

HERBAL TINCTURES IN CLINICAL PRACTICE.docx

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HERBAL TINCTURES IN CLINICAL PRACTICE, 3.0

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or change it in any way (unless you get my
permission)

CHANGES TO THE THIRD EDITION:

(1) I have added 41 new tinctures (there are
now about 200), dropped a
couple...reinforcing the basic premise of
only dealing with herbs that I feel are
BEST used as tinctures

(2) I have added the tincture specifics,
parts used, and menstruum proportions.
Instead of having to cross-reference my
Materia Medica, I simply included it here.
You will still need to refer to the other
manual for METHODS.

(3) I standardized dosages with the Materia
Medica in a number of instances, kept
previous ones when a specific application
held specific differences from the
"norm"

(4) I added the (*) in front of those
herbs that hold some degree of risk in
pregnancy, real or potential; I am more
conservative here than usual...
tinctures are often more emphatic than other
media...and there is a presumption
of their use for patients already seeking
help with a pathology or an imbalance.

(5) I have revised, enlarged or added to many
usages and contraindications

THE LIMITS OF THIS MANUAL:

I am a North American herbalist, using a
holistic and constitutional approach to
botanical medicine that is based upon western
anatomy and physiology. Although
I consider myself a careful and experienced
practitioner, these recommendations are
PERSONAL OPINIONS. This is no place or
circumstance for me to thoroughly define or
explain the rationales for my
recommendations. These are THUMBNAIL
clinical pictures, using a nomenclature that
is equal parts of Standard Practice Medicine
and Alternative Medicine. I am supplying
quick and dirty profiles of use, in the hope
that a variety of health care professionals
may find useful information from an HERB
professional. Trust me or don't...just

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recommendations are heavily biased towards North American Herbs. This does not mean that the BEST herbs grow in North America...it means that Michael Moore lives in North America, that's the shit he knows, and he hates to talk about stuff he DOESN'T know.

INTRODUCTION

The purpose of this little manual is to provide the physician or health care professional with clear diagnostic pictures of those herbs that work best as tinctures, and to give clear and reasonable guidelines for dosage, frequency. and warnings of side effects or contraindications.

Tinctures are generic preparations of herbs using varying ratios of water and alcohol, with the occasional addition of 5% or 10% glycerine in a few herbs high in tannic acid or similar potential precipitant-forming acids. The majority of those listed in this manual were formerly official preparations listed in older U.S.P and N.F volumes, and summated in Culbreth's Materia Medica (1927) and King's American Dispensatory (1915), both available in newer reprints, as well as (briefly) in my pamphlet Herbal Materia Medica.

Most tinctures made from dry plants are 1:5 strength with one part of the dried weight represented in five parts (by volume) of the tincture. A few stronger plants (Aconitum, Veratrum, etc.) are properly 1:10. Many herbs are best tinctured fresh, and the usual strength is 1:2. Dry herb tinctures (the majority) are best prepared as a percolation (described in any Remington's Pharmaceutical Sciences edition), although maceration was and is considered a proper alternative. Fresh herb tinctures should only be done as a maceration. Percolation demands at least 50% alcohol, as too much water causes excess hydration of the herb in the column and decreases osmosis, diffusion and solubility, so by and large any tincture less than that strength or without some indication of its proportion of weight to volume should be suspect. It is true that some individuals react poorly to ethanol or have a moral or ethical objection to its presence. They should use teas or capsules; when tinctures are made, they need a proper proportion of alcohol and water, based on the mechanics of extraction and solubility of the plant constituents.

Tinctures are easier to use than many other forms of botanicals, and (as in

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plant preserves the constituents far longer than would be possible otherwise. Still other plants have a high portion of oleoresins, only completely soluble in higher proportions of alcohol. An herb such as Hydrastis may have a highly soluble alkaloid (berberine) and a poorly soluble one (hydrastine); a tea will present only soluble constituents, the tincture will present the complete plant. Further, the shelf life of tinctures is years.

In practice, **dosage for children** should follow Young's Rule. On a subtler level, many of the herbs in this manual provide safe treatment or INFLUENCES to problems that arise from an extended life...constitutional, chronic and environmental concerns...problems seldom encountered in a young person. A person of forty years may have frequent bronchial conditions that can be classified as "sub-acute", "chronic" or "boggy"; a child SELDOM presents with symptoms other than acute or inflammatory.

Philosophically, young life forms are notoriously profligate with life energy when confronting a disorder; older life forms are more reserved...more "zen"...and also more prone to defensive strategies that remain incompletely resolved. Restated...use simple stuff for kids, stuff aimed at soothing or resolving. Get subtle and "holistic" with grownups...we NEED it more.

THE TINCTURES AND APPLICATIONS:

ACHILLEA (Yarrow)

Fevers, common cold, amenorrhea, passive bleeding from boggy mucosa. Hemostatic from Lower UT bleeding with pain on urination (secondary to other treatment)
WHOLE FLOWERING PLANT. Tincture [FRESH 1:2, DRY 1:5, 50% alcohol] 10-40 drops, 4x a day. **CONTRA:** Bradycardia, coagulation disorders, nephritis.

*ACONITUM (Aconite, Monkshood)

To modify simple fever, with pain, irritation, inflamed and engorged mucosa and conjunctiva, with rapid, wiry pulse. Applied locally (diluted with 3 parts water) for sharp, neurogenic pain such as trigeminal neuralgia, herpes zoster (where skin is intact). FLOWERING HERB. Fresh Herb Tincture, 1:4, topical in moderation, internal 1-5 drops to 4X a day. **CONTRA:** For acute, self-limiting, not for complex, extended or chronic conditions.

*ACORUS (Calamus)

Flatulent colic, chronic dyspepsia, Irritable Bowel Syndrome cramps with flatus, gastritis symptoms. Sometimes serviceable in anorexia. RHIZOME/ROOT. Tincture [FRESH

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headache; crampy, late menses with vague pains in extremities; headaches clearly associated with dysmenorrhea. ROOT. Fresh or Dry Tincture, [1:2, or 1:5, 80% alcohol] 10-20 drops to 3X a day. **CONTRA:** Pregnancy, bradykinin excesses; too large a dose can induce a frontal headache and it is a CNS depressant for some.

***AESCULUS GLABRA (Ohio Buckeye)**

Venous stasis in pelvis and legs, with dyspepsia and general GI hypofunction, rectal heaviness; hemorrhoids, in athletic, strong individuals with myenteric plexus suppression from sympathetic dominance (the opposite of COLLINSONIA). BARK and FRUIT. Tincture [1:5, 50% alcohol] 5-15 drops.
CONTRA: Any vascular disorders, episodic hypertension, organic disease.

Flatulent colic, anorexia and upper GI disorders accompanying GU and menstrual problems, dyspepsia. **NOTE:** Often confused with Chamaelirium (Helonias), an effective reproductive system tonic. Aletris is a pure aromatic bitter...a GI tonic. RHIZOME. Tincture [1:5, 50% alcohol] 30-60 drops to 3X a day, before meals.

***ALOE - dried juice**

Chronic constipation with atonic myenteric and mesenteric functions, deficient bile secretions with steatorrhea or dry marbly feces. DRIED JUICE. Tincture [1:10, 50% alcohol] 15-60 drops to 3x a day. Use with antispasmodic such as Acorus or Angelica.
CONTRA: Any GI inflammation, pregnancy.

AMBROSIA (Ragweed, Bursage, Yerba del Sapo)

Hay fever with watery eyes, nasal membranes...acute allergic rhinitis; otitis media from allergies, rhinitis. HERB. Tincture [Fresh Herb, 1:2, Dry Herb, 1:5, 60% alcohol] 20-40 drops to 4X a day **NOTE:** It will NOT trigger an allergic response in those with Ragweed allergies.

AMMI VISNAGA (Khella, Bishops's Weed)

General bronchodilator for long-term use in asthma; asthma with sleep apnea. The tincture can be rubbed in the scalp every several days for seborrhea. SEEDS. Tincture [1:5, 60% alcohol], 60-120 drops to 4X a day. **NOTE:** Not advisable for extended use by those with overt inhaler dependencies. Whole seed CVS uses are rather inferior to the refined constituents, but quite adequate for smooth-muscle relaxation.

***ANEMONE PULSATILLA (Pulsatilla, Pasque Flower)**

Insomnia, nervousness, and a generally agitated emotional state with gloom and distress. Wan and chilly, not hot and flushed. Headaches, eye pain or neck pain from elevated CSF pressure from prolactin/dopamine imbalance caused by hypoluteal PMS. Sometimes helpful for

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mucus colitis; subacute pharyngitis from staph/strep; joint inflammations with hyperuricemia; low pH urine. ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 60% alcohol] 20-60 drops to 5X a day. Dilute for gargle. **CONTRA:** none.

***ANGELICA**

Dry, intrinsic asthma; menstrual cramps with scanty initial menses, PMS, constipation seemingly from lacteal deficiency; intestinal colic, tenesmus.

ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 65% alcohol] 30-60 drops to 4X a day
CONTRA: May trigger spotting in pregnancy.

***ANGELICA SINENSIS - Dong Quai (cured Angelica)**

Decreased anabolic functions from ovarian or testicular deficiencies, apparently by increasing steroid binding sites. Many symptoms of menopause respond well to it. CURED CHINESE OR KOREAN ROOT. Tincture [1:5, 70% alcohol] 5-20 drops to 4x a day.

CONTRA: Pregnancy or subclinical gonad hyperfunction; aldosterone-induced EHT

***APOCYNUM CANNABINUM (Dogbane, Canadian Hemp)**

Moderate fluid retention with puffy eyes, feet, and hands, some arterial and venous congestion, but not enough to warrant drug therapy. Dry skin, constipation and scanty urine. ROOT. Tincture [1:5, 50% alcohol] 5-20 drops, to 3X a day.

CONTRA: Pregnancy, overt cardiopathies needing stronger Rx, or in combination with prescription medicine.

ARALIA RACEMOSA (Spikenard)

Chronic coughing with excess secretions; bronchorrhea; subacute cystitis with mucus in urine, no odor; as an adaptogen similar to Panax. ROOT. Tincture [Fresh Root, 1:2, Recent Dry Root, 1:5, 50% alcohol] 10-30 drops.

ARCTIUM - Burdock

IgE-mediated allergies, i.e., psoriasis, eczema, etc; arthritis, gout... wherever uric acid production is elevated or where urine has an unusually low pH. ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 60% alcohol] 30-90 drops, all 3X a day.

***ARCTOSTAPHYLOS (Uva-Ursi)**

Urethritis and cystitis with alkaline pH, resulting from fruit or sugar bingeing with low protein and phospholipid consumption; in acidic pH urethritis, as an astringent. LEAVES. Tincture [1:5, 50% alcohol] 30-60 drops in 8 oz. of water, to 4x a day with cranberry juice.

CONTRA: Pregnancy (placental vasoconstrictor), anticoagulants. It can induce a salicylate reaction on rare occasions.

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fauces.

***ARISTOLOCHIA SERPENTARIA (Virginia Snakeroot)**

Acute disease with suppressed sweating, hot dry skins/membranes, where patient is depressed and vagus/parasympathetic diaphoretics are inappropriate; poor lipid digestion, malabsorption of dietary A, D, and E vitamins, with lipotropic factor therapy in poor lipid metabolism. ROOT and HERB. Tincture [Fresh Plant, 1:2, Dry Root, 1:5, 70% alcohol] 5-20 drops to 3X a day. **CONTRA:** Pregnancy, vascular or liver disease (except early arteriosclerosis), GI excess; if overstimulating to GI secretory functions or irritates, decrease dose or discontinue use.

