

Copyrighted Material
foreword by AMYLEE, Founder, Her Native Roots Herbs



the GREEN Medicine Chest

Healthy Treasures FOR THE Whole Family

JUDITH BOICE, N.D., L.Ac.



Copyright © 2011

CHAPTER 3

Treasures in the Green Medicine Chest

Use this chapter as a quick reference when you need to choose a remedy. Bookmark this section so you can return to it often.

The Green Medicine Chest includes:

- Herbs
- Homeopathics
- Essential oils
- Flower essences
- Castor oil and wool flannel
- Sea salt (Neti pot and salt glow)
- Washcloths, towels
- Vegetable fiber brush (for skin brushing)

HOMEOPATHIC REMEDIES

For homeopathic remedies, the most characteristic guiding signs and symptoms are in **bold**.

Aconitum napellus: Colds that begin after exposure to cold, dry winds. **Sudden onset** (within a few hours of exposure). Fever, intense thirst, **restlessness and anxiety**. Patient thinks s/he will die. Trembling. No sweating. Sphere of influence is nervous system.

Allium cepa: allergic or cold symptoms with watery, teary eyes. **Eyes excoriated, burning, sensitive to light** (allergies). **Bland, watery discharge from eyes, excoriating discharge from nose** (influenza). **Copious, acrid, watery discharges**. Burning sensation of eyelids, nostrils, lips. (Think of how you feel when you are cutting onions). Worse indoors, in a warm room, in the evening. Better outdoors, cold room.

Antimonium tartaricum: **Cough with course rattling in the chest or larynx**. Wet-sounding cough, but scanty expectoration. **Overwhelming sleepiness during cough or bronchitis. Weakened state; end-stage disease**. Feeble pulse. Bronchitis or infants; also elderly patients, especially in winter months. Chicken pox. **Cyanosis** with respiratory conditions (lack of oxygen leads to blue lips, face, fingernail beds, etc.).

Apis mellifica: **Swollen, red, irritated skin or mucous membrane tissue** (e.g. back of the throat). Remember how a bee sting feels: **burning, itching, rapid swelling**. Better with cold applications. Excellent for **insect bites, sunburn, hives**. Severely swollen, sore throats. Worse with heat and touch. Better cold applications and open air.

Arnica montana: **Classic for soft tissue injuries, bruising, trauma. Concussion, head injury. Hemorrhage**. Take before and after dental work. Take a dose as soon as possible after an injury, e.g. a sprained ankle, bumped or bruised limb, auto accident, and/or head injury. Sphere of influence is vascular system. With onset of **shock, the head is hot and the rest of the body weak**. The patient often will **deny being hurt** and tell you that he does not need help. She may feel as if she is going to die. Worse motion, touch, cold, and cold damp. Better lying down, head low.

Arsenicum album: Effects the **mucous membranes** (lining of digestive tract, lungs). **Intense burning pains**. Can't stand the sight or smell of food. **Food poisoning with vomiting and diarrhea**. "Fire hydrant stools." Restlessness, weakness, pain, headaches. **Intense aversion to sunlight (photophobia). Thirsty; wants frequent**

sips of warm water. Chilly. Worse after midnight. Anxious, restless, fearful. Headache.

Belladonna: Sudden, violent onset of illness characterized by fever and severe pain. Key symptoms are **intense heat, redness, throbbing, and swelling**. Face is red, hot, dry; the skin seems to radiate heat. The rest of body is sweating. **No thirst**, despite mouth being dry. Head is hot, limbs are cold. Eyes are glassy, staring; pupils are dilated. Oversensitive to noise and light. Appears dull, dazed. May become **angry** and violent. May have hallucinations. Better lying down, lying on abdomen. **Colds, fevers, headaches.**

Borax: Travel sickness, especially air travel with air pockets. **Dread of downward motion. Very sensitive to noise and pain.** Worse from salt and spicy food, sudden noises, cold, wet, least uncovering. May help resolve canker sores (mouth is hot and dry, red mucus, will bleed if touched).

Bryonia alba: Flu-like illnesses. Everything is **worse with motion. Better lying on painful part** (strange, rare, and peculiar symptom). **Intense thirst. Patient drinks lots of water.** Fatigue. Irritable, angry, wants to be left alone. Joint pains worse with motion. Dryness also is characteristic, e.g. dry mouth, eyes, throat. Constipation. Better with rest, heat on inflamed part, cool room.

Calcarea carbonica (Calc carb): Classic children's remedy. Primary sphere of influence is calcium-rich structures (bone, teeth). **Cradle cap. Stubborn**, slow moving. **Teeth slow to erupt.** Late beginning to walk. Adults: **constipation with no urge for stool. Back weakness and low back pain. Arthritis**, worse cold and damp; worse exertion (opposite Rhus tox).

