

HERBAL REMEDIES, RECIPES AND DISPENSATORY

LYOTANKA SIOUX

2

HERBALISM ENCYCLOPEDIA

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NATIVE
AMERICAN
Herbalism
BIBLE 2 BOOKS IN 1

HERBALISM ENCYCLOPEDIA & HERBAL
REMEDIES, RECIPES AND DISPENSATORY.
A MODERN GUIDE ON TRADITIONAL NATIVE
AMERICAN HERBAL MEDICINE

NATIVE AMERICAN HERBALISM BIBLE

3 BOOKS IN 1

herbal remedies & herbalism encyclopedia, recipes and
dispensatory. a complete field book with theory and
practice

Lyotanka Sioux

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HERBAL REMEDIES AND RECIPES

INTRODUCTION

Herbal remedies relieve pain and help the body heal itself naturally. If you are suffering from a medical condition, there are a variety of herbal remedies that can safely relieve your pain without any harmful side effects.

The best part about herbal remedies is that they are made with only organic ingredients. They don't contain any chemicals or pharmaceuticals. Herbal remedies use natural cures instead of chemicals or prescription medications to treat your medical conditions.

Much like people today are using herbal remedies for many different health conditions, ancient people used herbal remedies to cure illnesses and cure ailments. In fact, in ancient societies, it was common to find remedies for illnesses that were made with natural plants and plants extracts.

The most common herb used for treating ailments and curing ills is called "Echinacea". Echinacea is a type of plant known as a "purple coneflower". It is considered a very modern-day herbal remedy because it was found and documented by George Washington, the first President of the United States of America. Echinacea has been used by most cultures around the world for thousands of years. In fact, Native Americans have been using it for at least 1,000 years for different ailments. There are various other herbal remedies and recipes for different ailments today also.

So often, we are bombarded with advertising that promises our bodies will be younger, thinner, and fitter. We are told that modern medicine can treat most ailments. Despite this, many of us still turn to the simple and natural world of herbs to help us feel better and live longer.

Herbal remedies are not only good for your body, but they are also great for your mind too. Herbal remedies have been used throughout history for a variety of ailments such as pain relief and healing. Today, people use herbal remedies to help with fatigue, insomnia, nausea, and more.

Herbal remedies can help you feel better in many ways. Using herbal remedies and recipes can give you a calming and peaceful feeling as well as improve your overall health and well-being. Since they are so popular today, it is wise to

consider using them at least once or twice a week to reap the benefits. The beauty of herbal remedies and recipes is that you can tailor them to suit your individual needs. When taking herbs, you can lower or increase the dosage depending on what you need. You should always consult a doctor before you start using herbs, but you can rely on herbal recipes to deliver the right results.

Herbal remedies are made with natural substances that stimulate the body's natural healing abilities. For example, the medical properties of garlic are widely known. Garlic has been used as a treatment for many ailments for thousands of years. It is considered an antiseptic, antibacterial, antitumor agent, antiviral agent, and immune-stimulating agent.

Herbal remedies and recipes are a great tool for anyone who wants to help themselves feel better. Herbal remedies and recipes are able to do this without the use of any chemicals or medications.

One of the main reasons why people turn to herbal remedies and recipes is because they make their health so much better. Herbal remedies and recipes have been used by women for centuries in order to provide women with a way to heal their bodies naturally.

Today, herbal remedies are one of the most popular ways for people to maintain good health. The use of herbal remedies can be useful when you want to maintain or improve your overall health.

Herbal remedies come in all sorts of forms, including pills, teas, and powders. Many people choose to drink herbal remedies as teas or add them to water for greater benefits. Herbal remedies are often combined with other natural ingredients like honey or lemon juice to increase their potency even further.

Herbal remedies are a huge part of the world, and they have been since ancient times. While there are many different types of herbal remedies, some of the most commonly used are those that contain Echinacea, St. John's Wort, Ginseng and Feverfew.

Advantages of using herbal remedies include: many do not require any prescription or doctor's approval as they are natural alternatives to many common ailments; they usually have no side effects or harmful effects; they are available at low cost; they are in a closed package to keep them fresher longer. There are a large number of herbal remedies that help with many different maladies including colds, sore throats, toothaches, stomach aches and more!

A BRIEF OVERVIEW

Herbal remedies are very useful, but you need to be careful because not every herb is safe to ingest. Some herbs can only be used topically. However, herbal remedies actually are tried and true. Many people find them helpful in their everyday life when they want an alternative to over-the-counter medication or prescription drugs. Though, you always need to make sure that you understand the safety involved, and always contact your doctor to tell them if you start an herbal remedy on a daily basis to prevent drug interactions and side effects.

What to Keep On Hand

Herbal remedies are a great way to treat various ailments, but you'll also need a few other things on hand to make sure you have everything needed to use them.

Herbal Teas: A lot of remedies need to be ingested, but be careful because not everyone is safe to ingest. However, for those that need to be put into your drink, keeping a variety of herbal teas on hand is important. Make sure that you like the flavors, and try to pick some that will mask the taste of whatever you add into it.

A Dropper: You'll want to measure out the oils you want, as some herbs are toxic in high doses. Always make sure that you're using diluted oils and extracts. Keeping a dropper on hand is always recommended.

Airtight Containers: Airtight containers are going to be needed to keep out anything that could ruin your herbs. You'll also want to keep them in a dark place, and it's a great place to store even the oils and teas.

Always Stick to Measurements

It's important to remember that some herbs are toxic in high doses. This includes herbs that are in supplement form. Always read on the supplement bottle to be sure that you have the right dosage for your size and age. If you are unsure what the right amount is, contact a medical professional before taking herbs.

Always make sure that the herbs you use are nontoxic to digest unless you are using them topically. However, if you are going to apply them topically, you'll need to make sure that these are not toxic to apply to the skin either.

Measurements are going to be extremely important when it comes to herbal remedies.

How to Store Herbs, Teas & Oils

There are a few ways to keep herbs, teas, and oils to make sure that they're safe to keep in your home and use for your herbal remedies.

Keep it out of the light. Light can dilute or ruin herbs, oils, and teas. So make sure it is kept in a dark and cool place, as hot temperature can also cause some issues.

Keep it in an airtight container to make sure that nothing gets into the oil, herb, or tea. This will make sure that it's still potent and useful.

Keep it out of the reach of children, as most herbal remedies are not safe to give to children.

Knowing When to Seek Help

Always know when to seek professional help. Not every herb is safe to digest, and if you digest a toxic herb make sure that you contact a medical professional immediately. If you have any problems with side effects or feeling uneasy in any manner, contact a medical professional. Always follow your gut instinct if you feel something is wrong, but also make sure that you contact a medical professional with any questions you have to begin with.

Things to Consider in Using Medicinal herbs

The use of medicinal herbs is on the rise in the world today. There are many advantages of the use of such herbs since they are less expensive than other medications, and also have a natural effect. However, users may need to know some considerations prior to using them. One thing that people need to consider before taking medicinal herbs is if they are allergic to a certain herb or not. Many herbs that have been used for years will cause allergies, especially to those people who have never used them before. The best way for people who are allergic to an herb should be aware which herb causes their allergies so that they can avoid it in the future.

Another thing that people need to consider before they use medicinal herbs is the herb's side effects. Though medicinal herbs are less likely to cause any serious

side effects, some users may still experience it. Any time a user is taking a product or herb for the first time, they need to be aware of the possible reactions they may have after taking it.

The next thing that people need to consider when using medicinal herbs is if they are pregnant or not. This is because some herbal remedies may cause harm to fetuses. Some herbs increase blood pressure and so should not be used by pregnant women with high blood pressure.

The next thing that people need to consider is taking the herbs on a regular basis. Though most users of medicinal herbs do not have to take them daily all of the time, it is advisable for people to take them daily at least once. Many doctors also recommend that medications should be taken at least three days before a planned surgery. This is because medicines for surgeries have been known to cause harm and complications if they are taken after a surgery.

Lastly, one of the things that people may have to consider when using medicinal herbs is how many products or supplements they want to consume at one time. This is because some ingredients that are found in herbal remedies will react negatively with other herbs, which may cause bad reactions. For example, St. John's Wort will cause harm if taken with some of the ingredients in birth control pills.

COMMON PROBLEMS

Many people take herbs and other herbal remedies to fight various ailments. At Common Problems when using herbal remedies, we know that not all herbal remedies are effective, and that some can be downright dangerous.

Herbal remedies can interact with prescription and over-the-counter medications. One of the most common problems is that they can interact with blood thinners, which make the herb more dangerous. Herbal remedies can also interfere with the liver and your ability to metabolize certain drugs.

If you need help understanding what a particular herb does to your body before deciding to use it, you should consult your physician before deciding to use herbs or other "herbal remedies" for your health.

Herbal medicines are drugs that are derived from plants. There has been a long history of using these medicines for the treatment of various illnesses. This is because in traditional herbal medicine, the plants being used have been found to have healing powers. In some cases, people prefer herbal medicines over standard treatments because herbal medications do not have the same side effects as drugs or antibiotics produced in laboratories and sold under a brand name. Herbal remedies are still popular today because they provide an alternative to the expensive drugs that doctors prescribe often without much thought.

However, there are also problems when using herbal medicines. These include the fact that they can cause allergic reactions and side effects. Another disadvantage is that not all types of plants have the same healing powers, and the one you choose may not work well for you. Once you have chosen an herb that works well for you, it will be hard to forget it in other cases. Also, because some herbs are bitter-tasting on their own or when mixed with other liquids, they must be given by mouth in a pill or capsule form. If taken by mouth, some herbs can cause digestive problems such as nausea and diarrhea.

Another major problem of using herbal medications is the fact that they do not always work. This means that you may have to wait longer for relief than you would if you used a drug or antibiotic. You should also expect some herbs to

make your symptoms worse before they have a chance to improve them. This can be frustrating, especially if you are in a lot of pain and cannot get relief soon enough. In extreme cases, taking an herbal medication can even kill you, but this is very uncommon in the United States today because the government regulates these products quite strictly.

Herbal Remedies Side Effects

Herbal remedies have been utilized for centuries as a natural alternative to conventional medicines. However, if not properly utilized, herbal remedies can cause adverse reactions or side effects including:

Allergic Reactions– Individuals with known allergic reactions to certain herbs should avoid taking them. Allergic reactions may include itchy skin, swelling of the mouth or throat, difficulty breathing, and even death.

Juice from aloe vera plants can irritate the mouths and throats of individuals who are allergic to latex.

The Seminole Indians in Florida once used a tea made from certain varieties of the cassina plant (which contains the toxic alkaloid tannin) to induce vomiting as a form of self-treatment for an ingested poison. However, if used at high doses, this plant can cause death due to severe dehydration.

Alteration of Prescription Medication's Effects– Certain herbs have been found to either decrease or increase the effectiveness of certain prescription medications. For example: The herb kava has been found to reduce the effectiveness of depression medication known as MAOIs (monamine oxidase inhibitors). Mixing St. John's wort with certain antidepressants such as venlafaxine or duloxetine can increase the risk of serotonin syndrome, a potentially fatal condition.

In a 2005 study, kava reduced the effectiveness of MAOIs by 84%, but did not affect the effectiveness of SSRIs (selective serotonin reuptake inhibitors), which are commonly used to treat depression. In a 2006 study, St. John's wort had no effect on the effectiveness of antidepressants. An updated review published in April 2014 confirmed that St. John's wort has no effect on SSRIs.

Interaction with Prescription Medications– [Information correct as of January 2015]

The herb milk thistle can reduce the absorption of certain medications, including blood thinners and anti-seizure medication. At high doses, it can increase the risk of bleeding.

The herb ginkgo (which contains high levels of ginkgo alkaloids) can decrease the effectiveness of some medications. However, there is only preliminary evidence that ginkgo has this effect.