***ARISTOLOCHIA WATSONII (Raiz del Indio, Indian Root)**

As a simple bitter to increase upper GI secretions; to stimulate amination and protein metabolism in the liver; to stimulate phagocytosis by reticulo-endothelial cells; to increase (more subtly than A. serpentaria) visceral blood supply and peripheral circulation. Less stimulating than previous but better tolerated as a tonic for extended use. ROOT and HERB. Tincture [Fresh Plant, 1:2, Dry Root, 1:5, 70% alcohol] 5-20 drops to 3X a day. **CONTRA:** Pregnancy, most prescription drugs (it may overstimulate liver metabolism and shorten the duration of their activity), overt liver or vascular pathologies.

***ARNICA**

As a liniment as is or diluted with equal parts water, for bruises, hyperextensions and athletic injuries...applied by hand to part and allowed to dry; externally for acute arthritis; internally following blows, trauma, bruising...wherever hematomas and vascular nerve damage as occurred, but ONLY in the physically strong individual. WHOLE PLANT. Fresh plant, flower or root tincture [1:2], dry flowers or herb tincture, [1:5, 50% alcohol] and dry root tincture [1:5, 60% alcohol]. EXTERNAL is diluted with one or two parts of water, applied as needed. INTERNAL: 3-10 drops. TAKE INTERNALLY WITH CARE

CONTRA: Can cause dermal irritation in some people...cease use. Although this plant as an ugly reputation, internal use (as outlined above) is PERFECTLY safe.

***ARTEMISIA VULGARIS (Mugwort, California Mugwort)**

For gastric hypersecretion, where stronger measures are inappropriate; a simple diaphoretic to "break" fevers in the older child or the adrenergic-dominant, liver-deficient adult; as a simple bitter tonic used before evening meals by those with chronic lipid cravings. HERB. Tincture [1:5, 50% alc.] 10-25 drops **CONTRA:** Pregnancy, liver disease.

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Aseptic gastroenteritis with flatulence and palpitations; impotence/ frigidity with depressed circulation and intestinal function. GUM. Tincture [1:5, 85% alcohol] 5-20 drops. **CONTRA:** It can be repellent to some individuals, and can induce allergies and urticaria in those that cannot tolerate the brassica sulphur compounds.

ASARUM (Wild Ginger)

For colds, viral infections to induce sweating; crampy slow-starting menses from progesterone deficiencies. ROOT. Tincture [Fresh Root 1:2, Dry Root, 1:5, 60% alcohol] 20-50 drops in hot water to 3x a day.

CONTRA: GI inflammation, difficult pregnancy.

***ASCLEPIAS ASPERULA (Immortal)**

Dry pleurisy, mild ascites, intrinsic asthma; postpartum with poor contractions, little colostrum and suppressed lochia. ROOT. Tincture [1:5, 50% alcohol] 5-30 drops, to 4x a day. **CONTRA:** Pregnancy, cardiopathies and wherever a parasympathomimetic is inappropriate.

***ASCLEPIAS TUBEROSA (Pleurisy Root)**

Bronchitis, pleurisy and pneumonitis...even asthma, whenever characterized by hot, dry mucosa and serous membranes; dry skin and inability to sweat, deficient sebaceous secretions. ROOT. Cold Infusion, 2-4 ounces. Tincture [Fresh, 1:2, Dry, 1:5, 50% alcohol] 30-90 drops to 4x a day. **CONTRA:** Same as above.

ASPARAGUS OFFICINALE

A volume diuretic for anabolic individuals with chronic hyperacidic urine and high specific gravity ROOT. Tincture [Fresh, 1:2, Dry, 1:5, 50% alcohol], 30-60 drops in water, 3X a day.

AVENA (Oats, Wild Oats)

Nervous exhaustion in normally strong people, from sympathetic adrenergic burnout or abuse of sympathomimetics. Not strong or druggy, needs frequent small doses. UNRIPE FRESH SEED, w/"Milky" center. Fresh Tincture [1:2], 10-20 drops, to 4X a day.

BALSAMORHIZA (Balsam Root)

"Winter" sore throat and chronic upper respiratory irritation, often the result of several months of wood smoke or forced-air heating exposure. ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 65% alcohol], 20-50 drops in hot water, to 4X a day.

***BAPTISIA (Wild Indigo Root)**

Any skin or mucoepithelial infections especially from endogenous bacteria, with immunologic depression and poor, asthenic vital functions; adjunct therapy to antibiotics for mild septicemia. ROOT. Tincture [1:5, 65% alcohol], WHOLE PLANT. Fresh Tincture [1:2], both taken 10-25 drops, to 3X a day, or every three hours initially.

CONTRA: Pregnancy, major pathologies in

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diet. LEAVES. Tincture [1:5, 80% alcohol], 30-60 drops in water. Both forms to 4X a day.

CONTRA: Better for subacute/chronic, may irritate acute stages. May color urine; not hemolytic, just plant pigments. Will aggravate nephritis.

***BERBERIS (Barberry)**

Chronic, edemic mucosa ulcers in GI; hangovers from booze or working with solvents; allergic IgE responses, to shorten duration by increasing liver catabolism. ROOT. Tincture [1:5, 50% alcohol] 10-60 drops. **CONTRA:** Acute inflammation, pregnancy, liver disease.

***BRYONIA (Bryony)**

Sharp, cutting pain in the lungs or the chest, usually with fever or flushed face; post-op or hepatitis ascites with sharp pain, sluggish portal circulation; sharp pain with hyperemia in right face, scalp, shoulders, all aggravated by motion. ROOT. Tincture [Fresh Root, 1:2, recent Dry Root, 1:5, 50% alcohol], 2-10 drops to 3X a day. USE WITH CARE; better in small, frequent doses. **CONTRA:** Pregnancy; major chronic disease; low blood pressure; bradycardia.

BURSERA MICROPHYLLA (Elephant Tree, Torote)

Topical for acute periodontitis, acute early stages of herpes. Internally for bronchorrhea, chronic cystitis/urethritis without active inflammation, endogenous infections, with depressed WBC. GUM. Tincture [1:5, 80% alcohol], 5-20 drops, and diluted for mouth wash. TWIGS/LEAVES. Fresh plant tincture [1:2], 10-30 drops.

***CACALIA DECOMPOSITA (Maturique)**

Insulin-resistant diabetes, where adrenalin (not glucagon) aggravates and digestion is poor, with a history of sugar and carbo abuse. ROOT. Tincture [Fresh Root 1:2, Dry Root, 1:5, 70% alcohol], 15-30 drops. Usually for acute hyperglycemic episodes; I wouldn't advise extended use. **CONTRA:** Adult onset types with elevated cholesterol, triglyceride and uric cid; liver disease; pregnancy.

CALENDULA (Common or European Marigold)

Topically for slow healing abrasions with pyogenic membrane and lesser burns, diluted with 2 or 3 parts water; slow-healing gastric ulcers. FLOWERS. Tincture [Fresh Flowers, 1:2, Dry Flowers, 1:5, 70% alcohol] 5-30 drops, to 4X a day. Dilute with several parts of water for topical use.

***CAPSELLA (Shepherd's Purse)**

Urinary astringent in urethritis, hyperuricemia with gout (between episodes) or urate stones (to prevent). Passive capillary bleeding from uterus, GI, bladder, etc., and postpartum bleeding. WHOLE PLANT. Tincture (Fresh Plant, 1:2, recent Dry Plant, 1:5, 50% alcohol] 20-60 drops. **CONTRA:** Any coagulation disorders, pregnancy, hypotension with bradycardia (Capsella is cholinergic), pregnancy (also an oxytocin synergist).

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inflammation.

CARDAMON

Dyspepsia, gastralgia, colon spasms, poor salivation and adrenergic suppression of gastric secretion. SEEDS. Tincture [1:5, 50% alcohol] 5-10 drops before meals or as needed.

CASTELA (Holacantha, Chaparro Amargosa)

Amebiasis and giardiasis, as a primary treatment or combined with Rheum (Rhubarb); a secondary treatment for candidiasis or bacterial enteritis; anti-microbial topically, internally or to prevent protozoa infections. "HERB". Tincture [Fresh Plant, 1:2, Dry Plant, 1:5, 50% alcohol] 20-50 drops (as anti-microbial) to 5x a day, 15 - 30 to 5x a day (to prevent protozoa), 5-10 drops (as bitter tonic).

***CAULOPHYLLUM (Blue Cohosh)**

Any uterine conditions characterized by asthenic, flaccid uterine muscles, with heavy, bearing-down sensations or cervical venosities. RHIZOME / ROOT. Tincture [1:5, 60% alcohol] 5-20 drops, usually in formula context. **CONTRA:** Pregnancy; sometimes useful in birthing but also very unpredictable.

CEANOTHUS (Jersey Tea, Red Root)

Weakness and bogginess in lymph pulp and nodes; Rouleau of RBC, without dysplasia, mild splenomegaly; acute tonsillitis and pharyngitis. ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 50% alcohol] 30-90 drops, 4X a day
CONTRA: Coagulation problems.

CENTAURIUM (Erythraea, Centaury)

A simple bitter, used for chronic deficient gastric secretions, functional achlorhydria or hypochlorhydria WHOLE PLANT. Fresh Plant Tincture [1:2] 10-20 drops before meals.

CENTELLA ASIATICA (Gotu Kola, Brahmi)

Subclinical hypothyroid conditions from emotional depression, drugs, or excess thyroid-depressing foods...not known if effect is on limbic-hypothalamus controls or on thyroglobulin catabolism. HERB. Fresh Plant Tincture [1:2], 15-30 drops to 3X a day. Dry Herb Tincture [1:5, 50% alcohol] 20-40 drops, to 3X a day, usually for a month or more. **CONTRA:** Hyperthyroid conditions or any condition that approaches myxedema or is frankly a pathology.

***CEPHALANTHUS (Button Bush)**

A bitter tonic and cholagogue, stimulating increased gastric secretions AND bile synthesis; stimulates endocrine responses between the intestinal/hepatic/CNS axis. BARK/TWIGS. Tincture [Fresh Plant, 1:2, Dry Plant, 1:5, 50% alcohol] 10-30 drops, to 3X a

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or uterus or prostate. RHIZOME and ROOT.

Tincture [1:5, 50% alcohol] 10-40 drops to 3x a day. Best in lower doses in a formula context. **CONTRA:** Pregnancy, metrorrhagia, corticosteroid therapies.

***CHELIDONIUM (Greater Celandine)**

Biliary colic with referred pain from right hypochondrium to right shoulder, pale, semi-formed stools and any GI symptoms concurrent; recuperative stages viral hepatitis. WHOLE PLANT. Fresh Plant Tincture, [1:2] 10-25 drops to 3X a day, for short term use; safe for extended use as a low dose formula constituent.

CONTRA: Possible biliary obstruction, pregnancy.

CHELONE (Balmoney, Turtlehead)

Colic in cecum with uneasy, distressing pain; ileocecal cramps; as a tonic for dyspepsia with sluggish liver and portal circulation; a recuperative tonic to reestablish GI secretions and reflexes after extended fasting, post-op fasting, or the pain associated from gastroenteritis recovery HERB. Tincture [fresh plant, 1:2], 10-20 drops to 3X a day. (best) Dry Plant Tincture [1:5, 50% alcohol], 30-60 drops, to 4X a day. (inferior) **CONTRA:** Organic disease, active inflammatory states, impaired liver function.

CHIMAPHILA (Pipsissewa)

Dysuria with little urine but mucus, strong odor; chronic vesicle irritation or accompanying BPH; suppressed exanthema, especially viral. HERB. Tincture [Fresh Plant, 1:2, Dry plant, 1:5, 50% alcohol], 20-50 drops, to 4X a day.

