincture of catmint to a little

honey and give to a distressed child as required

HOMEOPATHY

- Night terrors are often treated with Calcarea carh. and Antimonium tart
- · Constant crying may be treated with Colocynth. or Bryonia.

FLOWER ESSENCES

- · A distressed child or baby can be given Rescue Remedy, which will calm him
- Offer Rock Rose for treating night terrors.
- · A few drops of Mimulus will soothe a distressed or fearful baby or child.
- Walnut is helpful if insomnia comes at times of change, such as moving the baby to his

AROMATHERAPY

- A few drops of chamomile, geranium, rose, or lavender can be added to the bathwater
- Lavender oil, on a handkerchief tied near the crib or bed, will help your baby or child sleep.
 - Lavender or
- chamomile can be used in a vaporizer in your child's room.
- · A gentle massage before bedtime, with a little lavender or chamomile blended with a light carrier oil, may ease any tension or distress.

- A little milk hefore bedtime may help your baby to
- Older children may suck a zinc lozenge before bedtime to help them sleen
- A little brewer's yeast mixed with honey and warm milk is a soothing bedtime drink for children from four upward

.......

- · Avoid a big meal before hedtime
- For young babies, try to stick to a regular routine for example, bedtime following a warm bath and story Babies and children can become "programmed" to routines, which gives them a sense of security.
- · Make an older child's bed a special place - let him choose the bedclothes and furnish it with his favorite comfort toys. Try to avoid sending your child to his room as a punishment because he will learn to associate it with unhappiness.
- Avoid computer games or television too close to bedtime.
- Allergies or food intolerance may be at the root of sleep problems, and your physician will be able to help with this

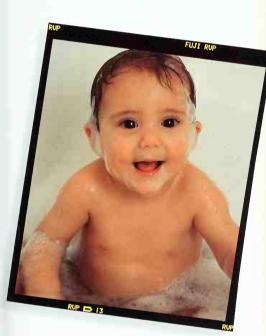


Colds

Small children are more susceptible than adults to the viruses causing colds and flu because their immune systems are immature and antibodies have not yet been developed against viruses.

At school age children often have a new crop of illnesses as they come into contact with viruses carried by other children. Symptoms of a cold include a running nose, headache, and sometimes a cough. There may be a mild fever and a feeling of general malaise.

Mercury is the source of the homeopathic remedy Merc. sol. which can be presented if your child's cold is accompanied by earache and swollen glands in the neck



A warm bath with one drop of lavender or tea tree oil added to it can help unblock a stuffy nose and cheer up a baby made miscrable with a cold.

NEPRALISM

- Elderflowers, drunk as an infusion, will reduce catarrh
 and help to decongest
- Peppermint is another decongestant and will also work to reduce a fever.
- Rosemary and thyme will help to clear congestion and work as antiseptics, which may help to prevent a secondary infection of the tronsils or bronchi (bronchits)
- Chamomile will soothe an irritable child and help it to sleep. Chamomile also has antiseptic action, which will help to rid the body of infection, and it works to reduce fever and feverish symptoms.
- Try a strong infusion of chamomile or yarrow in the bath
- Mullein or comfrey can be drunk, or used as a compress around the neck to soothe a sore throat.
- Herbs to strengthen the immune system (see page 50) can be taken throughout a

cold, and afterward to stimulate healing and prevent subsequent infection.

HOMEOPATHY

- Pulsatilla is useful if your child is clingy and irritable, and when there is thick yellow discharge.
- Bryonia helps an irritable child who is thirsty and wants to be left alone
- Merc. sol is for a child with an earache and swollen lymph nodes in the neck

FLOWER ESSENCES

 Rescue Remedy will soothe any distress – rub the cream into the chest area to calm.

CAUTION

Use only one drop of aromatherapy oil in a baby's bath, and take care not to allow the bathwater to come into contact with the eyes.

AROMATHERAPY

- Try a few drops of lavender or tea tree oil in a warm bath to encourage healing and help to open up the airways Use only one drop for babies
- Use chamomile, cloves, lavender, pine, lemon, and thyme together or separately in a room vaporizer to help ease symptoms and promote healing.
- Place your child's head over a steaming bowl of water with a few drops of essential oil of cinnamon. Place a towel over the head to make a tent, and let the child sit there for four or five minutes to ease congestion
- Massage a few drops of pine or eucalyptus in a light carrier oil into the chest area.

FROM THE LARDER

- Blackcurrant tea is excellent for catarrh and infections.
- Lat plenty of fresh garlic and onions, to reduce catarrh and cleanse the blood. Garlic is also antibiotic and boosts the immune system.
- Hot lemon and honey will help to clear catarrh, prevent a secondary infection (such as tonsillitis or bronchitis), and soothe discomfort.

SELF-HELP

- Encourage your child to drink plenty of water and fresh fruit and vegetable juices, particularly those rich in vitamin C.
- Your child should get lots of rest to help throw off the infection.
- Avoid dairy produce and foods that are difficult to digest, until the illness has cleared
- Sucking a zinc lozenge should help symptoms to clear and relieve a sore throat

Coughs

There are many types of coughs, some of which accompany a cold. Others are caused by chemicals, infections such as ear and tonsil infections, excess catarrh, inflammation of the airways, and many other things.

HERBALISM

- ➤ There are many herbs that encourage the body to fight off infections, and they can be taken daily, for as long as your child is suffering from the cough. They include echinacea and thyme.
- If the cough is accompanied by a fever, try infusions of chamomile and varrow
- Comfrey and coltsfoot are useful expectorants, which will help to expel the mucus from the lungs and airways use about ten drops of each tincture and mix with some warmed honey and serve by the teaspoonful as necessary.
- Thyme can be infused and used to treat a wet cough.
- When the mucus is tough to shift, try strong infusions of ginger and fennel or thyme.

HOMEOPATHY

- Belladonna can be taken when the cough is accompanied by a fever and the child has bright red cheeks and pack.
- Try Aconite if the symptoms come on suddenly.
- Chamomilla will soothe a child who is inconsolable, but better for being held
- Pulsatilla may be useful if there is a thick yellow discharge and your child is clingy and tearful.
- Antimonium tart, is useful for a cough that causes the chest to rattle and makes breathing painful.
- Bryonia is for a painful, dry cough, which is made worse with movement.
- Spongia is excellent for croup (see opposite), and for a loud, crowing cough
- Use Drosera for a tickling cough that is worse for lying down.

FLOWER ESSENCES

• Use Rescue Remedy when your child experiences distress, or panics because breathing is difficult. Rescue Remedy will also help your child to sleep. A few drops can be taken internally, or applied to pulse points, and Rescue Remedy cream can be rubbed into the chest.

AROMATHERAPY

- Add a few drops of eucalyptus and sandalwood to a carrier oil, or some petroleum jelly, and rub into the chest and upper back.
- Myrrh can be massaged in the same way to reduce mucus. Use a few drops on a cloth tied to the crib or bed
- Lavender oil on a cloth or pillow will encourage sleep and aid the healing process.
- Use lavender, myrrh, eucalyptus, or thyme in a vaporizer.
- → A few drops of essential oil
 of thyme, pine, cinnamon,
 clove, or eucalyptus can be
 used in combantion or singly
 in a footbath to ease
 concestion.

CAUTION

If a cough is accompanied by a high fever, and your child has difficulty breathing, he or she may have pneumonia. See your physician immediately.

If a cough does not improve within a few days, see your physician.

FROM THE LANDER

- Give your child lots of honey, which has antibacterial action and will also soothe a sore throat
- Fresh garlic should be eaten as often as possible to cleanse the blood, improve the immune response, and encourage healing
- •• Lemon and honey will soothe a sore throat and ease
- a tickly cough.

 Blackcurrant tea will ease
- the pain of a sore throat and help to reduce catarrh.
- Ginger, added to meals, will help to get rid of any lingering catarrh.
- Pineapples are traditionally used for expelling excess catarrh.

SELF-HELP

- » Plenty of fluids and bed rest will make it easier for your child to shift a cough. Offer only fluids for the first couple of days, and then just light meals, avoiding dairy produce altogether until the catarrh has shifted
- Take steps to boost the immune system (see page 50).
- Try not to use proprietary cough medicines, which will suppress symptoms but not rid the body of the catarrh, which may become infected
- Cool a fever by bathing with tepid water.



A spoonful of warmed honey will help the medicine go down. Max it with tructure of collision or comfrey for an expectorant effect. Honey on its own has an antibacterial action.

Croup

Croup occurs when the larynx (voice box) become inflamed and swollen. It can be the result of a bacterial or viral infection, or even simply a cold. Because the larynx swells and blocks the passage of air, breathing can be very difficult, which can pain a child (and the parents). The cough is a loud bark or whistle, caused by inflammation of the vocal cords.

Spend a lot of time reassuring and enddling a baby or young child who is suffering from croup; it is very distressing.



CAUTION

If your child turns blue in the face, call a physician immediately.



Aconite is the source of the homeopathic remedy of the same name, which is extremely beneficial for any complaint that is accompanied by stidden fear and panie.

HERBALISM

- Try infusing lavender flowers or chamomile in a bowl of hot water, and then placing your child's head over the bowl covered by a towel.
- Infuse some chamomile and give your child small sips before bedtime and during an attack

HOMEOPATHY

- Spongia is the traditional treatment for croup and can be taken every twenty minutes during an attack
- Aconite can be taken at the same time.

FLOWER ESSENCES

- Rescue Remedy will help to calm the child, which will make breathing easier. Parents may also benefit from a few drops! Alternatively, rub a little Rescue Remedy cream into your child's chest and upper back
- Rock Rose will help if your child is frightened.
- Olive can be taken after an attack if your child is exhausted

AROMATHERAPY

 Essential oils of eucalyptus, lavender, pine, chamomile, cinnamon, and thyme can be added together, or separately, to a vaporizer, or a footbath

- A few drops of eucalyptus or lavender can be placed on a handkerchief by the child's crib or bed to ease breathing and encourage the child to relax
- Rub a few drops of lavender oil mixed with petroleum jelly into your child's chest and upper back
- A footbath with some thyme or eucalyptus oil should help.

FROM THE LARDER

- Olive oil is a good carrier oil for aromatherapy essential oils and has a therapeutic effect when rubbed into the chest and body.
- Offer a hot honey and lemon drink to ease the symptoms. Honey has strong antibacterial properties and will be useful if the cause of the croup is bacterial infection.
- A little bit of cider vinegar mixed with a mug of warm water can be sipped to ease symptoms
- Blackcurrant tea is helpful and restorative

SELF-HELP

- Steam will help to open the airways and reduce spasm of the larynx. Sit with your child in a bathroom or shower room with the door shut and the hot water running, or fill a bowl with boiling water and gently place your child's head over it, covered by a towel
- Raise the upper end of the crib or bed so that breathing is easier.
- Provide lots of reassurance and comfort and try not to panic
- Serve only light meals for the first few days after an attack, until your child is entirely clear of symptoms.

Earache and infections

The most common ear infections in children are middle ear infections. These are usually caused by the transmission of infection from the nose or throat by the Eustachian tube. Because this tube is short and small in babies and young children, it is easily blocked, and so infection does not have far to travel to the middle ear.

HERBALISM

- · A few drops of tincture of myrrh or golden seal in a light oil, warmed, can be dronned into the ear canal
- Place a cotton hall with a few drops of warmed garlic oil cently into the ear canal
- Apply a hot compress to the neck and ears using mullein or St. John's wort.
- . Give chamomile tea to soothe pain and distress.

HOMEOPATHY

- · Use Aconite early on, if symptoms set in suddenly. Use Belladonna, when the affected ear is red and hot
- and the child is feverish . Use Chamomilla when the child is inconsolable

FLOWER ESSENCES

- Rescue Remedy or rock rose will ease panic.
- Use olive while recuperating.

AROMATHERAPY

- Place drops of lavender oil in the ear on a cotton ball, or ease in with a Q-tip.
- · Gently massage the neck and head with mullein or



CAUTION

Untreated ear infection may scar the eardrum and cause permanent hearing damage, Infection may also spread from the ear to other parts of the head, which may be life-threatening.

- Tea tree or lavender oil can he used in a vanorizer
- A few drops of lavender oil on a cloth by the bed will help your child stay calm.

FROM THE LARDER

- Mix fresh garlic with honey to fight off infection
- · Get your child to drink honey and lemon, or a little cider vinegar, in warm water to get rid of catarrh.
- Blackcurrant tea helps to boost the immune system.

SELE-HELP

- Bed rest and plenty of fluids are suggested
- Avoid dairy produce.
- · Make sure your child's diet is rich in foods containing

Glue ear

Glue ear is a chronic condition affecting a large number of children. It is characterized by a thick, often smelly mucus that builds up in the middle ear, impairing hearing and causing the eardrum to perforate to allow the mucus to be discharged. Glue ear is common in children who have frequent colds or other infections, which block the Eustachian tube

HERBALISM

- Herbs to reduce catarrh include chamomile elderflower, and evebright. and they can be blended or taken separately in a variety of forms to clear congestion.
- Chamomile and echinacea. can be taken internally or added to a foot- or handbath to reduce infection and relieve symptoms.

HOMEOPATHY

- Use Kalı bich, if there is mucus in the throat and pain. in the sinuses.
- Use Graphites if there is a vellow discharge.
- · Use Sulfur if there is a thick, vellow, smelly discharge from the ear.
- Use Calc. carb. if there is discharge with swollen glands and night sweat

FLOWER ESSENCES

· Rescue Remedy cream can be rubbed in around the ear canal or Rescue Remedy can he taken internally to relieve pain and discomfort

AROMATHERAPY

- · Massage the ear area with a few drops of essential oil of lavender in a light carrier oil.
- A steam inhalation of eucalyptus, chamomile, or lavender can help to reduce catarrh and ease symptoms.
- · Apply a hot compress to the nose, ears, and throat using diluted essential oils of lavender, rosewood, or chamomile

FROM THE LARDER

- · Garlie is excellent at shifting catarrh and cleansing the blood. Offer as perles, or chop fresh garlic and serve with a teaspoon of honey.
- · Honey and lemon drinks are restorative, will soothe a sore throat, and are also antihacterial
- · A little cider vinegar with honey in hot water will help to clear infection and boost the immune system.
- Blackcurrant tea is excellent for catarrh and will encourage healing.

SELF-HELP

- Avoid foods that cause mucus to be produced dairy produce, refined sugars, and wheat are the main culprits
- Offer foods rich in vitamin C and zinc.
- (see earache and infections). · Ensure that your child is not in contact with cigarette smoke or dust.
- Treat for ear infections accordingly (see left).
- Improve the immune system (see page 50).

CAUTION

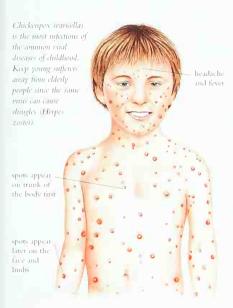
Glue ear should be treated to avoid later hearing problems caused by scarring of the eardrum.

Gentle neck massage with diluted lavender oil can help soothe carache.

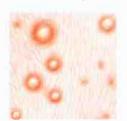
CHILDHOOD ILLNESSES

This section covers the most common childhood illnesses. Natural remedies can help 1 to relieve many symptoms and to support the immune system. Clear illustration helps you identify the rashes that characterize chickenpox, measles, and rubella; and natural remedies to help combat the side-effects of immunization are viven.

Chickenpox is a contagious, common viral infection characterized by fluid-filled blisters that appear first on the trunk and then spread to the rest of the body. There is headache, fever, and fatigue. As the spots progress, they become very itchy and then dry up and form a scab. The incubation period is ten to fourteen days, and sufferers are contagious from just before the spots appear.



by small, raised spots, which develop



- Tincture of comfrey or elderflower can be applied directly to the spots to encourage healing and to relieve the itching
- Add burdock tea to your child's bath
- Crush peppermint leaves and apply directly to spots to relieve symptoms

HOMEOPATHY

- The nosode Variolinum can. be taken once in an epidemic of chickenpox, before your child acquires the illness, and symptoms should be less Severo
- Rhus tox can be taken for a few days after contact with an infected child, and then again as soon as the first spots appear
- · Aconite is useful in the early stages of the illness
- Belladonna is useful. for fever

FLOWER ESSENCES

- · Chicory, Hornbeam, and Cherry Plum are usually suggested to help relieve some of the discomfort.
- Impatiens can ease irritability
- · Crab apple may be diluted and applied directly to the spots to encourage healing

AROMATHERAPY

- Essential oil of lavender can be dabbed directly on spots to ease the itching and encourage healing. Lavender also has an antibacterial action, which will help
- A few drops of Roman chamomile can be used in the

CAUTION

When fever lasts for more than a couple of days, or there is an obvious chest infection accompanying the rash, see your physician. Very rarely chickenpox pneumonia can occur as a secondary infection.

FROM THE LARDER

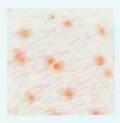
 Eat plenty of fruit and vegetables and drink raw vegetable juices in order to help cleanse the body, which will reduce the severity of the condition.

SELE-HELP

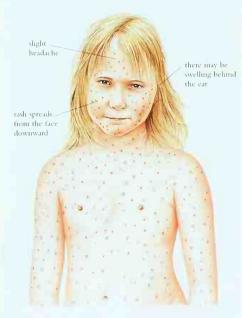
- Cool the itchy spots with cold compresses and make your child comfortable
- Try to encourage your child not to scratch the spots. which can lead to bacterial infection and scarring
- Cotton garments should be worn next to the skin

German measles (Rubella)

Rubella is a viral infection characterized by symptoms that mimic a cold, and go on to include loss of appetite, sore throat, mild fever, and swelling of the lymph nodes in the neck. There is an accompanying rash, made up of pale pink dots that usually cause only mild discomfort. Incubation period is fourteen to twenty-one days. The condition itself only lasts three to five days.



The German measles rash is a wash of pale pink spots that spread from the face; they may not be itchy.



German measles (rubella) has mild symptoms of fever, swollen lympli nodes behind the ears and a rash. Young girls who do not contract it should be encouraged to be immunized before puberty to protect their future babies from possible damage in the womb.

HERBALISM

- Hot yarrow tea, cooled and drunk several times daily, will relieve symptoms
- An infusion of elderflower combined with peppermint will help cool a fever and calm your child.
- Very high fever can be treated with an infusion of catmint, taken as required

HOMEOPATHY

- Use Pulsatilla, when there is thick, yellow discharge and hot, red eyes.
- Use Belladonna, for fever, a bright red rash and hot face.
- Use Phytolacca for painful ears and swollen glands, better on taking cool drinks.
- Use Aconite if there is a high fever and not too much mucus
- Use Mercurius sol. where there is yellow discharge and a fever

FLOWER ESSENCES

- Rescue Remedy will ease any distress and calm the child.
- Chicory, Hornbeam, and Cherry Plum are useful for all childhood illnesses.

AROMATHERAPY A few drops of

lavender oil on the bedclothes or on a handkerchief near the bed will help ease symptoms and calm the child

If there is a buildup of phlegm, use a few drops of tea tree or eucalyptus oil in a vaporizer to encourage easier breathing.

FROM THE LARDER

- Fresh fruit and vegetable juices will encourage recovery.
- Pound some anise seeds and allow them to steep in boiling water for about thirty minutes, and then offer by the teaspoonful to relieve symptoms.

Pulsatilla is a useful homeopathic temedy if the symptom picture fits.

- Borage stimulates the kidneys and can help when there is fever present.
- Honey and lemon in a little hot water can be drunk to reduce discomfort of the cold-like symptoms.

SELF-HELP

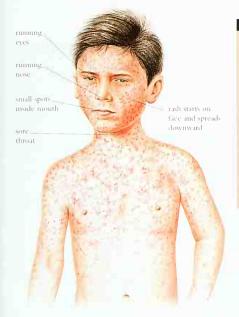
Frequent cool baths will relieve any itchiness and bring down a fever.

CAUTION

If you suspect your child is suffering from German measles, keep her at home, even if she seems well. If a pregnant woman who is not immune to the condition contracts it, there is a serious risk of birth defects and miscarriage.

Measles

Measles is a viral illness that can be very serious, particularly in children (and adults) with reduced immune activity. It is characterized by white spots on the lining of the cheeks, and a very high fever as the rash comes out. The rash itself is brownish red, and the spots may join together. There may be diarrhea, vomiting, pain in the neck (around the lymph nodes), and there may be symptoms of a cold, including a cough and occasionally conjunctivitis. Incubation period is between eight and fourteen days, and the illness itself can last up to two or three weeks. Thankfully the spots are not itchy.



The measles rash is a blotchy brownish red, the spots naming together. It spreads down from the face It is preceded by distinctive small red spots with white centers, which appear inside the mouth on the linings of the cheeks.

Measles (rubeola; morbilli) is potentially the most dangerous of childhood diseases. This is because it weakens the immune system and leaves the sufferer open to secondary infections. Major measles outbreaks are predictable, occurring regularly every three or four years.



(a)

- Garlic and echinacea can be taken to improve the immune system (see page 50)
- Yarrow can be sipped as a tea to bring down fever and ease discomfort
- Elderflower tea is also useful
- Add chamomile or manigold to the bathwater to calm your child, and soothe
- A compress of ginger may be used to help encourage the toxins to be released from the body.

CAUTION

Watch your child carefully as he recovers from measles. There is a risk of complications, including pneumonia, ear infection, bronchitis, and, very rarely, encephalitis. If fever recurs several days after the spots have begun to heal, see your physician.

HOMEOPATHY

- The nosode Morbillinum can be taken for three days if you child has been in contact with a sufferer; this will help to reduce the severity of the symptoms.
- Aconite and Belladonna can be taken for high fever
- Use Pulsatilla when there is diarrhea, yellow discharge, and a cough
- Use Bryonia when there is a hard, painful cough, and a high temperature accompanied by thirst.
- Use Stramonium when there is a high fever, a red face, and convulsions

FLOWER ESSENCES

- Rescue Remedy can be used to ease distress and discomfort
- Cherry Plum, Hornbeam, and Chicory are suggested for all childhood illnesses

AROMATHERAPY

- A few drops of Roman chamomile in the bath will ease symptoms and help encourage sleep.
- Lavender oil can be dropped on the bedclothes or on a handkerchief by the bed to calm. It can also be applied neat to spots, to encourage healing.
- When there is a build-up of phlegm, and other symptoms of a cold, a gentle chest massage with a few drops of tea tree oil in a light carrier oil base will help.
- Essential oil of eucalyptus or chamomile can be used in a vaporizer.

FROM THE LARDER

- Garlic will encourage the spots to "come out," which means that the body is expelling toxins
- Ginger can be used as a compress directly on the snots
- Eat foods rich in vitamin C to encourage the immune system (see page 50)
- Hot honey and lemon drinks are soothing and will encourage healing.

SELE-HELP

- Avoid all solid foods until the fever has gone Offer plenty of fresh, cool water – fever can lead to dehydration.
- Bed rest is recommended until symptoms are completely clear.

Mumps

Manues are caused by a viral infection that attacks the salara and parotid glands. The incubation period is four-teen to twenty-one this, and the illness lasts about a week. Sumptons include fever, headache, and pains in the neck area. Swelling occurs on the sides of the face, and there will be pain on swallowing. Any acidic foods, such as commons or oranges, which sumulate the salivary clands will be term painful to eat.



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A feet many kirole, agrily sensioned, and he half to the official law for many

HERBALISM

- Nailigo di can nello sti reduce the inflammation and siveling, orlink as a lukewa inflasion
- A warm compress with mange dican be addled to the tiveling to ease bain
- Boost immunity and encourage healing with gards, people first and echinacea taxes from a v



 If your of i'd has not had mumps, Phytolacca or Parond um can be tallen during an eoidemic to reduce (sevent) of symptoms.

Use Phus fox when the left glands are more severely affected than the right.

Use
 Be addinationer there is the same of the

Mercurus
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 toolue

Pulsatilla may help to prevent orchitis and is useful if faver continues.

FLOWER ESSENCES

- Rescue Remedy can be used to ease distress and discomfort.
- Chemy Plum, Hornbeam, and Chicory are suggested for all childhood in nesses

AROMATHERAPY

- Massage the neck area in chamor le or lavender oil disted in a the grapeseed of Take care to do so gently.
- Eucalyphus and rhyme can be used for steam inhalations and in the path use spaning /

FROM THE LARDER

- Enuly freshighinger and additional as a phomoresuld rectly to the two lenglands to provide relief.
- Enut Indicative land regetable judes had de jude and then diventioned with their cook mater to encluding a speedy recovery. This will also be even to intuat or which is a special surface.

• Cayenne powder mixed with in negarican be warmed and applied to the affected area

SELF-HFL

- Bed rest is suggested uilt
 symptoms have disappeared.
- A hot-water bothe, wrapped in a towel and pressed on the affected area, will provide some relief.
- If fever becomes high splange your child, or place him or her in a luxewarm bath to cool.

CAUTIO

Complications can develop in teenage boys who contract mumps. If the illness is followed by severe headache, stiffness, or fever, see your physician immediately.

Whooping cough

Who oping coughts air artife illness crused by a factorial which lead to a severe spasmodic cough The Weight inning the arrows, which become swellen making breathing difficult There will be a build-or of mucis that is difficult to shift, and there may also be worming particularly while coupling. The "athoop" sound of the cough is unmistakable, and the feeding of being unable to for as lone as two months, if left untreated

CAUTION

There is a risk of secondary infection, in particular pneumonia and bronchitis. All cases of whooping rough should be seen by a physician. If the cough is accompanied by vomiting, make sure there is adequate intake of fluid to prevent dehydration.

Call your physician immediately if your child becomes blue around the



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- · Will them but had a
- A few promise promise
- · Markon Charles Street
- Elecandrine is recomment.

S HOMEOPATHY

- . Apprite can be taken
- A Drosera is overal when the
- Use Snoma when there is
- In Last Annual term
- In Use Sanguineria for I
- Arbica Is Useful When

FLOWER ESSENCES

- · Service Service Laboratory
- Chart Alexand help
- · Manager and Charles

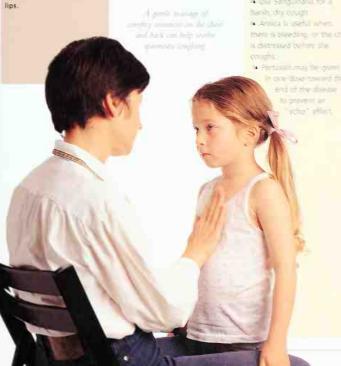
(LEOMATHERAFY

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FROM THE LARDER

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PART 3 THE REMEDY SOURCES

This section is devoted to the sources that provide natural home remedies. It is subdivided into three parts: the first covers plant and animal sources; the second covers element, compound, and mineral sources; and the third covers food sources from the larder. In the plant and animal section, sources are arranged alphabetically according to their Latin name; in the chemical and mineral section and the food section, the sources are ordered into thematic groups.



Achillea millefolium, millfoil

YARROW DO

MERBAL USES

YARROW TEA can be used in the early stages of fevers or with elderflowers to break a fever. Use it with elderflowers and peppermint for colds and as a long-term remedy for people prone to runny noses, catarrh, sinusitis, hay fever, and dust allergies.

Use it as a tea or tincture to disinfect wounds and stop bleeding and nosebleeds. It can be used internally or externally for varicose veins and spontaneous bruising.

Mixed with hawthorn and linden, it is useful in cases of high blood pressure and, because it balances circulation, it is useful for overheating in otherwise healthy people. For cold feet and hands, blend with hawthorn and a little ginger. It can also be useful in cases of diarrhea, colicky pains, liverishness, and weak digestion.

For women, it is useful in cases of pelvic congestion, heavy menstrual bleeding, period pains, stopped periods, and vaginal discharge. It improves pelvic circulation and may be added with benefit to teas used for any womb or pelvic problems.

Yarrow is supportive for people undergoing radiotherapy.

Infused yarrow oil as in the bath or added to creams brings relief to eczema sufferers.

For toothache, chew the fresh leaves or root, or apply fresh plant tincture on a compress.

CHILDREN

YARROW IS A GOOD, safe remedy for colds and fevers as tea tincture or in the bath. Cream and lotion helps to southe itchy tashes of all kinds.

FLOWER ESSENCE USES

YARROW IS a Californian essence not widely available elsewhere but easily made. Follow the Sun Method described on page 32. Yarrow essence is used for protection against negative influences.

Acouitum napellus, monkshood

ACONITE (Acon.)

THOMEOPATHIC USES

ACONITE 18 used for illnesses that come on suddenly after being chilled by a dry, cold wind, or overheated by extreme summer heat, or following a sudden shock or fright. Use it at the beginning of illness, in the first 24 to 48 hours; after that time, if the person has not recovered, the symptoms will have changed to show another remedy picture.

DESCRIPTION

Asonte is a hardy replaceous perennal from Europe and

Asia It grows up to 3ft 6m

87am), and produces deep-blue flowers

is the late summer. All parts are poisonous



CAUTION

Do not use

DATA FILE

PROPERTIES

- Diaphoretic
- Anti-inflammatory
- Antiseptic
 Antiseptic
- Durotic
- Stops bleeding
- Gentle hitter tonic

NOTES AND DOSAGES

- Taken freely in acute complaints.
- One cup of tea or one teaspoon of tincture three times daily for long-standing complaints.

CONTRAINDICATIONS

Some people develop an allergic rash on handling the fresh plant

DESCRIPTION

Yarrou, called millfoil by some, is a common wild plant with feathery leaves and a flat head of white or pink flowers, often found on lawns. The whole plant is picked in full flower



DATA FILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

Sudden unreasonable fear, afraid of the unknown, of dying

PHYSICAL SYMPTOMS Colds and influenza

- Burning heat alternating with chills at night
- Hard, fast pulse and hot hands and cold feet, throbbing, bursting hot headache, worse on rising Earache After exposure to dry, cold wind, unbearable pain, external agripht, red swollen.
- external ear hot, red, swollen Very sensitive to noise

Sore throat Red, dry, tight throat, tonsils swollen and dry

May follow exposure to cold

or after a shock

Cough For babies with croup that comes on after being out in a dry, cold wind Hoarse, dry, cough with shortness of breath Vomiting Due to fear with a profuse sweat and intense thirst

REMEDY PICTURE

- The Aconite person is robust and falls ill and recovers quickly
- Sudden onset of fever, pains are hot and intolerable, face is hot, red, and swollen, or one cheek red, the other pale
- Eyes are red and glassy
- Dislike light, restless, better for open air, uncovering, worse in a warm room, and night-time

DOSAGE 60

Antidotes: Belladonna, Coffee, Nux vom., Sulfur

9

RED CHESTNUT

FLOWER ESSENCES USES

RED CHESTNUT is for those who suffer great fear and anxiety for others. They may have given up worrying about themselves but project their fear onto their loved ones. They often auticipate that some unfortunate accident or illness will befall those they love and ceaselessly worry about the welfare of friends and relations. They want to protect loved ones and may cosset them. This fear limits both the Red Chestnut person and those close to them.



DESCRIPTION

The red chesturit is aften manual in nublic ounders for its large decorative pink flower spikes The tree is slightly smaller and less robust than its relative the relate or make Bach Flower Remedies



LEAVES AND TWIG

DATA FILE

FLOWER ESSENCES The Boiling Method (see nage 33)

spring Pick about 6in (15cm) of twig, including the flowers many trees and from various

LESSON Sensitivity to others

Each person has their own strengths and fears. Red. Chestnut helps us realize that the anxiety we feel is a projection of personal fear It helps us to be sensitive to the real fears and concerns of our loved ones so that we can offer appropriate support

Esculus hippocastanum

CHESTNUT BUD &

WHITE CHESTNUT DOD

WILLIE



WHITE CHESTNUT is used for edema and pain associated with varicose veins. Make a cream by mixing the tincture into any suitable base cream or take 20 drops of tincture in a cup of varrow tea, two or three times daily. Do not eat the nuts ("conkers").



CHESTNUT BUD and White Chestnut are remedies for those not sufficiently interested in present circumstances.

Chestnut Bud is useful for people who are slow to learn, even from repeated experience, who find themselves stuck in the same repeating pattern.

White Chestnut is useful when the mind is full of unwanted thoughts, ideas, or persistent and worrying mental arguments.

AROMATHERAPY USES

THE ESSENTIAL oil is used for rheumatism, gastritis, constipation, and hemorrhoids. It should be used only by adults, in a bath with lavender and/or geranium.

WHITE



The Boiling Method for Chestnut Bud (see page 33)

Pick the opening bud and about 6in. (15cm) of twig from many trees. Try to pick from all parts of the tree, even the ton

The Sun Method for White Chestnut (see page 32) Pick male and female flowers.

LESSONS Chestnut Bud Vision Chestnut had helps move us into the present so that we can see

with greater objectivity and learn from life's lessons Chestnut Bud is a useful additional remedy for the Cerato and Larch types

White Chestnut

Clarity

White Chestnut belos us switch off and find peace and quiet within ourselves If some thoughts persist, even after taking White Chestnut. other remedies should be taken to address the root cause of the problem, for example, Red Chestnut for worry over others or Walnut if picking up others' opinions.

DISCRIPTION

growing up to 100ft (30m) high, with wide-spreading arched branches When the leave_fall in the autumn they leave small horseshoe-shaped marks on the young wood. Chestina Bud flower The flowers are used for the remedy White Chestnut.

Agrimonia eupatoria

AGRIMONY DO

HERBALISM USES

AGRIMONY CAN be taken as a tea or fincture for indigestion, heartburn, diarrhea, and liverish feelings. It is especially helpful for people suffering from food allergies - taken on a long-term basis.

Use with St. John's wort and horsetail for bed wetting chronic cystitis, and urinary incontinence.

Use as a lotion to cleanse wounds and sores and an evewash for sore and inflamed eyes.

Agrimony can be taken freely and is a good substitute for ordinary tea.

FLOWER ESSENCE USES ACRIMONY FLOWER essence is one of the Twelve Healers and Peace, and a remedy for those oversensitive to

influences and ideas.

Agrimony people hide their problems and inner selves behind humor and joyfulness. This masks real feelings of unhappiness and unworthiness, a reluctance to burden others and a dread of argument. Agrimony "types" love peace and pursue it at all costs. This leads to inner restlessness and discomfort, which is sometimes masked by alcohol and drugs.

DESCRIPTION

A deen-oreen perennial plant that grows up to 3ft. (1m.) high. Small vellow flowers are borne on tapermo spikes like church steeples. The whole plant is used in herbalism



constipation

- Astringent and tonic
- · Tones and strengthens the digestive system and liver
- A wound herb

METHOD The Sun Method

(see page 32)

Agrimony flowers throughout the summer Choose young plants where there are only a few unopened buds on the spike above the currently open flowers. Pick the whole spike above any dead or faded flowers.

LESSON Self-accentance

and pure joy

True peace and joy come from acceptance and expression. Agrimony helps us love ourselves as we are, allowing the Agrimony type to use their humor and bravery to express and not repress themselves.

Alchemilla vulgaris

LADY'S MANTLE

HERBALISM USES

LADY'S MANTLE is used as a tea or tincture for heavy menstrual bleeding, either alone or with an equal part of shepherd's purse or varrow. It is also used for bleeding between periods and irregular periods. It may be combined with agnus castus berries.

To prevent period pains, taken with marigold flowers on a regular basis.

Use with uva ursi or shepherd's purse, as a tea or douche, for thrush and other vaginal discharges.

Lady's mantle is a traditional treatment for infertility in women with no obvious cause.

CHILDREN

IT MAY be used for children's diarrhea as a replacement for meadowsweet.

> LADY'S MANTLE

CAUTION Avoid in pregnancy

DESCRIPTION

Lady's mantle is a wild plant of waysides and meadows, more common on hills.

It is popular in shady gardens The whole herb is used.

DATA FILE

PROPERTIES

Astringent

- Tones and strengthens the womb

NOTES AND DOSAGES

- · The tea is probably the most useful form. Use one or two teaspoons per cup. It is a pleasant drinking tea.
- · Alternatively take one or two teaspoons of the tincture three times daily
- In Sweden a sprig of the herb is put under the pillow of restless children to bring quiet sleep.
- · Always seek medical assessment of bleeding between periods before starting home treatment.

Allium sativum

GARLIC DO

HERBALISM USES

GARLIC CAN be eaten daily or taken as pills as a preventive treatment for diseases of the circulation and as a supportive remedy in high blood pressure, high cholesterol, and hardening of the arteries.

It strengthens the system against recurrent infections and is especially useful for children with continual coughs and colds.

Given regularly it will dramatically reduce the need for antibiotic drugs.

Use garlic syrup or tablets for bronchitis, lung infections in general, smusitis, and intestinal worms.

It is helpful in allergic asthma and hav fever.

The infused oil is used as a chest rub for these conditions and as drops for earache. The fresh juice is used as an application to fungal infections.

CHILDREN

USE THE infused oil for ear infections for children past the toddler age; use tablets for children over three to prevent lung infections.

FOOD USES

GARLIC 18 used to treat coughs, catarrh, smusitis, and other infections of the mouth, throat, and digestive tract.

It has a cleansing effect on the blood and helps to maintain a healthy flora in the intestines.

It may have a role to play in the prevention of cancer, particularly stomach cancer.

A poultice made with finely chopped garlic helps in the treatment of infected bites.

Cut a garlic clove in half and rub the cut edge over a mosquito bite to relieve itching.

GARLIC AS FOLK MEDICINE

Garlic grows wild almost everywhere in the world, and every culture has recognized its enormous repertory of healing powers. To the Greek physician Galen (c. a.b. 130–200) it was known as "the great panacea"; to the gangs who worked on the great pyramids of Egypt, it was a daily ration given to them to keep their strength up and prevent disease. Perhaps its supremacy in strengthening immunity, cleansing the blood, and driving out infection is why it was championed by the people of central Europe as one of the weapons of choice used to combat the depredations of the legendary blood-drinking vampires.



DESCRIPTION

Carlic belongs to the onion family

It has a very pungent odor and
flavor, which some people find
off-putting. This herb has a wide
warrety of uses, both medicinal and
culmary. Supplements are available
in capsule form for those who
dislike eating gathe or want to take
it in large therapeutic doses.



CAUTION

Not suitable for children

DATA FILE

PROPERTIES

- Garlic is an antiseptic with antibiotic and antifungal actions. Its antibiotic properties are a result of the presence of allicin. It is also an expectorant, lowers blood pressure, reduces cholesterol, reduces blood clotting, clears fatty deposits in the blood vessels.
- Garlic contains good amounts of Vitamin C, thiamine, and potassium and is an antioxidant.

NOTES AND DOSAGES

- Coated tablets made of garlic powder are the most user-friendly form. As a preventive treatment, follow the dosage on the package.
- For acute diseases, double the dose for a week or so.
- For children, give half the adult dose, usually two or three tablets

 dayly.
- Make the syrup by putting finely chopped garlic in a jar, cover with honey, and let stand for four days Strain off and give one or two teaspoons daily to children and four teaspoons daily to adults.
- Make the infused oil by covering finely chopped garlic with olive oil. Let it stand overnight to macerate. Strain off in the morning.

- Deodorized preparations are weak and not very useful
- Eating fresh parsley will reduce the smell.
- Garlic used regularly in cooking is beneficial in circulatory disorders. Whole cloves roasted in their skin are especially good.

SPECIAL NOTES

A chemical called disulfide that is present in garlic is excreted in sweat and through air expelled from the lungs. It is this that causes the odor given off after eating garlic. Some people believe that eating garlic in large amounts minimizes the odor Certainly taking garlic supplements that contain odor suppressants may avoid this problem

CONTRAINDICATIONS

- Some people cannot take garlic for long periods because it irritates their stomachs.
- Enteric coated tablets are less irritating to the stomach

Aloc vera

ALOE VERA D

HERBALISM USES

THE FRESH gel or cream made from aloe vera is a useful first-aid treatment for burns, radiation burns and sunburn, ringworm and other fungal infections, infected cuts, acne, shingles, eczema, wrinkles, stretch marks, and dry itchy skins in general.

Use as a mouthwash for sore gums.

Use as an internal medicine for indigestion and stomach acidity

A tincture of the whole leaves is excellent for chronic and stubborn constipation.

DATA FILE

PROPERTIES

- The gel is soothing, cooling, antibacterial, antifungal and healing.
- The whole leaves are a strong laxative

NOTES AND DOSAGES

 Aloes are easily grown as a houseplant – just remember not to overwater them. Cut the leaf and apply the fresh gel directly to the skin or take one tablespoon, twice daily as

an internal medione. The

MARSHMALLOW

FLOWERS AND

instructions on the packages

The whole leaf tincture can be made at home or bought in herb shops. Take one teaspoon two or three times daily for constipation.

cut leaves will keep for several

months and can be used over

and over again. You can buy

many excellent preparations

gel etc.) of alige: follow the

(creams, shampoos, preserved

CONTRAINDICATIONS

Many people are allergic to

10

Do not take Aloe internally during pregnancy

CAUTION

LOE VER

DESCRIPTION

Aloc Vera is a tropical, succulent plant with thin, yellow banded leaves. The gel is squeezed

Althaea officinalis

MARSHMALLOW ROOT AND LEAF

herbalism uses

USE MARSHMALLOW tea, tincture, or syrup with comfrey and meadowsweet for acid stomach, heartburn, ulcers, hiatus hernia, and colitis.

Use the syrup, tea, or tincture for nonproductive coughs to encourage the expulsion of phlegm.

Marshmallow leaves can be added to any tea for kidney and bladder problems for extra soothing.

Leaf tea or tincture taken for some months will gradually soften dry skin.

Use powdered root mixed into a cream or added to water to make a paste for insect bites and weeping eczema.

Use as a poultice with marigold or chamomile for treating boils.

CHILDREN

MARSHMALLOW IS the ideal children's remedy for irritable coughs and digestive problems. It is very soothing and safe to use.

Use with saw palmetto for failure to thrive. Use equal parts of the tinctures, 10 to 15 drops three times daily in pure fruit

juice.

......

DRIED MARSHMALLOW ROOT

DESCRIPTION

The leaves or roots of this unld plant are easily grown in herb gardens.

DATA FILE

PROPERTIES

Soothing, mucilaginous

NOTES AND DOSAGES

- Marshmallow can be taken freely For best results do not boil. Use as a tea or soak 1oz (25g) cut root or leaf in 1pt (500ml.) cold water overnight in the morning strain and drink three cups daily.
- To make syrup, add 2 2lb.
 (1kg) sugar and stir until dissolved. This will keep for a few days.
- Leaves of the garden hollyhock have the same properties.
- Candied marshmallow roots were originally used for coughs.
- Modern-day candies and cookies known as "marshmallows" do not contain any of the herb

Angelica archangelica and Angelica sinensis

ANGELICA AND CHINESE ANGELICA

HERBALISM USES

ANGELICA CAN be used as a functure tea or decoction for convalescence, persistent fevers, indigestion and weak digestion in general, colic and cramping pains, coughs, poor circulation, and general weakness with feelings of cold

Chinese angelica is used for period pains, anemia, and general debility in women and as a gentle laxative for constitution in elderly people.

An infused oil made from the leaves or seeds of angelica and fennel is a useful, relaxing rub for tightness and feelings of cold in the chest.

CHILDREN

ANGELICA LEAF and chamomile flower tea is a good drink for tight, dry, irritable coughs in children.

DATA FILE

PROPERTIES

- Warming and restorative
- Antiseptic diuretic diaphoretic and expectorant relaves space and strengthens digestion
- Angelica root is an excellent. general tonic for those run down by prolonged stress or chronic disopso
- · Chinese angelica root (dang qui or Angelica sinensis) is an especially good tonic for women.
- In China it is called the women's ainsena

NOTES AND DOSAGES

- . The leaves are better suited for children's medicine. They may be added to green salads
- The leaf stems, picked before decorating cakes or as a sweet for children with weak chests.
- · Angelica archangelica is the garden angelica. Wild angelica always get expert identification.
- · Some people can get a rash from handling fresh angelica in davlight

ANGELICA

DISCRIPTION

Angelica is a tall, stately plant with flat masses of small green gardens. Both the root and leaves are used in herbalism

CAUTION

Do not use any Angelica in pregnancy without expert advice

Apis mellifera

APIS MELLIFICA S

DHOMEOPATHIC USES

USE APIS MELLIFICA for complaints that have puffiness and swellings. Your patient may be thirstless, hot, bright red, shiny, swollen, and retaining water.

Allergic reaction (anaphylactic shock) may occur after bee or wasp stings; the limings of the respiratory system plus the tongue and uvula can become so swollen that breathing becomes difficult. Get help immediately, and use Apis as a first-aid remedy.

DESCRIPTION

ors mellifera is the honey bee made from the entire insect,

DATA FILE

SYMPTOM PICTURE: EMOTIONAL SYMPTOMS

Changeable, tearful, irritable, jealous, childish, and spiteful

PHYSICAL SYMPTOMS

Eyes: Hay fever or infections that cause swollen, red, puffy lids, bright red, stinging eyes, tears

Throat. Bright red, swollen, sore throat, worse for swallowing, dry but thirstless, tonsils swollen-Fever: Burning heat, thirsty during afternoon chill, sleepy

Women's complaints: Right-sided ovarian cysts with

Urinary complaints: Scanty Turination, but frequent urge to

Rheumatism: Joints hot, red pains and a tired, bruised feeling Skin: Sore, stinging, itching, red, and swollen with hives especially after insect bites and stings

REMEDY PICTURE

- · Burning hot, stinging pains or excessively itchy, like nettle stings, worse for heat, touch, tight · Better for cold, cold drinks
- · Right-sided symptoms or
- moves from right to left

DOSAGE: 60

Antidotes: Cantharis, Ipecal Complementary Remedies:

Arctium lappa, Arctium minus

BURDOCK DO

HERRALISM USES

BURDOCK ROOT is useful when taken as a tea or decoction and used as a lotion or poultice for "eruptive" skin conditions, especially hot and inflamed conditions, such as acne, spots, boils, and rashes in general.

Use a decoction or functure for all kinds of stubborn skin diseases, including psoriasis and fungal infections, rheumatism, gout, and arthritis. It is often used with dandelion root for skin and liver problems.

It makes a soothing diuretic tea for kidney stones and chronic cystitis and a gargle for sore throats.

CHILDREN

USE IN cases of appetite loss.

FOOD USES

THE LEAF stems and roots of burdock can be eaten to help treat skin conditions such as eczema, psoriasis, and boils. Boil or steam the leaf stems and roots; eat the roots raw in salads or stir-fry with other vegetables. Burdock root is a popular vegetable in the East, considered to be strengthening to the sex organs and immune system.



DESCRIPTION

Burdock is a common wild plant with large leaves and purple flowers.



Burdock herbal treatments during the first six months of pregnancy without expert

advice

DATA FILE

PROPERTIES

- Rlood cleanser and alterative
- · Gentle laxative, diuretic,
- lymphatic cloansor Soothing and nourishing.
- . Stimulates the appetite and
- soothes troubled spirits. · Locally antiseptic.

NOTES AND DOSAGES

- Burdock is a common wayside weed, wash it well and be sure of your identification if you gather your own.
- · Burdock root works best on stubborn conditions when taken in law doses for some months Use 2 teaspoons of dried root by decoction daily or 1 teaspoon of the fincture twice daily for several months
- · For lack of appetite, take the tincture three times daily before meals in a little water or fruit juice. The recommended dose is 5 to 10 drops for children and 20 drops for adults.

Arctostaphylos uva-ursi

UVA URSI OR BEARBERRY LEAVES D

BURDOCK

LEAE

HERBALISM USES

USE UVA URSI tea or tincture for cystitis, painful urination, and water retention. It is best combined with soothing remedies such as marshmallow or plantain. Use it with horsetail and nettle for irritable bladder with persistent urgency and frequency.

Use it with lady's mantle and shepherd's purse for vaginal discharges, especially chronic, thick, white discharge; use with saw palmetto and echinacea or marigold for prostatitis. Use with agrimony for diarrhea.

PROPERTIES

· Diuretic, urinary antiseptic, astringent

NOTES AND DOSAGES

- · To make uva ursi tea, use one teaspoon to a cup, infuse for ten minutes
- · For cystitis, use one cup of tea or one teaspoon of tincture two or three times daily. Excellent remedy for acute cystitis but consult a herbalist if you do not get results in a week
- · Take in combination with the suggested herbs for long-term use

- · Works best for chronic cystitis and frequency of urination if combined with a diet high in green vegetables.
- · Avoid in cases of kidney infections or weakness





LIVA TID ST LEAVES AND BERRIES

DESCRIPTION

The ura ursi or bearberry is a small shrub of the heather family, common on moors and mountains.

CAUTION

Do not use in pregnancy, during breast-feeding, or for infants

ARNICA (Arn.) DEE

herbalism uses

ARNICA Is an irritant poison and best used at homeopathic dilutions internally. The herbal functure can be used externally in place of the homeopathic mother functure. It is usually cheaper to buy.

D HOMEOPATHIC USES

ARNICA, ESSENTIAL for the first-aid box, is given after accidents that result in bruises and shock. The important symptom to prescribe on is the bruised feeling. Arnica soothes the pain and stimulates the body to heal the bruised tissues. Arnica may be appropriate for someone who is bruised and shocked, and who may also have soreness, tenderness, throbbing, or stinging pains.

AROMATHERAPY USES

ARNICA 15 used in the same way as when applying homeopathic methods.

THE ENGLISH ARNICA

The source for Arnica, Arnica montana, grows prolifically in mountains; its usefulness was discovered by locals who used arnica infusion to soothe the bruises and bumps that resulted from climbing accidents. In England, the common daisy (Bellis perennis) plays the same role. One of its old names is woundwort, and daisy cream is an excellent cure for external bruising and sprains.



DATA FILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

- Shocked from an accident, says there is nothing wrong, wants to be left alone.
- If concussed, may slip in and out of consciousness
- The bed feels too hard so tosses and turns at pight
- Fears sudden death, has nightmares of death and mutilated bodies
- Is absent-minded, easily
 distracted, cannot concentrate

PHYSICAL SYMPTOMS

- May have a fever from the shock or injury, hot head, cold
- Head injuries with or without

 loss of consciousness.
- Black eyes (see Ledum) Fractures: Arnica helps to heal the bruising and swelling around the break and allays the pain After exercise: Muscles that have been worked too hard and ache Before and after operations Childbirth: Uterus is working hard and the baby is pressing against the perineum - helps to heal the tissues, take away bruising and soreness and prevent septicemia, after-pains are too strong and leave the woman feeling bruised Breast-feeding: Nipples feel sore and bruised Mastitis, after a blow to

BEMEDY DICTURE

- Worse for touch or movement afraid it will hurt—for rest and damp and cold.
- Better for lying down
- May crave vinegar and dislike milk and meat

DOSAGE

- For bumps and bruises take 6c three or four times a day as needed
- For severe knocks take 30c and repeat as necessary
- During labor take 30c in first stage, at transition, during second stage and after the birth, then take twice a day for a few days until the perineum is healed.
- Before and after an operation take 200c
- Apply Arnica ointment or cream or compresses of Arnica tincture over bruises two or three times a day. Do not apply if the skin is broken because it may result in a severe inflammation or rash.

Antidotes: None.
Complementary Remedies:

CAUTION

the breast

Do not take internally unless using homeopathic remedy

ARNICA FLOWERS AND LEAVES

DESCRIPTION

Arms a montana is a hardy perennal that grous between 1 and 2µ (30–60cm) rall. Its yellow, sented flowers bloom in the simuner.

ROOT

Astravalus membranaceus

ASTRAGALUS ROOT

HERBALISM USES

USE A decoction or tructure for chrome fatigue, persistent infections, multiple allergies, and infectious mononucleosis.

Modern research shows that the herb helps to counteract tiredness and lack of appetite in patients undergoing chemotherapy and radiotherapy for cancer.

Soothing and healing for stomach ulcers.

CAUTION

Always tell
the hospital if
you are taking
herbal medicine
in conjunction
with their
treatment



Astragalus is an herbaceous perennial plant related to licorice

DATA FILE

PROPERTIES

 Astragalus is one of the most famous Chinese tonic herbs. It boosts the immune system.

NOTES

Astragalus is also called *huang qi*. The root can be bought in Chinese herb shops and may be used in tonic soups, with nourishing vegetables, for severe immune deficiencies

CONTRAINDICATIONS

This is a safe herb for home use, but severely debilitated patients should always be seen by a professional herbalist who will prescribe according to the individual's condition and circumstances.

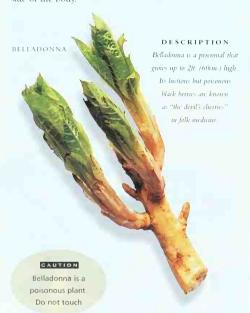
Atropa belladuna, deadly nightshade

BELLADONNA (Bell.)

THOMEOPATHIC USES

BELLADONNA IS suited to robust people full of vitality, especially children who suddenly fall violently ill.

Choose it when pains are violent and throbbing, and come and go suddenly. They are usually felt on the right side of the body.



DATA FILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

 The person is in a turmoil, very hot, has throbbing pains, is restless and agitated, angry, screams with pain, may be delinous with fever

PHYSICAL SYMPTOMS

- High fever, face flushed deep
- red, dilated pupils, glassy eyes.

 Hot to touch, can feel the heat
- coming off the person
- Thirstless with fever
- Wants to be covered, head hot, feet icy cold
- Children may have febrile convulsions

Headache: Sudden, severe headache in temples, eyes, forehead, whole head Throbbing, bursting pains start and stop suddenly. Comes on from hot sunshine, cold air, chilled from wet bair.

- Worse for stooping, menstruation, movement, light, sunshine, noise
- Better for lying propped up, head on pillows in a quiet, dark room.

