

***Making  
Herbal Medicines***

***Recipes***

***for***

***Tinctures, Glycerites,  
Teas, Poultices, Oils, Salves***

ABF	After-birth formula	<i>HVC</i>	<i>Honey, Vinegar, Cayenne</i>
AC	Acne	IB	Immune Builder
AD	Adrenal Toner	IBL	Iron Blood
AL	Allergies	IF	Infection Fighter
APL	Anti-plague	KB	Kidney Bladder
<i>ARN</i>	<i>Arnica Flower Oil</i>	KNA	Kelp/Nettles/Alfalfa
AP	Arthritis Plus	KS	Kidney Stone
ASP	Anti-spasmodic	KT	Kidney Toner
BAC	Bacteria	LB	Lower Bowel
BBL	BBL or B&B	LC	Liver Cleanse
<i>BC</i>	<i>Bowel Cleanser</i>	LCAY	Lobelia/Cayenne
BM	Bone, High Mineral	LCON	Lung Congestion
BP	Blood Pressure	LIC	Licorice Comb (for adrenals)
BRON	Bronchitis	<i>LN</i>	<i>Liniment (Not for internal use)</i>
CAC	CAC tea or tincture	LS	Labor Stimulator
CART	Cartilage	LT	Lymph Tonic
CAY	Cayenne	MC	Miscarriage
CC	Children's Compound	MH	Men's Herbs
CCH	Catnip/Chamomile	MIN	Minerals
CB	Cramp Bark (menstrual)	<i>MP</i>	<i>Mastitis Pack</i>
CD	Colon Digestive	MS	Multiple Sclerosis
CF	Chronic Fatigue	MULC	Mullein Compound
CJ	Cascara/Juniper	MW	Mature Women's
COL	Colic formula	NAUS	Nausea, morning sickness
<i>COLA</i>	<i>Colic formula for adults</i>	NF	Nursing Formula
COMP	Composition	NS	Nerve Special
CR	Crisis	NT	Nerve Tonic, PMS tension
<i>EB</i>	<i>Eyebright formula (tea)</i>	NV	Nervine
<i>EO</i>	<i>Ear Oil</i>	NVC	Nervine - Childrens
ESS	Essiac	PARA	Parasites
EUST	Eustachian	PL	Pleurisy Lung
EW	Energy/Weight Loss	PN	Pain
EZ	Eczema	<i>PPAC</i>	<i>Pain Pack</i>
FC	Flu combination	PHB	Pregnancy & Hormone Balance
FN	Fungal formula	PRT	Prostate Tonic
FS	Flu Stopper	PT	Pregnancy Tea/Tincture
FSW	Five/Six Week	RC	Red Clover Combination
FUN	Anti Fungal	RH	Rosehips
FV	Fever (elderberry/peppermint)	RM	Raspberry/Myrrh
GDQ	Ginkgo/DongQuai	SN	Sinus
GI	Gallstone Indigestion	SPRING	New, flu season (lung)
Ginger Bath		SS	Strep & Staph
Green Drink		Super C	Super Cold & Lymph
GUM	Gum and Mouth formula	<i>TRT</i>	<i>Sore Throat gargle</i>
Harmony		TY	Thyroid
HGL	LIC(Licorice Comb w/no licorice)	VIB	Vibrunalgia
HP	Herpes Simplex	YU	Yarrow/Usnea
HT	Cayenne/Hawthorne	YW	Young Women's Formula
		WC	Wild Cherry Cough

*Ones in italics are either never made as tinctures or are sometimes better as teas, compresses, or liniments*

## Glycerite Tinctures

BAC	Bacteria	FV	Fever (elderberry/peppermint)
BBL	BBL or B&B	IF	Infection Fighter
BP	Blood Pressure	KNA	Kelp, Nettles, Alfalfa
BRON	Bronchitis	KT	Kidney Toner
CC	Catnip Chamomile	RC	Red Clover Combination
CD	Colon./Digestive	Super C	Super Cold & Lymph
CN	Children's Nervine	SN	Sinus
FV	Fever (elderberry/peppermint)	YU	Yarrow, Usnea

IF	Infection Fighter
KNA	Kelp, Nettles, Alfalfa
KT	Kidney Toner
RC	Red Clover Combination
Super C	Super Cold & Lymph
SN	Sinus
YU	Yarrow, Usnea

<b>Syrups</b>	
Sold in 4 oz squeeze bottles	
CC	Children's Compound
IB	Immune Builder
WC	Wild Cherry Cough Syrup

## Salves

MIRACLE - Healing Burn    CB - Total Body    CB Plus - Drawing    CM - Skin/Rash

## Single Herbs and Tinctures

Alfalfa	Chaste Tree	Feverfew	Motherwort	Senna
Angelica	Chickweed	Fo Ti	Mullein	Sheep Sorrel
Astragalus	Cinnamon	Gentian	Myrrh	Shepherd's
Bayberry	Cleavers	Ginger	Nettles-stinging	Purse
Bee Pollen	Clematis	Ginkgo	Oatstraw	Slippery Elm
Beet Root	Cloves	Elethero	Olive leaf	Spikenard
Bilberry	Club Moss	Ginseng,	Oregano	Squaw Vine
Black Cohosh	Colgs Foot	panax	Oregon Grape	St. John's Wort
Black Walnut	Comfrey leaf	Ginseng, red	Osha	Stillingia
Blessed Thistle	Comfrey root	Golden Rod	Parsley leaf	Stone Root
Blue Cohosh	Corn Siok	Golden Seal	Parsley root	Sweet Cecily
Blue Vervain	Cramp Bark	Gota Kola	Passion Flower	Tansy
Brigham Tea	Cranberries	Gravel Root	Pau D'Arco	Thimble Berry
Buchu	Damiana	Hawthorne	Peach Tree	Thyme
Buckthorn	Dandelion	Hops	Peppermint	Turkey Rhubarb
Bupleuren	Devil's Claw	Horehound	Plantain	Usnea
Burdock	Dong Quai	Horseradish	Periwinkle	Uva Ursi
Butcher's	Dulce	Horse Tail	Poke Root	Valerian
Broom	Echinacea	Hydrangea	Propolis	White Birch
Canada Snake	(purperea)	Hyssop	Raspberry	White Oak
(wild ginger)	Echinacea	Juniper Berries	Red Clover	White Pine
Cape Aloes	(augustafolia)	Kelp	Red Root	White Willow
Cascara	Elder Flower	Lemon Balm	Rosehips	Wild Lettuce
Sagrada	Elcampane	Licorice	Rosemary	Wild Yam
Calendula	Elder berries	Lobelia	Safflower	Wild Cherry
Catnip	Eye Bright	Lomatium	Sage	Wood Betony
Cayenne	False Unicorn	Marshmallow	Sarsaparilla	Wormwood
Chamomile	Fennel	Milk Thistle	Saw Palmetto	Yarrow
Chapparral	Fenugreek	Mistletoe	Scullcap	Valerian

# Making Herbal Medicines

The first rule of herbal medicine making is always the same. It is:

*“My herbal preparations can never be any better than the quality of the herbs I begin with.”*

## Herbs as nutrition

There is sound science behind the belief that one of the ways in which herbs work is that they provide nutrients that are otherwise missing in our diets and in ourselves. Dr. John R. Christopher believed that much of what we call disease is simply our body's own way of attempting to deal with, or at least bring our attention to, imbalances and deficiencies in our nutrition intake and absorption. Herbs are incredibly high in vitamins and minerals - particularly those trace minerals that are so all important to good health.

## Vitamins, deficiencies and herbs

*Vitamin A* is needed to absorb iron. Signs of deficiency include anemia, chronic exhaustion, night blindness (eyes become slow to adjust from bright to dim), acne and dry, scaly patches of skin, unhealthy teeth and gums, increased susceptibility to respiratory, middle ear, intestinal and middle ear infections.

**RDA - 3,000 IUs.** 2 cups of alfalfa tea contains an average of 3,500 IU's, Dandelion contains a whopping 14,000 IUs, Mallow averages 2,000 IU's and Nettles contains 6,500 IU's.

*Vitamin C* is also needed to absorb iron and has been shown to help fight the side-effects of many drugs, particularly the damage to heart muscle. Vitamin C is needed for bone growth and for the growth of all connective tissue. Signs of deficiency included fatigue, liver diseases, eye and vision problems, heat rash, susceptibility to hepatitis, gum disease, and low resistance to nearly every known virus and bacteria.

**RDA - 90 mg.** 2 cups of alfalfa tea averages 162 mg, the mints average 65 mg, nettle averages 75 mg in 2 cups of tea.

*Iron* is a key factor in the production of red blood cells. Deficiency produces anemia, fatigue, hair loss (especially in women). Birth control pills and anti-depressants have been linked to the destruction of absorbable iron in the bloodstream.

**RDA - 8 mg.** Alfalfa contains an average of 6 mg, dandelion 3 mg and horsetail 4 mg. The mallows contain an impressive average of 12 mg of very easily absorbed iron in 2 cups of tea made from even the dried herb.

## **The Focus of Herbal Medicine**

There are two ways to use herbal remedies.

The first is to focus on the immediate NOW, concentrating on making the pain or the miserable symptoms go away. Herbal remedies, by their very nature, do not mask symptoms, although they often relieve pain and make you feel better almost immediately. The NOW is where we, as herbalists, spend most of our time and energy - and it is often necessary that we do so. Getting back to work and on with our lives is often a necessity.

The real beauty of alternative medicine, however, is in building strong bodies and resistant immune systems. Waiting until you get really sick (and nothing else has worked, anyway) is to miss the beauty that is the nutritive boost that herbs can give you every day! The real goal is to build healthy, vibrant, happy people who love life and have all the energy they need to accomplish whatever they desire.

## **How to take herbal medicines**

Teas can be enjoyed either hot or cold - hot and sweetened with honey is generally preferred.

Tinctures should be diluted in a small amount (a tablespoon or so) of water or juice. Dosage is usually a dropperful (about 20 drops) but, if you are new to herbal remedies, starting more slowly is recommended. Taking your remedies along with meals is generally advised. This prevents the nausea that might occur if you take them on an empty stomach.