A 2009 review determined that St John's wort has no effect on regular aspirin or ibuprofen but may decrease warfarin or clopidogrel interference by 75%. A 2012 review confirmed these results.

Warning before Self-Treating with Natural Remedies– [Information correct as of January 2015]

In 2006, researchers warned that individuals with heart disease should not use feverfew to treat migraine headaches due to concerns over the herb's potential blood pressure lowering effects.

Some studies suggest that certain herbs may slow blood clotting. Therefore, individuals taking blood thinners (e.g., warfarin), aspirin or other medications should discuss any natural remedy with their doctor before using them on their own.

Other Side Effects– In addition to those listed above; there are other potential side effects of using herbal remedies due to the lack of testing that has been done on them. These potential side effects include:

- Burning sensation in the throat and mouth when drinking peppermint tea. This is due to non-steroidal anti-inflammatory compounds in the tea. These side effects should disappear shortly after discontinuing use of the herb.
- Severe, life-threatening lung inflammation in individuals without previously experiencing lung problems who consume a lot of licorice over a long time period.

Disadvantages of Using Herbal medicines

Herbal medicines, also known as herbal remedies, phytomedicines, herbal supplements and botanicals are a part of alternative medicine that includes plants and plant extracts. Alternative medicine is used in place of conventional medicine in the treatment of health problems. Herbal medicines are often used as

an adjunct therapy, or to promote general health and well-being.

Herbal medicines have been used since ancient times; they were discovered during the ancient Egyptian, Greek and Roman periods. Some people have said that the use of herbal remedies dates back even further; to the early Chinese culture. While this claim has not been proven definitively it does seem likely that herbs were used for medicinal purposes by these cultures.

The following are 3 disadvantages of using herbal medicines;

1. Lack of scientific study and evidence

The FDA has not evaluated the efficacy or safety of most herbal remedies, so they do not know if they are safe or if they work. This means that the benefits of any herbal remedy cannot be fully trusted. While some herbal remedies have been shown in scientific studies to have medical benefits, it is difficult to know when taking a particular herbal remedy will help your condition and when it will not do anything at all.

2. Side effects and drug interactions

Many herbs interact with other medications including prescription medications in serious ways. Herbal treatments that contain herbs like St. John's wort, for example, may cause serious side effects when taken with some common medications like the blood pressure medication drugs.

3. Manufacturing practices may affect quality and safety of the product

The manufacturing processes can greatly affect the quality and safety of the product. How different plants are processed can make a big difference in how they are used to treat conditions. Processing methods such as drying, crushing, hulling, botanicals extraction or infusions can greatly affect how herbs will behave in their intended way.

Herbs are often processed in a way that does not allow the material to maintain potency. Some herbs lose their potency when dried, which is a common practice. How the product is stored can also greatly affect its quality and safety.

Herbs should be produced using sanitary conditions and good manufacturing

practices (GMPs). Unfortunately, this cannot always be guaranteed when manufacturers and sellers of herbal remedies do not follow GMPs or if they do not have the equipment to test their herbal products for purity.

HOW HERBS WORK

Herbs have been in use since prehistoric periods. Ancient Greeks and Romans crowned their emperors with laurel and dill. The Romans also make use of dill to cleanse the air: Hippocrates, the famous Greek physician, itemized about four hundred herbs commonly in use in the 5th century. About 65 A.D., a Greek physician (called Pedanius Dioscorides) serving with the Roman warriors, wrote “De Materia Medica” where he described the medicinal values of several herbs. Up till today, it’s regarded as one the most prominent herbal books.

In the Middle Ages, people used herbs to preserve meat and also to cover the decaying taste of meals that could not be refrigerated. They also used herbs to neutralize the odors of the people who don’t bathe regularly. These periods were unfavorable to the evolution of herbs in medicine. The Catholic Church started killing herbalists as they were associated with both paganism and witchcraft. Most of the early settlers cultivated herbs for their medicinal properties and for seasoning their food. Indian American often used of herbs for dyeing and tanning leather.

Three major medicinal herbs traditions derived from the use of herbs in prehistory age

1. Western

Based on Roman and Greek sources, The Romans and Greeks hypothesized that four humors pervaded the body and that these liquids and their relations affected the health. Every single fluid – phlegm, blood, yellow bile, and black bile – was linked with one of the similar 4 nature's elements respectively – water, fire, earth, and air. Greco-Roman civilization, this medical philosophy was passed on to the European countries where it passed on through the middle Ages. And it began gaining approval in the renaissance period.

Back in the days of the Roman Empire, the only available medications were predominantly herbs and other natural therapies. Though patients could consult physicians, commonly health care began with treatment devised by the household’s heads. They would treat members of the family and servants with concoctions such as wine or vinegar for wounds disinfection. Puppy juice, mixed

with the yolk of an egg and eggshell ash, was dysentery “remedy”. Roman physicians and surgeons used henbane seeds (scopolamine) and extracts of opium (morphine) as a painkiller.

Evidently, there have been changes on the concept of illnesses over the times. While Galen, the Greek physician used buckthorn (*Rhamnus frangula*) to protect patients against demons and witches in the second century, nowadays Buckthorn is most commonly used as a laxative. Consequently, the application might have changed; numerous herbal medicines are still in use. For instance, anise was used by Hippocrates to treat coughs, even up till the present time the treatment still in existence.

2. Ayurvedic

Ayurveda or Ayurvedic medicine (from India), is a holistic approach to therapy that was initiated in India about 1500 B.C. It emphasizes that an individual’s well-being is the consequence of a natural balance and that the occurrence of illness is a result of imbalance. Natural remedies and herbs are to reinstate balance.

3. Traditional Chinese

Traditional Chinese Medicine (TCM), dating back about two thousand to three thousand years, is based on a belief that your well-being is the consequence of constant battling between opposing forces (yang and yin). If these forces are an imbalance, you fall sick. When they are in balance, you will be in good health condition. Therapies are aimed to stimulate the body’s curing machinery and include, among other things, herbal medicines and moxibustion (burning herbs near skin). The United State National Library of Medicine embraces about two thousand volumes of Chinese medical classics.

While most of our modern herbal medicines derived from the Greek, Roman, Chinese, and Ayurvedic sources all ancient civilizations, comprising the Egyptian, Aztecs, and Mayans adopted herbs in treating illnesses, for instance, an Egyptian housewife that had a sore throat would treat it by gargling with a combination of vinegar and garlic. It would give her an additional benefit of minty fresh breath.

Benefits of Growing Medicinal Plants

Growing medicinal plants provide numerous benefits to humans, plants and the

environments, the following are some the benefits of growing medicinal plants in your garden.

- **Herbal medicinal as foods**

As earlier mentioned, most of the plants we have come to depend on for food also has medicinal values. The food part in some cases differing from the therapeutic part – for instance, it's often the blackberry root bark that is being used for medicinal purposes. But in most cases, it's the edible part of the plants that we consume as food, balancing and toning the body while adding spices to our meals, like peppermint, ginger, fennel, and cayenne (a common digestive and circulatory system tonic). We ought to integrate such herbs more regularly into our diets and discover their use in a more formal way when the need arises. For example, we could make an infusion of fennel to stimulate appetite or digestion, or to treat colic.

- **Herbs could be used to prepare other foods with medicinal effects.**

During the ancient periods, a variety of herbal plants – berries, elderflowers, St. John's wort, licorice, wintergreen, ginger, and yarrow were used to flavor and preserve ales and beers. Vegetable oils and vinegar can be infused with herbs such as cayenne, garlic, and rosemary, and served on salad and other meals to improve our health. Mead, a fermented drink made from honey, has its medicinal values, but could also be prepared with herbs like heather to boost its medicinal richness.

- **Herbs to Boost Insect Diversity**

Experienced homesteaders are aware that the solution to managing insects isn't a process for killing them, but allowing even more insect diversity, mainly by growing plants flower all through the growing seasons. Numerous common herbal medicines – such as Echinacea, yarrow, calendula, fennel, peppermint, and chamomile – are flowering plants, and also have the value of providing food and shelter to the beneficiaries. Growing of flowering plants and herbs are more effective at boosting our insect allies when integrated with the crops to be protected, instead of planting them separately.

- **Herbs as fertility plants**

Clever homesteaders are also aware that we can grow more of our soil fertility. Fortunately enough, a number of the best fertility plants also possess medicinal

properties. Comfrey – used for healing broken bones and wounds - and nettle are rich in protein and could be used to “spark” a compost heap or as nutritive mulches. Yellow dock and dandelion are deep-rooted active collectors that mine mineral deposits from the sub-soil and offering them to more shallow-rooted crops

- **Herbs as fodder crops**

A large number of medicinal herbs and plants perform dual functions of providing dried fodder or fresh green for our livestock. I discovered that yellow dock and dandelion remain green deeper into winter’s cold than other forage plants – I dig them up and feed to my flocks. Oats could be used to feed livestock and also make an excellent nerve tonic. Either self-harvested or cut and fed green. My geese love comfrey

- **Other landscape or ecological uses**

Willow and hawthorn may be cultivated as a living fence, as a windbreak or for shade. As much as they provide essential environmental benefits – Wildlife and bird shelter and moderation of the wind effects, heat and loss of soil humidity to evaporation – in addition to their therapeutic values.

HERBAL PREPARATIONS AND DOSAGES

[Sourcing Herbs](#)

Buying Herbal Medicine

If you walk down any city street, you'll probably be able to find an herbalist shop. This might be in culturally specific areas of a city or in areas with other medical stores nearby. They may be near stores that focus on New Age or equivalent practices. Wherever you find them, you should go through the stores and check the products before purchasing anything.

If you are purchasing your herbs in loose form (i.e., where you can actually tell that it's a twig or berry or flower), then there are some things you want to look for.

- The herbs should look like what they represent. Even dried, there shouldn't be a huge difference in color or texture. Whites will tend to change to cream colors as the petals dry, and reds/blues will get darker. But if you're expecting an orange flower and you receive a purple one or white one instead, it's probably not the right plant.
- Following up on that, make sure the colors are bright. They shouldn't be dull or brown.
- Herbs should smell like what they're supposed to. If you have an aromatic herb, you should be able to smell it, even in a dried form. If it smells like nothing or like grass, then it might not match.
- While checking over the herbs, make sure everything in the container looks the same. If there are pieces that don't look like they belong, then they probably don't.
- The herbs should be stored in the correct containers. They should be in dark glass jars or other containers where they won't be exposed to light and air easily.
- Make sure that any herbal supplements you purchase have the right labeling. Consider the labels on prescriptions: they tend to include things like the scientific name of the product, daily dosage, and the weight of each pill, warnings, and any additives. So, you want to look for the same on your

herbal supplement bottles.

When looking for a reputable local source, ask local herbalists or doctors for recommendations. You can also look at the websites for different herbal practitioner organizations to see if they have any recommendations.

For online purchasing, you want to follow some of the key steps as those above once you receive your purchase. Choose to buy things from reputable online shops.

Growing Herbs

You can grow your own herbs from seeds, cuttings of existing plants, root division, or simply by purchasing the plant from a reputable nursery. Some herbs need a lot of space to grow, while others do well in pots. Herbs are divided by where they can grow, either in a kitchen garden, in a flower garden, or in larger areas. Most herbs you'll grow at home need about eight hours of sunlight daily and well-draining soil. You can find out how to grow your particular herbs of choice by checking out their growing requirements online.

Once you have your plant, you'll need to make sure it thrives. Follow its requirements. For example, rosemary, one of my favorite kitchen garden herbs, does really well in my gardening zone and loves full sun. It's placed on my back porch in a pot and gets as much sun as it needs. I water it once a week in spring and fall, but more often in the summer. However, the calendula plants in my flower garden really, really hate the summer in my area. So, I grow them, so they bloom in spring and fall instead of the summer. Because I know a lot about my garden zone and I know the requirements for rosemary and calendula, I'm able to make sure the plants are thriving.