Sore throat: Tonsillitis, quinsy Dry, tight, hot, swollen, fiery red throat: Worse on right side, stitching pains into ear on swallowing. Earache: Middle-ear infections the ear-drum deep red, bulging Throbbing, teasing, stitching, bursting pains in ear, cries out with pain. Right ear worse Sunstroke: Flushed, hot face, violent throbbing headache Thirsty for cold water, may vomit, must lie with head propped up Shivery despite the heat. Wants to be covered.

REMEDY PICTURE

- Sudden onset of violent, throbbing pains which come and go quickly
- Inflamed parts deep, bright red, hot to touch and swollen.
- Usually right-sided pains, throbbing, bursting, stitching, hot.
- Very thirsty for cold drinks except thirstless with a fever
- Hot head and feet.
- Worse for movement, drafts, stooping, noise, night, lying down
- Better for keeping still, sitting propped up, head resting back

DOSAGE: 6c or 30c Antidotes: Coffee, Merc, Pulsatilla

Complementary Remedies: None

WILD OATS

THERRALISM USES

USE THE tea or fincture for weakness with anxiety or depression or following severe illness and for nervous exhaustion. This is a good remedy to help us "keep going during periods of mental or physical strain."

Use with valerian or vervain for chronic anxiety; for sleeplessness and restless sleep; and for shingles and neuralgia.

Wild oats aids withdrawal from tranquilizers. alcohol, stimulants, and narcotic drugs and is a useful adjunct to major tranquilizers and antiepileptic drugs.

It is also supportive in heart diseases.

Use it with saw palmetto for impotence in men, wet dreams, and premature ejaculation. It is also useful for PMS with scanty periods and cramps; for exhaustion after childbirth and when breast-feeding; and for lack of sexual interest in women.

Use with horsetail to strengthen bones in children and in elderly people.

In the bath and as a lotion it is very soothing for eczema and dry skin and relieves tension in the body.

CHILDREN

USE FOR hyperactivity and failure to thrive.

WILD OATS



DESCRIPTION

Avena futus, a wild ones or the orion of indivated outs (Avena sativa), which may be substituted The whole plant is picked

DATA FILE

PROPERTIES

- Nourishing
- Restoring to nerve and
- Gentle stimulant

NOTES AND DOSAGES

Tea: one or two teaspoons per cup of boiling water allow to infuse 15 minutes drink

Tincture: 40 drops three times

- Fating porridge made from oats is also strengthening Baths: infuse 602 (150g) pat straw in 3pt (1.5l.) water and add to the bath or hang a bag of oat bran under the hot water faucet, so that the water flows through it
- Wrap some porridge pats in a piece of light cloth and use instead of soap Commercial preparations of oats, for making baths, can be bought at pharmacies

Boswellia carteri

FRANKINCENSE



AROMATHERAPY USES

USED AS a massage oil, frankincense is wonderfully calming and relaxing for the nervous system, helping anxiety and tension. It helps you to breathe more deeply and evenly, and so encourages relaxation.

It improves the skin, has anti-aging properties, and assists the healing of scars, ulcers, and wounds.

It combines well with other oils, such as myrrh, geranium, neroli, basil, pine, and sandalwood.

It is excellent when added to the bath or burned in a room in an oil or ring burner.

Use for asthma, bronchitis, coughs, and larvngitis.

It also helps to treat diarrhea, cystitis, and menstrual problems of all kinds.

DATA FILE

PROPERTIES

- Anti-inflammatory
- Respiratory system Nervous system
- Meditative
- Excretory system
- Regenerative

CAUTIONS AND

CONTRAINDICATIONS Use at half the measure while pregnant

CAUTION

Do not use directly on babies or infants, but do burn the oil in the room Do not overuse

DESCRIPTION

beginning in Americal Egypt







Browns ramosus, bairy brome, wood brome

WILD OAT E

FLOWER ESSENCE USES

WILD OAT is one of the remedies for those who suffer uncertainty. It is useful for capable people who have ambition to do something meaningful in their lives but have not yet found their true calling. They may have

several choices directions and may be working hard on a given path basically they are dissitisfied and frustrated They are scattered and seek to know what particular thing they should do with their life.



DATA FILE

The Sun Method

(see page 22)

Wild gats bloom in summer with loose, nodding flowers on thin leafless stems. The stems and leaves are very hairy. Pick the whole spike when the flowers are full of pollen. Float on top of the water in a thick layer

 Although Bromus is an English version of the Greek word for oat. the plant does not look much like an nat. Accurate identification is occontrol

Meaningful purpose We all have many roles to play and different parts according to our talents. Wild Oat helps us listen for our calling, tune in to the constant self, and find our true meaning. It helps us express this and make choices that bring purposeful harmony between inner and outer calling spirituality, and making a living

DESCRIPTION

This elegant grass of damp woods, wasteland, and waysides grows from 2 to 5ft. (60cm. to 1.5m.) high. The common name is Hairy of Wood Brome grass because the long, finely pointed leaves are soft and hairy.

Bryonia alba, wild hops, white bryony

BRYONIA (Bry.)

DHOMEOPATHIC USES

BRYONIA IS used for a robust dark-haired person with lean, firm muscles, and irritable nature. There is usually a slow onset of complaints brought on by a cold, dry east wind or by getting chilled when hot.

Bryonia is a very important homeopathic remedy, and has applications in many conditions. It is often chosen

for remedy pictures that include lung problems, arthritis, and digestive complaints.

> WHITE BRYONY

DESCRIPTION

White bryony is a member of the good family. It is a climbing plant with white flowers that blossom in the simmer.

CAUTION

White bryony root is extremely poisonous

DATA FILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL CVBADTOBAC

- The person is irritable with everything, dislikes being disturbed, anxious for the future. worries about work and financial security, dreams of work
- . Delinous "wants to go home" although he or she is there

PHYSICAL SYMPTOMS

Headache: Bursting occinital headache, frontal headache with

sinusitis, bursting and stitching Pressing pain behind the eyes. Worse for stooping, motion, and opening eyes.

Throat: Dry. rough, hoarse. stitching pain. Worse for swallowing

Chest infections: Colds and flugo to the chest, dry, sore, chesty cough, very little sputum, hurts to cough Better for holding his or her sides. Pleurisy, stitching pains, better for lying on affected side and for pressure

Gastrointestinal tract. Lips and mouth dry, bitter taste. Thirsty for long drinks of cold water Nausea and vomiting on rising, tender aching stomach. Large, dry, hard, crumbly stools or diarrhea like muddy water.

Rheumatism and arthritis:

Stitching pains in swollen pale or red joints. Better for affected part being kept still and pressure applied. Worse for cold and movement.

REMEDY PICTURE

- · Hot and dry people, heat and dryness runs through their symptoms.
- . Thirsty for long drink of cold water – gulos.
- · White-coated tongue
- · Severe stitching pains worse for slightest movement, better lying down on affected side, for pressure

DOSAGE: 60

Antidotes: Chamomilla, Coffee, Nux vom , Pulsatilla, Rhus tox Complementary Remedies: None

Calendula officinalis, Calendula, pot marigold

MARIGOLD FLOWERS OR CALENDULA (Calen.)

HERBALISM USES

MARIGOLD TEA or tincture and compress are useful for boils, spots, inflamed wounds, inflamed and painful various veins and sore eyes.

Drink the tea for colic and colicky pains; use with meadowsweet, comfrey leaf, and chamoinile for stomach ulcers; use with lady's mantle – on a regular basis – for period pains.

Intertility in women due to blocked Fallopian tubes or cystic ovaries may respond well: persist with treatment for best results. Use for depression, especially for women at the menopause.

Use with sage as a tea or tincture and compress for painful, lumpy breasts. Sage and marigold tea will stave off infections

Use as a mouthwash and gargle for sore throats, tonsillitis, chronic ear infections, mouth sores, and ulcers.

Use calendula lotion or cream for itchy skin rashes, grazes, cuts, eczema, and fungal infections. The ointment or infused oil is good for chapped skin and as a lip balm.

CHILDREN

USE THE infused oil for cradle cap and add two or four teaspoons to the bath for dry skins. The cream is applicable for all inflamed and sore skin problems.

THOMEOPATHIC USES

CALENDULA IS a wonderful healing remedy for cuts and wounds. It is antiseptic and promotes quick healing of wounds so make sure that you cleanse the wound thoroughly first with 10 drops of Calendula tineture diluted in 8fl. oz. (250ml.) of cool, boiled water. Then apply a compress soaked in the Calendula water over the wound to stem bleeding or apply Calendula cream. Taking Calendula internally also helps the wound to heal.

ESSENTIAL OIL of Marigold, which is dark green in color, is useful for skin problems such as eczenia, rashes and inflammation, for greasy skin, and for first-aid attention to wounds, cuts, and burns

FOOD USES

USE THE flower petals of calendula (pot marigold) as a substitute for saffron to color rice dishes or to decorate salads. In such small quantities calendula will have little medicinal benefit and is safe to use.

DRIED



FLOWER



DESCRIPTION

Mangold is a popular garden plant with orange or yellow flowers An annual herb, it grows up to 2.5ft (70cm) high

DATA BU

PROPERTIES

Marigold lifts the spirits, relaxes spasm, is healing and anti-inflammatory. It is especially helpful for skin and eye problems.

PHYSICAL SYMPTOMS

- Cuts from injuries, operation wounds, cuts and tears to the perineum during childbirth
- Insect bites and stings
 Dosage: 6c potency three
 times a day until better
 5 drops (Q) mother tincture
 diluted in water, three times a
 day until better
- Antidotes: None

 Complementary remedies:
 Hepar sulf

NOTES AND DOSAGES

 Normal dosages throughout
 Marigold cream may be sold under the botanical name

Calcodula

- Hyperical cream, made from marigold flowers and St. John's wort, has the same uses
- Marigold infused oil can be made at home or bought in specialist herb shops
- · Add a good pinch of the petals
- to salads and soups
- Marigolds are easily grown but make sure you have Calendula
- Do not use tagetes, also called French, African, or Mexican marigolds, for medicine

CONTRAINDICATIONS

Always have breast lumps medically assessed before relying on home treatment

Calluna vulgaris

HEATHER ©

FLOWER ESSENCE USES
HEATHER IS one of the remedies for those who

suffer loneliness.

Heather people are filled with self-centered concerns and will talk to anyone available. They dominate the conversation and company with accounts of their own affairs and experiences. They are poor listeners and do not like to be alone. To avoid loneliness they may be concentrating on fulfilling personal needs.

Heather helps move from the narrow obsession with immediate personality needs, making it possible to experience the wider love and companionable nurturing that comes from considering and sharing with others.

HEATHER

DATA

METHOD The Sun Method

White and pink flowers bloom from the late summer onward Pick small freshly flowering sprays with their small leaves. Avoid spent or faded flowers, Gather from a wide

flowers. Gather from a wide growing area and from all parts of the plant, especially the heart of the bush and the spreading outside branches

Do not confuse with Erica
cinorea, the hell heather.

LESSON

Love; space to share

We should love and nurture ourselves. This is the rock of self-knowing from which we move out and relate to others with empathy. Heather people are stuck and have not made that step. When they do, they can love with empathy.

DESCRIPTION

Heather is a tough, rough, sambly plant of dry moors and open heaths. The stems are very and much branched, growing and spreading to 2ft (60cm.) high

Cananga odorata

YLANG YLANG

AROMATHERAPY USES

THE EXOTIC, sensual qualities of ylang ylang when used in massage, in a bath, or burned in a room have a calning and balancing effect on the nervous system.

It helps to prevent hyperventilation and palpitations and to slow down a racing heartbeat, aids anxiety and depression, and helps to lower a fever.

Used in a vaporizer, it has an antiseptic effect on the skin – in particular, on skin that is dry or oily, or affected by acre-

Abdominal and lower-back massage with ylang ylang may reduce symptoms associated with the menopause, including hot flushes and vaginal dryness.

It is a valued oil for sexual problems, frigidity, and impotence in men. Burned in the room, it has pleasently aphrodisiac effect.

It has an invigorating effect on the elderly.

A few drops in the final rinse improves the condition of the hair.

It combines well with other oils, such as jasmine, sandalwood, rose, lemon, vetivert, and cedarwood.



DATA FILE

PROPERTIES

- Antiseptic
- Regulator of the nervous
 system.
- Antispasmodic
 - Sexual tonic
 - Hypertension reliever
 - Emotional balancer
 - Febrifuge lowers fevers

CONTRAINDICATIONS

Use at half the measured amount while pregnant, and on babies and infants

YLANG YLANG

DESCRIPTION

Ylang ylang essential oil is extracted by water, or water and steam distillation from flowers that have been picked in the early morning Ylang ylang is a small tropical tree that grows in Madagascai, Indonesia, and the Philippines. The oil is a pale yellow color, is oily in its consistency, and has a wonderful, exotic, sweet, flowery aroma. Called the "flower of flowers," ylang ylang is often known as the poor man's fasimine because of its powerful aroma and affordability.

Cantharis resicatoria, Lytta resicatoria, Spanish fly, blister beetle

CANTHARIS (Canth.)

HOMEOPATHIC USES

CANTHARIS IS one of the most frequently required remedies for burns and for urmary tract infections. It is particularly useful for extreme cases of cystitis

that come on violently and suddenly

DATA FILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL

 Irritability and anger from the pain

PHYSICAL SYMPTOMS

 Burns scalds and sunburn burning pains. Alleviates the pain and aids healing

Cystitis: Frequent urge to urinate Urine is passed drop by drop, may be bloody, with scalding, stinging, spasmodic pains throughout urination. Worse for cold drinks.

DEMENY DICTURE

- Cantharis is useful for adden
- · Great thirst from heat yet
- Better for rubbing and warmth

DOSAGE: 60

Antidotes: Anis mel. Camphor

Complementary Remedies:

DESCRIPTION

Cantharis vesicatoria, also known as Spanish Fly or Blister Beetle, is a native of southern Europe and western Asia. It lives on olive trees and honeysuckle The whole insect is ground up to make the remedy

Carpinus betulus

HORNBEAM 🖸

FLOWER ESSENCE USES

HORNBEAM IS one of the remedies for those who suffer uncertainty. It is useful for those who feel that they do not possess enough strength to fulfill the responsibilities of daily life. Everything seems too much effort, and they have to expend much will-power just to survive. This feeling often comes from boredom or some basic dissatisfaction with the work they are doing.

Elm and Hornbeam both deal with fatigue and temporary feelings of madequacy but there are important differences. The Elm person loves his work and calling and is temporarily overcome with responsibility. The Hornbeam type lacks strength for the mundane nine-tofive aspects of life.



DATA FILE

METHOD

The Boiling Method (see page 33)

The flowers bloom in spring Pick young twigs about 6in (15cmi) long with leaves and male and female flowers Hornbeam is sometimes coppiced and used in hedging Try to gather twigs from a selection of coppices and naturally growing wood

LESSON Strength to carry out daily

- · If the weakness characteristic of Hornbeam is a regular occurrence, the person may be exhausting himself or herself in will help in finding a path more in harmony with inner purpose
- Scleranthus will help those indecisive about change

DESCRIPTION

Castanea sativa

SWEET CHESTNUT DD

FLOWER ESSENCE USES

SWEET CHESTNUT is one of the remedies for those who suffer despondency and despair. It is useful for those moments that happen to some people when the anguish is so great as to seem unbearable, when they have "come to the end of their rope," reached their limit and are being stretched beyond endurance, when it feels as if the mind or body will give way and all that is left is annihilation.

HERBALISM USES

SWEET CHESTNUTS are used for their nourishing quality. The leaves are used as a tea for asthma, whooping cough, and paroxysmal coughs of any kind.

FOOD USES

THE FRUIT, or seeds, of sweet chestnut can be roasted or boiled as a vegetable to help in the treatment of rheumatic pains and coughs. They are also used in stuffings for poultry and in desserts.

DESCRIPTION

The edible chestmat is a decidnous tree growing to 80ft. (24m.).

The bark is covered with deep longitudinal furrows. These are straight when the tree is young, but as it matures they twist and spiral around the trunk.

DATA FILE

METHOD

The Boiling Method

The flowers blossom in the late summer after the leaves have appeared. The male and female flowers are found on the same tree. The male catkins are long and slender. The female

and slender. The female flowers are fewer in number and grow in clusters at the base of the catkins. Gather when the male catkins are thick with their heavy, sweet pollen. Pick about 6in. (15 cm.) of twig with male flowers, some female flowers and a few leaves.

LESSON

Transformation, widening

There are several remedies for those in the throes of desnair and each is subtly different. It is important to remember their general category Gorse is for uncertainty, and Cherry Plum is for fear. The root of Sweet Chestnut is for despondency Sweet Chestnut types frequently have "more rope" and hidden reserves; the stress they are experiencing is the result of too rapid expansion - events are pushing too hard at their current boundaries Sweet Chestnut helps open boundaries and expand limits, giving the strenath to grow.

SWEET

Cedrus atlantica

CEDARWOOD 2

AROMATHERAPY USES

CEDARWOOD IS used in essential oil massage or as an astringent. It is a powerful antiseptic and contains regenerative properties. It is useful in arthritic conditions, bronchial and urinary tract infections.

Its regenerative properties make it suitable for treating eczema, acne, oily skin and hair, dandruff, alopecia, and nervous tension.

It is also effective for athlete's foot and fungal infections.

It combines well with other essential oils such as jasmine, neroli, and bergamot and is excellent for arthritic conditions.

Used as an inhalation or compress, it helps bronchial and respiratory conditions.

When used in the bath or as a douche, its antiseptic properties aid venereal infections, leucorrhea, cystitis, and diarrhea.

When used in a vaporizer or burned in a room, Cedarwood acts as a balancer of anxiety and nervous tension and has aphrodisac properties.

CAUTION

Do not use while pregnant; can be abortive.
Do not use on babies and

infants

DATA FIL

- PROPERTIES
- Antiseptic
 Regenerative
- Diuretic
- · Wound-healing
- Antifungal
- Lymphotonic

CONTRAINDICATIONS

Use half the usual stated amount on children with care

CEDARWOOL

DESCRIPTION

Cedarwood essential oil is extracted by steam distillation from the wood and sawdust of the redarwood tree. It was one of the earliest known essential oils, widely used in Anaeut Egypt in embalming, osineties, and perfumes, and also used in ancient avilications for medicine and perfumery. It is still used today by the Tibetans in their temples and medicine. The essential oil is a yellowish color and provides a woody, warm aroma.

Centaurium erythraea

CENTAURY DO

HERBALISM USES

IN HERBAL medicine, centaury is used as a bitter tome with the same applications as its more famous relative, gentian. The tea is drunk for weak digestion, lack of appetite, jaundice, rheumatism, and low-grade, persistent fevers. It is antiseptic and often included in outments for wounds.

FLOWER ESSENCE USES

CENTAURY IS one of the twelve healers, relating to weakness and strength. It is one of the remedies for those oversensitive to influences and ideas.

Centaury people can become doormats. Their will to help others is so strong that it undermines their individuality and they find it hard to say "no." They can become servants rather than helpers and end up giving more than their fair share. They can become exploited, overtaxing their strength and resources so that life becomes a drudgery or even stoically borne self-martyrdom.

CENTAURY

ATA FILE

METHOD The Sun Method

(see page 32)
Pick small clusters of the salmon-pink flowers, which bloom throughout the summer, from many plants. Float on the water as soon as possible.

covering the entire surface area.

LESSON

Service in the widest sense Centaury helps balance the desire to serve by strengthening our appreciation of the self, and the responsibility we have to our path. It allows us to be able to say "yes" or "no" from the heart

DESCRIPTION

Centairy is a small annual, varying greatly in height depending on habitat. It likes chalk soil and is abundant in chalky areas. It has an erect, square stem and small weals leaves.

Ceratostigma willmottianum

CERATO 🖸

FLOWER ESSENCE USES

CERATO IS one of the twelve healers, relating to ignorance and wisdom. It is one of the remedies for those who suffer uncertainty.

Cerato people are intelligent and curious, but they lack confidence in themselves and doubt their abilities and opinions. They constantly seek advice and approval from others and can exhaust friends with a ceaseless stream of questions. They admire those who seem together, like the Agrimony type, and can be motivated by what others are thinking. They will follow advice, sometimes quite misguidedly. The unsure Cerato people like approval and try to do and be seen to do the right thing; it is important that they are perceived to be politically correct.

DATA FILE

METHOO The Sun Method. (see page 32)

This beautiful plant is a native of Tibet and is grown for its blue flowers in the late summer Choose plants in a country garden where there has been no spraying. Pick the flowers singly, just below the calyx, and float them quickly on the water

until it is entirely covered. Try to

gather flowers from several

LESSON

The strength of inner knowing Cerato teaches us to listen to advice from within and strengthen our trust in ourselves, it also teaches us to follow our path, even if it runs contrary to others. When balanced, Cerato is capable of great wisdom.

DESCRIPTION

Cerate it a small deciduous slimb often grown in gardens, reaching 3-4ti (1-1 2m) high It is a



Chamaemelum nobile

ROMAN CHAMOMILE DO

HERBALISM USES

THE USES and properties of this herb are the same as for the German Chamomile, but Roman Chamomile is stronger and best avoided in early pregnancy. Roman Chamomile is sold in the double-flowered form, whereas the German is a simple daisy.

AROMATHERAPY USES

CHAMOMILE ESSENTIAL oil, because of its low toxicity, is safe to use in low doses on babies, infants, and children, and is safe during pregnancy.

Used in massage or in a bath, Roman Chamomile has a calming effect on the nervous system. It is helpful for insomina and anxiety and neuralgia caused by anxiety and stress. It is also helpful for anemia. It is used in treating anorexia because it assists digestive problems, dyspepsia, vonuting, nausea.

When massaged over the solar plexus and abdomen, it helps intestinal ulcers and gastric problems.

Used on the skin as a massage oil, or in a vaporizer or bath, it helps dermatitis, eczema, psoriasis, burns, sores, herpes, and wounds generally.

In a shampoo, it will give highlights to the hair.

It is essential for menopausal problems, helping with profuse sweating, hot flushes, fluid retention, and general aches and pains.

DESCRIPTION

Chamoniae escential oil is extracted by steam distillation from the dried flowers of the plant. Roman Chamonile has been well known for its medicinal qualities since ancient times. The oil starts out as pale blue, but becomes a greenish-yellow color over time. It has a herbacous, warm, fruity aroma



DATA FILE

PROPERTIES

- Anti-inflammatory
- Antispasmodic
- Antiparasitic
- Pre-anesthetic
- Calming to the central nervous system
- Febrifuge reduces fever
- Diuretic

CONTRAINDICATIONS

Overuse will counteract its calming qualities
Overuse will stimulate bowel action



CHILDREN

FOR BABIES, it will relieve the discomfort of teething, earache, and colic; and for infants it is excellent for hypertension.

Cichorium intybus

CHICORY DO

FLOWER ESSENCE USES

CHICORY IS one of the twelve healers, relating to fusiness, emotional congestion, and love. It is used for those who overcare for the welfare of others.

Chicory types need to be loved, but they see love as a transactional exchange of energy, with costs. They fuss and worry and are overanxious to please others. This fussiness is exhausting rather than pleasing to others and can inhibit them from expressing love to the Chicory type. The Chicory types will care publicly, even melodramatically, but love still does not flow their way. This is giving love in order to receive it. The Chicory type fears obscurity. The Chicory archetype is the "stage mother."



EATING CHICORY has beneficial effects on the liver and may help in the treatment of liver ailments. It is also recommended for the treatment of rheumatism, gout, and hemorrhoids.

DESCRIPTION

The heart of the lineary glass, known as a sound, where he do do receive many and in French sking Like resume the damle too, classery has a softer taste that from the degree on and it is been and for as in salads. Both the leaves and the long tap not are used for the appearance purpose.



DATA FILE

METHOD The Sun Method

Isee page 32.

The beautiful blue flowers, which appear in the late summer, are very delicate and fade quickly when picked. It is recommended that they are gathered in small groups and floated on the water immediately.

LESSON

Love, interpersonal, free and without strings
Chicory is one of the three

remedies that deal with the quality of love. See also Heather and Holy.



Chicory is a cooling herbilit has a laxative and diuretic action when eaten, with a strengthening effect on the gall bladder and liver Cimicifuga racemosa, black cohosh, black snake root, bugbane

ACTAEA RACEMOSA (Actaea rac.)

HERBALISM USES

HERBALISTS USE black cohosh as a relaxing analgesic and antispasmodic for sciatica, low back pain, neck pain, painful menstruation, intercostal neuralgia, and melancholia. It is a strong herb and should only be taken in small doses. For decoctions use half a teaspoon per cup of water twice daily or take 2ml, of tincture three times daily. Do not use in pregnancy or when

breast-feeding. THOMEOPATHIC USES

menstrual disorders. depression, and rheumatism.

DESCRIPTION

Actaea racemosa is a North America. Its root Americans to cure makebite



PHYSICAL SYMPTOMS Rheumatism: Sore, bruised

> pains come on after being out in cold weather Pains afflict opposite sides of the body, for example, a crick in the neck on one side and opposite shoulder is sore, or pain in one shoulder and opposite knee

BLACK COHOSH

DATA FILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

· Depressed, overwhelmingly

- gloomy, feels as if a black cloud has settled over her head.
- Agitated and anxious, afraid of death, sits sighing quietly to

REMEDY PICTURE

· Better for fresh air, warmth. continued motion

Headache: Pains pross up and

out from the top and back of her

head, or from forehead to back

Women's complaints: Irregular

painful heavy periods. The pain

starts just before the period, the more the flow of blood the

greater the pain. Pains fly across

blood is profuse, dark and clotted

the pelvis from hip to hip, the

of head. Brain feels too large

· Worse for cold, wet weather and at night

DOSAGE: 60 Antidote: Aconite Complementary Remedies:

Citrus aurantium amara

NEROLL

AROMATHERAPY USES

NEROLI IS safe to use on babies and infants but avoid while pregnant.

It helps hyperactive children, insomnia, and balances the nervous system when used in massage or in a bath.

Burned in a room, it creates a warm and relaxing atmosphere and helps treat exhaustion and depression.

It is good for heart problems, and massaged over limbs it assists varicose veins and other circulatory disorders such as palpitations, and to a lesser extent, hemorrhoids. Keep in the medicine cabinet with Dr. Bach's Rescue Remedy for treating shock and hysteria.

Massaged over abdomen it will ease tummy upsets associated with stress (for example, diarrhea).

A natural skin rejuvenator, it helps aging skin, broken capillaries, dry skin, and stretch marks.

It combines well with other oils such as lavender. jasmine, benzoin, geranium, and clary sage.

ORANGE FRU11



HOWER

PROPERTIES

- Antibacterial Antidepressant
- Anti-infectious
- Antihypersensitive
- Antiparasitic
- Digestive tonic
- · Balances the nervous system
- Regenerative

DESCRIPTION

Neroli essential oil is extracted by water distillation from the freshly picked flowers. The flowers bloom on the Serille bitter orange tree, which is found in France, Italy, Morocco, Tunisia, Algeria, and the Comoro Islands. The oil is a pale yellowy color that gets darker with age. It has the most exquisite sweet, floral, exotic, light smell and is used extensively in perhantery

CAUTION

Avoid while pregnant

Citrus aurantium amara

PETITGRAIN or

SEVILLE BITTER ORANGE

AROMATHERAPY USES

PETITGRAIN USED in massage or in a bath has a refreshing and uplifting effect on tiredness, anxiety,

Massaged into the limbs it relieves the symptoms of myemle rheumatism and osteourthritis and soothes disorders of the nervous system

It is good for palpitations and respiratory tract infections, asthma, and panic attacks. Petitgrain is another oil that is good to keep in the medicine cabinet and to use in combination with Dr. Bach's Rescue Remedy.

Petitgrain enhances hair after shampooing if used in

It combines well with other oils such as neroli, bergamot, lavender, geranium, and rosemary.

Used in a vaporizer, it helps acne and open pores.

As a foot bath or massaged into swollen ankles, or calves, it can help edema.

Its uplifting aroma is lovely burned in a room.

FOOD USES

THE BITTER-TASTING Seville orange is used to make marmalade, and its flowers to produce orange-flower water, used to flavor cakes and puddings.

Eaten in these forms, in the small quantities usually consumed, Seville oranges have little medicinal benefit and are safe for general use. Those on a sucrose-restricted diet should avoid eating marmalade since it is full of sugar.

DESCRIPTION

Petitorain essential oil is extracted by steam distillation from the leaves and twos of the Seville bitter orange tree. the same tree that produces the flowers for neroli oil This tree is found in France, Italy, Morocco, Tunisia, Algerra, and the Contoro Islands The essential oil is pale to dark vellowy color and

SEVILLE RITTER ORANGE FLOWERS

DATA FILE

PROPERTIES

Antispasmodic

nervous system

- Anti-infectious Anti-inflammatory
- · Fortifies and soothes the

CONTRAINDICATIONS

Use half the measured amount after four months of pregnancy It is best used during pregnancy in a vaporizer or burned in the

Citrus bergamia

BERGAMOT •

AROMATHERAPY USES

BIRGAMOT ESSENTIAL oil when used in massage is excellent for uplifting depression and general fatigue. It has a lovely, refreshing, sweet

It acts as a tonic and assists the central nervous system. It restores appetite and combats colic and intestinal problems, and is good for the treatment of hemorrhoids.

It can lower fever and help with bronchitis

Bergamot acts as an antiseptic and is particularly helpful for skin conditions such as psoriasis, acne, general wounds, ulcers, scars, herpes, and seborrhea of the scalp.

It has a refreshing and calming effect when used in a vaporizer or room spray and is used extensively in ean de

It is also used in confectionery and gives Earl Grey tea

Bergamot combines well with other oils such as neroli,

BERGAMOT



DESCRIPTION

The bergamot tree is found in Moreo, West Africa, and in outhern Italy, it produces a bitter bergamet orange trust. The oil, which from the peel of the almost ripe

DATA FILE

PROPERTIES

- Antiseptic
- Antispasmodic
- Analgesic
- Antidenressant
- Anti-infectious
- Antibacterial
- Relaxant

CONTRAINDICATIONS

Care must be taken in the sun. It is better not to apply bergamot while sunbathing or in sunny climates because the essential oil increases the photosensitivity of the skin and can cause skin pigmentation

CAUTION

Avoid while pregnant. Not for babies, infants, or young children

Citrus limon

LEMON .

AROMATHERAPY USES

THE ESSENTIAL oil is good as an inhalant or a massage for greasy skin and spots.

Rub directly on to affected area for skin bites. Lemon oil can be used on the skin to treat acide and greasy skin. cold sores, spots, warts, and varicose years. As a massage oil it can help rheumatism, arthritis, and poor circulation. Diluted with carrier oil and rubbed on the chest, or added to a steam inhalation, it can help catarrh, throat infections, asthma, and bronchitis

For colds and flu, rub lemon oil on throat and chest as a decongestant. A few drops added to the bath will reduce mental fatigue and stimulate concentration. Lemon oil can also be used in pot pourri.

FOOD USES

LEMON HAS many uses - culinary, therapeutic, and cosmetic - and is often regarded as something of a cureall. It is rich in vitamin C

The leaves and fruit of the lemon tree are used. Drink lemon juice in hot or warm water first

thing in the morning as a liver tonic. Lemon juice taken in hot water will ease stomach acidity; when drunk before going to bed it may help to relieve cramp and "restless legs" syndrome.

Lemons protect blood capillaries and strengthen the body's cell membranes.

Taking lemon juice with iron supplements, or foods rich in iron, increases the absorption of iron in the body.

Lemon strengthens the immune system and helps relieve the symptoms of colds and flu. It can also be beneficial in the treatment of other infections.

Use pure lemon juice on wasp stings in order to relieve the pain.

Lemons may be of use in treating hemorrhoids, kidney stones, and varicose veins.

Lemon juice mixed with olive oil and taken internally may help to dissolve gallstones.

To help cure cold sores, put a few drops of undiluted lemon juice on them several times a day.

A drop of lemon juice may also benefit ulcers on the tongue and in the mouth; some people may be sensitive, so test first.

The lamon is possibly the most versatile fruit we have its dried neel can be used to flavor cakes or as an ingredient in not pourri Fresh lemon juice is known as "the poor man's wine" because it can be used in place of wine in sauces and marinades. It also doubles up as a stain-remover, brightening up brass, silver, and marble and removing rust. It can also be used as a cosmetic: a lemon juice rinse will bring out the highlights in blonde hair; neat juice may diminish nicotine stains on teeth and pails and fade freckles. A cut lemon rubbed on the hands can neutralize the smell of garlic and onions.

TREE LEAF

PROPERTIES

. Lemons are rich in Vitamin (50ma in 100a of lemon juice) good amounts of calcium and B vitamins. They are low in sugar and sodium. Lemons are cleansing, refreshing, antiseptic,

DATA SHE

astringent, and an antioxidant · They have anti-inflammatory properties and aid peripheral

PROPERTIES

- Antiseptic
- Astringent
- Diuretic
- Insecticidal
- Tonic

CONTRAINDICATIONS

- · The essential oil may irritate page 39)
- Lemon juice may cause mouth ulcers in sensitive

DESCRIPTION

The lemon tree is evergreen, with serrated oval leaves and stiff thorns It grows up to 20ft (6m.) high and is found in southern Europe, western Asia and the southern United States Its flowers are very fragrant Lemon oil is extracted by cold expression from fresh peel



Citrus x paradisi

GRAPEFRUIT DO

AROMATHERAPY USES

IN MASSAGE oil or in the bath, grapefruit oil acts as a wonderful pick-me-up and is used to treat mood swings, anger, and stress.

It acts as a detoxifier to the liver – so it is great for a hangover. It acts upon the lymphatic system. It is good as a diuretic, It acts in a cleansing way, cooling down the heat of the skin, and is particularly useful for acne and cellulite.

Used in steam inhalation or burned in a room, grapefruit is good for treating colds, flu, and general respiratory problems.

It combines well with other oils, such as eucalyptus or pine, neroli, palmarose, lavender, and other citrus oils.

FOOD USES

Grapefruit can be beneficial to health when eaten regularly as part of the normal diet.

Drinking grapefruit juice can help promote healthy skin; it is particularly beneficial for acne, oily skin and open pores.

Regular drinks of grapefruit juice help to relieve the symptoms of colds and flu and flush out the kidneys.

Grapefruit as part of the daily diet may help in the treatment of osteoarthritis.

Grapefruit – oil, whole fruit, and juice – may help the healing process in any complaint.

Drinking grapefruit juice with iron supplements, or foods rich in iron, increases the absorption of iron in the body. Eating grapefruit is helpful for those who want to lose weight.

DATA FILE

- PROPERTIES

 Astringent

 Phototoxic take care to use
 - Phototoxic take care to use half the measure if going into the sun within twelve hours of application.
 - Ilsa with care
 - Use at half measure for babies, infants, and children
 - Use at half the normal measure
 while pregnant.



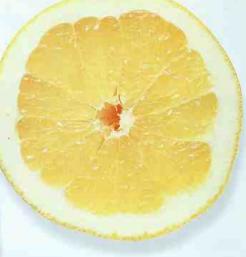
Digestive tonic

Relaxant

Detovifier

· Balances nervous system

Grapefruit contains excellent supplies of vitamin C (about 40mg. in an average-sized fruit) and potassium. It is cleansing, refreshing and invigorating it stimulates the circulatory system, cleanses the digestive and unnary systems, and benefits the respiratory tract



GRAPEFRUIT LEAF, PEEL, AND FRUIT

GRAPEFRUIT AND THE LIVER

Grapefruit is particularly useful for cleansing a congested liver and curing constipation. For a homemade remedy try boiling a few thick pieces of peel and a little pulp in enough water to cover for 5 minutes. Strain and cool, add lemon juice and honey to taste. You can also use grapefruit oil, diluted by a carrier base, rubbed into the abdomen to help the liver.

DESCRIPTION

Grapefruit is grown extensively in the United States, South America, the Caribbeam, and Israel. Grapefruit essential oil is extracted by machine expression from the peel of the ripe grapefruit. Grapefruits used vary in color, so the essential oil could be a pale yellowy-green or pale orange in color. It has a wonderful mellow, rich, fruity aroma Citrus reticulata

children

MANDARIN/TANGERINE 🛛 🖼

AROMATHERAPY USES

IT IS safe to use mandarm or tangerine on babies and mfants, even in massage or in a bath. The lack of toxicity means that children's tuning upsets, burps, and hiccups can be treated by massage to the tuning. Mandarine/tangerine is helpful in treating indigestion in adults and colic in

It is also good for insomnia, hyperac-

It reduces cellulite and acts as an excellent durretic.

Mandarin tangerine used in a vaporizer is helpful for skin conditions such as acne and oily skin. Burned in the room it is a very relaxing and calming oil.

In massage or in a bath it is a natural relaxant, calming the nervous system, especially for pregnant women and hyperactive children.

It treats aches and pains well including rheumatism and is suitable for the weak and the elderly.

Mandarm and tangerine combine well with oils such as lavender, geramum, neroli, and other citrus oils (lemon, grapefruit, orange, petitgrain).

FOOD USES

FRESH MANDARINS and tangerines are a good source of vitamin C and as part of the daily diet may contribute to a healthy immune system.

CAUTION

Photosensitive; do not use before sunbathing

DATA FILE

- PROPERTIES
- Antifungal
- Antispasmodic
- Antiseptic
- Tonic
- Relaxant of central nervous system
- Dyspeptic
- Aids digestion

CONTRAINDICATIONS

- Can cause skin irritation because of sprays used during growing, which can be transferred during extraction
- Safe, but may trigger mouth ulcers in those who are sensitive to acid foods.

MANDARIN

DESCRIPTION

Mandarin essential oil is extracted by machine expression from the peel of the ripe fruit. It has been used some amount times in Clima and the Eai East and the fruit was traditionally offered as a gift to the Mandarins Mandarin has been grown in Europe since the early inneteenth century. The oil is an amber of orangy color and has a manyelous, uplying, mellow, uch, orangy aroma. Tangerine essential oil is extracted by stoom distribution from the peel of the ripe fruit. Tangerine is the American variety of Eastern mandarin and it is grown mainly in Florida and California. The oil is orangy in color and has a zesty, hesh, inhitting aroma.

Citrus sinensis

SWEET ORANGE 🖸 🖻

AROMATHERAPY USES

MASSAGED over the stomach area, orange oil is good for consupation and flatulence. Orange is a known regulator of the digestive system, helps enhance a diet to lose weight, and can reduce cellulite. It strengthens the muscles if used in massage. It helps prevent travel sickness.

Burned in a room, or used in a bath, its natural uplifting aroma helps relieve stress, anxiety, and depression and soothes nervous headaches. Used in a vaporizer, orange refreshes.

As a mouthwash, it can be used to treat gum disease and mouth ulcers.

CHILDREN

ORANGE OIL is safe to use on babies and children. When used in massage, orange will help a colicky baby and is good for the skin. Helps reduce fever and headaches.

FOOD USES

ORANGES ARE an excellent source of vitamin C, and as a regular part of the diet can help boost the body's immune system.

DESCRIPTION

Orange essential oil is extracted by machine expression from the orange peel. The orange tree originally came from Clima, but can now be found widely across the world, particularly in Spain, Portingal, Cyprins, Brazil, and the United States The oil is a pale yellow or pale from color and gives off a zesty, fresh, inplitting aroma

SWEET



DATA FILE



- Februfune reduces fever
- Antispasmodic
 - Antidepressant
 - Stomachic
 - Reinforces the

125

Clematis vitalba

CLEMATIS O

FLOWER ESSENCE USES

CLEMATIS, ONE of the twelve healers, relates to indifference and gentleness, and is for those who are not sufficiently interested in present circumstances – who are dreamy, drowsy, and not fully awake. Sometimes they daydream or fantasize about a utopian future. Clematis people prefer to live in the mind, or the spirit, rather than deal with contemporary issues and everyday life. Airy and impractical individuals, sometimes pale and lacking in vitality and ambition, they are sensitive and sometimes need lots of sleep.



DESCRIPTION

Clematis is a rambling, decidnous, perenmal climber of woods, waysides, and country hedges. The common name is "old man's bead" because of the wispy seed heads. Clematis is a popular garden plant for a sunny wall. DATA FILE

C.

METHOD The Sun Method

(see page 32)
Clematis flowers in summer and early fall. Gather separate flowers by their stalks. Pick from many different plants, and from different parts of the plants.

LESSON

Being present, awake, and fully grounded

- The positive Clematis brings lightness into everyday reality
- Clematis is also useful for those suffering from boredom.
- Honeysuckle is the other remedy that deals with Time

Cocculus indicus, Anaminta cocculus, Indian cockle seed, Levant nut, fish berry

COCCULUS (Cocc.)

HOMEOPATHIC USES

COCCULUS IS very useful for travel sickness and extreme states of exhaustion.

It can be used for people who need their sleep, become wormout and exhausted from late nights or disturbed sleep-patterns and then suffer insomnia – a vicious cycle.

Cocculus is also a good choice when food or the thought of food stimulates nausea and vomiting, where there is vertigo, blurred vision, and heavy, painful and stiff



is a native plant of India and Sri Lanka. Its berries contain a powerful anesthetic agent

DATA FILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

- Very stressed and irritable due to loss of sleep or from grief or anger, mind goes blank, cannot remember things. May be trembly with stress.
- · Time passes too quickly.

PHYSICAL SYMPTOMS

Exhaustion: Wornout, weak, and trembly, through lack of sleep, hard work or emotional stress. Back feels weak and stiff, head feels too heavy, and legs tremble when walking. Arms and legs go to sleep easily causing numbness or pins and needles. Worse sitting-up, need to lie down in bed to gather strength.

Travel sickness: Car-sick, sea-sick – sights flashing before the eyes brings on nausea, which is felt in the mouth and head. Has to turn head to look, not move his or her eyes. May vomit and have a sick headache in the forehead or back of head. Has to lie down. Worse for the thought or smell of food.

Headache: From lack of sleep, exhaustion, headache felt in forehead, back of head with sensation of opening and shutting, or nape of neck. Feels empty-headed, has to lie down but cannot rest on back of headhead too tender.

REMEDY PICTURE

- Cocculus people are worse for loss of sleep, movement, talking, fresh air. They sweat easily all over their body from exertion – a slight sweat. They tremble from exhaustron.
- Worse for sight and smell of food, coffee, tobacco smoke
- Better for lying still in bed, for adequate sleep

DOSAGE: 6c

Antidotes: Coffee, Nux vom.

Codononsis nilosula, dang shen

CODONOPSIS ROOT

HERRALISM USES FOR GENERAL debility, exhaustion, weakness, lack of appetite, chronic diarrhea, excessive perspiration, acidity, chronic coughs, asthma, and shortness of breath. It can be used as a decoction, functure, or a powder sprinkled on food.

DESCRIPTION

Codonopsis is a sprawling heib

- Soothing and strengthen in
- An immune system tonic

Codonopsis is also called Dang shen in Chinese herb shops. It is often referred to as the poor man's ginseng.

CONTRAINDICATIONS

- Safe but best used for long-
- Use other herbs in acute

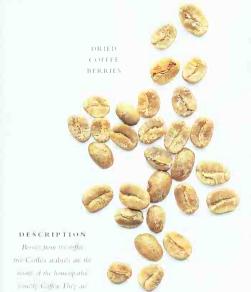
Coffea arabica, coffee

COFFEA CRUDA (Coff.)

HOMEOPATHIC USES

COFFEE IS stimulating and causes insomma in many people. Homeopathically Coffea is used to treat insomma in people who are sensitive to emotion, overloved by good news, cannot unwind and go to sleep - the mind is wide awake and active, despite being physically tired. It may help to settle overexcited, sleepless children and nervous, excited, overstimulated people.

It is also useful for PMS, but persistent PMS needs professional assessment. Think of Coffea as a remedy when looking at a person who lives on their nerves, is a workaholic, and heading for "burn-out."



SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

CODONOPSIS

Insomnia: Wakes at 3 a m and cannot get back to sleep. Agitated and restless

PHYSICAL SYMPTOMS

Headache: From overstimulation or exhaustion from insomnia Tight pain as if a nail is driven into the head. Sensitive hearing, aware of every little noise

· Coffee (and Coffea the remedy) thought to antidote and stop or even reverse the action of many homeopathic remedies, so if you are sensitive to coffee you should homeopathically If you have had a bad aggravation from a remedy, effect to treat yourself with several remedies, drinking a cup antidote them and clear your

Women's symptoms: Menstrual periods start too early and last too long. Large black clots, stabbing, flitting, cramping pains

REMEDY PICTURE

- · Worse for extreme joy and night, outdoors
- · Better for warmth, lying down

DOSAGE 60 Antidotes: Aconite. Merc.

Nux vom , Sulfur

Complementary Remedy: Aconite, give hefore Coffea if Comminhora myrrha

MYRRH DO

HERBALISM USES

IN HERBALISM, myrrh tincture is used as a powerful antiseptic and astringent. Tinctures are weaker than essential oils and may be applied directly to infected cuts or mouth ulcers – it stings but heals very quickly. Use 10 to 15 drops in a little water for infections, especially of the digestive tract. Avoid in pregnancy.

AROMATHERAPY USES

MYRRH OIL used in massage or in a bath is strengthening, balancing, and antiseptic. It is good for treating athlete's foot, gangrene, fungal infections, and ringworm and combines well with other oils such as lavender, frankincense, sandal-wood, sage, and citrus oils.

It has a good effect on the digestive system, and if massaged over the abdomen, helps chills, diarrhea, and dysentery.

Used in a vaporizer, it is excellent for chronic lung conditions, broughtis, and larvingitis.

Although bitter to the taste, it is an excellent mouthwash for mouth ulcers, bleeding gums, pyorrhea, bad breath, and sore throats.

As a vaginal douche, myrrh helps thrush and is also helpful in the treatment of viral hepatitis.

Used on a wound in the form of a compress or as a lotion, it will help aging skin and skin infections.

CAUTION

Not for babies



- PROPERTIES
- Anti-inflammatory
- Antiviral
- Anti-infectious
- Antiseptic
- Regenerative
- Aphrodisiac
- Decongestant
 Parasiticide
- Moderator of thyroid action

CONTRAINDICATIONS

Use at half measure externally only or burned in the room while pregnant



SVD D LI

Myrth essential oil is extracted by steam distillation from the resin that exides from enacks and microons made in the bark of the myrth tree. The tree is small, tough and spiny and grows in Libya, ban, and by the Red Sea. Since ancient times, it has been used by the Egyptians for its repivenating properties and in embalming. It has been used by the Chinese in mediane for arbitric and derinatological problems. The sticky oil is a dark amber to dark red color and has a warm, snocky, bittersiveet aroma.

Crataegus oxyacantha, Crataegus monogyna

HAWTHORN

HERBALISM USES
HAWTHORN IS the herb for the heart. Use the tea, tincture, or tablets for heart failure (weak heart with poor circulation and breathlessness, usually in elderly people). Persist for at least

six months.

Restorative after heart attacks.
Settles irregular heartbeats. It is helpful for angina and high blood pressure, as part of an overall strategy. It may safely be used with orthodox drugs (except digoxin) and taken over some months will usually reduce the need for drugs.

It is especially helpful taken with yarrow and linden flowers or used with nervine herbs such as valerian and linden flowers for anxiety with palpitations.

Hawthorn helps to mend a "broken heart."



CAUTION

Do not reduce drugs for heart problems or blood pressure without telling your physician

DESCRIPTION

The hawthorn or May is a small tree very common in the wild and much grown in parks and gardens It flowers in May thence the country name: The berries or flowering tops are used in

DATA FILE

PROPERTIES

 Strengthens the heart, lowers blood pressure, relaxes arteries, calming

NOTES AND DOSAGES

- Flowering tops and berries are commercially available as tea, tincture, or tablets
- For tablets follow the directions on the box. For tincture take one teaspoon in a little water twice daily.
- For heart disease take this dosage for at least six months For stress affecting the heart, carry a dropper bottle of the tincture with you and take ten drops when needed

CONTRAINDICATIONS

It may make allopathic heart drugs such as digoxin or digitoxin overpowerful but is otherwise safe to use with orthodox drugs

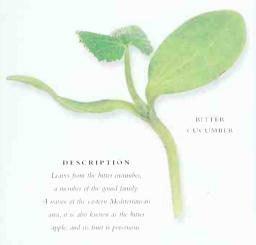
HAWTHORN

Cucumis colocynthis, Citrullus colocynthis, bitter cucumber

COLOCYNTHIS (Coloc.) \(\Sigma\)

9 HOMEOPATHIC USES

USE FOR nerve pains brought about by anger with indignation. The pains are severe and give rise to paroxysms. There may be extremely violent cramping pains in the abdomen, which feel better for hard pressure.



DATA FILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

• Quick-tempered, haughty people who suffer ill-effects of anger

PHYSICAL SYMPTOMS

Gastrointestinal tract. Severe colic, cutting brused pain, as if stones are being ground together in abdomen. Pain makes the person restless and writhe around Vomit and diarrhea from pain. Wants to press hands hard into abdomen. For colicky babies who draw their knees up to their chest and scream with pain. Headache: One-sided headache, boring pain, sore scalp, pain behind eye and in forehead.

 Better for pressure and warmth. Worse for stooping

Women's symptoms:

Ovarian pain: Boring pain, restless, causes her to bend double. Better for hard pressure. Neuralgia: Severe sharp, boring pains that follow a nerve and come on after indignant anger. Great restlessness, scream with pain, better for warmth and hard pressure.

REMEDY PICTURE

- Better for strong pressure, warmth.
- Worse for rest

DOSAGE: 6C Antidotes: Camphor, Coffea Complementary Remedies: Bryonia, Merc , Nux vom , Pulsatilla follow well

Cupressus sempervirens

CYPRESS 1

aromatherapy uses

WHEN USED as a massage oil, in steam inhalations, or burning in a room, cypress acts on the nervous system and aids tension and stress.

It is excellent for menopausal problems.

Massaged over the limbs, it assists varicose veins and broken capillaries.

It acts as a diuretic and assists with problems of the bladder, diarrhea, and hemorrhages.

It can be used effectively in treating hay fever, asthma, coughs, and bronchitis.



CYPRESS

CAUTION

Do not use on very young babies. Avoid during pregnancy

DATA FILE

PROPERTIES

- Antirheumatic
- Antispasmodic (coughs)
 Diuretic
- Menopausal
- Circulatory (varicose veins)
- Detoxifying

CONTRAINDICATIONS

For infants and children, use with care (dotted on a pillow perhaps) to relieve breathing problems

DESCRIPTION

The evergieen cypress free is found in France, Italy, Corsica, Portugal, Spain, and North Africa

In Ancient Egypt it was known for its medicinal properties, and in Tibet cypress is still used in incensi

The essential oil is extracted by seeing distillation from the leaves, turgs, and needles, and the oil is a manyelous firely pine aroma. Cymbopogon citratus

LEMONGRASS 6

AROMATHERAPY USES

LEMONGRASS IS the oil for sportsmen and women. In massage or in a bath it aids aching muscles and strains and is a deodorizer and cooler

Burned in a room, it is an excellent remedy for nervous exhaustion and stress.

Massaged over the abdomen, it helps to soothe gastric infectious, colitis, and enteritis.

Lemongrass combines well with other oils, such as eucalyptus, rosemary, vetivert, geranium and lavender.

Used in a vaporizer, it opens pores, and treats ache and blackheads. Lemongrass, like its cousin citronella, is widely used as an insect repellent against mosquitoes and fleas, it helps to eliminate lice, scabies, and ticks, and works wonders by keeping spraying cats at bay.

FOOD USES

LEMONGRASS LEAVES on be infused to make a tea

The leaf stems are used in Asian cooking, particularly Thai recipes, to flavor food. Children with digestive problems will benefit from drinking the tea.

Cymbopogon martinii var. martini

PALMAROSA

AROMATHERAPY USES

PALMAROSA IS a natural balancer; in a bath it helps to calm the nervous system and it is enjoyable and soothing if burned in a room.

In massage, it has been used to assist both ME and anorexia nervosa sufferers. It aids digestion.

Massaged over the stomach, it can relieve symptoms of gastroenteritis, diarrhea, and dysentery.

It works well in conjunction with antibiotics in treating fungal conditions in the intestine.

Used in a vaporizer or as a compress, it helps skin problems, opens pores, treats acne, acts as an astringent for oily skin, and has natural rejuvenating properties for aging and wrinkled skin.

It is good for stretch marks.

Palmarosa combines well with other oils such as bergamot, rose, cedarwood, geramum, citrus oils, ylang vlang, and other floral oils.

- Antibacterial
- Antiviral
- Aphrodisia
- Antifungal · Regenerative
- · Nervous system
- Tonic

PROPERTIES

- Digestive system
- Antidepressant
- Antisentic
- Paraciticido

CONTRAINDICATIONS

Avoid on damaged or very sensitive skin

DESCRIPTION

Lemonorass essential oil is obtained by steam distillation from the chopped grass. Two types of grass are used -West and East Indian - and the oil is either an amber or pale vellow color. It has a refreshing, pungent,

CAUTION

Do not overuse. Do not use while pregnant. Not for babies. infants, or small children

CAUTION

Not for babies Avoid while pregnant

DESCRIPTION

by steam or water distillation. It is a member of the grass family, a consin of ettronella and lemongrass, and the whole plant is used. Found originally in India, it is also grown today in Indonesia, Africa, and Brazil. The oil is either a pale green soothing, cozy aroma. Palmarosa is much used in the perfume industry.

Dioscorea pillosa

WILD YAM DE

MERBALISM USES

A DECOCTION or tincture is useful for stomach cramps, nausea, vomiting, hiccups, recurrent colicky pains, pain of diverticulitis, and gallbladder pains. Use with a little ginger for a quicker action.

Wild Yam is useful for period pain, pain on ovulation, menopausal symptoms, and vacinal dryness.

Use it with willow bark and cramp bark for rheumatoid arthritis.