## **Substitution of unavailable herbs**

Due to FDA regulations on one hand and over-harvesting on the other, there are some herbs that are no longer available or very hard to get on the world market. However, God is good, and there is more than one herb to accomplish most everything we need to. Some of these, with explanation, are discussed below.

Lady's slipper: endangered species - using equal parts of the herbs motherwort and passionflower works very well.

Ma Huang and the entire Ephedra family: These herbs are excellent when used for a short period of time in the recovery from serious illness such as pneumonia to boost energy levels and stimulate the metabolism. They have been used traditionally - for short periods of time and with reasonable care and caution - in weight loss programs. Unscrupulous people, with an eye on profits, took Ma Huang into the laboratory setting and broke it down into its separate components and marketed the metabolism boosting pieces in pill form as weight loss 'remedies'. In other words, they created a drug with the usual drug side-effects!!

In nature, when plants are left in whole form, they contain trace elements that keep the potent healing effects from turning dangerous. Lobelia and MaHuang are two examples of this. It would be absolutely impossible to take enough lobelia to harm yourself; you would throw it up - violently - long before then. MaHuang would cause an elevation in heart rate that should be sufficient warning to any thinking person, long before any heart damage could result.

## **General information**

Always use an herb in as complete a form as possible. Example: a whole leaf or cut leaf is preferable to a powder. An herb in powdered form is very vulnerable to both light and air, which destroy the medicinal properties very rapidly. Never trust a powdered herb unless you just pulverized it yourself from a good quality cut leaf or root. For this reason, I prefer to use mostly tinctures. A tincture preserves the medicinal qualities of the herbs indefinitely and is readily absorbed by the body. Many herbs, particularly the Kidney/Bladder herbs seem to work particularly well as a tea. The drawback here is that many times we do not take the time to make a tea consistently.

### **Teas:**

Use approximately 1 teaspoon of dried herb or 2 teaspoons of fresh herb per cup of liquid. Bitter herbs do not require a full teaspoon and very intense herbs like Cayenne need only a few grains for an effective tea.

1. Use moderately warm water for herbs which contain a valuable volatile oil. These are frequently blossoms and the volatile herbs such as peppermint, spearmint, catnip, etc. This method makes a light colored, extremely potent tea.
2. For most other herbs, simply bring the water to a boil and pour over the herb. Let steep for a few minutes, then strain. Do not put the herb into the water and then bring to a boil. This is too hot for most herbs and will destroy much of the medicinal quality.
3. For roots, place in the water and bring to a boil. Simmer gently for 2-3 minutes. When in doubt, or in a formula that contains both roots and general herbs, use method #2.

Clear, soft rain water, distilled or highly filtered water makes the best tea and is absolutely essential for poultices, etc. Hard minerals can interfere with the solubility of some of the herbs constituents. Do not leave a tea to steep or simmer in a metal pot - use glass. Some people use a common drip coffee pot to make tea. While it does not allow the tea to steep it seems to make a very tasty and potent brew. It is an easy, no muss, no fuss method.

Recommended dosage is usually one cupful three times per day but a cup of tea every day - especially high mineral teas or gentle nervines - would provide many nutrients that we are probably all missing to some extent or another.

Compress or Poultice: Place herb in just enough distilled or filtered water to cover. Bring barely to a boil. Remove from heat. Let steep a few minutes. Take a square a cloth - 100% cotton is best, although I often use an old sheet. Place herbs in the center and fold. Place on body and keep warm in some manner.

## **Tinctures:**

The liquid medium into which the herb (known as the marc) is placed is called the menstrum. The menstrum can be many different things. Alcohol is the most common. Vinegar is sometimes used. Glycerine is becoming more and more popular for reasons listed below in the Glycerite section. A good rule of thumb for beginners is, 'When in doubt, use 'dilute alcohol' as a menstrum.' This is a very practical solution. The amount of a tincture taken is small, so the alcohol consumed is negligible. It is far less than that contained in over the counter remedies such as Benedryl, etc. 100 proof Vodka (50% alcohol) is ideal for most applications, although 80 proof is usually acceptable. Sometime menstrums can be a combination of more than one and are almost always partially water (vodka and vinegar are already partially water). If adding water, distilled or filtered water is highly preferable. Some herbs, especially Kidney/Bladder herbs do not do well in Vinegar. They look bad and taste bad and seem to produce nausea. When using vinegar, always use an all-natural, non-distilled, apple cider vinegar. Western family makes one that is excellent and cheaper than the ones in health food stores.

The proportion of herb (marc) to menstrum is known as the weight/volume w/v ratio of the tincture. Standard ratios are:

1. Tinctures of dried intense botanicals are 1:10. This means 1 part herb, an oz for instance, to 10 parts liquid. Example of this type of herb are Cayenne and the resins such as Myrrh and Propolis. Most of these herbs require a higher proportion of alcohol to water than the 50% listed above for maximum potency. If 50% is all you can get, certainly use it.
2. Tinctures of dried fluffy & absorbent herbs such as Mullein, Yarrow, hops, etc. should also be 1:10. Always check your tincture after 24 hours to make sure all of the herb is still covered with liquid. Any exposed parts will spoil and ruin the entire batch.
3. Tinctures of regular dried botanicals are made with a 1:5 ratio. For example - if you have 3 oz of herb you would multiply by 5 and use 15 oz of menstrum.
4. Tinctures of fresh plants are made on a 1:2 ratio. This is because the plant still contains so much water that the tincture would be too diluted to pull the herbal properties and to avoid mold. I have found that a higher ratio of alcohol to water (about 75%) and use the usual 1:5 ration works good. This kind of alcohol is expensive unless you have a source coming out of Mexico or somewhere. Always use the least amount of alcohol that you feel is effective.

## **Basic Instructions:**

Measure your herb into a glass jar with a well-fitting lid. Add your menstrum, cap and shake well. Set in a cool place out of direct sunlight - but not 'out of sight, out of mind'. You will need to shake this concoction at least once per day for 10-14 days. Once again, add liquid if the herbs are even close to being exposed. When the appropriate time has passed, strain your tincture and discard the herbs.

You can strain a tincture by using an ordinary strainer. This leaves a lot of the menstrum behind. Straining the herbs through a cheesecloth works well but is messy and stains your hands badly unless you wear gloves. This also leaves quite a lot of the menstrum still clinging to the herb. A centrifugal juicer, such as the JuiceMan or the Omega, work very well and you will get back nearly all of your expensive alcohol, vinegar or glycerine.

A tincture stored in a cool place in a glass jar will keep indefinitely and remain potent. Evaporation is the only enemy. Vinegar tinctures need to be watched closely and have the lids changed regularly. Use a plastic lid if possible.

## **Glycerites:**

For making herbal glycerites, it is recommended that you use non-synthetic vegetable glycerine.

Glycerine has the capacity to break down & remove certain chemicals and preservatives from the body, so it is an excellent medium for herbal tinctures. The sweet flavor makes it especially appropriate for children. When diluted, glycerine is demulcent, emollient, soothing & healing. Undiluted, it is an irritant and a stimulant.

Glycerites are useful in keeping skin surfaces moist, due to its tendency to absorb water from the air. Glycerine does not evaporate at normal temperatures and produces a sensation of warmth to the skin and tongue. These properties make it useful for really tough skin problems such as athlete's foot, where alcohol would irritate, dry and evaporate and oil would provide a growth medium for the bacteria.

In almost all tincturing uses, dilute to 60% glycerine with 40% water (distilled or highly filtered is preferred).

A word of caution: Some books will tell you that 50% glycerine is a good preservative. Experience has shown that this is not always the case. 60% to 70% is more reliable. If some alcohol is tolerable, 10% added to 50% glycerine/40% water formula can be ideal.

A few drops of an essential oil called Benzoin added to the finished and strained glycerite at a ratio of 4 drops to each 8 cups of tincture is very nice. The benzoin does not interfere with the medicinal properties and greatly improves the length of time the tincture can be stored. A glycerite without alcohol or Benzoin has a shelf life of 1-3 years. Benzoin seems to add an additional 2 or 3 years to the shelf-life.

## **Method:**

Tinc Trac Method from ABC Herbal by Steve Horne. Use a 60% glycerine, 40% distilled water menstrum and a ratio of 1:5 - 1:7 (1 oz herb to 5 oz menstrum - 1 oz herb to 7 oz menstrum). Stir the glycerine and water together first. Then place herb and menstrum in a canning jar. Place a tight lid on the bottle and cold pack can it, much like you would do for fruit. Leave in the canner with the water lightly boiling for 2 hours. Remove from hot water and allow to cool.

I have done this with a variety of herbs, including Peppermint, and the heat does not seem to destroy the medicinal properties of the herbs at all. I can't really explain this, except to speculate that because the jar is sealed and glycerine is a fairly heavy medium, the medicinal properties do not diffuse into the air. At any rate, glycerites made this way are extremely potent and effective. (In making peppermint tea, perhaps the loss of the volatile oils and their properties is due to diffusion into the air rather than destruction by heat and we should make our teas with lids on.) I am going to try making salves & oils in sealed containers by the same method and see if this reasoning hold true with oil as a medium.

Glycerites (or tinc tracs, if you prefer) have the added advantage of being ready to use in a few hours instead of in two weeks. \*\*\*Note: Wild Cherry Bark cannot be heated under any conditions. Note in the Wild Cherry Cough Syrup Recipe that the Wild Cherry is placed in the glycerine menstrum 24 hours before and simply allowed to sit. It is not heated with the rest of the ingredients.

## **Oils:**

These are made much like an alcohol tincture. Place herbs in oil using a 1:5 ratio. Cover and let sit for 10-14 days in a warm place, shaking or stirring often (with a very clean object). Strain. I like to cover with a cloth rather than a tight lid, especially when working with fresh plants. A little air flow seems to keep the oil from spoiling. I also like to let the plants wilt for 4-8 hours before placing in the oil. This eliminates some of the moisture that causes spoilage. (Usually by the time I get home from an herb walk with my plants they are wilted enough). Adding 2 drops of Benzoin Essential Oil to each 3-4 cups of oil will completely eliminate the problem of spoilage if these basic directions are followed.

I try to gather as many plants during their season as I can and incorporate them into the salve recipes. Fresh plants are far superior to dried ones but their peak harvesting time varies greatly from plant to plant - very inconvenient. One plant that I really like to have made with fresh flowers is Arnica - the dried flower just does not have the same potency as the flowers when fresh. Arnica grows in our area. Commercial Arnica Oil - at least the ones I have purchased - seem to be of good quality and preferable to using dried flowers. Mullein is another herb that fits into this category.