You'll also need to choose the best time of year to harvest from your plant. Leaves can be harvested right after they open, though be sure not to remove more than $\frac{1}{4}$ – $\frac{1}{3}$ of the plant's total leaves since they need them for their own survival. The leaves are harvested in the spring or summer, usually during a sunny day. Flowers can be harvested once they are in full bloom, usually during the first day of the bloom. Many flowers bloom in summer, so you'll harvest them then. The fall is the time for roots. Most plants whose roots will be harvested need to be alive for years (yes, years!) before they're harvested. So, if you want to harvest your dandelion roots, you'll need to leave them on your lawn for four years, give or take.

Once you've harvested from your plants, you'll need to determine how to store them. If you're going to use them quickly, then use them on the same day you harvest them. You can also store them in the freezer. But my preferred method for storing my kitchen garden herbs is to dry them. Find a dry, dark area in your house and dry your flowers and leaves there. Once all the moisture is gone from the plant (they should feel room temperature, not cool or damp), store them in dark glass containers away from sunlight. And there you have it! Your first harvested herbs. They'll last dried for about a year and in the freezer for about six months. Otherwise, use them immediately after harvesting.

Preparation

Personal Herbal Medicines _

Personal herbal medicine would be an herbal medicine, most probably a combination, that you could a hundred percent rely on for getting better whenever you got a fever again. With time you would feel so confident in that remedy that you would also recommend it to other people, people that you care about. This herbal medicine is not necessarily supposed to be one that is made by you. Instead, it can be a remedy (a premade one) that you have always felt that it worked every time you used it.

Can You Make Herbal Medicines By Yourself? _

If you haven't guessed it already, yes, you can! And the day you do so, it will change your life. How so? Well, first of all, you will need a purpose to be making an herbal medicine; to use it as a cure. When you go through all the complicated stuff, which can be explained as the mixing process, you will have a result. This result may end up disappointing you in the end, but that will only mean that you have to try again to find a newer and better medicine.

Let's consider that you have the final result, and you just get in need of using it. After the successful use of a medicine that you made yourself, the feeling that you would feel right away will be priceless.

The next thing you will know is that you will be trying to make newer medicines due to the confidence in your last success, and you will find yourself constantly recommending your remedy to the people you think are in need of it.

Where to Get All the Herbs? _

Most of the herbs can all be grown in your kitchen garden very easily. It finally comes to the point that you have to be committed to this completely. If you are, you will find yourself willing enough to plant little amounts of all of these herbs in small pots. You will also have to take responsibility for these herbs as well, so you will have to water them, take care of their fertilizers. Soon enough, this responsibility will turn into love for those plants.

If, in any case, you don't find it easy to go through all the processes to produce herbal ingredients yourself, you can always go to the local superstore. There, you will find all the herbs you were looking for and some that you have never even heard about.

Fundamental Tools Needed To Make Herbal Medicines

In the old times, the people who were supposed to sell medicines and spices (basically all things related to herbs) to people were called apothecaries. These guys started wearing masks with pointy beaks and were called doctors in their times because that was what they mostly did for a living; sell medicines. Apothecaries were also supposed to make their merchandise themselves, and although they are the professional ancestors of pharmacists, for whom the machinery has been changed for the good, the basic preparation tools were the same for both of them, and so will they are for you. You would mostly need the following things to make herbal medicines of your own:

- Saucepans of various sizes.
- Wooden spoons and spatulas.
- Jars, tins, pots, and other containers.
- Mortar and pestle.
- Knives.
- Scissors.
- Tweezers.
- Strainers.

Techniques for the Domestic Herbalist

In this part, we will talk about something similar; how do domestic herbalist or simply, people at home, are supposed to make medicines' doses for different types of herbs. The herb can be a bark (cinnamon), a bud (cardamom), powder (turmeric), a leaf (basil or mint), and etcetera. You may not notice this at first, but when I start the list, you will realize that every resultant form of medicine

cannot be achieved from all of the herbs. The list is as follows:

- Food medicines: The simplest and the easiest way to eat herbal medicines are to involve them in dishes or simply, your regular everyday food. So if someone was supposed to take high amounts of mint, to wake up for more time or to clean is a digestive system (because that is the benefit of mint), he can go straight up to get a mint margarita and down it as soon as possible.
- Decoctions: This is what you would call the way to take medicines of some things that are not chewable, such as bark or a stem. What an herbalist does is that he breaks the herb into many small pieces, so it is almost as small as table salt, and then boils them in water. You keep on boiling them until the water level is decreased to a half or a third. What this process is doing is that it is extracting all the nutritional value of the herb into the water. The water is then taken as a dose.
- Powders: If the herbs can help, we dried up them and then ground into fine grains, and then the medicine's dose can also be in the form of its powder. This is often the case where you combine two herbs, and their combination has both the parent characteristics. Interesting fact; besides eating an herb fresh from the leaf, this is the purest dose that one can get if it is suitable for the body.
- Syrups: Syrup is the type of dosage that is often used to disguise unpleasant herbs. For syrups to be made, first, the herb is supposed to be converted into such a form that can be dissolved into an addable liquid. Both of them are then mixed, and you have a resultant that tastes disgusting. That is where the sweetener comes into action. It is used to make the syrup close to something that can be considered to be eaten, especially by kids.
- Aromatic Waters: Sorry if I fooled you there. Aromatic waters are not necessarily supposed to be water, which is drinkable. These liquids are often low boiling point liquids that are supposed to produce various smells when given even the smallest of heats. Their dosage types are fumes that are supposed to one of the two things about to be explained:
 1. Inhaled for their unique smell.
 2. Inhaled for treatment of the respiratory system.
- Ointments: Ointments or balms are supposed to be herbal remedies' dosages that are mostly applied to wounds, whether it is external or internal. They are known to work the best when applied to strained muscles. They can also be applied to recovering sprained joints.

CONDITIONS TREATED BY NATIVE AMERICAN MEDICINE

Eating disorders, such as anorexia and bulimia, are fast becoming a prevalent problem in our society. Many with these conditions lack the skills to set boundaries and to stand up for them. Others suffer from low self-esteem. The list of conditions treated by Native American Medicine is extensive, but in this article I will focus on those which are particularly relevant to young women such as eating disorders as well as depression and anxiety.

In Native American medicine we do not view these diseases as disease in the conventional sense but rather we treat their underlying causes. The causes of eating disorders can be emotional or spiritual, often rooted in the misunderstanding of a child's spiritual identity and purpose; sometimes they are a symptom of excess energy that needs to be transformed into something positive; or they may simply be a cry for help from someone who feels lost and alone.

Native American Medicine does not view eating disorders as being a disease in the way we do. We consider eating disorders as being an imbalance caused from an emotional, spiritual or mental issue and nothing more. This is why Native American Medicine treats every individual according to their unique situation and condition. The causes of these conditions range from the simple to the complex. Some causes are clearly visible on a physical level; others can be seen in the form of rashes, bloating, stomach cramps, headaches or other physical symptoms that can easily become confused with other diagnoses like food poisoning or an infection

Native American Medicine is not only limited to the treatment of eating disorders, but also can be used to help with other conditions such as "burnout" (which is a term coined by Dr. Jordan Peterson), grief, stress and self-esteem issues. If you or someone you know suffers from an eating disorder or another specific condition, I strongly recommend you seek a shamanic consultation. A shamanic consultation can assist in getting to the root of the problem and assisting in healing. A shamanic consultation may be helpful if you are seeking a way out of the "disease", as some physical symptoms will disappear once you

have set free yourself from the emotional cause that was behind it all along.

In my practice I help people come to understand their spirituality and purpose in the world. Once you understand why you are on this earth, so many of these physical "diseases" will disappear. If an eating disorder arises because a person has a strong need to protect herself from the world, once that has been dealt with then the eating disorder will no longer be necessary. This is why Native American Medicine does not treat disease but rather works with the person to heal what ails them and assist them in living a healthier balanced life.

Today I will be using an example of a client that came to me with symptoms of bloating, nausea and headaches. When I asked her about her life she told me she was very stressed with school. I noticed that she was taking care of others to the point that they were becoming her priority and not herself. She had let herself go, even though she was very young for a woman of her age. As we talked more it became apparent that she had deeply buried emotions regarding past trauma, some were so deep and buried and others were so recent that they had not yet been addressed or processed on an emotional level.

I recommend that you read this part from the shamanic perspective. I want to be clear; Native American Medicine does not view trancework as a solution for all problems, and certainly not in every case. In this article I am just using an example of how to work with someone who is experiencing symptoms of anxiety or low self-esteem. If you are suffering from an eating disorder please seek help from a professional. This is about creating healthy boundaries and seeing yourself as an important part of the world around you.

When we work with someone using Native American Medicine we can choose to work on an emotional level or a spiritual level. It is important to note that what I mean by "spiritual" here is not necessarily in the religious sense; it is more about the way you view yourself and your purpose in life. The way you treat yourself can have a big impact on how others treat you as well.

When we work with people who have eating disorders, the symptoms may include bloating, stomach aches and headaches. I have even seen cases where a person has lost consciousness from experiencing symptoms like these. Some people are very afraid of going to hospitals or seeing doctors because they don't know how to explain what they are feeling or experiencing. If you are suffering from any of these symptoms it is important to seek professional help.

What I hope you take away from this article is that a shamanic consultation can be very helpful in helping get to the root of what is happening. If an eating disorder arises for any reason it's important to seek out professional help.

After the consultation you may find that you are so relieved that it will be easy to make healthy choices for yourself and live a normal life again. I have helped many people come to a place of self-love and peace. When this happens their body starts to heal itself and they stop making unhealthy lifestyle choices. This is why Native American Medicine can be considered a "disease cure" or "anti-disease vaccine".

In traditional Native American medicine, there were six healing practices: the sweat lodge, the tea ceremony, herbal remedies, massage therapy, fasting and abstinence from certain foods and behaviors. Traditional healers were not limited to treatment of physical ailments; they also treated mental disorders like depression. A common belief that Western Medicine is superior to Native American medicine is false. The treatments used by Native Americans have been proven to be effective. Native American medicine is effective because it has been passed down by generations of healers who have used the knowledge for centuries." Source: National Museum of the American Indian

Medicine among Native Americans

Native American Medicine is distinct from medical systems found among other Amerindian groups. The healing practices amongst many Native tribes, like that of the Apache and Lakota Sioux, are based on an understanding of spiritual and ecological realities rather than modern scientific understanding. Throughout the United States there are hundreds of thousands of people who practice traditional native medicine to some degree. The people who practice this system believe in a holistic approach to health and healing.

Indian doctors believed that physical, mental and spiritual health were inseparable components of our beings, which depended on the balance of two forces in nature: light and dark. This concept was described as "two-into-one" medicine. It was believed that illness originated when one force was out of balance. Certain traditional practices were used to restore the balance, and to treat illness, including prayer, sweat lodges and herbal remedies. These practices were also used to strengthen the immune system, and to keep diseases of the body in check. The Native American doctor also believed that illness resulted from an imbalance of emotions.

There were five means of re-establishing health and healing:

- "Holy men who healed through prayer."
- The sweat-lodge ceremony.
- "Medicine songs," chants that were sung over drums or flutes, which treated physical ailments as well as emotional disorders by singing.
- "Wilderness fasting.
- "Herbal remedies and teas.

Native American doctors used the following herbs for healing:

Sage Catnip Valerian Yarrow Stinging nettle Mullein leaves Hawthorn leaves.

"The most common Native American medical practices involved herbal remedies. The plant most widely used was sage, which Native Americans used for a variety of illnesses and diseases, including snake bites, colds, coughs and sore throats. Other herbs used by Native American healers include:

Catnip Valerian Yarrow Stinging nettle Mullein leaves Hawthorn leaves.