THOMEOPATHIC USES

THE HOMEOPATHIC Dioscorea is used for abdominal and renal colic and severe period pains.

DESCRIPTION

The thizome of a Mexican wild yant is used in heibalism

DATA FIL

- PROPERTIES
- Anti-inflammatory
 Anti-parmodic
- Antispasmodic
 Relayer tension
- neidates terrotori

NOTES AND DOSAGES

- Standard doses (see pages 19.20)
- Works especially well on persistent and recurrent problems
- Wild yam is the starting point for synthesization of hormones

for the contraceptive pill and for "natural progesterone," used in a prescription cream for the menonause

- Wild yam itself is a safe, gentle remedy without side effects
- A good example of the therbalist's maxim that the whole plant is safer than any extracts. It is used as a contraceptive, although it is not as reliable as conventional methods.

WILD VAM

CAUTION

Do not use in pregnancy except under professional guidance for specific problems

Drosera rotundifolia, round-leaved sundew

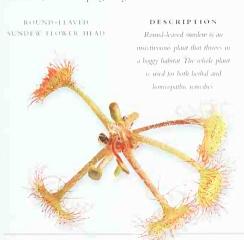
DROSERA (Dros.)

herbalism uses

DROSERA IS called sundew in herbal medicine and its uses are the same as in homeopathy. It is considered especially good for whooping cough. Use 1 teaspoon of dried herb to a cup of water and take half a cup three times daily or as needed.

THOMEOPATHIC USES

DROSERA IS used homeopathically for rheumatism, bronchitis, and whooping cough.



DATA

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

 Restless, uneasy, sad and anxious, frightened

PHYSICAL SYMPTOMS

Rheumatism: Drawing, shooting pains felt in the bones ending in stitching joint pains. The bed feels

• Severe night sweats all over, yet shivering at rest

Coughs: Tickling deep in the throat leads to coughing fit Deep, dry, hacking spasmodic coughs that follow each other rapidly (in paroxysms) and may end with a whoop and vomiting

 The coughs may follow each other so closely the child cannot breathe and becomes blue in the face during the attack

ROUND-LLAVED SUNDEW

REMEDY PICTURE

Worse after midnight, for talking, laughing, eating and drinking, and lying down

DOSAGE

For whooping cough (pertussis) give one dose of Drosera 30c if indicated and wait seven to nine days, by which time they should be better.

Antidotes: Drosera is antidoted by camphor so do not use ointments, chest-rubs, or inhalations that contain campho



Echinacea purpurea

FCHINACEA DO

HERBALISM USES

ECHINACIA IS a versatile remedy very useful for a weak immune system with chronic tiredness and susceptibility to minor infections

Decoction or tineture for boils, acne, food poisoning, duodenal ulcers, flu tonsillitis, shingles, hernes, and persistent infections of all kinds.

Combine with sage for chronic infections in the mouth and throat and to combat the fatigue following viral infections

Use echinacea with milk thistle seed for chronic hepatitis and tiredness following glandular fever: with marigold or burdock root for boils, and skin and pelvic infections; with damiana for herpes, prostatitis, and chronic cystitis; with garlic for persistent colds and minor infections.

It makes a good gargle and mouthwash for oral infections such as sore throats, tonsillitis, mouth ulcers, gum infections and tooth abscesses

Use it as wash for infected wounds and rashes, purulent spots, and pimples.

ECHINACEA

DESCRIPTION

A beautiful, purple daisy, native to America and sometimes grown in English gardens. The root is used in herbalism Echinacea is also known as purple cone flower

A HOMEOPATHIC USES

TRADITIONALLY ECHINACEA is used in homeopathy for blood-poisonings; severe infections from snake-bites to gangrene when there is pus and rotting flesh.

Choose it if there is depressed immunity with depressed spirits; weakness, tiredness, and aching; fevers with chills and nausea.

It is useful for boils, pustular acne, infected cuts, ulcerated tonsillitis, colds, and influenza

DATA FILE

PROPERTIES

- Antisentic
- Anti-inflammatory
- · Stimulates the immune system

NOTES AND DOSAGES

- · Echinacea may be taken by itself for acute conditions but is best combined with other herbs for long-standing conditions
- · For acute conditions take large doses, a quarter of a cup of the decoction or one teaspoon of the tincture every two hours for up
- · For food poisoning double this dosage

to ten days

- For chrony conditions use in combinations and take half a cunof the combined decortion or one teaspoon of the combined tincture, three times daily
- Echinacea tablets and combination tablets are available - follow the instructions
- · Echinacea and garlic tablets are especially useful

DOSAGE 10-30 drops mother tincture three to six times

CONTRAINDICATIONS

Severe immune weakness should be treated by a professional

Elentherococcus senticosus

SIBERIAN GINSENG

HERBALISM USES

SIBERIAN GINSENG is similar to Chinese ginseng but less likely to be overstimulating.

The decoction, tablets, or tincture are useful for dealing with prolonged stress.

Use for digestive weakness, especially with diarrhea and lack of appetite; it is also helpful for rheumatism and rheimiatoid arthritis.

(CHILDREN

OVER FIVE: It is suitable as a tonic for persistent infections and classroom stress. Use half the adult dose,

Ten drops of tincture, in pure fruit juice twice daily, is suitable.

CAUTION

Do not take in pregnancy except with expert advice Do not take with tea or coffee. Avoid in high blood pressure

PROPERTIES

- · Replenishes vital energy
- · Strengthens the immune
- An adaptogen
- Improves appetite
- Antirheilmatic

NOTES AND DOSAGES

- · This remedy was popularized by the Russians who use it during cosmonaut training it is cheaper than Chinese ginseng and just as good a tonic in stress and prolonged illness
- · Dosage as for Chinese ginseng (see page 158)
- · Tablets are easily available. follow the instructions on the

CONTRAINDICATIONS

Best not taken continuously A two-week break every two months is

SIBERIAN GINSENG ROOT

DESCRIPTION

Siberian ginseng is a shrubby member of the guiseng family, found in China, Japan, and Siberia

Eauisetum arvense

HORSETAIL D

MERBALISM USES

Use a decoction, fincture, or hip bath for chronic bladder infections, irritable bladder with urgent or constant desire to pass water; blood in the urine (consult your physician); incontinguice of urine.

Horsetail, taken as a decoction, strengthens nails and hair and speeds healing of deep wounds and surgical wounds.

Use a decoction with equal part of crushed saw palmetto berries for prostatitis and bladder problems associated with a swollen prostate.

Use as a compress for infected and weepy skin conditions

CHILDREN

USE FOR bedwetting, with equal parts of cramp bark or St. John's wort.

DESCRIPTION

Haveful is a common med



PROPERTIES

- Styntic
- Thursto Strengthens the bladder
- Rich source of minerals
- Restores elasticity to tissue

NOTES AND DOSAGES

The healing and restorative properties of horsetail are due selenium, and zinc. To extract a sufficient quantity of the minerals, make a slow decoction by simmering one teaspoon in two cups of water for at least half an hour Drink this amount twice daily for one month. Make up a pitcherful at a time and keep it in the refrigerator

CONTRAINDICATIONS

Always seek medical advice if you have blood in the urine

Encalyptus globulus

EUCALYPTUS DO

HERBALISM USES

EUCALYPTUS LEAVES may be used as a tea for coughs, colds, and fevers. Historically, herbalists considered it specific for malaria and other fevers endemic to swampy areas. A strong decoction of the leaves can be used for cleaning sores. Crush the leaves from the garden eucalyptus and inhale the vapor as a quick treatment for colds and smus problems.

AROMATHERAPY USES

EUCALYPTUS IS a very antiseptic oil and is excellent when used as an inhalation for pneumoma, bronchitis, asthma, colds, flu, mucous congestion, sinusitis, and tuberculosis. Also effective as a room spray, on a burner, or m a bath.

Eucalyptus combines well with other oils such as pine, lemon, marjoram, and cedarwood.

When used in massage, eucalyptus is good for rheumatic conditions, in diabetes, and in cases of eystitis.

The antibiotic properties are helpful in the treatment of skin infections, herpes, and dabbed on with a Q-tip will help stop the irritation of insect bites and stings. Is helpful in the treatment of uleers and herpes.

Eucalyptus will also help the treatment of lice, athlete's foot, and other fungal infections of the skin.

DESCRIPTION

The encalyptus tree is also known as ount tree, and there are more than three hundred varieties. Only fifteen varieties are used in the steam distillation both the leaves and older branches are used. Emalyptus is one of the most important essential oils available.

DATA FILE

PROPERTIES

- Antisentic
- Antirheumatic
- Antineuralou
- · Vermifuge gets rid of
- · Febrifuge lowers temperature
- Balsamic expectorant

CONTRAINDICATIONS

- Use in a room for babies
- · Safe to use at half the amount for babies, infants,
 - · Use at half the amount while pregnant



LIAVES AND BARE



Euphrasia officinalis, evebright

EUPHRASIA (Euphr.) DE

HERBALISM USES

IN HERBAL medicine, cuphrasia is known as eyebright and is used for much the same conditions as in homeopathy. Evebright tea, well strained, makes an especially useful eyewash. Drunk regularly it is said to strengthen eyesight. Capsules of powdered eyebright are a very effective remedy for hav fever. Carry them with you and take two whenever needed

C HOMEOPATHIC USES

USE FOR the eyes and nose where there are acrid tears and eve discharge, bland hasal discharge. It is also very effective for catarrh and the headaches brought on by excess catarrh, if the rest of the remedy picture fits.



FLOWERS



PROPERTIES

- Anticatarrhal Anti-inflammatory
- Astringent
- Tonic

NOTES AND DOSAGES

- Infusion three times a gay
- Tincture three times a day

SYMPTOM PICTURE: PHYSICAL SYMPTOMS

Conjunctivitis: Eyelids puffy with red margins. Eyes red, burn and sting, feel gritty. Watery eyes, vellow pus. Tears and discharge burn and irritate the skin around

Hay fever and colds: Bland nasal discharge, sneezes, eyes hot, and irritated with burning tears

Measles: At onset of illness, before or just as rash appears with above eye and nose

Tired eyes: Refreshes and brightens the eyes and strengthens the eye muscles

REMEDY PICTURE

- · Worse evening, indoors, warmth light
 - Better in the dark
- · They cannot get warm and suffer from catarrhal headaches

DOSAGE: 60

Antidotes: Camphor, Pulsatilla Complementary Remedies: Nane



Eyebrighi is an annual plant that grous 2-8m flowers dappled with yellow and purple in the late summer. It is semiparasitic on grass.

EUPHRASIA EYE COMPRESS

Mix one teaspoonful dried Euphrasia into 1pt. water and boil for 10 minutes. Let the liquid cool to hand heat, then soak a compress of gauze or absorbent cotton in it. Wring out excess fluid and place the compress over the eyes. Leave for 15 minutes and repeat three or four times a day.

CULPEPER'S EYEBRIGHT

Euphrasia, known commonly as eyebright, was familiar to the great herbalist Nicholas Culpeper, In his Complete Herbal, he points out that it is ruled by the sun, comes under the zodiac sign of Leo, and "helps all infirmities of the eyes that cause dimness of sight...it has restored sight to them that have been blind a long time before." The juice could be dropped into the eyes, or taken in wine or soup, or the flowers could be made into jam, all with the same powerful effect.

Fagus sylvatica

BEECH O

THOWER ESSENCE USES

BEECH IS one of the remedies for those who over-care for the welfare of others.

Dr. Bach says that this remedy is for "those who feel the need to see more good and beauty in all that surrounds them." It is for people who judge and criticize.

Beech is overdependent on the environment, which never matches the Beech type's inner perfection. They feel unsupported and unappreciated, which leads to dissatisfaction, criticism, and intolerance.

Beech is especially useful for Impatiens and Chicory types. It can also be used to lighten the arrogance found with Veryam



DATA FILE

METHOD

The Boiling Method (see page 33)

- Male and female flowers are found on the same tree. They bloom in spring. Male flowers hang in silky clusters below the new leaf growth.
- Female flowers are covered with scales that later develop into the covering for the beech nut. Pick young shoots, fin (15cm.) long, with newly opened leaves and male and female.

flowers
Gather from
as many trees
as possible

LESSON

Empathy and tolerance
Beauty is not a static perfection
but a celebration of uniqueness
Beauty surrounds us Beech fills,
hearts with empathy and opens
eyes to see beauty without
judgment—to accept the self
and appreciate that we are all
individuals with different
attitudes and methods for
dealing with the world

DESCRIPTION

Beech is a magnificent, large decidious tree growing up to 100ft (30m) high. The trink is a smooth silver-gray.

Filipendula ulmaria

MEADOWSWEET 5

herbalism uses

Use THE tea for an acid stomach, heartburn, and ulcers.

It combines well with comfrey, marshmallow, and chamomile. Persist.

Use the tea or tincture with peppermint or chamomile for indigestion and wind.

Meadowsweet is helpful for rheumatism and arthritis. It clears sandy deposits in the urine.

© CHILDREN

EXCELLENT FOR summer diarrhea and summer fevers with an upset stomach.

DATA FILE

PROPERTIES

- Antacid
- Astringent
- Anti-inflammatory
- Diuretic
- Lalming for overactive digestive systems

NOTES AND DOSAGES

- Half dosages for children and elderly people
- Will give quick relief for stomach pains but best results



Foeniculum vulgare

FENNEL DO

HERRALISM USES FOR SEEDS

USE THE tea or tincture for colic wind and irritable howel conditions

Fennel is very effective at increasing milk. It passes into the milk, winding the baby at the same time.

Use fennel and sage tea or tincture to soothe premenstrual breast pain

It is soothing for anxiety and disturbed spirits in general.

Fennel is a diuretic and cleansing herb, helpful for people with arthritis and water retention.

Chewing the seeds is a quick way to settle a rumbly stomach. Traditionally they were eaten during fasts or to help people lose weight.

Fennel tea makes a good evewash for conjunctivitis.

(C) CHILDREN

SUITABLE FOR colic in infants; give the tea in teaspoon doses, as much as they will take, or add two teaspoons to milk formulas.

FOOD USES

FINNEL IS beneficial for ailments of the respiratory systems, particularly for coughs and colds,

Fennel tea is a useful remedy for flatulence. It is particularly effective when made with equal quantities of caraway and aniseed.

Fennel improves the function of the liver.

The root is used as a diuretic.

SESSENTIAL OIL/AROMATHERAPY USES

THE OIL is used in the manufacture of toothpaste, soap, and gripe water, and is recommended for the relief of bronchial congestion.





PROPERTIES

- A gentle warming berb for digestive problems
- Carminative
- Antispasmodic
- Clears wind
- · Promotes milk flow in nursing mothers
- · Lifts the spirits

NOTES AND DOSAGES

- · Fennel seed tea bags are easily available - remember to cover the cup to avoid losing any goodness in the steam
- · Fennel seeds and leaf are used in sauces for fish and mushrooms.

 Florence fennel bulbs (Foeniculum vulgare var. dulce) eaten as a vegetable or in salads. are helpful as part of a regime for arthritic

CONTRAINDICATIONS

- The small amounts used in cooking and Florence fennel are
- · Fennel oil can produce an adverse reaction in certain circumstances

CAUTION

Do not take large amounts in early pregnancy Do not take the fennel and sage combination during pregnancy. Avoid fennel if you suffer from chronic gastrointestinal ailments

food, the white and green leaf base is eaten as a regetable

Fucus residulosus, kelp

BLADDERWRACK

HERBALISM USES

Use the powder capsules or tablets for obesity with predness and dry skin, low thyroxine levels, and simple goiter.

Use as a nourishing tonic especially in cases of poor absorption due to digestive problems and for people who are not eating properly.

It can also help cellulite, chronic dry skin conditions, chronically swollen lymph nodes, stubborn constipation, and pain in the grom and testicles.

Regular use will often delay the progress of arthritis and hardening of the arteries.

A good tonic for old age.

Use in the bath for dry skin problems and rheumtism.

- PROPERTIES Nourishing and soothing
- Stimulates the thyroid gland
- Contains jodine and many other useful minerals

NOTES AND DOSAGES

- The familiar "nonning" seaweed of childhood vacations. also called kelp. If you are nathering seaweed from the beach, make sure you have the identification correct and avoid dirty beaches and those near sewer outlets.
 - · For tablets take one three times a day or follow the instructions on the nackage

- For powder take one or two teaspoons daily, sprinkled onto
- For tea drink one or two cups a day allow a long infusion
- Half doses for children
- Bladderwrack contains iodine

CONTRAINDICATIONS

Not recommended for children under five

CHILDREN

BLADDERWRACK CAN help children with slow mental and physical development, and those who have a constitution weakness.



CAUTION

Do not use for overactive thyroid. Avoid the baths in weepy skin conditions and fevers

DESCRIPTION

Bladdenerack is a black or dark brown scauced common

Gelsemium sempervirens, false jasmine, yellow jasmine, Carolina jasmine

GELSEMIUM (Gels.)

HOMEOPATHIC USES

HEAVINESS AND weakness run through this remedy. It is a useful remedy for reactions following fear or embarrassment, delayed shock, and for anticipation of an unpleasant ordeal. Thick headaches often indicate a need for gelsemium.



SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

The person feels mentally dull and stupid, becomes paralyzed with fear, seizes up with anxiety before exams, driving tests, public speaking. May

have diarrhea from fear and tremble with anxiety.

PHYSICAL SYMPTOMS

Influenza: Feels heavy as if weighted down Everything aches, eyeballs, head, limbs Chills run up and down spine, shivery. Fever with heat and chills alternating Thirstless Trembles

Headache: Heavy, tight headache, starts in the back of the head, spreads up into forehead. Better for copious urination

Measles: Dark red mottled face drowsy with above symptoms

REMEDY PICTURE

- · Complaints come on slowly over a few days.
- · Affected parts feel heavy and weak
- · Worse for warm, humid weather, exertion, afternoon, sun-heat, emotional stress
- · Better for rest, urinating
- Thirstless

DOSAGES: 6c OR 30c Antidotes: Coffea Complementary Remedies:



Gentiana lutea, Gentianella amarella

GENTIAN DEE

HERBALISM USES

GENTIAN ROOT is the best-known bitter tonic in herbal medicine. Usually the yellow gentian (Gentiana lutea) is used, but all gentians have the same property. Often added to nervines for nervous exhaustion and used on its own for indigestion. It is especially good for low stomach acidity. Avoid in acid indigestion.

THOMEOPATHIC USES

GENTIAN LUTEA is used in homeopathy as at tonic to restore appetite during illness or convalescence.

FLOWER ESSENCE USES

GENTIAN, ONE of the twelve healers, relates to discouragement, doubt, and understanding. It is one of the remedies for those who suffer uncertainty. The source is Gentianella (Gentianella amarella).

Gentian people are prone to negativity and are therefore easily discouraged. When everything is going well they are happy, but at the slightest problem they become disheartened and think "Is it worth it? Whatever I do I always lose," They lack heart and courage.

YELLOW GENTIAN LEAVES AND ROOT

DESCRIPTION

Gentian is a small plant native to dry hills and duites from 6 to 12m. (15–30cm.) in height The stem is square and leafy. The numerous flowers grow on short stalks and are a wonderful purplish blue. It can be grown in rock gardens.

ENTIANTLIA FLOWER

DATA FILI

METHOD The Sun Method

(see page 32)

- Gentian blooms as purplishblue flowers in the fall. As with all delicate flowers, they should be handled as little as possible.
- Pick the flowers just below the calyx and float them on the water immediately. Pick from a wide area and keep going until the surface of the water is completely covered.

LESSON

Courage to accept what is

To understand that Life is not a competition and that there is no failure when trying our best. The positive Gentian types take responsibility for their own life and thoughts,

they can be a solid rock of strength, their faith being a comfort and example to others



PROPERTIES

- Stimulates appetite
- Activates sluggish digestion
- Cleanses the liver
- · Tonic for the system

NOTES AND DOSAGES

Herbal remedies are made from the dried, sliced root of Gentiana lutea. It combines well with ginger and cardamom.

DECOCTION

Make a decoction using ½ teaspoon shredded root to one cup of water. Boil for 5 minutes. Drink 15 minutes before a meal, or whenever indigestion from overindulgence strikes.

TINCTUR

Take √2−1 teaspoon three times a day for sluggish indigestion

Ginkoo biloba

GINKGO LEAVES

PROPERTIES



Improves blood flow

THE TEA, functure, and tablets are used for poor circulation, thrombosis, varicose veins, cramp that comes on walking, white

Anti-inflammatory Relayes the lungs

fingers, and spontaneous bruising. Ginkgo is especially helpful for failing

NOTES AND DOSAGES

 The tea is best taken in large doses = at least three cups a day for some months

circulation to the brain in elderly people.

It is a pleasant drinking tea

Strengthens memory.

CONTRAINDICATIONS

Helps protect against strokes.

None it does not interfere with drug therapy

Often improves deafness, tinnitis, vertigo, and early senile dementia.

Also helpful for asthma, enabling people to reduce their dependence on drugs.

GINKGO LLAVES

CAUTION

Do not reduce drugs without telling your physician

DESCRIPTION

The omkoo or mardenhair tree. orionially from Clinia, is often oroun in parks.

Glyeyrrhiza glabra

LICORICE

DESCRIPTION

Liconice is a sweet root grown undely for use in confectionery

HERBALISM USES

USE DECOCTION, tincture, or powdered herb for irritable, dry, and nonproductive coughs and bronchitis.

Use for inflamed stomach, acidity, heartburn, ulcers, colitis, and intestinal infections, either alone or with comfrey and meadowsweet. Licorice strengthens the digestion and improves assimilation of foods in wasting conditions.

Use with other strengthening herbs such as ginseng for exhaustion, or with dandelion. Licorice is usually mixed with other herbs for long-term use.

Use in creams or pastes for inflamed psoriasis and hot and weepy skin conditions.

Sticks of dried root are chewed for acid indigestion and to strengthen teeth and gums.

A small amount is often added to make bitter medicines more palatable. Licorice is a sugar-free sweetener.

CAUTION

Not to be taken in medicinal doses by pregnant and lactating women. people with high blood pressure or diseases of the kidnevs

LICORICI ROOT AND LEAVES

CHILDREN

SUITABLE AS a cough medicine for children of school age - use one-quarter to half of the adult dose. Larger doses tend to be laxative.



- Anti-inflammatory
- Expectorant
- Antiseptic

Soothing

- NOTES AND DOSAGES
- · Large doses are laxative
- · Prolonged doses can cause water retention and exacerbate high blood pressure
- · For acute bronchitis and Itomach acidity take 5g of powdered root three times daily

with a little water or in capsules for up to two weeks

- · For a decoction use half a teaspoon of chopped root in one cup of water - take three cups
- · Licorice is also available as a use take a quarter of this dose

CONTRAINDICATIONS

FOOD USES

THE ROOTS are used to make the candy heorice, and heorice extract is a traditional ingredient in Yorkshire gingerbread. Pontefract cakes are made from pure licorice and are soothing for the stomach and lungs, but avoid prolonged use. Other forms of licorice confectionery have sugar added, which ruins their value as medicine. Chinese licorice (gan-cao, Glycyrrhiza uralensis) is used in the same way. Processed gan-cao, sheed and stir fried in honey, is sold in Chinese herb shops for strengthening the digestion.

Hamamelis virginiana

WITCH HAZEL

HERBALISM USES

THE DECOCTION tructure and creams are used externally for bruises, cuts, oily skin, spots and pimples, broken capillaries, hemorrhoids, and painful varicose veins.

Use the compress for sprains, phlebitis, sunburn, and hot swollen joints.

The compress and wash are useful for hot and tired eyes.

The bath and compress are useful for tired and aching muscles.

Use as a mouthwash for tender gums



DESCRIPTION

The bark and leaves of this small American tree are used in

herbalism. The tree is often grown in gardens for its spring flowers.



PROPERTIES

- Astronont
- Anti-inflammatory
- Antiseptic
- Styptic

NOTES AND DOSAGES

- Distilled witch hazel witch hazel water, and other preparations are easily available
- · The decoction and tincture are stronger but tend to stain
- · Dilute the fincture with three parts of water to use as a compress or lotion

CONTRAINDICATIONS

Not to be used internally except under professional quidance

Harpagophytum procumbens

DEVIL'S CLAW

HERBALISM USES

THE DECOCTION or tincture is used for all types of arthritis, especially for inflamed joints and arthritis affecting a number of small joints, such as in the hands.

It is good for flare-ups of chronic arthritis.

Use for gout, lumbago, sciatica, rheumatism, gallbladder inflammation, hemorrhoids, phlebitis (internally), and itchy skin with no obvious cause.

Devil's claw may be combined with white willow bark for long-term use.



DRIED DEVIL'S CLAW

PROPERTIES

- Ritter tonic
- Anti-inflammatory
- Mild analgesic

NOTES AND DOSAGES

Decoction - half a teaspoon to a cup of water, two cups a

Tincture - one teaspoon twice daily

- · Tablets are available in most healthfood stores - follow the dosage on the box
- · For acute flare-ups, double the dosage for a week or two.

CONTRAINDICATIONS

May exacerbate stomach acidity and ulcers.

CAUTION

Avoid in pregnancy

DESCRIPTION

a South African plant.

ROCK ROSE

FLOWER ESSENCE USES

ROCK ROSE, one of the twelve healers, relates to terror and courage. It is one of the remedies for those who suffer fear, and is especially helpful for children.

Rock Rose is a mainstay of Dr Bach's Rescue Remedy It is to be taken in all cases of extreme fear, terror, panic, urgency, or danger; when there is danger to the mind, or threatened suicide or insanity; nervous breakdown; fear of death; or hopeless depression. The Rock Rose types feel intense fear and panic although they may not know why. The fear is a deep, unrecognized terror at the prospect of loss of life or personal identity. These phantoms can cause physiological disturbances, metabolic dysfunction, and exhaustion leading to



DESCRIPTION

woody stems. It orons on chalky. limestone, and orarely soil The varieties of rock rose

The Sun Method

- isee page 32
- The vellow flowers appear. from spring to late summer.
- · Gather the open flowers a few at a time and immediately

LESSON Courage

Rock Rose gives courage to tace death and the idea of death—to see the small everyday deaths, of ideas transformations - part of the growing process of life

Hottonia palustris

neurosis, paranoia, and nightmares.

WATER VIOLET

O FLOWER ESSENCE USES

WATER VIOLET is one of the twelve healers, relating to grief and joy. It is one of the remedies for those who suffer loneliness, and isolation.

Water Violet is useful for self-reliant people, aloof with a live-and-let-live attitude. They are quiet and spend much time alone, keeping others at a distance. When ill they keep to themselves and do not wish to be any "trouble" to those around them. In their isolation they may feel special/different or chosen, a sensation that can distort their sense of belonging. This remedy is sometimes called the hermit's or monk's remedy.



METHOD

The Sun Method 1500 page 221

The flowers bloom in the early summer Gather the flowers by their long stalks. Pick from the widest possible area

LECCON

Communication, sharing It is good to meditate and be alone with the inner self, but this experience should be the settled starting point from which to reach out. By keeping themselves to themselves, the Water Violet types miss the heart-to-heart communication possible between people. The remedy helps us realize that interaction with others is not "trouble" but one of the privileges of kinship. The positive Water Violet can share the skill of their stillness and their iov with others



DESCRIPTION

Water violet is a small water plant lound in the shallows of ponds and slow-moving rivers of small, pale mauve flowers at the topHypericum pertoratum

ST. JOHN'S WORT or HYPERICUM (Hyp.) 🛭 🖼

Avoid in severe depression

HERBALISM USES

THE TEA or tincture is useful for nerve pains, including neuralgia, sciatica, pain in the coccyx (tail bone), pain with tingling in hands or feet. Use with cramp bark for back pain.

Use for mild to moderate depression; depression from viral infections, including HIV; anxiety and depression of menopause.

Use the tincture as a lotton for shingles, cold sores and herpes; add a few drops of a suitable essential oil such as myrrh or melissa for extra effect.

Use the cream for sore skin and cuts.

The infused oil can be used as base oil for aromatherapy back massage and with lavender essential oil for neuralgra.

THOMEOPATHIC USES

HYPERICUM SHOULD be given after any accident or injury to parts of the body rich in nerve endings where there are shooting pains that dart upward, such as the coccyx (base of spine), a blow to the head, eyes, fingers, toes. It will ease the pain and heal the nerves.



DATA FILE

0 ,

PROPERTIES Strengthens and speeds.

- healing in the nervous system
- Relieves pain
- Antiviral
- Anti-inflammatory

NOTES AND DOSAGES

- Standard doses (see pages 18, 20, 21).
- It may be a week or so before depression begins to lift.
- May be sold in the stores as hypericum.
- Hyperical is a mixture of
- St John's wort with marigold
- Make the infused oil by putting fresh tops in olive oil, in a clear glass jar in sunlight, until it turns deep red

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

Melancholic, depressed, shocked, sensation as if he or she is lifted high in the air or will fall from a great height, as if the ground has been taken from beneath

PHYSICAL SYMPTOMS

- After an operation it soothes pain and promotes healing
- For deep puncture wounds (e.g. stepped on a rusty nail) with pain that shoots upward from site of injury
- Traditionally used to promote healing and prevent tetanus

Postnatal: Where the woman has suffered injury to her perineum or coccyx and is left

with shooting pains that dart up her spine or up her pelvis

REMEDY PICTURE

- Worse in cold, damp conditions, for touch
- Better bending head backwards
- Nerve pains that shoot upward especially following injury.

DOSAGES: 6C OR 30C Antidotes: Ars alb , Chamomilla, Sulfur Complementary Remedies:

CONTRAINDICATIONS

Concentrated tablets are coming on to the market, high doses of which can bring on a rash in sunlight. This does not happen with standard doses.

DISCRIPTION

St. John's wort is a common European wild plant, now a weed in many parts of the world The tops of the plant are picked in full flower.

HYSSOP DED D

HERBALISM USES

HYSSOP IS used primarily for the respiratory system. Hyssop tea with honey is an excellent treatment for children's coughs and fevers, especially if the child is pervous or anxious. Make inthe normal way and drink freely

TOMEOPATHIC USES

HYSSOP is one of the remedies used by homeopaths to treat epilepsy.

AROMATHERAPY USES

Hyssop is useful for skin problems such as dermatitis and inflammation and for minor miuries such as cuts and bruising. It can help in cases of rheumatism and high or low blood pressure. Asthma, bronchitis, catarrh, colds, flu, and throat problems respond well. Minor digestive upsets and menstrual problems can also be helped.

FOOD USES

ADD A few leaves to red kidney beans and other pulses during the cooking. Add a few leaves to salads. Do not use too many because hyssop has a bitter flavor and astringent quality.

Used in small amounts this herb has a negligible effect on adments

DISCRIPTION

grous to a lieight of 18m = 40 /45 m = 1 2m 3

CAUTION Do not use if pregnant or epileptic

HVSSOP

NOTES AND DOSAGES

- Anticatarrhal
- Antispasmodic
- Carminativo
- Expectorant
- Diaphoretic
- Hepatic Sodativo
- Tonic Vulnorary

NOTES AND DOSAGES

- · Infusion, three times a day
- . Tincture, three times a day

CONTRAINDICATIONS

- · Anyone with epilepsy should not self-prescribe but is advised. to consult a qualified homeopath or medical horhalist
- · Hyssop essential oil is subject to legal restrictions in some countries hecause it can cause epileptic fits

Hex aquifolium

HOLLY D

FLOWER ESSENCE USES

HOLLY IS one of the remedies for those who are oversensitive to influences and ideas

Holly is for those who are sometimes attacked by feelings of hatred, envy, jealousy, suspicion, and revenge. The Holly types have lots of intense feelings but they are too frightened to express their hearts fully, so the free flow of love is blocked or expressed unclearly. The tension of this leads to real or imagined vexations. Children of Holly types will say, "I know she loved me because she continually chastised me.'

> Holly is one of the three remedies for aspects of love, along with Heather and Chicory.

The Boiling Method

(see page 33) Holly flowers blossom in the spring Pick flowering twigs about 6in (15cm) long Pick female and/or male flowers Pick from as many bushes and trees as possible, gathering the experience of different

DATA FILE

LESSON

Love, unconditional expressions of affection and love

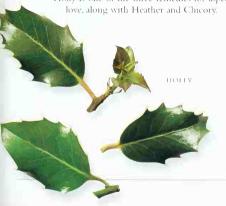
ages and positions

- · Holly makes it possible to recognize that these feelings are the negative expression of our caring interaction with others. There is a choice in how the emotions of love are expressed
- · Holly gives us the strength to open the heart to the full flow of love



DESCRIPTION

The spiky and glassy everginen leaves and red beings of the holly tice are extremely striking and decorative contribution to uniter Jestivals. Although holly grous into a tree in woods, it is usually grown



Impations olandulifora, touch-me-not, jewelweed

IMPATIENS ©

O FLOWER ESSENCE USES IMPATIENS IS one of the twelve healers and relates to impatience, pain, and forgiveness. It is also one of the

Impatiens is for those who are quick in thought and action and who are always on the go. They know their mind and want things to be done with speed. They become irritable at hindrance, hesitation, and delay and impatiently blame others. They can alienate people by being brusque and unsympathetic. They refuse to slow down even when illness overtakes them.

DESCRIPTION

Impatiens is an annual plant that group to 6ft (2m) tall in damp places. It likes ditches. The seed pods which follow the flowers are over an inch (2.5cm.) long. As the seed pod ripens the inner tension becomes so oreat that a drop of water or a release the spring and send seeds catapulting over a great distance



METHOD The Sun Method

(see page 32) Flowers bloom in the late summer. Protect the flowers from the heat of the hand by covering it with a broad leaf from the hottom of the plant Only pick the pale marive flowers Pick each separately by its stalk

LECCON Patience

- Beech is acceptance of differences. Impatiens is for forgiveness of differences and fargiveness of the self Impatiens makes it possible to accept the natural pace of life rather than trying to live at speed outside it
- · Positive Impatiens types are capable and decisive, they know how to get things done and turn the pace of life to their advantage

Jasminum officinale

JASMINE 0

AROMATHERAPY USES

IN MASSAGE or in a bath, the aroma is an excellent relaxant for the nervous system, PMS, menopausal and menstrual problems.

It treats mood swings and depression and promotes an increase in self-confidence.

It helps postnatal recovery, and massaged over the lower back and stomach during labor, relieves pain and assists the expulsion of the placenta after delivery.

Jasmine is also excellent for masculine problems, such as prostate problems, impotence, frigidity, and male

It is a powerful aphrodisiac.

Used in inhalation or burned in a room, it helps with colds, catarrh, coughs, and chest infections.

Although rather costly, it combines well with bergamot, ylang ylang, clary sage, and citrus oils.

CAUTION

Not for babies or infants

DATA FILE

PROPERTIES

- Antidepressant · Treats PMS and
- other feminine complaints
- Uterine tonic
- Aphrodisiac
- Relaxant
- Anticatarrhal

CONTRAINDICATIONS

Use half the measure while pregnant



DESCRIPTION

Jasmine essential oil is produced by solvent extraction. The solvent is removed and the absolute is obtained from something called a "concrete," by separation with alcohol Jasnune is one of the most costly essential oils since only the flowers are used Known as the king of oils, jasmine also has the most feminine, exotic, rich aroma. The oil is a rich ruby color Jasmine is found in France, Morocco, Egypt, China, and India

DATA FIL

WALNUT 🖸 🗑

Delower essence uses

WALNUT Is one of the remedies for those who are oversensitive to influences and ideas

It is used for people who need to find constancy and protection from outside forces, and who need to move on and break links and old patterns with people and things.

We are all maintained by the ideas and expectations of friends and acquaintances, but at some times in our lives these patterns can be limiting or distracting. Walnut is useful for people on the brink of some major decision or change, for example children leaving home, those undergoing the menopause, marriage, or having babies.



WALNUT OIL is popular as a salad oil and is used in cooking. It is rich in vitamin E and folic acid and may be helpful for menstrual problems and dry skin conditions.

The nuts are eaten as sweetmeats and used in sauces, cakes, and desserts.

WALNUT

DAIA

The Boiling Method

The flowers bloom in the spring, with or just before the leaves open. Both male and female flowers are found on the same tree. The male flowers are borne on catkins. The few female flowers grow upright at the end of the shoot. Pick about 6 in (15cm.) of shoot, with new leaves and female flowers.

LESSON

Protection, sanctuary
Walnut gives protection to break inappropriate links and pursue personal freedom. It is also useful for those who become distracted by the enthusiasm, salesmanship, and strong opinions of others.

CONTRAINDICATIONS
Generally safe, except for those people who are allergic to nuts

CAUTION

Do not give to children under two years of age

DESCRIPTION

The large, handsome, deciduous walnut tree grows to 80 ft (24m.) in height. In mature trees the massive tunik is deeply furrowed, the top is large and spreading. The mits are edible, and an oil is extrated from them.

Juniperus communis

JUNIPER 🖸 🗑

AROMATHERAPY USES

USED IN massage or in a bath, jumper is a stimulating and uplifting oil.

It is good for aching limbs, rheumatism, arthritis, and reinforces the immune system. It encourages the elimination of uric acid and toxins, so is excellent for cellulite, fluid retention, obesity, and diabetes.

Juniper's astringent properties help to treat skin conditions such as eczema, psoriasis, and sunburn. It is also useful for treating leucorrhea, hemorrhoids, and menstrual problems.

Used in a vaporizer it will help unclog open pores and blackheads.

As a compress on the lower back it will help to relieve kidney stones.

It combines well with other oils, such as pine, rosemary, cypress, lavender, benzoin, and citrus oils.

Burned in a room it has a cleansing and healing effect on both mind and body.

FOOD USES

USE THE berries to flavor vegetable dishes, game, pickles and patés. They may contribute to the treatment of cystitis, arthritis, and digestive problems.



PROPERTIES

- Anticatarrhal
- Antiseptic Antirheumatic
- Directic

 Immune system fortifier (useful for ME, MS, and HIV)

Expectorant

CONTRAINDICATIONS

Safe to use externally while pregnant

Generally safe, but not to be taken in medicinal doses by pregnant and lactating women, or people with diseases of the kidneys

DESCRIPTION

HINTPER

1.37/16

Jumper essential oil is extracted by steam distillation from the berries alone or from the berries, needles, and tregs of the jumper bush, which is found in Europe, Canada, and the United States The oil is a pale yellowy color and has a lovely clean, usum, woody, pungent aroma. Jumper berries are also a well-known

CAUTION

Not for babies or infants







Lachesis muta, surucuccu snake, bushmaster

LACHESIS (Lach.) 🖻

THOMEOPATHIC USES

LACHESIS AFFECTS the heart and circulation causing palpitations and dark, passive hemorrhages, bleeding into tissues, and a blueness to the complexion and wounds.

Constitutional type: Trembling and bloated with a puffy, purplish face, red hair and freckles. Thirsty, enjoys socializing, very talkative, and enjoys alcohol.



DESCRIPTION

The surucuscu snake, or hushimaster, is a deadly pit riper from South America Its ventom is used to make the Lachesis remedy.

SURUCUCCU SNAKE

DATA FILE

SYMPTOM PICTURE:

Very talkative, lively, and excitable Stubborn and manipulative, suspicious, jealous, depressed

PHYSICAL SYMPTOMS

Headache: Wake from sleep with a headache, worse in the mornings.

· Pale bluish face Flickerings and dim sight. Pressure and burning on ton or left side of head. Waves of pain as if head would burst Vertigo Pain is relieved by a discharge e.g. nasal catarrh, menstrual flow. Worse by moving. stooping. Caused by head-cold. sun-heat, menstruation. menopause, jealousy Throat: Left-sided pain that extends into the ear Drv. intensely swollen, dark purple and inflamed Sensation of a lump in throat. Chronic sore throat with thick mucus that is difficult to clear Worse left side, pressure, touch, swallowing liquids or hot drinks

Women's symptoms: Menstruation is too short, too feeble, dark blood, pains relieved by flow. Menopausal hot flushes to head, feet icy cold, hot sweats, palpitations, headache on top of head, fainting, worse pressure of clothes.

Skin: Bluish, purplish, insect bites, boils, wounds all have bluish or blue-black margin

REMEDY PICTURE

- Dislikes tight clothing especially around the throat
- · Very sensitive to touch
- Worse in the morning, on walking, complaints are worse for sleep.
- Left-sided pain or may move from left to right side
- Desire coffee and alcohol
- Worse for a warm bath, hot drinks, closing eyes, in the springtime, hot sun.
- Better for appearance of discharges, warm applications.
- Prostrated and trembly when unwell.

DOSAGE: 60

Antidotes: Acid phos , Ars. alb , Belladonna, Calc carb , Coffea Complementary Remedies: Hepar Sulf , Lycopodium

Larix decidua

LARCH 🖸

FLOWER ESSENCE USES

LARCH Is one of the remedies for despondency and despair. It is also useful for those who lack confidence in themselves and fear failure, who do not think that they are as good or as capable as those around them. This limits their actions, and at times lack of confidence may completely immobilize and



DISCRIPTION

The larch is a tall, conferous tree, growing to 100ft (30m.) high. The bank is rough and covered with deep longitudinal cracks. The slender, needlelike leaves grow in large bunches and fall in the autumn. Larch is the only conferous tree to do this.



DATA FILE

METHOD

The Boiling Method (see page 33)

Flowers blossom in the spring. The male catkins are about Win, (1 5cm.) long, the female catkins are conspicuous and bright, confident red. Pick twigs about 6in. (15cm.) long with male and female catkins and young leaf buds. Gather from as many trees as possible.

LESSON

Confidence

There is no such thing as success or failure in life, only experience. Each new morning demonstrates the skill of our survival stratagems. Larch helps us appreciate our real worth and value our personal contribution to the overall pattern of life. Also see Gentian, one of the twelve healers.

LAVENDER DO

HERBALISM USES

LAVENDER FLOWERS can be taken as a herbal tea for their calming and cheering action and to reduce the effects of stress on the system. They combine well with other nervines such as hinden flowers and chamonile. Drink a tea of lavender, chamonile, and marigold flowers for a quick recovery after giving birth. Lavender is particularly effective for stress-related headaches.

AROMATHERAPY USES

LAVENDER IS a must for the first-aid cabinet and can be dabbed directly onto bites, stings, burns, wounds, bruises sores and scar tissue

It is known to have a strong balancing action on the solar plexus area, and used in massage can assist during labor. A compress over the abdomen can help with expulsion of the placenta after birth.

It is helpful for high blood pressure, general stress, palpitations, faintness and dizziness and regulates scartly periods. In a bath it is also helpful for scratica and muscular back pain.

Used in a vaporizer or burned in the room, it balances, purifies, and acts as a natural insect repellent.

Lavender combines well with other oils such as bergamot, marjoram, rosemary, and pine.

This oil can be used in a lower dose on babies, infants, pregnant women, and children.

CHILDREN

GOOD FOR diaper rash and snuffly babies.

A VERSATILE ESSENCE

As well as being regarded as the most versatile essence, lavender has had a long-cherished place in the laundry and the bathroom. Indeed its name comes from the Latin word lavare, to wash. In warm climates, sheets and household linen are spread out to dry on lavender bushes; in colder places, they may be stored away interleaved with dry lavender or homemade lavender bags. Lavender scent stays sweet and fresh for a long time, and it doubles up as an insect repellent.

PROPERTIES Antisentic Antispasmodic Analgerie Anti-inflammatoni Disinfectant Anti-infectious Insecticide Regulates the • Parasitirida Deconnestant Regulates heart and circulatory system Adaptogenic NOTES AND DOSAGES Influsion, three times a day Oil should not be taken. internally but can be used in a liniment to ease the pain of rheumatism CONTRAINDICATIONS Caution needed in cases of low blood pressure LAVENDER FLOWERS

DESCRIPTION

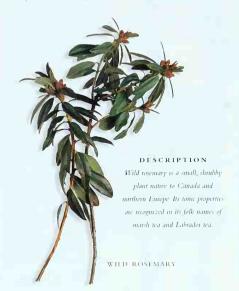
Lavender essential oil is extracted by steam distillation from the fiesh flowering tops of the plant Lavender is found extensively in the south of France, Italy, Coisica, and in the east of England. It has a long history of being used in medicine, perfunery, and household goods The oil is a pale yellowy color and has a fresh, distinctive flowery smell. Lavender is often called the mother of all essential oils because of its subtle balancing analytics.

Ledum palustre, wild rosemary

LEDUM (Led.) 🗉

E HOMEOPATHIC USES

LEDUM IS a first-aid remedy for puncture wounds and black eyes – see PHYSICAL SYMPTOMS.



DATA FILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

Often not pronounced but may be anxious, timid, and morose

PHYSICAL SYMPTOMS

- Bites, stings, puncture wounds, and deep cuts, e.g. knife cuts, splinters, trod on nail
- The wound hardly bleeds.
- Skin is pale and cold to touch, may be puffy
- May feel either hot or cold internally but is better for cold compresses, cold-bathing, even inversid water.
- Pricking, throbbing pains that radiate out from the injury
- May be used for old injuries that have healed but are still painful.
- Traditionally used to prevent tetanus, may be given on its own or combined with Hypericum if it is in an area rich with nerve endings.

Black eyes: Where the orbit is very bruised following injury. If the eyeball is painful may need to follow Ledum with Symphytum Rheumatism: Cold, puffy, pale purplish joints that loosen up from cold bathing, cold compresses. The joints are cold to touch but may feel hot inside Throbbing pains: First small joints are affected then rheumatism moves up into large joints, may start in toes, move up to knees then right shoulder. Better for cold, rest. Worse for warmth

REMEDY PICTURE

- Chilly people who are better for cold applications, cold bathing, and rest
- Worse for heat, warmth of bed, movement.

DOSAGE: 60

Antidote: Camphor Complementary Remedies: Belladonna, Bryonia, Pulsatilla, Rhus tox, and Sulfur follow well

Leonurus cardiaca

MOTHERWORT

We will be the state of the sta

HERBALISM USES
USE THE tea and fincture for anxiety with heart racing, palpitations, and tachycardia from overactive thyroid.

Use it with skullcap and valerian to assist in tranquilizer withdrawal; with vervain for anxiety from stress and overwork; and with sage for menopausal hot flushes.

For period pains, it will be effective to take Motherwort on a regular basis.

Motherwort is an aid for childburth, taken daily during the last two or three weeks of pregnancy.

CAUTION

Do not take during pregnancy (until the last three weeks)

DESCRIPTION

Motherwort is a European wild plant with a tall spike of small pink flowers. It is easily grown in gardens where it will seed itself freely.

DATA FIL

PROPERTIES

- Calms the heart
- Relaxes the womb
- Antispasmodic
- Emmenagogue

NOTES AND DOSAGES

- Normal doses three cups of tea or three teaspoons of tincture per day.
- May take a few weeks to work
- Chinese motherwort has the same uses

CONTRAINDICATIONS

Always check heart problems with your medical practitioner



MOTHERWORT

HONEYSUCKLE D

FLOWER ESSENCE USES HONEYSLICKLE IS one of the remedies for those not sufficiently interested in present circumstances.

Use for nostalgia - for those who dwell too much on memories of the past, sometimes a period of great happiness: "It was much better then..." who experience a faraway sense of regret or loss and do not expect to experience such happiness and companionship again. They can become pessimistic. Honeysuckle is one of the two remedies that deal with Time. The Clematis type avoids the here-andnow by drifting away into daydreams; the Honeysuckle type lives in the past. Both are frightened by change and the speed of change.

HONEYSUCKLE

METHOD

The Boiling Method

(see page 33) Flowers blossom throughout the summer Pick the flowering clusters with about 6in (15cm.) of the stalk and leaves. Pick from various parts of the plant

LECCON

Being completely centered Honevsuckle integrates past experiences. It helps us realize that the past is the foundation

of the present, giving strength to face the new challenges of the now

DESCRIPTION

Honeysiakle is a woody climber. growing by unappute new shoots around adjacent plants for support The flower has a strong and imagne fraorance, which seems to triooci an inclain holy longing

Lycium barbarum, Lycium chinense

LYCIUM

HERBALISM USES

USE THE decoction or functure for weakness with vertigo, tinnitus, headache, failing evesight.

Use for aches and pains, especially backache, in old age.

Lycium is useful for impotence and premature ejaculation.

During convalescence, use it with equal parts of schisandra to improve skin color and restore strength.













PROPERTIES

Tonic for old age and weakness

NOTES AND DOSAGES

- · Also called wolfberry and the Duke of Argyle's tea plant
- · Chinese herbalists call the berries Gou-ai-zi Tincture one tablespoon (15ml) with a little water daily Dried fruit - half an ounce (10g) daily chewed or in decoction
- · Traditionally the berries are added to soup to strengthen the eyesight

DESCRIPTION

Lycuum is a Chanese shrub, grown in Europe as a hedging plant. The

Lycopodium clavatum, club moss

LYCOPODIUM (Lvc.) 9

S HOMEOPATHIC USES

Lycopodium is a remedy often required to treat respiratory and digestive complaints when symptoms fit the picture.

Constitutional type: Academic, intelligent individuals who appear older than their years, hair grays early, foreheads are furrowed from studying. Intellectually energetic but physically weak, thin, easily exhausted especially after mental work. Sedentary

lifestyle. Chilly, better for fresh air.



E CYMPTOM PICTURE: MENTAL AND

EMOTIONAL SYMPTOMS

Anxiety from anticipation of exams public speaking etc. Lacks self-confidence. Dislikes being alone, does not want company Worse for mental strain, causes noor concentration, sluggish Children appear mature for their age. Wake up cross, Irritable

PHYSICAL SYMPTOMS

Colds and flu: Yellow catarrh, dry blocked nose, mouth breather Snuffly habies Right-sided sinusitis with throbbing headache Cold, clammy, sour sweat with feverish chills

Coughs: Dry. tickly, and burning pains worse at night, thick phlegm. Rapid breathing, nostrils may flare. Better for hot drinks. Sore throat: Right-sided raw, dry, dusty sensation, thirstless but better for warm drinks.

Mumps: Start on the right and have general symptoms. Headaches: Right-sided, throbbing tight pains in forehead, back or top of head. Worse for coughing, warmth, better for fresh air

Indigestion: Hungry, desires sweet foods. Cramping pains in hard bloated abdomen from sour wind. after eating cabbage, beans etc. Better for burping (hot and sour). loosening belts and clothing Abdominal complaints: Ache in small of back from weakness or kidney complaints. Stiff, May have red sand in urine. Worse for starting to move. Better for moving, passing wind, urinating

REMEDY PICTURE

- Worse between 4 and 8 n m.
- · Desire sweets, hot drinks. occasionally cold drinks
- · Acidity and wind, bloating
- · Yellow discharges. Right-sided pains, or start on the right and move to the left. Pains come and go suddenly. Better for fresh air

DOSAGES: 6c OR 30c Antidotes: Aconite, Camphor, Chamomilla, Graphites, Pulsatilla Complementary Remedies: Do not give Evoppedium after Sulfur Homeopaths sometimes prescribe first Sulfur, then Calcarea, then Lycopodium, then Sulfur,

Malus sylvestris

and heaths. The fruits

produce spores that are used

to make the remedy.

CRAB APPLE D





ELOWER ESSENCE USES

CRAB APPLE is one of the remedies for those who suffer despondency and despair.

It is useful for self-condemnation and disgust. Crab apple cleanses the mind and the body, so it is helpful for people who feel in need of cleaning or detoxification, or who are in a state of remorse over some act of which

they are ashamed. It is good for people who are holding grudges.

FOOD USES

CRAB APPLES are sour-tasting fruit that are used to make jelly. Although, like eating apples, they are a good source of vitamin C, the high temperatures needed to make jelly destroy this vitamin. Safe, but those on a sucrose-restricted diet should avoid eating crab apple jelly since it is full of sugar.

physical, emotional, and spiritual

METHOD The Boiling Method

(see page 33) Crab apple flowers blossom in spring The pink flowers grow in clusters with the leaves at the top of short stems. Pick this spur. with the leaves and flower clusters, from as many trees as possible

LESSON

Cleaning and purification This remedy is a cleanser, it helps cleanse the body on all levels,

· Crab Apple makes cleansing a positive experience and part of our growing process preparatory to change It is useful for the Scleranthus type and the Water Violet type. Many skin conditions benefit from Crab Apple, five drops can be added to the water in a bath, or two drops to a skin. cream. For those who permanently yearn for deep cleaning and purging, Crab Apple should be taken with one of the love remedies. Heather, Chicory, or Hally

DATA FILE

DISCRIPTION

The crab apple is a small, stout, decidnous tree growing to 30ft. (10m.). The trink van look old and quarled even on young trees. The apples are small and tart.

CRAB

LEAVES

GERMAN or WILD CHAMOMILE. CHAMOMILLA (Cham.) D 🗈

HERBALISM USES

CHAMOMILE THA is used for anxiety nervous tension. and headaches

Tea or fincture is used for insomnia and for any kind of digestive upset including acidity, ulcers, nausea, beartburn, wind, and colic. Use with linden, on a longterm basis to strengthen the nervous system.

Chamonule lotion or cream is used for itchy skin conditions including eczema.

An infusion diluted with water makes a good mouthwash for sore and inflamed gums and an eyewash

The vinegar is soothing for genital irritations. Use a cupful in the bath or dilute it with six parts of water for a soothing lotion.

It can also be used as a conditioner for fair hair

The infused oil makes in excellent have oil for aromatherapy. Add two teaspoons to the bath for dry. itchy skin.

CHILDREN

TEA IS helpful for restless and overexcitable children and for most children's complaints including fevers and teething troubles

Homeopathic tablets and drops (see below) have the same uses and children will often take them in preference to the tea

DHOMEOPATHIC USES

CHAMOMILLA IS a valuable homeopathic remedy. It is useful for intolerable neuralgic pain and for ailments brought on by bad temper. It is good for those who are excessively sensitive to pain, which appears to be out of

proportion to the allment.