Cantharis: Keynotes are **burning pains. Burns and scalds** with a feeling of painful rawness that is better with cold applications. **Cutting, smarting, burning pains**, e.g. after a burn, or bladder infection. **Second degree bum with blister formation.**

Chamomilla: **Nerve pain**, especially associated with teething and ear aches. Pain is so acute the patient is **screaming**. Thirsty, restless. The child is irritable and wants to be held, but when she is picked up, she **screams and arches back**. Child doesn't know what he wants. **One cheek is red, the other is pale.** Better being carried, sweating, cold applications. Worse anger, night, dentition, wind, open air. **If the child is calm, Chamomilla is the wrong remedy.**

Cinchona officinalis: **Debility after excessive loss of fluids**, e.g. blood, saliva, breast milk (nursing), semen, vaginal discharge, and/or diarrhea. **Late stage remedy.** Hemorrhage with faintness, loss of sight, and ringing in the ears. **Periodicity – every**

other day. Nervous. Sensitive to drafts, slightest touch. Chronic gout. Post operative gas pains, no relief from passing it. **Better hard pressure on painful part;** open air; warmth. **Worse slightest touch, draft of air, every other day, after eating.**

Cocculus indicus: Travel sickness (sea and car sickness) associated with nausea, dizziness. **Sense of emptiness in head; hollow feeling.** Cannot lie on back part of head. Averse to food. Sensitive to cold. Insomnia due to stress.

Colocynthis: Cramping, **abdominal pain that is better bending double.** Menstrual or colicky pains. Small amount of food or drink causes violent diarrhea. **Jelly-like stools. Pains are better with hard pressure.**

Dulcamara: **Aggravation from cold damp weather (conjunctivitis, diarrhea, bladder infection, low back pain). Aggravated from change in weather; from catching cold.** Headache from suppressed sinusitis. **Urging for urination when chilled. Rheumatism. Hayfever, end of summer or in fall.**

Drosera rotundifolia: **Violent cough**, sometimes so severe the patient **cannot catch his breath and begins to turn blue.** Cough is **worse after midnight.** Cough associated with **pertussis (whooping cough).** The cough is severe enough to cause a nosebleed. Cough is worse lying down, worse warmth of bed. Drosera also addresses **muscle cramping**, particularly hand cramps and shoulder twitches.

Eupatorium perfoliatum: **Tremendous aching, as if the bones were broken. Back pain,** excruciating. Colds, flu, fever with deep, aching bone pain. **Chilly, with tremendous thirst for cold drinks.**

Euphrasia officinalis: Hay fever symptoms. Eye inflammation and tearing. **Bland discharge from nose. Acrid discharge/tearing from eyes** (opposite of Allium cepa). **Eyes constantly water.** Worse sunlight, wind, being indoor. Better open air, winking, wiping eyes, lying down.

Ferrum Phosphoricum (Ferrum phos): **Early stages of febrile illness**, e.g. colds and the flu. Bleeding, e.g. coughing blood streaked sputum; nosebleeds in children. **High fever with few symptoms.**

Gelsemium sempervirens: For slow onset colds, often occurring in mild or warm weather. The remedy is often prescribed for **colds during warm winters.** Patient is **dull, dizzy, droopy, drowsy (“the four D’s”).** No thirst. Feels as if she has a band is around her head. Muscle weakness, dropping things, uncoordinated. The common name for the remedy is swamp jasmine: think of how you would feel in a hot, muggy,

humid swamp in August. Helpful for **stage fright, test anxiety** (patient is worse with dread, emotions, surprise). With **shock**, patient is drowsy, droopy, dull. They may be confused, dazed, and apathetic. Pupils may be dilated with drooping eyelids. Patient wants to sleep. May see with heat stroke.

Hepar sulphuris calcareum (Hepar sulph): Colds that begin after exposure to North and NE wind (this was described by a homeopath on the East coast, so think of a Nor'easter storm): cold, dry windy weather. **Sticking pain in throat. Sharp, stitching pain in ear. Extreme sensitivity to pain.** Irritable, nasty. **Cannot tolerate exposure to cold or wind.** Much perspiration. Excellent remedy for **otitis media** (ear infection) with discharge. **Boils - helps resolve or bring to a head.**

Hypericum perforatum: Damage to nerves, e.g. slamming a finger in a car door. **Crush injuries, lacerations of fingers, fingertips. Painful wounds. Nerve pain.** Worse touch, jarring, cold. **First degree sunburn. Sciatica.**

Ignatia amara: A remedy for **grief**, with sensation of a **lump in the throat** and much **sighing. Contradictory symptoms**, e.g. throat pain is worse swallowing water but better swallowing solids. **Worse smoking or smelling tobacco. Oversensitive, nervous. Hysterical crying.**

Ipecacuanha (Ipecac): **Nausea, vomiting, dry heaves.** Violent, persistent nausea. Nerve to stomach becomes irritated, and vomiting continues despite empty stomach. **Dry, nagging cough.** Patient coughs so hard and so long that she vomits or has dry heaves. Asthma with a violent cough; coughs with every breath.

Kali bichromicum: **Cough with thick, stringy mucous**, difficult to expectorate. Hoarse. Worse in the evening. Patient is **chilly** and thirsty.

Lachesis mutus: **Left-sided complaints**, e.g. left sided sore throat, or sore throat that travels left → right. Worse from touch, **cannot tolerate anything around the neck, worse touch in general.** Sleeps into aggravation (is worse on waking). **Left-sided sciatica**, worse at night and cold air. **Loquacious.** Restless, suspicious, chilly.