## **Salves:**

Basic Salve Recipe:

4 cups cold pressed oil such as almond oil

Beeswax - 4-6 oz ( about 1T)

6-8 oz of herbs (dry)

1 T. Vit E oil or 3 drops Benzoin essential oil or 1 tsp Benzoin tincture or ½ t. benzoin powder

Place herbs in oil base. Heat in crock or oven allowing the mixture to get no hotter than 140° F. Cook for 4-5 hours or until herbs are grey and a little bit crispy. Strain and press out as much oil as you can. Add beeswax. Stir until melted. If you are adding any tinctures (because you didn't have the herb form) do so now while the salve is still hot. Wait until all the bubbles evaporate away. You will need at least 3 droppersful of tincture for each part called for. This is a lot of liquid. You may have to reheat the salve a little to get rid of all the bubbles. The bubbles are water and can cause your salve to spoil if not completely evaporated out. Let the salve cool and then add Vitamin E oil or any essential oils. Essential oils are fragile so be sure the salve is cool before adding.

You can make a salve using tinctures rather than dried plants. This is the way the ones you buy commercially are made. This is an easier process and your salve will be much lighter in color and prettier. It will also not be as strong. This strength is probably fine for lotions, creams, etc. but not acceptable if you are trying to heal a burn or draw out serious infection. You can also use only essential oils. These are beautiful and can rival anything done commercially. I have several recipes in books which I will be happy to loan to you. (Please share your recipes when you have them worked out.)

If you are in need of a really strong drawing or healing salve use fresh plant material. This is more time consuming to do because you must let the salve cook until every bit of moisture has cooked out of the plant and out of the salve. This can take an 8 hour day and sometimes longer. A salve of this type made with comfrey, mullein, marshmallow, etc. is absolutely amazing. I sometimes take an herb when it is in season (like comfrey) and make an oil, store it that way and then use the oil as part of the base or an ingredient for a salve later. This takes advantage of the herb when it is in its most potent state.

## General Information about Salve Making Ingredients

### Oils:

**Almond oil**, by itself or in combination with other cold pressed oil such as Grapeseed and Safflower, is excellent. Almond oil has no smell, is readily available and has a low rancidity factor.

**Olive oil** is a fairly good choice for salves. Makes a batch of slave a little unstable as to consistency. A batch that is just the right thickness in the fridge can be positively runny on a hot day and difficult to use. No amount of beeswax (which is the thickener in a salve) solves this problem. Olive oil has a low rancidity factor and is good for the skin. It has a slight smell unique to itself. In a salve using herbs rather than tinctures, this is not a problem. For light lotions and lip salves, you probably want to choose something else.

**Grapeseed oil** is an excellent medium, especially blended with Almond Oil. Low rancidity and reasonable in price.

**Flaxseed oil** is an excellent choice because it is an excellent healer for any skin problem. It goes rancid easily so must be stored in the fridge. It is also very expensive - out of my budget.

**Safflower and Sunflower oils.** Often rancid when you buy them or become rancid quickly.

**Lard** is sometimes suggested as base. Some knowledgeable and trust worthy people claim that lard (because it is pig fat) carries into the body some toxins or impurities. I don't know. Dr. Christopher used lard almost exclusively many years ago. Perhaps, the world was a safer place then and it was fine. Salves made with Lard go rancid very rapidly and must be stored in the fridge. This is enough to make me choose something else. You'll have to suit yourself. I have used Lard when I had nothing else available, even on broken skin and had no infections or other problems (at least as far as I could ascertain).

**Sesame oil** - cold pressed (never use toasted). Gets rancid quite quickly but when not rancid is very emollient to the skin.

**Wheatgerm oil** - Don't use - very high rancidity factor. You simply won't believe the smell!!!

**Coconut Oil** does not make a good base for a salve because it does not absorb into the skin well.

### Solidifiers:

**Beeswax** - Natural and interacts well with the skin. Beeswax allows the skin to breathe, has a low melting point, so it will incorporate quickly into a salve at low heat and softens rapidly on the skin. This (or cocoa butter) is what you want to use.

**Cocoa Butter** - has a lower melting point than beeswax. May be used alone or in combination with beeswax. Is, usually, more expensive than beeswax. Often used to add creaminess to salves.

**Paraffin** - a petroleum product and not even very absorbable by the skin. In other words, *not recommended*.

**Lanolin-Anhydrous** - is the closest lubricant to what is already produced by our sebaceous glands. It is readily absorbed into the skin and helps skin to retain moisture. (Hydrous lanolin is 10% lanolin and 90% water. It is expensive - and why pay for water? It has a wonderful consistency if using straight but has too much water for good use as a salve ingredient.

### Other Optional Ingredients:

**Glycerine** - use only vegetable glycerine. Add at the very last to a batch as a lightener or sweetening agent (very nice in lip balms. Has some very nice healing properties of its own.

**Aloe Very Gel** - makes the salve very light and easy to apply. Has healing properties of its own and is especially nice adding to Burn salves, etc.

### **CB**

(formerly Total Body)  
(similar to Bone, Flesh, Cartilage)

This is an adaptation of an old Dr. Christopher recipe and is a very effective, all-purpose salve. Use it to aid healing in sprains, breaks, strains, skin rashes and minor burns.

Use Mullein Oil that you have made fresh instead of dried Mullein. It is far superior. An approximate ratio would be ½ cup of Mullein Oil for each part of dried Mullein flower or leaf. Be sure to adjust basic oil amounts accordingly.

This is also a good idea for the Comfrey, Calendula, Marshmallow or anything else you are fortunate enough to have made fresh in the season thereof.

### **CM-Plus**

This salve has all the same herbs as the BFC salve, with the addition of herbs that are specific to infections and suppurating sores. This is a very potent salve! Better than anything I have ever seen on the market - both herbal and otherwise.

Use (1/4 cup) oil that you have made from fresh Mullein flowers if you have it. It is far superior. Cut down total oil quantity proportionately. This is a good idea for any herbs that you have made from the fresh harvested herbs.

### **(CM)**

(formerly Tissue/Rash)

A basic salve for healing non-open wounds such as breaks and sprains as well as any rash or skin irritation. Layer with Arnica Oil if there is any swelling to be dealt with. Consider CB salve

### **LN**

Liniment

Use 9 cups of almond oil or equivalent.

6 Comfrey  
3 Mullein  
.75 Marshmallow  
1.5 White Oak  
.25 Wormwood  
1 Lobelia (can use slightly less)  
.75 Scullcap  
.75 Black Walnut  
.75 Heal All or Plantain  
1.25 Red Clover  
.75 Oregon Grape

Follow basic instruction above for salves. Add sufficient beeswax and Benzoin etc. for the amount of oil you have used. Consider adding a few drops of essential oils for anti-fungal and anti-bacterial properties.

Use 8 cups oil

3 Comfrey  
2 Mullein  
.5 Marshmallow  
.75 White Oak  
1 Wormwood  
.5 Lobelia  
.5 Scullcap  
1 Black Walnut  
1 Plantain (or Heal All)  
.75 Red Clover  
.5 Oregon Grape  
.5 Bay Leaf  
.5 Fenugreek  
.25 Uva Ursi  
.75 Chapparal  
.5 Poke root  
.5 Wormwood

Follow basic instructions above for salves

Use 1 ½ cups oil

1 Calendula  
1 Marshmallow  
1 Comfrey  
.5 Mullein

Ingredient list on page 23 of this document.  
Bollow basic instructions above for salves

### **Pain Pack Oil or Salve**

Use 6 to 7 cups of oil

This recipe is in the Tincture file. I will repeat it here anyway.

- 1.5 Mullein leaves of flowers
- 3.0 Slippery Elm
- 1.0 Lobelia
- 1.5 Comfrey
- 0.5 Oregon Grape, Golden Seal or Myrrh
- 0.5 Poke Root
- 0.5 Wormwood
- add the following if inflammation is present
- 1.0 Bayleaf or Arnica (if skin in unbroken)
- 1.0 Fenugreek Seed

### **Miracle Salve (formerly Healing/Burn)**

4 cups of Almond/Olive Oil combination  
(consider jojoba or olive for emollient properties)

An amazing healer - even for very severe burns. This is the one I made for Luke's leg when he had 3rd degree burns from ankle to hip. We used no anti-biotics or anti-infectious agents - other than soaking the leg in cold water with lots of Lavender Oil for the first 24 hours and using Garlic and Infection Fighter tincture. This salve was later used on Val's 3rd degree upper body, hands and face burns. We can tell you that it really does work miracles!

- 3 Comfrey
- 2 Plantain
- 2 Mullein
- 2 Lobelia (used lots because of the pain)
- 2 Oregon Grape

When the salve cools add 2 cups of Vitamin E Oil because Vitamin E speeds healing and rebuilds damaged cells. I used wheatgerm oil because that is what I had and I was in a bit of a hurry!! I didn't figure I would have to worry about rancidity because I would likely use all I could make as fast as I could make it. If you are adding essential oils (I think they are absolutely necessary) your salve should have a long shelf life even with wheat germ oil used. Add the following drops of essential oils: 10 of Lavender, 4 of helichrysum, 4 of Tea Tree, 4 of Eucalyptus and 4 of Geranium. Be careful not to use too much. Oils can be caustic to the skin. You can always add more later or add more to part of your batch and see how the skin gets along with it.

The addition of 1 cup of glycerine and 1 cup Aloe Vera Gel (unless there is a chance of an intolerance for Aloe) make a salve which is light and easily spread. Ease of spreading is important with burns of great magnitude. The aloe is cooling and soothing and the glycerine has skin regenerating properties of its own. Whip these ingredients in using a hand mixer.

Because of the essential oils, you should have no trouble with infection. We never have and we have dealt with some pretty horrendous burns. The addition of infection fighting herbs to the diet is also important.

**COMBINATION INGREDIENTS****COMMENTS AND COMPANIONS**

**ABF**  
 2.0 cramp bark  
 1.0 catnip  
 Afterbirth 0.5 motherwort  
 formula 0.5 scullcap  
 0.5 yarrow  
 0.5 St. Johnswort

To be used after birthing and the placenta has been expelled, for the pain of after-birth contractions.