Take Chamomilla when you cannot bear the ailment any longer.



DESCRIPTION

DATA FILE

C CAMPTON PICTURE: MENTAL AND EMOTIONAL CVEADTORE

Oversensitive, irritable, cross, bad tempered peevish cannot bear to be looked at fretful coving wants, demands something then

PHYSICAL SYMPTOMS

Hot red tender sore unhearable nains associated with numbness Joints and muscles: Unbearable aches and pains often with a sensation of numbriess

Women's complaints: Heavy menstrual periods with dark clots and unbearable pelvic cramps following a fit of anger Labor: Unbearably strong but ineffectual contractions with irritability, nervousness, and restlessness, possibly physically or verbally abusive, feels she cannot cope with the labor anymore Chamomilla often helps with the transition from the first to second stage of labor - give 200c Breast-feeding, Unbearably painful with inflamed tender

. Think of Chamomilla for any anger, whether it is asthma, rheumatism, painful menstrual periods, insomnia, etc., and the person cannot bear the pain, is restless and irritable, hot and worse at night with a damp, sweaty head

Babies and children

Colic: Fretful. crying. demands to be carried, cannot be soothed, abdomen is full of relieving the pain

Teething: One cheek red and Gums swollen, red, and tender chooped egg or spinarh with a mell Fretful and crying soothers Crying: For a fretful baby, and neevish, whine annear

Toothache: Worse from warm drinks or warm air in the mouth. be a sensation of the teeth being

DEMENY DICTURE

- Thirsty for cold drinks. Hot at. night, uncovers, sticks feet out of
- · Worse for warmth, coffee. warm drinks, evening and nighttime, better for being carried

DOSAGES: 6c or 30c Antidotes: Camphor Nux vom Complementary Remedies: None

PROPERTIES

- · Calming, soothing, healing
- Anti-inflammatory
- Antiseptic
- Relaxes spasm
- · Settles the digestion

NOTES AND DOSAGES

- · For acute conditions in adults make a double-strength tea, use a teapot or cover your cup with a saucer, so that the steam does not escape
- · For infants make an ordinary either directly or in some pure
- · Chamomile is perhaps the
- · Readily available as tobacco

CONTRAINDICATIONS

Melaleuca alternitolia

TEA TREE O

AROMATHERAPY USES

IN MASSAGE or in a bath, tea tree is beneficial for depression and general debility.

It is used in the treatment of HIV. Aids. ME and in X-ray treatment of breast cancer

Used gradually before and after any surgery, it will help shock, encourage healing of the wound, and minimize

Used in a vaporizer, tea tree helps broughitis colds and flu-

As a gargle or mouthwash, tea tree can be used to treat sore throats, tooth abscesses, and gum infections, As a douche, it addresses genito-urinary infections, NSU (non-specific urethritis), and thrush.

Soak a Q-tip in tea tree oil and dab on cold sores, blisters, chicken pox, shingles, plantar warts, and spots.

As an astringent, tea tree helps skin problems such as acne eczema and dermatitis

Use as a footbath for chilblains, athlete's foot, corns, and other ailments affecting the feet.

Use for the treatment of ringworm,

Combines well with other oils such as peppermint, eucalyptus, bergamot, and lavender.

CHILDREN

FOR BABIES, tea tree is an excellent treatment for diaper



PROPERTIES

- Antisentic
- Antivoral Antibacterial
- Antifunnal
- Antiparasitic
- Vein decongestant
- Nourotonic
- Wound-healing
- Immune system stimulant

CONTRAINDICATIONS

- Can cause skin irritation. Do not use on people who have impaired kidney functions or kidney infections
- Safe to use while pregnant on babies, infants, and children.
- . Check a small patch of skin. first before using tea tree since it can be a skin irritant

DESCRIPTION

Tea tree essential oil is extracted by steam distillation from the leaves and small branches of the tea tree, which is native to Australia and orons up to 15ft (5m.) in height. The oil is clear or a yellowy color and has a strono, clean, camphorous aroma Produced in Australia, it is unthout a doubt one of the most remarkable oils and a must in any medicine cabinet.

rash and cradle cap.

Melalenca lencadendra

CAJEPUT O

AROMATHERAPY USES

CAIEPUT 15 excellent as an inhalation for chronic pulmonary diseases such as tuberculosis, bronchitis, asthma, and also for the common cold and sinus trouble.

Cajeput when used in a vaporizer acts as a purifier of the atmosphere in its surroundings.

It is also very effective as a mouthwash, and in the event of toothache or tooth decay. one drop of essence on the troublesome area brings relief.

For an earache, a piece of absorbent cotton soaked in the essence and placed gently in the ear will bring relief.

As a massage oil, Cajeput is useful in cases of cystitis, urethritis, and dysentery.

It is a healer for open wounds, acne, sores, and psoriasis and used in a bath assists aching limbs and rheumatic conditions and helps to relieve nervous tension, neuralgia and general fatigue.

Cajeput combines well with other oils such as chamomile and rose.

CAUTION

Not for babies under 18 months



DESCRIPTION

Cajeput essential oil is extracted by stream distillation from the leaves and buds of the tree Melaleuca leucadendra. The oil is a greenish yellow color and has a camphorous, strong, clear smell. It can be uplifting and purifying. Cajeput is a powerful antiseptic and acts on the respiratory system and digestive system and benefits the pulmonary, intestinal, and urmary tracts.

DATA FILE

PROPERTIES

- Antiseptic
- Anti-infectious
- · Decongestant useful for
- Antirheumatic

CONTRAINDICATIONS

- Cajeput is a powerful stimulant and is not helpful to use before bedtime unless mixed with a sedative oil
- · Use sparingly on the skin since it can act as an irritant
- · During pregnancy use half the usual stated amount, this also applies for young children

Melalenca viridiflora

NIAOULI

AROMATHERAPY USES

NIAOUII, A natural antiseptic, is very effective in treating respiratory tract infections, colds, bronchitis, asthma, catarrh when used in a vaporizer or massaged around chest and hing areas.

In a bath or massage it assists in treating skin conditions, including psoriasis, herpes, and acide.

Niaoult is an oil for the medicine cabinet – it will work quickly if placed on a burn or a wound.

Niaouli has been used in conjunction with chemotherapy cancer treatment.

As a douche it will help cystitis and vaginal problems. In massage or in a bath it is helpful for rheumatism.

Massaged around the stomach area niaouli will help intestinal problems, such as diarrhea.

It combines well with other oils such as bay, basil, cirrus oils lavender and pine.



Naonh essential oil is extracted by steam distillation from the leave of the maonh tree that grows wild in Australia and the French West

Indies. The oil ranges from clear to a greenish yellow and has an uplifting, strong, sharp camphorous aroma

DATA BUE

PROPERTIES

- Anti-infectious
- Antibacterial
- Anticatarrhal
- Anti-inflammatory
- Antisentic
- Antiparasitic
- Vein decongestant
 Controls bind blood pressure
- Expectorant

CONTRAINDICATIONS

Not for babies – and take care with young children

CAUTION

Avoid in pregnancy

Melissa officinalis

MELISSA or LEMON BALM D D

herbalism uses

EEMON BALM herb tea is an excellent nervine and digestive, especially useful for nervous palpitations, children's restlessness and nightmares. Historically, herbalists considered that it "strengthened the brain." It adds to the depth of flavor of other herbal teas and combines well with peppermint or linden flowers and chamomile.

AROMATHERAPY USES

MELISSA IS well known for its healing properties, and it is particularly useful for heart disorders and for treating depression. Used in massage or in a bath, inclissa has a calming yet uplifting effect and is helpful in treating migraine, headaches, neuralgia, tension due to stress, and hysteria that is manifested around the neck and shoulders.

It helps skin conditions such as eczema and shingles, and other stress-related skin problems. It can also regulate the menstrual cycle and assists ovulation in natural methods of birth control.

As an inhalation it helps palpitations, asthma, and respiratory problems.

Melissa is excellent when used in conjunction with Dr. Bach's Rescue Remedy for shock or sudden bereavement.

FOOD USES

Use THE fresh leaves to flavor soups and salads and winebased drinks. In such small quantities the herb has little therapeutic value, but it may contribute to the treatment of digestive ailments in children. Iced tea made from the fresh leaves is a good cooling drink in hot weather.

DATA BU

PROPERTIES

- Good for the digestive system
- · Affects the menstrual cycle
- Neurotonic
- Antispasmodic
- Useful in treating heart conditions
- Works on the respiratory system

CONTRAINDICATIONS

- In pregnancy use half the measured amount
- Use with care, half the measured amount for babies, infants, and children

DESCRIPTION

Melissa essential oil is extracted by steam distillation from the aromatic herb lemon balin. It was probably introduced to England by the Romans, and has been used across the centuries in medicine. The oil is a pale yellony tolor and has a firsh, lemony, dean aroma.





Mentha x piperita

PEPPERMINT DO

HERBALISM USES

USE PEPPERMINT tea for indigestion, colic, wind, nausea, vomiting, depressed appetite, period pains, and to relieve abdominal and gallbladder pain. A couple of drops of the essential oil in hot water, or sucking a strong peppermint candy, is also effective.

Use with meadowsweet for diverticulosis.

Use with elderflower and yarrow for colds, sinus problems, and blocked nose. Inhale the steam as you drink.

Add a couple of drops of the essential oil to creams for hot, itchy skin conditions. A strong tea used as a lotion is also effective.

CHILDREN OVER FIVE

A SAFE tea for tummy upsets. Only small amounts are needed – two or three teaspoons. Fennel or chamomile are better for infants.

AROMATHERAPY USES

USED IN massage or in a bath, peppermint oil acts effectively on the digestive system, treating hiccups, flatulence, and bad digestion.

When massaged over the stomach area, it will treat diarrhea. It helps sickness generally, including morning sickness and travel sickness.

Used in a vaporizer it is excellent for colds, pneumonia, sinusitis, asthma, bronchitis, and laryngitis.

It is also an effective diuretic and helps in the treatment of gallstones.

Peppermint oil is an excellent insect repellent.

It is good as a mouthwash for teeth and gums and as a footbath for aching feet. Combines well with other oils such as lavender, eucalyptus, benzoin, and rosemary.

It soothes aching muscles and, burned in the room, has a stimulating, refreshing aroma.

FOOD USES

USE PEPPERMINT leaves to flavor iced drinks and salads.

DATA FILE

PROPERTIES

- Carminative
- Carminative
 Antispasmodic
- Cloars wind
- Mild stimulant
- Mild stimulant
 Emmenagogue
- Cooling on the skin.

NOTES AND DOSAGES

- Take freely Widely available as tea bags
- A small amount of peppermint may be added to most herb teas for flavor Peppermint oil capsules are available for colicky pains and cramps. Some people may find them too strong, in which case use the tea.
- Garden mint (spearmint) has the same properties but is generally weaker. Peppermint tea was traditionally used as an aphrodisiac

PROPERTIES

- Anti-infectious
- Anticontic
- Anticatarrhal
- Expectorant
- Antiviral
- Fungicide
- · Affects the digestive system
- Antispasmodic
- Tonic

CONTRAINDICATIONS

- Safe in pregnancy from the fourth month onwards, and is particularly effective when burned in the room.
- Nervous and overexcitable people may find it too stimulating



Do not use with heart conditions.

Not for babies

DESCRIPTION

Peppermint is one of the most popular heib teas. It is easily grown in gardens and is found all over the world,

Peppermint essential oil is extracted by steam distillation from the whole plant. The oil is colorless or pale yellow and has an inergorating, fresh manty smell. Peppermint has been renowned for its medicinal properties across the centuries. Minulus outtatus

MIMULUS

TIOWER ESSINCE USES

MIMILIANS IS one of the twelve healers, relating to fear and sympathy and for those who have fear.

Dr. Bach has five remedies dealing with different aspects of fear. Mimulus is for the kind of fear that can be identified of known worldly things. Aspen is the opposite, dealing with gray, formless, undefined fear. Mimulus should be taken for the everyday fears of pain, accident, poverty, being alone, and misfortune. Fear dominates responses, either prodding into hasty action or freezing into inaction. These fears are easily identified and faced but underneath they are fed by insecurity and a negative attitude toward past experience.



Minidus is a perennial plant, growing to 12m. (30cm.) in damp places and near streams



DATA FILE

METHOD The Sun Method

flower Cultivated never he used for remedies

LESSON Freedom

The positive side of this remedy is not "being Mimulus liberates us from the rhythms and balances of everyday life, so that we have the freedom to respond in all ways and not just through fear

Nicotiana tabacum, tobacco

TABACUM (Tab.)

HOMEOPATHIC USES

TABACUM IS useful for sea-sickness, and may be beneficial for car and train sickness.



SYMPTOM PICTURE: MENTAL AND EMOTIONAL CVMDTOMS

Mental and emotional symptomic Irritable wretched despondent. and forgetful

PHYSICAL SYMPTOMS

- · Travel sickness and morning sickness in pregnancy with above
- · Tightness, constriction, and cramping pains - can be useful nausea and vomiting, wants abdomen uncovered

Chest ailments: Tightness, difficult to breathe Dry, tickling cough better for sips of cold

Angina. Pain radiates out from center of chest and down left

arm or between shoulder-blades Feeble pulse, fast or slow Worse

REMEDY PICTURE

- Constant nausea and vomiting from motion of boats, cars.
- · Worse for opening their eyes, for tobacco, airless rooms, before breakfast
- · Better for fresh air, rest. uncovering

DOSAGES: 6c OR 30c Antidotes: Ars alb , Cocculus,

Complementary Remedies:

DESCRIPTION

annual, native to South America It grows to a height of 4-6ft (1-2m) and produces leaves 3ft (1m) long bloom in late summer

Ocimum hasilicum

BASIL

AROMATHERAPY USES

BASH 15 a good nerve tonic and acts as a natural tranquilizer, aids concentration, and is helpful for headaches, migraines, and head colds,

It combines well with other oils, such as thyme.

Used as an inhalation or in a bath, it helps fight fatigue, anxiety and depression.

When used in massage it aids muscular spasms in the intestine and bowel: it also aids urinary infections and prostatitis. When massaged over the stomach area, it regulates the menstrual cycle and is helpful in a compress for engorged breasts.

It acts in an anti-inflammatory way and as a decongestant of varicose veins.

Basil also acts as an insect repellent, helps to shrink warts, and relieves snake bites.

Can be used as mouthwash when treating mouth ulcers and gum infections.

CAUTION

Best avoided during pregnancy and on babies and

children

PROPERTIES

- Anti-infectious
- Anti-inflammatory
- Antibactorial
- Anticoncemodic
- Regulator of nervous system

DATA FILE

Vein decongestant

CONTRAINDICATIONS

- · Racil is bost used in moderation since there are concerns about its toxicity
- It can act as a nowerful depressant if overused

DESCRIPTION

Basil essential oil is extracted by steam distillation from the leaves and white flowering tops of the pungent-smelling basil bush. The bush is native to Greece, the Greek name for basil is basileus, meaning king, and it was indeed favored by the nobility. It has long been cultivated in France and India. The oil is yellowish in color. It is especially helpful for clarity of thought and restoring harmony and acts as a regulator and tonic of the nervous system.

Olea europaea

OLIVE 6



FLOWER ESSENCE USES

OLIVE IS one of the remedies for those who are not sufficiently interested in present circumstances. It is used for extreme fatigue of the mind, body, or spirit. People in need of Olive feel totally exhausted in every way. Life is hard and without pleasure. They feel that they have no more strength and at times hardly know how they manage to keep going. They depend very much on others for help. The leaves of the olive tree are used therapeutically as well as the oil from the fruit.

FOOD USES

EATING OLIVE oil may reduce the risk of circulatory diseases.

It is beneficial to those suffering from hyperacidity since it reduces the level of gastric secretions.

The oil can help in the treatment of constipation and peptic ulcers.

It is also useful for dry skin and hair, particularly for the treatment of dry, flaky scalp.

The leaves of the olive are used to treat high blood pressure, stress, and abrasions to the skin.

METHOD The Sun Method (see name 32)

Flowers blossom in the spring They are small and inconspicuous, growing in clusters from the leaf axil. Pick the entire flower cluster from as many trees as possible.

LESSON

Renewal and regeneration Hornbeam is the other remedy used for exhaustion. The exhaustion in Hornbeam comes from living on will-power Olive deals with total exhaustion for people who feel drained to the core. Olive helps people relax and switch off so that the simple things of life - a warm bath, a walk in the sunshine, watching children, or sharing with friends can refresh the spirit. With the spirit refreshed renewal is possible

DATA FILE

PROPERTIES Olive oil is an excellent source of vitamin E it is high in monounsaturated fats and has a

high energy value (899Kcal, per 100g) It does not contain any minerals. Olive oil has a beneficial effect on the circulatory and nervous systems. It also benefits the digestive system

SPECIAL NOTES

People on low-fat diets may have to avoid eating olive oil





DESCRIPTION

The evergreen olive tree grows to 30ft (10m) with many thin branches The smooth, narrow leaves are 2m (5cm) long, gray-green on top and silvery underneath. The finits of the olive are eaten as an aperitif and compressed to exude the soothing olive oil.



Огіданиш тајогана

MARIORAM 6

AROMATHERAPY USES

USED IN steam inhalation, marioram oil will often clear the chest and ease respiratory difficulties quickly.

Asthma, bronchitis, colds, sinusitis, and whooping cough are all treated with marjoram.

As a massage oil or in the bath, mariorain helps treat anxiety insomnia, and high blood pressure, and it also assists narrowing of the arteries.

As an analgesic it is good for muscle pains, strains, arthritis, and rheumatism - it works particularly well as a compress on specific areas of the body. If massaged over the abdomen it helps painful periods and is good for PMS.

It is safe to use externally during

It combines well with other oils, such as bergamot, lavender, and rosemary.

Burned in a room, specific is a warm, relaxing sedative oil.

FOOD USES

MARIORAM LEAVES add a distinctive flavor to Greek and Italian dishes and when used in cooking may aid digestion.



- OPOPERTIES
- Analgosii
- Antibactorial
- Antisentic
- Durrotic
- Neurotonic
- Vasodilator
- Acts upon nervous system. Treats PMS

CONTRAINDICATIONS

properties, so avoid overuse

CAUTION

Do not use on babies Avoid internal use while pregnant

DESCRIPTION

Marioram countral oil is extracted by steam distribution from the dried flowering herb Martoram, long known found in the Mediterranean, Europe, Iran, and North Africa. The oil is a pale yellow or pale amber color and has a warm, peppery aroma

Ornithogalum umbellatum

STAR OF BETHLEHEM ©

MARIORAM

FLOWER ESSENCE USES

STAR OF Bethlehem is one of the remedies for those who suffer despondency and despair.

Star of Bethlehem is included in the Rescue Remedy to ameliorate the effects of shock - for example, the shock of bad news. loss, an accident, birth (for mother and baby). Shock makes the body jump as shock waves ripple outwards and affect every cell of the body. Time is needed for everything to settle back down, but sometimes the trauma of shock may be so extreme that the effects are still resonating years later.

Star of Bethlehem can be given after the shock of an operation or after childbirth. It can be given to the mother

and or the child. Put four drops of the remedy into a pint of water. Use to sip or moisten the mother's mouth, as a compress or as a skin wash or bath. For those who refuse to be consoled this remedy also brings comfort.

STAR OF



DISCRIPTION

The star of Bethlehem is The slender flower stems and long thin leaves grow from the center of a small bulb They reach 9=12m

DATA FILE

METHOD

The Boiling Method (see page 33

The flowers bloom from April to May Gather when the flowers are fully open, pick the whole cluster together with a few inches of the main stem The flowers open only in the sunshine so it is important to gather on a clear, sunny day

LESSON

Peace and comfort

The effects of shock must be fully acknowledged and not helps acknowledge and release any residual blockages so that the body and mind can find equilibrium and comfort

Panax ginseng, Chinese ginseng

GINSENG D

MERBALISM USES

USE A decoction, tincture, or tablets for convalescence, exhaustion, weakness in old age, and with other strengthening herbs for persistent infections, especially of the lungs and the digestive system.

Ginseng is an aphrodistac for men and is especially good for loss of sex drive due to stress or prolonged illness. It may be combined with damana for sexual anxiety.

Use for agitation, forgetfulness, and lack of

It helps the body to cope with stress and with the side effects of chemotherapy for cancer.

Ginseng is useful when studying for exams and during training for athletic events.

Chew a few small pieces of root to nasten labor.

It is useful for jet lag.

Do not use during pregnancy. Not to be used for children except under professional guidance. Avoid in high blood pressure

CAUTION

PROPERTIES • Replenishes vital energy

- Strengthens the immune system, an adaptogen
- Soothes the spirit and increases concentration

NOTES AND DOSAGES

- Ginseng is best suited to old and weakened people
- Young and strong people may find it overstimulating, in which case they should avoid it or take much smaller doses or try Siberian Ginseng
- In general take 1g of powdered root, 3g of cut root in decoction or 20 to 30 drops of the tincture twice daily

- There are many different form of ginseng, including capsules, pills, instant tea, and even creams for damaged skin follow the instructions on the package.
- Women can take ginseng but Chinese angelica is often more suitable, especially in weakness and debility

CONTRAINDICATIONS

Ginseng can have adverse effects, especially when taken in excessive quantities or over long periods it is best not taken continuously. A two-week break every two months is recommended. Ginseng is stimulating and should not be taken with other stimulants such as strong tea and coffee.

DESCRIPTION

Ginseng is a yellowish, radishlike herb that is used as a rulmary root vegetable in Cluna, particularly in making soup. It is expensive and not widely available in this form in the West Ginseng root is the most famous of the Far-Eastern tonics.

Pelargonium odoratissimum

GERANIUM 0

AROMATHERAPY USES

USED AS a massage oil, geranium acts as a tonic to the nervous system and helps menopausal problems including hot flushes.

Massaged over the stomach area it is excellent for relieving symptoms of constitution, diarrhea, and enteritis. Massaged over breasts it helps to relieve mastitis.

Soaked on a Q-tip, geranium is good for healing wounds and burns.

If used in the bath, it will help skin conditions such as eczema, shingles, and chilblains.

Geramum combines well with other essential oils, such as bay, orange, rose, bergamot, and lemon, and used in a burner or a vaporizer in a room it has a fresh, balancing effect on the atmosphere.

It is an excellent insect repellent.

DATA FILE

PROPERTIES

- Antibacterial
- Antidepressant
- Antifungal
 Anti-inflammatory
- Anti-infectious
- Anti-infectiou
 Antiseptic
- Antispasmodic
- Diuretic
- Dendorant
- Useful for treating PMS

CONTRAINDICATIONS

- Use half the measure while pregnant
 - Use with care, and in half measures for babies, infants, and children.

CAUTION

Should not be used if there are tumorous growths

DESCRIPTION

Geranium essential oil is extracted by steam distillation from the leaves and stems of the geranium plant. First distilled in France, it is now produced in Reinion, an island in the Indian Ocean, and in Algeria, China, and Egypt. It has a wonderful, strong, heady aroma, and its oil is a yellowish-green or brown color. Geranium is much used in the perfume industry.



Pimenta racemosa. Pimenta acris

BAY 🖸

AROMATHERAPY USES

USED AS a massage oil, bay is an excellent general tonic, it is uplifting, replemshing the body's vital force, and aids depression.

When massaged into the hair, it assists growth and

helps develop strength

When used as an inhalation or in a vaporizer, bay acts as a strong pulmonary antiseptic and is good for the common cold, sinusitis, bronchitis, and pneumonia.

A few drops of bay in a bath acts as an excellent tonic

It combines well with other oils, such as

CAUTION

Do not use on babies, infants, and children. Avoid during pregnancy, but good burned in a room

DATA FIL

PROPERTIES

- Antidepressant
- Regulates

 the rhoumatic system
- Antiseptic
- Aids digestion



DISCRIPTION

The leaf is an exercise to dealer sharp leathery leaves produce shares at the patter It yellows begreen these can the space It goods with an do. We I India. Buy a most all a content of by term detallation and came in social from yellow to dark brown It was off a basely poop aroun mellow around It act at an anti-lope and add the days two and documents systems, and is an anti-optic.

Pimpinella anisum

ANISE or ANISEED @

AROMATHERAPY USES

AMISTED HELPS the digestive and respiratory systems. As a massage, aniseed oil can help muscular aches and pains, bronchitis, indigestion, and flatulence. It is used in orthodox medicine to disguise unpleasant tastes.

100D USES

A TEA made from anseed can be helpful in reducing gas in the stomach and bowel.

Anseed is useful in the treatment of bronchits and niucous coughs; it thins mucus secretions and aids their expulsion from the lungs and bronchial tubes.

Anisced is reputed to be helpful in cases of asthma and

External applications of aniseed oil may deter body lice.

CHILDREN

ANISI I D I I A can help infant colic and catarrh.



SEED

CAUTION

Aniseed oil can be used for very similar conditions, but because of its high concentration and possible toxcicity, only one drop should be used externally

DISCRIPTION

Ance is an undulliferous plant belonging to the packey family. The aromatic week, which have a taste similar to that of historic included for infinity and or metropropers, to make the alcoholodrude ancete, and for therapeaus purpose. An executal of certacted from the week.

BATA SIL

PROPERTIES

Arrue benefits the algest a lend exposed or a lend of the len

Special notes

- No safe dosage has been established for aniseed.
- When taking commercially prepared health products follow the manufacturers directions for use if ill effects occur, stop taking immediately
- Aniseed usually has no harmful effects when eater in small quantities as part of the sormal diet, or when taken medicinally for a short time, b.



Pinus Sylvestris

PINEDDO

HERBALISM USES

PINE BIIDS are still used in European herbal medicine for treating lung infections. The resin from pine trees can be crushed and added to teas for the same purpose. A useful ointment for stubborn skin diseases and for healing old wounds can be made by grinding the resin into an equal amount of honey.

FLOWER ESSENCE USES

PINE IS one of the remedies for those who suffer despondency or despair. It is a very specific remedy for those who blame themselves and are suffering from feelings of self-reproach. Even when successful they are never content with the results and always feel that they could have done better

AROMATHERAPY USES

PINE ESSENTIAL oil used in massage, in the bath, or as an inhalation is a powerful respiratory antiseptic, good for pneumonia, bronchitis, asthma, flu, coughs, and colds.

It clears mucus from the chest,

It is helpful for hay fever.

Massaged over the abdomen, pine can be used to treat urethritis, uterine congestion pyelitis, and complaints of the prostate gland.

As a douche, pine is used for NSU (nonspecific urethritis) and venereal infections.

Burned in a room, it clears the mind and is uplifting, and particularly good for general aches and pains.

Used as a footbath, it eases aching feet and acts as a deodorant.

Pine is a natural parasiticide against scabies and lice.

Burn in a room for respiratory ulments in babies.

MOMEOPATHIC USES

NETTIE RASH, itching all over.

Coughs = dry and tight. Ribs feel weak and thin as if they will collapse if touched.

Weak ankles, especially in children.

Rheumatism and gouty pains. Joints are stiff, hot, swollen, and tender

CAUTION

Do not overuse. Use at half measure while pregnant

DATA EU E

METHOD

The Boiling Method

(see page 33) Flowers bloom in the early summer. Male and female

flowers grow on the same tree Male flowers are more abundant forming small vellow clusters. Female flowers become cones and are found singly or in small groups at the tip of year-old growth Pick twigs about 6in (15cm.) long with male and female flowers. Pick when the male flowers are thick with nollen

LESSON

Appropriate response. responsibility

Pine people feel the need to control all aspects of their lives and have a script of what should happen. They burden themselves with duty and a personal

responsibility for the world. Pine helps us see beyond the script and understand that

"responsibility" is the ability to respond. If we respond honestly and freely there can be no blame

PROPERTIES

- Antisentio
- Anti-infectious
- Antifungal Antidiabetic
- Neurotonic
- · Decongestant of the lymphatic
- Parasiticido



5-10 drops mother tincture. three times a day, or 6c potency three times a day

CONTRAINDICATIONS

Heaveith care if thin is consitive

PINE NEEDLES

DESCRIPTION

The Scots pine is a tall, straight evergreen growing to a height of 100ft. (30m.), in nine woods and heathlands. The leaves, which grow in pairs in dense tufts, are 2in (5on.) long and very slender. They fall every two or three years. Pine essential oil is extracted by steam distillation from the needles and fresh young cones of the pine tree, which is grown undely throughout Europe, North America, and Russia. The oil is colorless or a pale number color and has an uplifting, fresh, balsamic aroma. Pine is one of the most extensively used essential oils particularly in perfumery, disinfectants, insecticides, and detergents.

Plantago major, Plantago lanceolata

PLANTAIN LEAF

HERBALISM USES

A COMPRESS or lotion is helpful for soothing and healing insect bites, allergic rashes of any kind, and infected eczenia

Use for cleaning bites and wounds, and for drawing stings and splinters.

Plantain promotes quick healing of spots, pimples, acne, and bruises.

It soothes neuralgic pains and shingles rash.

Use the cream or ointment for slow-to-heal cuts and bleeding hemorrhoids; use the tea or the functure for running nose from allergies, dust, smoke irritation, colds: dizziness and tiunitus associated with catarrh: irritable bowel; irritable bladder; and chronic cystitis.

Use with meadowsweet and varrow for bleeding stomach ulcers; use with varrow for heavy menstrual bleeding.

The tea is a cooling drink for persistent fevers and is a useful addition to any medicine given to "hot" people.

Use infusion as a mouthwash for sore and bleeding gums. PLANTAIN

© CHILDREN

PLANTAIN IS totally safe at any age. For infants with allergies, runny noses, and rashes, a simple treatment is to add two cups of strong plantain tea to their bath.

STEMS

PROPERTIES

- Soothing
- Astringent
- Healing an excellent wound herh

NOTES AND DOSAGES

- . The test is the hest method of administration. Use at double strength (two teaspoons per cup) for most nurnoses
 - · A guick way of making a compress for first aid when away from home is to chew two or three plantain leaves and hind them on to the cut or sting with a clean cloth (Chew vour own leaves.)

DESCRIPTION

of pathways and lawns.

are used in herbalism

 Plantain seeds are a gentle bulk laxative Collect them when fully ripe by picking the whole stem and hanging it over a sheet of paper. Take one teaspoon with a plass of water two or three times daily before moals

DATA FILE

- Psyllium seeds are a type of plantain seed and are easily available
- . Green plantains are a type of banana - not to be confused with the herb

CONTRAINDICATIONS

Always have internal bleeding medically assessed before treating yourself



Popostemon cablin

PATCHOULI

AROMATHERAPY USES

USED IN massage or in a bath, patchouli has a soothing influence on the nervous system.

It is excellent for depression, stress, anxiety, and nervous exhaustion.

Its mellow, warming aroma assists frigidity and is a known aphrodisiac. Massaged over the stomach it aids both constipation and diarrhea.

Used in a vaporizer, patchouli breaks down mucus produced by infections and helps to bring down a temperature.

It is good for conditions such as acne, eczema, allergies, hemorrhoids, sores, and minor burns.

As a footbath, it helps to clear fungal problems and athlete's foot.

Burned in a room, patchouli mellows the atmosphere. It combines well with other oils, such as rose, geranium, orange, cedarwood, and sandalwood.

It is good for stretch marks.

- Antidenressant Anti-inflammatory
- Antiseptic
- Aphrodisiac
- Fungicidal
- · Febrifuge reduces fever

DESCRIPTION

Patchouli essential oil is extracted by steam distillation using the leaves of the tall, bushy patchouli plant found in Asia, Europe, and the United States. The leaves are fermented before distillation.

Patchonli was a well-known "flower power" aroma in the 1960s, when it was used as a warm, relaxing incense. The oil is thick and varies from a dark buroundy red to a browny amber, it has a distinctive musky, warm, spicy aroma. Widely used in the perfume industry.

PATCHOULI

Not for babies or infants Avoid anything but vaporization while pregnant

Populus tremula

ASPEN (

FLOWER ESSENCE USES

ASPEN IS one of the remedies for those who have fear. Dr. Bach says that Aspen is for "vague unknown fear, for which there can be given no explanation, no reason." These are generalized. deep, and unknown fears, accompanied by an inexplicable sense, sometimes physical, of foreboding and doom. This fear can be so deep that the person may be too frightened to express it, or they may not acknowledge the sensation as fear but feel doom frozen somewhere inside. This shapeless fear is not open to argument or intellectual reassurance: it is met with faith and trust

> ASPEN LEAVES AND BARK

DESCRIPTION

Aspen is a slender medium-sized. decidnous tree with smooth, oravish hark and dark oreen leaves. The leaves trouble with the shabtest breeze

METHOD

The Boiling Method (see page 33) Gather male and female catkins. They appear on the same tree, just before the leaves appear in the early spring Pick twins about 6in (15cm.) long, which have male and female catkins and leaf buds. Pick enough twigs to fill a saucepan three-quarters full. Pick from several different

LESSON Courage to face the unknown

- Aspen helps face fear openly
- and proceed even when afraid Rock Rose one of the twelve healers, also deals with unknown fear and can be very supportive if taken with Aspen.

Prunus cerasifera

CHERRY PLUM 6

FLOWER ESSENCE USES

CHERRY PLUM one of the remedies for fear, is included in Rescue Remedy. Dr. Bach says this remedy is for "fear of the mind being overstrained, of reason giving way, of doing fearful and dreaded things, not wishes and known wrong, yet there comes the thought and impulse to do them." Cherry Plum is for desperation, the fear of losing control over the mind. Thoughts may be suicidal, compulsive, or destructive. This turmoil may happen during a period of great emotional or physical change.

FOOD USES

STEW THE fruit gently and serve with yogurt for a healthy dessert. Cherry plums contribute some vitamin A and C to the diet and are a good source of potassium, which is needed for a healthy fluid balance and the maintenance of cells and nervous tissue.

DATA FILE

METHOD The Boiling Method (see page 33)

The pure white flowers appear in the early spring before the leaves. Pick the flowering twigs which are about 6in. (15cm) long. Pick from as many bushes as possible

and from all parts of the tree.

LESSON Release, letting go

Cherry Plum makes it possible to release - to let go of the bottled energy of fear that is producing the turmoil. It teaches us to lose the fear of the fear so that there is space for the mind to move on - as in the case of a rock climber, frozen by fear to the rock face However frightening it may be, he must let go of the handhold to find another and continue the climb.

DESCRIPTION

The cherry plum is the small, edible fruit of a small, thorny, deciduous tree, 12=15ft. (3=4m.) high. The tree is usually grown for its spring blossom rather than as a food source.



LEAVES

Psychotria ipecacuanha

IPECACUANHA (Ip.)

THOMEOPATHIC USES

IPECACUANHA is useful for ailments that occur after bouts of irritability and anger.

It is also useful for nausea and vomiting, especially in cases where vomiting does not quell nauseous sensations.

Ipecacuanha root is also used in conventional expectorant cough remedies.



IPECACUANHA can be very useful, if the remedy picture fits, for children suffering from bronchitis characterized by coarse rattling cough and mucus in the chest which cannot be shifted by coughing.

DESCRIPTION

Ipecacinanha is a perennial plant native to Brazil. The roots are used for conventional and homeopathic purposes.

IPECACUANHA Root

DATA FIL

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

The person is haughty, finds things contemptible, irritable, angry, and morose

PHYSICAL SYMPTOMS

 The person has a clean tongue, lots of saliva and is thirstless
 Gastrointestinal tract: Stomach upset – constant nausea, not relieved by vomiting Diarrhea, with green stools, severe griping pains cause nausea

Lungs: Excessive mucus in airways with spasm, difficult to cough up phlegm. May have fits of retching and coughing at the same time – feels he is suffocating. Coughs until red or blue in the face – choking and gagging. Asthma, whooping cough, bronchits.

Women's complaints Morning sickness in pregnancy, with constant nausea unrelieved by vomiting, clean tongue, lots of saliva, thirstless, worse for thought of food Hemorrhages: From anywhere lungs, kidneys, stomach, bowel, uterus, nose Hemorrhage of bright red blood that flows out steadily and also gushes. Blood loss causes constant nausea with

DOSAGE

above symptoms

Generally use a 6c or 30c potency but for sudden hemorrhage use a 200c potency in water, take a teaspoonful every hour until blood-flow is stemmed Antidotes: Arnica, Ars. alb., Nux vom., Tabacum Complementary Remedies: Ant tart., Arnica

Pulsatilla pratesis var nigricans, windflower, field anemone, pasque flower

PULSATILLA (Puls.) 🗖 🖼

HERBALISM USES

IN HERBAL medicine pulsatilla, or anemone, is considered to be a relaxing nervine and analgesic. It may be added to mixtures for any pain of the sexual organs. It is helpful for tranquilizer withdrawals. Use 10–30 drops of the tincture three times daily or add a little to your herbal teas.

THOMEOPATHIC USES

PULSATILLA IS a remedy often indicated for catarrhal children if the symptoms fit.

Constitutional type: Fair complexion, light hair, slight build, easily flushed, shy, and sensitive, or more solid, deeper complexion, sluggish reaction.

CHILDREN

PUISATILIA BEST fits symptom pictures displayed by children and babies, but can also be used by adults.

DISCRIPTION

The field anemone is a wild flower that grows on the chalklands of Europe The whole plant is used to make remedies, but the

fresh leaves irritate the skin, so dry them before use.

PULSATILLA

DATA F

SYMPTOM PICTURE: MENTAL AND EMOTIONAL

- Mild and yielding disposition, wants to please, to be liked.
- Fear of the dark
- rear of the dark
 Changeable, can be stubborn.
- Children can be whiney and clinging. Need affection and compassion, like to be cosseted.

PHYSICAL SYMPTOMS

- Rheumatism with wandering, fleeting, shooting pains.
- For childhood diseases measles, mumps, chickenpox where the child is tearful, clingy Gastrointestinal tract: Slow digestion/indigestion worse for fatty foods. Stomachache or nausea from overeating Headache: Headache from rich food or excitement, one-sided throbbing pains in head. Eye on affected side has scalding tears. Better for firm pressure, worse
 - Eyes: Conjunctivitis with thick yellow discharge, eyes itch, burn. Especially in babies.

for evening.

Fever: High fever, chilly better uncovering, thirstless, worse in the evening. Heat and sweating may be one-sided. Coughs, colds, and catarrh:

Catarrh thick and yellow-green, worse in a stuffy room, child may be snuffly, prone to glue ear. Sore throat dry, scratchy, better for cold liquids but thirstless. Cough

dry at night, better sitting up

REMEDY PICTURE

- · Thirstless with a dry mouth
- Chilly but better for cold fresh air cold drinks.
- Dislikes and is worse for fatty, greasy foods, butter, pastries
- Better for slow movement, gentle walking in fresh air.
- Worse for getting wet
- One-sided symptoms, onesided sweat, one hand or foot hot, the other cold
- Bland yellow-green discharges

DOSAGES: 6C OR 30C Antidotes: Coffea Complementary Remedies: Belladonna, Silica

METHOD

(see page 32)

The Sun Method

The oak flowers in the spring

trees as possible. The male

They usually grow on the

1 Sin (4cm.) long Female

catkins are the most obvious.

previous year's growth, forming

loose drooping clusters about

flowers are found on the same

with the young leaves. Pick the

female catkins only from as many

Ouercus robur

OAKO

HERBALISM USES

IN HERBALISM oak bark, or galls, are considered to be a strong astringent. The decoction is used as a mouthwash for loose teeth and bleeding gums. Finely powdered bark is used as a shuff for nasal polyps. Oak leaf tea is used for low blood pressure and general weakness.

FLOWER ESSENCE USES

OAK is one of the remedies for those who suffer despondency or despair. Oak people are strong and brave fighters. They struggle through events and physical illnesses even when there is no hope, and blame themselves when there is no change. Their strength is inappro-



LESSON Elexibility

Strength is a virtue, but it is pointless pushing against an immovable object. More and more strength will not help and fighting becomes frustratingly exhausting Oak helps us surrender and accept there are many different ways of being. It helps us to have the true inner strength to go with the flow, or to pull back and face the unknown in other directions, to share responsibility and accept different/difficult answers. See also Gentian and Larch

DESCRIPTION

Oak is the archetypal decidnous tree, growing slowly into a tall, strong, and majestic being. It has a thick, straight, gray-brown trunk and many spreading branches The wood is strong and was used for ship-building, poles, and masts. It grows in woods, groves, hedgerows, and meadows,

Rehmannia glutinosa

REHMANNIA S

HERBALISM USES

A DECOCTION or tincture is useful for weakness and lack of energy with pallor, anemia, persistent low fever, constipation, palpitations, and dizziness.

The dried, cooked root is combined with Chinese angelica for weakness in women from overwork and after childbirth, especially with low back pain and scanty or irregular menstruation. Used as a decoction.

CAUTION

Do not exceed the stated dose. except under the guidance of a professional herbalist. Avoid in diarrhea

DESCRIPTION

Rehmannia is the root of the 'Chinese foxglove," cultivated in China for hundreds of years. It is also known as Di huang.

PROPERTIES

Tonic and upbuilding

NOTES AND DOSAGES

- Rehmannia is also called Di huang. It is available from specialist herb shops and Chinese
- herhalists
- Cooked rehmannia is called Shu di huano
- Dose one teaspoon tincture three times daily or 5-.7oz (15-20q.) of the root daily, by decoction.

CONTRAINDICATIONS

Prolonged use may upset delicate digestive systems, in which case it is often combined with a little bitter orange peel.



Rosa canina

WILD ROSE &

HERBALISM USES

THE FLOWER buds from Rosa canina, or dog rose, were used as a gentle astringent for children's diarrhea. The hips are an excellent source of vitamin C and their syrup is used in many cough medicines.

ELOWER ESSENCE USES

WHID ROSE is one of the remedies for those who are not sufficiently interested in present circumstances. Dr. Bach recommends Wild Rose for those who without apparently sufficient reason become resigned to all that happens. They glide through life passively, taking it as it is, without motivation or expectation. They are only half alive. Anathy is not the cause but the response to a disinterest in life. "What is the use?" They have given away their power and interest in life.

DESCRIPTION

The wild rose or dog rose is native to I:urope, where it is found in hedges and country lanes. It has simple, open, pink flowers. It grows as a bush or shrub with prickly leaves and thorny stem. The unld rose is used as a symbol for innocence and romance the world over

METHOD

The Boiling Method (see page 33) The wild or dog rose flowers throughout the summer Pick including the open pink flower and leaves. Pick from as many

about 6in. (15cm.) of stem. plants as possible. Pick from all parts of the plant, the center and rambling edges

LESSON

Interest and action Life is full or color and inv. Wild Rose

helps us to interact with all aspects of life and make an impact by creating our own unique and dynamic reality See also Gorse



Rosa centifolia. French rose. Maroc rose

CABBAGE ROSE 2

AROMATHERAPY USES

KNOWN As the Queen of Flowers the rose undoubtedly produces the most feminine essential oil. It is excellent in treating PMS and menopausal problems; when massaged over the stomach area it assists heavy periods, miscarriage, infertility, and frigidity. Used by men, it can also increase the sperm count.

It can also help in anorexia and ME, works on the digestive system and is good for gastric ulcers.

Dabbed on absorbent cotton, it can help earache.

Burned in the room, it has an uplifting, relaxing effect, and used in a vaporizer its rejuvenating qualities assist various skin conditions.

Rose combines well with other oils such as bergamot, geranium, jasmine, patchouli, and sandalwood.

CHILDREN

ROSE IS safe to use on babies, infants, and children; used in a massage or the bath, it is a natural relaxant for strong emotions and promotes inner well-being. It helps with hyperactivity, insomnia, skin problems, constipation, and also with stomach upsets.

PROPERTIES

- Antihacterial
- Antidepressant
- Anti-inflammatory Anhrodisiac
- · Reinforces immune system
- Relieves varicose veins
- · Relieves menstrual symptoms
- Supports reproductive system

CONTRAINDICATIONS

CABBAGE ROSE

DESCRIPTION

Rose essential oil is extracted from the flowers of the rose bush by means of volatile solvents. Originally found in Cluva and Russia, the rose is now extensively cultivated in Morocco and France. The color of the oil ranges from pale yellow to brownish Rosa damascena, Damask rose

BULGARIAN ROSE 🛛 🖼

AROMATHERAPY USES

THE BULGARIAN rose has the same properties as the Cabbage Rose (see page 165).

The oil is distilled from the fresh petals. It is good for dry and mature complexions, wrinkles, broken capillaries, and herpes; poor circulation; asthma and hay fever; nausea; menstrual problems; depression, insomnia, nerviness, and stress.

CHILDREN

IT IS safe to use for babies, infants, and children.

FOOD USES

ROSE WATER is used in cooking; rose petals make a delicate preserve.



BULGARIAN

DATA FILE

- PROPERTIES
- Antidenressant
- Antidepressani
 Antispasmodic
- Laxative
- Regulates appetite
- Sedative
- Tone

CONTRAINDICATIONS

None

DESCRIPTION

The Bulgarian rose grows on a small shrib between 3-6ft (1-2m.) high. The fragrant flowers are pink.

Rosmarinus officinalis

ROSEMARY 🔊 🖻

HERBALISM USES

USE AS a tea or tincture for depression and headaches associated with gastric upsets. Use with chamomile for stress and tension headaches.

It is helpful for circulation, taken on a regular basis.

Rosemary is a useful addition to any herbal medicine for conditions associated with cold and poor circulation.

Use it with devil's claw or willow bark for theumatism and arthritis that is worse in the cold weather or when the pains move around from joint to joint; with sage for exhaustion with feelings of cold; with horsetail and skullcap for hair loss due to stress and worry.

Rosemary is good for poor digestion, gallbladder inflammation, gallstones, and feelings of liverishness.

As a gargle, it relieves sore throats; it is a useful substitute for sage during pregnancy.

Use the infused oil for massage for cold limbs and aches and pains.

Roseniary vinegar keeps hair in good condition and reduces dandruff. Use four teaspoons in the final rinsing water when you wash your hair.

CHILDREN

ADD A pint or two of rosemary tea to the bath for children who always "feel the cold."

FOOD USES

USE ROSEMARY as a flavoring for meat and vegetables, especially lamb and/or roasted potatoes.

Add sprigs of rosemary to vinegars and olive oil and use in dressings and marinades.

It may help in the treatment of digestive problems, but in the forms noted above, and in such small quantities, it is of relatively minor use as a medicine.

DATA FILE

O PI

Lifts the snirits

- Improves circulation
- Carminative
- Gentle bitter tonic

NOTES AND DOSAGES

- Can be used freely.
- Rosemary is used in many cosmetic preparations.
- Rosemary works best on "cold" headaches. If your head feels hot during a headache then layender will work better.

CONTRAINDICATIONS

Generally safe but should not be used in internal medicinal doses by pregnant women. Do not swallow when gargling.

CAUTION

Avoid in migraines when there is a feeling of heat in the head

DESCRIPTION

Rosemary, the popular cooking herb, is an attractive bush with pretty blue or pink flowers in the spring.



Rubus idaeus

RASPBERRY D

HERBALISM USES

TAKE LEA, tablets, or tincture of raspberry leaves three times daily for the last three months of pregnancy to strengthen and relax the womb and promote an easy birth. Add an equal amount of motherwort for the last three weeks.

Drink chamomile and raspberry leaf tea during labor and continue for three or four weeks afterward to retone the womb quickly and to help nulk flow.

Use a strong tea as a mouthwash for sore mouths, sore throats, weak gums, and mouth ulcers.

Drink the tea with motherwort for period pains with heavy bleeding.

Use it with marshmallow and agrimony for diverticulitis.

CHILDREN

TEA FOR diarrhea and as a mouthwash for oral thrush. For infants put raspberry leaf tea in a sterilized spray bottle and spray directly into the mouth three or four times daily.

FOOD USES

RASPBERRIES ARE one of the summer fruits that are best eaten raw in order to benefit from the vitamins and other nutrients they contain.



Rumex crispus

YELLOW DOCK DE

HERBALISM USES

A DECOCTION or tincture is an effective but gentle laxative; it is especially useful for chronic constipation since it does not induce dependency.

Use yellow dock as a bitter tonic for liver congestion with poor fat digestion, feelings of heaviness after eating, and mild raundice; for stomach acidity; with chamomile and marshmallow for irritable bowel with constitution.

It can also help in cases of food poisoning and intestinal infections, to clear the source of irritation from the digestive system.

Yellow dock is also useful for chronic skin diseases. especially with hot, dry skin, and nonspecific itchiness. Try it with marigold or echinacea for boils; with burdock for psoriasis and intractable eczema; and with nettles for urticaria (nettle rash).

Use as a mouthwash for infectious and sore throats.

CHILDREN OVER 18 MONTHS

SAFE TAXATIVE. Add to teas for eczema if the child is hot.

O HOMEOPATHIC USES

FOR DRY, spasmodic, hacking coughs with rawness and dull aching in chest. Coughs are worse at night.

For pustular skin eruptions, impetigo, and acne that burns and itches, and for nettle rash.

DATA FILE

PROPERTIES

- Astringent
- Anti-inflammatory
- Antispasmodic especially. applicable to the womb

NOTES AND DOSAGES

- One teaspoon of cut leaves to a cup of water for tea or one teaspoon of fincture
- For tablets follow the dose on
- If you pick your own leaves be sure that they have not been sprayed
- To prepare for birth the herb needs to be taken for at least two months. This is an old gynsy

remedy that has been validated. by modern research. Some women drink raspberry leaf tea throughout their pregnancies but since the last two or three months are the most important

it is best to wait. · Raspberry vinegar is made by steeping the fruit in cider vinegar off. It makes an excellent mouthwash or gargle for weak gums and sore throats. Dilute with four parts of water to use



RASPRERRY LEAVES

CAUTION

Avoid large doses of raspberry leaves in the first four months of pregnancy

DESCRIPTION

The leaves from the raspberry bush outhered from the wild or from gardens are used in herbalism

DOCK

DESCRIPTION

Yellow dock is a common wild

CAUTION

Avoid in chronic diarrhea

DATA FILE

PROPERTIES

- Astringent
- Laxative
- Pittor tonic
- Alterative

NOTES AND COSAGES

Make the decortion using Soz (12g) to 1pt (500ml) water

- · For constipation take one cup of decoction or two teaspoons of fincture daily More might be needed for short periods. Half this dose for and for constipation in pregnancy. The best laxative for infants is syrup made from dry figs
- Traditionally used in

DOSAGE: 6c potency three times a day

CONTRAINDICATIONS

Always consider your diet in

State of Sta

RUTA GRAVEOLENS (Ruta grav.) SS

S HICHMUS USES

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Salix alba 'Vitellina' golden willow, vellow willow

WILLOW

THOWER ESSENCE USES

Will ow is one of the remedies for those who suffer despondency and despair. It is useful for people who find the mustices of life hard to accept; those who have become embittered and complain with resentment. Life has become a personal trial to endure, without hope or happiness. They blame the world when things go wrong, "It's not fair," they say, like the tantrum of a two-year-old child. With this rigid outlook they do not see that they are creating their own oppression.



CALINEN WILLOW

DISCRIPTION

DATA FILE

The Roiling Method

the spring with the new leaf growth Pick about 6

LESSON

Mature and natural balance focusing on different elements

Salvia officinalis

SAGE





HERBALISM USES

USE A strong tea or fincture as a gargle and mouthwash for sore throats, laryngitis, tonsillitis, mouth ulcers, and inflamed and tender gums. Sage is often included in herbal toothpastes. Add a few drops of myrrh essential oil for a stronger action.

The tea or fincture is useful for indigestion, wind, loss of appetite, and milcus on the stomach.

Use for depression and nervous exhaustion, postviral fatigue, general debility.

Sage strengthens lungs made weak by infection and allergy.

Take a cold fincture or the tea for excessive sweating and night sweats. Sage is valuable in containing night sweats in serious infections including HIV.

Use with motherwort for menopausal hot flushes and to prevent period pains; use with fennel and marshmallow for premenstrual painful breasts

Cold sage tea taken every few hours will usually dry up breast milk

Use it with gingko for weakness, confusion, and poor memory in the elderly.

Use the tea as a rinse to delay graying of hair.



USE SAGE to flavor pork, liver, and stuffings for poultry. It may help in the treatment of indigestion.

CAUTION

Do not take as a medicine in pregnancy or when breast-feeding Avoid in epilepsy

DESCRIPTION

DATA FILE

- Astringent Stimulant
- Antisontic Carminative
- A bitter tonic especially

NOTES AND DOSAGES

- · Standard tea, three commaintains health in o winge
- · For mouthwashes and hair rinses allow a 15 minute
- . Do not take fennel or sage



CONTRAINDICATIONS



Salvia sclarea

CLARY SAGE DO

AROMATHERAPY USES

WHEN USED as a massage oil, clarv sage acts very quickly on the nervous system

It is a renowned antidepressant and is excellent for postnatal depression, menopause, and period pains.

When massaged over the legs it helps varicose veins.

If massaged over the lower back while in childbirth, it eases labor pains.

Clary sage is also a known aphrodisiac and is useful in the treatment of impotence and frigidity.

Burned in a room, it provides a calm atmosphere; used in a bath, it calms the nervous system.

Clary sage combines well with other oils, such as jasmine, geramum, and lavender.

FOOD USES

ADD THE flowers to salads and use the leaves in fritters to stimulate the appetite.

DESCRIPTION

Clary sage essential oil is extracted by steam distillation from the flowering tops and oreen leaves of the tall, noble herb plant. It can be found and is grown extensively in Russia and is also produced in Morocco and the south of France. In Germany it is known as muscatel save and is combined with elderflowers to make inustatel wine. The extracted essential oil is colorless, pale vellow, or pale oreen and has a strong, gentle herby smell.