Ledum palustre: **Puncture wounds**, e.g. injury by a sharp object or insect bite. **Bruising with feeling of coldness; blueness** of affected part. Affected part is cold, **but better cold applications** (strange, rare, and peculiar symptom). Thirsty. **Chilly.**

Lycopodium clavatum: **Digestive complaints**, intestinal gas, bloating. **Worse from 4-8 p.m. Right-sided complaints.** Sore throats that are worse on right side OR travel right → left. Burning pain between scapulae; pain goes right → left. Right sided

sciatica. **Hard, difficult, incomplete stool** (“bashful stool”). Hates tight clothing around the waist.

Magnesia Phosphorica (Mag phos): **Muscle cramping**, e.g. leg cramps, menstrual cramps. **Better with warm application.**

Mercurius vivus: Inflammation of mucous membranes and skin with pus formation; raw, open areas. Tonsillitis, sore throat with desire to swallow. **Excessive salivation. Breath is foul smelling. Sensitive to temperature changes (hot/cold**, like the mercury in a thermometer). Worse at night. Trembling, jerking of limbs, tongue. Affected tissues slow to heal. Metallic taste in the mouth. **Agitated, restless, rapid talking. Mind is dull and sluggish.**

Natrum muriaticum (Nat mur): **Grief**, often silent. Holds feelings in. **Sad, yet unable to cry. Does not want to be consoled. Headache, especially from close work (e.g. reading).** Migraine headache. **Headache “like hammers beating the head.”** Headache from grief. Better lying in a dark, quiet room; better cold applications. **Hayfever. Asthma**, worse in the evenings, 7 – 9 p.m. **Herpetic eruptions (cold sores), especially after sun exposure.** In general, dislikes sun exposure.

Nux vomica: Indigestion or uneasiness following over-eating and/or excessive drinking. **“Hangover.” Impatient, irritable. Headache. Wants to be left alone. Sensitive to noise, light, odors, pressure of clothing. Angry. Chilly.** With cold or flu, **stuffed up at night**, more fluent nasal discharge during the day. **Body is burning hot but cannot move or uncover without feeling a chill OR refuses being covered even though chilled with uncovering.** Worse coffee, stimulants.

Oscillococcinum: **For the very onset of cold/flu symptoms (first 24 hours).** Anxious, pale, shivering; fixed, obsessive ideas.

Phosphorus: Bleeding. Red, arterial blood flow. **Nosebleeds. May be used after surgery to decrease risk of hemorrhage. Desires cold drinks, but vomits them as soon as they warm in the stomach.** Better eating, sleeping. Desires company. Worse talking -- may have painless laryngitis. Colds that quickly go to the lungs. Cough so painful patient tries to suppress it. Blood streaked sputum.

Podophyllum peltatum: **Diarrhea.** Colicky pains and sour vomiting. Watery stools. **Thirst for large quantities of cold water.** Diarrhea in hot weather after eating acid fruits. **Painless, watery diarrhea.**

Pulsatilla: the common name is “wind flower” because it moves with every breath of wind. Keynote is **changeable symptoms**, e.g. joint pains that move around the body.

“Ripe” colds with green/yellow, thick discharge. Cough is looser in the morning, drier as the day goes on. Infection of the tear duct, or blocked tear duct, in infants and newborns. **Weepy. Thirstless, with dry mouth. Desires open air. Worse in a warm room.** Timid, mild.

Rhus toxicodendron: Joint pains that are better **with movement. Restless**, can't find a comfortable position. **Chilly. Thirsty.** Worse after exposure to cold and wet. Colds that begin after exposure to cold and wet. Red tip of tongue. **Itching, burning, stinging of skin. Vesicular eruptions. Sensation as if flesh has been torn from the bone.** Better from scalding hot water, showers. Chilly.

Ruta graveolens: damage **to ligaments and periosteal tissue** (area around bone) **Pain comes in waves.** Pain deep in the bones. Eyestrain from reading small print or close-up work, especially if followed by a headache. Worse from cold, wet weather over-exertion; damp, wind. Follows Arnica well for sprains.

Sepia: **Loss of tissue integrity**, e.g. prolapsed uterus, hemorrhoids, varicose veins. **Symptoms generally worse with any hormonal fluctuation, e.g. before and during menstruation; PMS; pregnancy; menopause; frequent sex. Mother is angry** and yells at the children from least disturbance; **worst while cooking dinner.** Made from octopus ink; think of the purpose of the ink – to conceal and be left alone.

Silicea: Late stage, chronic colds. **Recurring sore throats and tonsillitis. Hard, swollen cervical glands. Acute ear infections, as well as ear infections that are very slow to resolve. Infection of the tear duct, or blocked tear duct, in infants and newborns.** Defects of bone, spine, nails, and hair, from poor mineral absorption. **Constipation with no urging; bashful stool** (almost comes out, then recedes again). **Constipation in children.** Helps to **discharge splinters, foreign substances from the body.**

Spongia tosta: **Dry, hacking cough.** Imagine inhaling dried sponge and what that would feel like. Larynx dry, constricted, burning. **Barking, croupy cough.** Croup worse during inspiration. Anxiety. Better leaning forward. Better eating a little. One of three classic croup remedies: Aconite, Spongia, Hepar sulph. The three remedies are used in the order listed: Aconite for onset of symptoms, Spongia for the mid-illness symptoms (dry, hacking cough), and Hepar sulph for the last stage of croup.