*Use Vibrunalga and/or Angelica for release of placenta. Also Essential Oil of Basil for Retained Placental. <sup>le</sup>Millenia applied to abdomen will help to close things down and prevent bleeding*

**AC**  
 5.0 buchu  
 3.0 burdock  
 Acne 3.0 dandelion  
 3.0 hyssop  
 2.0 alfalfa  
 2.0 chapparal  
 2.0 red clover  
 2.0 uva ursi  
 1.0 yellowdock  
 0.5 cayenne  
 0.5 plantain

To cleanse the kidneys, liver and the blood so the skin can clear up. Good diet is essential and a liver cleanse with olive oil or with the LC (Liver Cleanse) formula may help. Be sure to support the Kidneys and the Bowel Function, perhaps using KB (Kidney Bladder) and LB (Lower Bowel) formulas. Use 10-20 drops 2/4 times a day with lots of water.

**AD**  
 2.0 licorice  
 1.0 astragalus  
 Adrenal 1.0 ginseng  
 Toner 0.5 ginger

Helpful for Chronic Fatigue and Mononucleosis (*use with full program - ask me - which includes Adrenal Support Homeopathics (Sepia - Calcareo Carbonica - Ignatia in a combination, called Sepia Compound), other tinctures and supplements*)

**AL**  
 2.0 Nettles  
 2.0 Ephedra  
 Allergies 2.0 Yerba Santa  
 1.0 Propolis  
 1.0 Ginkgo Biloba  
 1.0 Licorice

Take a dropperful 3 times a day

*Lots and lots of Vitamin C to deal with acute attack. Start taking Bee Pollen about February. Nothing will really work well as long as you are still eating a predominantly acidic diet. Must limit, or give up entirely, milk and sugars, especially.*

*Homeopathics: Allium Cepa and Apis Meleflueca, or whatever 'deep level' homeopathic that tests for the specific instance.*

**COMBINATION INGREDIENTS****COMMENTS AND COMPANIONS**

<b>APL</b>	2.0 comfrey 1.0 lobelia	Use for virus, flu, pneumonia and to avoid catching them.
Anti-Plague (anti-viral)	1.0 marshmallow root 1.0 mullein leaves 1.0 scullcap 1.0 uva ursi 1.0 white oak bark 1.0 wormwood 0.5 black walnut hulls 0.5 black walnut leaves	To make: Tincture mixed herbs in apple cider vinegar (about 1 qt for each 4 oz herbs) for 2 weeks, shaking daily, then strain. Peel 1 lb 4 oz garlic for each 10 oz dry herbs and blend garlic with enough vinegar to make a thick soup texture. Let it set same 2 weeks, shaking daily, strain. Mix herb and garlic mixtures with 3 cups vegetable glycerine and 2 cups honey for each 10 oz herbs started with. Makes about 1 gallon.
<b>ARN</b>	place flowers in oil, cover with loose-weave cloth. Let set 2 weeks. Strain	Use for bumps, bruises, swelling. <i>External use only!</i> Do not put on open cuts or deep scrapes. Arnica homeopathic may be used internally or applied to those types of areas.
Arnica Flower Oil		
<b>AP</b>	4.0 Yucca 2.0 white willow 2.0 hydrangea 2.0 devils claw 2.0 alfalfa 2.0 burdock 1.0 black cohosh 1.0 sarsaparilla 1.0 prickly ash 1.0 slippery elm .5 cayenne .5 licorice .5 pau d'arco .5arsley root .5 parsley leaves 1.0 Kelp	Provides trace minerals and is very good for inflammation of any kind. It can be made into a salve which works very well for some forms of arthritis and for sports injuries and bond spurs.
Arthritis Plus		
<b>ASP</b>	2.0 Lobelia 1.0 scullcap 0.5 black cohosh 0.5 blue vervain 1.0 Oregon grape 1.0 black cohosh 0.5 cayenne 1.0 wild yam	Good for muscle cramps, 'charley horses', seizures, coughs, any type of spasm. Use externally, too. Sometimes the lungs need to expel. In that case, you can use it to help the patient rest for brief periods when exhausted, but use an expectorant during the day to prevent the lungs from filling. Wild Cherry Cough Syrup is a wonderful combination of soothing and expectorant. For external use as a muscles relaxant, can tincture this in wood alcohol and use as a liniment. Be sure to label accordingly as 'not for internal use'. Much cheaper!
Anti-spasmodic		

COMBINATION	INGREDIENTS	COMMENTS AND COMPANIONS
BAC Bacteria	0.5 Cayenne 2.0 Echinacea 0.5 Lobelia 0.5 Oregano 1.0 Oregon Grape 0.5 Pau D Arco 1.0 Plantain 1.0 Red clover 1.0 Usnea	This one is particularly good for some of the nasty new strains of bacteria that are going around these days. <i>Use in conjunction with infection fighter, essential oils and homeopathics for best results.</i>
BBL B&B	1.0 black cohosh 1.0 blue cohosh 1.0 blue vervain 1.0 scullcap 0.5 lobelia	Use much like antispasmodic. Helps ear infections, both healing and relieving pain. 3-5 drops in ear with 3-5 drops of garlic or mullein oil for infection. Good for coughs, bronchitis and asthma conditions as well as uterine and pelvis problems, insomnia & headaches (back of head at base), high blood pressure, heart palpitations, onset of colds (especially calming for children). For internal use 10-20 drops is generally used. Use 20-40 drops in the tub for relaxation and pain relief.
BC Bowel Cleanser	2.0 cascara sagrada 1.0 bearberry (uva ursi) 1.0 cayenne 1.0 fennel 1.0 ginger 1.0 Oregon Grape 1.0 lobelia 1.0 red raspberry leaves 1.0 turkey rhubarb root 0.5 myrrh	Consider mixing the powdered herbs and capsulating. This tincture is hot and seems to work best in capsule form. Use to loosen old fecal matter and clean the bowel. Best if used as part of complete cleanse with fasting, enemas, herbal food, clay/psyllium husk drinks, and good enzyme/bacteria replacement. Use 2-6 capsules morning and night
BM Bone High Mineral	same dry herbs as in the AP formula, but made into a regular tincture and used differently.	Use as a mineral supplement, especially for calcium and magnesium. Dosage is 10 - 30 drops twice a day. Helpful with teething (use less for babies) and the healing of breaks and sprains. A must accompanied by nervines for depression. Use to make a healing or drawing salve.
BFC	<i>This should tell us something about the role of nutrition and nutritive herbs in the relieving of diseases states.</i>	.

**COMBINATION INGREDIENTS**

**COMMENTS AND COMPANIONS**

**BP**  
 Blood Pressure  
 1.5 Goto Kola  
 0.5 Brigham Tea  
 2.0 Shepherd's Purse  
 1.0 Osha  
 1.0 Dandelion  
 .25 Cayenne  
  
 substitute for MaHuang  
 0.5 Red Clover  
 .25 Chapparal  
 .25 Golden Rod

Useful for reducing high blood pressure and for gradually weaning people away from blood pressure medications (with all of their nasty side-effects) HVC or, at least, Cayenne needs to be included as well as the consumption of fresh vegetables - especially very green ones. Improving the diet always improves the chance of good results!

original formula called for 1 pt Ma Huang

**BRON**  
 Bronchitis  
 1.0 yerba santa leaf  
 1.0 osha root  
 1.0 usnea  
 1.0 lomatiom root  
 1.0 pau d'arco  
 1.0 echinacea  
 0.5 Oregon Grape  
 0.5 propolis (if available)  
 .05 licorice root  
 .05 elcampane

Bronchitis and mild pulmonary/respiratory congestions. Best if used with one of the infection fighters (IF, RC, BAC, etc.)

Use with PL if there is any indication of pleurisy (inflammation in the membrane surrounding the lungs).

**CAC**  
 2.0 burdock  
 2.0 buckthorn  
 1.0 licorice  
 1.0 red clover blossoms  
 1.0 uva ursi  
 1.0 poke root  
 1.0 senna

Has a laxative effect on the bowels. Use as a tea for cleansing and purifying the body and blood.

**Instructions:**

Mix 1/2 cup of herbs with 1 quart distilled or highly filtered water. Bring to a boil, then simmer for 45 minutes. Strain. Add the wet herbs (previously used) to another quart of fresh water. Bring to a boil and simmer for another 45 minutes. Strain. Mix liquids and use 4 - 12 ounces once or twice a day. Don't know why the method is as it is, but those are the instructions I was given. *Excellent stuff - but quite strong!*

**CART**  
 Catrilage formula  
 6.0 white oak  
 4.0 alfalfa  
 3.0 thyme  
 2.0 dandelion root  
 2.0 red raspberry leaf  
 1.0 fo-ti

You need to determine before using this formula if you have a fused disk or damaged bone structures and use Red Clover (single herb - not the RC combination) to separate and repair them. White oak bark can be helpful here, as well as the BM (Bone, High Mineral) formula. Damage in disks or bones will break down the new cartilage as rapidly as it forms. KNA is also of great value here.

COMBINATION	INGREDIENTS	COMMENTS AND COMPANIONS
CAY Cayenne	Tincture using 1:6 ratio Use fresh or whole dried cayennes.	for bleeding, shock, poor circulation, blood clots, and much else. Use 10-30 drops every few hours as needed or use in HVC (most effective)
CC Children's Compound	1.0 yarrow 1.0 Elder flower 1.0 peppermint 1.0 mullein 1.0 red clover blossoms	First response for flu symptoms, colds and fevers.  <i>Make as a glycerite using 50% glycerine and 40% distilled water. The ratio of herbs to liquid needs to be at least 1:9 as these are all 'fluffy' herbs except, perhaps, the peppermint.</i>
CCH Catnip Chammomile	equal parts of Catnip and Chamomile	<b><i>This one is always made as a glycerite</i></b> because it is typically used for colicky, cranky children or those who are having trouble sleeping.
CB Cramp Bark (menstrual)	1.0 cramp bark 1.0 chaste berries 0.5 ginger 0.5 false unicorn 0.5 passion flower 0.5 motherwort 0.5 cayenne 0.5 squawvine 0.5 white birch bark 0.5 wild yam .25 black cohosh .25 blue cohosh 0.5 chaste tress berries	Useful for menstrual cramping, especially when used along with BBL. Often BBL, alone, is sufficient.
CD Colon Digestive	.25 Lobelia 1.0 Oregon Grape 2.0 Cascara Sagrada 4.0 slippery elm bark 3.0 marshmallow root 3.0 plantain leaves 1.0 chamomile flowers 1.0 elcampane 0.5 papaya	For inflammation and irritation in the digestive tract and for chronic indigestion/colitis/ulcers of the small intestine. Effective as a colon cleanse - use 3 or 4 times a year. Be sure to support the colon and kidneys. KB, LC, RC and this one make a good all around cleansing program.  Use 15-20 drops every 2-4 hours as needed.