"To treat diseases and physical pain, Native American doctors used poultices – ointments that were applied to the skin. Poultices were made up of a wide variety of herbs, including yarrow, which was thought to be good for treating wounds. Another poultice was made up of the inner bark of trees, such as mullein and laurel. This bark was a treatment for arthritis, fever and skin diseases. Another poultice was made from the roots of black cherry bushes. This poultice was used to treat boils, sores and infections in wounds."

Native American medicine has some similarities to Western medicine, but there are many differences. One of the biggest differences between these two systems is the way they are administered. In Native American healing, certain herbs are used to treat illnesses and diseases in the body. Herbal remedies and teas are also given to treat psychological disorders."

THE SPIRIT OF HEALING

For The Spirit of Healing, everything begins with the human spirit. The Spirit of Healing experience is a living embodiment of the healing energy that we believe to be present in each person.

The Spirit of Healing values are based on this belief. We believe that every person has the potential to heal themselves and others. Everyone has something positive to offer, and it's up to everyone to find their own unique way of sharing that gift.

The Spirit of Healing experience centers on our commitment to a holistic approach to health and well-being. We recognize that a harmonious relationship with our bodies, minds, and spirits is the only truly effective path toward optimal health and fitness.

Our holistic approach means that we support many forms of alternative medicine. Many people choose to incorporate Native American traditions into their healing practices, meditation, prayer, and more.

At The Spirit of Healing, we believe that everyone can benefit from all forms of healing including traditional Western medicine, naturopathic care, herbal medicine, acupuncture, homeopathic remedies, massage therapy, yoga classes and physical therapy. We recognize that no one path is better than another in terms of healing power. All paths have merit when used together in order to create a healthy lifestyle.

"Spirit" means to have a deep connection with a thing. A connection that allows for healing, comfort, and growth. If you've ever seen your pet or child, or anyone that you love, grow from seed to seed, you know how powerful the word "spirit" can be.

The concept behind the Spirit of Healing is simple: We offer an alternative to health insurance and medical providers in the event that medical emergencies arise. We believe in the power of healing and we want to help you and your family stay healthy and safe when you need it most.

When you're not feeling well, it's hard to think clearly. You might not be able to call a health care provider at the time of injury or illness, or you might delay

seeking treatment for fear of high costs or inability to pay. Our way of treating injuries and illnesses is designed to empower families to take action quickly when they need it most.

The Spirit of Healing is an ancient Native American tradition. The roots of this spiritual tradition have existed for thousands of years, and are still being practiced today.

Many people believe that Native American spirits are categorized as good or bad, but this is not accurate. The Spirit of Healing is a spiritual energy that protects all living things from harm. If you are in need of help, seek out a medicine person or spiritual healer and ask to be healed. This can be done by kissing the ground, offering a prayer, or even having an item touching your body in a prescribed manner.

While various Indian tribes may approach the healing process in different ways, the underlying concept is one that is universal. The Spirit of Healing is a universal energy that everyone possesses and that all people can access on a daily basis.

This energy can be tapped into by anyone who decides to do so, whether they are a shaman, a healer, or an artist. When I first learned how to access and work with this energy, I was instantly captivated. It is a beautiful and powerful gift that is available to all of us.

The power of the spirit is accessed through the breath. When you slow down your breathing and breathe deeply, you are allowing yourself to open up and allow the spirit to flow into your body. Through this process, you begin to access the power within you and channel it into your healing work.

When I first began working with the spirit, I was amazed at how easily it became part of my daily life. Although I didn't understand it at first, I soon realized that it had an amazing way of helping me through the challenges of my life and providing solutions to problems that were out of my control.

I began by using the breath as a means of releasing tension in my muscles at night before going to bed. Through this nightly ritual, I was able to reset myself for the day and begin each day with a clear mind and an open heart. This simple change had a profound effect on my life. Soon I realized that it helped when I was working on artwork as well.

I had been practicing meditation for years before learning about the spirit's power in therapy sessions with patients who were dealing with anxiety disorders or other problems caused by their daily struggles in life. Within hours after setting up a meditation ritual in their homes, they would notice an immediate improvement in their mental wellbeing, which would continue for the rest of their lives.

THE NATIVE HEALER

A native healer is a traditional practitioner of a society that has had minimal contact with Western civilization. Knowledge and techniques are passed down through the generations in the context of the culture and spiritual beliefs. These societies have existed for millennia before colonialism, industrialization, and modern medicine developed.

Perhaps more than any other health care profession, native healing is the antithesis to Western medicine. Native healing practices are directed by spiritual forces within a tribal community. Many tribes believe that each person has their own "life force" or "spirit" muscle, bone, organ or tissue. That force can be balanced or out of balance in nature; sick when it's out of balance; and heal when it's in balance again. The healer's role is to bring this force back into balance. For thousands of years, people in all regions of the world have been using traditional health care practices to keep their own bodies healthy. Native healing comes from the knowledge that was used by our ancestors and grandparents.

Native Healing is a term that encompasses many modalities and disciplines. There are many ways to practice a form of native healing, each with their own strengths and benefits. It relies on the intuition of healers who use herbs, bones, stones, crystals, feathers, sand or other natural elements that are found in nature to diagnose or treat illness or injury. It is a holistic approach to health that includes the body, mind and spirit.

A Native healer can also be referred to as a traditional healer or a medicine man/woman. Each culture has its own vocabulary for the various roles in the healing process. Some terms used are: "shaman", "healer", "medicine-man/woman" and "spiritual leader".

Native healers incorporate ancient techniques, rituals and ingredients that have been handed down through generations of tribal knowledge into their own unique healing method. These traditional herbal techniques have been passed down from their ancestors in order to promote balance and good health.

Native healing embraces a holistic approach, recognizing that anatomy, physiology, behavior, environment and spiritual connections all influence health. Treatments are usually applied directly to the body, without surgical instruments

or invasive procedures.

Native healing relies on the trust of patients who consider the medicine man/woman an extension of their family. It can be a complex process for people that is often more effective when it's approached with intention and understanding. Native healing encourages community cooperation in order to defeat illness or restore balance between the different elements in nature such as land, air, water, plants and animals as well as our own bodies. Native healing is a holistic view that prepares patients for an eventual return to their natural health.

Native healers are often traditional elders themselves, respected and well respected within their healing community. They have a keen eye for the body's energy and are proficient in the use of herbal medicine and natural materials to assist in diagnosing and treating illnesses or injuries.

In order to be a Native healer you must have demonstrated mastery of ancient knowledge, practices, rituals and experiences that give you the unique ability to help others in your role as healer.

Amulets, jewelry, outfits, prayers and chants may all be involved in your healing practice. Although herbs, minerals and natural remedies may be used to assist in diagnosis, native healers often rely on their own intuition and innate wisdom to help them in the healing process.

A Native healer can be a spiritual leader or even initiate new members into the tribal group. Often native healers are revered within their local community for the spiritual gifts they have given to generations of their family or people in their tribe.

In some cultures these positions are passed down from father to son or mother to daughter depending on the amount of influence received within that family or tribe. In others, men and women have equal roles as leaders. This is a role that can be passed down through families, from father to son or mother to daughter.

Native healing is an ancient set of practices that have been passed down through generations of tribal knowledge and wisdom. It has been used for thousands of years by tribal people throughout the world. It should not be seen as medicine in the sense that Western Medicine is practiced today.

In some native cultures it is referred to as "herbology" rather than medicine. The healer uses natural materials and plants native to their environment for diagnosis

or treatment. Using herbs and natural remedies are the main methods used to treat illnesses or injuries. Native Healing relies on the intuition of healers and their inherent knowledge in herbalism, nutrition and body energetics.

Native American Medicine (Indian Medicine) is an old world medical system which has been modified, infused with science, and practiced for thousands of years. Native American medicine is about curing disease through the use of natural vitamins, minerals, herbs, plants, minerals and foods.

Native healing practices have been used worldwide by many cultures for millennia before European colonialism gained a foothold in what we now call "modern medicine".

The practice of medicine was once a sacred art known to and taught by each member of the tribal community. It is now a time honored tradition that has evolved with science in order to provide modern medicine with remedies, medicines, and treatments that are safer than the ones we are familiar with today. Some tribes have protected their healing practices for centuries. The purification rituals, purgations and treatments used in tribal ceremonies were considered taboo in many societies until recent times.

Many Native healers employ the use of rattles in their ceremonies or rituals. Rattles were originally made from turtle shells, gourds or dried seeds that were filled with pebbles or stones. Rattles have been used for centuries by indigenous tribes as a way to communicate with the universe or spirit world.

They are now produced commercially and sold by many retailers for use in rituals or ceremonies. Rattles may also be used to provide power, healing or communication to help healers in their work. They can be very useful tools in ceremonies and rituals that can be incorporated into healing practices. Some people choose rattles that look like the animal they would like to invoke during rituals and ceremonies.

Rattles are found throughout the world at different times of the year, depending on when they are most necessary.

For example, rattles are traditionally used during the beginning of winter when the days are shorter and nights longer. They are used as a way to entice and call the winter spirit or god into one's environment. Rattles are also considered to be a gift from the earth to her children and a symbol of good luck for this year. All rattles have four distinct sounds: H, PI / KA-AW!, OW!-A, WOW! This is

considered an auspicious sound that welcomes our human neighbors into our homes, camps, family gathering or party.

Rattles may also be used as a tool for diagnosis by native healers. Rattles have been used for centuries to help diagnose illness and injury as well as aid in the healing process. Rattles can be very helpful tools that are also very ancient. These tools are used to help healers in their work.

Rattles may also be used in a ceremony or ritual by native healers. They may serve as a means of communication for the spirit world to convey information that was requested, allowing a healer to communicate with their spirit guides or ancestors and serve them with their needs. The sounds of these rattles induce the effects of stillness, spirituality, and allow us to remember our past lives which help us connect with our spirits and ancestors.

Rattles are an ancient tool used in tribal rituals and ceremonies. The sound of the rattling can help to call the spirit of an important ancestor into our life. They also serve as a tool for diagnosis by native healers. Rattles can be very helpful tools that are also very ancient. These tools are used to help healers in their work.

Native American traditional healing practices have been adapted over time and are sometimes combined with other traditional medical practices from other cultures such as Chinese medicine and Ayurveda (Hindu medicine). Many Native American groups use herbalism, including the use of plants to treat diseases, and they believe that clean diets and consuming medicinal plants are beneficial for everyone.

Many Native American cultures, "tribal people", or simply "Indians", use traditional herbal remedies for medicinal purposes. Many Indian herbs are used for curing various illnesses and for general well-being. Indian herbs can be found in almost every tribal culture that exists in North America. In some cases, certain herbs may be found only in a certain region but most of them are common among many tribes. The main reason why there are so many different kinds of Indian herbs is because the tribal healer's use the ones with which they have grown up and learned from experienced elders. Many Indian herbs can be used for treating everything from diabetes to a common cold.

In general, the tribal healers use herbs for curing illnesses and keeping health because they believe that all human beings are one with nature. They believe that the earth has provided humans with a powerful medicine called "medicine",

which can cure all kinds of illnesses. The medicine includes many different kinds of plants, trees, mosses or grasses. Some consider the plants to be their friends and others consider them as their relatives and guardians; therefore they take care of them and treat them in return with respect, care, admiration, love and gratitude.

MORE HERBAL RECIPES/REMEDIES

Abscess and Gingivitis

Relevant tissue states: heat (inflammation), dampness, laxity

Relevant herbal actions: anti-inflammatory, antimicrobial, astringent, vulnerary

Herbal Allies

- Calendula flower
- Chamomile flower
- Goldenrod leaf and flower
- Licorice root
- Meadowsweet flower
- Plantain leaf
- Rose
- Sage leaf
- Self-heal leaf and flower
- Thyme leaf
- Uva-ursi leaf
- Yarrow leaf and flower

It can be very painful to have an abscess—a fluid-filled blister or infection—in the mouth. Gingivitis is an inflammation of the gums that can lead to loose teeth. Resist the urge to poke and prod at the gums too much—if you make them bleed, bacteria can move deeper. Treat your gums gently! Antimicrobial, astringent, anti-inflammatory, and wound-healing herbs fight infection and restore healthy tissue.