CONTRA: Nephritis or anti-coagulant therapies.

CHIONANTHUS (Fringetree Bark)

Dull liver pain, especially on palpitation, or shooting pain from liver to navel with GI distress, frothy stools. BARK. Cold Infusion, 2-4 ounces. Tincture [Fresh Bark, 1:2, Dry Bark, 1:5, 65% alcohol] 30-60 drops to 4x a day.

CONTRA: Overt liver disease, bile blockage.

***CIMICIFUGA (Black Cohosh)**

Dull aches, rheumatoid-like, in uterus, joints, muscle insertions; orbital headache; crampy, late menses with vague pains in extremities. RHIZOME/ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 80% alcohol], 10-25 drops to 4x a day.

CONTRA: Pregnancy, bradykinin excesses; too large a dose can induce a frontal headache and it is a CNS depressant for some.

CINNAMOMUM (Cinnamon)

Passive bleeding from any mucus membranes; stomach and lower GI cramps.

BARK.. Tincture [1:5, 60% alcohol, 5% glycerin] 20-50 drops, both to 4X a day.

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CONTRA: Excessive use can cause nausea.***CLEMATIS (Virgin's Bower)**

Frontal and migraine headaches with sweaty neck and forehead, not responding or no longer affected by vasoconstrictor medicines; a vasodilator to disperse local inflammation. RECENT HERB. Tincture [1:5, 50% alcohol] 10-40 drops, to 3X a day.

CONTRA: Vasculitis, pregnancy; should not be used concurrent with other medications.

***CNICUS (Blessed Thistle)**

Subacute, chronic dyspepsia, anorexia and flatulent colitis, with loose, flatulent stools but no overt pathology. FLOWERING HERB. Tincture [Fresh Herb, 1:2, Dry Herb, 1:5, 60% alcohol] 20-40 drops in hot water, both to 3X a day.

CONTRA: Any drug therapy catabolized in the liver; pregnancy; liver disease.

COLA (Kola Nuts)

Muscular asthenia with hypotension, mild bradycardia and depression; dural headaches. SEED. Tincture [1:5, 50% alcohol] 30-60 drops as needed.

CONTRA: Any time that a sympathomimetic or caffeine is inadvisable.

COLLINSONIA (Stone root)

Pelvic venous and lymphatic congestion, with venous distention resulting in hemorrhoids, cervical venosities, prostate or testicular varicosities.

ROOT and HERB. Tincture [Fresh Plant, 1:2] 20-40 drops to 3X a day. Tincture [Dry Root, 1:5, 60% alcohol] 45-60 drops to 4X a day (inferior).

CONTRA: Angiotensin-type hypertension, urate kidney stones.

***COMMIPHORA (Myrrh)**

Topically for any mucoepithelial ulceration; gargled (dilute 3:1) for subacute pharyngitis; stimulates phagocytosis and early WBC response to infection; post-chemotherapy leukopenia (with

Echinacea). RESIN. Tincture [1:5, 95% alcohol] 5-20 drops to 3X a day. **CONTRA:** Liver disease, auto-immunity or collagen disease, pregnancy, lymphomas.

***CONVALLARIA (Lily of the Valley)**

Mild or subclinical cardiopathies, with congestion, mild edema, poor pulmonary circulation. ROOT. Tincture [Fresh Root, 1:2, recent Dry Root, 1:5, 65% alcohol] 5-20 drops.

USE WITH CARE. **CONTRA:** Cardiac medications, or where stronger therapies are needed.

COPTIS (Golden thread)

Stomatitis, mouth ulcers, cold sores, periodontal disease; apply topically or use 5 drops before each meal for stomatitis, full doses for chronic intestinal mucosal congestion, between acute episodes, together with daily use of dietary or

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Neuralgia with nervous muscular twitching, especially when tired or overworked; leukorrhea, viscous but without smell, with pelvic atony and hemorrhoids; Sydenham's chorea, as an optional therapy. HERB. Tincture [1:5, 50% alcohol] 10-40 drops; small, frequent doses are best. **CONTRA:** Any organic disease or concurrent with neurologic meds.

***CORYNANTHE (Yohimbe)**

Impaired function of seminal vesicles and poor motility of sperm; chronic adrenergic suppression or pelvic blood supply, all without organic cause. BARK. Tincture [1:5, 65% alcohol] 5-30 drops to 3x a day. **CONTRA:** Any vascular disease, kidney disease, diabetes, or a generally depressed vital force. Only marginally safe for extended use (over two weeks) and rather quickly tolerated, with diminished desired effects, but with full presence of side effects. The potential detriments of long term use of this herb almost puts amphetamine usage to shame...all for the POSSIBILITY of a few irritative erections early in its use.

CRATAEGUS (Hawthorne)

Hypertension, sympathetic-related tachycardia, episodic hypertension, early arteriosclerosis, myocardial weakness. BERRIES, FLOWERING BRANCHES. Tincture [Fresh Plant, 1:2, Dry Berries, 1:5, 60% alcohol] 10-30 drops, to 4X a day. **CONTRA:** Bradycardia, or if Crataegus causes same; beta-blockers (it is vaso-cholinergic).

***CUBEBA (Cubeb Berries)**

Subacute or chronic mucus discharge from bladder or urethra; poorly healing cystitis or urethritis. UNRIPE FRUIT. Tincture [1:5, 80% alcohol] 10-30 drops to 4X a day, for up to a week. **CONTRA:** Active inflammation, nephritis or a history of same, pregnancy. It scents the urine.

CUPRESSUS (Cypress)

The same as THUJA GREEN FOLIAGE. Tincture [Fresh Herb, 1:2] straight, or diluted

CYPRIPEDIUM (Lady Slipper)

Sedative and antispasmodic, useful in dysmenorrhea in the usually normal woman; depression or hysteria with yawning, ghost pains in the gut, pelvis. ROOT. Tincture [1:5, 60% alcohol] 20-90 drops, to 3X a day. PLANT IS RARE IN MOST AREAS (and things are not getting any better). Use other medicines whenever possible, such as Epipactis or Valeriana **CONTRA:** Synergist with depressants, sedatives, alcohol, the usual.

DICENTRA FORMOSA (Bleeding Heart)

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ROOT. Fresh Root Tincture [1:2], 10-20 drops or applied topically. Dry Root Tincture, [1:5, 50% alcohol] 15-30 drops. HERB. Tincture [1:5, 50% alcohol, 25-50 drops, all to 3X a day. **CONTRA:** Any organic disease or concurrent with neurologic meds.

DIOSCOREA (Wild Yam)

Colic and tenesmus in tubular smooth muscles; dysmenorrhea, gastralgia, colitis, cholecystalgia, etc.; some ovarian and fallopian pain; probable PGE inhibition. ROOT. Tincture [Fresh ROOT, 1:2, Dry Root, 1:5, 60% alcohol] 30-100 drops, to 4X a day. FALLACY: Former source of precursor for steroid hormone biosynthesis, Dioscorea has, itself, no steroid hormone activity.

DRACONTIUM (Skunk Cabbage)

Irritable spasmodic cough with nausea, gagging and nervous excitation. RHIZOME AND ROOT. Tincture [Fresh Root 1:2, Dry Root, 1:5, 50% alcohol], 20-60 drops to 4x a day. **CONTRA:** If it increases nausea or clearly causes vomiting; reactions to its taste are variable.

DROSERA (Sundew)

Dry respiratory membranes with spasmodic, irritative cough, sense of heat in the throat, no mucus secretion, all at the beginning of a viral infection or from smoke or particulate exposure. HERB. Tincture [Fresh Plant, 1:2], 5-15 drops to 5X a day.

ECHINACEA ANGUSTIFOLIA

Exogenous and endogenous infections, to stimulate and complement immunologic responses, as well as phagocytosis; hyaluronidase inhibitor, useful in cartilage softness and to block strep and staph inroads; to help limit exudates, inflammations, proteolytic stings and bites, contusions. ROOT and FLOWERS. Tincture [Fresh Plant 1:2, Dry Plant, 1:5, 70% alcohol], 30-100 drops as needed.

ELEUTHEROCOCCUS SENTICOSUS (Siberian Ginseng)

Limbic stress, showing as adrenergic sympathetic and adrenocortical excess; depression, anorexia, neurasthenia without organic cause. ROOT. Tincture [1:5, 60% alcohol] 20-60 drops. Cold Infusion, 2-4 ounces, both to 3X a day.

***EPHEDRA VULGARIS, E. SINICA (Ma Huang)**

Asthma (allergic), hay fever and other eosinophilia, IgE-mediated allergies; less hypertensive than an equivalent dose of ephedrine sulphate. HERB. Tincture, [1:5, 50% alcohol] to 1 teaspoon to 3x a day. **CONTRA:** Hypertension, thrombosis, MAO inhibition therapies, wherever an adrenergic is inappropriate.

EPIPACTIS (Stream Helleborine, Stream Orchid)

A common riverside orchid, used as a moral alternative to Cypripedium (Lady Slipper), and having the same uses and profile. Doses may need to be larger, up to

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mesenchymal liver disease, etc; mucosa astringent in UTI; seems useful as an adjunct in osteoporosis. **WHOLE HERB.** Tincture [Fresh Herb, 1:2, Dry Herb, 1:5, 50% alcohol] 30 - 90 drops to 4x a day.

CONTRA: If gathered in agribusiness-drained waters, may synthesize nitrosamines and a nicotine-like alkaloid from nitrates.

ERIODICTYON (Yerba Santa)

Bronchitis, bronchorrhea, asthma, or simple coughing, especially accompanied by anorexia, whenever there is abundant humid expectoration. **LEAVES** (from current year's growth). Tincture [Fresh Herb, 1:2, Dry Herb, 1:5, 75% alcohol] 20-30 drops, to 5X a day.

ERYNGIUM YUCCAFOLIUM (Eryngo, Rattlesnake Master, Button Snakeroot)

Acute cystitis/urethritis with aching in loins, frequent burning and scanty urination; dysuria with incontinence from movement, during menses, after coitus or in menopause; incontinence, menstrual, menopausal, aggravated by movement; or from recent sexual activity in sedentary, previous abstemious males; lithiasis with hematuria, especially from lower tract; or with hyperuricemia; polyuria, from urethritis or prostatitis. **WHOLE PLANT.** Fresh Plant Tincture, 1:2, 15-30 drops in warm water. **ROOT.** Dry Root Tincture, [1:5, 60% alcohol], 20-40 drops, in cup of water. All forms to 4X a day.

ESCHSCHOLTZIA CALIFORNICA (California Poppy)

A feeble but effective opiate, for referred pain from any functional disorder that fails to respond to salicylates or CNS/peripheral analgesics; insomnia from pain, in adult or older child **FLOWERING PLANT.** Fresh Plant Tincture, [1:2] 15-25 drops, to 3X a day. Dry herb, Standard Infusion, 2-4 ounces.

***EUONYMUS (Wahoo)**

Deficient bile secretions, with yellow coated tongue, poor appetite, dry clay or yellow stools, or soft light stools with steatorrhea. **BARK.** Tincture [1:5, 60% alcohol] 10-30 drops to 3x a day. **CONTRA:** Pregnancy, liver disease.

EUPATORIUM PERFOLIATUM (Boneset)

Moist head cold, with fever, aches; acute hot dry bronchitis with muscular weakness; influenza with malaise and aches; acute bronchial pneumonia with dyspnea; used as needed to stimulate innate immunity. **FLOWERING HERB.** Fresh Plant Tincture [1:2], 20-40 drops in hot water.