COMBINATION	INGREDIENTS	COMMENTS AND COMPANIONS
CF Chronic Fatigue	2.0 lomatium 1.0 astragalus 1.0 osha 2.0 echinacea 0.5 G.S. or Yerba Mansa 1.0 ginseng 2.0 licorice 1.0 usnea	Use with the Adrenal Toner and the homeopathics listed there (in this file). Often useful to add the MH (Men's Herbs) tincture, from time to time, also.
CJ Cascara/Juniper	equal parts of Cascara sagrada and Juniper berries	Use with RM (Raspberry/Myrrh) to strengthen the pancreas and stabilize blood sugar fluctuations.
COL Colic	1.0 catnip leaves 1.0 fennel seeds	Use for colic, stomach gas and pain. Use 3 - 4 drops for babies (can be mixed with juice or pure maple syrup) and 10 - 20 drops for older children. Peppermint essential oil or tea can also be added.  <i>CCH (Catnip/Chammomile) is equally as effective and not as strong as fennel for children</i>
COLA Colic formula (for adults)	1.0 catnip 1.0 peppermint 1.0 yarrow 1.0 lobelia	This can be made as a tea or as a tincture. Sipping a warm tea, however, can be especially soothing during a gall-bladder attack. The PPAC formula made into a poultice and placed over the gall-bladder areas as been known to bring relief. Celestial Seasoning's Tension Tamer or Sleepytime tea are also excellent in conjunction with this formula.
COMP Herbal Composition	2.0 whitepine 4.0 bayberry 2.0 ginger 1.0 cinnamon 1.0 cloves 1.0 astragalus 2.0 elderberries 0.5 cayenne	Firs response for colds, sore throats, and viruses particularly in the head. Dosage: 15-20 drops every 2-3 hours. Add infection fighters and Pau d'Arco/Usnea formula is Strep is suspected. The SN (Sinus) formula can also be helpful.  Also for use during the last week of pregnancy to help stimulate the uterus to action. Seems odd, I know, but it really does work!
CR Crisis	0.5 Cayenne 0.5 Lobelia 0.5 Prickly Ash 1.0 Blue Vervain 1.0 Black Cohosh	Another good first response for sore throat, etc.

COMBINATION	INGREDIENTS	COMMENTS AND COMPANIONS
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<p><b>EB</b></p> <p>Eyebright formula</p>	<p>1.0 mullein 2.0 Oregon Grape 1.0 goldenseal leaves 1.0 raspberry 2.0 eyebright or passion flower</p>	
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**Not for use as a tincture**  
Pink eye, infected tear ducts, etc. Make tea with 1 Tbl of herbs per cup. Strain very well. Can be preserved with 1/4 cup glycerine per cup tea. Use 2-4 drops in the eye at least 2-4 times a day. Burns the eye a bit - usually according to how much infections there is!

<p><b>EO</b></p> <p>Ear Oil</p>	<p>6 oz olive or almond oil 1 oz vitamin E oil</p> <p>1 oz calendula flowers 1 oz willow bark 1 oz usnea 1 oz mullein oil</p> <p>9 drops garlic essential oil</p>	
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Combine all but the garlic, cover with a soft cloth, and let stand for 10 days. Strain and add the garlic essential oil.

Use for ear infections by placing 3 - 5 drops in the ear along with 2 - 3 drops of BBL tincture. Then place a small piece of cotton in the ear. Use an infection fighting formula and some Rosehips for Vitamin C.

*Can also be made from oils that you have made with the fresh herbs during the season. Excellent!*

<p><b>ESS</b></p> <p>Essiac</p>	<p>16 burdock 16 sheep sorrel 4 slippery elm 1 turkey rhubarb 4 red clover blossoms 2 watercress 2 blessed thistle 2 kelp</p>	
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**DO NOT USE IF PREGNANT/NURSING**  
Strongest body cleanser I know. Need to be used 8-20 drops 2 times a day on an empty stomach. It is recommended that no food be eaten 2 hours before or after each dose.

<p><b>EUST</b></p> <p>Eustachian or Red Root Cleavers Formula</p>	<p>2.0 usnea (can use 3 pts Red Root) 2.0 cleavers 3.0 mullein 1.0 nettles 1.0 horsetail 1.0 sage 1.0 Oregon grape 0.5 poke 0.5 ginger</p>	
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This is a great eustachian/ear and even sinus formula. Have had two people not do well with Red Root. I now use Usnea with or instead almost all the time. Usnea does not drain anything but is a great strep and fungal fighter; the mullein, poke and cleavers handle the draining very well

COMBINATION	INGREDIENTS	COMMENTS AND COMPANIONS
EW Energy Weight Loss	(2.0 Ma Huang) 1.0 Brigham tea 1.0 red clover 0.5 chaparral 0.5 Golden rod 1.0 dandelion 2.0 kelp 0.5 mustard seed	<i>Ma Huang no long available - substitute frigham tea, red clover, chaparral and golden seal in the proportions indicated. If no Brigham tea available, double the proportions of the other 3.</i>  Provides stimulants to up the metabolic rate, diuretics to shed excess water and iodine for better thyroid function.  Should not be taken for extended period of time. 6 months should be the maximum.
EZ Eczema	1 pt Burdock seed, crushed 1 pt Sunflower seed, crushed	Steep herbs 10-15 minutes, strain. Drink 1 cupful 3 times daily. Best if used with a good topical cream or essential oils. Cleaning the colon and supporting the kidneys is also essential.
FC Flu Combination	0.5 bayberry 0.5 ginger 0.5 cloves 0.5 cayenne 0.5 Oregon grape 1.0 licorice Root 1.0 white Pine	good formula for the flu  <i>Can use golden seal or myrrh for the oregon grape</i>
FN Anti-Fungal Pau D'Arco Black Walnut	2.0 Pau d'Arco 2.0 Usnea 1.0 Black Walnut 1.0 Calendula 1.0 Echinacea 0.5 Oregon grape .05 Myrrh	Use for a fungal infection such as athlete's feet. Best used as a strong tea because alcohol would really hurt and oil or glycerine would probably feed the fungus and make it worse in spite of the good herbals.  <i>Can substitute golden seal for Oregon grape</i>
FS Flu Stopper	2.0 licorice 2.0 sweet cicily 1.0 ginger 0.5 Oregon grape 0.5 cayenne	<b><i>This is a really good, effective formula!!</i></b> More often than not this remedy will cause the person to vomit once or twice rather violently, but a little while later they will feel much better. Even wonder if they were really coming down with the flu at all. Works well for indigestion caused by overeating or too many rich foods. <i>Can use golden seal or myrrh for Oregon grape</i>

**COMBINATION INGREDIENTS****COMMENTS AND COMPANIONS**

**FSW**  
 Five/Six  
 Week  
 Formula  
 Polly/Jeanne

1 blessed thistle  
 1 blue cohosh  
 1 false unicorn  
 1 red raspberry  
 1 squawvine  
 ½ bayberry  
 ½ lobelia  
 ½ motherwort  
 ½ wild ginger  
 (Canada Snake Root)  
 ½ wild yam

Helps prepare for birth. Take last 6 weeks of pregnancy. Use 6 drops for 1 week, 8 drops second week, 10 drops third week, then 12 drops until due date. This dosage is taken twice a day. Really does make a difference to the length of an otherwise normal labor.

**FV**  
 Fever

1 elderberry flowers  
 1 peppermint leaves

Causes perspiration and lowers fever. Use 15-30 drops every 2-3 hours. Never suppress a fever in any other way than by bringing about a good sweat. *Usually made in glycerine for use with children and adults. These two herbs pull very well in glycerine.*

**GDQ**  
 Gingko  
 Dong Quai

equal parts of  
 Gingko Biloba  
 and  
 Dong Quai

Use to improve memory and concentration and to rebuild neural pathways in the brain. Helps to prevent those minor strokes that some people are prone to as they age.

**GI**  
 Gallstone  
 Indigestion

2.0 Yarrow  
 1.0 Gentian  
 1.0 Papaya  
 0.5 Cape Aloes  
 0.5 Angelica  
 1.0 Oregon Grape  
 1.0 Slippery Elm  
 1.0 Dandelion

This is similar to Carrie Hudson's famous 'family reunion tincture.' Is great taken about 15 minutes before you know you are going to eat things that don't agree with your system. For gall bladder sufferers, take 15 minutes before any meal. It notifies the gall bladder that something is needed. Made up of great herbal bitters. Others could be substituted. Eventually, in a month or two, olive oil/lemon juice cleanse with Lobelia or essential oil pain pack on abdomen will have to be done to rid the body of gallstones altogether. This program will have to be followed by mild food and herbs to rebuild the ducts that take quite a beating in the process of passing stones.

**Ginger Bath**

3 T. ginger powder or  
 20-30 drops tincture.

Mix powder or tincture in tub of hot water and soak 45 min or more. Relaxes tired or overworked muscles. Stops early labor by increasing oxygen to uterus, allowing it to relax.

**COMBINATION INGREDIENTS****COMMENTS AND COMPANIONS**

**Green Drink**  
 dandelion leaves  
 marshmallow leaves,  
 grasses  
 redroot leaves  
 plantain  
 parsley  
 wheatgrass  
 peppermint, spearmint.  
 spinach  
 swiss chard  
 shepherd's purse  
 beet tops  
 stinging nettle  
 comfrey leaves  
 alfalfa  
 catnip  
 yellow dock (a little)

One of the best supplements I know of. Make with freshly picked, young, tender leaves. Use as many as you can find. Wash herbs well. Blend with water. Strain. Add pineapple juice and apple juice with honey (if desired) Drink 2-4 cups daily. Grow and juice wheatgrass when fresh herbs not available. Spinach, beet tops, and greens from garden or grocery store may be used if they are fresh and free from pesticides.