Herbal Mouthwash

Makes 8 fluid ounces (16 to 20 swishes)

While saltwater works well on its own, adding herbs makes it much more effective. Adjust the amounts of each herb according to taste. Swish with ¼ to ½ fluid ounce of mouthwash after brushing, and swish well, getting between the teeth and throughout the mouth, for 2 to 5 minutes.

- 4 fluid ounces water
 - 1 teaspoon sea salt
 - 1 fluid ounce tincture of uva-ursi
 - 1 fluid ounce tincture of yarrow
 - ½ fluid ounce tincture of calendula
 - ½ fluid ounce tincture of plantain
 - ½ fluid ounce tincture of self-heal
 - ¼ fluid ounce tincture of licorice
 - ¼ fluid ounce tincture of meadowsweet
1. In a jar with a lid, combine all the ingredients. Cover the jar, label it, and shake well. This is shelf stable.
 2. Use this mouthwash every time you brush—twice a day is best.

Acne

Relevant tissue states: heat (inflammation), dampness (oily)

Relevant herbal actions: anti-inflammatory, antimicrobial, astringent, circulatory stimulant, liver stimulant, lymphatic

Herbal Allies

- Calendula flower
- Chamomile flower
- Dandelion root
- Elder
- Milk thistle seed
- Rose
- Sage leaf
- Self-heal leaf and flower
- St. John's wort leaf and flower
- Thyme leaf
- Yarrow leaf and flower

To cope with chronic skin problems, it's important to treat the issue from both the inside and the outside. Topical applications (compresses, poultices, and steams) of astringent, anti-inflammatory, and antimicrobial herbs will clear and tone the skin directly. Internal preparations (tea, tincture, capsules) of liver-stimulating, circulatory-stimulant, and lymphatic herbs support the health and nourishment of skin tissue from beneath.

Skin Toner

Makes 12 fluid ounces (90+ applications)

The acidity and probiotics from the vinegar combine with the astringency of the witch hazel and rose to gently but effectively tonify the skin, reducing blemishes and protecting against breakouts. Be consistent; results will begin to show after a few days to a week of use. This simple skin toner is a key part of Katja's vibrant skin protocol. (Though she's 44 years old, everyone thinks she's a decade younger.) If your skin is sensitive, reduce the amount of apple cider vinegar.

- 4 fluid ounces apple cider vinegar (preferably raw, unfiltered)
 - 4 fluid ounces nonalcoholic witch hazel extract
 - 4 fluid ounces rose water, or strong, well-strained rose petal infusion
1. In a small nonreactive bowl, stir together the vinegar, witch hazel, and rose water. This mixture is shelf stable. Store in an airtight container.
 2. Apply this toner once a day after washing your face. If your skin tends toward dryness, rub a few drops of oil (rosehip or olive) into the skin afterward.
 3. 3. Apply this toner a second or third time during the day if your acne is persistent, but don't scrub too hard or use harsh soaps—just rinse gently with water first.

Facial Steam

Makes 2 cups dried herb mix (4 to 8 steams)

For an active breakout, especially one that is oily, a steam is a great way to effectively deliver circulation-enhancing, inflammation-reducing, and bacteria-eliminating herbal action right into the pores.

- ½ cup dried chamomile flower
 - ½ cup dried sage leaf
 - ½ cup dried thyme leaf
 - ½ cup dried yarrow leaf and flower
 - ½ gallon water
1. In a small bowl, stir together the chamomile, sage, thyme, and yarrow. Store in an airtight container.
 2. Clean your face with gentle soap and water.
 3. Make and execute an herbal steam: In a medium pot over high heat, boil the

water. Place the pot on a heat-proof surface, someplace where you can sit near it, and make a tent with a blanket or towel. Add ¼ to ½ cup of the herb mixture to the water. Position your face over the steam and remain there for 5 to 20 minutes. (Bring a tissue; the steam also clears your sinuses!)

4. Follow with spot applications of raw or herb-infused honey.

ADD/ADHD

Relevant tissue states: heat (excitation), tension

Relevant herbal actions: grounding, nervine, nutritive, relaxant, sedative

Herbal Allies

- Angelica
- Ashwagandha root
- Betony leaf and flower
- Catnip leaf and flower
- Chamomile flower
- Kelp
- Linden leaf and flower
- St. John's wort leaf and flower
- Tulsi leaf

True resolution of attention deficit and hyperactivity disorders requires significant attention to diet, sleep patterns, and lifestyle factors. For instance, a 2007 study by McCann et al., published in the Lancet, found that hyperactivity was strongly exacerbated by artificial colors and flavors in drinks. We have found removing food allergens and reducing sugar and caffeine intake very helpful in working with ADD and ADHD, along with adequate sleep and quiet time, and lots of physical activity. Herbs can make these transitions much easier and also markedly improve day-to-day ease in the world. We work with herbs to ground a restless mind, improve focus, and—when necessary—sedate anger and agitation.

Grounding Tea

Makes 2¾ cups dried herb mix (enough for 18 to 22 quarts of tea)

Betony is a standout herb for treating ADD, with its particular talent for bringing the center of consciousness into the body and the present moment. The herbal

allies, catnip and chamomile, help quell anxious expressions that affect digestion—a common problem for those with ADD. If you have a dry constitution, replace the catnip with linden. Meanwhile, tulsi helps cope with the stress these disorders induce, and St. John's wort supports clearance at the liver. Drink a quart or more every day.

- 1 cup dried betony leaf and flower
 - ½ cup dried catnip leaf and flower
 - ½ cup dried chamomile flower
 - ½ cup dried tulsi leaf
 - ¼ cup dried St. John's wort leaf and flower (see Tip)
1. In a medium bowl, mix together all the herbs. Store in an airtight container.
 2. Make a hot infusion: Prepare a kettle of boiling water. Measure 2 to 3 tablespoons of herbs per quart of water, and place in a Mason jar or French press. Pour in the boiling water, cover, and steep for 20 minutes or until cool enough to drink.

TIP: Omit the St. John's wort if you are concurrently taking pharmaceuticals.

Focusing Tincture

Makes 2 fluid ounces (30 to 60 doses)

Angelica's grounding bitterness, ashwagandha's capacity to restore normal rhythms of energy and rest, betony's gentle settling-down action, and tulsi's soothing warmth help relieve moments of acute distraction. With ongoing use, it builds the ability to focus more easily and for longer periods. Take whenever a calming and centering influence is desired.

- ½ fluid ounce tincture of angelica
 - ½ fluid ounce tincture of Ashwagandha
 - ½ fluid ounce tincture of betony
 - ½ fluid ounce tincture of tulsi
1. In a small bottle, combine the tinctures. Cap the bottle and label it.
 2. Take 1 to 2 droppersful at morning and noontime.

Allergies

Relevant tissue states: heat (inflammation), laxity (of the mucous membranes)

Relevant herbal actions: antihistaminic, anti-inflammatory, kidney supportive,

liver stimulant

Herbal Allies

- Calendula flower
- Goldenrod leaf and flower
- Milk thistle seed
- Mullein leaf
- Nettle leaf
- Plantain leaf
- Self-heal leaf and flower

Allergic reactions to pollen, dust, or pets are primarily due to excessive histamine production, which ignites the inflammation underlying the runny nose, itchy eyes, and excessive phlegm. Histamine isn't all bad, though; it's a necessary part of sleep regulation, brain function, and even sexual response! Antihistaminic herbs are ideal because, while they help relieve allergy symptoms, they won't overshoot the mark and suppress histamine so much they cause adverse effects.

When trying to resolve allergies, we also must support the liver and kidneys. Among other things, the liver produces histaminase—an enzyme that breaks down histamine. So, when it's sluggish or overworked, histamine builds up and the inflammatory response worsens. The kidneys also help clear inflammatory instigators from the system, so giving them extra support helps reduce allergic symptoms. See also [Food Sensitivities](#).

Allergy Relief Tea

Makes about 3 to 4 cups dried herb mix (enough for 18 to 22 quarts of tea)

Nettle and goldenrod contain the antioxidant quercetin, which, according to a 2006 study by Shaik et al., stabilizes mast cells and prevents the release of histamine. Meanwhile, mullein supports the mucous membranes in the lungs and sinuses, reducing phlegm and mucus and quelling cough. Calendula and licorice improve liver function. Feel free to add some honey to your tea—especially if it's raw, local honey! Unfiltered honey helps reduce allergic response because it contains some pollen grains. Introducing these to the body through the oral route helps it become less reactive to them when you inhale pollen in the springtime.

- 1 cup dried nettle leaf (see Tips)

- 1 cup dried goldenrod leaf and flower
 - ½ cup dried mullein leaf
 - ½ cup dried calendula flower
 - ½ to 1 cup marshmallow leaf (optional)
 - 2 to 4 tablespoons dried licorice root
1. In a medium bowl, mix together all the herbs, including the marshmallow (if using, for a dry constitution). Store in an airtight container.
 2. Make a long infusion: Prepare a kettle of boiling water. Measure 2 to 3 tablespoons of herbs per quart of water and place in a Mason jar or French press. Pour in the boiling water, cover, and steep for 8 hours, or overnight.
 3. Drink a quart or more every day, especially in the month before and during your personal peak allergy season. The earlier you start, the less you'll suffer.

TIP: Omit the nettle leaf and increase the goldenrod if you take blood-thinning pharmaceuticals.

TIP: Want a quick fix? No time for tea? The simple combination of freeze-dried nettle leaf capsules and milk thistle seed capsules offers quick relief from allergy. Choose a high-quality brand, and take 2 of each (with plenty of water) every 4 hours.

Anxiety

Relevant tissue states: heat (excitation), tension

Relevant herbal actions: anxiolytic, nervine, relaxant, sedative

Herbal Allies

- Betony leaf and flower
- Catnip leaf and flower
- Chamomile flower
- Elderflower
- Goldenrod leaf and flower
- Linden leaf and flower
- Rose
- Tulsi leaf

Anxiety is a kind of agitation and uncomfortable excitation, so we'll work with calming, relaxing herbs to rebuild nervous system function and relaxation. Herbs

for anxiety are very individual; you'll likely need to experiment with several to find the one that's most helpful for you.

Anxiety and insomnia often come together, and each worsens the other. Poor sleep stresses the body, lessening immune surveillance, detoxification, and growth and repair functions; this makes anxiety symptoms worse. See also [Insomnia](#).

Just Linden

Makes 2 to 3 tablespoons dried herb yields 1 quart of tea

If your mind is spinning too much to think about which herb is right for you, and following a recipe seems too difficult, this is a time for Just Linden. Whether you take it as tea or a tincture (if you prefer, take 1 to 4 droppersful as needed), it's delicious, and very effective. Sometimes, one plant can be a complete formula all by itself!

Dried linden leaf and flower, as needed

Make a hot infusion: Prepare a kettle of boiling water. Measure 2 to 3 tablespoons of linden per quart of water and place in a Mason jar or French press. Pour in the boiling water, cover, and steep for 20 minutes or until cool enough to drink.

MORE HERBAL RECIPES AND REMEDIES

Uric Acid - Boldo

This plant, wonderfully effective for the treatment of liver and digestive disorders in general, is the first on the list; boiling its leaves dissolves and removes uric acid. To prepare Boldo tea you only need to add 2 grams of boldo leaves in 250 ml of boiling water. Then, allow the drink to rest for about ten minutes. The proper dosage is one take 2 times a day, just before each meal. Some possible side effects have been identified in boldo tea consumption. These may manifest with vomiting, abdominal pain, or diarrhea.