EUPATORIUM PURPUREUM (Gravel Root)

Acute and subacute dysuria, cystitis. urethritis, vesical and prostrate irritability with or without sediment; works on mucosa, not infectious agent.

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secretions; sinusitis, conjunctivitis. HERB. Tincture [1:5, 50% alcohol] 30-90 drops, to 4X a day.

FILIPENDULA (Spiraea, Meadowsweet)

A salicylate analgesic, best used with "sick" headaches accompanied by dyspepsia or gastritis. (the Brits LOVE this herb, but I have failed to find it superior to simple Populus Bark) FLOWERING HERB. Fresh Tincture [1:2], 60-90 drops, Dry Tincture [1:5, 50% alcohol], 90-120 drops, to 4X a day. **CONTRA:** Wherever a salicylate is contraindicated.

FOENICULUM- (Fennel Seed)

Colic and gastric pain, rhythmic and distressing, especially in infants and small children. SEED. Tincture [1:5, 60% alcohol] 30-60 drops in warm water as needed.

***FOUQUIERIA (Ocotillo)**

Pelvic lymphatic congestion, with boggy uterus, cervix, prostate, etc., with chronic abdominal distention, vague pain on palpitation, no organic causes... sort of a localized pelvic/mesenteric immunosuppression. FRESH BARK. Tincture, [1:2] 10-30 drops, to 4X a day. **CONTRA:** Organic disorders, thrombosis, cholinergic dominance, pregnancy, overt lymph-immune pathologies.

FUCUS (Bladderwrack)

Functional hypothyroid secondary to depressions; obesity; adjunct to diet and exercise in obesity in anabolic dominant individuals, with hyperlipidemia, sub-clinical azotemia or hyperuricemia, over-acidic urine, and high protein, phospholipid diet. WHOLE PLANT. Tincture [1:5, 50% alcohol] 20 - 60 drops to 3x a day. **CONTRA:** Hyperthyroidal states, disorders in sodium metabolism.

***GARRYA (Silk Tassel, Caoutchouc, Quinine Bush)**

Anticholinergic antispasmodic for diarrhea, dysentery, menstrual cramps and cholecystalgia; has distinct advantages over atropine group as it causes little secretory suppression and little CNS effect in moderate doses. LEAF. Tincture [Fresh leaf, 1:2, Dry Leaf, 1:5, 50% alcohol] 45-60 drops to 5X a day. ROOT BARK [Tincture, 1:5, 50% alcohol] 10-20 drops to 5X a day. Use moderately, and NOT with other anti-cholinergics. **CONTRA:** Pregnancy, young children; a vagus stimulant decrease if a given dose causes the typical cold sweat/nausea symptoms.

***GELSEMIUM (Yellow Jasmine)**

As a cardiac sedative for extrasystoles and functional heart disorders; as a spinal cord sedative to modify excess febrile response when presented with bright pink eyes, physical and sensory irritability, CNS and motor excitability. ROOT. Tincture [Fresh Root 1:2, Dry Root, 1:10, 65% alcohol] 2-10 drops to 5x a day **DANGEROUS IN LARGER**

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GERANIUM (Geranium)

Stimulant to parotid and gastric secretions when deficient or sympathetic-suppressed...a bitter tonic. ROOT. Tincture [Fresh Root 1:2, Dry Root, 1:5, 50% alcohol] 5-20 drops before each meal. (FRESH HERB tincture has same effect, but at twice the dose) CONTRA: Acute GI inflammation.

GERANIUM (Cranesbill)

Wherever an astringent is needed...gastric ulcer, duodenal ulcer, diarrhea, menorrhagia, bleeding gums. ROOT. Tincture [1:5, 50% alcohol, 10% glycerin] in 1/2 to 1 teaspoon doses as needed or topically, diluted 1:4.

GINKGO (Ginkgo)

Arteriosclerosis symptoms with impaired cerebral blood supply, moderate cerebral hypoxia, and deficient elasticity in major arteries; short-term memory lapses and transitory senility without more complex causes than vascular. ALL forms of tinnitus benefit (to varying degrees) by its use. LEAVES. Tincture [1:5, 60% alcohol] 30-60 drops to 3X a day. **CONTRA:** Vasculitis, serious prescriptions; those without vascular rigidity, using Ginkgo to aid memory for studying and other, perhaps frivolous uses, will often end up with headaches from its vasodilation.

GLECHOMA (Ground Ivy, Nepeta hederacea)

A simple expectorant, most useful in lingering, boggy sub-bronchitis. LEAVES. Fresh Plant Tincture (1:2), 5-15 drops as needed.

***GLYCYRRHIZA (Licorice Root)**

Peptic ulcer, either duodenal or gastric between acute episodes; bronchorrhea or chronic bronchitis; sub-clinical adrenocortical deficiency; constipation from secretory suppression, oily skin, adrenal excess, marbled feces. ROOT. Tincture [1:5, 50% alcohol] 30-60 drops to 3x a day. **CONTRA:** Hypernatremia, EHT, pregnancy, steroid use.

***GOSSYPIUM (Cotton Root Bark)**

As a reliable oxytocin synergist to increase the tone and contractibility of the uterus, seminal vesicles, prostate and myoendothelial tissues of the breast, for birthing, postpartum contractions, let-down reflex in nursing, delayed boggy menses, excitability of the uterus, prostate and breasts during erotic activity. ROOT BARK. Fresh Bark Tincture, [1:2], 30-90 drops, to 4X a day. Recent Dry Bark Tincture, [1:5, 50% alcohol] 1-2 teaspoons, to 4X a day. **CONTRA:** Pregnancy. Needs endogenous oxytocin to work.

GRINDELIA

Bronchial asthma with tachycardia; any bronchial disorder with thick, viscous mucus and difficulty in expectoration. FLOWERING TOPS. Tincture (Fresh Herb, [1:2],

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a continuation of a head cold; subacute sore throat where antibiotic therapy stops infection but does little for the raw mucosa; early MS, manifesting as numbness and weakness in the limbs, not optic or bladder symptoms; used 2x a day during remission it tends to decrease the need for ACTH and cortical-steroid therapies. BARK AND WOOD. Tincture (Fresh Plant [1:2] Dry Wood [1:5, 95% alcohol]) 5-20 drops to 4x a day in water, as a gargle, one part tincture in four parts hot water. **CONTRA:** Acute GI inflammation, nephritis, pregnancy.

HAMAMELIS (Witch Hazel)

EXTERNAL: Full strength or diluted with equal parts water for irritated and inflamed skin and gums; sprains, contusions, sunburn and chemical irritations as a wash or fomentation; applied (diluted 1:3 with water) with cotton to vaginal sores, anal fissures or extruding hemorrhoids; applied full strength with damp cloth to locally painful varicose veins, concurrent with internal use. **INTERNAL:** For varicose veins and pelvic congestions, as a venous tonic. TWIGS AND LEAVES. Tincture [Fresh Herb, 1:2] 10-60 drops as needed, and diluted for topical use.

HARPAGOPHYTUM (Devil's Claw)

Arthritis, rheumatism, any joint inflammation with prostaglandin or adrenocortical deficiency. (see SCROPHULARIA for a less-endangered substitute) TUBERS. Strong Tincture [1:2, 60% alcohol], 40-60 drops to 2x a day, two weeks on, two weeks off, taking 7 - 10 days to show initial effects. **CONTRA:** Seems to combine well with existing anti-inflammatories, allowing a lower effective dose..but with so many new such drugs, it is hard to be exact.

***HEDEOMA (American Pennyroyal)**

Tardy, suppressed, or spotty menses, with poor secretions, clotting, and concurrent dry skin and constipation. HERB. Tincture [Fresh Plant, 1:2, Dry Plant (recent) 1:5, 50% alcohol] 20-60 drops in hot water. **CONTRA:** Pregnancy, uterine pathology.

HELIANTHEMUM (Cistus, Rock Rose, Frostwort)

Internally as an anti-secretory for bronchorrhea; topically for slowly healing abrasions, ulcers and chemical burns; diluted as a gargle for chronic and edemic sore throat. Very similar to CISTUS, but a bit more resinous and disinfectant. FLOWERING TOPS. Tincture [Fresh Plant 1:2, Dry Plant, 1:5, 60% alcohol], 30-90 drops. Cold Infusion as gargle, douche, topical poultice. **CONTRA:** Excessive use can cause nausea.

HERACLEUM (Cow Parsnip)

Root tincture topically as a counterirritant for nerve trauma, paresthesia, trigeminal neuralgia, Bell's palsy; Seed tincture for temporary relief of tooth

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apply full strength to inflamed joints, contusions, hyperextensions, and sprains. FLOWERING HERB. Tincture [Fresh Herb 1:2, Dry Herb, 1:5, 60% alcohol].

HUMULUS (Hops)

Insomnia and hyperkinetic conditions when gastric and colon spasms or simple nervous stomach causes main agitation. STROBILE. Tincture [Fresh strobiles, 1:2, Dry strobiles 1:5, 65% alcohol] 30-90 drops to 3X a day.

CONTRA: Emotional/physical depression.

HYDRANGEA

Pyelitis, urethritis, prostatitis; to reduce ureter colic pain and mucosa inflammation...supportive, not primary treatment. ROOT. Tincture, [Fresh Root, 1:2, Dry Root, 1:5, 50% alcohol] 1/2 to 1 teaspoon in water, up to 4X a day.

***HYDRASTIS (Golden Seal)**

Excreted by mucosa. it stimulates secretions, blood, and mitosis, therefore it is best used in subacute and chronic catarrhal, poorly healing conditions in GI, UT, and respiratory mucosa. ROOT/LEAF. Fresh Plant Tincture [1:2], 15-30 drops. Dry Root Tincture, [1:5, 70% alcohol] 20-50 drops. Dry Herb Tincture [1:5, 60% alcohol] 30-75 drops all the above to 4X a day. **CONTRA:** Pregnancy (can overstimulate placental membranes), liver or kidney pathology, acute infections or inflammations of mucosa or mucoepithelial.

HYPERICUM (St. John's Wort)

Agitation and depression, with vague and transitory physical distress, particularly in patients with history and experience in dealing with same. FLOWERING TOPS. Tincture [Fresh Plant, 1:2] 20-30 drops to 3X a day. The dry plant is nearly inactive. **CONTRA:** Can cause photosensitization in those with light skin, dark or black hair.

HYSSOPUS (Hyssop)

Simple respiratory viral infections, with fever, dry skin, and hot, hypersecretory mucosa, rapid pulse, red eyes, and irritability; topically for bruising and nerve pain. FLOWERING HERB. Tincture [Fresh, 1:2, Dry, 1:5, 50% alcohol] 25 - 50 drops until diaphoresis occurs.

INULA (Elecampane)

Simple demulcent for irritable coughing from pharyngeal, tracheal or bronchial inflammations. ROOT. Tincture [Fresh root, 1:2, Dry Root, 1:5, 60% alcohol], 10-30 drops to 4X a day.

***IRIS VERSICOLOR (Blue Flag)**

Decreased bile, pancreatic and enteric secretions from functional cause, with

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disease, pregnancy, cholecystitis.

JUGLANS (Black Walnut Leaves)

Ileocecal irritability, with dull pain in lower right quadrant of abdomen after meals, mild steatorrhea alternating with constipation, poor fat digestion and acne on the buttocks. BARK. Dry Bark Tincture [1:5, 50% alcohol] FRESH LEAVES. Fresh Tincture [1:2]...both 30-90 drops to 3x a day.

***JUNIPERUS (Juniper Berries)**

Subacute and chronic cystitis and urethritis. Condition was acute, didn't quite clear up, the bug is gone, mucosa won't quite heal. BERRIES. Tincture [1:5, 75% alcohol], 20-40 drops to 3x a day. **CONTRA:** Renal disease, gastric inflammation, pregnancy, acute UTI.