CAUTION

Do not use on babies, infants, or children Do not use on young menstruating

adolescents Do not use with breast problems ie mastitis Avoid during pregnancy

DROPERTIES

- Antidenressant
- Relieves stress and nervous
- Soothes painful periods
- Antibactorial
- Relieves muscular spasm

CONTRAINCICATIONS

- When used therapeutically. clary sage can have adverse effects, particularly for women taking oral contraceptives or HRT, and those with high blood prossure
- Medicinal doses should not be taken before driving
- Clary sage is a powerful oil. and should not be used on a continuous basis
- · Generally safe, but as a precautionary measure do not eat clary sage during pregnancy

CLARY SAGE FLOWER AND LEAVES

Sambucus nigra

ELDER FLOWERS (

HERBALISM USES

THE TEA or tincture is helpful for sinusitis, colds, running nose, hav fever, and flu.

An excellent traditional remedy for colds and flu is a tea made of equal parts of elderflowers, yarrow, and peppermint, taken hot, one cup every two hours. Inhale the steam deeply as you drink it. To prevent hav fever take three cups a day, starting two months before your regular season begins.

Use a lotion or compress for sore and runny eyes and sunburn. Use a lotion or cream for skin blemishes and greasy skins.

CHILDREN

GIVE ELDERFLOWER tea freely to break fevers. Sweeten with honey if your child likes sweet things

Use it as a lotion to soothe the rashes that come with fevers.

For colds and runny noses in infants, add three or four cups to their baths.

- Drying and restorative for nose lining, eyes, and sinuses
- Induces sweating
- Director
- · Soothes and tones greasy and

NOTES AND DOSAGES

- Take freely for colds and fevers.
- · Elderflowers are found in many cosmetic preparations.

Elderflower water was a favorite astringent skin soother of our grandmothers' days. It is still available

· The fresh flowers may be eaten to relieve hay fever. They also make delicious fritters and

> pancakes and may be used to flavor salads, water ices, and jam Elderflowers and

gooseberries make an especially tasty combination

- · Elderflower cordial is a popular hot weather drink with children. It is made in the same way as the syrup (see page 19) and then diluted with cold, fizzy water to
- · Elderleaf ointment works well on painful hemorrhoids.
- · Elderberry wine is a traditional drink for neuralgia and sciatica.

CONTRAINDICATIONS

Elderflower products may be too drying for some people

DESCRIPTION

The small elder tree grows abundantly on wasteland and is easy to identify. Its froth of creamy white flowers in the summer and clusters of small, deep purple berries in the fall are both used in herbal remedies



Santalum album

SANDALWOOD

AROMATHERAPY USES

WHEN BURNED in a room, sandalwood is a natural mind, body, spirit balancer; use in meditation.

It aids emotional and physical problems.

In massage or in a bath, it calms the nervous system.

A good oil for men - it helps treat impotence and works as a relaxant and aphrodisiac.

Massaged over the stomach area, it has an antiseptic effect on the gallbladder, helps diarrhea and dysentery, and acts on the urinary tract treating general venereal problems, NSU (non-specific urethritis) leucorrhea, and gonorrhea. As a douche, sandalwood is used to treat exstitis.

It helps fluid retention and varicose veins.

Used in a vaporizer or in massage, sandalwood helps bronchitis, mucus congestion, bronchitis, larvingitis, and respiratory problems.

It acts as an astringent for eczema, sores, and dry skin

Sandalwood combines well with other oils, such as benzom, cypress, jasmine, ylang ylang, vetivert, and palmarosa.

CHILDREN

USED AT a very weak strength, Sandalwood soothes diaper rash.

- PROPERTIES Antisentic
- Docongostant
- Anti-inflammatory
- Calming and soothing
- Meditative
 - · Assists lymphatic system

- . If your kidnow horomo irritated, or if you have suffered from kidney complaints in the
- past, use at half dosage

CONTRAINDICATIONS

· Avoid using sandalwood in massage while pregnant (although it is perfectly safe in a



DESCRIPTION

the tree Sandalwood, a small tree. originated in India and has been and functary ritual and for furniture

The Climese also used sandalwood for its niedicinal analities. The oil is a vellow or dark yellowy-brown color and exides a thick, subtle, mellow woody aroma.

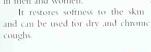
Schisandra chinensis

SCHISANDRA 🔊

HERBALISM USES

A DECOCTION or functure is helpful for weakness with nervous exhaustion and sleeplessness exhaustion from prolonged hard work.

It is also helpful in restoring lost sex-drive in men and women.



TREE AND BARK

PROPERTIES

- Astringent
- Nourishing Soothing
- Expectorant

NOTES AND DOSAGES

- · Schisandra is called wu wei 21 by Chinese herbalists and is available from specialist herb
- Dosage: tincture one teaspoon three times daily, dried berries - 3oz (10a) daily by decoction

SCHISANDRA



SCHLISANDR A

DISCRIPTION

The red berries of this ornamental ac-

Schoenacaulon officinate. Cevadilla

SABADILLA (Sabad.)

HOMEOPATHIC USES

SABADILLA IS usually recommended for hay fever and colds with a lot of spasmodic speezing and mucus production. The person is usually chilly with chills starting from below and moving upward, and very cold hands and feet. Thinking brings on a headache.

(C) CHILDREN

SABADILIA MAY be indicated for worm infestation. tonsillitis, and diarrhea with constant cutting pains.



Scleranthus annuus

SCLERANTHUS

FLOWER ESSENCE USES

SCLERANTHUS, ONE of the twelve healers, relates to indecision. and steadfastness. It is one of the remedies for those who suffer uncertainty, are unable to decide, and suffer much from hesitation and procrastination. First they think one thing and then another. They may want several things at once, swinging between emotional and intellectual argument. They become easily confused and cannot make up their minds or themselves steadfastly.

Scleranthus people are usually quiet and are not inclined to discuss their options with others.

DATA FILE

SYMPTOM PICTURE: SYMPTOMS

Nervous, timid, hypochondriac; women may believe they are pregnant

PHYSICAL SYMPTOMS

- · Frequent bouts of sneezing with irritation in the nose: it itches and tickles
- · Runny nose, worse for smelling flowers
- Eves watery and red worse for sneezing coughing walking
- Sneezing may cause a frontal headache

REMEDY PICTURE

- Acute sense of small
- Face may be hot and red. lips. burn, mouth itches. Left-sided sore throat
- Worse for cold air cold drinks
- · Better for heat, warm food and drink, swallowing.

DOSAGE: 60 Antidoto: Pulcatilla Complementary Remedy: Senia

DESCRIPTION Sabadilla is a member of the lily

family and is native to Mexico. Guatemala and Uenczuela. The seeds are used to make the remedy. They have long been known as an efficient vermifuge

DESCRIPTION

Sclerantlius is a small, bushy, spreading plant growing 4in. (10cm.) high on sandy soils and in fields. It has short, thin stems that divide and divide, branching into a tangled mass. Sclerauthus flowers are green, have no petals, and grow at the forks and end of the stem.

DATA FILE

METHOD The Sun Method

(see page 32) Gather the flowering stems from as many plants as possible. Cover the water surface thickly

Stability and balance

Before we can act decisively, an argument must feel right on all levels. It must feel correct "inside," to the guts, heart, and mind Scleranthus helps us find the stability to listen to our inner selves and integrate the emotional and intellectual extremes into a balanced and sustained action



172

SKULLCAP D

HERBALISM USES

A TEA or functure is useful for anxiety, tension headaches, premenstrual tension, examination nerves, and postexamination depression.

Use skullcap with valerian or chamonule and linden flowers for insomnia and disturbed sleep and for tranquilizer withdrawal; use it with veryain for workaholics. The mixture is relaxing without sedation; use it with wild oats, valerian and sage to support anxious people with stressful 10bs.

Skullcap is a supportive treatment in epilepsy and for people on major tranquilizers. It reduces anxiety without interfering with their medication.



DATA FILE

- Antisnasmodic

NOTES AND DOSAGES

- Chandard docor Iron pages 19 20)
- There are many relaxing. tablets available containing skullcan and other herbs.

DESCRIPTION

Herbalists we American skulkan which is easily grown in gardens, or European skullcap, which grows wild

Sepia officinalis, cuttlefish

SEPIA (Sep.) 🗉

HOMEOPATHIC USES

SEPIA IS often perceived as being a remedy needed predominantly by women but can also be required by men and children. It has a positive effect on the liver and blood flow and female hormones.

Constitutional type: Tall, slender women. Chilly, cannot get warm yet sweat easily at the slightest exertion. Darkhaired, pale or sallow complexion with yellow or brown saddle across the nose and moth marks on the forehead. dark shadows under the eyes. They are soft featured rather than hard and angular with a doughy face and dull expres-

> sion. Weak, lax muscles, pot-bellied, droopy, prone to prolapse of the uterus. Catch cold easily



DESCRIPTION

Sepia ink, from the ink sac of the cuttlefish, is the source for the Sepia remedy.

S SYMPTOM PICTURE: MENTAL AND

EMOTIONAL SYMPTOMS

- . Worn out from life's hard grind
- Joyless Life is a drudge Indifferent to loved ones
- Very sensitive to noise, music. odors. Longs to be carefree

PHYSICAL SYMPTOMS

Headache: Surging, darting, tearing, throbbing pains. Feet icycold with headache. Very hungry vet averse to food, better for

Cough: Short, dry, hacking cough Chest feels hollow or tight and sore. Tastes rotten eggs in mouth Profuse yellow phleam Worse for lying down

Backache: Backache in small of back toy coldness between shoulder blades Back is weak and stiff, aching with dragging pains. Better for firm pressure, walking Worse for sitting, bending, around

Skin: Itches generally, weepy and crusty in bends of joints - elbows, behind knees. Herpes - especially around the mouth Brown warts. Hair loss from depression

Gastrointestinal tract. Nausea from sight or smell of food, worse in the morning, better for eating Morning sickness Gnawing Urinary tract: Incontinence of urine Worse for running, laughing, coughing, sneezing

Bedwetting in children within the first hour or two of being asleen Women's complaints: Heavy weak, congested uterus with bearing-down pains, tendency to prolapse Painful periods - may be late with light flow or early and heavy Menopausal hot flushes as if drenched with hot water, red face, thirstless Dryness of vagina and vulva with pain on waking

REMEDY PICTURE

- · Cold with cold hands and hot feet or vice versa
- Left-sided complaints
- Yellow discharges sour smelly. irritating
- · Sensations of lumps or balls either stuck or moving in the abdomen and pelvis
- Dragging sensations
- · Sweat sour, cold, or hot, profuse, from pain or exertion
- · Worse in the early morning and evening, damp, cold, cold air, mundane chores in a damp atmosphere
- Better for sleep, eating, brisk walking, rapid movement Dry weather, warmth, pressure
- Desires vinegar, wine, sweets
- · Dislikes and is worse for bread, milk, fatty foods, acid, and meat

DOSAGES: 60 OR 300 Antidotes: Sulfur Complementary Remedies: Nux vom , Natrum mur , Sabadilla



Serenoa repens

SAW PALMETTO BERRIES

HERBALISM USES

A IDECOCTION, tincture, or tablets are helpful for prostate enlargement, cystitis, and inflammation of the nrinary tract.

Use with horseful for urinary incontinence and eystitis due to prostate problems.

Use with damiana for weakness and impotence. It helps restore weight after severe illness.

CHILDREN

USE WITH marshmallow for failure to thrive, 10 to in pure fruit mice.



SAW PALMETTO

PROPERTIES

- Strengthening tonic Urinary antiseptic
- Altoratoro
- Stimulates sex hormones

NOTES AND DOSAGES

Decoction: Half a teaspoon of the crushed berries to one cup of water Adult dose one or

Tincture: 20 to 40 drops in water three times daily

- Modern research in Germany has demonstrated that the tablets are useful in prostate enlargement
- Traditionally used for fattening animals.

CONTRAINDICATIONS

Always have suspected prostate enlargement medically assessed

Silybum marianum

MILK THISTLE SEED D

DESCRIPTION greum in the West Indies and southern

HERBALISM USES

USE A decoction or powdered seeds for liverishness and liver disease, poor fat tolerance, pale stools, and to protect the liver when taking strong drugs and medicines. It can treat high blood pressure with liverish symptoms.

It is useful for depression following hepatitis. gallbladder stones, inflammation, Candida infection, and

As the name implies, it promotes the flow of milk in breast-feeding mothers and can be safely drunk as a tea throughout the nursing period.



DESCRIPTION

PROPERTIES

- Strengthens and clears the liver
- · Promotes m · flow in nursing

NOTES AND DOSAGES

- · Standard decoction, half a cup three times daily for at least six
- Tablets are also alla able =
- · Recent research indicates it

CONTRAINDICATIONS

- · Uver disease should be treated by a professional
- . Milk thistle can be used as a supportive medicine - it will only help, but do te your practitioner

Sinapsis arvensis, Sinapsis alba and Brassica nigra

MUSTARD .

FLOWER ESSENCE USES

MUSTARD IS one of the remedies for those not sufficiently interested in present circumstances. A dark cloud of gloom or deep depression comes from nowhere and blocks out the sun with heavy feelings of melancholy and sadness. There may be no reason for the feeling, and it may lift just as suddenly as it arrived. Under the "dark cloud," it is hard for the sufferer to muster any feeling of happiness or hope.

EOOD USES

MUSTARD PLASTERS and poultices are very effective treatments for chest infections.

Mustard oil is beneficial in relieving pain in arthritic joints, and chilblains, and can help in the treatment of skin eruptions.

A mustard footbath (one teaspoon of mustard powder added to a bowl of hot water) is a traditional remedy for colds and headaches

Mustard powder mixed with water makes a powerful emetic when taken in large doses.

Mustard can be used as an expectorant.



DESCRIPTION

Mustard is a common annual of fields and waysides, growing 1-2 ft. (30-60cm) high Wild mustard greens are eaten like spinach or put in salads for their slightly peppery taste. Both black (Brassica migra) and white mustard (Smapsis alba) are used in cooking and medicines The leaves, flowers, seeds, and oils of black mustard are used, but only the seeds of white mustard. A third type, brown mustard (B. juncea) also known as Indian or Chinese mustard, has only culmary applications



MUSTARD FLOWERS

DATA FILE

METHOD

The Boiling Method (see page 33)

(Synapse arvensis)

Mustard flowers throughout the late spring and early summer. Pick bright open flowers and the whole flowerhead above any faded flowers and seed pods. Pick from a wide area and from as many plants as possible

LESSON

Hope

All clouds pass. Mustard lightens our mood and gives us faith to keep on going. Although these attacks seem to come from nowhere, they are not independent. The mood comes to fill a vacant space, a vacuum of the spirit. This may be very deep and subconscious and other remedies may be needed to support the core of the person

PROPERTIES

Black mustard and white mustard are warming herbs that stimulate the circulatory and digestive systems. White mustard relieves pain and is a diuretic and an antihiotic

SPECIAL NOTES

- · The seeds of white mustard should not be handled or used by anyone but a qualified practitioner
- . The seeds and oil of black mustard may cause blistering of the skin in sensitive people after prolonged contact

CONTRAINDICATIONS

irritant when in contact with the skin and mucous membrane

Struckup, fenantic, Jevatra amura, St. Ignatius Sean

IGNATIA (Ign.) 3

THOMEOPATHIC USES

JUNATIA Of melial for acute allments from grief and

If it is a reful in eating disorders, especially where the ulterer x_i are cold, x_i , unappetizing foods.

NAME OF TAXABLE PARTY AND ADDRESS OF TAXABLE PARTY.



DESCRIPTION

mater nade tem e i
ma e atte na e

DATA RILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

- Ser Tygrieving Skill from Jeall Channels and she she are an alternative from the lock of the lock
- sudden ourning veeping
- Feel Fresser
- Inscription and memory property of the property of the month of the property of the prope

PHISICAL STMPTOMS

Headache Floor grief head feels empty viet learly. 2 and 5 flands are porting au through the lide. Congestive, thropping, floorse for stooping, to accomplishe destret for firm preciure. Blooming in early relieved by

Gastrointestinal tract: Hulliger by releved by earling in Caus and before after earling and drilling and Causs Colling and drilling Causs Colling parts that shoot indicates and important act releved by swallowing.

Fever Time on you the Red are with the winds to be overed

Convulsions or fits: After fright especially in the first especially in the first especial especial fright especial espe

REMEDY PICTURE

- Equer aw ng, agning and will go use a lit. fee topacro and aircon.
- , wo en in amed issues that are at 1, when it deling routhed and are petter for time pressure, ying in the part 1, aide.

DOSAGES: 60 OR 300.

Take gratial the morning possible ill may build some a factor at ign.

Antidotes: 41 or 30 or 30.

Amornia Pusat a Complementary Remedy: 14 rum Vur.

Struckness nussessment, possess nut tree

NUX VOMICA (Nux vom.) @

THOMEOPATHIC USES

Now you loss is often needed by business and women who work hard and desire simulating foods, e.g. spices, coffee, and alcohol, from the connections required by children their the comprosite fire a good "langever" and the supposite fire a good "langever".



RATA FILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

... svern* Lilated deople ...rse university and Irra uple Taun numliq, tee unie un, and Lilate

Coughs and coids. Use or ed or ed

Gastrointestinal tract: kei voilei, striee, ar on il soacci il soa

REMED! PICTURE

Venich with a serior of things, traits in a serior dy wearer in 3erer in roam ler e peed up in serior a serior de a multi-petrop in terror performance.

ODSAGES, 6 ... R 30c
Antidotes of b an mile,
... I ... I ... an mile,
... I ... I ... an mile,
... I ... I ... an mile,
... I ... an mile,
... an mi

Symphytum officinale, knit-bone

COMFREY or SYMPHYTUM (Symph.) 🔊 🖼

HERBALISM USES

COMFREY 1s the pre-emment herb for rapid healing of cuts, wounds, sprams, bruises, and broken bones. It can be taken as a tea or functure and used as a poultice, cream, omturent, or lotion.

Make sure deep wounds are well cleaned, using marigold tea for example, before applying the comfrey. It works best on new and old bruises.

Comfrey is also a good cream for cracked, dry skin.

Use with chamomile and meadowsweet for gastritis and stomach ulcers.

Add a few drops of a warming essential oil, such as black pepper, to the infused oil to make a good limment for arthritis, bumons, and aches and pains arising from old injuries.

Add a few drops of a soothing, antiseptic essential oil, such as lavender, to comfrey cream for use on slow-to-heal

Use as a syrup for long-standing dry coughs.

wounds and bed sores.

Comfrey is such a powerful, rapid healer that care must be taken when using it on deep cuts. It may promote the formation of tissue over an unhealed wound sealing in infection and causing abscesses.

HOMEOPATHIC USES

As a homeopathic remedy, Symphytum is used for injuries to the bones and eveballs.



CAUTION

Do not use internally in pregnancy or for infants



DESCRIPTION

Comprey is a common wild plant with large, bristly leaves, and clusters of purple, bell-shaped flowers. The flowers and ton leaves are used in herbalism.

DATA FIL

PROPERTIES

- Promotes rapid healing
- Mucilaginous

NOTES AND DOSAGES

- Comfrey root is often used a reams and ointments but it should not be used internally except with professional quidance.
- Comfrey has been shown to cause liver disease in laboratory rats. There is a lot of dispute about the relevance of these findings to human use. In Britain, the Ministry of Agriculture, Fisheries and Food has determined that Comfrey leaf tee is quite safe for everyday lise by.

SYMPTOM PICTURE:

symphytum is crimaria a first-air

and so there is no extensive remedy picture

PHYSICAL SYMPTOMS

Fractures: It eases the pain severe aching or pricking paill and encourages the bones to heal, can be gillen for old injurie. (broken bones and sprains) when they remain painful and weak Eyeball: Sore and bruised after a direct blow to the eyeball. Give Arnica first to deal with the shock and bruising, follow with Symphytum to allay pain and encourage healing.

DOSAGES: 60 Antidotes, None

Complementary Remedies:
Arn a, a phys., a from Ruta

Syzygium aromaticum

CLOVE 6

AROMATHERAPY USES

CLOVE, WHEN used as a massage oil, is excellent for rheumatism, arthritis, sprains, and stains.

Massaged over the stomach, it aids dyspepsia, flatulence, and stomach problems. Massaged over lower back during childbirth, it eases labor pains.

Dotted on absorbent cotton, it acts very effectively on abscesses and toothache.

As an antiseptic oil, it will help heal and prevent infection in wounds and ulcers.

Clove is often used in the treatment of scables and has been known to be used in treating cancer.

Used in a vaporizer or burned in a room, it enhances concentration and acts as an approdisiac.

Clove also acts as an effective insect repellent and has action against intestinal parasitic conditions.

It combines well with other antiseptic oils, such as lavender, thyme, and bergamot.

FOOD USES

CLOVE 18 a warming, aromatic herb much used to flavor savory and sweet dishes, Clove tea is a warming, stimulating drink that causes sweating. It is useful for fevers, vomiting, and nausea.

DESCRIPTION

The clove tree is a small evergreen related to the myrtle, with pale gray leaves and a smooth bark It is found in Sri Lanka, Madagassar, Reumon, and Malaysia. Cloves, the unexpanded dried flower biids, and their oil are used therapentically. Clove essential oil is water-distilled from the clove biids and is a pale yellowy color. It has a strong, pungent, spacy aroma.

CAUTION

Do not use the oil on babies, infants, and small children. Avoid cloves and clove oil during pregnancy; cloves can cause uterine contractions

DATA FILE

PROPERTIES

- Stimulant
- Antispasmodic
- Antineuralgic
- Antiseptic
- Antiseptic
 Anticancer
- Vermifuge (infestations)

CONTRAINDICATIONS

Dilute clove oil well because it can irritate the skin.



Tamus communis, black bryony root and berries

LEAF AND

TREE

TAMUS

THOMEOPATHIC USES

TAMUS IS a poisonous plant that is no longer used as a medicinal herb internally. It is very effective when used as an ointment externally to soothe unbroken chilblains.



DATA FILE

DOSAGE

Apply the ointment twice a day to clean, washed and dried feet – or as directed on the label

DESCRIPTION

Black bryony, a half-hardy shrub, is very poisonous and should not be touched Tanacetum parthenium

FEVERFEW ©

HERBALISM USES

THE FRESH plant tincture or fresh leaves are eaten for migraine and severe headaches. Combine with skullcap for persistent headaches and with valerian for migraine linked with anxiety and tension.

Feverfew is also useful for period pains, vertigo, and arthritis.

The compress relieves painful, swollen, and hot joints.

CAUTION

Do not take during pregnancy. Do not take if you are using drugs to thin the blood, such as warfarin



DATA FILE

PROPERTIES

- Anti-inflammatory
- Antispasmodic
- Bitter
- Antithrombotic
- Emmenagogue

NOTES AND DOSAGES

The various tablets and pilliavailable are often useless.

The best preparation is the tincture made from the freshiplant.

Plant

Dose: one teaspoon in a little water at the first signs of a migraine, repeat in two hours if necessary

 For repeated attacks and as a treatment for arthritis and other chronic complaints, take one teaspoon every

In combination: Add an equal part of a tincture of the other herb and take three teaspoons of the combination daily.

 If you have a plant, take two or three medium-sized leaves. To keep the plant growing cut the flowers off as they form.

CONTRAINDICATIONS

The fresh leaves are acrid and can cause mouth ulcers. To prevent this wrap them in a small piece of bread.

DESCRIPTION

Feverfew is easily grown in gardens and often found self-sown. Both the small flowered daisy and the leaves are used in herbalism.

Taraxacum officinale

DANDELION 6

HERBALISM USES

USE DANDELION leaves with uva ursi or thyme for

The fresh white sap in the flower stalks will banish warts if dabbed on regularly. Take a decoction of dandelion roots for all types of liver problems, gallstones, and gallbladder inflammation.

Use the roots for mild jaundice with a yellowish cast to the skin, a bitter taste in the mouth, and dull eyes; for indigestion, loss of appetite, and constipation in pregnancy.

Use in combination with burdock or other alterative herbs for arthritis and stubborn skin disease; with horsetail for degenerative arthritis and chronic bladder weakness.

Research shows that regular use of dandelion roots helps reduce blood cholesterol.

The liver plays a crucial role in detoxification and nutrition, so dandelion root is helpful in most chronic and wasting diseases and helps the body to cope with strong chemical drugs.

FOOD USES

MAKE A salad of blanched dandelion leaves and fresh herbs. The leaves can also be cooked and eaten like spinach and the flower petals made into wine. Eat the leaves as a spring tonic to cleanse the system after winter.

DATA



A powerful diuretic

- A powerful diuretic
- Nourishing

PROPERTIES - ROOT

- Restorative liver tonic
- Promotes good digestion
 Alterative

NOTES AND

DOSAGES - LEAVES

- Use two or three teaspoons of the dried herb to a cup of boiling water. Drink freely. Take sufficient to produce a good flow of urine.
- Contains vitamins A, B, and C and many trace minerals, it is especially high in potassium

The fresh leaves are a tasty salad ingredient

NOTES AND

DOSAGES - ROOT

- Take at least three cups of decoction a day for six months
- Tincture take four to six teaspoons daily, but the decoction is best for liver problems.
- Dandelion "coffee," made by roasting the root, has a pleasant, slightly bitter taste and keeps much of the strength of the unroasted root

DESCRIPTION

Both the leaves and roots of this familiar, yellow-flowered weed are used in herbalism. Dandelion is the best example of the maxim, "there are no weeds in a herbalist's garden."

DANDELIONS

Use dandelion leaf tea for all types of water retention and edema; especially useful for swollen ankles associated with heart and circulatory problems.

Dandelion may help in the treatment of urmary disorders, eczema, and asthma.

It is safe when eaten as part of the normal diet.

Thuja occidentalis, tree of life, arbor-vitae, swamp cedar

THUIA (Thuj.) D 🗉

HERBALISM USES

THUIA is used in herbalism for bronchitis, acute fevers. pain on ovulation, cystitis with our in the urine, and itchy skin diseases. Use the functure. The adult dose is 15-20 drops three times daily. The children's dose is 5 drops three times daily.

CHOMEOPATHIC USES

THUIA is often taken as a general remedy for warts: however, the other symptoms should be there to base the prescription on. If in doubt consult a qualified homeopath. Constitutional type: Often short with a slight build, greasy, waxy, pale complexion, prone to chronic thick green catarrh, pustular acne, and warts.



DATA FILE

S CYMPTOM PICTURE: MENTAL AND EMOTIONAL

SYMPTOMS

- Sensitive to other people's monds and to music
- · Paranoid has fixed ideas, feels brittle, feels as if something is alivo in stomach
- Children can be slow to develop mentally

PHYSICAL SYMPTOMS

- · Headache where there is leftsided pain as if pierced by a nail, can be brought on by teadrinking
- · Chronic thick green mucus causes a permanent runny nose. blocked ears with creaking noise on swallowing, chronic ear infections, chronic sore throat, larvngitis.

Skin: Sweet-smelling sweat. dirty-looking skin; pustular snots boils carbuncles warts

large, bleed easily.

REMEDY PICTURE

Left-sided complaints. Worse at night and early morning, at 3 a m. and 3 p.m., waxing moon, from bad effects of

vaccination, sunshine and bright lights, warmth of bed, fatty food coffee damp warm weather

- Better for lying on left side
- while drawing up a limb.
- . Chilly likes cold food and
- Exhausted
- · Dislike meat and potatoes

DOSAGE: Thuia is a remedy that should be treated with respect. It is not a first-aid remedy in the way that Arnica is for bruising or Aconite is for shock it should only be given if truly indicated as the similar remedy (similimum), in which case take a single dose of a 6c potency and wait, it is best not to repeat the dose too. frequently

• Thuia tincture (Q) - may be applied externally 3 times a day to warts

Antidotes : Camphor, Merc... Sulfur

Complementary Remedies: Ars. alb., Silica

Thymus vulgaris

THYME DO



HERBALISM USES

THE TEA, tincture, or syrup is useful for any cough with infected or tough phlegin.

Thyme tea is helpful in asthma, taken regularly. Use it as a gargle for sore throats and drink it for indigestion and wind.

Use it with marshmallow for cystitis and intestinal infections.

It can also be used as a diluted tructure or vinegar wash for fungal infections.

CHILDREN

SYRUP FOR coughs, whooping cough. Infused oil as a gentle chest rub for infants. Strong tea for worms. Weak tea for nightmares.

AROMATHERAPY USES

THE ESSENTIAL oil is good for rheumatism, venereal diseases, cystitis; use in the bath.

It can also be used for gastroenteritis massage over stomach) and chest complaints

FOOD USES

COMMON THYME has many uses in cooking, particularly as a flavoring for savory dishes. Used as a culinary herb it may be of some benefit in the treatment of indigestion and diarrhea in children.

DESCRIPTION

The leaves and flowers of this popular cooking herb are used in herbalism

DATA FILE

PROPERTIES

- Antiseptic
- Antibacterial
- Antifungal
- Expectorant
- Digestive tonic

NOTES AND DOSAGES

- Take freely Large doses may be needed for coughs
- · For infant's coughs, two or three teaspoons of syrup up to four times daily or two cups of tea in their bath
- · For children's worms, quarter to half cup strong tea before breakfast, for two weeks. For nightmares two to six teaspoons tea before bed.
- · Wild thyme is stronger

CONTRAINDICATIONS

Pregnant women and those suffering from epilepsy should avoid taking in medicinal doses, although the small amounts used in cooking are safe

Tilia europaea, Tilia x pulgaris, lime

LINDEN

HERBALISM USES

THE TEA or tincture is helpful for anxiety and

Linden flower makes a pleasant combination with chamomile.

Long-term use strengthens the nervous system and improves stress tolerance.

It improves digestion.

Use with hawthorn tops as a tea for mild high blood pressure.

CHILDREN

INDUCES SWEATING and reduces temperature in fevers. Normal tea strength can be taken freely.

DATA BUE

PROPERTIES

- Calming and soothing
- Strengthens nerves
- Diaphoretic
 - NOTES AND DOSAGES

May ha takon fronty

LEAVES



DESCRIPTION

The flavery of a linden or lime tree often grown in parks and along streets, are used in herbalism. It makes a pleasant drinking tea that mixes well with other herb teas. Landen tea is a popular everyday drink in France

Toxicodendron radicans, poison ivy

RHUS TOXICODENDRON (Rhus. tox.)

DATA FILE

HOMEOPATHIC USES

RHUS TOXICODENDRON is a remedy with an affinity for the joints and skin. Choose it for symptoms that appear after getting wet or overworking. It is also useful for recovery after surgery.



Restless and irritable, depressed Bursts into tears without knowing why

PHYSICAL SYMPTOMS

· Fever, very hot and restless. cannot lie still, feels chilly and wants to be covered

Rheumatism: Hot, painful, swollen joints with tearing pains and stiffness. Very restless, constantly changes positions Worse when getting up and starting to move. Better for continued movement, until he or she tires and has to rest, but is soon driven by restlessness to get up again

· Also for strained, overused muscles with above symptoms Skin: Nettle rash, raw, oozing eczema, blisters, and cold sores (herpes) with itching, burning,

tingling. The more they scratch, the more they need to scratch Chickenpox and cold sores that are intensely itchy and painful henefit from Rhus tox Mumps: Left-sided swollen parotid gland, highly inflamed and enlarged, with cold sores

REMERY PICTURE

cold water

· Worse at rest, beginning to move, prolonged exercise in the damp, cold wet weather

on lips. Worse for cold air,

- · Can often feel approach of wet
- · Better for gentle motion, heat, hot baths, massage and rubbing, changing position

DOSAGE: 60 Antidote: Coffea Complementary Remedy:

DISCRIPTION

Poison my is a sumac, a native of North America. Skin contact with its leaves brings up an extremely it hy, critating tash

Turnera diffusa

DAMIANA

HERBALISM USES

THE TEA and tincture is used for impotence and sterility associated with mxiety, especially in men.

Use it for physical weakness, depression, mental stupor, and nervous exhaustion in both sexes; for prostatitis and chronic cystitis; for poor digestion with constitution and lack of appetite.



DAMIANA

DR IFD

PROPERTIES

- Stimulant tonic for the nerves and reproductive system
- Anhrodisiac

NOTES AND DOSAGES

- Half a cup of the tea or one teaspoon of the tincture twice daily
- Alternatively combine damiana with other herbs and use one cup of the combination tea, or one teaspoon of fincture. twice daily

DESCRIPTION

Danitana is a small, strongly aromatic shruh oroum in Mexico and South America The damiana leat is used in herbalism.

Ulex europaeus

GORSE 🗵

FLOWER ESSENCE USES

GORSE IS one of the remedies for people who suffer uncertainty. It is used for a very great feeling of hopelessness. The Gorse type may seek for help in order to please others but underneath they know that nothing can be done for them. They are resigned and have given up trying. This resignation is a response to some event or fear that made them give up hope.

The Gorse type is stuck in a perpetual circle of negativity and suffering. Their future is clear. They do not complain. They have lost the heart to strive.



METHOD The Sun Method

(see page 32) Gorse starts flowering in the early spring. Pick the flowers by their hairy stalks. Pick from big, healthy clumps, taking flowers from the center and edges of many plants

Positive possibilities

Gorse helps open a door to possibilities and strengthens the heart to face them. Gorse can achieve remarkable results, although it may need to be given with Agrimony or Mimulus.

DESCRIPTION

Gorse is an evergreen bush, 2-8ft. (60m.-3m.) high, spreading in habit, and armed with rigid, sharp branched spines. It grows abundantly on poor, stony soils, and heathlands.



CORSI

Ulmus fulpa var. rubra, Ulmus rubra, red elm

SLIPPERY ELM

HERBAEISM USES

USE A decoction, powder, or tablets for any sort of inflammation or irritation in the digestive tract; nausea, indigestion, wind, food allergies, stomach ulcers, acidity. heartburn, hiatus hernia, abdominal distension, cohtis, diverticulitis, and diarrhea. This is one of the most useful herbal medicines in this area.

Slippery elim bark is often used to back up other remedies

Use as a nourishing drink during convalescence.

The powder mixed with sufficient water to make a paste is helpful for drawing splinters and mixed with sage tea or witch hazel for weeping eczema.

It makes a good base for poultices.

> DRIED ET NI

DESCRIPTION

The bark of this small American tree is usually sold powdered to

DATA FILE



PROPERTIES

- Sonthing
- Mucilaninous

NOTES AND DOSAGES

- A level teaspoon of slippery elm nowder stirred into a glass of water or milk, three times daily hefore meals
- Tablets flavored with peppermint and other carminative herbs are especially useful. Take one or two tablets with a glass of water or milk hoforo moals
- · For nausea, travel sickness and nausea of pregnancy suck one tablet slowly

Ulmus procera, English elm

ELM 🖸

FLOWER ESSENCE USES

ELM IS one of the remedies for those who suffer despondency and despair. It is used for temporary feelings of inadequacy. Elm types are good workers, proud of themselves and their calling. They hope to do something important and to be of benefit to all humanity. They seek perfection, and this goal can be dauntingly overwhelming. Elm is for brief faltering moments of despair and lack of confidence, when the idealism within a task or its significance can seem too much to live up to.



DESCRIPTION

The elm is a majestic decidnous tree, 150pt (45-50m) tall with a strong and massive trunk. It was once a common and powerful presence in the Linglish countryside in Europe and North America.

DATA FILE



METHOD The Boiling Method

(see page 33)

The elm flowers from the early spring on bare twigs before the leaves open. Pick twigs with flowering clusters, about 6in (15cm.) long Pick from as many trees as possible until the saucepan is three-quarters full

LESSON

Balanced idealism

Elm helps us find the strength to balance idealism and practical reality, so that we do not strive for in unattainable external perfection but appreciate the perfection of our inner process Balanced Elm people achieve much good

Valeriana officinalis

VALERIAN DE

HERBALISM USES

THE DECOCTION or functure is helpful for anxiety, confusion, headaches due to tension, migraines, depression with anxiety.

It is useful on plane journeys.

Valerian helps withdrawal from tranquilizers.

Use with motherwort or hawthorn for palpitations; with thyme for irruable coughs and smoker's cough; with linden flowers, hawthorn, and varrow for high blood pressure; with skullcap, linden flowers, or chamomile for insomnia: with dandelion root and chamonile for colic and nervous indigestion; or with cramp bark for menstrual cramps and intestinal colic.

HOMEOPATHIC USES

CALMING TO overwrought, over-stressed, anxious individuals

CAUTION

Do not take for long periods without examining why you are so tense



Verbascum thapsus

MULLEIN O

HERBALISM USES

A TEA, tincture, and syrup of leaves or flowering spikes is helpful for deep and ticklish coughs and bronchitis. It is helpful in asthma, by clearing sticky mucus.

To make mullem tobacco, rub honey water into the dried leaves, spread on a tray and allow to dry. One or two cigarettes daily help to reduce asthma attacks.

Use mullein flower infused oil as eardrops for itchy ears and chronic earache and as a salve for itchy eyelids.

Mullein and garlic infused oil soothe acute earaches.

CHILDREN

Two props of mullein flower infused oil, in a little juice, three times daily is helpful for bedwetting.

PROPERTIES

- Nerve restorative
- Calms the heart
- Antispasmodic
- Carminativo

NOTES AND DOSAGES

- . The cold decortion is hest: snak one teaspoon in a cup of cold water overnight, dose half to one cun
- . Tincture: 20 to 60 drops three times daily. More may be needed to help tranquilizer withdrawal
- Relaxing tablets containing valerian are widely available follow dose on the package. They may not work right away but be persistent

CONTRAINDICATIONS

- . Safe, if you start low and increase
 - Large doses can cause headaches and excitability
- May be counterproductive in insomnia from overstimulation - anxiety and nonious exhaustion are the best indications

DESCRIPTION

Valerian is a wild plant with pink or white flowers that grows in damp places. The valerian root is used in herbalism.

- Not physically addictive but neonle may become reliant on it
- Tranquilizer withdrawal should only be undertaken with psychological support

SYMPTOM PICTURE: MENTAL AND EMOTIONAL CVAADTOAAC

Tense and uptight, light-headed. not arounded

PHYSICAL SYMPTOMS

Cramps and constrictions nervous asthma, rheumatism, and insomnia

REMEDY PICTURE

Their physical aches and pains and emotional state are worse when resting and during extreme exercise, better during gentle movement

gosage: 5 to 10 drops of mother tincture three to four times a day.

DATA FILE

METHOD

- A soothing expectorant, clears mucus
- Heals wounds

NOTES AND DOSAGES

- The tea gives the best results for coughs.
- · Allow a long infusion and drink freely

DESCRIPTION

Mullem is a beautiful wildflower with a tall, thick spike of yellow flowers. Both the leaves and flowers are used in herbalism.



Verbena officinalis

VERVAIN 6

HERBALISM USES

VERVAIN IS one of the most useful general tonics.

The tea or tincture is helpful for wearmess and postviral fatigue, ME. It helps us to let go of tension. including exhaustion from overwork; it is particularly useful for chronic nervous depression, tevers and tlu, especially with headaches and nervous symptoms, insomnia and excessive dreaming; also in depression and to relieve feelings of paranoia.

It improves digestion and liver function and restores digestive function and appetite after intestinal infections.

Use it for worms and parasites and for colicky pains. It is helpful in asthma with chest tension.

Sip the tea throughout labor to encourage regular contractions. Continue after the birth to encourage milk flow. It may be helpful for postnatal depression.

It can also be used for stopped periods (amenorrhea).

CHILDREN

DIGESTIVE DISCOMFORT, especially associated with worms.

Combines with meadowsweet to reduce pritability from 1tchy skin conditions

FLOWER ESSENCE USES

VERVAIN. ONE of the twelve healers, relates to overenthusiasm and tolerance. It is one of the remedies for those who overcare for the welfare of others. It is useful for those with strong, fixed ideas and principles they believe are right. They are strong-willed, rarely change their views, and obstinately maintain a stance when others would have conceded. They are great doers and wish to convert all those around them, sometimes with much fervor and enthusiasm They believe this will bring harmony and happiness, but the effort of battling against the will of others is exhausting. The Vervain type of person strains with excess effort

DESCRIPTION

perennial growing 1-2ft (30-60cm) high in dry, sunny places. The leaves are deep and irregularly cut and covered with short hairs. The stem is square. It has an unprepossessing wild flower that is often missed The reliale plant is used in herbahsm. Pick or full flower.

CAUTION

Do not use in pregnancy, except during labor

- Fever herh
- Relaving
- Nerve restorative
- Antispasmodic
- Carminativo
- Promotes milk flow
- Emmenagenue

NOTES AND DOSAGES

He freely in fevers otherwise use the standard doses (see pages 18, 20)

METHOD The Sun Method

(see page 32) The small pale mauve flowers grow on spikes and bloom throughout the summer Pick the whole spike above any dead

flowers. Gather from young plants so that there are not too many unopened buds or spent flowers on a spike. Float on the water, covering the surface completely

LECCON

Everyone has a will and purpose Vervain types can be great teachers if they learn to do less and be more, and allow others to be and live their own truth Vervain helps us bring our personal will into harmony with the greater will.



Veriverin -1 - annides

VETIVERT O

AROMATHERAPY USES

THE SOOTHING properties of vetwert oil have been recognized for centuries. In India and Sri Lanka, where the plant grows, the oil it produces is known as the "oil of tranquility."

In massage or in a bath, vetivert helps to balance the nervous system and is excellent for depression, mood swings, stress, and anxiety.

Burned in a room, it helps insomnia.

It is also a natural approdisiac, which may help to overcome some forms of impotence and frigidity

Massaged over the limbs, it is a great reliever of aching muscles; sports sprains, arthritis, rheumatism, and general stiffness.

In a vaporizer or as an astringent, it is used to treat skin conditions such as acne, sores, oily skin, and blackheads.

It combines well with other oils, such as patchouli, lavender, rose, jasmine, and ylang ylang.

CAUTION

Use in a vaporizer if treating babies.

Avoid while pregnant

DATA FILE

PROPERTIES

- Ant sept ∈
- Antipepressant
- Antimeumatic
- Fortier of nervous system
- Circulatory
- Tonic
- Aphrodisiac

DESCRIPTION

Vetwert into extract by team of that it at my from the most of an India, we also use of emergian attention in a modern and palmate as Vetwert to grower in South America, India, and a modern and Theorem and ark is a modern and ark is a modern and an india, and are modern and ark is a mo



A.

Liburnum opulus

CRAMP BARK 5



A DECOCTION, tincture, or capsules are useful for any sort of cramping pains including leg cramps, colic, period pains, muscle spasm, and shoulder and neck tension. Back pain usually involves an element of muscle spasm and it often improves dramatically.

The cream is useful for the same symptoms when massaged in gently.

CHILDREN

FOR BEDWETTING associated with tension and anxiety.



CRAMP WASH



DATA FILE

PROPERTIES

- Pelaxant
- Enhispasmodic
- 1/ di, sedative

NOTES AND DOSAGES

- Best taken free, one dup of the decort or or one or two fleaspoons of the functure four urifive times daily. May be improved by the addition of a little griger.
- for chlorer 30 props of the church of four luce three times dail

AGNUS

CASTUS

Litex agnus-castus

AGNUS CASTUS

D HERBALISM USES

THE DECOCTION or functure is useful for PMS. especially with irritability, mood swings, breast pain, and water retention.

Use it for menopausal symptoms especially with mood swings and depression. Use it with sage for hot flushes. It is also good for early menopause and prolonged menstrual bleeding. It also helps restore a regular menstrual cycle when coming off the contraceptive pill or when the cycle has been disrupted by illness or prolonged stress.

Use for excessive sex drive in both sexes.

It is helpful in postnatal illness and for settling symptoms following terminations and miscarriages. It can also promote breast milk in nursing mothers.

Use with burdock root and dandelion root for acne (which often has an hormonal component).

- DECORERTIES
- Palances hormones

NOTES AND BOSAGES

- . The hest time to take the berries is first thing in the morning, before breakfast. One cup of the decoction or 20 to 30 drops of the fincture in a little water taken daily will usually
- Women taking agnus castus for PMS and period problems may notice a change in the length of their cycle. The berries should be taken until the cycle settles down, usually for three to six months

 Also available as tablets, frillow the instructions on the package

CONTRAINDICATIONS

Safe to use but may cause headaches in some people

 Always have prolonged. menstrual bleeding and absent periods checked by a health professional before you treat yourself

DISCRIPTION

The berries of this pretty Mediterianean shrub, also busing as the charte tree are used in herbalism

CAUTION

Do not use without advice from your herbalist if you are taking hormone drugs

Vitis vinifera

VINE 0



FLOWER ESSENCE USES

VINE 15 one of the remedies for those who overcare for the welfare of others. It is useful for capable, confident, and successful people "who would be king." They believe that being right confers an automatic authority over others.

Being right, they believe they know better and that others would be happier if they did things the Vine way. They can bully and dominate, disabling others, and gaining authority at the expense of other people's confidence. They can be ruthless and dominating and even in illness can order their carers around.

DATA FILE



The Sun Method

(see page 32) The small green flowers grow in dense clusters. Pick the entire cluster from as many different plants and parts of the plants as possible

LESSON

Power and authority Vine allows us to stand back

and let others express their power and authority to make personal choices, and to respect their ability to do so The positive Vine has authority and compassion and is of great value in an emergency.

DESCRIPTION

The grape vine is a deciduous climber reputed to live for hundreds of years. It climbs by means of long curling tendrils. The large, palm size leaves are used to wrap food and cheeses The fruit is eaten fiesh, dried as raisins, pulped

to make pince and fermented to make wine The grape seed is rushed to extract an oil



Zingiber officinale

GINGER DO

HERBALISM USES

GINGER IS a very useful remedy in herbalism. Its gentle warming, circulating and relaxing properties make it applicable to a wide range of conditions. A little ginger may be added to any recipes for nausea, stomach cramps, menstrual pains, chills, colds, and poor circulation. Apply fresh, grated ginger to the lower abdomen to ease menstrual pains.

AROMATHERAPY USES

USED IN massage or as an inhalation or burned in the room, ginger encourages immunity against colds and flu, bronchitis, catarrh, blocked sinuses, and headaches.

Ginger also helps the circulatory system; used in a footbath, it is good for chilblains and poor circulation.

Ginger generally helps rheumatic conditions.

Massaging ginger oil, diluted in a carrier oil, over the kidney area will assist the body's vital force.

Ginger acts on the digestive system, treating diarrhea, flatulence, and general eating problems. It is excellent for nausea and travel sickness.

Ginger combines well with other essential oils, such as palmarosa, citrus oils, cedarwood, frankincense, and coriander.

FOOD USES

POWDERED GINGER, ginger tea, and crystallized ginger are usually effective when taken for travel sickness. Ginger also has a calming effect on nausea in general.

A poultice of fresh ginger may help to ease the discomfort of rheumatism.

Chewing fresh ginger can relieve toothache.

Ginger will expel mucus from the upper respiratory tract.

PROPERTIES

- Anticatarihal
- Aphrodisiac
- Digestive system
- Circulatory
- Circulatory
 Stomachic

PROPERTIES

Ginger, which in Ayurvedic medicine is called "universal medicine," has a calming effect on the digestive system and a stimulating effect on the circulatory system. It is an antiseptic that can help in the prevention of ailments affecting the respiratory tract

SPECIAL NOTES

Ginger's stimulant properties prevent its use in some cases

CONTRAINDICATIONS

- Better not to use ginger essential oil in the bath since it may act as an irritant to sensitive murgus membranes.
- Use the oil with care, in halfmeasures for babies, infants, and children
- Use half the normal amount of ginger oil when pregnant.
- People suffering from gastric or peptic ulcers should avoid ginger in all its forms.

DESCRIPTION

Ginger has been used since ancient times in cooking and in medicine. It is found in the Caribbean, West Africa, and the Far East. It is a warming and comforting herb with many medicinal uses. The root is used fresh or dried.

Ginger essential oil is produced from the root by steam distillation. It is a pale greenish-yellow color

and has an exotic hot aroma

CAUTION

Do not use ginger in cases of hypertension



Ginger has been statistically proved to reduce nausea and vomiting. This makes it one of the best natural remedies known for travel sickness. Drink ginger tea (take some with you in a thermos) or chew on fresh root or crystallized ginger to prevent or relieve symptoms.

ELEMENTS, COMPOUNDS, AND MINERALS

Not all natural remedies come from plant or animal sources. Homeopathy in particular looks to chemical elements and compounds and minerals for remedies. In the following section, the remedy sources are grouped together thematically: calcium-based remedies, sulfur-based remedies, potassium-based remedies, and phosphorus-based remedies are followed by remedies made from dangerous substances: antimony, arsenic, mercury, and nitroglycerine. Then comes a group derived from metal (silver and lead), wood (charcoal), and water. The final twelve remedies are the biochemic tissue salts listed by Dr. Schuessler (see page 25).

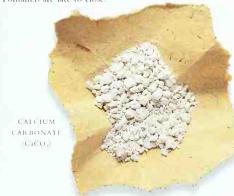
Calcium carbonate

CALCAREA CARBONICA (Calc. carb.)

DHOMEOPATHIC USES

CALC. CARB. IS often needed by people who are physically slow, who have weight but no strength.

Constitutional type: Sluggish, pale, fat, and flabby with large head. Babies are late to teethe, sit up, crawl, and walk. Fontanels are late to close.



OYSTER

DESCRIPTION

The edible oyster,
Ostrea edults, provides the
source for the Cale carb,
remedy It is made from the
crystalline deposits of calcium
carbonate found in the middle
layer of the shell

DATA FILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

- Feel worthless and restless, disinterested, dull, fearful, and obstinate Worry about silly things, academic plodders
- Nightmares especially in children
- Babies are unadventurous, sit
 where you put them.
- Averse to work

PHYSICAL SYMPTOMS

Head and chest: Catches cold at every change of weather, chronic catarrh, swollen glands in neck recurrent throbbing ear infections, alue ear Gut: Constipated with large. hard stool, better for being constipated Diarrhea from infections. Weak, sluggish gut Lungs: Dry cough at night, loose in morning, thick yellow mucus, breathing difficult lying down. painless hoarseness or with sore throat. Swollen glands in neck. pain between shoulder blades. Rheumatism: Cold, puffy joints with cramping pains especially spine and knees. Weak back muscles cause backache

Women's complaints: Sudden onset of profuse menstruation Periods start too early or continue too long. Milky leucorrhea, itching, and burning Breast-feeding: Helps with too much or too little milk when woman is weak and sweaty from lactation.

REMEDY PICTURE

- Head sweats especially at pught.
- Slow digestion, better for being constipated
- Soft and flabby with weak muscles. Adults have a limp, boneless, clammy hand-shake
- Craves eggs, salt, chalk and coal Dislikes coffee, milk, meat
- Worse for exertion, walking uphill, cold weather, cold bathing, wet weather, full moon, standing.
- Better for dry warm weather, lying on painful side

DOSAGES: 6C OR 30C
Antidotes: Camphor, Ipecac
Nux vom
Complementary Remedies:

Complementary Remedies Belladonna, Rhus tox Lycopodium, Silica Calcareum, calcium sulfide, flowers of sulfur

HEPAR SULFURIS CALCAREUM (Hep. s.)

THOMEOPATHIC USES

THINK OF this remedy for unhealthy, infected skin and respiratory allments.

Constitutional type: Extremely chilly Hypersensitive



FLOWERS OF SULFUR

DESCRIPTION

Hepar sulf, is made from Flowers of Sulfur (a form of calcium sulfide, or sulfinated potash)

DATA FILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

 Irritable with flares of violent anger, worries about health, anxious in the evening Easily offended, hypersensitive

PHYSICAL SYMPTOMS

- Distended abdomen with foul wind, difficult to open bowels
- · Constipated with a soft stool Sore throat. Feels as though a fishbone is stuck, pricking pains shoot into the ears on swallowing Swollen tonsils and neck glands. Cough: Worse from a cold, dry wind Dry, hacking. croupy, suffocating cough with thick, yellow phleam Sweats with cough Worse at night, on uncovering, in dry, cold weather Better for moist air Croup: Worse at night or in the morning, with thick mucus that can be difficult to bring up, and relieved by warm, steamy air
- Skin: Cuts and wounds get infected and form pus instead of healing. Boils and abscesses with needlelike pricking pains,

red and swollen. Hepar sulf discharges pus and stimulates healing to take place.

REMEDY PICTURE

- Hypersensitive to pain, to touch.
- Hurried eats, drinks, walks, talks quickly
- Even the smallest cut gets infected and forms pus, slow to heal.
- Offensive body odor and cold, sweaty feet – smell like old
 cheese
- Extremely chilly, even in summer Dislikes drafts, takes cold easily, better in warm, wet weather.
- Desires acidic, sour foods, vinegar, strong flavors
- Splinterlike, pricking pains.

DOSAGE: 60

Antidotes: Ars alb , Belladonna, Chamomilla, Silica Complementary Remedy: Calendula

Magnesium sulfate, Epsom salts

MAGNESIA SULFURICA (Mag. sulf.)

THOMEOPATHIC USES

As EPSOM salts, it acts as a laxative and cleanser of the gut when taken internally, applied as a poultice externally it draws impurities out of the skin. As a homeopathic remedy, it removes heat and impurities by improving the function of the affected organs.

MAGNESIUM SULFATE MgSO₄ TH.O

DESCRIPTION

Lpsom salts, magnesium sulfate, is the source for the Mag sulf terredy.

DATA FILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

 Apprehensive, weepy, uneasy and restless, gloomy

PHYSICAL SYMPTOMS

Urinary tract: Copious bright yellow urine that becomes cloudy with red sediment when left to stand. Urethra stitches and burns after passing urine (cystitis). Women's complaints: Thick profuse burning discharge, heavy like a period with tired aching in small of back and down thighs.