Sore Throat - Ginger

Sore throat is one of the most common diseases. Many of its causes are represented by external factors such as the environment in which we live. However, it may also be related to bad practices such as unhygienic feeding or cigarette abuse. Tooth decay, to a lesser extent, is also often responsible for throat infections. Ginger tea is very effective in alleviating these ailments. To prepare it you will need some ginger slices, peel them and boil them with water. To finish, I recommend adding honey or lemon. By doing this, you will enhance its effects.

Tonsillitis - Elder

The elder is considered to be the plant that has no waste. Its many healing properties help, among other things, against constipation, and to deflate joints and prevent the accumulation of liquids. In this case, considering its effectiveness as a treatment for these conditions, it is a great ally to overcome tonsillitis.

How to prepare it?

An infusion of 20g of flowers or leaves, or boiling its bark and roots in a liter of water is excellent for throat-related conditions. This flower tea also has a significant effect to relieve all symptoms related to the common cold.

Anemia - Fennel

Anemia is, by definition, “a condition in which the body does not have enough healthy red blood cells.” Red blood cells supply oxygen to body tissues. Phytotherapy also offers a therapeutic option to treat it. It is fennel. Boiling its seeds, mixed with sugar, is beneficial to treat this disease. For the preparation of fennel tea you will only need:

- 1. 30 grams of fennel leaves.**
- 2. 1 liter of water.**

How to prepare it?

As in most cases, the first step is to boil the water. When it is boiling, add the fennel leaves. Then let the water and leaves boil for 10 more minutes and then you will have a wonderful infusion for anemia because it provides a progressive increase in iron levels.

Arthritis - Dandelion

As you know, dandelion is a medicinal plant with many possible uses. What is really amazing about this plant is that it can help treat inconveniences in the digestive system but also to relieve symptoms of the common cold. One of its most significant uses in terms of relevance and levels of effectiveness is related to arthritis and rheumatism. The dandelion fights the uric acid; it is recommended to take at least three daily cups of infusion of its leaves and to annex onion or parsley salad. This plant can be ingested in many ways; however, the most effective for the treatment of arthritis is its infusion. To prepare it you need:

- 1. Dandelion leaves.**
- 2. Coconut water.**

How to prepare it?

It is so simple that you will not believe what you read here. To prepare an infusion of dandelion you must place the leaves in the blender. Then add the coconut water to the same bowl and proceed to whisk. The leaves of this plant have a bitter taste, so I recommend you to add to the mix something like apple juice or ginger to liven up its flavor. Drinking it three times a day is the right

dosage.

Suffocation – Jasmine

This very popular and effective medicinal plant for various common diseases comes from Southeast Asia. Throughout the last decades, with the emphasis of the research sciences in relation to the healing properties of certain medicinal plants, it has been determined that this plant offers us many significant advantages. First, it relieves tension and stress; it also regulates the level of cholesterol in our body; it facilitates the development of certain beneficial bacteria and some people even use it to lose weight. However, the infusion of its flowers and boiling its roots is effective for suffocation as a respiratory ailment.

In this regard, you will need:

- 1. Dried flowers of jasmine bud.**
- 2. Green tea.**

How to prepare it?

The first thing, as in most cases, is to heat a bowl of water until it boils. Once the boiling point is reached, add a handful of dried flowers and a teaspoon of green tea. Finally, let the mixture settle for about 5 minutes. From this moment you can drink your jasmine tea and improve the discomfort inherent in asphyxiation.

Bronchitis - Fig

Fig leaf tea (*Ficus carica*) is recognized as a very good ally in the fight against many common diseases. This tree, from Asia Minor, is especially popular in European countries. Some of the main components of this plant are: fiber, carbohydrates, enzymes, minerals, vitamins and flavonoids. All studies on the fig tree have concluded that its properties lead to improvements in conditions such as calluses, warts and constipation. But, of all these, its infusion stands out especially, which is highly recommended to treat bronchitis.

You will need:

- 1. 30 grams of fresh figs crumbled.**
- 2. Half a liter of water.**

Fig infusion is very effective in treating many of the simple respiratory

conditions, especially bronchitis.

Aphonia - Hedge Mustard (Singer's Plant)

The singer's plant was used several centuries ago for the same reasons I'll mention today. It is said that during the Middle Ages, King Louis XIV used different forms of these herbs to regain voice or, in a similar case, to treat aphonia. The way of administration that I recommend is the infusion, first for its flavor and then because its effectiveness has been proven. For this, you will need some water and dried herbs from this plant.

To prepare an infusion you must put a tablespoon of dried leaves of the singer's plant in a cup with boiling water. Ideally, allow the mixture to sit for about 20 minutes. The dosage recommended by different specialists is 3 times a day just after each meal.

Stomach Pain - Sweet Flag

Another of the wonderful plants recognized for its healing properties, sweet flag is one of the best therapeutic options to treat stomach pains. Preparing this home remedy is quite simple and will be of great use to face those uncomfortable discomforts that do not even let us fall asleep. First, you should deposit a spoonful of sweet flag roots in a small cup. Then add cold water to the cup and let it soak for the next 12 hours. Then you have to heat and filter the infusion. The indications related to this remedy dictate that you should take a sip of this infusion before and after each meal.

Pulmonary Ailments - Coltsfoot

This yellow flowering plant, also known as tussilago, is the secret weapon to relieve lung pains. The syrup of this plant is one of those remedies that should not be missing in any house. The good news is that preparing this syrup is so simple you won't believe it. To begin, place a small handful of coltsfoot leaves in a container (preferably glass). The leaves must be washed. Next thing you have to do is put layers of sugar on top, enough to fill the container. For Mother Nature to do the rest, you will need to seal the bottle tightly so that oxygen particles from the outside won't alter the mixture. From now on, here comes the best part.

The next step is to enclose the container in a small wooden box and bury it in

some place in the garden. Make sure you don't bury it so deep or so close to the surface. The idea is that the homogeneous heat of the soil will take care of the fermentation. Eight weeks later, unearth the bottle. You'll have to boil the formed syrup after eight weeks. A daily teaspoon of this syrup will help relieve lung ailments, I assure you.

Inflammation of the Throat - Agrimony

Widely known for its essential oils, alkaloids and ursolic acids, Agrimony is also one of the most widely used plants to treat inflammation of the throat. Its anti-inflammatory and astringent properties make this herb an unbeatable formula for anyone who is burdened by the ailments inherent in an inflamed throat. This home remedy can be prepared with very few elements. Just deposit a small tablespoon of agrimony in a cup. Then add hot water and let it rest for a minute. It is filtered and, from that moment, gargle with this infusion twice a day.

Biliary Ailments - Annual Nettle

Along with dandelion and chicory, annual nettle is the quintessential home remedy for those with stomach problems or diseases, especially those with biliary characteristics. The good news is that there is a plant-based home remedy, very effective for treating both these ailments and biliary conditions. To create this annual nettle cure, a teaspoon full of annual nettle is placed in a standard-sized bowl. The procedure, in this case, is very similar to the one mentioned for the creation of the infusion of agrimony. The last two steps are: add hot water to the bowl where the annual nettle rests; let it rest for two minutes and filter it. The recommendation is to drink it by sips without these, in sum, exceeding 3 cups a day.

Leveling Blood Sugar - Garlic

Garlic has many uses. Today, its monopoly in the world of medicinal plants is virtually unquestionable. In addition, its uses in the culinary arts make garlic one of the most popular herbs in the world. However, it has shown great efficacy as a home remedy to level blood sugar. To reduce these levels, apply fermented cabbage juice, garlic cloves and onion; tender carrots, celery or fresh cucumber juice. The combination of these elements is helpful in leveling blood sugar. Remember that garlic is indicated in abnormalities of blood pressure, lack of appetite, bronchitis, rheumatism, among other conditions. Its inclusion in the

daily diet is clearly a success.

Skin Rash – Marigold

This is a plant that, ultimately, is wonderful as a treatment to relieve those uncomfortable and annoying skin rashes. The use of this plant is summarized to skin conditions such as eczema, dermatitis, herpes, and fungi, among others. However, its effectiveness as a laxative and purgative has also been confirmed. Preparing the great marigold ointment requires nothing but interest and desire to be cautious.

Let's start: you will have to heat 250 grams of pork fat in a pan. To this, add two handfuls of marigold, including its leaves, stem and flowers. Wait for the froth; then shake vigorously and remove the pan from the kitchen. Then cover the pan and let it cool for 12 hours. The next day, you will have to heat the pan again; transfer the content to a cloth and squeeze the elements, all of them. The flowers, stem and leaves. This resulting mass should be passed to a container that can be kept closed. That way, you'll have the marigold ointment for skin rashes.

ENCAPSULATION AND DOSAGE



Oral medication can be taken in different ways (e.g. tea, tincture, oil, etc.) but tablets and capsules are the most common ones. Although these two types of medicine delivery are very similar, there are significant differences in how they are made and how the drugs they contain are absorbed by the bloodstream. How much of a certain herbal remedy you should take depends on many things, e.g. on how you take it (e.g. tea or tincture), on the condition you are addressing (e.g. acute or chronic, mild or severe), your age (children and adults require different dosage), your overall health (are you a relatively healthy individual or is your immune system heavily compromised), etc. If you want to take herbal remedies in a powdered form, you usually take them as tablets or capsules. Encapsulation is the process of turning medicine into a capsule.

Tablets vs. Capsules: What's the Difference?

There probably isn't a single person that has never taken a pill. Tablets are made by compressing one or more powdered ingredients into a hard pill. Besides

medicine, tablets also contain additives that help keep all the ingredients together, and that improve the taste.

Tablets

Once swallowed, the tablet gets broken down in the digestive tract and the medication it contains is absorbed by the bloodstream. From the bloodstream, the drug travels to the liver from where it is sent to the target area(s). Tablets are inexpensive, long-lasting, can provide a higher dosage of medication, can be split, are chewable (in case you can't swallow), and come in quick-release, delayed-release, or extended-release formats. However, they are more likely to irritate the GI tract and are generally slower acting than the capsules.

Capsules

Medication found in capsules is enclosed in a shell. The absorption by the bloodstream and distribution throughout the body is similar to that of a tablet. The main advantage of capsules over tablets is that they break down more quickly which means you will experience relief from the symptoms sooner than you would if you had taken a tablet. Besides, they have a higher bioavailability (i.e. they are more effective than tablets). Unfortunately, their shelf-life is shorter, they are more expensive and usually come in small doses (i.e. you need several capsules to get the same effect you would get from a single tablet).

So, how to take herbal remedies and how much to take depends on many things, e.g.

- Condition being treated

Flu, depression, toothache, warts, sprain, insomnia, etc.

- The form of medication

Oral or topical, dry or liquid, etc.

- The type of medication used

Applied to the skin, held under the tongue, inserted into the rectum, drops put into the ear or eyes, etc.

However, there are some general guidelines when it comes to taking herbal medicine, e.g.:

- Tea

Take 1 cup three to four times a day

- Capsules

Take 2-4 capsules two or three times a day.

- Tincture

1 teaspoon two to three times a day.

- Tablets

1 tablet two to three times a day.

Types of Capsules

Herbal capsules are not difficult to make at home and if you have a chronic condition, you can save a lot of money by making rather than buying capsules. However, the main advantage of home-made capsules is that you know exactly what goes into them, you can be sure they contain no fillers or allergens, and you know they are freshly-made (as you won't be producing millions, but just a couple of dozen at a time). Besides, you can combine herbs in any way you want, i.e. your capsules will be unique.

Capsules can be soft gels or hard ones and if you want to fill your own, you should buy hard capsules. However, before you buy empty capsules, you need to have an idea of what you are going to fill them with, i.e. dry herbs or liquid medication. Besides, hard-shelled capsules may contain more than one drug which makes them ideal for dual-action or extended-release treatments. Soft gels are usually wider and the medication is held in a gelatin case.