***KALMIA (Mountain Laurel)**

Post-operative and ghost pain; acute neuritis, neuralgia; sharp "barometric" pain in longstanding injuries LEAVES. Fresh Plant Tincture [1:2], 3-10 drops. Dry Plant Tincture [1:5, 50% alcohol] 5-20 drops, both to 4X a day. USE WITH CARE. **CONTRA:** An overt neurotoxin in large quantities, it can offer enough relief that it probably should not be entrusted to patients having difficulty in moderating their real or implied drug use.

KRAMERIA (Rhatany)

Bleeding, soft gums and mouth sores as topical astringent; acute pharyngitis in four parts water as gargle (5x a day); chronic dyspepsia with hypersecretory mouth and soft semi-formed stools. WHOLE PLANT. Tincture [Fresh Plant, 1:2, Dry Root, 1:5, 50% alcohol, 10% glycerin], 20-50 drops to 4x a day.

LARREA (Chaparral)

Arthritis, allergies and hypersensitive, auto-immune type conditions, where stress, diet aggravate notably. LEAFING BRANCHES. Tincture [1:5, 75% alcohol], 20-60 drops to 3x a day. **CONTRA:** Is an anti-oxidant (contains NDGA); can cause short-term hemolysis-like symptoms from its effects on liver, spleen functions and is not reasonable for overt pathologies.

LEONURUS (Motherwort)

Hypertension and tachycardia from a strictly neurologic, elevated thyroid function from stress (not pathology), or sympathetic/catecholamine-induced cause; neuralgia associated with herpes and herpes zoster eruptions; crampy, irritable secondary amenorrhea. FLOWERING HERB. Tincture [Fresh Plant 1:2, Recent Dry Plant, 1:5, 60% alc.] 30-60 drops, to 4X a day. **CONTRA:** Overt pathology, hypothyroidal states.

***LEPTANDRA (Culver's Root)**

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in formulas than by itself. **CONTRA:** More serious liver disease, blood dyscrasia, GI inflammation, pregnancy...pathologies with a clear appropriate therapy.

LIGUSTICUM (Osha, Porter's Lovage)

Acute bronchial infection, with dry mucosa, fever but little or no diaphoresis; dry, irritative cough from same. ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 70% alcohol], 20-60 drops up to 5X a day.

CONTRA: Possibly in pregnancy, although probably alright in small doses.

***LINARIA (Toadflax)**

Liver conditions from short-term stress...sort of a catabolic "backlog", sometimes with mild elevations of SGPT, etc., as in hangovers. FLOWERING HERB. Tincture [1:5, 60% alcohol], 20-40 drops to 3x a day.

CONTRA: Pregnancy, hepatitis.

LOBELIA INFLATA

Spasmodic asthma, especially adrenergic triggered; parasympathetic suppression from extended sympathetic/adrenergic dominance. FLOWERING PLANT. Fresh Plant Tincture [1:4] 5-20 drops up to 4X a day. Dry Plant Tincture (inferior) is best as an Acetum Tincture [Dry Herb 1:5 in vinegar] 10-20 drops, or used for local application.

CONTRA: Any disorders characterized by cholinergic excess...bradycardia, etc.

LOMATIUM DISSECTUM (Leptotaenia, "Biscuit Root")

Reliable antiviral agent for respiratory infections (mainly), with additional effects of peripheral vasodilation, increased diaphoresis, improved pulmonary circulation and bronchial secretions. ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 70% alcohol], 10-30 drops up to 4X a day.

CONTRA: May cause hives in a few individuals; this can usually be turned around quickly by copious quantities of Taraxacum (root tea or tincture). May be problematic in pregnancy.

LYCIUM PALLIDUM (Wolf Berry)

A feeble, useful and safe anticholinergic for hay fever, colds and diarrhea. HERB. Fresh Plant Tincture, [1:2], 15-40 drops to 4X a day. Best for short-term use.

LYCOPUS (Bugleweed)

Tachycardia, over-rapid GI transit time, arrhythmias and insomnia with mild hyperthyroid implications. HERB. Fresh Plant Tincture [1:2] 15-40 drops, 4x a day.

CONTRA: Hypothyroid states, cardiopathies, overt thyrotoxicosis.

LYSICHITON AMERICANUM (Western Skunk Cabbage)

Irritable spasmodic cough with nausea, gagging and nervous excitation; as a simple sedative in early, hectic bronchitis. RHIZOME AND ROOT. Tincture [Fresh Root 1:2, Dry

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Same as Berberis with addition of low BMR with poor protein digestion, low protein utilization. ROOT. Tincture [1:5, 50% alcohol] 10-60 drops.

CONTRA: Same with addition of elevated BMR, hyperthyroid symptoms.

MARRUBIUM (Horehound)

Dry, irritative coughing, with some signs of pre-asthmatic bronchial constriction and gagging with cough. FLOWERING HERB.

Tincture [Fresh Plant, 1:2, Dry Plant, 1:5, 50% alcohol], 30-90 drops, both to 4X a day.

CONTRA: HTN, kidney disease/renal pressor excess.

MENISPERMUM (Yellow Parilla, Moonseed)

A simple bitter, possessing cholagogue laxative effects at the higher doses. It is preferable for the sluggish GI deficient, rather than the tight deficiency induced by adrenalin stress. ROOT. Tincture [1:5, 70% alcohol], 10-40 drops, or 5-10 drops as a bitter tonic, taken just before meals. **CONTRA:** Excessive use can act as a CNS and spinal chord motor irritant.

***MENTHA PULEGIUM (European Pennyroyal)**

Tardy, suppressed, or spotty menses, with poor secretions, clotting, and concurrent dry skin and constipation. Simple gastritis with foul, sulfurous burps BASAL LEAVES and FLOWERING STALKS. Tincture [Fresh Plant, 1:2, Dry Plant (recent) 1:5, 50% alcohol] 20-60 drops in hot water. **CONTRA:** Pregnancy, uterine pathology.

MENYANTHES (Buckbean, Bogbean, Marsh Trefoil)

A bitter tonic, particularly useful after gastroenteritis or fevers; adjunct anti-arthritic when there are symptoms of poor internal protein metabolism, with dry eczematous skin, mild achlorhydria, and muco-epithelial fissures. WHOLE PLANT.

Tincture [Fresh Plant, 1:2, Dry Plant, 1:5, 50% alcohol], 10-30 drops, to 3X a day.. **CONTRA:** May cause nausea in excess doses.

MIRABILIS MULTIFLORA (Maravilla, Wild Four O'Clock)

A topical anesthetic to distention sensors in stomach, inducing a mild decrease in hunger and a sense of fullness with diminished contents, taken 30 minutes before meals in aiding weight reduction. ROOT. Fresh Root Tincture [1:2], 30-60 drops.

MITCHELLA (Squaw Vine)

Fleeting cramps and pseudo-contractions with poor uterine tone in last trimester of pregnancy; mittelschmerz with occasional spotting; benign prostatic hypertrophy. HERB. Tincture [Fresh Plant, 1:2, Dry Plant, 1:5, 50% alcohol], 1/2 to 1 teaspoon to 3X a day.

MYRICA Bayberry

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alcohol] 20-60 drops to 4x a day.
CONTRA: Anti-cholinergic therapies, any active inflammations.

NEPETA Catnip

Flatulent colic, mild gastralgia with moderate inflammation, self limiting disorder...especially useful in children. FLOWERING HERB. Tincture [Fresh Herb 1:2, Recent Dry Herb 1:5, 50% alc.], 1/4 to 1 teaspoon to 3x a day.
CONTRA: Pregnancy (possibly).

***NUPHAR (Yellow Pond Lily)**

A "tonic" sedative to reproductive and genito-urinary excitability, with short cycles, heat in the ovaries or testes, all accompanied by sharp, not dull pain. Lacking any overt drug suppression, it can be used for extended lengths of time in functional reproductive excess. ROOT/RHIZOME. Fresh Root Tincture, [1:2], 10-20 drops.
CONTRA: As mentioned, not for use with deficient functions.

***OPLOPANAX (Devil's Club)**

Adult-onset, insulin-resistant diabetes in the middle-aged mesomorph with concurrent elevated lipids (adjunct to dietary changes); ginseng-like adaptogenic and limbic system modifier, especially useful tonic for adrenergic-dominant stress with dry skin/dry gut syndrome. ROOT/ROOTBARK. Tincture [Fresh Root 1:2, Dry Rootbark, 1:5, 60% alc.] 10-40 drops to 4x a day. **CONTRA:** probably in pregnancy.

***PAEONIA (Peony)**

Inflammatory pain of the ovaries, fallopian tubes, testes or seminal vesicles with physical agitation and emotional excitability; the same conditions of the bronchi...peripatetic pain and heat; insomnia and restlessness accompanying rhythmic spasms. ROOT. Tincture [Fresh Root 1:2, Dry Root, 1:5, 60% alcohol] 10-25 drops up to 4X a day.

***PANAX (Ginseng)**

Three types:

UNCURED (White), either Asian or American cultivated,
RED (cured) Chinese Kirin or Korean Red (the Shiu-chu cured from China has the same effects as uncured), and
WILD (or WOODSGROWN) AMERICAN. (Siberian "Ginseng", see Eleutherococcus).

All three types are useful in metabolic stress from limbic/hypothalamus/pituitary hyperfunction, and induce an emotional, subjective sense of well-being. All three increase anabolic functions, decreasing catabolic excess. RED roots are also hyperglycemic and hypertensive, and often contraindicated. UNCURED and WILD AMERICAN are useful for functional hypocortical conditions with adrenergic dominance, moderately reducing blood sugar, lipids and uric acid when elevated.

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drops, all to 3X a day.

NORTH AMERICAN ROOT. Tincture [1:5, 70% alcohol].

WILD ROOTS (morally objectionable), 5-10 drops.

WOODSGROWN ROOTS. 10-20 drops.

CULTIVATED ROOTS. 20-40 drops.

CULTIVATED RED ROOTS (Michigan and Wisconsin cured roots), 15-30 drops. Any other "American Red Ginseng" is a blatant fake.

LEAVES. 30-60 drops, Cold Infusion, 2-4 ounces. All above forms to 3X a day

CONTRA: Pregnancy, steroid therapy, hyperthyroid, hypercortical conditions, hypoglycemia, major pathologies/therapies. **FALLACY:** Not an aphrodisiac (whatever that is) unless from overt hypotestosteronism from non-organic cause, or extended stress.

PASSIFLORA (Passionflower)

Antispasmodic and muscle relaxant for neurogenic pain, agitation, insomnia; arterial sedative, especially in EHT in the strong, sthenic middle-aged patient. **WHOLE HERB.** Tincture [Fresh Plant 1:2, Dry Herb, 1:5, 50% alcohol] 1/2 to 1 1/2 teaspoon to 3x a day. **CONTRA:** Bradycardia, hypotension, major sedatives.

PAULLINIA (Guarana)

Anorectic for an initial week or two in weight reduction program; hangovers, migraine and depressive headaches. **SEED.** Tincture [1:5, 65% alcohol], 1/4 to 1 teaspoon to 3x a day. **CONTRA:** Same as caffeine, coffee.

PEDICULARIS (Betony, Lousewort, Elephant Head, Parrot Beak, Indian Warrior)

Joint and muscle pain, sprains with sharp muscle spasms...any condition that is aggravated by a lowered pain threshold from musculoskeletal irritability. **HERB in FLOWER.** Tincture [Fresh Plant, 1:2, Dry Plant, 1:5, 50% alcohol] 1-2 teaspoons, all to 3X a day. **NOTE:** A semi-parasitic genus, don't use Pedicularis growing on Senecio or toxic legumes.