Sulphur: Important remedy for skin eruptions. Dry skin, **itching**; roughness. **Voluptuous itching.** Will scratch until skin bleeds. Thirsty. **Worse warmth** -- warm room, warm bed. Sleeps with window open. Feet so hot the patient uncovers them in bed. **Burning discharges and pains. Skin and face reddened.** Offensive

discharges, odors. **Worse from bathing.** Impatient, hurried, quick-tempered, opinionated. Late stages of viral infections.

Symphytum officinale: “Arnica of the eye,” specific for **bruising around the eye. Orbital fractures. Give the remedy on the way to the Emergency Room.** Pain associated with bruising and fracture. Cartilage or bone injuries. Periosteal injuries (Ruta as well). **Fractures that fail to heal.**

BOTANICALS

Arnica Oil (*Arnica montana*): For bruising and soft tissue injury. Apply only on unbroken skin. Best applied immediately after injury. Can help prevent bruising and reduce swelling. CAUTION: Never take Arnica HERB internally. **Homeopathic** arnica (see above) is **safe** for internal use.

Aloe (*Aloe barbadensis*): the inner gel of the aloe plant is soothing, anti-inflammatory, and anti-pruritic (reduces itching). The gel speeds tissue healing, e.g. for gastric ulcers, bedsores, and diabetic skin ulcers. The outer “skin” of the aloe plant contains a bitter latex that acts as a “cathartic,” dramatically clearing the bowels. This outer skin is helpful for short term use, to address severe constipation. Long term use, though, will deplete electrolytes and further weaken the muscles in the bowel. Constitutional hydrotherapy (page ___) offers a more permanent “cure” for constipation.

Bentonite clay: A drawing agent, to remove pus and inflammation from an affected area, e.g. an infected cut or poison ivy/oak. Can be taken internally for diarrhea and mild food poisoning.

Bilberry (*Vaccinium myrtillus*) The berries and leaves improve circulation and strengthens blood vessel walls, making bilberry a wonderful ally for retinopathy, cataracts, macular degeneration and night blindness. Bilberry also improves microcirculation in other parts of the body and minimize bruising.

Bitter melon fruit (*Momardica charantia*) Bitter Melon stabilizes blood sugar levels and suppresses the usual neural response to sweet taste. Commonly eaten in India and Southeast Asia, bitter melon also inhibits retroviruses (HIV, herpes) and is cytotoxic (kills cancer cells, e.g. leukemia and certain types of breast cancer).

Blue vervain (*Verbena hastata*) Blue vervain is a diaphoretic (causes sweating) and is used to treat fevers and colds as well as clear bronchial congestion.

Black cohosh (*Cimicifuga racemosa*) High in calcium, black cohosh relieves smooth muscle cramps, e.g. menstrual pain. Black cohosh also relieves muscle spasms and joint pain. For menopause, black cohosh seems to have some phytoestrogen effect (not fully confirmed in recent studies). In addition, black cohosh suppresses leutenizing hormone surges, which are associated with hot flashes in menopause. Black cohosh relaxes the smooth muscle in blood vessels, which improves blood circulation in the extremities.

Buckthorn bark (*Cascara sagrada*): stimulates peristalsis. Some people experience intestinal cramping with cascara. With long-term use, cascara can have the same side effects as chemical laxatives, so short-term usage (2 weeks maximum) is best during the bowel retraining program.

Calendula succus (*Calendula officinalis*): “Succus” means plant juice. Tinctures are about 70% alcohol and approximately 30% plant extract. Succus preparations are about 70% plant extract with about 30% alcohol – they contain much more of the active constituents of the plant. Calendula is an excellent antimicrobial that also has vulnerary (soothing, healing) properties. Apply after washing the wound. Calendula can replace washing a clean wound in an emergency situation. Calendula succus is more effective at halting bacterial growth than iodine solutions or rubbing alcohol.

Calendula and comfrey salve: Calendula has antimicrobial and vulnerary properties. Comfrey (*Althea officinalis*) stimulates cell division and thus speeds wound healing. Best applied to clean cuts only, or ones that have formed a scab, not to puncture wounds (may cause the skin to heal over a dirty wound, creating an anaerobic environment perfect for the growth of anaerobic bacteria.)

Catnip (*Nepeta cataria*) A calming nervine, catnip also increases sweating without raising internal body temperature, making this a wonderful herb for feverish children. Catnip also soothes restlessness, nervous headaches, insomnia, and menstrual cramping. CAUTION: Contraindicated during pregnancy because of its emmenagogue effect (brings on menstruation).

Chamomile (*Matricaria rescutita*) High in calcium, chamomile gently soothes the nervous system and helps prepare for sleep. Chamomile reduces spasms and inflammation, relieves pain, calms the stomach, and improves digestive function. In addition, chamomile has anti-bacterial and anti-fungal activity.

Comfrey (*Althea officinalis*) Comfrey contains allantoin, a constituent that speeds cell division, and therefore tissue healing. Comfrey also has anti-inflammatory effect, easing bone and tendon inflammation. Comfrey is mucilaginous, soothing both the

respiratory and digestive tracts. Although historically used internally to reduce inflammation and speed tissue healing, current research suggests **extremely** large amounts of pyrrolizidine alkaloid in comfrey can occlude veins and trigger carcinogenic (cancer) activity. CAUTION: Take internally only under the guidance of a trained herbalist. Do not use if pregnant or nursing.