Another classification of capsules is into gelatin based and vegetarian based ones:

- Gelatin based

Gelatin used to make capsules comes from cattle or pigs (the hoofs, bones, and connective tissue are boiled until it turns into a gel). Gel has certain health benefits, particularly for the skin and joints. This type of capsule is less expensive than vegetarian ones.

- Vegetarian based

These capsules are made of vegetable cellulose which comes from the bark of

the pine and spruce trees. They are tasteless and odorless and ideal for vegetarians and vegans or for anyone else who cannot consume gelatin for any religious, cultural, or dietary reason.

Both types of capsules can be stored for many years without going off provided they are stored away from sunlight or heat. They should not be kept in a fridge for that will make them dry and brittle. Both types of capsules are ideal for storing powder or oil. They dissolve within 5 minutes after consumption.

How to Encapsulate Herbs

To start with, you need to purchase capsules. You can get either gelatin or vegetarian ones. You can ask for halal, kosher, gluten-free, BSE-and TSE-free ones.

Capsules are usually sold in bags of 500 or 1000 empty capsules. They come in different sizes which will determine which size of the encapsulation machine you should buy.

There are several sizes to choose from:

- “0” holds 500 mg of herbs. These capsules should be taken 2 per day.
- “00” size holds 50% more herbs, about 750 mg. Being bigger; these capsules are more difficult to swallow.
- “1” size holds 400 mg and is usually used for making capsules for children or those who have difficulty swallowing.
- There are also size “2” (350 mg) and size “3” (200 mg).

Empty capsules can be bought from a local health food store or you can order them through Amazon.

However, to make your own capsules, you don't have to have a machine. You can encapsulate herbs by hand, but be warned - it takes time.

How to fill capsules manually:

- Pour the powdered herb into a small bowl.
- Open up the capsule.
- Use one half of the capsule to pour the herbs into another half.

- Close the capsule by pressing the two halves against each other.
- Repeat

However, if you plan to make hundreds of capsules or simply don't have time, you can get one of the encapsulation kits that can do 50-100 capsules at a time. Each of the kits is for a specific capsule size, so decide in advance what size capsules you want to make.

- Insert each end of the capsules into the respective slots
- Pour the powdered herbs into the machine. Move around until each capsule is filled (add more powder if necessary).
- Insert the top and close down until the capsules are “locked”

Preparing Herbs for Encapsulation



Preparing herbs for encapsulation starts long before they are packed into capsules.

6 steps to preparing herbs for encapsulation:

1. Harvest the herbs at the right time when their active ingredients are the most potent
2. Dry them properly so their volatile oils are preserved
3. Store them in a dry and cool place, away from light and heat
4. Buy the capsules
5. Grind the herbs into a fine powder (you can do this with a coffee grinder or with a mortar and pestle)
6. If you plan to use more than one herb, store grounded herbs separately and mix them just before encapsulation

Can All Herbs be taken as Capsules?

For a number of reasons, not all herbs are suitable for encapsulation. Those that are particularly easy to encapsulate include:

- Ashwagandha
- Black Walnut
- Cayenne
- Chlorella
- Damiana
- Horsetail
- Hydrangea
- Saw Palmetto
- Triphala
- Valerian root powder

How Much Cleansing Herbs to Take?

Just like every other alternative treatment, you should be mindful of the particular dosages to take when you take herbs. But one common problem with herbal remedies is the difficulty in determining the actual dosage to consume especially with raw herbs or roots. However, these have been made much easier

with herbs that come in powder, granulated or capsule forms. With these, it's easier to take directly or make into herbal teas with specific ratios.

However, for full form roots, and chunks of stems, I usually recommend researching the actual dosage amount to take. For most herbs, it will need just a handful of herbs boiled in 10 ml of water.

For pre-made herb packages, simply follow the manufacturer's dosage instructions. If they do not come with instructions, the general rule to follow is 1 teaspoon part herb to 1 cup (8 ounces) of spring water. You can scale this ratio to make larger volume so you can store for use.

For pre-purchase cleansing packages –

Always follow the package recommended dosage or instructions on how you should prepare or take them. Most purchased packages come with instructions on how to take them.

For Leafy purchased herbs –

For leafy purchased herbs, this is determined as concentrations in ml. You can either prepare the fresh herbs directly by boiling a handful in 10ml of water or you can dry them and grind into powder form. Once ground, I like to measure 1 teaspoon per 8 oz. (1 cup) spring water, which often is the general dosage rule for herbal mixtures.

Again, you can do additional research for the particular dosage of the specific leafy herb you want to prepare.

For bulk purchase herbs –

If you have purchased herbs in bulk and you're making your own teas, find out what the recommended dosage is for each herb. As a general rule, you should prepare each herbal tea in a ratio of 1 teaspoon to 8 ounces of spring water.

For capsules –

For herbs that come in capsule form, you should follow the recommended dosages for each herbal capsule.

CONCLUSION

Thank you for making it to the end. At Herbal Remedies, we understand that traditional medicine can often times be expensive and ineffective. This is why we offer our customers a wide variety of herbal remedies and recipes.

Our herbal remedies are hand-crafted from the plants that grow in the wild. Our formulas have been used by local tribes for generations. These remedies help to restore your body's natural balance and prevent disease.

Herbal remedies and recipes are a fantastic way to alleviate symptoms of common ailments. One of the best benefits of using herbal remedies and recipes is the fact that they can be used for both acute and chronic conditions.

Herbal remedies and recipes come in a variety of forms, including teas, tinctures, and suppositories. However, one unique advantage of herbal remedies and recipes is the fact that they cannot interact with medications. They are simply supplementary to your current treatments and should be used as such. For this reason, they can be an effective weapon against chronic diseases such as asthma or psoriasis.

Herbal remedies and recipes have no negative side effects on your body. They are therefore a safe alternative to traditional medications. Knowing this, you should use herbal remedies and recipes as part of your daily routine to prevent illness from becoming an even bigger problem.

Herbal remedies have been used for centuries to bring relief to a multitude of ailments. If you are interested in finding natural, herbal remedies or recipes for your ailment, you are in the right place.

When you use herbal remedies and recipes, you are using natural substances instead of artificial ones to treat your ailment. Herbal remedies can be used for a variety of ailments, including but not limited to:

- Lyme disease
- arthritis
- asthma
- diabetes

- urinary tract infections
- Liver problems and more. Some types of herbal remedies include: herbal teas
- herbal supplements
- herbal creams and salves

As you can see, there are many different kinds of herbal remedies available so you should be able to find one that will meet your needs. Herbal remedies are often the less expensive option because they do not have all of the chemicals that are present in over-the-counter medications. Herbal remedies can also help to reduce side effects from medications that you may be taking.

The benefits of using herbal remedies are numerous. With no side effects, it's easy to use the herb as directed and as needed.

You don't need to take a prescription from your doctor to use herbs. Herbs can be used to support overall health, but they can also be used for specific conditions or symptoms. Herbal remedies work in different ways, some work by stimulating the body to heal itself, while others work by relieving any discomfort or pain that a person is experiencing.

Herbal remedies come in many forms including teas, tinctures, capsules and powders. Herbs can be added into food or even used on its own for better results. They can be taken as a daily supplement, or when necessary they can be taken as an emergency remedy.

Over time, you may start to notice that your herbal remedies start to have an impact on your overall health. This is completely normal as these remedies slowly begin to unlock the body's natural healing mechanisms.

I hope you have learned something!

MEDICINAL PLANTS ENCYCLOPEDIA

INTRODUCTION

There are a lot of medicinal plants out there that don't get the attention they deserve. Medicinal plants are an incredible source of natural medicines. A lot of people don't realize that there are over 1,000 medicinal plants in the UK and many of them can be found growing in the wilds. Medicinal plants are plants that have medicinal properties. The main difference between herbal medicine and medicinal plants is that herbal medicines are often used as a natural alternative to conventional medicine. Medicinal plants are not registered with the FDA (Food and Drug Administration).

Medicinal plants are some of the most powerful plants out there. They have been used for centuries to treat many different ailments, from fever and pain to swelling and inflammation. Medicinal plants have been used since ancient times to treat various diseases and improve health. Each plant has its own unique benefits. Botanists classify medicinal plants into three main groups: - Herbs - Fruits - Roots

Medicinal plants are plants used for healing purposes. In herbalism, medicinal plants are the basis of natural remedies and include such things as herbs, tinctures, and teas.

Medicinal plants from all over the world have been used to treat various ailments for almost as long as human beings have been using plants medicinally. There are, however, a number of medicinal plants that are cultivated specifically to treat skin conditions. Medicinal plants are a great way to promote your brand and your products. They have a long history of being used for their beneficial effects, which means that people are likely to trust the claims made about them. Medicinal plants can be used to produce compounds that have medicinal effects on the human body. Some of these compounds are known as phytochemicals, which are naturally occurring chemicals found in plants and also found in foods.

Medicinal plants are useful in treating a lot of health conditions. There are over 3000 medicinal plants used in Ayurveda, which is the traditional system of medicine that's based on the principles of nature. There are a lot of advantages to using medicinal plants in your skin care products and treatments. First, they're natural. Medicinal plants are used by herbalists to treat disease. Most plants that are used as medicine have been around for thousands of years; many have been

used by Western medicine for thousands of years.

Medicinal plants are widely used by cultures all over the world. In parts of Asia, we find that nearly 90% of inhabitants use herbal remedies in their daily lives. Many practices used by the Asians are very helpful in treating our diseases and ailments, and there are many advantages to using these herbs. However, there are also some disadvantages that need to be taken into consideration before using them. Imagine trying to treat a disease or illness without the use of modern medicine. It's very difficult to do and even the most common ailments such as coughs, colds, and aches can pose a greater threat if you don't consume the proper treatment. Luckily for us, modern medicine has advanced far enough so we don't have to depend on herbs alone for our curing; however, it's still important to know which herbs are good for what ailment and which ones aren't since they can be quite powerful at times. Herbs can be used for a variety of things such as relieving pain caused by arthritis, alleviating fatigue in the body resulting from stress, or simply helping you feel energized for your day at work or school or while working out on the treadmill at the gym. Herbs also have many uses for improving general health as well as aiding in your weight loss efforts. You will want to make sure that you don't just consume any herb because every herb has its own limitations and effects on people so it's important to take that into consideration while deciding which ones you want to use.

Medicinal Plants are an essential ingredient in creams and serums as they help to reduce inflammation and repair damaged skin. Medicinal plants have been used by humans for thousands of years, and the list includes: The main advantage of using medicinal plants is that they are full of medicinal and healing properties. There are hundreds of plants with medicinal properties, which can prove to be effective in treating a number of different conditions. Medicinal plants have been used for thousands of years and are widely used in traditional medicines. Many of these plants are also used as natural insect repellents, and in some cases, even as a food source.

Medicinal plants have been used for thousands of years to help humans across the globe. Medicinal plants have been used for thousands of years to treat various ailments. Plants are the most abundant resource on Earth and they have many medicinal benefits. The primary benefit comes from their ability to provide nutrients and other bioactive compounds that have therapeutic properties. Medicinal plants are plants that have the ability to heal wounds, ailments, and diseases of humans.

Medicinal plants are plants used for medicinal purposes. The most important medicinal parts of the plant, like roots, leaves and bark, are used as medicines. Other parts of the plant like flowers and seeds can also be used as medicines. Medicinal plants are the basis for many medicines that are used in modern day medicine.

Some types of plants are used to treat a variety of medical conditions like sore throats, coughs and colds, insect bites, and menstrual cramps. Some plants can be poisonous to some people, so it is important to find out if the plant you want to use is edible or poisonous before consuming it. If you do decide to try consuming a plant that is not edible or poisonous, do not eat more than one at a time. Consuming too many plants at once can lead to negative effects like vomiting and diarrhea.