Worse for moving Menstruation is too early, thick, black, profuse blood with a sick headache

Skin: Extremely itchy pimples all over the body. Scratching makes them burn

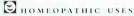
REMEDY PICTURE

- Weak and trembly, lack of energy Feels bruised and tired Feels sick with tiredness
- Sensitive to touch Better for resting in bed or walking

DOSAGE: 6C
Antidotes: None
Complementary Remedies:
None

Sulfur

SULFUR (Sulf.)



SULFUR IS a great cleanser and should be used with caution in skin complaints. Be prepared to have an aggravation of the symptoms initially; if the condition is severe consult a homeopath.

Constitutional type: Tall, thin, hungry, lax with stooped shoulders, or ruddy and rotund, Likewise children can be thin and scrawiny or fat and lazy. Whatever shape or size they have a dirty unkempt appearance and are prone to skin problems.

SHILFLIR (S)

DESCRIPTION

Sulfur is a nonmetallic element, usually found in crystalline form. It is the source

found in crystalline form. It is the son for the homeopathic remedy Sultur.

DATA FILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL

- Academic, philosophizes, unrealistic, selfish, and childish, untidy, lazy, forgetful, and irritable, very sensitive to smells
- Children are lively, quick and full of curiosity

PHYSICAL SYMPTOMS

Headache: With constant heat on top of head, throbbing in temples, and nausea, worse for stooping Periodic headache

Colds, coughs, and flu
 Catarrh chronic and
 dry, stuffed up
 nose indoors,
 nosebleeds

. Earache that is stitching, burning pains, worse in left ear. Sensation of running water in ear. Glue ear with strong-colored offensive discharge Humming, whizzing noises in ears. Sore throat, dry, red raw and burning Cough - loose cough with green sweet-tasting phleam rattly chest difficult to breathe, wants windows open Heaviness of a weight on chest. Hot burning pains in chest and between shoulder-blades. Worse at night and for lying on back, must sit up. Gastrointestinal tract: Acid stomach, worse for milk, a m. Sour, hot burps, taste like rotten eggs. Stomach burns and feels heavy and full Very thirsty Diarrhea - urgent on waking Painless, rumbling abdomen with foul wind, diarrhea is hot and burns anus. Worse at

5 a m Constipation— hard knotty stool, painful to pass

Skin: Appears unwashed, dirtylooking, dry, rough, scaly, red, hot, very itchy, bleeds easily from scratching. Infected Worse for washing. Worse for scratching makes it hurn. Dry itchy scaln. Eczema red rough dry hot very itchy, especially in skin folds, worse at night, scratching makes it bleed. Eczema and asthma that alternate Acne and holls that occur in recurrent crops hot red angry looking, itch, and burn. Rashes of infectious childhood diseases such as chickenpox and measles where Sulfur symptoms predominate and the child is slow to recover

REMEDY PICTURE

Heat everywhere or in patches

Hands, feet and top of head nurn

- All complaints are hot, burn, intensely itchy
- · Orifices are red, hot and sore
- Discharges are offensive,
- burning, itchy, bloody
- · Craves fatty and sweet foods
- · Very thirsty for cold drinks
- Better for fresh air, moving, warm and dry weather, lying on right-hand side
- Worse for rest, standing, stuffy room, overheating, damp cold, washing, warmth of bed, alcohol, morning, and night
- · Complaints occur periodically
- Hunger at 11 a m

DOSAGE: 60

Antidote: Nux vom
Complementary Remedies:
Aconite, Ars. alb., Nux vom

Potassium bichromate, bichromate of potash

KALI BICHROMICUM (Kali bich.) 🗉

(a) HOMEOPATHIC USES

KALL BICH, is used for ailments where the pain occurs in localized spots. The person can point to the pain, e.g. smustis causing pain behind the bridge of the nose.

OF POTASH

DATA FILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

· No strong mental indications

PHYSICAL SYMPTOMS

Catarrh: Thick, ropy, yellowgreen. Nose blocked especially in chubby babies. Postnasal catarrh Sinusitis: With localized hot, tender pain.

Headache: Catarrhal, above the eyes in the forehead, is preceded by blurred vision, which passes off as headache worsens. Aching pain

over one eye Scalp sore and tender

Throat: Dry, rough, hoarse Lungs: Croupy, dry, hard cough, pain extends to the back and shoulders Yellow stringy phlegm Rheumatism: Tearing pains, bruised and sore pain Pain moves from joint to joint Joints swell and are stiff and sore Measles: With catarrh

REMEDY PICTURE

 For chilly people prone to catarrh and rheumatism. They are worse in the morning, from hot weather, for undressing and for beer drinking, better for heat

Pains felt in localized
 Spots, fleeting, shifting pains.

DOSAGE: 6c

Antidotes: Ars alb., Lachesis, Pulsatilla Complementary Remedies. Follows Ars alb well but does not follow well after Calcarea carb Ant tart and Pulsatilla follow well.

DISCRIPTION

Bultromate of potash is the source of Kah bult. It is made

Phosphoric acid

PHOSPHORICUM ACIDUM (Acid phos.)

DHOMEOPATHIC USES

PHOSPHORIC ACID is a remedy with a tonic effect on the nervous system. It is for weak, debilitated people who have become depressed from their circumstances or have become weakened from a severe chronic infection or the loss of body fluids – for example, nursing mothers, hemorrhage, heavy menstrual periods, diarrhea etc.



DESCRIPTION

Acid phos, was first made by Dr. Halmemann himself, He steeped animal bones in a mixture of sulfuric acid and brandy.

DATA FILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

- Grief, sorrow, disappointed love, and homesickness cause an apathetic depression, the person is indifferent and listless. Thinking tires them and they become confused.
- Also for children who grow too fast, are studying hard at school and become exhausted and apathetic

PHYSICAL SYMPTOMS

Indigestion: Loss of appetite, craves juicy things, has sour belches, feels nausea in the throat. Flatulence: After sour food and drink, abdomen is hard and distended, aches in umbilical region.

Diarrhea: Watery diarrhea that does not debilitate, although may be weak afterward. Catching cold in the summer causes diarrhea

Nocturnal enuresis

(bedwetting): Children who wet the bed at night passing copious amounts of clear or cloudy urine Headache: Crushing headache in temples with pressure on top of head, worse for shaking head and noise.

REMEDY PICTURE

- Not thirsty except for cold milk and beer, desire juicy fruits and foods, dislike bread and coffee.
- Easily rested by a short sleep and feel better for walking
- Feel worse for sitting and standing, in the evening and at night, and for talking
- Pale wan face, blue shadows under eyes.

DOSAGES: 6C OR 30C Antidotes: Camphor, Coffea Complementary Remedies: None

Phosphorus

PHOSPHORUS (Phos.)



JUST AS phosphorus ignites quickly, so complaints requiring Phosphorus tend to flare up quickly. **Constitutional type:** Tall slender people with fine reddish-blond hair, look young for their age.



DATA FILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

- Affectionate, likes company, sensitive, can become irritable and indifferent to companions
- Fearful at night, of ghosts and imaginary things. They thrive on sympathy and reassurance

PHYSICAL SYMPTOMS

- Insomnia from cough, nausea, fears, and anxieties, better for sleeping on the right side. Have vivid dreams.
- Headache with violent, darting shooting pains, better for lying quietly in a cool, dim room
- Sore throat Burning pain Cough: Dry, tickling, hacking cough

that causes headache and trembling. Tightness and weight on chest Burning pains. Yellow, rusty, salty sputum. Worse laughing. talking, lying on left side, at night, for cold air Wakes at night Gastrointestinal tract: Very thirsty for long drinks of cold milk or water, which is vomited once warm in the stomach. Very hungry with burning pains in the stomach. Long, hard, thin stools. Profuse, painless, watery diarrhea Women's complaints: Menstruation too early and scanty. Lasts too long

REMEDY PICTURE

 Chilly people with burning pains, better for cold things

- Flush easily
- Worse in thunderstorm
- Thirsty for cold water
 Desires salt, cold milk, ice cream,
- Desires salt, cold milk, ice crear spicy food.
- Tires easily, becomes weak and trembly, refreshed by rest.
- · Hemorrhages bright red blood.
- Is worse for light, warm food and drinks, lying on left or painful side, thunder, changes in weather
- Is better for cold things, rest, sleep, lying on the right side
- Better for massage, touch.
- · Worse a m. and p m.

DOSAGES: 6C OR 30C Antidotes: Coffea Complementary Remedies: Ars alb., Carbo veg

DESCRIPTION

Phosphorus is a nonmetallic chemical element; it is poisonous and can burst into flames spontaneously at room temperature. Tartrate of antimony and potash, tartar emetic

ANTIMONIUM TARTARICUM (Ant. tart.)



ANTIMONIUM TART, may be useful for someone who looks ill and suffering. The face is pale or dusky with dark shadows under eyes. There may be a cold, clanning sweat, especially on the head and forehead. Trembling.



TARTRATE OF ANTIMONY (5b)

DESCRIPTION

Tartar emetic is an extremely poisonous salt of tartaric acid. Its ability to induce purging vomiting is well known in outloday medicine.

DATA FIL

SYMPTOM PICTURE:

EMOTIONAL SYMPTOMS

- Not very marked in adults although they may feel hopeless and miserable about their condition.
- They are drowsy.
- Children do not want to be looked at or touched, they whine and cry pitifully Will cough if they are angry

PHYSICAL SYMPTOMS

Cough: Loose rattly cough but very little phlegm is coughed up. Phlegm is white. Rapid, short, difficult breathing, has to sit up. Can be used for any chest complaint – asthma, bronchitis, pneumonia, if the symptoms fit May alternatively cough and yawn.

Nausea and vomiting: Usually has no appetite but may desire refreshing foods and then feel sick and vomit. Vomit is sour and difficult with a lot of retching Chickenpox: For large, pustular spots that are slow to come out and slow to heal. May also have

REMEDY PICTURE

a cough

- Drowsy, wants to lie completely still
- Usually thirstless but may be thirsty for frequent small sips of cold water.
- Desires apples and juicy foods, acids, sour fruits, and refreshing foods
- Dislikes milk, induces vomiting
- Worse for heat, better for still fresh are.
- · Worse for eating and drinking

DOSAGE: 60

Antidotes: Cocc , Ipecac, Pulsatilla, Rhus , Sepia

Arsenic trioxide, arsenic

ARSENICUM ALBUM (Ars. alb.)

HOMEOPATHIC USES

ARSENICUM ALBUM is an excellent remedy for people who are restless, anxious, despairing, oversensitive and at the same time fussy and overfasticious. It can be used when debility and weakness seem out of all proportion to the nature of the attendant physical illness. They may be obsessively clean and tidy and even slightly agoraphobic.



DATA FILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

• May break out in a cold sweat Restless sleep with fearful dreams.

PHYSICAL SYMPTOMS Gastrointestinal tract:

Everything burns, stools dry and hard

Food poisoning: Where the vomit and diarrhea smell foul and burn, feel worse for sight and smell of food. Weak, trembly, and exhausted. Thirsty Colds and flu: With burning

watery eyes, burning nasal discharge, headache throbs and burns, better for cool facecloths, swollen, burning throat, difficult to swallow. Chest

burns and wheezes Cannot lie down, better propped up Weak, trembly, worse for least effort Skin: May be fine or dry, rough and scaly, burns and itches but is better for warmth, worse for cold and for scratching

REMEDY PICTURE

For chilly people who sweat easily; they need warmth, hug the fire. Worse in wet weather, from cold things, except head, which is better for cold. All their discharges burn and excorate. Very thirsty. Worse for vinegar, acid, ice cream, iced water, and watery fruits.

Dosage: Acute illness 6c hourly until definite improvement, then three times a day if required Chronic ailments: 6c three times a day Do not repeat if improvement is maintained Antidotes: Carbo veg , Hepar suif , Nux vom Complementary Remedies:

Mercurius solubilis, mercury or anicksilver

MERCURIUS SOLUBILIS (Merc. sol., Merc.)

THOMEOPATHIC USES

PEOPLE WHO need Merc, are chilly, their discharges smell, and they are weak and trembly.

Merc. sol. is the most commonly needed mercury-based homeopathic remedy. There is a range of mercury remedies: Mercurius vivus (known as Merc.), Mercurius cyanatus (Merc. cyan), Mercurius corrosivus Merc corr.), Mercurius dulcis (Merc. dulc.) Mercurius dulcis (Merc. dulc.) Mercurius dulcis

(Merc. cyan), Mercurius corrosivus
Merc corr.), Mercurius dulcis
(Merc. dulc.), Mercurius iodatus
tlavum, and Mercurius iodatus
ruber. All these must be ordered
from a homeopathic pharmacist and
should not be used by untrained people.

MERCURY (Hg)



DESCRIPTION

Mercury is a heavy white metallic dienneal element. It is liquid at normal temperatures, and is possonous to the touch.

DATA FILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

- Restless, discontented, suspicious, and depressed
- Children are impish, naughty, enjoy being led or leading others astray

PHYSICAL SYMPTOMS

- Colds with sneezing, sneezing in the sunshine, nose raw and smarting inside Yellow-green smelly mucus.
- Earache, thick yellow glue, stitching pains worse at night, warmth Boils in ear canal Mouth complaints: Mouth ulcers, abscesses, toothache – drools sallwa. Stinging throbbing

pains, pains spread up to ears and cheeks. Dirty mouth, flabby, yellow-coated tongue with toothmarks. Better for warmth. Gastyointestinal complaints: Diarrhea, burning, slimy yellow or green stool. Sweats while

passing stool

REMEDY PICTURE

- Foul, offensive breath, saliva, sweat
- Moist mouth, lots of saliva,
- drools, yet intensely thirsty

 Salty, sweet, metallic, bad taste
- Drenching sweats without relief. The worse the sweat, the
- Creeping chilliness, at onset of cold, and within sores
- Worse at night, for warmth of bed, lying on right side, sweating. Damp weather.
- Weakness and trembling

worse the complaint

Better from rest, mild weather

DOSAGE: 6c Antidotes: Ars alb., Sulfur

Nitroglycerine, dynamite

GLONOINE (Glon.) [2]

THOMEOPATHIC USES

GLONOINE IS a headache remedy. It is also good for migraine. Glonoine is indicated when headaches are sudden and violent, and is particularly useful for headaches brought on by exposure to the glare of the sun. It is the specific homeopathic remedy for sunstroke. In conventional medicine, nitroglycerine, the source for glonoine, is an ingredient in a heart drug.

Since Glonome is primarily a first-aid remedy there is no constitutional type.

NITROGLYCIRINE

DESCRIPTION

Natingly crim is made by treating pyrims with intre, and sulpine and It is extremely unstable and provide the same of a symmetry of dynamic



DATA FILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

 Since it is primarily an acute remedy, used in short-term situations, there is no extensive mental and emotional picture for Glonoine

PHYSICAL SYMPTOMS

Headaches: For sudden onset of strong, bursting, pulsating pain all over head or one-sided, usually the left. Brain feels too large for the skull as if it wants to burst out of the head. Face is congested, dusky-red. Headache is brought on by hot sun on the head, by looking into a dazzling light, or by getting overheated. Sunstroke: Treats sunstroke with above symptoms.

REMEDY PICTURE

- Relieved by sips of brandy and cold applications e.g. ice-packs
- Made worse by hot sunshine,
- stooping, jarring, lying down

 Worse in the morning from 6
 a.m to noon as the sun rises,
 and improves as the day goes on
 and the sun sets

DOSAGES: 6C OR 30C Antidotes: Aconite, Camphor, Coffea, Nux vom Silver nitrate

ARGENTUM NITRICUM (Arg. nit.)

PHOMEOPATHIC USES

ARG. NIT. is often required by students and people facing an ordeal that fills them with dread and anxiety, causing trembling and diarrhea.

It is excellent for stage-fright, exam nerves, fear of flying, vertigo, and driving test nerves. Choose it when people are at once anxious yet excitable.



DATA FILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

- Highly strung, lacks self confidence, has a fear of failure and suffers from diarrhea brought on by anticipation, for example, exam perves
- Claustrophobic and dislikes crowds
- Fear of heights, fear of flying, irrational fears

PHYSICAL SYMPTOMS Headache: Boring pain.

better for wrapping head up tightly Feels cold and trembly Conjunctivitis: Eyes pink with purulent, bland discharge Gastrointestinal symptoms: Craves sugary foods that ferment into gas in the gut causing lots of

into gas in the gut causing lots belching, which gives relief Green offensive diarrhea

REMEDY PICTURE

- Usually for thin and wiry people who look older than their years. They are hot, worse for heat, better for cold air, cold food and drinks.
- They have a sweet tooth but are the worse for sugar

DOSAGE: 60

Antidote: Natrum mur Complementary Remedies: None

Black lead, graphite

GRAPHITES (Graph.)

E HOMEOPATHIC USES

GRAPHITES 18 mostly used for skin problems characterized by thick, honeylike discharge.

Constitutional type: Overweight and flabby, sad, chilly, and constipated. Fair complexion, prone to skin problems.



DISCRIPTION

Craplite is not actually made from ad; it is a form of carbon and is used to make the "lead" in pencil

SYMPTOM PICTURE:

EMOTIONAL SYMPTOMS

- Easily startled, disinclined to work, sad and despondent, weeps when listening to music
- Children are cheeky and laugh when admonished

PHYSICAL SYMPTOMS

Gastrointestinal tract: Dislikes meat, sweet foods cause nausea Poor digestion with burning pains and sour burps. Feels temporarily better for eating, for hot drinks and for rest. Full hard abdomen with foul wind that is difficult to expel. Must loosen clothing. Constipated with large knotty stools mixed with mucous threads.

- Diarrhea is brown fluid with undigested food, smells sour and offensive. Burns the anus. Women's symptoms: Leucorrhea, which is white, profuse, burning with weak backache. Menstruation arrives late with pinky-red scanty blood.
- Constipated and nauseous

7.11.

Nipples are cracked and sore with a honeylike discharge
 Skin: Unhealthy skin, cuts get infected, heal badly with scarring Eczema: Skin rough, hard, dry
 Cracked and sore with honeylike discharge. On scalp, face, corners of eyes and nose, behind ears, palms of hands, in skin folds and joint creases, inside elbows, behind knees.

REMEDY PICTURE

- Has honeylike sticky crusts on eyelids at lash margins
- Sensation as if there is a cobweb on the face
- · Hears better in noisy places
- Worse for getting chilled, at riight, during and after
- Improves from walking outdoors in the fresh air, hot drinks and for wrapping up

DOSAGE: 60

Antidotes: Aconite, Ars, alb , Nux vom

Complementary Remedies: Ars, alb , Hepar sulf , Lycopodium

Wood charcoal

CARBO VEGETABILIS (Carb. veg.)

HOMEOPATHIC USES

CARBO VEG has three main areas of use acute heart failure or circulatory collapse and shock, following hemorrhage; poor recovery



DATA FILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL CVEADTORES

 Sluggish mentally disinterested. in current affairs, afraid of the dark, of phosts

PHYSICAL SYMPTOMS

Heart and circulation: Blueness and pallor to face and pails weak, thready pulse, cold sweats. cold breath, cold hands and feet air-hunger. Think of it for acute heart failure, circulatory collapse following hemorrhage, or loss of body fluids, newborn babies that fail to breathe immediately, and give a 200c potency as an emergency remedy while waiting for medical help

Poor recovery: For people who have never felt well since an infectious disease e.g measles, whooping cough, influenza, and are weak, exhausted and sleepy Digestive symptoms: Indigestion and heartburn, worse for fatty

foods, foods stagnate and putrefy in the gut causing a bloated, rumbling abdomen with sour offensive wind Better for hurning. Worse in the evening

REMERY PICTURE

- . Must have fresh cold air blowing on them, needs windows open and fans on hottor for it
- Worse for being overheated for warm, humid weather.
- Better for burping
- · Worse for eating and drinking. dislikes meat, fat, and milk
- · Worse in the morning and evening
- · Dull, foggy mind, sluggish, dislikes the dark

DOSAGE: 60

Antidotes: Camphor, Ars. alb. Complementary Remedies: Drosera

Hydrogen dioxide

air is excluded.

ROCK WATER 6

FLOWER ESSENCE USES

ROCK WATER is one of the remedies for those who overcare for the welfare of others. It is useful for people who are very strict with themselves, who practice self-discipline, and deny themselves anything that might distract them from their goals. They take their goals seriously and have high ideals and expectations. They may martyr themselves in order to set an example. This is not the negative, manipulating martyrdom of Chicory. The Rock Water type will not ask others to do anything they would not do themselves.



DESCRIPTION

The water taken from a natural well or spring, preferably one with a traditional reputation to heal. There are many such half-forgotten springs and wells. Choose one that is open to the air and sunshine and is as natural as possible. Do not use water from a well dedicated to a saint or within a church or shrine. Do not

ROCK WATER

DATA FILE

METHOD The Sun Method

(see page 32) Look for a perfect, still, and sunny day, perhaps in summer when the sun is at its strongest. Fill a glass bowl to the brim with freshly drawn spring water. Leave it out in the open sunshine for three hours Chose an open place away from grasses, contamination by pollen, overhanging shadows, and road pollution.

LESSON Discipline

True self-discipline does not involve denial. Denial is necessary only when the person has a narrow view of their goal and is not truly in harmony with it. Rock water differentiates between the idea of discipline and selfdenial It helps us to understand the natural order Calcium fluoride

CALCAREA FLUORICA (Calc. fluor.)

O HOMEOPATHIC USES

CALC. FLUOR. is a tissue salt, present in tooth enamel, bone surface, elastic fibers of the skin, muscles, and blood vessels.

It works directly on the body at a cellular level. It has a particular affinity for connective

tissue. It is an excellent remedy for swollen joints, varicose veins,

hemorrhoids, and general lack of muscle tone.

DESCRIPTION

Calcium fluoride is the first of the twelve Schnessler tissue salts. It occurs in the body in the bones, teeth, blood vessel walls, and connective tissue.

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

- General flabbiness
- Slow development in all areas in children and infants.

PHYSICAL SYMPTOMS

Colds: Stuffed-up nose, glue ear, hard swollen neck glands

Backache: Worse on beginning to move, eases with continued movement. Pregnancy: Helps to maintain skin-tone and prevent stretchmarks.

ATA FILE

 Prevents and treats varicose veins and hemorrhoids

REMEDY PICTURE

- Flabby muscles, overstretched skin, varicose veins, teeth that crumble and decay
- Worse for cold, damp weather, change of weather, rest
- Better for heat and warm applications.

DOSAGE: 6x

Complementary Remedies:

CALCIUM FLUORIDE

Calcium phosphate

CALCAREA PHOSPHORICA (Calc. phos.)

O HOMEOPATHIC USES

CALC. PHOS. is a tissue salt found in blood cells and plasma, saliva, stomach juices, bones, connective tissue, and teeth.

Calc. phos. is one of the tissue salts, so works directly on the body at a cellular level.

Constitutional type: Dark hair and eyes, sallow complexion, may have a sweaty head, thin and anemic with cold, sweaty feet.

CHILDREN

CALC. PHOS. is an excellent remedy in adolescence and during puberty. It helps with growing pains, with discontent, mood swings, and restlessness. It is also the remedy of choice for unrequited love, the bane of teenage years. It is also helpful for babies who cannot tolerate milk.

People at the other end of life may also find it helpful as it helps bones to repair after fracture.

SYMPTOM PICTURE:

- · Mentally exhausted and dull
- from too much studying

 Always wants to be
 somewhere else.

SYMPTOMS

Peevish, discontented, and restless

PHYSICAL SYMPTOMS

- Children who grow too fast and are left tired and wan
- Who are mentally exhausted and dull from too much studying
- Teething, especially back teeth, is slow and painful.
 - Tummyache worse for eating, flatulent flabby abdomen, green,
 - spluttering diarrhea.

 Stiff neck from cold drafts.
 - Rheumatism of joints with cold, numb sensation, worse for cold weather, better for warmth

DATA FILE

 For fractured bones that are slow to heal (combine or alternate Calc. phos. with Calc. fluor. or Symphytum).

REMEDY PICTURE

- Hunger with thirst.
- Desires salty bacon and ham
- Worse for fruit, cold milk, ice cream.
- · Better for warmth
- Worse for cold and wet weather

DOSAGES: 6x OR 6c
Antidotes: None
Complementary Remedy:
Symphytum to heal bones



DESCRIPTION

Calcium phosphate is the second of the twelve Schnessler tissue salts. It occurs in the body in the bones, teeth, and soft tissues.

Calcium sulfate, plaster of Paris

CALCAREA SULFURICUM (Calc. sulf.)

HOMEOPATHIC USES

CALC. SULE is a tissue salt that acts as a blood cleanser and speeds up healing of discharging wounds and abscesses.

As one of the tissue salts, it works directly on the body at a cellular level



twelve Schnessler tissue salts. It occurs in the body in the blood. liver, and connective tissues.

DATA FILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

Not very marked but may be sluggish, anxious, and weepy

PHYSICAL SYMPTOMS

Colds and coughs: Thick Jumpy vellow, smelly mucus, often only one nostril is affected. Postnasal. drip. Headache from catarrh. Cough with thick, yellow, lumpy phleam for croup Conjunctivitis: Inflamed red eyes with thick, yellow discharge Skin: Acne - the spots are red. hot, and tender with oozing vellow heads, discharge matter and bleed easily when touched For discharging abscesses weeping varicose eczema that takes a long time to heal

· Calc. sulf. promotes the discharge initially so that the wounds can then heal effectively with minimal scarring

DEMENY DICTURE

- Thick yellow lumpy or watery discharges, may be blood streaked
- . Thick yellow lumpy catarrh
- · Warm-blooded people
- · Better for cool fresh air and uncovering
- · Worse for milk, drafts, heat cold, wet
- . Burning and itching of soles of

DOSAGES: 6x OR 6c Antidotes: None Complementary Remedies:

Iron phosphate

FERRUM PHOSPHATE (Ferr. phos.)

THOMEOPATHIC USES

FERR. PHOS., homoeopathic tissue salt, carries oxygen to the tissues. It is beneficial in the first stage of inflaminations where there is congestion, pain, high temperature, and a fast pulse. Use it before discharges start. As one of the rissue salts, it works directly on the body at a cellular level.

Constitutional type: Pale and anemic people who are easily flushed. Ferrum phos. is the remedy to choose

for complaints that come on after excess exertion. People who need Ferrum phos. feel very weak and want to lie down; they may even faint. They may have bright pink cheeks, caused by flushing.

CHILDREN

FERR. PHOS. is an excellent children's remedy, especially in childhood diseases such as measles.

PHOSPHATE Te PO I



SYMPTOM PICTURE:

MENTAL AND EMOTIONAL

Talkative, complaining, listless,

dry cough Women's complaints Profuse menstruation, bright red blood, anemia

joints, pains move from joint to

Rheumatism: Red, puffy sore

REMEDY PICTURE

- Thirsty.
- · Prone to hemorrhage nosebleeds, menstrual flooding, bleeding stomach ulcers. May feel weak but better in themselves after the bleed
- · Better for sleep, lying down, gentle movement, cold applications
- Worse at night, 4 to 6 a.m. suppressed sweat, touch

DOSAGE: 60 Antidotes: None Complementary Remedies:

DISCRIPTION

Ferrum phosphate is the fourth of the twelve Schnessler tissue salts. It occurs in all the cells of the body, particularly the red blood cells

Potassium chloride

KALI MURIATICUM (Kali mur.)

PHOMEOPATHIC USES

KALL MUR, is a tissue salt that resolves the second stage of inflammation when the tissues have begun to secrete. As one of the tissue salts, it works directly on the body at a cellular level. It is particularly useful for earache caused by a blocked Eustachian tube.

(C) CHILDREN

KALL MUR, is effective given before immunization to help eliminate side effects

DESCRIPTION

Potassium chloride is the fifth of the medec Schuessler tissue salts It an elastic insoluble protein formed when blood clots

POTASSIUM CHILAND UNE /KCTI

CVARRED ON DISTURG MENTAL AND EMOTIONAL CVAADTOMC

There are no significant mental or emotional patterns to this remedy

PHYSICAL SYMPTOMS

Catarrh: Thick, gravish white Stuffy head cold

Glue ear: Glands around ears swollen, snapping noises in ear Cough: Loud stomach cough or short and paroxysmal, like whooping cough - has thick, white expectoration Women's complaints:

> Menstruation too early or too late with dark clotted, or tarry blood. Morning sickness, vomits white phleam

DATA FILE

Gastrointestinal tract Indigestion from starchy foods Skin: Blisters of chicken- pox

Eczema with blisters filled with white matter Raised rash of measles Warts

REMEDY PICTURE

Is generally worse for motion and from starchy, fatty foods

DOSAGE: 6x OR 60 Antidotes: None Complementary Remedies: None

COMBINATION REMEDIES

Tissue salt combination remedies are available commercially Combination S, with Kali mur Nat phos, and Nat sulf, is good for queasy stomach upsets

Potassium phosphate

KALI PHOSPHORICUM (Kali phos.)

HOMEOPATHIC USES

KALL PHOS, is a tissue salt that strengthens and revitalizes the body, especially the nerves.

It works directly on the body at a cellular level. It is particularly useful where the brain is either sluggish or overactive, and is a very good remedy for insomnia. It can also help with postnatal depression.

(C) CHILDREN

KALI PHOS, is useful for hyperactivity in children and for sleepwalking caused by bad dreams.

DESCRIPTION

Potassium phosphate is the axth of the twelve Schuessler tissue salts. It is an excellent remedy for nervous and



DATA FILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SVAADTOMS

- · Complaints are caused by excitement, worry, overwork especially mental work
- · Irritable, depressed and anxious with a nervous dread, jumpy. averse to company.
- · Night terrors, sleepwalk Insomnia from excitement or
- mental stimulation · Often suited to children and
- young people

PHYSICAL SYMPTOMS

- · Postviral exhaustion with muscular weakness.
- · Back aches, is sore and bruised. better for movement
- · Nervous headache in back of head with empty feeling in
- · Nervous indigestion, fluttering sensation in stomach
- · Nervous diarrhea, putrid odor when frightened, depressed,

Women's complaints:

Menstruation too late, too scanty, or too profuse with deep red. thin blood

Insomnia: With an empty feeling deep in stomach

REMEDY PICTURE

- · Weak, easily exhausted from physical and mental work
- · Profuse sweats when tired
- · Humming and buzzing in ears
- · Worse for excitement, worry. mental, and physical exertion, eating, early morning, cold
- · Better for warmth, rest, nourishment

DOSAGE: 6x OR 6c Antidotes: None

Complementary Remedies:

Potassium sulfate

KALI SULFURICUM (Kali sulf.)

THOMEOPATHIC USES

KALL SULF, is a tissue salt that carries oxygen to the cells, especially the skin and the mucous membranes.

It works directly on the body at a cellular level.



POTASSIUM (K,SO₃)

DESCRIPTION

Potassium sulfate is the seventh of the twelve Schuessler tissue salts. It occurs in the body in the external layers of the skin

E CYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

Vague anxieties, irritability, and sadness.

PHYSICAL SYMPTOMS

- · Colds with vellow, slimy mucus that lingers
- · Coughs with yellow, slimy phleam that is difficult to cough up and spit out - whooping cough, bronchitis, pneumonia.
- Rheumatism and neuralgia where the pains flit around
- Skin complaints with vellow slimy discharges, irritating spots. weeping eczema, psoriasis.

· Yellow slimy discharges and

REMEDY PICTURE

- · Yellow coating at back of tonque
- · Alternate hot and cold sensations · Weariness and heaviness
- . Worse in the evening and for
- Better for cool fresh air.

DOSAGE: 6x

Antidotes: None Complementary Remedies:

Magnesium phosphate

MAGNESIA PHOSPHORICA (Mag. phos.)

D HOMEOPATHIC USES

MAG. PHOS. is a tissue salt found in blood cells, bones. teeth, brain, nerves, and muscles. Mag. phos. is indicated for cramp, spasms, neuralgic shooting pains.

It works directly on the body at a cellular level.

Mag, phos, is the specific homeopathic remedy for menstrual cramps; it is also useful for general abdominal cramp and spasmodic pains in general, particularly about the eyes. Consider Mag. phos. for repetitive stress injuries such as writer's cramp.

CHILDREN

MAG. PHOS. is indicated for babies suffering from colicky pain with accompanying diarrhea; the pain

is on the right side and the baby draws up his or her legs

for relief.

SYMPTOM PICTURE: MENTAL AND EMOTIONAL CVMDTOMS

Miserable from pain.

DHYSICAL SYMPTOMS

- · Writer's cramp and other cramps after excessive exercise, or cramp generally
- · Colic and wind with Mag. nhos indications
- Teething and toothache with shooting, stabbing pains, better

Women's symptoms:

cramping, better for firm pressure warmth, bending

Nervous asthma: Tight,

DATA FILE

constricted, difficult breathing

· Spasmodic cough, worse for lying down.

REMEDY PICTURE

- · Worse on right side. cold, night.
- · Better for firm pressure, warmth, bending double.
- . Similar to Colocynth, but with Mag phos the complaints do not follow anger.

DOSAGE: 6x Antidotes: None

Complementary Remedies:

DESCRIPTION

Magnesium phosphate the eighth of the twelve Schneider trane salts It occurs in the body in the bones, teeth, nerve tissues, It also occurs plentifully in grain cereals such as oats





Sodium chloride salt

NATRUM MURIATICUM (Nat. mur.) 🗉

9 HOMEOPATHIC USES

NATRUM MUR. is a tissue salt that carries water into all the cells. It works directly on the body at a cellular level. A lack of Natrum mur. causes edema by holding water in the spaces between cells, dry skin, excessive thirst, anemia.

For more information about the therapeutic properties of salt see page 210.



DATA F

MENTAL AND

- Irritable, broods over old insults, dislikes company
- Weeps in private, hates sympathy, which makes him or her feel worse.
- Laughter with tears.
- Difficulty in passing urine if people are close by
- For complaints from suppressed grief

PHYSICAL SYMPTOMS

Skin: Greasy, unhealthy Very dry. Herpes (cold sore) blisters that itch and burn. Raw inflamed eczema worse at the beach. Crack on lower lin.

Gastrointestinal tract: Indigestion from lack of stomach acid Hungry, sweats while eating. Very thirsty Constipated with dry crumbling stool. Headaches: One-sided headache from repressed emotion. From sunrise to sunset, as if little hammers were knocking on the brain. May see zigzags and

flashes of light before headache

DATA FILE

Fever: Thirst before and during chill, thirstless with fever Hammering headache as fever subsides

Anemia: Cold and exhausted, if other symptoms fit

REMEDY PICTURE

- Craves salt
- · Loathes fat, bread
- Profuse watery white discharges
- · Has cold legs and feet,
- numbness and tingling
- Worse for heat and cold, at the beach
- Better for open air
- Wind makes eyes water
- Worse at 10–11 a.m.

DOSAGES: 6x, 6c, 30c Antidotes: Ars alb., Phosphorus, Nux vom Complementary Remedies: Apes, Ignatia, Sepia

Sodium phosphate

It is common salt. Homeopathically,

it is used for ailments caused

by an excessive salt intake rather

than by a deficiency.

NATRUM PHOSPHORICUM (Nat. phos.)

CHLORIDE

(NaCl)

THOMEOPATHIC USES

NATRUM PHOS. is a tissue salt that neutralizes acidity in the body. It works directly on the body at a cellular level.



DESCRIPTION

Solum phosphate is the tenth of the twelve Schuessler tissue salts. It occurs in the body in the tissues generally, where it controls acid and fat intake

DATA FIL

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

Nervous exhaustion, apathetic, and indifferent. Nervous at night

PHYSICAL SYMPTOMS

- Headache in forehead and on top of head from mental strain with sour stomach
- Itchy skin with redness, general acidity
- Rheumatism with stiffness, pain, and swelling of joints
 Gastrointestinal tract: Acid stomach. Creamy yellow coating at back of tongue sour.

at back of tongue, sour heartburn (pain to back), sour burps, sour vomit Colic with sour burps and vomit in babies. Morning sickness with sourness Gallstone colic, with sour vomit

Sourness of all discharges
 weat, stool, urine, vomit,
flatulence

REMEDY PICTURE

- Thick creamy yellow mucous discharges
- Worse in the evening, sugar, fate
- Better for cold things
- Feet icy cold by day, burning hot at night

Weakness. Weak, acidic digestion, weak, acidic, rheumatic joints

 Creamy yellow coating at back of tongue

DOSAGE: 6x
Antidotes: None
Complementary Remedies:
None

Sodium sulfate. Glaubers salt

NATRUM SULFATE (Nat. sulf.)

9 HOMEOPATHIC USES

NATRUM SULE, one of the twelve original tissue salts, helps to balance body fluids by stimulating the kidneys to eliminate excess water and by stimulating the digestive organs to secrete properly.



ODIUM SULFATE

DESCRIPTION

Sodium sulfate is the eleventh of the twelve Schnessler tissue salts. It is important in the regulation of the body's water balance.

DATA FILE

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

Melancholy and sad, sensitive to music, tired of life, jumpy, sensitive to noise

PHYSICAL SYMPTOMS

Warts: Soft warts singly or in crops. Whitlows Headaches: Violent throbbing pains on top of head with vertic and bilious nausea, bitter taste i

- pains on top of head with vertigo and bilious nausea, bitter taste in mouth, dislikes light

 • Sallow complexion
- Never well since a head injury, pains or vertigo persist

Gastrointestinal tract: Indigestion with bloated, rumbling abdomen, sour belches.

sour bilious yellow-green vomit. Sour wind with stool Feels better for passing wind and after stool Smelly, watery diarrhea in the morning on waking

Chest: Asthma and chest infections with loose, ratily, thick ropy green mucus on chest. Chest feels sore as if there's a heavy weight on it. Worse for coughing, wet weather, night

DOSAGES: 6x, 6c, 30c Complementary Remedy: Arnica for head injury

Silicon dioxide, flint, sandstone, quartz

SILICA (Sil.) 🗉

THOMEOPATHIC USES

SILICA 18 a tissue salt found primarily in the blood, skin, hair, and nails. Silica helps to bring boils and infected wounds "to a head," expel pus and foreign bodies, e.g., splinters from the skin, aid healing with minimal scarring. It promotes a healthy clear skin.

Constitutional type: Frequently needed for children who "fail to thrive," cannot utilize the nutrients in their food, and despite a good diet remain malnourished. Slow physical, mental, and emotional develop-

ment, biggish heads, fontanels slow to close, pale skin, weak hair and nails with puny pot-bellied bodies.









Silva is the last of the sective Schue sler to sue salts. It wears in the body in the onnective tissue and the

DAIA FIL

SYMPTOM PICTURE: MENTAL AND EMOTIONAL SYMPTOMS

- Lacks self-confidence, shy, anxious, poor concentration
- Stubborn and self-willed
- Irritable, jumpy, restless
- Complaints from mental strain or shock, sensitive to noise
- Dislikes consolation
- · Lacks stamina (grit), tires easily

PHYSICAL SYMPTOMS

Headache: Rises up from the neck, over the top of the head and settles behind the right eye Violent, hammering, throbbing pain as if head would burst Colds and coughs: Cold develops slowly, lasts a long time Blocked sinuses, dry hard crusts in the nose with a loss of sense of smell. Often goes to the chest and produces an irritating cough Middle ear infection
Gastrointestinal tract.

Constipation: hard, shy stool – difficult to expel, slips back Women's complaints: Heavy menstrual periods. She feels icycold all over always constipated before and after her period. Skin: Hard, dry, unhealthy. Cuts fester, heal slowly with lumps cars. Boils form slowly in crops. Acne is characterized by oustula.

sore spots Dryness and cracks at fingertips, nails split and flake Infectious diseases: Mumps – parotid glands swell, feel cold, better for heat, wearing a scarf.

 Convalescence after any illness, where extreme tiredness persists along with swollen glands, and other silica symptoms.

REMEDY PICTURE

- Complaints come on slowly, with slow recovery
- Glands (specially neck) swell
- Very cold, easily chilled
- Discharges are yellow-green and smell offensive, sour, cheesy.
- Sour head sweats at night
- Feet rcy-cold, sweaty
- Very thirsty for cold drinks
- Hungry for cold foods
- · Dislikes meat, warm foods
- Upset by milk
- · Has splinterlike sticking-pains.
- Worse for getting chilled, at new and full moons, cold, wet weather, milk, mental exertion, movement, light, noise, drafts.
- Better for heat, wrapping up warmly, pressure, closing eyes, and lying in a quiet room

DOSAGES: 6x, 6c, 30c Antidote: Camphor Complementary Remedies Calc carb., Pulsatilla

FOOD AND DRINK

Many products we might define as food, or whose natural domain is the kitchen cupboard or the fruit bowl, have a healing energy of their own. Citrus fruit is dealt with on pages 121-25 in the Plant and Animal section, but orchard, soft, and tropical fruits, vegetables, spices, cereals, together with other foodstuffs are described here. The material is arranged thematically: fruit and vegetable; spices and seeds; cereals; eggs and dairy products; natural sweeteners; and liquids. Within each theme group, the items are listed alphabetically.

Prunus amygdalmus (bitter almond) P. amyodalmis dulcis (sweet almond)

ALMOND .

ALMOND OIL soothes and lubricates the skin. It is a particularly safe and effective remedy for cradle cap: massage the oil gently into the baby's scalp.

Finely ground almonds mixed to a paste with warm water can be used to exfoliate and cleanse facial skin.





DESCRIPTION

Almonds are the kernels of a stone-fruit produced by the bitter and sweet almond trees. Almonds and the oil that is extracted from them are used for colimary, cosmetic, and therapeutic purposes

CAUTION

Do not eat almonds in any form without medical advice if you have previously had an allergic reaction to any other nut

PROPERTIES

Almonds have cleansing and moisturizing properties. They contain good amounts of vitamin E, calcium, iron, magnesium, phosphorus, and potassium

SPECIAL NOTES

- No safe dosage has been established for almonds
- · Almonds contain large amounts of salicylates aspirinlike compounds also found in foods such as oranges and berries and in some painkillers
- · Like all nuts, almonds may trigger an allergic reaction

CONTRAINDICATIONS

It is best to avoid eating almonds in any quantity if you are allergic to aspirin. If symptoms appear after eating, seek medical advice. If symptoms are severe, get medical help immediately

Malus species, including Malus pumila

APPLE 6

FOOD USES

EATING ONE or two fresh, uncooked apples a day provides good amounts of pectin, which helps prevent constipation.

Eating an apple after a meal will aid digestion.

Apples can help lower cholesterol levels when eaten in quantities of two to three a day.

As a treatment for intestinal infections, hoarseness, rheumatism, and fatigue, increase your daily intake to about 2lb. (1kg.).

For curative purposes, as an alternative to eating the whole fruit, drink 1pt, (500l.) of

naturally sweet apple juice a day.

Grated apple, mixed with live vogurt, may be helpful in cases of diarrhea.

Apples may aid in elimination of dietary fats from the

Apples offer slow release carbohydrate energy and so are very good for a lunchtime snack if you are planning an energetic afternoon.

PROPERTIES

Annies are an excellent source of fiber vitamins amino acids and minerals – they have a higher proportion of phosphates than any other fruit or vegetable. Apples can also be used as a curative for problems arising in the digestive tract for rheumatism, mental and physical fatique, and hoarse throats. They are said to be beneficial in cases. of urine retention and reputedly combat high levels of cholesterol in the blood. The whole fruit minus the seeds, is used

CRECIAL MOTES

DATA FILE

Apple seeds can be toxic when taken in large amounts since they contain a substance called amyodalin, which breaks down into prussic acid (hydrogen cvanide) during digestion.

CONTRAINOLCATIONS

De-seed apples before giving them to babies and young children

DESCRIPTION

According to tradition, apples are one of the best foods for preventing illness. Modern nutritionists and practitioners of naturopathy concur with this long-held belief.

APPLE

Prunus armeniaca

APRICOT .

EOOD USES

APRICOT KERNEL oil protects and softens the skin. It may help prevent the formation of fine lines in aging skin.

Apricots can help promote healing of the lungs following infection. Three to six fresh apricots a day can help prevent bronchitis and asthma.

A little warm apricot kernel oil applied to absorbent cotton and placed in the outer ear may relieve earache.

Apricots have been used by some alternative therapists in the treatment of cancer. Laetrile, extracted from

the apricot stone, is used. At present there no scientific evidence to support this treatment.



Apricots are a rich natural source of vitamin A, vitamin B2, and iron: the fresh fruit also supplies some vitamin C. The dried fruit contains twice the amount of vitamin A as the fresh fruit, and ten times the amount of iron. Apricot kernel oil is an excellent source of vitamin E. The fruit aids resistance to infection and strengthens the mucous membranes

SPECIAL NOTES

· Apricot kernels can be toxic when eaten since they contain a substance called amyodalin, which breaks down into prussic acid (hydrogen cyanide) during

· Dried apricots are often treated with sulfur dioxide to prevent discoloration. This may cause a severe allergic reaction in anyone who is sensitive to sulfites.

CONTRAINDICATIONS Choose only untreated dried

apricots (brown in color, rather than orange) to avoid possible allergic reaction When purchasing apricot oil look for products marked "FFPA" (free from prussic acid).



Apricots are a popular summer fruit but are available all year round as dried fruit. The whole fruit is used for both culmary and therapeutic purposes



Do not give whole, fresh fruit to young children; remove the stones first



Persica americana oratissima

AVOCADO 🔊



THE FLESH of a ripe avocado soothes sunburned skin. Cut in half and rub gently over the affected area.

Vitamin B6 is known to be effective in the treatment of PMS. It promotes a healthy immune system since it is essential for the production of antibodies. Avocados are rich in carotene, vitamin E, the B vitamins, vitamin C, potassium, and iron. They are nourishing for convalescent and teenagers going through a growth spurt. Some naturopaths claim that they can soothe the pain of cystitis.

Avocado makes an excellent face mask and moisturizer for dry skin. It is often a constituent of natural skincare products available from stores.

CAUTION

Do not eat avocados or take
any product contain<mark>ing</mark> avocado if you have
been prescribed an antidepressant of the
MAOI (Monoamine-oxidase
inhibitor) type

DATA FILE

PROPERTIES

Avocados contain good amounts of vitamins A and C, and are an excellent source of vitamin B6 (pyridoxine). They also provide fairly good levels of potassium.

SPECIAL NOTES

 Because avocado is high in fats it should be avoided by those on a low-fat or caloriecontrolled diet Avocados may cause adverse reactions when taken with



DESCRIPTION

Avocados are the fruit of a small, subtropical, bushlike tree. They are well known for their high fat content—the highest of any fruit or regetable (22g. per 100g.). Of the fats, 79 percent are monounsaturates and 9 percent polyimsaturates. The whole fruit, including the oils, is used.

DATA FILE

•

PROPERTIES

Bananas are a good source of fiber and have high amounts of vitamin B6 and vitamin C. They are also rich in potassium, contain good amounts of magnesium, are low in fat and sodium, and high in carbohydrates. Both fresh and dined bananas can be used for culinary and therapeutic purposes.

SPECIAL NOTES

- The fruit should be eaten ripe. Unripe (green-skinned) fruit contain proteins that inhibit the digestion of starch and other complex carbohydrates.
- Dried bananas are often treated with sulfur dioxide to prevent discoloration. This may cause a severe allergic reaction in anyone who is sensitive to sulfites.
- Bananas may cause adverse reactions when taken with certain drugs

CONTRAINDICATIONS

Choose only untreated dried bananas to avoid any possible allergic reaction

Musa sapientum

BANANA

FOOD USES

THE POTASSIUM present in bananas may be useful in reducing hypertension and preventing stroke.

Vitanin B6 (pyridoxine) is known to be effective in the treatment of PMS. It promotes a healthy immune system since it is essential for the production of antibodies.

Banana powder may help in the healing of ulcers and prevent gastric ulcers that are caused by aspirin.

CAUTION

Do not eat bananas or take any product containing banana if you have been prescribed an antidepressant of the MAOI (Monoamine-oxidase inhibitor) type

DESCRIPTION

Bananas are the finit of a large herbaccous seminopical and tropical plant. Nutritionally, they are one of the most important of all finit. They also have very valuable therapeutic applications.

BANANA

Vaccinium oxycocci var. palustris

CRANBERRIES 6

FOOD USES

PURE CRANBERRY juice drunk frequently throughout the day is used as a treatment for cystitis and other infections of the urmary tract.

Cranberries have a cleansing effect on the whole of the gastro-urinary system.



DESCRIPTION

Cranberries are the fruit of a small shrub The bright red bernes are very acidic and benefit from the addition of sugar to make them more palatable

C D A NIBER RIES

PROPERTIES Cranherries are a source

of carbohydrates in the form of sugars, and have some vitamin Curon and notassium Almost 90 percent of the fruit

 Cranberries have an antiseptic effect on the urinary system.

SPECIAL NOTES

Cranberry drink and cranberry sauce are high in sugar and therefore may not be as beneficial as pure cranberry juice

Figus carica

FIGS ©



FIGS ARE recommended for constipation, hemorrhoids, abscesses, and chilblains. For constipation, soak dried figs in water overnight and eat for breakfast prior to other food. Drinking the water gives added benefit.

Figs relieve chest complaints and can be used as part of the treatment for colds and throat infections.

Dried figs contain more vitamins and nunerals than fresh ones and are a good source of natural sugars. They contain a lot of folic acid, which is good for pregnant



DATA FILE

PROPERTIES

Figs have high amounts of sugars and fiber. They are an excellent source of Iron (4 2mg, in 100g fresh figs), potassium, and calcium

SPECIAL NOTES

- · Figs may cause adverse reactions when taken with certain drugs
- · Dried figs are often treated with sulfur dioxide to prevent discoloration. This may cause a severe allergic reaction in anyone who is sensitive to sulfites

CONTRAINDICATIONS

- · Choose only untreated dried figs to avoid any possible allergic reaction
- · Treated dried figs should also be avoided by those on a low sodium diet

DESCRIPTION

Figs are the fruit of a variety of trees native to the Middle East. They provide valuable nutrients when eaten tresh or dried.

CAUTION

Do not eat figs or take any product containing figs if you have been prescribed an antidepressant of the MAOI (Monoamineoxidase inhibitor) type

Vitis vinifera

GRAPES 🖸

FOOD USES

GRAPES MAY be helpful to people suffering from rheumatism, liver, and gallbladder complaints.

Grapes are astringents that help to clear toxins from the body.

They may contribute to the healing of varicose veins and help to control heavy bleeding during menstruation. Grapes may also play an important role in the prevention of heart disease by lowering blood pressure.

The fruit is sometimes recommended to improve poor liver function

The great therapeutic value of grapes is their ability to cleanse the blood, liver, and digestive system. They are high in vitanins and minerals and easy to digest, which is why they are good for the elderly or convalescent.

Dried grapes, or raisins, pack more energy than grapes. They are particularly useful when you are working hard physically, and so make good snacks for walkers and sportspeople. Raisins are also good for dry coughs. However, they should be avoided by diabetics.

Made into wine, grapes retain their excellent tonic properties. A moderate amount of red wine in the diet can help keep blood pressure low.

DATA FILE

PROPERTIES

 Grapes are rich in bioflavinoids, vitamin C, phosphorus, and potassium, raisins are good sources of potassium, calcium, magnesium, iron, and copper

- Grapes contain small
 amounts of fiber, and fats
- They also contain tannin
- Unripe grapes have high amounts of malic acid Grapes are cleansing, and have a beneficial action on the skin, circulatory and reproductive systems.

GRAPES

DESCRIPTION

Grapes are the funt of the vine; given and red varieties are equally mitritions although some people may find the skin of red grapes indigestible

Actinidia deliciosa

KIWI FRUIT

FOOD USES

BECAUSE OF its vitamin C content, kiws fruit may be included in a cancer-prevention diet.

Kiwi fruit is recommended for circulatory and digestive disorders, and because of its very high potassium levels, helps to reduce stress.

DESCRIPTION

The kner fruit, or Climese gooseberry, is a relatively recent introduction to the mass-produced fruit market. It is usually eaten fresh in saluds or used as a garnish for other dishes.

DATA FILE

PROPERTIES

kiwi fruit provides good supplies of vitamin C, fiber, vitamin E, and potassium



Ananas comosus

PINEAPPLE

EOOD USES

BECAUSE OF its high vitamin C content. the fruit and juice of pineapple may form part of a cancer-prevention diet.

Fresh pineapple provides relief from indigestion and heartburn.

Fresh pineapple juice is excellent for relieving the pain and inflammation of a sore throat

It is also useful in fevers, where the sufferer is sweating profusely and is extremely hot. It is best given as juice in these circumstances. Fresh pineapple juice is also useful for bruising, as the enzyme (bromelin) in it helps to digest the debris (the blue and yellow marks under the skin) left as the body repairs itself.

Pineapple is also good, either eaten as fruit or drunk as fresh juice, for excessive menstruation or painful periods.

PINEAPPLE

DESCRIPTION

Pincapple is a tropual fruit used mainly as a food. Its therapeutic uses are based on its vitanun content and the enzyme bromelin.





Pineapples contain some thiamine and potassium and are a good source of vitamin C (25mg, per 100g, of pineapple juice). They are low in fiber and sodium. They also contains a substance called bromelin, which breaks down proteins

SPECIAL NOTES

- . The bromelin in nineapple may cause an irritating skin rash after handling the fruit
- · Dried pineapple is often treated with sulfur dioxide to prevent discoloration. This may cause a severe allergic reaction in those who are sensitive to sulfites

CONTRAINDICATIONS

Choose only untreated dried pineapple to avoid possible allergic reaction.

Fragaria vesca

STRAWBERRIES

FOOD USES

STRAWBERRY LEAVES and roots are used to treat diarrhea, gout, and stomach complaints.

Strawberries are recommended for treating high blood pressure and for helping to eliminate kidney stones.

Strawberries replenish the intestinal flora.

The juice is applied to the skin to treat blemishes and sunburn. Rubbing the teeth with the juice may help to whiten them.