Dandelion root and leaf (*Taraxacum officinalis*) Dandelion leaf has a strong diuretic effect, increasing urination and decreasing fluid retention. Collect the greens early in the spring for a wonderful spring salad. Dandelion root is a mild laxative that triggers bile secretion from the liver. Dandelion *slowly* stimulates liver function, so you will need to use the herb over time. Collect dandelion roots in the autumn, when they contain maximum nutrients.

Echinacea (*Echinacea angustifolia* OR *purpurea*) Echinacea does *not* directly “attack” bacteria; instead, it stimulates immune activity by increasing white blood cell production. Some studies suggest Echinacea loses its efficacy after two to three weeks of continuous use; most studies show Echinacea is very effective with long term use. For maximum effect, consider alternating immune boosting herbs every two to three weeks to ensure their efficacy.

Elderberry (*Sambucus pubens*) Elder *berries* are used to treat colds, the flu, joint pain, and nerve pain. The *flowers*, more commonly used in botanical medicine, help to expel mucous, increase sweating, and calm the nervous system. Elder *flowers* can be used for chronic sinus irritation, night sweats, spasmodic coughs, and skin eruptions. CAUTION: unripe elder *berries* can cause nausea, vomiting, dizziness, fast heart rate, and convulsions. Use only fully ripened berries.

Ginger (*Zingiber officinalis*) Ginger warms the body, increasing sweating and improving digestion. Dried ginger has more “heating” effect than the fresh root. Ginger decreases platelet aggregation, meaning it slows blood clotting time (use with caution if taking Coumadin or other anti-coagulants). Ginger *tincture* is very effective for addressing post-chemotherapy nausea, but ginger *tea* has little effect. Ginger also has anti-inflammatory properties, making it a wonderfully ally for joint and muscle pain. Fresh ginger juice can be used topically to treat first and second degree burns.

Gingseng: Korean, Chinese (*Panax ginseng*), and American (*Panax quinquefolius*) Ginseng is an adaptogen herb, meaning it helps the body better adapt to stress levels. Ginseng supports the nervous and hormonal systems; stabilizes blood sugar; reduces LDL and increases HDL cholesterol; improves metabolic activity in the brain; and minimizes cell damage and hastens recovery from radiation exposure. In Chinese medicine, ginseng is considered a “qi” tonic, meaning it helps to rebuild vitality in the body. American ginseng tonifies both qi and “yin,” meaning it also enhances the nourishing, moistening, and cooling aspects of the body. Chinese ginseng is

considered more heating, while Korean is the “hottest” of the three ginsengs. Usually Asian people do not take ginseng regularly before they are 60 years old; otherwise, they have already “boosted” their body with this potent tonic and have nothing left to further enhance their vitality. In essence, they have “shot their wad” too early.

Goldenseal (*Hydrastis canadensis*) Goldenseal is a **mucous membrane tonic**, affecting the entire digestive and respiratory tracts. Goldenseal can be used for upper respiratory infections as well as digestive disturbances, e.g. stomach pains and gas after eating.

Golden thread (*Coptis chinensis*) A century ago, herbalists began to substitute Goldenseal (*Hydrastis canadensis*) for Goldentthread because the roots of Goldentthread were being over-harvested. Ironically, herbalists now recommend Goldentthread as a substitute for increasingly rare Goldenseal. Both of these bitter roots are high in berberine, a compound known to kill bacteria, viruses, and fungi. Goldentthread also stimulates digestive function (e.g. saliva and stomach acid secretion), reduces inflammation, and lowers high blood cholesterol levels. Goldentthread also calms the nervous system and relieves pain, helping to soothe abdominal cramps, muscle aches, irritability, and insomnia.

Gymnema sylvestra Grown in India, this plant stabilizes blood sugar levels and reduces sweet taste on the tongue, thereby reducing sugar cravings. This herb is used to treat diabetes and pre-diabetes, i.e. difficulty regulating blood sugar levels.

Hawthorne berry (*Crataegus species*) Most herbalists combine hawthorne berries and flowers. Hawthorne increases the strength and efficiency of heart contractions and has mild diuretic effect. Meant for long term use and not acute illnesses, hawthorne also increases blood flow in the heart and enhances connective tissue strength of blood and lymph vessels. Hawthorne improves overall cardiac function.

Hops (*Humulus lupulus*): Soothes irritable digestive tract and nervous system (indigestion and sleeplessness). Hops is very specific for soothing nervousness with muscle twitching. This muscle relaxing property also makes hops a wonderful aide for menstrual cramping. For nursing mothers, drinking hops tea increases milk production, soothes both mother and baby, and addresses colic in the infant.

Kava kava (*Piper methysticum*): this nervine herb calms the nervous system without sedating the mind. Kava relieves anxiety and stress, insomnia, and muscle tension. Caution: long term, high dose use of Kava can cause dry, pigmented, scaly skin, particularly on the palms of the hands, soles of the feet, back and shins. This condition, called “kavaism,” is more common in the South Pacific where people drink

Kava like North Americans drink coffee. The rash disappears when someone stops drinking Kava Kava tea.