***PEGANUM HARMALA (Syrian Rue)**

Unipolar depressive states, with similarly depressed metabolism; topically for seborrhea and tinea capitis; sometimes effective for eczema and acute psoriasis **SEEDS and ROOT.** Tincture [1:5, 60% alcohol] 10-30 drops, to 3X a day; diluted with three parts water for topical use.

CONTRA: It is quirky and unpredictable internally, working well for some, having little effect for others; if there is no perceptible benefit after several days, move on to another remedy or modality...increasing dosage above 30 drops won't help. Do not combine with prescription meds...Peganum contains a number of bioactive alkaloids, and unwanted synergies are always possible

PETROSELINUM (Parsley Root)

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***PHYTOLACCA (Poke Root)**

Poor recuperation after acute conditions in mouth, throat, with viscous secretion, congestion; lymph condition in breasts, uterus, testes; recuperation from infections where edema and poorly resolved exudate accompanies extended, post-inflamed lymphadenitis in cervical, axillary, pelvic nodes. ROOT and BERRIES. Fresh Tincture, (Root or Berries), [1:2], 2-10 drops. Dry Root Tincture [1:5, 50% alcohol] 5-15 drops, both to 3x a day. **CONTRA:** Pregnancy, and wherever serious pathologies have not been ruled out or are present; acute inflammations.

***PICRAENA (Quassia)**

Poor GI function in general, with adrenergic excess, dry mouth, poor appetite and extended transit time. DOSE: 5 - 10 drops 20 minutes before meals. To treat amebiasis and giardiasis, 30 - 60 drops to 3x a day will frequently prevent infections when traveling in areas where the protozoa are present; also pinworms. **CONTRA:** Pregnancy, can cause nausea in excess.

***PILOCARPUS (Jaborandi)**

For topical use as a stimulant to skin and hair growth, acting as a capillary dilator and moderate irritant to follicle and sebaceous functions; to stimulate hair growth, apply with fingertips to scalp before retiring. LEAVES. Tincture [1:5, 60% alcohol] **CONTRA:** Not for internal use...contains the alkaloid pilocarpine.

***PIPER METHYSTICUM (Kava Kava)**

Urethritis and cystitis with much pain on urination, and persistent, congested urethral inflammation; peptic ulcer pain that occurs predictably, such as two hours after breakfast, three hours after sleep. ROOT. Tincture [Fresh Root 1:2, Recent Dry Root 1:5, 60% alcohol] 30-90 drops to 4X a day (UTI), 15-25 drops with Anemopsis or Myrica for ulcer/ gastritis.

***PISCIDIA (Jamaica Dogwood)**

Neuralgia, neuritis, sciatica, any nerve-skeletal muscle pain causing insomnia, as well as moderate referred pain or visceral pain. TREE and ROOT BARK. Tincture [1:5, 60% alcohol] 10-90 drops to 3x a day. **USE WITH CARE.** Response is highly individual, so start with a low dose. **CONTRA:** Bradycardia, hypotension, cholinergic or parasympathetic dominance.

***PODOPHYLLUM (American Mandrake)**

Chronic digestive problems, with poor fat digestion, poor catabolism of metabolic wastes in liver and abdominal and venous and lymphatic congestion, full slightly

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Not appropriate for the aged or asthenic individual.

***POLYGALA SENEGA (Senega Snakeroot)**

Chronic bronchitis or bronchorrhea, with moist rales and copious secretions, often bordering on nausea. ROOT and HERB. Tincture [Fresh Plant 1:2, Dry Root 1:5, 65% alcohol], 10-45 drops, to 4X a day although frequent low dose is preferable. **CONTRA:** Acute inflammation, pregnancy, aged individuals with low vital signs.

POLYGONUM BISTORTA (Bistort Root)

Hemostatic and vasoconstrictor topically, as well as being bacteriostatic; mouthwash and gargle for gum and pharynx inflammation, sore throat.

POLYMNIA (American Bearsfoot, Leafcup)

Abdominal distention, pelvic congestion, sluggish digestion; enlarged spleen and/or liver from mononucleosis or viral Chronic Fatigue Syndrome. EXTERNAL: Tincture rubbed in scalp twice daily to stimulate hair growth, especially in alopecia, but to a lesser degree in early baldness. STEM and ROOT. Tincture [Fresh plant 1:2, Dry Root 1:5, 75% alcohol] 10-50 drops, to 5x a day; frequent smaller doses are preferable.

POPULUS CANDICANS (Poplar Buds, Balm of Gilead)

Bronchitis and bronchorrhea as an expectorant, for thick, intractable mucus; has both expectorant aromatics and analgesic salicylates. Topically as a counterirritant analgesic for joint and muscle pain, similar to methyl salicylate (Oil of Wintergreen) but without the potential for absorption toxicity of the latter. EARLY SPRING LEAF BUDS. Tincture [Fresh, 1:2, Dry, 1:5, 75% alcohol] 15-30 drops to 4x a day. Topically, as is or diluted with equal part rubbing alcohol. **CONTRA:** Sensitivity to salicylates, aspirin, etc.; anti-coagulant therapies, IUD's, hemopathies, kidney disease.

POPULUS TREMULOIDES (Aspen)

The same as aspirin but frequently better tolerated, since absorption is more dispersed and slower. BARK. Tincture [1:5, 50% alcohol] 30 - 60 drops to 4x a day. **CONTRA:** Except for its lesser effect on gastric mucosa, the same as the salicylates.

PROPOLIS

Topically antiseptic, counterirritant and finally analgesic; used on any skin and mouth abrasion it will irritate, induce inflammation and substantially shorten healing time, particularly in oily, moist tissues, such as on hands, face, scalp and feet. Internally it helps resolve intestinal infections such as shigella or salmonella. BEE SECRETION. Tincture [1:5, 95% alcohol] 15-25 drops in a little honey

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PRUNUS (Wild Cherry)

Any hot, dry and percussive coughing in the early stages of any bronchial disorders, especially with short, rapid breathing and rapid pulse. SUMMER or FALL BARK. Tincture [1:5, 60% alcohol, 10% glycerin] 30-90 drops, to 4X a day.

CONTRA: Respiratory or cardiovascular depression, hypotension.

PTELEA (Wafer Ash, Hop Tree)

Bitter tonic, secretory and celiac stimulant for digestive, metabolic. membrane and especially respiratory weakness of a chronic, subpathologic nature. BARK, SEEDS and LEAVES. Tincture [1:5, 65% alcohol] 10-30 drops before meals.

***PTYCHOPETALUM (Liriosma, Muirapuama, Potency Wood)**

A mild tonic to depressed basal metabolism, often exhibiting distinct (but unpredictable) sexual stimulation in both sexes...something worth a try for patients with low energy but no particular organic or emotional problems. Moderate doses for a few weeks seem to work best. BARK, RESINOUS WOOD. Tincture [1:5, 70% alcohol] 30-60 drops 2x a day. **CONTRA:** Elevated thyroid, pregnancy.

PYGEUM AFRICANUM (Prunus africana)

For benign prostatic hyperplasia and simple chronic prostatitis, with nocturnal frequency, difficult initial urination and frequent incomplete bladder evacuation; combine with Serenoa Tincture for sexual dysfunction; with Eryngium Tincture or Nettle leaf or root tea for obstinate pain on urination; with Fouquieria or Collinsonia Tinctures when there are signs of general portal and pelvic congestion, and the BPH is simply part of a syndrome. BARK. Tincture [1:5, 50% alcohol, 5% glycerin], 45-60 drops to 4X a day **NOTE:** The whole bark and its tincture are still hard to find in commerce; the European pharmaceutical preparations are easy to find in American health food stores...a far more expensive format...and GUARANTEED to "taint" it for urologists.

QUERCUS (White Oak Bark)

Topical and oral astringent, acute gastritis, and capillary fragility, accompanied by flavonoids, vitamin C. ROOT. Tincture [1:5, 50% alcohol, 10% glycerin] 30-60 drops as needed (gastritis), to 2x a day (vascular).

RHAMNUS PURSHIANA (Cascara Sagrada)

Chronic constipation without organic cause, taken on retiring for morning defecation. Best if used sporadically, combined with dietary and exercise changes, as use daily can result in dependence. AGED BARK. Tincture [1:5, 50% alcohol], 1-2

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CONTRA: Whenever a cathartic is inappropriate.

RHEUM (Rhubarb)

"Gastric irritation, with elongated, reddened tongue, nausea, vomiting; irritative diarrhea with tenderness of abdomen with pressure."

(Felter) Will benignly color the feces and urine orange. ROOT. Tincture [1:5, 50% alcohol, 10% glycerin] 15-30 drops, to 4X a day. **CONTRA:** In larger amounts a laxative like Rhamnus, its astringency can induce a rebound constipation; it is best used in smaller amounts as recommended.

RUMEX CRISPUS (Yellow Dock)

Chronic, sluggish skin disorders with poor fat digestion, ileocecal spasms and constipation or steatorrhea; dry eczema, psoriasis with dry, poorly oiled skin.

ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 50% alcohol], 30-75 drops, to 3X a day. **CONTRA:** Excess doses will be cathartic, irritative

RUSCUS ACULEATUS (Butcher's Broom)

An alpha-adrenergic vasoconstrictor, for moderate pelvic congestion, hypotonic hemorrhoids and early symptoms of leg congestion (manifesting in times of dietary or postural stress), usually combined with ascorbic acid and mixed citrus flavonoids; best used if aiding lipid digestion and portal congestion proves inadequate, and if Collinsonia and/or Hamamelis fails to improve enough.

ROOT/RHIZOME. Fresh Tincture [1:2] 30-60 drops, 3X a day. Pharmaceutical preps (European) are easier to get than the crude drug...and more reliable for simple, undifferentiated chronic venous congestion, or when a more wholistic approach is too time-consuming (read that: you're feeling lazy). **CONTRA:** Use with ANY drugs altering catecholamine metabolism, or effecting coagulation

SALVIA APIANA (White Sage)

As a gargled liquid, diluted with three parts of water, for ANY pharyngitis (it is both antimicrobial and anti-inflammatory); gastritis with fermentative, sulfurous burps; gastric hypersecretion (in cold water); a simple diaphoretic (in hot water); as an antimicrobial douche, 1 teaspoon in 8 ounces of isotonic warm water (without concern as to whether infection is candidiasis OR bacterial vaginosis) FLOWERING HERB. Tincture [Fresh, 1:2, Dry, 1:5, 50% alcohol] 30-60 drops, in hot water (diaphoretic) or cold water (tonic).

SALVIA OFFICINALIS (Sage)

As a gargle for mouth, pharyngeal, and esophageal irritation/ inflammation, accompanied by moderate gastralgia; to help decrease milk production when weaning. FLOWERING HERB. Tincture [Fresh, 1:2, Dry, 1:5, 50% alcohol] 30-60 drops, in hot water (diaphoretic) or cold water (**NOTE:**

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versicolor, however. An energetic expectorant for short-term use. ROOT. Tincture [1:5, 60% alcohol] 10-15 drops. Dilute with 2X water for tinea application. **CONTRA:** Stains the skin brick red.

SANTALUM (Sandalwood)

Subacute pyelitis and cystitis, with mucus in urine, especially in morning, and aching, heavy discomfort when urinating; "honeymoon cystitis". WOOD. Wood Tincture [1:5, 80% alcohol] 25-50 drops to 3x a day. **CONTRA:** Acute inflammation in any part of the UT, GI, or lungs.