Because of their high vitamin C content, strawberries are often recommended in a cancer-prevention diet.



DESCRIPTION

Both the wild strawberry and its cultivated varieties are popular summer fruit, traditionally used for therapeutic purposes as well as food The fruit, roots, and leaves are used

PROPERTIES

- Strawborries are rich in vitamin C and are a good source of fiber, iron, and potassium. They contain natural sugars, a trace of fat, and have a low sodium content. The roots and leaves contain tannins.
- · Strawbernes are astringent, act on the digestive system, and are beneficial to the skin

SPECIAL NOTES

Strawberries may cause hives and other allergic reactions.

CONTRAINDICATIONS

Symptoms associated with a strawberry allergy include upset stomach, swelling of the face, eyes and lips, hay-feverlike symptoms, and skin rash. Should any of these occur, seek medical advice as soon as possible

Cynara scolymus

GLOBE ARTICHOKE

FOOD USES

THE ESSENTIAL oils in globe artichokes may help the body's metabolic processes.

Globe artichokes may be of some help in the treatment of rheumatism and arthritis.

They are sometimes recommended for lowering cholesterol levels and may be of some benefit to a congested liver

Globe artichokes can act as a diuretic in cases of water retention. They are also an effective lavative

The high mineral content in artichokes helps combat anemia and other deficiency symptoms such as brittle nails, spht ends in the hair, and lassitude.

CHILDREN

NURSING MOTHERS should not overindulge in artichokes, because they can reduce lactation.

CLORE ARTICHOKE

PROPERTIES

Globe artichokes contain valuable nutrients. They are a low-fat source of vitamin C notassium, and calcium

SPECIAL NOTES

This vegetable must be cooked since the raw plant contains a substance that prevents the body from adequately digesting and absorbing

CONTRAINDICATIONS

The whole plant may cause contact dormatitis when handled by those who are sensitive to its essential oils

DESCRIPTION

Globe articliokes belong to the thirtle family of plants They are totally initelated to the Jernsalem artichoke, which belongs to the sunflower family and has no therapeutic application. The flowerheads of olobe artichokes are used mainly for culmary purposes, although they do have some therapeutic effects

Asparagus officinalis

ASPARAGUS 6

FOOD USES

ASPARAGUS MAY be of use in the treatment of kidney complaints, rheumatism, gout, and edema caused by heart disease. It is a gentle diuretic.

The B vitamins in asparagus include folic acid, which is particularly beneficial to pregnant women because it aids in fetal development and can prevent birth defects.

Vitamin C, ascorbic acid, helps prevent and fight infection and aids the absorption of iron in the body. It also acts as an antioxidant, helping to rid the body of free radicals, which are believed to encourage cancer growth.

Vitamin A helps prevent night blindness and respiratory infections and is important in the formation of bones and teeth.



PROPERTIES

Asparagus is a good source of the vitamins A and C, and some vitamin B. It also contributes a small amount of iron. Eating 3 5oz (100g) fresh, cooked asparagus provides an adult with about 30 percent of their recommended daily vitamin C requirement and 20 percent of their vitamin A requirement

SPECIAL NOTES

- Pregnant and breast-feeding women require additional amounts of folic acid in the form of supplements recommended by their physician. They should not exceed the appropriate dose
- · After eating asparagus, the harmless sulfur compound methyl mercaptan, which has a strong, unpleasant smell, is excreted in



DESCRIPTION

This is a plant of the lily famo. known as "sparrow grass" Both the young shoots and thizomes purposes only the shoots are used Reta rubra

BEFTS

FOOD USES

EAT RAW, grated beets daily to improve liver function and treat bladder infections

Eating the whole, cooked vegetable will help prevent and treat constitution and hemorrhoids.

Fresh beet juice is reputed to be a good cure for hangovers.

Drinking the juice regularly can help restore health during convalescence.

Mix beet juice with cucumber and carrot juice as an additional treatment for kidney stones and to improve the blood.

DESCRIPTION

Beta rubra is the popular red root vegetable that is the main ingredient in borscht (soup). Of the two other species of beets, B. vulgaris and B. cicla, the former is the sugar beet and the latter the vegetable variously known as chard, or Swiss chard, and leaf or spinach beet. Only the leaves and midribs of chard are eaten. For culmary purposes both the leafy green tops and the root of Beta rubra are used; for therapeutic purposes, the root and its juices are used.

source of carbohydrates They contain some C and B vitamins and are a good source of potassium Beets aid digestion, cleanse the liver, and are good for the blood and skin diseases such as eczema. They can be used effectively to improve general weakness. Some therapists consider beet juice to be among the most beneficial of vegetable juices

SPECIAL NOTES

Reets are best eaten fresh and young, the root can be eaten raw or cooked Cook beets in thought then remove the skin before eating. Pickled beets have little nutritional value and should not be used for therapeutic purposes.

Brassica oleracea italica

BROCCOLL

FOOD USES

BROCCOLI MAKES an important contribution to a cancer-prevention diet.

Broccoli, as a regular part of the diet, may be of use in the treatment of breast cancer.

Eat broccoli regularly to supplement any deficiencies of vitamins A and C, and the important minerals calcium and potassium.

DESCRIPTION

Broccoli is a valuable mutritionvegetable that has proven to be effective in the prevention of disease.





PROPERTIES

Broccolus an excellent source of vitamin A and vitamin C (100g of broccoli has about 100mg of vitamin C), calcium, and potassium. It is low in sodium, fat, and proteins and provides reasonable amounts of fiber Broccoli also contains sulforanhanes (Sulforanhanes are part of a group of chemicals called phytochemicals that promote good health) These body, which in turn aid in the removal of carcinogenic molecules shown that sulforaphanes have

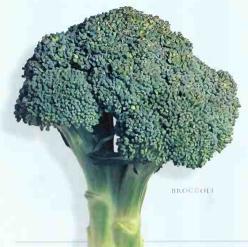
inhibited the growth of tumors in certain animals

SPECIAL NOTES

Broccoli contains substances known as goitrogens that interfere with the body's absorption of iodine lodine is important for the prevention of thyroid goiter

CONTRAINDICATIONS

Individuals with goiter should avoid eating broccoli



Brassica oleracea

CABBAGE

EOOD USES

CARBAGE IS an important contributor to a cancerprevention diet.

Red and green cabbage may be of use in the treatment of concer

A cabbage poultice is helpful for boils, bruises, and swelling. A warm compress of cabbage may help to relieve headaches, rheumatic pains, neuralgia, and eczema.

Cabbage juice is valuable for gastric ulcers, bronchial infections, and hoarseness.

Rinsing the mouth with cabbage juice may help in the treatment of mouth ulcers

A cabbage leaf, lightly pounded, can be placed directly on the breast to relieve mastitis.

DESCRIPTION

Cabbage has traditionally been used for medicinal purposes as well as culinary ones. It is a valuable mitritious vegetable that has proved to be effective in the prevention of disease

PROPERTIES

Cabbage contains high amounts of vitamins A and C. The vitamin Content is most useful when green cabbage is eaten raw. The mineral content of cabbage is low of the minerals calcium is present in the highest amounts Red cabbage should always be cooked since raw red cabbane contains an enzyme that locks in the thramine molecule and thus prevents its use hy

> the body Like broccoli cabbane

also contains the group of chemicals called phytochemicals that are effective in preventing other substances that may reduce

SPECIAL NOTES

the risk of this disease

- Cabbage may cause adverse. reactions when taken with certain
- Cabbage contains substances known as goitrogens that interfere with the body's absorption of iodine Iodine is important for the prevention of thyroid goiter

CONTRAINOICATIONS

Individuals with goiter should avoid eating cabbage

CAUTION

Do not eat cabbage or take any product containing cabbage if you have been prescribed an antidepressant of the MAOI (Monoamine-oxidase inhibitor) type or are taking CABBAGE an anticoagulant

Daucus carota

CARROTS D

HERBALISM USES

IN HERBAL medicine, grated carrots are used as a compress for sore and cracked nipples. Carrot leaf tea is a serviceable diuretic used for chronic cystitis, kidney stones, and gout. Wash the leaves well.

FOOD USES

CARROTS MAKE an important contribution to a cancerprevention diet. They may be particularly protective against cancer of the lung.

A regular supply of carrots will prevent nightblindness, caused by a deficiency of vitamin A.

Carrots may be helpful in the prevention of cataracts. The vegetable and its juice act as a diuretic and can be helpful in the treatment of cystitis.

Carrots can have a beneficial effect on the respiratory and circulatory systems.

DISCRIPTION

Carrots are such a common part of the diet that they can be too easily dismissed. In fact they make very important contributions to good health.

PROPERTIES Carrots are an excellent source of beta-carotene which the body converts into vitamin A They have significant levels of sodium and fiber and are fat- and cholesterol-free. They are of great benefit to the eves and appear to be beneficial in the prevention of cancer as a result of their large amounts of

beta-carotene SPECIAL NOTES

One raw carrot per day will provide the necessary vitamin A to maintain good night sight

CONTRAINDICATIONS

- · Eating carrots or drinking the juice in excess over a long period can be dangerous and can cause vitamin A poisoning
- An excess may also cause the skin to turn yellow.



Anium graveolens

CELERY DO

HERBALISM USES

CELERY SEEDS are used in herbalism for treating arthritis and rheumatism. They are often combined with willow bark. Drink three cups of the combination tea a day. Celery seeds help increase the milk flow in nursing mothers.

100D USES

USE GRATED, raw celery mixed with linseed as a poultice for swollen glands.

Take celery seeds as an antioxidant.

Drink celery juice sweetened with a little honey if you have high blood pressure.

> Drinking the nuice before meals helps to suppress the appetite.

> > juice is also recommended as a digestive and for this purpose should be taken after meals

Celery root is said to be an aphrodisiac.



DESCRIPTION

Celery is a popular salad vegetable and cooking ingredient. The whole celery plant and its seeds have culinary and medicinal uses. Commercially prepared velery products are available in several forms for therapeutic purposes, although some benefits can be obtained by using the vegetable in its natural state.

DROBERTIES

Celery provides good amounts of potassium, chlorides, and sodium. It helps to reduce high blood pressure, spasm in smooth muscle, and gas in the intestinal tract. It may also be helpful in the treatment of arthritis, rheumatism, gout, and sleenlessness. Claims have heen made for its action as an antiovidant

SPECIAL NOTES

- No safe dosage has been. established.
- Celery has no harmful effects. when eaten in small quantities as part of the normal diet, but commercially prepared celery products can be dangerous in a few circumstances. Follow the manufacturer's directions for use. If ill-effects occur stop taking immediately and seek medical advice.

CONTRAINDICATIONS

Celery can cause uterine contractions in both pregnant and nonpregnant women

CAUTION

Do not use in pregnancy. Do not use seeds from seed packages since they are usually treated with chemicals

Cucumis sativus

CUCUMBER D





IN HERBAL medicine, cucumber juice is used to soothe irritable bladders and cystitis. Peel the cucumbers and pass them through a liquidizer. Take 2 teaspoons of the resulting juice every three hours for acute conditions

FOOD USES

DRINKING CUCUMBER juice may be of some benefit in the treatment of eczema. It is also recommended for skin blemishes. Cucumber juice is a tonic for the

Slices of cucumber will cool and clear tired, sore eves and skin damaged by sun and scalding.

Ground cucumber seeds are used as an effective remedy for tapeworm.

A cucumber and apple poultice relieves swellings under the eyes and inflammation of the joints.



DATA FILE

PROPERTIES

Cucumber is a source of vitamin C and small amounts of iron and potassium. It has cooling and cleansing properties, with primarily external applications.

SPECIAL NOTES

Cucumber may cause the accumulation of gas in the aut in some people.

DESCRIPTION

The encumber is used mainly as a salad vegetable although it has cosmetic and medicinal applications. Both the whole fruit and the seeds are used.

CUCUMBER AND SEEDS

Lactuca sativa

LETTUCE ©

TOOD USES

LETTUCE MAY be beneficial as part of a cancer-prevention

It has a calming effect on the pervous system and is sometimes prescribed for palpitations. It also curbs excessive libido

Lettuce may help to relieve intestinal spasms.

Use lettuce leaves to make a poultice for swollen joints and bruises. Simply tie the leaves onto the affected area, and change them every few hours or so for fresh ones

Lightly steamed, lettuce is useful for irritable bowel syndrome, ulcers, and gastric problems.

DATA FILE

PROPERTIES

Lettuce contributes good supplies of vitamins A. C. R9 (folic acid) and potassium. It also contains some iron, copper, and calcium. and is low in fat fiber and sodium. It acts on the nervous system and may offer some protection against cancer Lettuce contains a mild, nonaddictive narcotic called lactucarium. The amounts are almost negligible in salad lettuce

SPECIAL NOTES

Letture is host eaten fresh and should be stored in the refrigerator. Do not cut or tear the leaves until you are ready to eat them since this action will destroy much of the vitamin C

LETTUCE

DISCRIPTION

Letting is one of the most frequently used salad pegetables, but it also has some therapeutic applications. It is particularly well known for its soporific qualities

Ertica dioica





NETTLES DED

HERBALISM USES

NETTLES ARE one of the most useful remedies in herbal medicine not only for their high iron content but also for their ability to clear the skin of allergic rashes and eczema due to nervous stress. The tea may be taken freely. It is useful when breast-feeding. The ointment soothes psoriasis.

HOMEOPATHIC USES

NETTLES ARE the source of the homeopathic remedy Urtica urens (Urtica). It is indicated when there is any kind of nervous rash that looks like the reaction caused by brushing against stinging nettles (white spots on a red skin). It can also be used for bee stings, breast pain during nursing, and gout.

FOOD USES

DRINK NETTLE tea or the junce of nettles to treat chilblains, cystitis, and high blood pressure. Nettle acts as a tonic on the kidneys and liver, helping to rid the body of wastes and toxins. It may give relief to sufferers of hay fever and other allergies.

A compress made by steeping a cloth in nettle tea will

Nettles can be of some benefit in the treatment of psoriasis because they improve the circulation and contain minerals that can ease inflammation and pain. They are also used to treat nettle rash.

The "stings" (hairs) of stinging nettles contain histamine and formic acid, both of which may be helpful in the treatment of arthritis.

Nettle tea can be used as a hair rinse to help remove dandruff.

DATA FILE

PROPERTIES

Nettles contribute good amounts of vitamins C and A. they also contain some iron potassium, and silica. Nettle is a diuretic, astringent, a tonic, and detoxifier It helps to control bleeding

SPECIAL NOTES

The irritating rash caused by handling stinging nettles can be relieved by rubbing the skin with crushed dock leaves, which are usually found growing near nettles

DESCRIPTION

Nettle, including stinging nettle, is used in cooking (most notably as a soup and pasta sauce) and as a treatment for ailments. The whole plant and its leaves are beneficial



Allium cena

ONIONS

HERBALISM USES

CRUSHED ONIONS are used in herbalism as a compress to clean infected wounds and draw splinters. Onion syrup, made by mixing chopped onions with an equal amount of honey, is a useful home remedy for colds and coughs. Use I teaspoon for children and 3 or 4 for adults, repeat every four hours.

FOOD USES

ONIONS ARE thought to be beneficial in lowering blood pressure and blood sugar

They may give some protection against cancer.

Mix onion juice with honey to relieve the symptoms of a cold.

Onion poultices are used to treat bronchitis and can also help in the treatment of acne and boils.

Onions are often recommended for gastric infections.

DESCRIPTION

The hulb of the omon plant and its inners are used to treat arbusouts and moniton health



PROPERTIES

Opione contain small amounts of vitamins A and B, and some potassium. They also contain some sugars. They are low in fat fiber sodium and

> carbohydrates Onions help prevent infection can relax muscles in spasm, and are used as an expectorant and duretic



Capsicum annuum var. annuum

RED AND GREEN PEPPERS 6

RED REEL

PEPPER

FOOD USES

PEPPERS INCREASE perspiration and therefore have a cooling effect on the body.

They may be effective in the treatment of varicose veins, asthma, and digestive complaints.

Peppers reduce sensitivity to pain by irritating the tissues and increasing blood supply to the affected area, which effectively numbs the pain.

Cavenne acts as a tonic for those suffering from tiredness and cold. It can also induce a feeling of well-being. It is an expectorant and has been effective for treating catarrh and sinus problems.

Peppers also help to eliminate toxins from the body.

DESCRIPTION

The frints, when ripe, range in color from yellow to deep red There are two general types of peppers, the mild and the hot varieties. Most of the nuld peppers have relatively large fruits red, green, or yellow - that are rich in vitamins A and C. Green bell peppers are picked before they are tipe The term primento, from the Spanish for pepper, is applied to certain varieties of nuld peppers. These melude paprika, obtained by drying and grinding the hight red fruits. Hot peppers are often ground into a fine powder for tose as spice. Hot peppers include the Tabasco pepper, the long chili, and cayenne peppers

PROPERTIES

Peppers are an excellent source of vitamin C (100mg per 100g. in a fresh green pepper). All peppers also contribute small amounts of iron and vitamin A. The largest amounts of vitamin A are found in fresh red peppers, while paprika and chilli powder are also very rich in this vitamin. Peppers are a good source of potassium, and have low levels of sodium and fiber. They act as a tonic, have antiseptic effects, and are stimulating to the circulatory and digestive systems. Peppers also have anesthetic properties

DATA FILE

- SPECIAL NOTES · Pungent peppers such as chilipeppers may cause skin irritation and painful inflammation when used in excess or when in contact with the eyes and broken skin The seeds are particularly powerful
- · Strong peppers may also temporarily irritate the urinary system since the oils are excreted in urine

CONTRAINDICATIONS

Care should be taken when preparing very hot peppers, which contain large amounts of a chemical called capsaign. This may burn or irritate the skin. Some authorities recommend wearing protective gloves when handling these peppers since the chemical will not dissolve in water (it is soluble in milk fat or alcohol). Always wash your hands carefully after handling green or red chilis and never rub or touch your eyes, nose, or sensitive parts of the body before washing your hands



Cucurhita maxima

PUMPKIN SEEDS

EOOD USES

PUMPKIN SEEDS may be included in a cancer-

The zinc in pumpkin seeds can be beneficial in the treatment of prostate problems. As they are rich in zinc, they may help boost male fertility.

Pumpkin seeds are soothing to irritated tissues.

They are often recommended as a diuretic.

Ground seeds mixed with an equal amount of honey expel intestinal worms. Take 5 or 6 teaspoons of the mixture before breakfast for three weeks.



DESCRIPTION

The number is a valuable regetable, contaming good amounts of vitamm A and B. The seeds are also highly nutritious and have medianal as well as adinary uses



PUMPKIN SEEDS

DATA FILE

BROBERTIES

Pumpkin seeds are rich in protein and unsaturated venetable oils which are also rich in B vitamins, zinc, and iron, contain some fat and contribute fiber to the diet Pumpkin seeds act on the urinary tract and may beln to expel intestinal worms

PROPERTIES

Radishes contain some starch and sugar and low amounts of fiber. They are an exceptionally good source of vitamin C and contribute B vitamins, iron. and potassium Radishes are antibiotic (they contain the antihintic raphinin) antifungal, and act on the urinary tract. The black radish is used in homeopathy to treat the liver

SPECIAL NOTES

Radishes contain substances known as goitrogens that interfere with the body's absorption of iodine lodine is important for the prevention of thyroid goiter

CONTRAINDICATIONS

Individuals with goiter should avoid eating radishes

Raphanus sativus

RADISH 6

EOOD USES

RADISHES ARE effective against bacterial and fungal infections.

They are beneficial in the treatment of indigestion, flatulence, and bloating caused by intestinal gases.

Radish seeds are used to treat bronchitis.

Raw radishes are particularly useful in dispelling phlegm and clearing blocked sinuses. They are also diuretic.

Avoid radishes if you suffer from gastritis or ulcers.

DESCRIPTION

The radish belongs to the same family as the cabbage. It is the seeds have medicinal uses. The red radish is closely related to the mooli, or darkon (R. sativus

Zea mays

CORNDO

HERBALISM USES

DO NOT throw away the fine silk hars that cover the corn; dry them and keep them for making herbal tea. They make an excellent soothing and healing duretic, which is especially effective when the kidneys have been damaged by disease or drugs. Corn silk and chamomile tea is helpful in cases of gastritis.

FOOD USES

A TEA MADE by infusing corn silk in hot water may help in the treatment of kidney stones. Drink three times a day.

Corn silk is also a good cleanser of the urinary tract. A little of it eaten raw, with or without the corn kernels, will benefit the whole urinary system.

Corn flour is used as a substitute for wheat flour by people who are allergic to gluten and gliadin, such as those with celiac disease.

Corn and its products may be beneficial in the treatment of bedwetting in children, disorders of the prostate, cystitis, and inflammation of the urethra.

Constarch, manufactured from the inner part of the corn kernel, makes a fine powder suitable for use as a face or bath powder.

DATA F

PROPERTIES

Corn provides good supplies of carbohydrates, B vitamins (thiamine and riboflavin), vitamin A and C, potassium, and zinc. It is low in fat (2.4g. per 100g.) and contributes some protein. Corn also contains iron, but it is in the form of nonheme iron, which is difficult for the body to digest. Corn is stimulating and cooling. It is much used in Chinese medicine for urinary and kidney problems.

SPECIAL NOTE

Corn and its products may have adverse effects in certain

CONTRAINDICATIONS

- People suffering from pellagra (a niacin-deficiency disease) may be advised to eliminate corn and corn products from the diet.
- Corn can cause a classic allergic response in some people.
 Symptoms include swollen facial tissues, hives, and upset stomach.
 Seek medical advice if an allergic reaction occurs.

DESCRIPTION

Corn, or maize, is known primarily as a summer vegetable, but it also has therapeutic properties. The corn silk (sugmas and styles of female flowers), fruit, seeds, and oil are used.

CORN SILK



CORN

Nasturtium officinale

WATERCRESS

FOOD USES

WATERCRESS MAY help in the treatment of edema.

It is used to treat respiratory ailments such as coughs, catarrh, and bronchitis.

Watercress benefits the skin and may help skin eruptions when it is eaten regularly.

It may strengthen the whole system in cases of debility caused by chronic illness, and help to relieve stress.

Watercress is sometimes recommended for gallbladder complaints and anemia. It is also good for diabetes and rheumatism.

To stimulate hair growth, especially for those losing their hair, make a paste of pounded watercress leaves and let it remain on the hair for a couple of hours before washing it off. Alternatively, use watercress infusion as a rinse after shampooing. Watercress is best avoided if you have cystifs.

DESCRIPTION

Watercress is a bitter, pungent herb used in cooking and for medicinal purposes. Only the leaves of the plant are used.

WATERCRESS

DATA FILE

PROPERTIES

Watercress provides good supplies of the vitamins A, B (thiamine and riboflavin), and C, iron, and calcium.

It contains a volatile mustard oil and other compounds that account for the slight burning taste on the tongue Watercress is a stimulant that benefits digestion, a diuretic, and

digestion, a diuretic, and an expectorant. It has antiseptic properties and makes an effective tonic



BLACK PEPPER 6 6

EOOD USES

BLACK PEPPER is useful for treating indigestion and flatulence, and for respiratory problems.

Pepper is an effective emetic and expectorant In Ayurvedic medicine, black pepper mixed with ghee is used to treat hasal congestion.

sinusitis, and inflammation of the skin. AROMATHERAPY USES

ITS ESSENTIAL oil eases muscular aches and pains and is used to treat colds and flu.



PHOMEOPATHIC USES

WHEN USED as a homeopathic remedy for fever, pepper can help to lower the body temperature.

PEPPER CORNS

RIACE

DATA FILE

used regularly may result in overstimulation of the kidneys.

CONTRAINDICATIONS

When using black peoper for medicinal purposes, follow the recommended dosage

SPECIAL NOTES

relieve pain.

The essential oil may irritate the skin of those with sensitive skin. Large amounts of black pepper

Black pepper has stimulating

expectorant, anesthetic, and

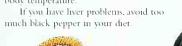
tranquilizing properties. It

contains a chemical called

piperine, which helps to

DESCRIPTION

Black pepper, a traditional seasoning for food, is a warm, aromatic, and comforting spice with therapeutic uses. The fruit, or corns of the eme and the essential oil extracted from them are used. Black pepper is the infiole, sun-dried, unripened fruit of the vine, white pepper is the ripe fruit from which the skins have been removed







Elettaria cardamomum, Amomum cardamomum

CARDAMOM 6

AROMATHERAPY USES

CARDAMOM OIL, diluted in a carrier oil, can be rubbed on the abdomen to stimulate digestion.

FOOD USES

CARDAMOM IS beneficial for expelling gas from the bowels. The seeds may have some use as a laxative.

Cardamom stimulates the appetite and helps relieve feelings of nausea. It is an excellent remedy for indigestion.

Chewing the seeds will sweeten the breath. They can also help to counteract the formation of mucus.



CARDAMOM SEEDS

DESCRIPTION

Cardamom, an aromatic space, is the fruit (or seed) of a large plant that belongs to the ginger family Cardamom's warm, spicy characteristics make it a popular ingredient in curries, desserts, and baked goods

DATA FILE

PROPERTIES

As well as its culinary uses cardamom has important therapeutic uses for the body It has beneficial effects on the digestive and respiratory systems. Both the whole seed and the kernel are used, and an essential oil is extracted from the seed

SPECIAL NOTES

Taken in excess cardamom may cause watery diarrhea

CONTRAINDICATIONS

- . It is best to avoid cardamom if you have a chronic disease of the digestive system such as diverticulosis, spastic or ulcerative colitis, duodenal ulcer, or esophageal reflux
- Cardamom functure is a controlled substance in some countries



DATA BILE



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Cinnamon is a warming aromatic that can help to strengthen the immune system and the digestive system.

SPECIAL NOTES

Commercially prepared natural products containing cinnamon are available for promoting weight loss. When taking commercially prepared health products, follow the manufacturer's directions for use if ill-effects occur, stop taking immediately and seek medical advice.

CONTRAINDICATIONS

When taken in large doses cinnamon can have very serious effects. If symptoms occur (dizziness, nausea) seek medical help immediately.

Sesamum indicum

SESAME SEEDS



to flavor foods. Both the bark and the leaves have some therapeutic properties.

SESAME OIL used in massage during pregnancy may help to prevent stretch marks. Use after bathing.

The leaves are recommended as an internal treatment for cystitis, diarrhea, and catarrh.

The seeds are taken to treat constipation, osteoporosis, and stiff joints.

They may also be of benefit in the treatment of timitus, weak eyesight, and dizziness.

Burns, boils, and ulcers may be relieved by applying the oil directly to the affected site.

Sesame is beneficial for patients suffering from liver and gallbladder problems.

Sesame seeds are used for enhany purposes and in the manufacture of the creamy paste known as taluni. The leaves, seeds, and the oil extracted from them are used for

DESCRIPTION

(1) P

PROPERTIES

breast-feeding

Sesame seeds are rich in unsaturated oil (54 8g of fat per 100g), vitamins A, B (thiamine and riboflawin), and E, potassium, magnesium, and calcium. They have rejuvenating properties, are a soothing liver and kidney tonic, and act as a mild laxative. They also strengthen bones and teeth

DATA FILE

Because of their high fat content, sesame seeds and oil may best be avoided by those who are overweight

SPECIAL MOTES





SESAMI SEEDS

Sodium chloride

SALT 🗑

ECOD USES

SALL IS consermed recommended is in emetic

Salt is used in the form of saline solution or salt tablets to treat salt depletion resulting from excess production of sweat in very high temperatures, from excessive vomiting and diarrhea and as a result of shock and hemorrhage. Saline solution is usually administered intravenously.

A small bag of salt, previously warmed, pressed against the ear may help to relieve earache.

Dissolving a punch of salt in the mouth before going to bed is sometimes recommended for the prevention of night cramps

A warm water and salt gargle can ease inflammation of the throat.

To exfoliate the skin, pur a little salt on a facecloth and rub gently over the face and body Rinse well

PROPERTIES

The body needs salt to maintain water in the body and help distribute carbon dioxide through the blood. Salt has cleansing and antiseptic properties and acts as a digestive and a laxative

SPECIAL NOTES

Too much salt in the diet may load to fluid retention and hypertension. Some authorities recommend a daily intake of no more than 5g, but in the US the average daily intake is between 10 and 12g On average, about 70 percent of our salt intake occurs naturally in our food or we add it while cooking or preparing food in the home

DATA FILE

added in manufacturing or

CONTRAINDICATIONS

 People with bigh blood pressure should restrict their intake of sodium chloride. Substitutina potassium salts, available commercially as products marked "low" or "lo" salt, can help People on low-sodium diets must restrict their salt intake as advised by their general practitioner or diotitian

Note: Sodium chloride is the source for the homeopathic remedy Natrum Muriaticum

DESCRIPTION

Salt has been used traditionally as a presentative - for example, to salt heavy and salt rod - and as a seasoning for food. It also has therapeutic uses, some of which are based on folk medicine

BAKING

Bicarbonate of soda



FOOD USES

TO CURE flatulence drink a solution of teaspoon baking soda dissolved in a glass of hot

Baking soda mixed to a paste with water eases the pain of a bee sting. Remove the sting from the skin before applying.

Sour breath can be sweetened by gargling with a solution of baking soda and water. It can also be used as an efficient toothpaste.

The juice of half a lemon mixed with I teaspoon of baking powder and warm water will help ease headache if taken every 15 minutes.

A baking soda poultice will help to soothe diaper rash.

agent for certain baked goods. It also has useful therapeutic applications.

CAUTION

Use only externally on babies and children, as a treatment for stings and rashes

DATA FILE

PROPERTIES

The chemical name of baking soda, an alkaline salt, is sodium bicarbonate (NaHCO2). When to the skin, can neutralize offensive odors, and ease pain

SPECIAL NOTES

No safe dosage for baking

Hordeum vulgare

BARLEY 🖻



BARLEY MAY help to prevent heart disease since it promotes the normal functioning of the heart and stabilizes blood pressure.

To ease vomiting, drink some barley water made by boiling 1 teaspoon of barley in 2pts. (11.) water and then simmer for 10 minutes.

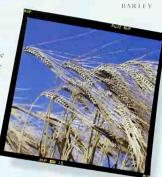
Drinking barley water may help in the treatment of cystitis.

Barley water reduces acid in the spleen if drunk twice a day for a month.

Make a poultice of barley flour to reduce inflammation of the skin.

Barley's soothing properties also aid inflammations of the digestive tract, respiratory systems, urinary systems.

Drinking barley soups and water can be helpful for flatulence, diarrhea, constipation, and colic.



DESCRIPTION

Barley is a member of the grassfamily and an important cereal, grown as a food for humans and animals. Large quantities of burley are made into malt, which is used in the manufacture of alcoholic and nonalcoholic beverages.

CAUTION

Do not eat
barley or
products
containing barley
if you have a
gluten
allergy

DATA FILE

PROPERTIES

Barley is an excellent source of vitamin B9 (folic acid), potassium, phosphorus, and magnesium. It also contains iron and calcium. A large proportion of these minerals cannot be made available to the body because barley contains phyric acid, which forms insoluble compounds that cannot be digested

SPECIAL NOTES

Use whole barley rather than pearl or milled barley since it contains more nutrients.

Barley contains gluten

BREAD

FOOD USES

WHOLEWHEAT BREAD is a useful source of dietary fiber, which keeps the digestive tract functioning efficiently.

A traditional folk remedy for pleurisy was a drink made from toasted wholewheat breadcrumbs, a pinch of salt, a knob of butter, and hot boiled water.



WHOLEWHEAT BREAD

DATA FILE

PROPERTIES

Yeast breads are an excellent source of carbohydrates and the B vitamins - folic acid (B9), niacin (B3), pantothenic acid (B5), pyridoxine (86), riboflavin (82), and thiamine (B1). Wholewheat breads have additional amounts of pyridoxine, pantothenic acid, and thramine. All breads, including unleavened bread, have a high sodium content and are a good source of iron, potassium, and calcium. In addition to the valuable nutritional benefits to be gained from eating bread, its main therapeutic use is as a

SPECIAL NOTES

Avoid eating bread if you are on a low-sodium or low-fiber diet In certain cases bread can provoke an allergic reaction

CONTRAINDICATIONS

- Anyone on a gluten-free diet should not eat breads made with barley, rye, wheat, oats, or buckwheat
- Bread enriched with milk should be avoided by anyone on a lactose-free diet

DESCRIPTION

For nutritional purposes dietitians recommend eating wholegram yeast breads in preference to white bread.



Avena sativa

OATS DO

HERBALISM USES

OATS ARE the basis for a specific herbal remedy for pervous exhaustion and depression.

FOOD USES

OATS MAY give some protection against cancer of the bowel. They lower the amount of cholesterol in the blood, so belong to protect against heart disease.

Oatmeal may be of benefit to women suffering from menopausal symptoms, and men suffering from impotence or sterility.

Oatmeal is a gentle, effective tonic for the nerves and may help those trying to overcome an addiction.

An oatmeal bath moisturizes the skin and gives relief to eczema sufferers.

© CHILDREN

OATMEAL MAY be recommended to calm hyperactive or highly strung children.

OATS

DATA FILE

PROPERTIES

Oats are high in carbohydrates. most of which are starch: the sugar content of pats is low. Oats are a good source of fiber. contain some protein, and have a higher fat content than rive and wheat flours. They also contain sodium (33mg, per 100g.) and are an excellent source of B vitamins (thiamine and pantothenic acid), iron. phosphorus, and potassium. Oats have laxative properties and act as a tonic on the heart literus nervous system, and thymus gland. They also affect the reproductive system.

SPECIAL NOTES

- Oats contain gluteri.
- People on special diets, and those suffering from certain diseases, may be advised to avoid eating oats and products containing oats.

CONTRAINDICATIONS

- People with celiac disease
 cannot tolerate gluten or gliadin
- These substances are also found in wheat and rye. All three cereals should be avoided by those with the disease, as well as any others on a gluten-free diet.
- Oats should also be avoided by people on low-carbohydrate, lowfiber, and low-sodium diets

DESCRIPTION

Oats are a cereal plant, the grains of which are usually made into oatmeal. Oatmeal is the product of rolling or granding oats and then steaming them. Milled oats are found in muesh, granola, and other breakfast cereal products. Oats have therapeutic properties. Products based on wild oats are available commercially.

Oryza sativa

RICE

FOOD USES

THE SEEDS are used to treat urinary ailments.

The water poured off from boiled rice helps to overcome stomach upsets and rehydrate someone suffering from fluid loss through diarrhea.

Rice and rice flour are used as substitutes for wheat and some other cereals by people who cannot tolerate gluten and gliadin, such as those with celiac disease.

Germinated rice seeds may help in the treatment of abdominal bloating, lack of appetite, and indigestion.

DESCRIPTION

Rice is the cereal that is a staple food to more than half of the world's peoples It also has important medicinal uses, for which the iluzomes, seeds (the grains), and germinated seeds are used. White rice is the grain that is left after the brain and germ have been removed; brown rice retains the brain and germ. Rice is available as a breakfast cereal (the grains are "puffed" during manufacture) and is fermented to produce rice wine, called sake by the Japanese.



BROWN RICI SHORT-GRAIN RICE

DATA FI

PROPERTIES

Rice contains high levels of carbohydrates (87g, per 100g, of white, uncooked rice) it contributes B vitamins – folic acid and pyridoxine – iron, and potassium. Brown rice also contains the B vitamin thiamine, which is present in the bran White rice has 1g of fat per 100g, in brown rice the amount of fat is higher. Rice has low amounts of sodium and is cholesterol-free. It is a tonic, a diuretic, and a digestive. It also controls sweating.

SPECIAL NOTES

 White rice contains fewer ditamins than brown, unpolished rice if possible, use brown varieties for rice dishes.

the essential amino acids lysine and isoleucine and are therefore known as incomplete proteins (complete proteins, such as those found in animal protein, have their full complement of amino. acids) To make up for this lack. eat rice with legumes such as peas or beans. These foods lack the essential acids tryptophan, cystine, and methionine, so when the two foods are combined the body benefits from complete proteins. Protein is necessary for the growth and repair of tissues. and provides energy. Incomplete to the body

· Rice contains proteins that lack

EGGS @

FOOD USES

THE WHITE of eggs act on the mucous membranes of the digestive tract and may help in the treatment of digestive nilments

Egg white, whisked to a froth with a drop of vinegar or milk, makes a soothing face mask.

Whisked egg white also provides relief for diaper rash, and sore, cracked nipples.

Egg volk makes an excellent tonic for the hair and can be used in both shampoos and conditioners.





DESCRIPTION

Eggs are rich in nutrients and easily digested. They have valuable therapeutic properties with external and internal applications.

PROPERTIES Eggs are an excellent source of

protein. B vitamins (thiamine and riboflavin) vitamin D. vitamin A. and the minerals calcium phosphorus, potassium, and iron About 74 percent of the weight of an egg is water. Most of the nutrients are in the volk, although the white does contain thiamine An egg provides twice as much fat as it does protein and almost the maximum amount of cholesterol that is currently recommended for daily

SPECIAL NOTES

consumption.

- Inder certain circumstances eggs can cause salmonella poisoning
- · A significant number of people, particularly children, may develop an allergy to eggs. Symptoms of an adverse reaction include swollen eyes and lips. ahdominal nain, nausea and subsequent vomiting, and skin
- · Viruses grown in egg culture to make vaccines can occasionally cause an allergic reaction

- . The iron in eans is more easily made available to the body if foods containing vitamin C - such as orange or grapefruit juice - are eaten with the egg
- To relieve the irritation of chilblains, make a paste with ego white, honey, and flour, smear over the chilblains and cover with a clean bandage

CONTRAINDICATIONS

- If any of the above symptoms occur after eating eggs seek medical attention immediately Should similar symptoms occur following vaccination for mumps. measles, or flu. you should also seek immediate medical advice
- · Pregnant women, elderly and ill people should avoid eating raw eggs. Because of the high cholesterol content of eggs. people with a history of heart disease should confine their consumption of eggs to the whites only, or restrict their consumption to two or three whole eggs a week

YOGURT



FOOD USES

EAT LIVE, plain vogurt after completing a course of antibiotics. This will replenish supplies of the beneficial bacteria (flora) that live in the gut and are depleted by repeated use of antibiotics.

In cases of oral or vaginal thrush, apply plain, live vogurt to the area. Repeat two or three times a day until the condition has improved.

Live yogurt may help to reduce blood cholesterol and therefore has a role to play in the prevention of heart disease.



YOGURI

DATA FILE

PROPERTIES

Yogurt is a rich source of protein and provides good supplies of vitamin A, the B vitamins thiamine and riboflavin, and calcium Yogurt made from skimmed milk is relatively low in cholesterol and fats (1 0g per 100g) Yogurt is beneficial to the digestive system and the urinary tract. It is antifungal and soothing

SPECIAL NOTES

- · People on special diets may be advised to avoid vogurt
- · Anyone with a lactose intolerance may experience adverse effects from eating
- · Like milk, yogurt promotes the production of mucus and should therefore be avoided by those

CONTRAINDICATIONS

- People with a lactose intolerance lack the enzyme lactase, which is needed to break down lactose into glucose and galactose. However, they may be able to tolerate acidophilus vogurt because it seems to supply the missing enzyme.
- · Anyone on a low-fat or lowcholesterol diet may be advised to avoid full-fat yogurt.
- · Women who are carriers of the disease galactosemia may have to avoid yogurt and other milk products during pregnancy

DESCRIPTION

Yogurt is milk that has been curdled, or "rultured," by the action of bacteria. These may include Lactobacillus acidophilus, which can he of particular benefit to people who cannot tolerate milk and other milk products. "Live" yogurt contains active bacteria

HONEY

FOOD USES

HONEY'S LONG recognized antiseptic properties can be utilized to advantage for coughs and sore throats. It is particularly effective when mixed with lemon or vinegar.

Apply a honey compress to

Set honey can be helpful in the treatment of ringworm. Smear honey on the affected area as many times throughout the day as possible. Do not cover. Repeat again at bedfune.

Honey is extremely useful for moisturizing the skin and is often a constituent of natural skincare products.

To relieve the irritation of chilblains, make a paste with honey, egg white, and flour; smear over the chilblains and cover the area with a clean bandage.

As a preventive to hay fever, cat a little of the local honey.



HONEY

DESCRIPTION

Honcy has traditionally been regarded as having therapeutic properties. Certainly, pine honcy is one of the few foods that can be eaten today in its near-natural form. Pine honcy by its very nature does not contain any additives and is almost always free of herbrides and pesticides.

CAUTION

Diabetics must avoid

DATA FILE

PROPERTIES

Honey is comprised mainly of the sugars plucose and fructose. It has a very high nutritional value, although it does contain small amounts of minerals – among them calcium, phosphorus, and potassium – and several vitamins, the B complex C. D. and E. It also contributes some amino acids. Honey is used for both culinary and therapeutic purposes. It is an antiseptic, which recommends it for the treatment of both internal and external infections, and is reputed to be an excellent food for promoting general good health. A small amount of pollen is usually present in honey Pollen, unlike honey, is a very rich source of nutrients and therefore can be of benefit in itself when taken in large enough quantities

SPECIAL NOTES

Honey is a healthy alternative to refined sugars

MOLASSES .

FOOD USES

BLACKSTRAP MOLASSES is a very effective laxative. It is also a good source of iron and other essential immerals. It can be eaten as it comes from the jar, one teaspoonful a day, or it can be used as an ingredient in cakes and puddings. It was once used as the sweetener for the folk

remedy that is known as Brimstone and Treacle, which mixed sulfur with molasses or black treacle.



DATA FILI

PROPERTIES

Molasses is a rich source of minerals, especially potassium, which the body requires for healthy muscles and for maintaining cells and nervous tissue. It also contributes the mineral alumina, necessary for the growth of bones and teeth, calcium, chromium, iron, zinc, and magnesium

DESCRIPTION

Also known as black treade, molasses is the residue that is left from the manufacture of cane sugar. The final stage in the extraction of sugars produces the molasses known as blackstrap molasses.

ALCOHOL ®

FOOD USES

SOME TYPES of alcohol are used in therapeutic practice as carriers or preservatives for other healing substances; for example, vodka or brandy are often used to make a herbal

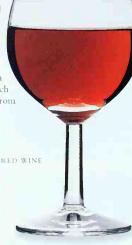
Wine tonics stimulate the appetite.

Digestives made from red wine and certain herbs aid digestion when taken after a

rich or heavy meal.

Alcohol taken in small quantities may help guard against heart disease diseases of the arteries, and the formation of gallstones caused by cholesterol.

Red wine is a rich source of flavonoids, which help protect the body from viruses and allergens.



PROPERTIES

Alcohol has culinary cosmetic and therapeutic uses it relaxes and warms the body acts as an antiseptic and diuretic, and is a depressant

CRECIAL MOTES

- Safa lavals of alsohol consumption are around 10-20g ner day that is around two glasses (4f) oz /125ml) of wine or just under one pint of beer
 - · Alcohol can be toxic in large amounts, and under certain

circumstances it should be avoided altogether

CONTRAINDICATIONS

- If you are taking any other prescription or over-the-counter drugs - including vitamin and mineral supplements - seek advice from your pharmacist or general practitioner before drinking alcohol
- · Alcohol is best avoided by people who suffer from migraine

DESCRIPTION

Alcohol is a drug that affects the nervous system - altering mood and perception, for example - and in excessive amounts it can seriously, sometimes fatally, damage the body. However when taken in small amounts it can have a positive effect on health.

CAUTION

Do not drink alcohol if you are pregnant, are taking antibiotics or aspirin, or have gout. Never give alcohol to someone who is suffering from shock, or someone who is or has been unconscious

Camellia sinensis

TEA 🕥



FOOD USES

THE FLUORIDE in tea may be beneficial in the prevention of dental caries.

Tea may help in the treatment of diarrhea, dysentery, hepatitis, and gastroenteritis.

The flavonoids in tea may help to destroy harmful bacteria

Cold, steeped tea bags placed over the eyes will soothe soreness and irritation. Their astringent properties also make them useful for treating minor injuries and insect bites.

The leaves of green and black tea may be beneficial in the prevention of heart disease and stroke.

Raspberry-leaf tea (see page 167) is a well-known tonic when taken during pregnancy. It also helps prepare the breasts for breast-feeding.

DESCRIPTION

Green to a made from the tips of short of the hrub Camellia smensis, black ter is made from the fermented, dried leaves An essential oil, alled and a state of divided from black real Both the leaves and oil are used

DATA FILE



Tea provides folic acid (vitamin B9), and some potassium and magnesium It contains fluoride (0.3-0.5mg per cup), tannins, and methylxanthines

- stimulants that include caffeine. Tea acts on the area of the nervous system that controls the respiratory and digestive systems. It is a
- diuretic and astringent Antioxidants called polyphenols have beneficial effects on the circulatory system, while flavonoids act on the immune system.

SPECIAL NOTES

- Studies have shown that green tea may contribute to the prevention of cancer particularly stomach cancer Green tea capsules are commercially available but benefits may also accrue from drinking freshly made green tea.
- · Always allow the tea to cool slightly before drinking. Do not drink it very hat

- The caffeine content of tea is much higher than that of coffee.
- Tea may cause adverse reactions in people who are undergoing medical treatment

CONTRAINDICATIONS

- · Drinking tea to excess can cause constipation, indigestion, dizziness, palpitations, irritability, and insomnia
- · Tea can interfere with the effectiveness of drugs such as allopurinol (for the treatment of gout), antibiotics, antiulcer drugs, and the drug theophylline, prescribed for asthma it can prevent the absorption of iron and interfere with the effectiveness of sedative drugs.

Aceric acid

VINEGAR 6

FOOD USES

VINEGAR'S ANTISEPTIC properties make it beneficial in the treatment of urinary infectious such as cystitis, and howel infections

Vinegar is used to reduce swelling and pain produced by wasp stings.

Cider vinegar sweetened with honey will counteract stomach acidity treat coughs hav fever and usal congestion. Vinegar and honey may be beneficial in the treatment of arthritis and asthma. A daily drink made by mixing one tablespoon of vinegar in a glass of water may help in the treatment of thrush.

Dab neat cider vinegar on the skin to treat athlete's foot, ringworm, and eczema.

A drop of vinegar added to the bathwater can soothe skin irritations, including those caused by eczema.

DATA BUE

PROPERTIES

Vinegar acts on the urinary tract, it is antisentic astringent, and antifungal

DESCRIPTION

I megar is used as a preservative, a flavoring, and a remedy for ailments It is produced by the action of bacteria that oyulize alcohol. Red and white wines, apple cider, perry, and malt are used to make vinegar Apple ader emegar is particularly



DATA FILE

Water has very few nutrients except for the minerals

calcium and magnesium, and

whether the water is hard or

minerals than soft water)

Other substances may be

chlorine to purify it, and fluorides to help prevent

added to water, for example

dental caries, although fluorine

may occur naturally in some

cases Water also contains

some sodium, the amount

another Bottled waters may

be particularly high in sodium

varies from one area to

soft (hard water contains more

these vary according to

Hydrogen dioxide

WATER

FOOD USES

WATER PREVENTS dehydration.

It can help to prevent tooth decay when sufficient fluoride is present.

Water acts as a diuretic and a mild laxative - it adds water to stools and may stimulate muscle contraction in the digestive tract.

Hard water may play a role in preventing hypertension and heart disease.

Ice reduces swellings and is particularly beneficial for sprains. Ice packs help to relieve backache. Swallowing cracked ice may be beneficial in relieving morning sickness.

Bathing in warm water can induce relaxation. Hot baths may help to soothe muscular aches and pains. A cool bath can be soothing for sufferers of prickly heat.

A hot compress can help to reduce skin inflammations caused by infection. Dip a facecloth or other thick cloth in hot water and wring out before applying. Cold compresses placed around the throat may ease croup.

CHILDREN

CHILDREN SUFFERING from croup will get relief when placed in a steamy bathroom. This is best achieved by running the hot water faucet or the shower

WATER



SPECIAL NOTES

- · Water should be filtered before it is drunk if it contains
- · Bottled mineral waters may be high in sodium

CONTRAINDICATIONS

- If contaminants such as excess chlorine are present. avoid drinking the water and notify the appropriate
- . Those on a low-sodium diet may need to avoid some label before drinking
- · Check sodium levels before serving bottled water to infants and children

DESCRIPTION

Water makes up about 75 percent of the human body. It is not post essential for health, it is essential for life Water is necessary for maintaining the correct osmotic pressure in cells and is needed for many other body processes, such as transporting nutrients and waste products around the body in the blood (blood is about 80 percent water). Water that has been cooled to form ice, or heated to form hot water or steam, and be used to treat minor complaints





PART 4 PRACTICAL MATTERS AND USEFUL INFORMATION

This part includes sections on first aid, suggestions for what remedies to buy or make for a natural home medicine chest, data on the recommended daily allowances of vitamins and minerals, and an exhaustive directory of healing plants cross-referencing common, local, or traditional names with the Latin botanical name. There is also a glossary of terms, pointers toward further reading, useful addresses, and a general index.



FIRST AID

This section covers the minor injuries and common mishaps that occur in most households at some time or another. Natural remedies are given, and a suitable home medicine chest suggested. In the case of serious accidents, make sure that you get qualified help immediately.

Cuts and grazes

Small cuts and abrasions will usually heal without treatment, but any wound to the skin presents a risk of infection, so it is important that you clean and dress the wound to prevent this from happening. Deeper wounds may require sutures and should be seen by a physician.

A SUGAR DRISSING



1 You need a sterile piece of gauze dressing, about 40z. (100g.) granulated sugar and a sterilized teaspoon. Clean the wound thoroughly before you begin.



2 Sprinkle 2 to 3 teaspoonfuls of sugar either directly on to the would or on to the gauze. If you choose the second method, carefully place the gauze over the would, making sure that the sugar covers the would.



3 Bind the gauze firmly on top of the wound with a crêpe bandage. Change the dressing regularly. Do not disturb the healing action of the sugar. A sugar dressing is particularly useful for ulcentions or wide, shallow wounds where the skin cannot kuit together on its own.

HERBALISM

- A few drops of marigold tincture in fresh, warm water can be used to clean the wound. This will help to prevent infection and encourage healing.
- Ecinachea can be diluted and used directly on the wound to prevent infection. Reapply when bandages are changed
- Comfrey ointment can be used on wounds that have become inflamed
- Use a witch hazel compress on wounds and swellings.
- Tincture of myrrh is an excellent antiseptic. Apply a few drops to bandages before dressing a wound

(C) HOMEOPATHY

- The wound can be cleaned with Calendula or Hypericum tinctures. Put a few drops on a little clean gauze; never use absorbent cotton on an open wound
- Arnica should be used in the case of all injuries, to encourage healing and reduce the risk of bruising.
- Hypericum is useful for wounds accompanied by shooting pains.
- Try Ledum for most wounds, particularly when there is a risk of tetanus.

FLOWER ESSENCES

Rescue Remedy can be applied neat to a cut to encourage healing and reduce pain, or applied to the temples and pulse points to calm.

AROMATHERAPY

• A few drops of tea tree oil, in clear, warm water, can be

used to clean a wound and act as an antiseptic.

- Geranium oil can be dropped onto a dressing to encourage healing
- Lavender oil, applied directly to the nostrils or massaged in a light carrier oil into the temples, will provide relief from any accompanying shock or pain.

FROM THE LARDER

- Lemon juice is an excellent styptic and can be diluted and applied directly to a clean wound Dress as normal
- A compress made of peach pit tea can be used on infected wounds.
- Sugar is said to prevent scar tissue; press a few teaspoons of granulated sugar into a clean wound and dress with gauze. Rinse the wound carefully and redress. Repeat up to five times daily, but take care not to disturb the clotting action.
- © Cayenne pepper is a very useful styptic, and a minute quantity can be applied directly to a clean wound to stop any bleeding

SELF-HELP

- Wash all wounds with warm, soapy water to prevent infection.
- Minor abrasions should be allowed to dry in the air, so leave open or apply a single layer of gauze bandage

CAUTION

If you have been bitten, or the wound has been caused by a rusty nail or any tool or object that has been in contact with soil, a tetanus shot is recommended.

Bites and stings

Bites and stings should always be treated immediately. Stings from a bee, wasp, or horner are not usually dangerous unless you suffer from an allergy. Bites may be more serious, partly because germs from the animal's

mouth deep in causing partly imay dail

mouth can be injected deep into the flesh, causing infection, and partly because a bite may break bones and damage tissue.

> Butes and nips from family pets can be treated with a number of natural remedies; deep butes should be seen by your family physician.

O HEDDALISM

- Marigold petals are useful on a bee sting Calendula cream reduces swelling
- Wormwood or sage leaves can be macerated and applied to spider, scorpion, or jellyfish stings.
- Cover bites and stings with a wet, macerated plantain leaf. When dry,
- replace with a wet leaf

 Witch hazel is useful
 on mosquito bites.

HOMEOPATHY

- Clean wounds with tincture of Hypericum.
- Ledum can be taken for all puncture wounds.
- Take Apis for bee stings, after removing the sting with a pair of tweezers.
- Arnica is useful if there is bruising from a bite
- Take Aconste for shock

FLOWER ESSENCES

 Apply Rescue Remedy directly to bites or stings, or take a few drops internally

AROMATHERAPY

- Use neat lavender oil on stings to reduce swelling
- Rub one drop of tea tree oil into an insect bite or sting
- Use a few drops of geranium oil in water to clean a bite and encourage it to heal.