Lemon balm (*Melissa officinalis*) Used as a topical gel or essential oil, lemon balm can avert a herpes outbreak if applied frequently during the prodrome (pre-outbreak) phase. Regular external applications of lemon balm after an outbreak will also speed the healing of herpes lesions by about 2.5 days. Taken internally, e.g. as a tea, dried herb, or tincture, lemon balm has a calming effect on the nervous system, soothing anxiety and conditions worsened by nervousness. Lemon balm addresses colds, migraines, depression, high blood pressure, and insomnia, especially when high stress levels contribute to the illness. Lemon balm blocks the binding of TSH to thyroid membrane cells, making it an excellent remedy for the treatment of hyperthyroidism (**over**-active thyroid).

Licorice (*Glycyrrhiza glabra*) Another of the adaptogen herbs, licorice stimulates immune function, enhances adrenal activity, soothes inflammation, protects the liver, and has mild estrogenic activity. In Chinese medicine, licorice is called “the great peacemaker.” Most Chinese formulae contain a small amount of licorice to help harmonize the activity of the other herbs. CAUTION: Because licorice increases the biological half-life of cortisol and aldosterone, it may contribute to increased fluid retention. If you suffer with hypertension, use only *de-glycyrrhinated licorice* (DGL) and watch carefully for any side effects. Licorice is also contraindicated for heart failure, kidney disease, and liver cirrhosis.

Motherwort (*Leonorus cardiaca*) Truly an ally for women’s health, motherwort soothes menstrual cramps and premenstrual nerve tension and brings on delayed menstrual bleeding. In addition, motherwort relieves heart palpitations due to nervous tension and soothes the pain of cold sores and genital herpes. Use motherwort for several months for best results.

Mullein (*Verbascum thapsus*) Use the leaves and flowers of mullein to soothe coughs and bronchitis, asthma and hay fever. Soak the flowers in vegetable oil for a couple of weeks, then strain out the flowers to make an oil for soothing ear pain. CAUTION: use mullein oil in the external ear canal only if the tympanic membrane (ear drum) is NOT ruptured.

Nettles (*Urtica urens*) Nettles are a wonderful ally for treating seasonal hayfever because they stabilize the mast cells that release histamine, thereby reducing inflammation and swelling. In addition, nettles act as a mild diuretic and help to rebuild the urinary tract. Nettles are best used long term, over several months, to achieve these rejuvenating effects.

Oregon grape root (*Berberis aquafolium*) Like Goldenthread and Goldenseal, Oregon grape root contains berberines, compounds that stimulate bile secretion; kill bacteria, viruses, and fungi; and stimulate the digestive tract. Oregon grape root will stimulate and support the digestive, respiratory, and urinary systems.

Passion flower (*Passiflora incarnata*): This herb soothes muscle spasms, heart palpitations, and nervousness. Passion flower helps support normal sleep, particularly when nervousness contributes to sleep disturbances.

Peppermint (*Mentha piperata*) Peppermint relieves spasms, increases bile secretion, calms the stomach, dissolves gallstones, and increases sweating (diaphoretic). Used on the skin, peppermint relieves the pain and itching of bug bites and soothes muscle spasms. CAUTION: peppermint relaxes the lower gastroesophageal sphincter, which can worsen hiatal hernia and gastroesophageal reflux (GERDS) symptoms. In addition, avoid using peppermint during acute gallstones.

Red clover blossoms (*Trifolium pratens*) A mild phytoestrogen (weak plant-based estrogen), red clover addresses estrogen dominance conditions (e.g. PMS, uterine fibroids and fibrocystic breasts) as well as provides weak estrogen support for low estrogen conditions (e.g. hot flashes). Red clover soothes swollen lymph nodes, particularly in the neck region. CAUTION: Red clover thins the blood and must be used with caution if taking a blood thinner.

Rhodiola (*Rhodiola rosea*) A potent adaptogen herb, Rhodiola improves physical and mental performance; addresses depression and anxiety; reduces fatigue; improves memory and concentration; and increases tolerance to cold and other extreme weather conditions.

Saint John's Wort (*Hypericum perforatum*) Used for centuries to address nerve and spinal cord injuries, St. John's Wort is best known today for treating depression, increasing serotonin and melatonin levels, and possibly increasing light utilization. For depression, St. John's Wort must be taken for at least 2 – 6 weeks to evaluate its effectiveness. St. John's Wort also treats viral infections.

Saint John's Wort (*Hypericum perforatum*) Oil: **Soothing and feeding to the nervous system**, St. John's Wort oil can speed the healing of nerve injuries, bruises, and muscular pain. Helps relieve the pain of **sunburn**. Applied frequently, hypericum oil acts as a sunblock. Can relieve or abort sciatica if applied at earliest signs of pain and discomfort.

Saw palmetto (*Serenoa repens*) Known primarily as a men's herb, Saw palmetto reduces the size of the prostate gland and tonifies the entire pelvic region. For women, Saw palmetto stimulates breast development, increases libido, and

addresses polycystic ovaries. For both men and women, Saw palmetto may benefit interstitial cystitis and chronic bladder infections.

Senna (*Cassia senna*) Senna addresses constipation by increasing peristalsis, the wave-like muscle contractions that move food and waste through the digestive tract. Senna speeds intestinal movement by *irritating* the digestive tract. If used long term, Senna increases melanosis, a darkened pigment in the colon, which *might* increase risk of colon cancer. CAUTION: do not use if you have a history of kidney damage or kidney inflammation. Over-use may cause vomiting, intestinal spasms, and/or blood diarrhea.