***SCOPARIUS (Broom tops)**

A diuretic for water retention from poor cardiac function, with mild tachycardia from sympathetic, caffeine or tobacco origin, with periods in A.M. of poor cerebral blood supply, but NO organic cause. FLOWERING BRANCHES. Tincture [1:5, 50% alcohol] 20-40 drops to 4X a day. **CONTRA:** Pregnancy, hypertension hyperthyroid, or if stronger Rx is needed.

SCROPHULARIA (Figwort)

Arthritis, rheumatism, any joint inflammation with prostaglandin or adrenocortical deficiency. (a less-endangered substitute for HARPAGOPHYTUM) ROOT and HERB. Tincture [Fresh, 1:2, Dry, 1:5, 50% alcohol] 30-60 drops to 4X a day. **CONTRA:** Seems to combine well with existing anti-inflammatories, allowing a lower effective dose but with so many new such drugs, it is hard to be exact.

SCUTELLARIA (Skullcap)

Any pain, myalgia, neuralgia from spinal or peripheral nerve irritability but without organic causes; hyperfunctions of skin nerves and CNS end organs; sciatica, neuritis shingles; lessens surface irritability to acupuncture, TNS, massage and even spinal adjustments; nocturnal neuropathies, choreas, and seizures where overt drug treatment might be an excess. HERB. Tincture [Fresh Plant, 1:2, Recent Dry Plant, 1:5, 50% alcohol] 20-60 drops to 3x a day. **CONTRA:** With other drug depressants or where a stronger approach is needed; can anesthetize lips, fingers, toes.

SELENICEREUS (Cereus grandiflorus, Night-Blooming Cereus)

Palpitations, arrhythmias and tachycardias, from excessive coffee, tobacco, and recreational drug use, or simple adrenaline stress; conditions of neurologic or sympathetic stress (without organic cause) that causes rapid, thready pulse, fearfulness, and an unsettles, uncentered feeling. FRESH STEMS. Fresh Tincture [1:2], 5-15 drops (Selenicereus spp.); 10-25 drops, (Peniocereus greggii) both to 4x a day.

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tall, gangly adolescent woman. Although less emphatic than hormone therapy, this herb simply increases uterine/ovarian circulation and will often serve to trigger estrogen buildup and ovulation...a more desirable native reflex far more likely to initiate or support pituitary/hypothalamic/ovarian surges and rhythms than the more simple-minded fascism of HRT. HERB. Tincture [1:5, 50% alc.], 30-90 drops. **CONTRA:** Although this species of Senecio is virtually non-toxic, many of its relatives can be overtly hepato-toxic: be sure of your source.

***SERENOA (Saw Palmetto)**

Benign prostate irritation, with dribbling, dull ache, and no rectal symptoms; chronic, boggy urethritis, with dull ache, urgency, no culturable infectious agent. BERRIES. Tincture [Fresh Berry, 1:2, Dry Berry, 1:5, 80% alcohol] 30-90 drops to 4x a day. **CONTRA:** Nephritis, acute UTI, possibly pregnancy.

SILYBUM (Milk Thistle)

THE remedy for early stages of chronic liver problems; rehabilitation from chronic alcoholism and/or solvent contact, protecting the hepatocytes from overt damage from chemicals, fatty degeneration, acute and chronic hepatitis, and cirrhosis. SEEDS. Strong Tincture [1:3, 70% alcohol], 1/2 to 1 teaspoon, to 4X a day.

***SMILAX (Sarsaparilla)**

Moderate, subclinical cortical or gonad steroid deficiencies with poor immunologic strength and membrane regeneration; benign prostatic hypertrophy, boggy, semi-eroded cervix, both of long duration. ROOT/RHIZOME. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 60% alcohol] 30-90 drops to 3X a day...for extended use. **CONTRA:** Pregnancy, steroid therapy, gastric ulcer.

***SOLANUM DULCAMARA (Bittersweet Twigs)**

Endogenous eczema, from metabolic causes; obstinate eczema, not reactive to any more traditional measures, or other therapies have a short "honeymoon"; chronic psoriasis with distinct metabolic causes. STEMS. Tincture [Fresh Stems 1:2, Dry Stems, 1:5, 60% alcohol] 10-20 drops. This is best used in formulas. USE WITH MODERATION. **CONTRA:** Organic disease, medications with primarily systemic effects.

***STILLINGIA**

Immuno-suppression, subtle and long-standing, with history of ulcerations, mucus colitis; extended, poorly resolving infections and poor tissue repair. ROOT. Tincture [Fresh root, 1:2, Recent Dry Root, 1:5, 50% alcohol] 10-30 drops, preferably in small frequent doses. **CONTRA:** Acute disease in any form, pregnancy, cholinergic or adrenergic blocking agents; can cause depression from increased serum

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reed, raynaud's-like, caused by adrenergic or hyperglycemic discharges in the brittle and essentially feeble individual; nervous palpitations or neurotic aphonia in those of a delicate nature. ROOT. Tincture [1:5, 95% alcohol] 5-20 drops to 3X a day. **CONTRA:** Not appropriate for the strong, sthenic individual.

SWERTIA (Fraseria, American Columbo, Green Gentian)

A reliable bitter tonic, simple and devoid of side effects, taken 15 minutes before meals in a little water. ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 50% alcohol] 5-20 drops, taken just before meals.

TARAXACUM (Dandelion Root)

As an adjunct in any disorder in an anabolic stress individual with acidic, heavy urine and a tendency for sodium retention HBP, elevated blood lipids and uric acid, and a diet heavy in poor quality fats, proteins...the constitution that tends to arteriosclerosis (male), gall stones (female) in middle age. ROOT or LEAF. Tincture [Fresh Root, 1:2] 1/2 to 1 teaspoon to 4X a day...long term use.

***THUJA (Arbor Vitae, Red Cedar, Yellow Cedar)**

EXTERNAL: The full strength or diluted tincture for skin fungal infections, especially tineas in moist or oily areas. INTERNAL: A mild stimulant for innate immunity, particularly macrophage activity. HERB. Fresh Plant Tincture [1:2] for topical use; 5-15 drops in water, to 4X a day.

TRILLIUM (Beth Root)

Bronchial, uterine and kidney hypersecretion or capillary bleeding, where membranes are full and venous and lymphatic drainage is poor. WHOLE PLANT. Fresh Plant Tincture [1:2] 15-25 drops to 3X a day. **CONTRA:** Acute inflammations, organic disease, overt pathology.

TRITICUM (Couch Grass, Agropyron)

Any acute irritation of the urinary tract or kidneys, with referred pain along flanks, pain on urination; soothing, not disinfectant. RHIZOME/STEMS. Tincture [1:5, 50% alcohol] 30-60 drops to 5X a day.

***TURNERA (Damiana)**

Nervous depression, with poor appetite, sluggish in AM, anxious in PM and vague recurring genito-urinary symptoms with probable emotional/neurologic cause. FLOWERING HERB. Fresh Plant Tincture [1:2] 20-30 drops. Dry Plant Tincture (inferior) [1:5, 60% alcohol] 30-60 drops, all to 3X a day. **CONTRA:** Overt pathology, inflammation, pregnancy.

TUSSILAGO FARFARA (Coltsfoot)

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Headache from trigeminal neuralgia; cervical-occipital headache, with pain behind eyeball; any neuralgic headache with pain on touch. LEAF. Tincture [Fresh Leaf, 1:2, Recent Dry Leaf, 1:5, 65% alcohol] 10-20 drops to 3X a day, or inhaled from a saturated cotton ball. **CONTRA:** Excess inhalation of aromatics may CAUSE headache.

***USTILAGO (Corn Smut)**

Chronic extended and painful menses. This is a tonic stimulant to uterine and fallopian mucosa, increasing vascular tone and diminishing both blood supply AND secretions; whereas GOSSYPIUM relies upon amplifying native oxytocin, Ustilago mimics some of its vascular effects when there IS no oxytocin...a safe low-impact analog to Ergot, virtually devoid of toxicity within recommended doses. FUNGUS. Fresh Fungus Tincture [1:5] 10-40 drops to 3X a day. **USE WITH CARE.**

CONTRA: Pregnancy; vascular disorders; high blood pressure; organic reproductive disease

VACCINIUM (Blueberry, Huckleberry)

Mild UTI disinfectant for alkaline pH infections; mild glycosuria, phosphaturia, proteinuria without distinct pathology. LEAVES. Tincture [Fresh Leaf, 1:2, Recent Dry Leaf, 1:5, 50% alcohol] 25-40 drops to 2x a day. **CONTRA:** May interfere with glycosuria testing in diabetes. For juvenile, insulin-dependent diabetes, the tea is preferable. **NOTE:** This is NOT the format for the use of Vaccinium in IDDM...the tea is.

VALERIANA (Valerian)

Insomnia, hysteria, skeletal muscle spasms, hypertonicities, neuralgias and pain-induced irritability, in those with vascular and pulmonary deficiency of constitutional nature. PLANT. Tincture [Fresh Whole Plant 1:2, Dry Root, 1:5, 70% alcohol], 30-90 drops, to 3X a day. **CONTRA:** Sthenic, excessive individuals with strong cerebral or pulmonary circulation; can become depressing, like bromides, with constant use.

***VERATRUM (False Hellebore, "Skunk Cabbage", Green Hellebore)**

Fever with bloodshot eyes (not conjunctivitis), strong, bounding pulse, sufficient to cause the person discomfort lying on stomach, and sufficient cerebral hyperemia to interfere with sleep; "brain fever" as might be described in an Edgar Allen Poe diatribe; all the previous in a sthenic mesomorph. The Village Smithy Syndrome. ROOT. Tincture [1:10, 95% alcohol] 3-10 drops to 3X a day. **CONTRA:** A strong cardiovascular depressant, use VERY carefully, and only in these low doses for this limited range of symptoms. In this context, however, a very safe medicine. It need repeating as it wears off, usually every four hours.

VERBASCUM (Mullein)

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stages of simple viral infections.
FLOWERING HERB. Tincture [1:5, 60% alcohol]
30-90 drops, to 4X a day.

CONTRA: pregnancy, liver disease,
hypotension, other depressants.

VIBURNUM OPULUS (Cramp Bark)

Dysmenorrhea and other uterine pain with
clonic, rhythmic cramps, intestinal or
rectal cramps, referred thigh and leg sacral
dermatomes; threatened miscarriages
with similar symptoms. ROOTBARK and BARK.
Tincture [1:5, 50% alcohol] 30-90 drops as
needed.

VIBURNUM PRUNIFOLIUM (Black Haw)

Dysmenorrhea and other uterine pain, with
colicky, irritable pain, more lumbar and
pelvic than the above. Otherwise, the same in
dose and use.

***VINCA MAJOR (Periwinkle)**

As a hemostatic in menorrhagia, metrorrhagia
and rectal lesions; mixed with five
parts glycerin, the tincture can be applied
topically to hemorrhoids.
HERB. Tincture [Fresh Herb 1:2, Dry Herb,
1:5, 50% alcohol] 20-40 drops to 3x a
day. **CONTRA:** Pregnancy, constipation, anti-
cholinergics.

***VISCUM ALBUM (European Mistletoe)**

A reliable hypotensive in HBP, with
hypertension headaches, bloodshot eyes and
pounding temples; kidney-induced
hypertension, with arterial constriction and
rapid heartbeat. HERB. Tincture [1:5, 50%
alcohol] 15-30 drops to 3x a day.
CONTRA: Pregnancy, depressants, and where
stronger therapies are indicated.