Some people like to add bananas, mangoes, papaya or citrus fruits to the mix. Makes it taste much better, although in the early spring the body seems to crave it no matter what the taste.

**GUM**  
 1.0 Echinacea  
 1.0 White Oak bark  
 Gum & Mouth Relief 0.5 Golden seal  
 or Oregon grape  
 .25 propolis  
 .25 prickly ash bark  
 0.5 Cayenne

Use as a mouthwash. This is best used as a tea since alcohol does not make a good mouthwash. Effective for gum abscess, bleeding gums, canker sore, mouth inflammations, subtle changes in the lining of the mouth after eating 'junk foods', and sore throat.

**Harmony**  
 tinctures to add/teaspoon  
 ½ thyme  
 ½ rhubarb  
 ½ damiana  
 1/4 ginger  
 1/4 cloves  
 1/4 cayenne  
 1/4 rosemary  
 1/4 sage  
 1 alfalfa  
 ½ oatstraw  
 ½ licorice  
 1 solomon's seal  
 ½ cammomile  
 ½ chicory/dandelion  
 1/4 bee pollen  
 1 nettles  
 ½ fennel  
 ½ cornsilk  
 ½ kelp

First mix together the following 4 ingredients, the add the tinctures from the list at the left.  
 4 T carob  
 2 ½ c. molasses  
 ½ c. honey  
 1 c. water

This is a clone of an expensive, commercially done product. The amounts of the herbs are quite negligible unless taken for quite a while, but the honey and cayenne gives an energy boost and the molasses brings up the hematacrit. People really start to feel good in a hurry and seem to maintain quite a while even when they no longer take it. Comparatively inexpensive to make.

Best if taken with Psyllium husk or some other program to open the bowels. A clear colon aids absorption and speeds the results. Folic acid and acidophilus are also useful

**COMBINATION    INGREDIENTS**

**COMMENTS AND COMPANIONS**

<p><b>HGL</b></p> <p>substitute for LIC</p>	<p>1.0 red clover 2.0 oregon grape 0.5 uva ursi 0.5 mullein leaf .25 cayenne 1.0 devil's claw 0.5 bilberry leaf 0.5 ginseng - panax</p>	<p>see notes for LIC</p> <p>Certain types of heart valve conditions are contra- indicated for the use of licorice. This formula is meant for use by such people.</p>
<p><b>HP</b></p> <p>Herpes Simplex</p>	<p>1.0 Lavender flowers .25 oatstraw 0.5 hyssop 0.5 chamomile 1.0 echinacea 0.5 slippery elm</p>	<p>Use for cold sores and other symptoms of exposure to the variety of Herpes virii. (from mono on up). Also moderately useful in a program for shingles.</p>
<p><b>HT</b></p> <p>Cayenne Hawthorne</p>	<p>2.0 hawthorne berries 1.0 cayenne peppers     use fresh is possible</p>	<p>Strengthens heart and circulation. Use 15-30 drops 2-3 times a day. Add 1 part mistletoe for better circulation to extremities. <b>Do not take mistletoe for extended periods of time. (More than 2/3 weeks.)</b></p>
<p><b>HVC</b></p>	<p>4 Tbl honey 4 Tbl apple cider vinegar 40 drops cayenne tinc     or 1 ½ tsp cayenne     powder Water to make 1 qt</p>	<p>Use cold for bleeding, insect bites, shock, blood clots, etc. Warm or cold for flu, energy, sore throats, circulation, etc. Drink ½ to 2 cups as needed, up to 1 qt or more a day.</p> <p><i>Warmth increases circulataion - do not use warm or hot when dealing with a hemorrhage.</i></p>
<p><b>IB</b></p> <p>Immune Builder or Immune Stimulant</p>	<p>2.0 marshmallow 2.0 echinacea 1.0 garlic 1.0 mullein 1.0 thyme 1.0 dong quai 1.0 rehamania Root 1.5 elcampane</p>	<p>This one works particularly well as a glycerite, especially if you plan to have a child take it for any length of time. Needs to be taken in the summer and fall months in preparation for the coming cold and flue season.</p>

COMBINATION	INGREDIENTS	COMMENTS AND COMPANIONS
<b>IBL</b> Iron/Blood	1.0 alfalfa leaves 1.0 comfrey root 1.0 marshmallow root 1.0 periwinkle leaves 1.0 red raspberry leaves 1.0 stinging nettle leaves 1.0 yellowdock root	Improves the oxygen carrying capacity of the blood. These herbs are all found fresh here. Take 10 - 30 drops daily  Persistent anemia in pregnant women: use wheat grass juice, broad spectrum enzymes and folic acid.
<b>IF</b> Infection Fighter	3.0 echinacea root 2.0 oregon grape 1.0 poke root 1.0 red clover blossoms 0.5 cayenne 0.5 yarrow 1.0 Usnea	Internal or external use. Add Usnea and Yarrow if strep or staph is suspected. Goldenseal sometimes adversely affects estrogen and glucose levels so I use Oregon grape in nearly all formulas. Myrrh can also be substituted. Oregon grape all the properties of golden seal except those adversely affecting the pancreas, and it has a few other interesting characteristics that golden seal lacks. Besides, it grows here and is, therefore, more appropriate for use on ailments of people who also live here. (More and more I am convinced that local herbs work better than other herbs on local people.)
<b>KB</b> Kidney Bladder	1.0 juniper berries 1.0 parsley root 1.0 dandelion root 1.0 uva ursi leaf 0.5 buchu 0.5 lobelia 0.5 marshmallow root 0.5 Oregon grape .25 astragalus 0.5 horsetail 0.5 cleavers 0.5 cornsilk 0.5 hydrangea)	Helps cleanse and strengthen the urinary track. Often beneficial to use IF (Infection Fighter) or RC (Red Clover) with this one.  10 - 20 drops every 3 to 4 hours, as needed.  Follow with milder KT (Kidney Toner) for a few weeks after a bout with infection.
<b>KNA</b> Kelp Nettles Alfalfa	equal parts of Kelp Nettles Alfalfa	These three herbs contain all of the trace minerals that are so vital to good health in adequate amounts and proportions. They are particularly high in absorbable calcium, iron, iodine, Vitamin C and Vitamin A. In addition, alfalfa contains a lot of a very usable form of protein.

COMBINATION	INGREDIENTS	COMMENTS AND COMPANIONS
<b>KS</b> Kidney Stone	1.0 stone root 1.0 gravel root 1.0 hydrangea 1.0 juniper berries 0.5 goldenrod 0.5 cornsilk 0.5 stinging nettle	Use to aid in the dissolving of kidney stones so that they may pass more easily.  <i>Sipping lemon juice in water and then laying on your back with your feet elevated can back stones out of the ducts and buy you some time to dissolve them!</i>
<b>KT</b> Kidney Toner	1.0 Marshmallow 1.0 Mullein 2.0 Juniper	This is mild and healing diuretic (without the side effects of drugs). One of my favorite formulas. The addition of ½ Slippery elm makes it even nicer.
<b>LB</b> Lower Bowel	1.0 cascara sagrada 1.0 red clover 1.0 buckthorn 2.0 blue vervain 1.0 licorice 0.5 uva ursi 0.5 bayberry 0.5 raspberry .25 lobelia .25 Oregon Grape .25 ginger .25 cayenne	This one is a bit stronger than Colon/Digestive. Could be used alternately. *Be mindful of the licorice and substitute bilberry or just leave out if anyone taking it has a heart problem, including arhythmia.
<b>LC</b> Liver Cleanse	4.0 burdock root 3.0 fennel 2.0 yarrow 1.0 thyme 1.0 gotu kola 1.0 hawthorne berry 1.0 raw beet root 1.0 white birch leaves 1.0 dandelion 1.0 red clover 1.0 plantain 1.0 Oregon grape 1.0 bilberry 1.0 devil's claw	Footzoning really helps with liver problems. It is often helpful to strengthen the kidneys and colon while working with the liver. RC (Red Clover) to keep the blood clean is also helpful.  <i>Devil's Claw and Bilberry are specific to sugar problems associated with liver damage or clogging</i>  <i>others to add: oregon grape, wild yam, catnip, cramp bark, dandelion, scullcap, licorice</i>
<b>LCAY</b>	1.0 lobelia 1.0 cayenne	Use for speeding up slow labors. Alternate hourly with a tincture made with equal parts blue cohosh & dong quai during a labor that is progressing abnormally slowly or has stalled out a bit.

**COMBINATION INGREDIENTS****COMMENTS AND COMPANIONS**

<b>LCON</b>	3.0 fenugreek seed
	3.0 pleurisy root
Lung Congestion	2.0 horseradish root
	1.0 bee pollen
	1.0 cayenne
	1.0 hyssop
	1.0 slippery elm bark
	1.0 thyme
	1.0 yerba santa
	1.0 elcampane
<b>LIC</b>	2.0 licorice
	1.0 goldenseal
Licorice Combination	0.5 uva ursi
	0.5 mullein leaves
	.25 cayenne
Adrenal Pancreas function	1.0 Devils Claw
	0.5 Bilberry leaf
	0.5 ginseng
<b>LN</b>	2.0 Comfrey Root
	2.0 Arnica
Liniment	1.0 St. Johnwort
	1.0 Lobelia
	1.0 Calendula
	1.0 Angelica
	0.5 Valerian
	0.5 Ginger
	0.5 Cayenne
	Essential Oils (pain& inflammation oils- such as birch, peppermint, wintergreen)

This is a very ‘hot’ tincture, due to the amounts of horseradish and cayenne used. If you are paying any kind of attention to health matters you should be catching things early and avoiding getting this desperate! But it sure works if you do get desperate and, with the strong strains of virus and bacteria that we are seeing lately, I am glad to have something this effective in my repertoire!! Take 15-30 drops of tincture 3-4 times a day.

For ‘normal’ use, PL (pleurisy/lung) which is very effective but milder, is all that you need and deals with inflammation in the pleura at the same time.