Siberian ginseng (*Eleutherococcus senticosus*) This herb is another potent adaptogen herb. Although “ginseng” is in the name, this herb is a completely different genus from *Panax* ginseng. Siberian ginseng increases endurance, improves oxygenation of tissues, enhances concentration, and increases overall resistance to disease.

Skullcap (*Scutellaria lateriflora*) – high in calcium, magnesium, and potassium, this herb calms and nourishes the nervous system. Skullcap is beneficial for anxiety, restless sleep, nervous exhaustion, and nervous system weakness after a long illness.

Slippery elm bark (*Ulmus fulva*) This mucilaginous inner bark of the slippery elm tree soothes the digestive and urinary tracts. Slippery elm bark reduces inflammation and acts as a mild diuretic. You can cook slippery elm bark powder by itself or with oatmeal to create a nutritious gruel. You can also suck on slippery elm bark lozenges to soothe the throat, stomach, intestines, and/or urinary tract.

Valerian (*Valeriana officinalis*): Beloved by cats, this herb smells like dirty socks to me. Others love its pungent taste. Valerian relaxes skeletal muscle, particularly in the low back region, and relieves menstrual cramping. Too much valerian can have opposite effects, actually stimulating the nervous system rather than soothing it. CAUTION: Valerian can potentiate (increase) the action of barbiturates. AVOID combining valerian with any barbiturate medication.

Yarrow (*Achillea millefolium*) A tea made from infusing yarrow blossoms in *hot* water increases sweating, while infusing the herb in *cold* water increases the diuretic and gastric toning effects of yarrow. Because yarrow astringes tissues, it is an ally for hemorrhoids and excessive menstrual flow. Yarrow’s botanical name reflects this ability to staunch blood flow: when an arrow pierced the God Achilles’ heel, he used yarrow to stop the bleeding.

Yellow dock (*Rumex crispus*) The bitter roots of yellow dock stimulate bile secretion, improve bowel elimination, and increase iron absorption. Also a good source of iron, yellow dock can be used to treat iron deficiency anemia. Yellow dock improves lymph flow and function. Use yellow dock for anemia, constipation, chronic skin conditions, and liver congestion.

CHINESE HERBAL FORMULAE

Gan Mao Ling: This formula treats the very onset of colds, whether they are wind heat (sore throat, fever, sweating) or wind cold (chills, no sore throat, clear nasal discharge) in nature.

Pill Curing: This classic Chinese formula soothes nausea, vomiting, belching, and acid stomach. You can take Pill Curing 30 – 60 minutes before traveling to allay motion sickness.

Xiao yao san: Translated “Free and Easy Wanderer,” this formula enhances liver function and supports the production and free flow of blood in the body. From Chinese perspective, one of the liver’s major roles is to smoothly circulate blood in the body. If blood flows smoothly, emotions also flow easily. When the liver is stressed and cannot circulate blood as smoothly, we are more prone to certain emotions: frustration, anger, and/or depression. Physical symptoms may include menstrual cramping, PMS symptoms, and/or sluggish digestion.

Yin qiao san: a Chinese patent medicine for “wind heat invasion.” Symptoms include sore throat, feeling more feverish than chilled, slight headache, and yellowish mucus discharge. Do not take the remedy if you feel more chills than fever and have no sore throat – the formula is very cooling. Yin qiao san is meant to cause sweating to help push out wind and heat. Make sure to avoid drafts and chills after taking the remedy.

Yunnan Pai Yao is a Chinese herbal formula that was brought to the West from Vietnam, where U.S. soldiers witnessed its seemingly miraculous effects. The powder can be taken internally OR packed into wounds to stop bleeding. Each package includes one small red pill that is used only for severe hemorrhaging. The orange-powder capsules may be taken internally, one pill 3—4 times per day, to stop bleeding. Stop taking the medicine as soon as the bleeding stops.

ESSENTIAL OILS

Cypress (*Cupressus sempervirens*) Cypress fights bacteria, reduces spasms, and calms the nervous system. Cypress is an even more effective astringent than witch hazel.

Eucalyptus globulus A powerful bronchodilator, this essential oil also has anti-viral, anti-fungal, and anti-bacterial properties. Eucalyptus fights infection and thins mucous with coughs and bronchitis. Eucalyptus can also be used to treat candida, sunburn, and bladder infections. Diluted in a mister bottle with water, eucalyptus is an effective insect repellent.

Eucalyptus radiata Milder than *Eucalyptus globulus*, this species of Eucalyptus is appropriate for children and for skin applications.

Everlasting (*Helichrysum italicum*) Helichrysum is the “arnica” of the essential oil world. Applied immediately after an injury, Helichrysum can minimize or sometimes even avoid bruising and swelling. Apply on unbroken tissue. Helichrysum can be applied “neat,” without diluting in a vegetable oil. Most helichrysum, however, is sold in diluted form because it a very expensive essential oil. For old scars and stretch marks, apply a 20% dilution regularly over 2 – 3 months. Also reduces inflammation and swelling with insect stings.