CAUTION

Multiple stings or stings to the eyes, ears, or mouth should be treated at all hospital. Animals bites that cause bleeding should be seen by a doctor – particularly if there is any possibility of contracting rabies

FROM THE LARDER

- A slice of onion or a paste of bicarbonate of soda and water will reduce the discomfort of a bee sting.
- Apply garlic and onion to ant bites, and cucumber juice to ease the discomfort
- Apply a compress of cotton batting soaked in lemon juice to a wasp sting.
- Apply a poultice of sugar to a bite wound (see page 228)

SELF-HELP

- Always remove a sting before beginning treatment.
 Wash animal bites with soap and warm water.
- Prevent insect bites by diluting eucalyptus or citronella oils in half a mug of water and then applying to exposed areas, avoiding the eyes and mouth. Use cider vinegar in the same way

Bruises

A bruise occurs when the blood is released into the tissues as a result of a blow. It is characterized by a blue-black mark, which changes color as the bruise heals and blood is reabsorbed into the body. Occasionally a bruise can occur without an injury – this is a feature in some diseases.

Arnica is the homeopathic remedy of choice for bruises; apply it as a cream, or take internally as a tineture.

HERBALISM

- Use a cold compress of lavender or fennel on the bruise in order to reduce swelling and help to disperse the blood
- Rosemary, used as a compress, can encourage healing
- The crushed roots and leaves of agrimony can be applied to bruises
- Comfrey, used as a compress or poultice, will work to heal bruising Comfrey cream works well, especially in the early stages of bruising
- Witch hazel in the form of a compress will relieve
- swelling and inflammation.

 Yarrow is also useful,
- crushed and applied to new bruises

HOMEOPATHY

Arnica, taken internally, will help to relieve symptoms. Arnica cream can be applied to any bruise, as long as the skin is not broken

FLOWER ESSENCES

 Rescue Remedy encourages healing and reduces the effects of shock

AROMATHERAPY

Essential oil of lavender in a sweet almond oil carrier can be gently applied to the bruised site to reduce swelling and encourage healing.

FROM THE LARDER

- Cabbage, lightly macerated, dipped in boiling water and slightly cooled, can be applied to bruising to discourage swelling
- A compress made from cider vinegar may be applied to all bruises, but avoid the eye area.
- Onions, cut into slices and applied to the bruise, will encourage the blood to disperse
- Caraway seeds, heated and gently pounded, can be administered to bruises

SELF-HELP

- An ice pack, placed directly on the bruised area, will reduce swelling
- A vitamin C deficiency may make you susceptible to bruising Ensure that you have an adequate intake (see page 239).

CAUTION

If bruising appears spontaneously and is not caused by a blow, see your physician.

Most bruises should heal within a week or two; if yours has not, see your physician.

Blisters

Blisters are small pockets of blood serum that appear as raised bumps or bubbles on the skin. They are usually the result of friction, but they can be caused by mury, such as a burn or scald, or appear as a symptom of diseases such as chickenpox, herpes, eczema, impetigo, among others. Some insect bites produce blisters.

LERRALISM.

- Marigold (calendula) cream can be applied to a blister to promote healing.
- Witch hazel, applied neat to a bruise, will quickly relieve pain and swelling, and encourage healing



HOMEOPATHY

- . Urtica urens ointment can be applied to blisters caused by infection or burns
- Hypericum ointment will encourage healing of blisters
- · Cantharis is useful for itchina, burning blisters.
- · Try Rhus tox, for red and itchy blisters, particularly those caused by the chickenpox virus (herpes).
- · Punctured blisters can be cleansed with a few drops of tincture of Calendula in clean



AROMATHERAPY

- Neat lavender oil can be applied to blisters
- Benzoin applied to areas susceptible to blisters can prevent as well as heal them.
- Roman chamomile has antiseptic properties. Use a few drops in half a mug of water to cleanse punctured blisters and the area around.



FROM THE LARDER

- Peach nit tea is recommended to heal
- Ice will also reduce. inflammation and any itching or pain
- Boiled and mashed carrots can be applied to blisters to help to heal the area. This treatment is ideal when a punctured blister has become infected
- Use masted onions applied as a poultice, to blisters, particularly those that have become infected

SELE-HELP

- Apply surgical spirit and then petroleum jelly to areas that may be susceptible to blisters caused by chafing
- · Cover blisters in the daytime to prevent them from being punctured and infected
- · Remove bandages at night to allow them to dry out. Replace any bandage that becomes damp.

Try not to burst a blister. which will leave the skin open to infection.

> Constant pressure on skin unused to it can cause painful blisters; weekend gardeners are often afflicted.

Sprains and strains

A sprain is caused when a ligament becomes overextended It is characterized by pain and usually restricted movement, and there will be swelling, bruising and occasionally some bleeding.

> Sprains and strains that occur in the excitement of the same are painful off the court.



HERBALISM

- · A compress or ointment of comfrey leaves can help to heal the ligament.
- Burdock can be taken. internally in the form of a tea, or applied as a poultice to the affected area.
- Ginger added to bathwater, or a footbath, or applied as a compress encourages healing.
- Chamomile can be taken internally to calm and reduce



HOMEOPATHY

- Arnica should be taken internally, until the injury has hoolod
- Ruta can be taken after the first day
- A cold compress with Arnica tincture should be applied hourly for the first eight hours to reduce swelling



FLOWER ESSENCES

Rescue Remedy can be taken internally to reduce shock and to calm. A few drops on a cold compress. applied to the injury, can help to reduce pain. When the swelling has gone down, a little Rescue Remedy cream can be massaged into the joint area



AROMATHERAPY

 Use a little lavender oil in a footbath or on a cold compress applied to the area Avoid massaging the area. which will increase inflammation.

· A compress with essential oils of sweet marioram and rosemany can be used to heal and to reduce the inflammation

CAUTION

If you suspect a fracture, see your physician immediately.

If the sprain is accompanied by any bleeding, or other symptoms not listed above, seek medical attention.



FROM THE LARDER

- · Cider vinegar can be used as a compress in order to relieve the pain and swelling
- A poultice of raw onions can be applied to the sprain.

SELF-HELP

- · Raise the affected limb and apply a cold compress as soon as possible.
- Strains should be bandaged with an elastic bandage to provide support, but take care not to bind too tightly and cut off
- Keep the limb elevated until the swelling goes down and there is some normal movement possible



Nosebleeds

The liming of the nose is very thin, and even heavy blowing or a minor jolt can rupture a capillary and cause bleeding. Unless there is an accompanying blow to the head or intense pain, nosebleeds are not usually serious.

HERBALISM

- A cold compress of witch hazel can be applied externally to the nose
- Tincture of yarrow, held under the nostrils, may also he useful
- Marigold tincture, on a cotton swab, may be placed in the nose to stop the bleeding and encourage healing

HOMEOPATHY

- Arnica should be taken, particularly if there has been a blow to the nose
- Phosphorus is recommended when the nosebleed is caused by blowing too hard.
- Ferrum phos can be used when there is nausea or faintness

FLOWER ESSENCES

Rescue Remedy can be applied neat into the nose to provide some relief. Apply to pulse points if there is accompanying shock or injury.

AROMATHERAPY

- Apply a few drops of essential oil of lemon on a cotton swab and gently apply to the affected nostril.
- A compress of lavender oil or Roman chamomile oil can be placed across the bridge

of the nose to provide relief

 Gently massage the head with essential oil of lavender in a peach kernel carrier oil to reduce accompanying headache

FROM THE LARDER

- Apply lemon juice to a cotton swab to dab inside the nose and staunch the
- Juniper berries can be crushed, wrapped in one layer of gauze, and placed in the nose to stop bleeding

SELF-HELP

- During a nosebleed, gently pinch together the nostrils and lean forward. Hold for several minutes, until the bleeding stops. Avoid blowing the nose for several hours after a nosebleed
- Chronic nosebleeds may indicate poor capillary health Ensure that your intake of vitamin C and zinc are sufficient (see page 239)

CAUTION

See your physician if you suffer from chronic nosebleeds, or if bleeding is profuse or accompanied by nain.



Toothache

Toothache can be caused by many things, including an abscess, gum disease, neuralgia, or simply sensitive teeth. There may also be referred pain from the sinuses or ears.









Chew jumper berries to relieve the pain in the face that sometime accompanies toothache

HERBALISM

- ie Echinacea, myrrh, and golden seal are useful to treat gum infections, abscesses, and cankers. They may used as a poultice, mouthwash, or dabbed neat, in tincture form, on the affected area.
- Comfrey tea bags or ointment can be applied to a painful tooth or gum to reduce swelling and pain
- Fennel can be applied as a poultice to the cheek, to help relieve pain

HOMEOPATHY

- Use Chamomilla for pain
- Use Belladonna for throbbing pain, particularly that accompanied by
- Use Aconite when the pain comes on suddenly
- Use Coffea when there are shooting pains
- Hepar sulf may be useful to bring out an abscess.

FLOWER ESSENCES

Rescue Remedy can be applied to the affected tooth or gum, or taken internally

AROMATHERAPY

- Oil of clove is useful, if applied directly to the tooth or gum area. Soak a cotton ball and tuck it into the cheek to provide relief, and to act as an antiseptic.
- A hot compress with lavender or chamomile may ease the inflammation and encourage the healing process

CAUTION

If there is profuse bleeding or swelling, seek emergency treatment.

FROM THE LARDER

- Peach pit tea can be used when the gums are infected. Use as a mouth rinse, several times daily.
- Chew whole cloves for their antiseptic and analgesic properties.
- Chew juniper berries to provide relief from the pain of neuralgia
- Rub lemons on the affected tooth or gum to reduce the pain and prevent any bleeding
- Cayenne is a natural anesthetic and can be daubed on the painful site

SELF-HELP

• Dental problems should always be seen by a dentist in the first instance, but there are many treatments that can provide relief until you are able to see one. A cold compress, applied to the cheek, will reduce pain and

Burns and scalds

Minor burns and scalds can be quite safely treated at home but more extensive burns can cause damage to the perves and lead to a condition called "surgical shock," which can be fatal. Always cool a burn before undertaking any other treatment - that means allowing cool running water to flow over it for about ten minutes. Try to avoid applying anything to the burn until it is cooled and you can see the extent of the



damage, "Wet" burns should be dressed with a fabric such as gauze that will "breathe"

Change regularly.

Run cold water over the injured part as soon as vou can after a minor scald or burn. Keep it there for as long as you om to cool the skin below the site of the burn.

HERBALISM

- Aloe can be applied directly to a burn in order to soothe and seal it from infection. It will also encourage healing
- A few drops of echinacea tincture in 2nt (11) of water noured over the burn will help to prevent infection.
- · Marigold tincture applied sparingly to a dressing is a useful healing agent.

HOMEOPATHY

- Arnica can be taken to promote healing
- · Cantharis can help to relieve pain, when taken immediately after the accident
- Urtica can be used if the burn continues to be painful.
- Aconite should be taken for shock
- Urtica urens ointment may help to soothe a burn.
- Use Hypericum ointment or Calendula to prevent infection and encourage the burn to heal.

FLOWER ESSENCES

Rescue Remedy will help to calm. A little bit of diluted tincture can be applied directly to a burn.

AROMATHERAPY

- Lavender oil is ideal for burns and can be applied neat (use sparingly).
- A few drops of geranium oil in 2pt. (1L) of cooled. boiled water can be poured over a burn or scald to encourage healing

FROM THE LARDER

- · Honey can be applied directly to a burn to facilitate healing and to help prevent infection.
- · Crush and extract the juice of blueberries and keep in the refrigerator or freezer to use on emergency burns or scalds
- Raw potatoes can be placed on a burn to provide instant relief

CAUTION

Any burn that is larger than about two inches across should be seen by a physician.

Sunburn

Sunburn is caused by exposure to the ultraviolet rays of the sun and is a type of radiation burn. People with less melanin in their skin, which is a pigment produced to protect the skin from burning, are more susceptible: fair-skinned people have the least melanin, Sunburn is characterized by painful, reddened skin, occasionally accompanied by blisters. In some cases, minor fever may occur. It is often accompanied by sunstroke, which is a type of heat exhaustion and brings on dizziness, vomiting headache fever and occasionally collapse

HERBALISM

- · Use the juice of an aloe vera plant directly on the burn to reduce pain and encourage healing
- Chamomile and witch hazel can be applied. externally to reduce the pain. and help promote healing.
- Sorrel tea may be taken. internally to ease the effects.
- A like calendula or chamomile ointment for healing and pain relief.

HOMEOPATHY

- Calendula ointment and Hypericum tincture may be used on sunburn.
- Internally, try Arnica for the pain of burns and to encourage healing.
- Use Cantharis immediately after exposure to the sun. when the nain of sunburn hegins to make itself evident
- Use Kali bich, and Urtica. for pain.

APOMATHERADY

- A few drops of lavender oil, with an oil dispersant. can be used in the bath to encourage healing and reduce the pain.
- · Essential oil of bergamot. in a little grapeseed oil, can be very gently massaged into the burned skin. Avoid the eve area.
- Chamomile oil, in a bath, or used in a light massage, may help to soothe the burn.



FLOWER ESSENCES

Rescue Remedy can be diluted in a little water and splashed on the burn, or applied in the form of a cream and gently massaged into the affected area. Where there is shock and pain, take a few drops internally, or annly to the nulse noints. for relief

FROM THE LARDER

- · Grate a little raw potato and apply directly to the worst affected areas.
- · A little honey heated and mixed with a few teaspoons of petroleum jelly, can be gently massaged into the affected area to soothe

SELE-HELD

- · Always use a sunscreen before going into direct sunlight, and wear a hat.
- Cool a sunburn with plenty of fresh running water (showers and lukewarm baths are effective). Wear light clothing and take care not to burst blisters (see page 230).

Direct exposure to sunlight is not recommended for children under the age of three. Use high SPF factor sunscreens (25) for small children, and ensure that they wear a hat. People of all ages should avoid the midday sun, when the rays are the strongest and most damaging.

Repeated sunburn can lead to premature aging and skin cancer.

Travel sickness

It is believed that travel sickness occurs in susceptible individuals because of a disturbance of the balancing mechanisms in the inner ear. Common symptoms of travel sickness are nausea, dizziness, tiredness, pale, clammy skin, and vomiting.

HERBALISM

- Angelica root, hung in the car or boat cabin, is said to relieve nausea
- Ginger infusions, tablets, or roots may be taken to relieve symptoms
- Small sips of peppermint tea will reduce nausea.

HOMEOPATHY

- Sepia is useful, when the symptoms become worse with the smell of food, but better upon eating it.
- Arnica may help when symptoms come on through fatigue.
- Nux vom. is useful for vomiting when there is a feeling of chilliness and an accompanying headache
- Tabacum may help nausea and a feeling of faintness.

FLOWER ESSENCES

Rescue Remedy can be applied to the pulse points for relief of symptoms. Apply several drops an hour or so before the journey

CAUTION

You may feel unwell for several hours after traveling, but if symptoms persist, see your physician.

AROMATHERAPY

- A few drops of aniseed, fennel, or ginger essential oils on a handkerchief, placed near to the sufferer, will help ease symptoms
- Massage a few drops of peppermint essential oil, diluted in a little sweet almond oil, into the chest and upper back a few hours before traveling.

FROM THE LARDER

Chew ginger root to reduce feelings of nausea

SELE-HELP

- Ensure that you have lots
- of fresh air while traveling

 Take care to eat a light,
- complex carbohydrate-based meal before you go. Avoid sugary, greasy foods and alcohol.
- There are acupressure points on the wrist that are said to prevent the symptoms of travel sickness when stimulated. You can now purchase slim bands to affix to your wrists to do this for you

Natural remedies for travel sickness tand for the fear of travel sickness) get the family vacation off to a good start.



Food poisoning

Food poisoning is usually caused by madequate hygiene or cooking. The two main types of bacteria that cause food poisoning are staphylococci and salmonella. Hepatitis A may also be passed through food, if one of the handlers has not exercised care in handling the food. Symptoms include abdonumal cramps, headache, nausea, vointing and diarrhea, and fever.

CAUTION

Any case of food poisoning that lasts longer than fortyeight hours should be seen by a physician.

All cases of salmonella should be reported to the medical authorities.

FLOWER ESSENCES

 Rescue Remedy provides some relief from symptoms and any accompanying distress

AROMATHERAPY

• Essential oil of lavender or chamomile dropped on a handkerchief and placed by the sufferer should provide some relief from discomfort and help to calm.

HERBALISM

- The best treatment is to take mustard powder and warm water to induce vomiting, dock root to flush out the toxins, and ginger to settle the stomach
- Comfrey root, decocted and taken internally, will help to relieve symptoms.
- Golden seal and meadowsweet can also be drunk as teas.
- Licorice tea will help to flush out the toxins
- Chamomile, drunk as a tea, will help to ease digestion and reduce inflammation.

HOMEOPATHY

- Arsenicum is excellent for many cases, particularly when there are burning pains and diarrhea.
- Nux vom. will help when the pain improves upon passing stools and there is a feeling of chilliness.
- Baptisia is useful for salmonella infections
- Use Pulsatilla when the symptoms are worse at night and the sufferer feels tearful
- Use Phosphorus when there is diarrhea with a burning sensation, vomiting, and a craving for cold drinks

FROM THE LARDER

- Drink warm water with a little lemon juice to cleanse the system
- Chew ginger root to help ease the nausea.
- Cider vinegar, drunk with warm water, encourages vomiting to expel the poisons.
- When the vomiting has ceased, eat ripe bananas to help restore the bacterial balance in the gut. Live yogurt has a similar effect
- Fresh garlic, or garlic capsules, should be taken to reduce infection.

SELE-HELP

- Drink plenty of cool fresh water and avoid any food for at least twenty-four hours
- Avoid dairy produce for forty-eight hours.
- Some herbalists believe that strong spices such as cayenne, curry, and turmeric have preventive properties against food poisoning
- When traveling in countries where food poisoning is common, ensure that you do not drink the local water or eat any food that has been in contact with it (including ice cubes in drinks) Take care to use bottled water even for brushing teeth

A HOME MEDICINE CHEST

THE BEST WAY to learn about natural medicines is to try them out on yourself, your family, and friends. Assemble a stock of home medicines. Keep them in a box or cupboard along with a thermometer, scissors, an eye bath, absorbent cotton, and a selection of bandages, bandaids, and sterile dressings. Use them for first aid and to treat minor ailments. The more you use them the easier it becomes.

The lists that follow include remedies that most people will find useful. Check through the rest of the book and add remedies that are more specific to your own needs.

Make a checklist. What are the most common medical conditions that arise in your family? Make or assemble suitable remedies so that they are always available. Try to deal with illnesses as soon as they arise. Do not wait for a

runny nose to turn into sinusitis or bronchitis. Try to develop a general awareness of health and the patterns of health in your household. The aim of home treatment should always be to prevent minor illnesses from becoming major — to avoid visits to your practitioner.

Keep a notebook with the remedies to record your successes for future reference. A data file of indications and uses is given with each remedy. Use this as a guide and consult the body of the book for more detailed information. The various remedies below can be used alone or in combination, but decide which is to be your main internal remedy for a specific situation and use other suggestions as support. For example, use homeopathic Drosera for coughing attacks in children and back up with eucalyptus essential oil in a burner and channomile tea at night.



ALOF VERA for burns and scalds



for splinters



ROCK ROSL for panic attacks



BLACK PEPPER for aches and pains



HONEY for sore throats



It is easy and economical to make up a medicine chest tailored to your household's specific needs. Some suggestions for practical remedies from herbalism, homeopathy, Bach Flower Remedies, and aromatherapy are shown above, together with a standby from the larder.

HERBAL MEDICINES

For most purposes keep either the dried herbs or their tinctures. Tinctures will keep, in dark-glass bottles in a cool place, for two or three years. Keep dried herbs in clean screw-top jars and replace them every year. Be sure to label all bottles and jars with the date and contents. Pills can be substituted where available and appropriate. They are especially useful for traveling and for unpleasant-tasting medicines. The creams and lotions can be bought or made at home. See the appropriate entry in the remedies section (Part 3) for methods of use.

46	Agrimony	Diarrhea.
24	Chamomile	Headaches, tension, stress.
		insomnia, restlessness in children.
		Compress for sore eyes.
	Devil's claw	For arthritic flare-up.
	Echinacea	Influenza with aches and pains.
		Recurrent infectious.
A	Elderflower	Colds, runny nose, hay fever, dust
		allergy. Children's fevers.
(4	Fennel seeds	Infant colic. Indigestion and mild
		depression.
ia.	Peppermint	Indigestion, wind, colic, cramps,
		blocked nose.
	Sage	Sore throat and mouth,
		early colds, and flu. Exhaustion.
a	Slippery elm	Powder or tablets for all digestive
		upsets. Paste for drawing splinters
		and poison from bites and stings.
a	Yellow dock	Constipation. Food poisoning.
	Wild oat tincture	Exhaustion.
		To keep going under stress.

	Aloe vera juice	Sunburn, burns, infected rashes.
4	Comfrey cream	Early bruising, sprains, deep cuts and cracked skin.
A	Marigold cream	Cuts and grazes.
i a	St. John's wort tincture	As lotion for cold sores and herpes.
(4	Witch hazel lotion	Bites, stings, bruises, sprains, and swellings.

Herb Combinations for Specific Purposes

Make up specific combinations for regular and recurring problems in your household. With time you will figure out particularly good combinations of your own. The list below is offered as a starting point. All mixtures are equal parts, unless otherwise stated. These combinations are best taken freely for acute problems. See Part 3 for more information about herb combinations.

(A	Hearthurn tea	Meadowsweet, chamomile,
		and comfrey.

4	Cold and flu tea	Peppermint, elderflower, and yarrow.
	Indigestion tea	Meadowsweet, chamomile, and fennel seed.
a	Relaxing tea	Chamomile, linden, and skullcap
(A	Headache tea	Chanonnle and rosemary. Applicable to most types of headache.
	Cystitis tea	Thyme, mallow, plantam, and uva ursi.
À	"Pick me up" tca	Sage 2 parts, basil 1 part Brings quick energy.
A	Cough syrup	Thyme, mullein, and licorice.
ā	Migraine tincture	Valerian and feverfew
	Period pain tincture	Cramp bark 10 parts, ginger 1 part.
	Spot lotion	4fl. oz. (100ml.) of marigold tincture with 15 drops of tea tree essential oil and 5 drops of lavender essential oil.

HOMEOPATHIC REMEDIES

Buy your remedies from a reputable source. Keep them in the original bottles. Keep away from essential oils. Replace supplies before the sell-by date. Homeopathic remedies work best when they fit the full symptom picture. Try to find the remedies that especially suit the individual. Remember that they do not work so effectively if the person taking them has just drunk coffee or alcohol, or eaten spicy food.

Shocks and Wounds

· Aconite	Sudden symptoms following exposure
	to cold. Frights and shock to the
	emotions. Anything that comes on
	suddenly.
Apis	Stings, bites, and swellings.
	Burning pains.
· Armca	Lessens shock after any injury.
	Bruising. After tooth extraction.
 Arnica cream 	Apply to bruises, sprains, and aching
	muscles.
 Hypericum 	Painful cuts and wounds.
	Falls injuring the spine.
Rhus tox.	- Sprains and strains from overexertion.
: Silica	Thorns, splinters, boils, and abscesses.

a	Belladonna	Sudden fevers with flushed face and
		pounding pulse. Throbbing pains,
		toothache, and earache.
ā.	Ferrum phos.	Raised temperature with bright red
		complexion.
à	Gelsemium	Influenza, colds, and tight, nervous
		1 - (1)

Irritability and Indigestion

14	Argentum nit	Acidity and indigestion from worry and anticipation.
i a	Arsenicum alb	Food poisoning Burning pains in stomach and restlessness.
	Chamonulla	Irritability and restlessness. Teething in children Pains "out of proportion."
	Merc sol	Bad taste in mouth. Mouth ulcers. Feverish head cold.
	Nux vom	Nausea, morning liverishness and nervous indigestion

Conchs

i a	Bryoma	Hard, dry rough. For when rolds go to the chest
i.	Drosera	Coughing attacks with retching
		Whooping rough

FLOWER REMEDIES

Rescue Remedy is helpful for any kind of shock or distress. The important thing about rescue remedy is to remember to use it. Always take it yourself when you give it to others, and if you drive, carry a bottle in the car-

Wilnut is worth keeping if you have children. It helps at any time of change in life.

Buy and keep other remedies according to your pattern.

ESSENTIAL OILS

Keep essential oils in their original bottles. They last well but remember to screw the tops back on tightly of the oils will slowly evaporate. If you buy them with the eyedropper attached, remember to keep them upright or the oil will eat away at the rubber top and leak.

- to Lavender Relaxing and healing. The most generally useful oil. Apply directly to burns, Add a few drops to a glass of water to clean cuts and deep wounds. Massage, bath oil, and inhalant for restlessness, tension, insomina, anxiety, and headaches.
- · Rosemary Harming and stimulating. Morning bath before a hard day. Bath or massage for muscle aches and
- Thyme Antiseptic and expectorant Inhalant and thest rub for couchs.
- · Linalyptus Antiseptic and decongestant. Inhalant for colds and couchs. A few drops in water sprayed around the sick room to clear the air and keep down injection.
- · Chamonule Soothes untation. Bath and massage for uritability, richy skiir, headaches, and period pains.
- Cheering and relaxing Expensive but worth it. Massage and bath for depression, grief, feeling inflored,

- · lea tree Antisertic and antifuneal. Bath and cream for cuts, bites, itchy skin, athlete's loot, and thrush, Inhalant for lune and some intertions
- A Clare Analogsic and antiseptic Toothache Massage oils for painful joints.

DO-IT-YOURSELF REMEDIES

One of the real pleasures of learning about home remedies is rediscovering the lost arts of making medicines for yourself. Try some of the simple recipes below

St. John's wort infused oil

The method is explained in the herbalism section (see page 21). Use it neat on inflamed skin or as a base for making massage oils Add 20 drops of lavender essential oil to 4tl. oz. (100ml.) of St. John's wort oil to make an excellent massage oil for back pain and neuraleia.

Warming oil

Make an infused oil with Toz (25g.) cavenne pepper powder, Toz. (25g.) gaiger powder and 1pt. (500ml.) sunflower oil. Heat in a double boiler for two hours, strain, bottle, and label. For aches and pains, muscle knots, spasms, and unbroken chilblams. Massage in well twice daily. Do not use over large areas of the body

Marigold cream

Follow the instructions in the herbalism section (see page 21). Excellent for use as a hip balin and for very dry skin.

Ginger tincture

Fill a small (ar with grated, fresh ginger 100), cover with yodka, and leave for two weeks. Strain, bottle, and label Add four or five drops to any herb tea for chills, nausea, travel sickness, spasmodic pains, and aches and pains due to cold

Tonic wine

To 1pt (500ml) of reasonable red wine add a sprig of fresh rosemary, 4 teaspoons grated tresh ginger, I teaspoons chopped tresh thyme, I commamon stick, beteaspoon powdered numes. I teaspoon cloves, and 12 raisins Stand for two weeks and strain off. Take half a wine glass for tlagging spirits and lethargy This is a traditional

> The moredients for a homemale tons wine II hite

aphrodisiae myture

GARLIC SYRUP AND INFUSED OIL

Garlie syrup

Blend finely chopped garlic with an equal amount of honey for coughs and colds.

Garlie syrup will keep for a week or so in a cool place. Make it in batches to last for three days.



1 Finely chop between 6 and 8 fresh, skinned garlic cloves. You need 6 tablespoons of chopped garlic for this mixture.



2 Put the garks in a scientrop far and add 6 tablespoons of clear honey. Mix together thoroughly: This should be enough for three days supply.

DOSAGE

Adult standard dose

• 2 teaspoons three or four times a day

Children over the age of five

• 1 teaspoons three or four times a day

Garlie infused oil

Half fill a clean jar with finely chopped garlic. Pour olive oil over, to fill the jar. Stand overnight, strain off, bottle, and label. Use two or three drops in the ear, for acute earache. Use as a chest rub, diluted with four parts of olive oil. This is also excellent for coughs and colds and worth putting up with the smell. Keep in a cool place.



1 Finely chop five or six cloves of fresh garlic. Put the garlic in a small, 5fl. oz. (125 ml.) glass far with a screw top.





2 Add 3 5th, oz 185 ml.) olive oil to the garlic. Screw the top on and leave to stand overnight in a cool place.

3 Strain the infused oil into a dark bottle and put the lid on Label and date the bottle. This oil should keep for several mouths

FROM THE LARDER

Many useful remedies can be made from common household items. These will not be kept in the medicine chest, but don't forget them. The most useful are listed below. More information on how to use common household ingredients "from the larder" can be found in Part 3.

- Barley decoction with a squeeze of lemon juice for digestive upsets, sore throats, and cystitis.
- Black pepper, a small punch as snuff for congested head colds. Use twice daily for two or three days.
- Cabbage leaves can be crushed and wrapped around hot swollen joints. The on with a light bandage and replace every few hours. Also for mastitis when breastfeeding. Results can be dramatic.
- Cinnamon sticks chewed for colds.

- Carrot soup or juice for stomach pains and children's diarrhea
- Garlie rubbed on infected spots.
- Honey for weeping eczema and infected cuts. Apply and cover with a light bandage. Honey and lemon for sore throats and colds.

Mustard footbaths for tired and aching feet and at the beginning of colds.

 Salt water for sore gums, sore throats, and as eye drops. Baths for aches, pains, and stiffness of the joints.

• Cold teator diarrhea.



VITAMINS AND MINERALS

HE RECOMMENDED daily allowance (RDA) of foods and supplements has traditionally been set by government health bodies in the USA, UK, and Europe. In the USA, RDA stands for "Recommended Daily Dietary Allowance," which is established for each vitamin and mineral by the Food and Nutritional Board of the National Academy of Sciences and the Food and Drug Administration (FDA). The US figures quoted here are from the FDA. In the UK the Department of Health gave the RDA

for Vitamins A, C, and D, three of the B vitamins, and three minerals in 1979. However, in 1993 the European Union (EU) issued a directive on food labeling for its members, which included BDAs for twelve vitamins and six minerals. As a result, UK food labels are being revised to include the EU recommendations, although it may be some time before they appear.

In addition, the government of the UK issued a report in 1991 suggesting new guidelines for daily requirements of vitamins and minerals, which would replace the RDAs. These are called, collectively, Dietary

Reference Values (DRVs), and consist of these terms:

Estimated Average Requirement (EAR), which should meet the requirements of half of the population.

Reference Nutrient Intake (RNI), which replaces the former RDA, is meant to represent the nutrient requirements of some 97 percent of the population. The amount recommended is higher than most people actually need.



The EAR meets the requirements of half of the population; of the remaining half, some need more and some need less than the EAR.

NOTES

- 1 Fat-soluble vitamins dissolve in fat and any excess can be stored in the body. Water-soluble vitamins dissolve in water and any excess is excreted.
- 2 iu=international unit. Old way to express vitamins in terms of their biological activity rather than weight, vitamins A, D, and E are still measured this way.
- **3** μg=microgram. It is sometimes written mcg. One million micrograms are equal to one gram.



Vitamin and mineral supplements are normally taken in capsule or tablet form.

Lower Reference Nutrient Intake (LRNI) is the nutritional requirement for those whose needs are low. Most people will need more than this amount in order to maintain their health. Anyone who is getting less than the LRNI might be in danger of nutritional deficiency.

Daily Intake

The following list describes those vitamins and minerals that should be present in the daily diet. The descriptions include the RDAs

for the USA, UK, and the EU. The amounts given are those that should be taken to prevent a vitamin or mineral deficiency, not those needed to improve health or prevent non-deficiency diseases.

Vitamins

VITAMIN A

is necessary for healthy skin and the ability to see in poor light conditions. The body manufactures vitamin A (retinol) from plants containing beta-carotene, but vitamin A is directly available from a few animal foods (e.g., liver and some fish). This vitamin is fat-soluble.

RDA is: 5000 iu2 (US); 750µg3 (UK); 800µg (EU).

VITAMIN B1 thiamine

is necessary for healing and maintaining the nervous system and for the metabolism of carbohydrates. This vitamin is water-soluble.

RDA is: 1.2-1.5mg (US);1.2mg (UK);1.4mg (EU).

VITAMIN B2 riboflaviu

is required for metabolizing foods, manufacturing and repairing tissues, and maintaining healthy mucous membranes. This vitamin is water-soluble.

RDA is: 1.7mg (US); none current (UK); 6mg (EU).

VITAMIN B3 macm

belongs to the vitamin B complex. It is necessary for the efficient functioning of the digestive and nervous systems. It also helps in metabolizing foods. This vitamin is water-soluble.

RDA is: 1.3-1.8mg (US); none current (UK); 8mg (EU).

VITAMIN B5 pantothenic acid

is needed to release energy from fats and other foods, and to promote normal growth and development. This vitamin is water-soluble.

RDA is: 4.7mg (US) (new figures give 10mg); none current (UK); 6mg (EU).

VITAMIN B6 pyridoxinc

is necessary for metabolizing the amino acids in proteins, the formation of antibodies and red blood cells, and for maintaining a healthy digestive and nervous system. This vitamin is water-soluble.

RDA is: 2mg (US): none current (UK): 2mg (EU).

VITAMIN B9 tolic acid

is necessary for maintaining the digestive and nervous systems and works with B12 in the formation of red blood cells and genetic material. This vitamin is water-soluble. RDA is: 400µg (US); 200µg (UK); 300µg (EU).

VITAMIN B12

is necessary for maintaining the nervous system, red blood formation, cell division during growth, and the development of genetic material. This vitaniin is water-soluble.

RDA is: 3µg (US); 1µg (UK); 2µg (EU).

BIOTIN

is necessary for energy release from fats. It is water-soluble. RDA is: 300µg (US); none current (UK); 0.15mg (EU).

VITAMIN C ascorbic acid

is required for healthy skin, teeth, gums, and blood vessels. It assists in the absorption of iron, in healing wounds and broken bones, and is necessary for the prevention of scurvy. This vitamin is water-soluble.

RDA is: 60mg (US); 30mg (UK); 60mg (EU).

VITAMIN D

is required for the absorption of calcium and phosphorus. This vitamin is fat-soluble.

RDA is: 400iu (US); 2.5µg (UK); 5µg (EU).

VITAMIN

helps to protect body tissues and is important for the prevention of anemia, although the precise role that this vitamin plays in the body is not clear. This vitimin is fat-soluble.

RDA is: 10mg (US); none current (UK); 10mg (EU).

Minerals

CALCIUM

is needed for the growth and development of healthy hones and teeth.

RDA is: 800mg (US); 500mg (UK); 800mg (EU).

LDIANE

is vital for the formation of the oxygen-carrying red blood cells.

RDA is: 10-30mg/18mg for pregnant women (US); 12 mg (UK); 14mg (EU).

IODINE

is necessary for regulating the thyroid gland.

RDA is: 150µg (US); 140µg (UK); 150µg (EU).

MAGNESIUM

is necessary for strong bones, the release of energy from food, and the transmission of nerve impulses and muscular movements.

RDA is: 350mg (US); none current (UK); 300mg (EU).

PHOSPHORUS

is required for maintaining body functions, the production of energy, and, with calcium and magnesium, the maintenance of healthy teeth and bones.

RDA is: 300-400mg (US); none current (UK); 800mg (EU).

ZINC

helps to develop a healthy immune system and is necessary for growth and development, including that of the reproductive system.

The RDA is: 15mg (US); none current (UK); 15mg (EU).

The most palatable way to get your daily entainen and numeral requirement is to eat a balanced mutitious diet.



HEEST YOGURI CHICKEN O

WHOLLWIII

BEANS CARROL CABBAGE BROCCOLL BREAD

GLOSSARY

A

ABORTIFACIENT Agent that causes the early expulsion of an unborn balse.

ABSCESS A lump of pus caused by

ABSOLUTE A liighly concentrated viscous, semi-solid, or solid perfume, usually obtained by alcohol extraction from the concrete

ACUTE Of sudden onset and brief

ADAPTOGEN Agent that modulates hormones

ADENOIDS Lymphatic tissue at the back of the nose

ADRENALIN Substance secreted by part of the adrenal gland that increases the heart rate in response to stress



AGGRAVATION The exacerbation of symptoms that can occur when taking homeopathic remedies, particularly in the case of chrome ailments

AGORAPHOBIA Fear of open or crowed places

-ALGIA (suffix) "Pain in..." for example, arthralgia, pain in the

ALLERGEN Substance that causes an allergic reaction

ALLERGY Abnormal response by the body to a food or foreign substance

ALTERATIVE Corrects disordered bodily function

AMENORRHEA Absence of menses (periods)

ANALGESIC Remedy or agent that deadens pain

ANAPHRODISIAC Reduces sexual

ANEMIA Deficiency in either quality or quantity of red corpuscles in the blood

ANNUAL A plant that completes its

ANODYNE Pain-killing

ANOREXIA NERVOSA Psychological problem causing extreme loss of appetite and drastic weight loss

ANTHELMINTIC A vermifuge, destroying or expelling intestinal worms

ANTIALLERGIC Agent that reduces allergic reactions

ANTIARTHRITIC Agent that combats arthritis

ANTIBACTERIAL Agent that prevents bacteria forming (e.g. pericullin)

ANTIBILIOUS Agent that helps remove excess bile from the body

ANTIBIOTIC Agent that prevents the growth or, or destroys,

ANTIBODY Chemical produced by the body's immune system to attack what it considers to be an invader (e.g. a bacteria, virus, or an allergen)

ANTICATARRHAL Agent that helps remove excess catarrh from the body

ANTICONVULSANT Agent that helps arrest or prevent convulsions

ANTIDEPRESSIVE Agent that relieves depression

ANTIDIARRHEAL Agent that is efficacious against diarrhea

ANTIDOTE In homeopathy, the term used to describe other remedies or substances that cancel or nullify the effect of a prescribed remedy

ANTIEMETIC Agent that reduces the incidence and severity of nausea or vomiting

ANTIHEMORRHAGIC Agent that prevents or combats hemorrhage or bleeding

ANTIHISTAMINE Agent that treats allergic conditions; counteracts effects of histamine (which produces capillary dilation and, in larger doses, hemoconcentration)

ANTI-INFLAMMATORY Agent that alleviates inflammation

ANTILITHIC Agent that prevents the formation of a calculus or stone

ANTIMICROBIAL Agent that resists or destroys pathogenic microorganisms

ANTINEOPLASTIC Agent that helps prevent abnormal growths

ANTINEURALGIC Agent that relieves or reduces nerve pain

ANTIOXIDANT Agent used to prevent or delay oxidation or deterioration, especially with exposure to air

ANTIPRURITIC Agent that reheves sensation of itching or prevents its occurrence.

ANTIPYRETIC Agent that reduces fever: see also FEBRIFUGE

ANTIRHEUMATIC Agent that relieves rheumatic problems

ANTISCLEROTIC Agent that helps prevent the hardening of tissue

ANTISEBORRHEIC Agent that helps control the products of sebum, the only secretion from sweat glands

ANTISEPTIC Agent that destroys and prevents the development of microbes

ANTISPASMODIC Agent that prevents and eases spasms or convulsions

ANTITOXIC An antidote or treatment that counteracts the effects of poison

ANTITUSSIVE Agent that prevents coughing

ANTIVIRAL Agent that prevents viruses attacking the body

APERIENT A mild laxative



APERITIF A stimulant to the appetite

APHRODISIAC Increases or stimulates sexual desire

AROMATHERAPY The therapeutic

AROMATIC A substance with a strong aroma or smell

ARTERIOSCLEROSIS Hardening of

ARTICULATION Range of movement of the iomis

ASTHMA Spasm of the bronchi in the lungs, narrowing the airwaves

ASTRINGENT Constricts the blood vessels or membranes in order to reduce irritation, inflammation, and swelling

AUTOIMMUNE DISORDER Occurs when the body creates antibodies against itself

В

BACTERICIDAL An agent that destroys bacteria (a type of microbe or organism)

BALSAM A resinous semi-solid mass or viscous liquid exided from a plant, which can be either a pathological or physiological product. A "true" balsam is characterized by its high content of benzoic acid, benzoates, cinnamic acid, or cinnamates. BALSAMIC Soothing medicine or application having the qualities of

BIENNIAL A plant that completes its life cycle in two years, without flowering in the first year

BILE Thick, only fluid excreted by the liver; bile helps the body digest fats

BILIOUSNESS Disorder of bile production (to excess)

BITTER A tonic component that stimulates the appetite and promotes the secretion of saliva and gastric juices by exciting the taste buds

C

CALMATIVE A sedative agent

CANDIDA Candida albicans, fungus affecting the mucous membranes and skin; causes thrush

CARCINOGENIC Agent that can cause cancer

CARDIAC Pertaining to the heart

CARDIOACTIVE Agent that stimulates heart activity

CARDIOTONIC Having a stimulating effect on the heart

CARMINATIVE Settles the digestive system, relieves flatulence

CATHARTIC Agent that purges the body, usually the intestine, and cleanses the system

CENTESIMAL SCALE (c) In homeopathy, the scale that measures the potency of remedies in hundredths. One drop of mother functure is inixed with innety-nine drops of water or alcohol to make a remedy of 1c potency. This remedy is then diluted with a further ninety-nine drops of water or alcohol to make a remedy of 2c potency. The sequence is repeated, 200c is usually the highest dose. The more the remedy is diluted, the more powerful it becomes.

CHOLAGOGUE Agent that stimulates the secretion and flow of bile into the duodenum

CHOLESTEROL A steroid alcohol tound in nervous tissue, red blood cells, animal fat, and bile Excess gan lead to gallstones

CHRONIC Persisting for a long time, a state showing no change or very slow change

CICATRIZANT An agent that promotes healing by the termation of sear tissue

COMPRESS A lint or substance applied hot or cold to an area of the body, for rehef of swelling and pain, or to produce localized pressure.

CONCOMITANT In homeopaths, a symptom coming at the same time, but not directly related to, the main complaint

CONCRETE A concentrate, waxy, solid, or senu-solid perfume material prepared from previously live plant matter, usually using a hydrocarbon type of solvent

CONGESTION Abnormal accumula-

CONSTITUTIONAL Homeopathic term relating to the physical and mental constitution of a person, including hereditary factors and underlying health issues

CONTRAINDICATION Any factor in a patient's condition that indicates that treatment would involve a greater than normal degree of risk and is therefore not recommended

CORDIAL A stimulant and tonic

CORYZA Profuse discharge from the mucous membranes of the nose ="common cold"

COUNTER-IRRITANT Applications to the skin that relieve deep-seated pain, usually applied in the form of heat, see also RUBEFACIENT



Ď

DECIMAL SCALE (a) In homeopathy, the scale that measures the potency of remedies in tenths. One drop of mother incture is mixed with nine drops of water or alcohol to make a remedy of 1x potency. This remedy is then diluted with a further nine drops of water or alcohol to make a remedy of 2x potency. The sequence is repeated. The more the remedy is diluted, the more powerful it becomes

DECOCTION A herbal preparation, where the plant material (usually hard or woody) is boiled in water and reduced to make a concentration extract.

DECONGESTIVE An agent for the relief or reduction of congestion, e.g. mucus

DEMULCENT Agent that protects mucous membranes and allays irritation

DETOXIFICATION The removal of toxins from the body

DIAPHORETIC - WE SUDORIFIC

DIGESTIVE Agent that promotes or aids the digestion of food

DISCHARGE An excretion or substance evacuated from the body

DIURETIC Agent that aids production of urine, promotes urination, increases flow

DYSFUNCTION Abnormal functioning of a system or organ within the body

DYSMENORRHEA Severe pairs accompany monthly period

DYSPEPSIA Difficulty with digestion associated with pain, flatulence, heartburn, and nausea

DYSPNEA Labored or difficult breathing

Е

EDEMA A painless swelling caused by fluid retention beneath the skin's surface

EMETIC Agent that induces vomiting

EMMENAGOGUE Agent that induces or assists menstruation

EMOLLIENT Agent that softens and

ENDORPHINS A group of chemicals manufactured in the brain that influence the body's response to pain

ENGORGEMENT Congestion of a part of the tissues, or fullness (as in the breasts)



ENZYME Complex proteins that are produced by the living cells and catalyze specific biochemical reaction

ESSENCE The integral part of a plant, its life-force, as used in flower remedies, herbalism, and aromatherapy

ESSENTIAL OIL A volatile and aromatic liquid (sometimes semisolid) which generally constitutes the odorous principles of a plant It is obtained by a process of expression or distillation from a single botaineal form or species

ESTROGEN A hormone produced by the ovary necessary for the development of female secondary sexual characteristics

EXPECTORANT Helps promote the removal of mucus from the respiratory system

F

FEBRIFUGE Agent that combats fever

FECES Excrement, stools

FEVER I levation of body temperature above normal 36 8°C (98.4°L)

FIXATIVE A material that slows down the rate of evaporation of the more volatile components in a perfume composition.

FIXED OIL The name given to a vegetable oil obtained from plants that, in contradistinction to essential oils, are fatty, dense, and non-volatile, such as olive or sweet almond oil.

FUNGICIDAL Agent that prevents

G

GALACTAGOGUE Agent that increases secretion of milk

GAS EXCHANGE The exchange of waste carbon dioxide in the blood for fresh oxygen; it takes place in the alveoli of the lungs

GENERALS In homeopathy, symptoms relating to the whole person that can be expresse "I am..."; compare PARTICULARS

GERMICIDAL Destroys germs or micro-organisms such as bacteria

GUM "True" gum is little used in perfunery, being virtually odorless. However, the term "gum" is often applied to "resins," especially with relation to turpentines, as in the Australian "gum tree." Serietly speaking, gums are natural or synthetic water-soluble materials, such as gum arabic



Н

HALLUCINOGENIC Causes visions or

HEMORRHAGE Loss of blood

HEMORRHOIDS Piles, anal varicose

HEMOSTATIC Arrests bleeding

HEPATIC Relating to the liver; an agent that tones the liver and aids its function.

HOUSTIC Aming to treat the individual as an entity, incorporating body, mind, and spirit, from the Greek word holo, meaning whole.

HOMEOPATHY Medical therapy devised by the 19th-century German doctor, Samuel Hahnemann, based on the premise that like cures like; sick persons are given minute doses of a remedy that will cause the symptoms of their disease, which helps the body to cure itself

HOMEOSTASIS Tendency for the internal environment of the body to remain constant in spite of varying external conditions

HORMONE A product of living cells that produces a specific effect on the activity cells remote from its point of origin

HYBRID A plant originating by fertilization of one species or subspecies by another

HYPERTENSION Raised blood

HYPNOTIC Causing sleep

HYPOTENSION Low blood pressure, or a fall in blood pressure below the normal range

I

INCONTINENCE Partial or complete loss of control of urmation

INFECTION Multiplication of pathogenic (disease-producing unicro-organisms within the body

INFLAMMATION Protective tissue response to injury or destruction of body cells characterized by heat, swelling, redness, and usually pain INFUSION A herbal remedy prepared by steeping the plant material in water

INHALANT A remedy or drug that is breathed in through the nose or mouth

-ITIS suffix) "Inflammation of, " for example, arthritis, inflammation of the joints

I.

LAXATIVE Substance that promotes

LEGUME A fruit consisting of one carpel, opening on one side, such as a pea

LEUCOCYTE White blood cells responsible for fighting disease

М

MACERATE Soak until sott

MATERIA MEDICA A branch of science dealing with the origins and properties of remedies; a complete description of remedies suggested in therapies such as homeopathy and herbalism

MENOPAUSE The normal cessation of menstruation, a life change for women

MENORRHAGIA An excess loss of blood occurring during menstruation

MENTALS In homeopathy, symptoms relating to the mental state, mood, and ideas

METABOLISM The complex process that is the fundamental chemical expression of life itself and the means by which food is converted to energy to maintain the body

METRORRHAGIA Bleeding that occurs in the middle of the menstrial cycle

MICROBE A minute living organism, especially pathogenic bacteria, viruses, etc.

MICTURATION Involuntary leakage of urme during coughing, laughing, or muscular effort

MODALITY In homeopathy, factor that makes symptoms better or worse



MOTHER TINCTURE In homeopathy, the source remedy, which is diluted to make the therapeutic dosages prescribed by homeopathic practitioners.

MUCILAGE A substance containing gelatinous constituents that are demulcent

MUCOUS MEMBRANES Surface linings of the body, which secrete mucus

N

NARCOTIC Agent that induces sleep; intoxicating or poisonous in large doses

NERVINE Strengthening and toning to the nerves and nervous system

NOSODE In homeopathy, a remedy made from a diseased source, such as tuberculinum, made from tissue infected with tuberculous

NUTRITIVE Substance that promotes nutrition

0

OLEO GUM resin A natural exudation from trees and plants that consists mainly of essential oil, gum, and resin

OLEORESIN A natural resmous exudation from plants, or an aromatic liquid preparation extracted from botanical matter using solvents. They consist almost entirely of a mixture of essential oil and resm

Р

PANACEA A cure-all

PARASITICIDE Parasite killer

PARTICULARS In homeopathy, symptoms relating to a part of the person, that can be expressed "My...", compare GENERALS PARTURIENT Encouraging onset of

PECULIARS In homeopathy, strange, rare, and peculiar symptoms, which relate to the individual and are not common in illness.

PEPTIC Term applied to gastric secretions and areas affected by them.

PERENNIAL A plant that lives for more than two years, normally flowering every year

PERISTALSIS Rhythinic movement of the gut to push food along the intestinal tract.

PHARMACOPEIA An official publication of drugs in common use, in a given country

PHLEGM Thick, shiny mucus produced in the respiratory passage

PHOTOTOXIC Substance that becomes poisonous on exposure to light

PHYTOTHERAPY The treatment of disease by plants; herbal medicine

POLYCREST A homeopathic remedy that has a broad spectrum of actions, and can therefore be used for a variety of different conditions

POMADE A prepared perfume material obtained by the enfleurage process

POTENCY "Strength" of a homeopathic remedy, the higher the number, the greater the strength and the greater the dilution

POULTICE The therapeutic application of a soft most mass (such as fresh herbs) to the skin, to encourage local circulation and to reheve pain

PROGESTERONE A female sex hormone that prepares the uterus for the fertilized ovum and maintains pregnancy

PROPHYLACTIC Preventive of disease or infection

PROVING The process used in homeopathy for testing a remedy, it can occur when the wrong remedy is prescribed and taken over a period of time, and the symptoms of the condition it is aimed at manifest themselves

PSYCHOSOMATIC The manifestation of physical symptoms resulting from a mental state

PURGATIVE Agent stimulating evacuation of the bowels

PURULENT Containing pus

R

RECTIFICATION The process of redistillation applied to essential oils to rid them of certain

REGULATOR Agent that helps balance and regulates the functions of the body





RELAXANT Substance that promotes relaxation (either muscular or psychological)

REMEDY PICTURE In homeopathy, the collection of symptoms that characterize a remedy

RESIN A natural or prepared product, either solid or senn-solid in nature. Natural tesms are exudations from trees, such as mastic; prepared resins are oleoresins from which essential oil has been removed.

RESOLVENT An agent that disperses swelling, or effects absorption of a new growth

RESTORATIVE An agent that helps strengthen and revive the body systems.

RHIZOME An underground plant stem lasting more than one season

RUBEFACIENT Substance that causes redness of the skin, possibly irritation

ς

SCLEROSIS Hardening of tissue due

SEDATIVE An agent that reduces

SELF-LIMITING A condition that lasts a set length of time and usually clears of its own accord

SEPTIC Putrefying due to the presence of pathogenic (disease-producing) bacteria

SHOCK Sudden and disturbing mental or physical impression; also a state of collapse characterized by pale, cold, sweaty skin, rapid, weak, thready pulse, faminess, dzziness, and maises.

SIALOGOGUE An agent that stimulates the secretion of saliva

SOPORIFIC Agent that induces sleep

SPASM Sudden, violent involuntary muscular contraction

SPECIFIC Remedy effective for a particular ailment

STIMULANT Agent that quickens the physiological functions of the body

STOMACHIC Agent that stimulates function of the stomach

STYPTIC An astringent agent that stops or reduces external bleeding

SUCCUSSION The shaking method used in preparing homeopathic remedies

SUDORIFIC Agent that causes sweating

SYMPTOM PICTURE Homeopathic term for the overall pattern of symptoms characterizing each individual patient

SYMPTOMS Perceived changes in, or impaired function of, body or mind indicating the presence of disease or injury.

Т

TACHYCARDIA An unduly rapid heartbeat

TINCTURE A herbal remedy, or perfumery material prepared in an alcohol base.

TISSUE SALT Inorganic compound essential to the growth and

function of the body's cells

TONIC Strengthens and enlivens the whole or specific parts of the body.

TOPICAL Local application of cream, outment, fincture, or other medicine

TOPICAL IRRITANT A substance that

TOXIN Substance that is poisonous to the body

TRAUMA Physical injury or wound, also unpleasant and disturbing experience causing psychological upset

TRIGEMINAL NERVE Nerve that divides into three and supplies the mandibular (jaw), maxillary (cheek) and ophthalmic (eye), and forchead areas

TUBER A swollen part of an underground plant stem of one year's duration, capable of new growth

TYPE A term used by Bach and other flower remedy therapists to describe a person's general personality and approach to life

H

ULCER Slow-healing sore occurring internally or externally

UTERINE TONIC Substance that has a toning effect on the whole reproductive system

V

VASOCONSTRICTOR Agent that causes narrowing of the blood vessels

VASODILATOR Agent that dilates the blood vessels and so improves circulation

VERMIFUGE Anthelmintic remedy that eliminates worms from the body

VESICANT Causing blistering to the skin; a counter-irritant

VOLATILE Unstable, evaporates easily, as in "volatile oil" l sic

VULNERARY An agent that helps heal wounds and sores by external application

HEALING PLANT DIRECTORY



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The Wright Diet Celia Wright Clearlight Books, 1995

USEFUL ADDRESSES

AROMATHERAPY

UROPE

Academy of Aromatherapy and Massage 50 Cow Wynd, Falkirk Sterlingshire FK1 1PU Great Britain Tal: 34.132.46.12658

International Federation of Aromatherapists Stamford House 2–4 Chiswick High Road London W4 1TH

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