For strengthening adrenal and pancreas function. Use to regulate blood sugar levels in both hypoglycemia and diabetes. Use 10-30 drops 3-4 times daily. Improve diet by adding vegetables, particularly green ones and getting good proteins. Limiting sugars and carbohydrates (limiting, not necessarily eliminating) is always a good idea.

Licorice is contraindicated for those with certain heart problems! Seriously!! Golden Seal can also create blood sugar regulation problems. If either is a factor for you, use the HGL formula instead.

Devil’s claw & bilberry are herbs specific to sugar related problems.

I like to tincture this one in rubbing alcohol or oil as it cannot be taken internally anyway (due to the Arnica). It is much cheaper and applies better.

You can also make a salve that would be less runny. This is particularly effective.

These same herbs can be put together in cut leaf form and used as a soak. (Remember, if swelling is present, cool the decoction before placing body part in.) If you can’t soak, use a compress.

COMBINATION	INGREDIENTS	COMMENTS AND COMPANIONS
<b>LS</b> Labor Stimulator	Easy to make from tinctures. Otherwise you would have a very large batch. 2.0 blue cohosh tinc 1.0 5-6 week formula tinc 0.5 bayberry tinc	Does not induce labor. If you attempt to use it this way, you will only make yourself more uncomfortable. Take advantage of the opportunity to learn patience (and waiting on the Lord's timetable).  Meant to stimulate a labor that is lagging or stalling out. Very effective if used as an enema.
<b>LT</b> Lymph Tonic	1.0 Brigham tea 2.0 echinacea 0.5 lobelia 1.0 Oregon grape 0.5 fenugreek 1.0 yucca	<i>If Brigham tea is unavailable, substitute .5 red clover blossoms, .25 chapparral and .25 golden rod.</i>  Use along with infection fighters in times of illness or whenever the lymphatics seem to be clogged or needing assistance.
<b>MC</b> Miscarriage Aid	equal parts of false unicorn and lobelia	In some women a particular type of hormone imbalance slows or prevents the dissolving of the corpus luteum (a protective coating on the egg) so that the embryo can implant. This formula, taken at the first sign of spotting, can often help the embryo to implant so that the pregnancy can continue. <i>Serious hormone balancing work needs to be accomplished before the next attempted pregnancy!!</i> In the event of miscarriage, this formula can be used to clean tissue and/or infection out of the uterus. Also give HVC, shepherds purse and bioplasma.
<b>MH</b> Men's Herbs	3.0 marshmallow root 2.0 juniper berries 2.0 ginseng 1.0 goldenseal root 0.5 cayenne 0.5 hawthorne berry	Helps prostate area and provides minerals needed to handle daily stress. Take 15-30 drops 2-3 times daily. May need extra zinc also.  Use with <sup>Le</sup> Balance and <sup>Le</sup> Endo Relief essential il blends.
<b>MIN</b> Minerals	3.0 alfalfa 2.0 nettles 1.0 red raspberry 2.0 oat straw 1.0 horsetail (shavegrass) 0.5 yarrow 0.5 kelp .25 chamomile .25 dill	General tonic, replenishing trace minerals. Excellent for use during pregnancy, while nursing and as a daily supplement.  <i>Consider making as a glycerite or using as a tea for pregnancy and nursing.</i>

**COMBINATION INGREDIENTS****COMMENTS AND COMPANIONS**

<b>MP</b> Mastitis Pack	0.5 cup of comfrey 0.5 cup of slippery elm 1.5 teasp golden seal rt 1.0 tablesp lobelia .33 cup mullein .33 cup poke rt	Prepare in distilled water. Apply as a hot poultice to the affected breast area. Keep on for as much of the day and night as possible. Be sure to use <sup>Le</sup> Endo Relief essential oil blend on the feet and lymph areas. Take infection fighting herbs and kidney herbs such as the KT (Kidney Toner) formula. Hit it hard and stay on it until it is completely cleared.
<b>MS</b> Multiple Sclerosis	2.0 Dong Quai 2.0 Ginkgo Biloba 2.0 Hawthorne 1.0 Astragalus 0.5 St. Johnswort 0.5 Bee Pollen 0.5 Scullcap	Other things to consider supplementing: KNA formula Bilberry Vitamin E EPA oils Selenium Apis Melifluaeca homeopathic Multiple Organ & Glandular homeopathic Oats and Oatbran
<b>MULC</b> Mullein Compound	1.0 Blue Vervain 0.5 Chaparral 1.0 Elecampane 0.5 Brigham Tea 1.0 ginseng 1.0 hyssop 2.0 mullein 1.0 marshmallow 1.0 Oregon grape 1.0 plantain 1.0 red clover	<i>If Brigham tea is unavailable, substitute .25 wood betony and .5 golden rod.</i>  This is a good infection fighter and is especially suited to the respiratory system.
<b>MW</b> Mature Women's formula	6.0 dong quai 2.0 licorice 1.0 wild yam 0.5 black cohosh 1.0 motherwort 1.0 St johnswort 1.0 ginseng 0.5 passion flower	For women going through the "change" or experiencing symptoms of hormone imbalance such as hot flashes, night sweats, etc. Use 20-40 drops 2-4 times a day as needed. Make sure mineral and vitamin intake is adequate by taking KNA.  Add <sup>Le</sup> Balance and <sup>Le</sup> Endo Relief essential oil blends.
<b>NAUS</b> Nausea formula	2.0 wild yam 1.0 peach tree leaves	Use 15-20 drops every 2 hours or as needed for nausea that is related to a certain type of hormonal imbalance.

**COMBINATION INGREDIENTS****COMMENTS AND COMPANIONS**

**NF**  
 Nursing  
 Formula  
 2.0 blessed thistle  
 2.0 marshmallow root  
 2.0 red raspberry  
 1.0 fennel seed

Increases the milk supply and the fats and proteins in the milk. If supply is ample but looks thin and the baby isn't gaining weight at the appropriate rate, use just the marshmallow root alone.

**NS**  
 Nerve  
 Special  
 1.0 black cohosh  
 1.0 hops  
 1.0 lady slipper - or sub  
 1.0 lobelia  
 1.0 scullcap  
 1.0 wild yam  
 (sub 1 each motherwort  
 and passion flower for  
 Lady Slipper)

*see notes - NV (Nervine) for further information*

This formula can be mixed equal parts with St. Johnswort for anxiety attacks, sleeplessness, etc. If you wish to make a formula with St. Johnswort added, simply add 5 part St. Johns to the recipe listed here.

*Occasionally someone will react poorly to a nervine type herb. For this reason there are 3 different formulas. It is possible to tincture each herb in this category separately and then build a tincture to suit each individual circumstance.*

**NT**  
 Nerve  
 Tonic  
 PMS  
 tension  
 2 oatsraw  
 1 scullcap  
 ½ st. johnswort  
 ½ lemon balm  
 ½ lavender flower  
 ½ rosemary  
 ½ Mother wort  
 ½ Passion flower

Nourishes and calms the nervous system. Use for anxiety, stress, premenstrual tension, hyperactivity, depression, nervous exhaustion and recently acquired pain.

Consider adding KNA, BFC or the MN (mineral formula) to any nervine program, as well as appropriate essential oils.

**NV**  
 Nervine  
 1.0 black cohosh  
 1.0 hops  
 1.0 lady slipper  
 1.0 lobelia  
 1.0 myrrh  
 1.0 scullcap  
 1.0 valerian  
 1.0 wild yam  
 1.0 wood betony  
 0.5 cayenne  
 (can substitute 1 each  
 motherwort and passion  
 flower for Lady Slipper,  
 with excellent results)

The strongest and most complete of the 3 nervine formulas listed here. Use to heal, calm, and strengthens nerves. Use 15-30 drops every 3-4 hours as needed.

Always consider adding minerals to the regimen - such as KNA, BFC or the MN (Mineral formula). Also essential oils as appropriate.

## COMBINATION INGREDIENTS

## COMMENTS AND COMPANIONS

<b>NVC</b>	2.0 chamomile
	1.0 passion flower
Nervine	1.0 catnip
Childrens	0.5 peppermint
<b>PARA</b>	2.0 burdock root
	2.0 senna leaves
Parasites	2.0 wormwood leaves
(intestinal)	1.0 black walnut huls
	1.0 black walnut leaves
recommended	1.0 wintergreen leaves
that you try	0.5 fennel
Miralce II	
neutralizer	0.5 tansy is used by some
and soap	people. I do not use it - for
instead. Much	some very sound reasons!!
gentler on the	
intestines.	
Call us or	
google the	
internet	
for more	
information	

This is best made as a glycerite. Use .25 to .5 tsp 3 to 5 times a day; frequent small doses are more effective than larger doses. Can be given as often as every 15 minutes for a few doses. Can be especially helpful with a colicky baby or one who startles awake during naps or at night. Helps stimulate the body's defenses as colds, flus, fevers & other acute illness are getting started in the body. Can be used as an alternate for Children's composition. The ingredients in this blend are more 'restful'. Excellent used toward evening to promote restful sleep.

Can be made as a regular tincture but for children I make it similarly to a glycerite using 3 parts glycerine, 1 part honey, and 2 parts distilled water.

If made as an alcohol tincture use twenty drops; as a glycerite take 1 teaspoon. This should be done morning and night for 3 days. On the fourth day drink 1 cup of senna/peppermint tea. There is a divergence of opinion on how often to repeat. Version 1: wait 10 days and repeat. Version 2: Repeat twice with a 3 day wait in between.

We have tried the second method a couple of times and been successful at ridding the bodies of parasites, but the effect on the colon was devastating. Took some months of acidophilus (acidophilus was also taken on the 'rest' days between doses) and enzymes to rebuild the healthy flora and fauna of the colon. Also seemed to deplete vitamins and minerals from the body, so follow up with KNA or MIN or something.

***The situation would have to be pretty desperate for me to try or recommend this to anyone anymore. It is extremely harsh!! We have had good success with gentler methods.***

**COMBINATION INGREDIENTS**

**COMMENTS AND COMPANIONS**

**PL**  
 2.0 nettles  
 1.0 elcampane  
 Pleurisy 1.0 usnea  
 Lung 1.0 comfrey root  
 1.0 blue vervain  
 2.0 pleurisy root  
 1.0 yerba santa  
 1.0 slippery elm  
 0.5 agrimony or yarrow  
 0.5 hyssop  
 0.5 cayenne

Be sure to use essential oils appropriate for inflammation, respiratory congestion and pain. <sup>Le</sup>Breezey and <sup>Le</sup>Aspire work particularly well.