Lavender (*Lavendula officinalis*) Lavender reduces inflammation, soothes burns, and calms the nervous system. Lavender can be used to improve sleep, reduce pain, heal burns and other injuries, and soothe migraine headaches. Lavender also has mild antiseptic properties and will speed tissue healing. Anti-venomous for insect and snake bites, lavender is also adaptogenic (helps the body better adapt to stress). Lavender also harmonizes the action of essential oils, making it a great addition to essential oil blends.

Peppermint (*Mentha piperita*): Peppermint has amphoteric action on the digestive tract, meaning it both soothes and stimulates the mucous membrane lining. One drop of peppermint essential oil in a cup of hot water will soothe an upset stomach. A drop rubbed into the temples may relieve a simple tension headache. One or two drops mixed with clay can soothe poison ivy/oak rash. Peppermint helps relieve pain. Mixing 2-3 drops in vegetable oil and rubbing on the belly can soothe an upset stomach. CAUTION: Peppermint and other mints may antidote the actions of homeopathic remedies. Peppermint relaxes the cardiac sphincter of the stomach, so do NOT use peppermint if you have a hiatal hernia or gastroesophageal reflux (GERDS). Peppermint will worsen these conditions.

Tea Tree (*Malaleuca alternifolia*) This potent antiseptic oil is anti-fungal, anti-viral, and anti-bacterial. Tea tree stimulates the immune system, specifically T cell production.

Tea tree is one of the few essential oils that can be applied “neat,” without diluting in a vegetable oil. Six months after opening the bottle, however, the oil becomes more caustic and should be diluted in vegetable oil. You can use tea tree for athlete’s foot, candida, ringworm, toothache and pyorrhea. Add a drop of essential oil on your toothbrush for gum disease. Tea tree oil is the only essential oil that can be used vaginally, i.e. 2 – 3 drops on a tampon inserted once daily. Tea tree is also anti-venomous (i.e. treats insect, spider, and snake bites).

Thyme (*Thymus vulgaris*) A strong anti-viral, thyme is an excellent choice for misting the house to prevent colds and the flu. You can also use thyme to treat warts, acne, nerve pain, and joint pain. Thyme is an extremely potent essential oil and must be used with care. Always dilute this oil in a carrier vegetable oil and avoid using with children, unless you use thyme linalol, a gentler chemotype of thyme essential oil.

FLOWER ESSENCES

- Baby Blue Eyes: no longer trusting the goodness in the world; cynicism.
- Bleeding Heart: for a broken heart, from loss of someone held very dear. Emotional codependence.
- Borage: discouragement, despair, heavy-heartedness. Lack of confidence facing difficulties.
- California Wild Rose: not accepting difficulty or challenge
- Chamomile: moody, irritable; unable to release emotional tension.
- Chrysanthemum: deep anguish about one’s life and death; difficulty accepting death and dying as part of the life process.
- Elm: despair about fulfilling responsibilities and expectations.
- Gorse: hopeless, expecting suffering.
- Indian Paintbrush: assists in bringing creative ideas into fruition; when struggling with exhaustion from the intensity of creative work.
- Iris: stimulates and opens the soul to receive creative inspiration
- Manzanita: for making peace with being in a physical body and dealing with the challenges of the physical world.
- Milkweed: deeply depressed, unable to cope with the activities of daily living, wants to obliterate consciousness with food, drugs, and/or alcohol.
- Mustard: wide mood swings; feels overwhelmed by a “black cloud” for no known reason.
- Olive: depression that accompanies physical exhaustion.
- Pine: despair about one’s own faults and mistakes.
- Sweet Chestnut: “dark night of the soul,” extreme despair.

- Wild Oat: dissatisfied with work; unable to find one's life work or direction.
- Wild Rose: apathy when faced with illness or other major life challenges.
- Yarrow: vulnerable to the environment and others; helps to create a healthy emotional "membrane" to filter outer influences.
- Yerba Santa: sadness, especially internalized in the chest area; emotional pain.
- Rescue Remedy, for physical and/or emotional shock. This remedy combines five flower essences:
 - Clematis: Dreamy, drowsy, not fully awake, no great interest in life. When ill, makes little or no effort to get well. May look forward to death. Acute – typical of shock. Deeper presentation – depressed, even suicidal.
 - Rock rose: emergency, for cases that appear to be hopeless. Accidents, sudden illness, trauma, violence when the person is frightened or terrified. If unconscious, moisten the lips with the remedy. Can be helpful in the dying process, when someone is afraid, viewing death as total annihilation. Name derives from Greek *Helios*, the sun. Restores sun-like forces of courage to the human soul to meet tremendous challenges.
 - Impatiens. Quick in thought and action; wants to complete everything *now*. Difficult to be patient with people who are slow. Prefers to work alone. For acute: anxious to recover quickly.
 - Star of Bethlehem. Shock remedy. Shock of any kind tends to drive us out of our bodies. "I jumped out of my skin," "I was beside myself." Shocking news, the loss of a beloved, fright following an accident. Star of Bethlehem unifies body and soul again so that the natural healing processes can take place.
 - Cherry Plum. Fear of going crazy, of doing feared and dreaded things they know are wrong, yet they have the thought and impulse to do them. The soul tries to protect against this fear of losing control by tightening its grip, which only leads to more pressure and stress. Cherry Plum is indicated in these extreme times. Gives mental strength and confidence.