***VITEX AGNUS-CASTUS (Chaste Tree Berries,
Monk Peppers)**

For any progesterone-deficient syndromes, or,
as it seems to stimulate the
synthesis by the hypothalamus of luteinizing-
hormone-releasing-hormone, it can
help stimulate corpus-luteum maturity, and,
in males with deficient testosterone
levels, elevate them, or, if excessive,
decrease them. A basic PMS medicine for
women with cycles longer than 28 days. SEEDS.
Tincture [1:5, 65% alcohol] 45-60 drops in
AM. **CONTRA:** Hormone therapy, pregnancy
(probably). A subtle group of mechanisms at
best, discontinue if Vitex aggravates the
problem.

XANTHOXYLUM (Prickly Ash Bark, Berries)

Poor peripheral circulation and cold hands,
feet; Raynaud's Syndrome, with
Scutellaria; poor mesenteric, pelvic
circulation causing weak digestive fire, chi
(berries). Poor cerebral circulation from
arteriosclerosis with intellect and
memory lapse. BARK/BERRIES. Tincture [1:5,
65% alcohol] 10-25 drops to 3x a day (bark),
5-15 drops (berries).

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INDEX OF ALTERNATIVE NAMES

 All upper case names represent the primary listings in the main text.

Acanthopanax - ELEUTHEROCOCCUS
 Aconite - ACONITUM
 Actea arguta - ACTEA RUBRA
 African Bird Pepper - CAPSICUM
 Agothasma - BAROSMA
 Agropyron - TRITICUM
 Alum Root - GERANIUM
 Antelope Horns - ASCLEPIAS ASPERULA
 Arbor Vitae - THUJA
 Arnica - ARNICA
 Mexican - HETEROTHECA
 Ash, Prickly - XANTHOXYLUM
 Wafer - PTELEA
 Aspen - POPULUS TREMULOIDES
 Balm of Gilead - POPULUS CANDICANS
 Balmony - CHELONE
 Balsam Root - BALSAMORHIZA
 Baneberry - ACTEA RUBRA
 Barberry - BERBERIS
 Bayberry - MYRICA
 Bearberry - ARCTOSTAPHYLOS UVA-URSI
 Bearsfoot - POLYMNIA
 Benzoin - STYRAX BENZOIN
 Berberis aquifolium - MAHONIA
 Bethroot - TRILLIUM
 Betony - PEDICULARIS
 Biscuit Root - LOMATIUM
 Bishops's Weed - AMMI VISNAGA
 Bistort - POLYGONUM BISTORTA
 Bittersweet - SOLANUM DULCAMARA
 Bittersweet Twigs - SOLANUM DULCAMARA
 Black Cohosh - CIMICIFUGA
 Haw - VIBURNUM
 Root - LEPTANDRA
 Sampson - ECHINACEA ANGUSTIFOLIA
 Black Walnut - JUGLANS MAJOR
 Bladderwrack - FUCUS
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 Blueberry - VACCINIUM
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 Vervain - VERBENA
 Bogbean - MENYANTHES
 Broom Tops - SCOPARIUS
 Butcher's - RUSCUS ACULEATUS
 Bryony - BRYONIA
 Buchu - BAROSMA
 Buckbean - MENYANTHES
 Buckthorn - FRANGULA
 Bugleweed - LYCOPUS
 Bull Nettle - SOLANUM CAROLINENSE
 Burdock - ARCTIUM
 Burning Bush - EUONYMUS
 Bursage - AMBROSIA
 Butcher's Broom - RUSCUS ACULEATUS



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Poppy - ESCHSCHOLTZIA CALIFORNICA
 Camphor Weed - HETEROTHECA
 Canadian Hemp - APOCYNUM
 Snakeroot - ASARUM
 Canela - CINNAMOMUM
 Cascara Sagrada - RHAMNUS PURSHIANA
 Catnip - NEPETA
 Cayenne - CAPSICUM
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 Gravel Root - EUPATORIUM PURPUREUM
 Ground Ivy - GLECHOMA
 Guarana - PAULLINIA
 Gumweed - GRINDELIA
 Hawthorn - CRATAEGUS

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Horehound - MARRUBIUM
 Water - LYCOPUS
 Horsetail - EQUISETUM
 Huckleberry - VACCINIUM
 Hydrocotyle - CENTELLA
 Hyssop - HYSSOPUS
 Indian Root - ARISTOLOCHIA WATSONII
 Warrior - PEDICULARIS
 Indigo, Wild - BAPTISIA
 Immortal - ASCLEPIAS ASPERULA
 Jabin - PISCIDIA
 Jaborandi - PILOCARPUS
 Jack-In-The-Pulpit - ARISAEMA
 Jamaica Dogwood - PISCIDIA
 Jasmine, Yellow - GELSEMIUM
 Jatamansi - SUMBUL
 Jersey Tree - CEANOTHUS
 Juniper - JUNIPERUS
 Kava Kava - PIPER METHYSTICUM
 Khella - AMMI VISNAGA
 Kinnikinnik - ARCTOSTAPHYLOS UVA-URSI
 Kola - COLA
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 Lappa - ARCTIUM
 Larkspur - DELPHINIUM
 Laurel, California - UMBELLULARIA
 Leafcup - POLYMNIA
 Leptotaenia - LOMATIUM
 Licorice - GLYCYRRHIZA
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 Lignum Vitae - GUAIACUM
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 Maturique - CACALIA
 May Apple - PODOPHYLLUM
 Meadowsweet - FILIPENDULA
 Milfoil - ACHILLEA
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 Spider - ASCLEPIAS ASPERULA
 Mistletoe - VISCUM
 Monkshood - ACONITUM
 Monks Pepper - VITEX AGNUS-CASTUS
 Moonseed - MENISPERMUM
 Motherwort - LEONURUS
 Mountain Laurel - KALMIA
 Mugwort - ARTEMISIA VULGARIS
 Muirapuama - PTYCHOPETALUM
 Mullein - VERBASCUM
 Musk Root - SUMBUL
 Myrrh - COMMIPHORA
 Nepeta hederacea - GLECHOMA
 Nerve Root - CYPRIPEDIUM
 New Jersey Tea - CEANOTHUS
 Night-Blooming Cereus - SELENICEREUS
 Oak - QUERCUS
 Oats - AVENA
 Ocotillo - FOUQUIERIA
 Ohio Buckeye - AESCULUS GLABRA
 Parrot's Beak - PEDICULARIS
 Parsley - PETROSELINUM
 Pasque Flower - ANEMONE HIRSUTISSIMA

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Piper cubeba - CUBEBA
 Pipsissewa - CHIMAPHILA
 Pleurisy Root - ASCLEPIAS TUBEROSA
 Plumajillo - ACHILLEA
 Poke Root - PHYTOLACCA
 Pomegranate - GRANATUM
 Poplar Buds - POPULUS CANDICANS
 Poppy, California - ESCHSCHOLTZIA CALIFORNICA
 Prickly Ash - XANTHOXYLUM
 Prunus africana - PYGEUM AFRICANUM
 Pulsatilla - ANEMONE HIRSTUTISSIMA
 Quassia - PICRAENA
 Queen of the Meadow - EUPATORIUM PURPUREUM
 Quinine Bush - GARRYA
 Ragweed - AMBROSIA
 Raiz del Indio - ARISTOLOCHIA WATSONII
 Rattlesnake Master - ERYNGIUM YUCCAFOLIUM
 Red Cedar - THUJA
 Root - CEANOTHUS
 Rhatany - KRAMERIA
 Rhubarb - RHEUM
 Rock Rose - CISTUS
 Rock Rose - HELIANTHEMUM
 Rue, Syrian - PEGANUM HARMALA
 Sabal - SERENOA
 Sage - SALVIA
 White - SALVIA APIANA
 Sandalwood - SANTALUM
 Sarsaparilla - SMILAX
 Saw Palmetto - SERENOA
 Scouring Rush - EQUISETUM
 Senega Snakeroot-POLYGALA
 Serpentaria - ARISTOLOCHIA SERPENTARIA
 Seven Barks - HYDRANGEA
 Shavegrass - EQUISETUM
 Shepherd's Purse - CAPSELLA
 Silk Tassel - GARRYA
 Skullcap - SCUTELLARIA
 Skunk Cabbage - DRACONTIUM
 Western - LYSICHITON AMERICANUM
 Snakeroot, Button - ERYNGIUM YUCCAFOLIUM
 Canadian - ASARUM
 Kansas - ECHINACEA ANGUSTIFOLIA
 Senega - POLYGALA
 Virginia - ARISTOLOCHIA SERPENTARIA
 Spikenard - ARALIA RACEMOSA
 Spiraea - FILIPENDULA
 Squaw Vine - MITCHELLA
 Squaw Weed - SENECEO AUREUS
 St. John's Wort - HYPERICUM
 Star Grass - ALETRIS
 Stavesacre - DELPHINIUM
 Stinkasant - ASAFETIDA
 Stone Root - COLLINSONIA
 Stream Helleborine - EPIPACTIS
 Stream Orchid - EPIPACTIS
 Sundew - DROSER
 Sweet Flag - ACORUS CALAMUS
 Symplocarpus - DRACONTIUM
 Syrian Rue - PEGANUM HARMALA
 Tang Kwei - ANGELICA SINENSIS
 Telegraph Weed - HETEROTHECA
 Thlaspi - CAPSELLA
 Toadflax - LINARIA
 Tobacco, Indian - LOBELIA
 Torote - BURSERIA MICROPHYLLA
 Unicorn Root - CHAMAELIRIUM
 False - ALETRIS (also called "True")
 Uva Ursi - ARCTOSTAPHYLOS UVA-URSI
 Veronicastrum - LEPTANDRA
 Vervain - VERBENA

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Wild Ginger - ASARUM
 Indigo - BAPTISIA
 Yam - DIOSCOREA
 Witch Hazel - HAMAMELIS
 Wolf Berry - LYCIUM PALLIDUM
 Yarrow - ACHILLEA
 Yellow Cedar - THUJA
 Dock - RUMEX CRISPUS
 Jasmine - GELSEMIUM
 Parilla - MENISPERMUM
 Pond Lily - NUPHAR
 Yerba del Sapo - AMBROSIA
 Yerba Mansa - ANEMOPSIS
 Yerba Santa - ERIODICTYON
 Yohimbe - CORYNANTHE

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Calculation of Doses for Children

Young's Rule = expression used to determine a drug dosage for children. The correct dosage is calculated by dividing the child's age by an amount equal to the child's age plus 12 and then multiplying by the usual adult dose.

Formula:

$$\text{Adult Dose} * (\text{Age} \div (\text{Age} + 12)) = \text{Child's Dose}$$

Example:

If the drug dose for an adult is 750 mg, how much should a 10 year old child receive?

$$\text{Adult Dose} * (\text{Age} \div (\text{Age} + 12)) = \text{Child's Dose}$$

$$750 \text{ mg} * (10 \div (10 + 12)) = \text{Child's Dose}$$

$$750 \text{ mg} * (10 \div 22) = \text{Child's Dose}$$

$$750 \text{ mg} * 0.4545 = \text{Child's Dose}$$

$$340.91 \text{ mg} = \text{Child's Dose}$$

Clark's Rule = expression used to determine a drug dosage for children. The procedure is to take the child's weight in pounds, divide by 150 lb, and multiply the fractional result by the adult dose to find the equivalent child dosage.

Formula:

$$\text{Adult Dose} * (\text{Child's Weight in pounds} \div 150) = \text{Child's Dose}$$

Note: Child's weight must be in lbs and not kg

Example:

If the drug dose for an adult is 750 mg, how much should a 50 lb child receive?

$$\text{Adult Dose} * (\text{Child's Weight in pounds} \div 150) = \text{Child's Dose}$$

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