Dr. Christopher says to give a strong nettle tea and catnip enemas to really speed healing along.

**PN**  
 1.0 st johnswort  
 1.0 valerian  
 Pain 1.0 wild lettuce  
 0.5 cayenne

May help raise the pain threshold, calm and quiet nerve endings. Use 20-30 drops every few hours, as needed.

*Be aware that valerian is not suitable for everybody and used be used with particular caution with children. Indications of this situation would be that the person, instead of being calmed by valerian would feel 'wired' or nervous. Simply discontinue use and try something without valerian.*

For menstrual cramps, use VIB or CB formulas

**PPAC**  
*recipe not in parts*  
 3.0 T mullein  
 Pain 6.0 T slippery elm  
 Pack 2.0 T Lobelia  
 3.0 T Comfrey  
 1.0 T Oregon grape  
 1.0 T Poke Root  
 1.0 T Wormwood  
 0.5 teasp. Cayenne  
 or  
 3.0 teasp. ginger  
 add for inflammation  
 2.0 T Bay or Arnica  
 2.0 T Fenugreek seed

Really works on sprains, bruises, etc. The sooner after the injury that you use it (before inflammation has really set it), the more effective it will be!

Use as a soak, a compress, or make as a liniment, oil, or a salve. A compress seems to work the best, but the other methods have the advantage of being available right now and usable even if you don't have time to sit under a compress or take a soak.

**COMBINATION INGREDIENTS**

**COMMENTS AND COMPANIONS**

**PHB**  
 2.0 ginseng  
 2.0 sarsaparilla  
 Pregnancy and  
 Hormone Balance  
 .10 black cohosh  
 .10 licorice root  
 .25 blessed thistle  
 .25 false unicorn  
 0.5 squawvine  
 (preparation for  
 pregnancy)  
 .25 lobelia  
 1.0 chaste tree

*This one is just as often needed between pregnancies and during a pregnancy.* For lack of progesterone or inefficient changes of hormones during monthly cycle. *Absolutely necessary for women who have had repeated early first trimester miscarriages.* (See MC formula for further explanation)

Use 15 - 20 drops 2-3 times a day as long as needed.

**PRT**  
 2 plantain leaves  
 2 red raspberry leaves  
 Pregnancy Tea  
 or  
 Tincture  
 1 alfalfa leaves  
 ½ comfrey root or  
 leaves  
 ½ stinging nettle

There are a couple of advantages to doing this one in a tea. First - it assures that the mother is getting sufficient water. Second - it eliminates the alcohol. Maybe I am overly cautious, but tinctures do contain alcohol and alcohol during pregnancy - even in this dosage - may not be the best idea. Tea is inconvenient (so is pregnancy) and taste nasty, but you will survive. I recommend doing it as a tea.

Can help regulate hormones during pregnancy and make labor shorter and easier. Use 25-30 drops each day if using tincture or make tea from leaves

**PT**  
 1.0 echinacea  
 1.0 yarrow  
 Prostate Tonic  
 and  
 Infection Fighter  
 1.0 pipisseaw  
 or horsetail  
 1.0 oregon grape  
 1.0 sarsaparilla  
 1.0 hydrangea  
 0.5 ginseng  
 0.5 astragalus  
 0.5 damiana  
 1.0 saw palmetto  
 0.5 cornsilk  
 or  
 other kidney herb

Inflammation, clogging, or infection of the prostate gland indicated by frequent urination but decreased stream, pain, and/or chills and fever.

**COMBINATION INGREDIENTS**

**COMMENTS AND COMPANIONS**

**RC**  
 Red Clover  
 Combination  
 1.0 buckthorn bark  
 1.0 burdock root  
 1.0 cascara sagrada  
 1.0 chaparral  
 1.0 licorice root  
 2.0 Oregon grape root  
 1.0 peach bark or leaves  
 1.0 poke root  
 1.0 prickly ash bark  
 3.0 red clover blossoms  
 1.0 sarsaparilla  
 1.0 stillingia root

Excellent blood and body cleanser. Use 20-30 drops 2-4 times a day. Can be used with CAC. RC is safe to use while pregnant or nursing, if necessary

This can be used as a Cancer formula when someone is pregnant or nursing. Be very faithful and keep the doses as high as the body can stand. (Has been tried successfully by people I know personally)

**RH**  
 Rosehip  
 fresh rosehips  
 apple cider vinegar  
 (non distilled)  
 with alcohol

In the fall, gather ripe rosehips. Fill jar 1/3 full, blend in alcohol and apple cider vinegar (use equal parts of each)

*Best source of Vitamine C that I know of*

**RM**  
 Raspberry  
 Myrrh  
 equal parts or  
 Raspberry leaves  
 and  
 Myrrh gum

Use with CJ (Cascara Juniper) to strengthen the pancreas and stabilize blood sugar fluctuations.

*Oregon Grape would, I believe, work just as well as myrrh in this formula.*

**SN**  
 Sinus  
 4.0 brigham tea (Ephedra)  
 2.0 ma huang  
 2.0 marshmallow root  
 2.0 burdock root  
 2.0 parsley root  
 1.0 yerba santa root  
 1.0 Osha  
 1.0 Eybright or Purple  
 Loosestrife  
 1.0 yerba mansa root  
 0.5 astragalus  
 0.5 cayenne  
 0.5 chapparal  
 1.0 Oregon grape root  
 1/4 lobelia

Use for inflammation and infections of sinus cavities or for allergic sinusitis.

Use 12-20 drops every 3-4 hours to loosen and drain sinuses. Causes sinuses to drain but is not strong enough, by itself, for an intense viral or bacterial attack. Add one of the infection fighters, Anti-plague, or Pau d'arco/Usnea combinations. Also remember to use essential oils.

Ma Huang is no longer available. Substitute .5 red clover blossoms, .25 chapparal and .25 golden rod for the Ma Huang or substitute 2 parts of Brigham tea.

**COMBINATION INGREDIENTS****COMMENTS AND COMPANIONS**

<b>SPRING</b>	common cattail gumweed	An original blend that has proven extremely useful against some of the new potent strains of bacterial flus, particularly those affecting the lungs.
SS  Strep and Staph	2.0 usnea 2.0pPau d'arco 1.0 echinacea 1.0 osha 1.0 lomatium 1.0 Oregon grape	Use for strep, staph, pneumonia, bronchitis, impetigo, pleurisy, sinusitis, tuberculosis and urinary tract infections.  Usnea is an amazing staph and strep fighter! It grows here in our aream but sparsely, and is a pain to harvest. It likes the tops of very tall, dead or dying, pine trees!!
<b>Super C</b>  Super Cold and Lymph	1.0 echinacea 0.5 elder flower 0.5 lobelia 1.0 Oregon grape 2.0 red clover 0.5 white pine 0.5 Cayenne	This is usually best done as a glycerite and is very effective for chidren. Excellent when taken at the onset of a cold or when in need of lymph draining for any reason.
<b>TRT</b>  Sore Throat Garle	1.0 bayberry 1.0 goldenseal 1.0 Oregon grape (or myrrh) 1.0 echinacea .25 cayenne	Dilute with warm water (almost hot) and gargle. Removes phlegm, reduces pain, helps inflammation and fights infection.  There are essential oils that you can use which are much easier than this recipe.
<b>TY</b>  Thyroid	1.0 Gota Kola 2.0 Kelp 1.0 Club/Irish Moss 1.0 Parsley 2.0 Oregon Grape 2.0 Nettles 1.0 Alfalfa	This one - or KNA - is effective in providing the minerals that are needed (and often missing in the mountain west) for healthy thyroid function.  Thyroid medication has a lot of nasty side-effects and is not even meant to 'heal' the thyroid. They are artificial thyroid hormones and send a signal to the thyroid that there is enough in the body and it doesn't need to bother trying to produce any. The result is an ever increasing need for the medicines in ever increasing dosages until the side effects become horrendous. Doctors play a game of moving people from one medication to another to keep the side-effects at bay.

COMBINATION	INGREDIENTS	COMMENTS AND COMPANIONS
VIB Vibrunalgia	2.0 cramp bark 1.0 blue cohosh 1.0 pulsatilla 1.0 Motherwort 0.5 cloves	Pulsatilla has not been available in my adult lifetime. Consider a few doses of Pulsatilla homeopathic in low potency in its place, if the indications are there.
YU Yarrow Usnes	equal parts of Yarrow and Usnea	This is a great bacterial and staph fighter. Also great for drying up of any mucous over-secretion situation and for lymph balance.
YW Young Women's formula	2.0 goldenseal root 1.0 blessed thistle 1.0 cramp bark 1.0 false unicorn 1.0 ginger 1.0 red raspberry 1.0 squawvine 1.0 uva ursi 1/8 cayenne	Helps women in their childbearing years who have infertility or trouble with lack of estrogen. Will often, if taken for a month or two, straighten out irregular periods, heavy clotting, profuse flow, etc. Also helpful with Kidney, liver & bladder problems in women and essential during prolapsed uterus situations.  <i>Consider Sepia homeopathic in addition.</i>
WC Wild Cherry Cough Syrup	3 Wild cherry bark handle separately - add later 2 White pine bark 1 elderberries 1 spikenard or Mullein 1 elcampane or fenugreek 1 licorice 1 coltsfoot 1 horehound 1 slippery elm 1 pt lobelia	This is a glycerite tincture. Make up 60 ounces of menstrum using a ratio of 60/40. This breaks down to 5 1/4 cups glycerine and 2 1/4 cups distilled water. Reserve 10 oz for Wild Cherry Bark. The Wild Cherry Bark must be done separately because it cannot be heated. Let the Wild Cherry portion sit for 24 hours and then add it to the rest of the recipe after the cooked part has cooled. Place everything besides the Wild Cherry (herbs & glycerine/water mixture) in a glass jar with a tight lid. Process in a cold pack canner with the water gently boiling - as you would for cold-pack canning fruit - for 2 hours. Cool completely. Strain both herb batch and Wild Cherry batch & combine. I like to add 4 drops of Benzoin essential oil as a preservative at this point.