HERBS OF WEALTH AND POWER

Fenugreek

Fenugreek is strongly associated with prosperity and wealth. When used in charms and spell bags, it will attract money and prosperity to you. You can sprinkle infused oils made with fenugreek throughout your home to increase the prosperity of those who live there. If you take a glass jar and position it in your kitchen (which is thought to be the heart of a home), add a couple of seeds of fenugreek into it every day to increase the flow of money and wealth coming into the home and prevent it from leaving.

Bergamot

Bergamot is very strongly associated with magic related to wealth, success, luck, and prosperity. It should be in as many of your spells related to these pursuits as possible. You can add bergamot to any spell trying to bring success in any form into your life to add extremely powerful energies to your working. It can be added to a spell ball to attract luck to the bearer when taking risks or trying to draw good fortune to them. It can also be used in spells of protection and preventing anything from interfering in your success. Occasionally bay will also be used in items to promote peaceful sleep.

Cinnamon

Adding cinnamon to your magic will add a dash of power and vitality to any spell. It is used to attract success, luck, love, power, and wealth to you. It is particularly good at doing this when used in spell bags or charms. You can also use cinnamon in spells to attract romantic love into your life or to increase the level of passion in an existing relationship. Cinnamon is also sometimes used in spells to increase psychic abilities and divination powers. It can provide clarity to the messages you receive and open up your psyche to receive ones you might not normally hear.

Marjoram

Marjoram is an herb of protection and defense. Hang a sprig of it in your doorway to keep your home safe from intrusion and protect it from malevolent

entities. Add it to a spell bag and keep it in the glove box of your car to prevent break-ins and theft. Anoint a ring with oil infused with marjoram and wear it daily to create a personal protection charm. If used in a magical bath for a consecutive week it will cleanse you of sadness, anguish, and grief. Marjoram can also be added to incense or spell bags focused on prosperity to draw added wealth.

Vervain

Vervain is a versatile herb. It can be used in spells and rituals focused on attracting money, prosperity, and wealth to increase their potency. It also has very strong protective powers. Add it to a spell ball or charm and carry it with you to keep yourself safe from harm. Bury some near your front door to protect your home and prevent invaders from entering. If used in a dream pillow it will keep the sleeper safe from nightmares or from negative entities if they are lucid dreaming. Add Vervain to a magical bath to cleanse yourself from negativity and unwanted energies and to bring balance to your personal energies.

Mint

Use mint in your spells and magical workings when you need to increase or improve the communication occurring between people. It will help in opening the flow of ideas and help prevent miscommunications from occurring. When used in a spell bag or magical bath it will help encourage healing and will help relieve migraines. If you keep a sprig of mint in your wallet it will help attract prosperity and wealth to you. If you have a business, sprinkle some mint across all the doors to bring customers your way and increase your visibility and success.

Dill

Dill is associated with powerful energies to attract money and prosperity to you. Rub oil made with dill on a dollar bill and keep it in your wallet to attract money and financial success to you. It is also great for helping you keep clear thoughts and a sharp mind in financial matters. Use it in spell bags or bottles as a strong protective charm for a person or space. It will prevent negative or malevolent entities from affecting the protected person or space. It can also provide blessings and positive influences if used in the consecration of tools or of a

space.

Myrrh

Myrrh is an herb strongly attuned with magical energies and the forces of the Universe. When included in magical workings it will increase the potency and range of any spell or ritual cast. When added to incense myrrh is great for consecrations of people or tools. It can also be used this way during meditation to reach a deeper meditative state and open paths within your mind that are difficult to access. Often myrrh is blended with frankincense to create particularly powerful magical blends used in most rituals.

Dragon's Blood

Dragon's blood is a key ingredient in workings related to protection and defense. It will increase the power and intensity of spells worked to banish negative forces, people, or habits from your life. It will provide protection against further interference or negative influences and will keep habits from returning if used in a spell bag or charm. Dragon's blood is also strongly attuned to magical power and energies, so it will increase the power of your magic as a whole if included in spells and rituals. You can add it to ink for increasing the chance of success for wishes written with it.

Frankincense

Frankincense is another herb with strong attunements to magical energy. When used in incense, it will increase the potency and effectiveness of your spells and rituals. It is especially good for use in magical workings that are meant to increase your determination, self-discipline, and willpower or to aid in the completion of a difficult task. Include it at the start of a long-term project or working to increase its chances of continued success and prevent mishaps or setbacks. Frankincense will increase your overall level of success, both personally and professionally. It is associated with the holiday of Yule and should be included in any rituals or spells to celebrate and observe that day.

Morning glory

Morning glory is most often used in spells of banishing or binding. Use caution when casting such spells, as they are very powerful and can have unintended consequences. They should be reserved for a last-choice scenario. To banish a

negative person from your life and bind them to prevent them from doing further harm to you, themselves, or others wrap a morning glory vine nine times around a photograph of them (just them- no one else in the photo) or a poppet created in their image.

Thyme

Thyme will help increase your prosperity, luck, and financial success. When added to a spell ball or charm it will attract wealth to you and bring in new business or job opportunities. Use it in an incense to open your eyes to new possibilities and bring luck in your financial endeavors. When carried with you or incorporated into personal charm thyme will bring loyalty and affection into your life and help others see the best in you.

Allspice

Allspice, as the name implies, is a wonderful spice used for success in business, and also to relieve mental tension. It promotes determination and energy. It is also used in spells and charms that involve money and luck. More so, it can be used as a healing herb and can be used to create a healing herbal bath.

HERBS OF HEALING

Aniseed

Aniseed is a medicinal herb that can help treat

Low sex drive

Digestive problems

Coughs

Excess flatulence

Cramps and nausea

Insomnia

Headaches/migraines

Anxiety/depression

Habitat/Growing conditions

The aniseed plant is local to southwest Asia and the Mediterranean. This plant requires lots of sun with fertile soil that drains well.

Foraging/harvesting aniseed

To harvest aniseed in its natural environment, you can cut the stems underneath the head of the flowers. If the seeds are not yet ripened fully, you will need to tie the stems together using twine or whatever string that you have on hand. Once they are tied and secured together, you will need to hang them upside down somewhere that do not get too hot or cold with circulating airflow.

Medication interactions

Using aniseed can make estrogen pills ineffective when combined.

Aniseed can prevent some methods of birth control from working properly.

Aniseed can also prevent tamoxifen, a cancer medication, from working properly.

Side effects/Precautions

Some people have an allergic reaction to aniseed

Aniseed has been reported to lower blood sugar in some people

You should avoid using aniseed for longer than four weeks at a time

Herbal remedies using aniseed

Herbal remedy to increase libido:

You can increase your sex drive by drinking one glass of water that has been infused with crushed aniseeds. To find out the specific amount of crushed aniseed that you will need for this remedy to work for you, you need to reach out to an herbal medicine practitioner near you. Someone who is trained in the field of herbal medicine can safely direct you to the right amount of aniseed for you.

Herbal remedy for postpartum depression:

Aniseed powder has been very successful in treating postpartum depression. This herbal remedy even helped me get out of my own baby blues after I gave birth to my son.

Take three grams of aniseed powder three times daily for up to three weeks.

Herbal remedy for bloating and gas:

You can use aniseed tea to treat bloating and gas. Below I have provided an easy to follow recipe for this herbal remedy.

Add two teaspoons of ground or crushed seeds to an eight-ounce glass of hot water. Let the tea sit for eight to ten minutes, strain the seeds from the tea, and enjoy. You can bring a little more flavor to this recipe by adding in some honey or ginger root.

[Arnica](#)



Arnica is an herb that has medicinal flowers.

Arnica flowers can treat these ailments

Bruising

Dandruff

Minor aches and pains

Vision problems

Osteoarthritis

Muscle soreness

Habitat/Growing Conditions

Arnica can be found in the mountains of Europe. Arnica thrives when it is at a high elevation. This plant's ideal environment would be about six thousand feet above sea level.

Foraging/harvesting arnica

Arnica commonly grows at fairly high altitudes in meadows/fields. The best time to forage for and harvest arnica is between the beginnings of June through the end of July. The exact days will vary depending on plant growth, weather, terrain, etc.; when harvesting any plant or herb, you will need to make sure that

you have the proper tools.

If you are out foraging for the leaves, flowers, or any parts of the top of the plant, you will want to bring a tool for cutting along with proper gloves and footwear. To harvest arnica, you can cut multiple stems or flower heads at once and hang to dry or cut only the flower heads and allow them to set and dry for at least a week.

Medication interactions

Arnica, when taken with prescription blood thinners, can cause bruising and bleeding.

Arnica should not be combined with aspirin, ibuprofen, naproxen, heparin, etc.

Herbal remedies using arnica

Herbal remedy for pain relief:

Using homeopathic arnica can decrease pain and inflammation. Under the care of a trained herbalist, take six doses of homeopathic arnica; it has been successful for some individuals in eliminating pain and inflammation.

Herbal remedy for muscle relief:

You can use arnica herb gel to relieve muscle pain, stiffness, and cramping. Check out the “where you can find arnica” for places to purchase arnica gel. Your herbal specialist may be able to provide you with instructions on making your own arnica herb gel, but in my opinion, it is more convenient to buy it premade.

Herbal remedy to heal bruising:

You can use homeopathic arnica capsules by mouth for one week to help treat bruising.

Boldo



Boldo is an herb that is fairly common in the world of herbal medicine.

Boldo can help treat

Treat headaches

Gallstones

Water retention

Anxiety

Constipation

Bladder infections

Habitat/Growing conditions

The boldo plant is local to Argentina, Chile, Peru, Ecuador, and Bolivia. Boldo grows in full sun and at raised altitudes such as slopes or hillside meadows.

Foraging/harvesting boldo

If you live in the United States, it is not likely that you will be able to forage for boldo successfully. If you live in any of the areas mentioned in the habitat

section, then you may find yourself having better chances of finding boldo. Boldo leaves are typically harvested year-round. You can pick the leaves or cut them off the plant. Lay the leaves you have harvested out to dry, and once they have completely dried out, they will be ready to use.

Medication interactions

Boldo should not be combined with medications that affect the liver

Avoid taking boldo if you have been prescribed lithium

Boldo can reduce blood clotting; because of this, it should never be taken with prescription blood thinners

Side effects/Precautions

Ascaridole is a chemical that is found in boldo when it is in its natural state. This chemical is poisonous. There are ways to get the medicinal effects of boldo safely; however, this is why it is so critical for you to consult with an herbal medicine expert before using herbal remedies for healing.

Boldo can cause liver damage

This herb is dangerous for use during pregnancy and should not be used at all by pregnant women as it can harm your unborn baby

Boldo should be avoided if you are breastfeeding due to certain harmful chemicals that it can pass through the milk to the nursing child

Herbal remedies using Boldo

Herbal remedy for cleansing the urinary tract:

This herbal remedy using boldo has the same effect as taking water pills and can help you get rid of excess water buildup in the body.

Bring eight ounces of water to a rolling boil and then remove the water from the heat. Pour in 1 ½ tablespoon of dried boldo leaves and let it steep for at least eight minutes but no longer than fifteen minutes to preserve the tea's freshness. Strain the leaves and drink the herbal tea to cleanse your urinary tract.

Herbal remedy to relieve anxiety:

Infuse twenty ounces of distilled water with half a tablespoon of dried boldo leaves and allow it to infuse for eight to ten hours (or overnight). After the water

has had enough time to infuse, strain the dried leaves, and drink the water to reduce anxiety.

Herbal remedy to treat constipation:

Take one 500 mg capsule of boldo two times per day to relieve constipation, with the advisement of your herbalist.

Brahmi



Brahmi is an aquatic herb with many medicinal properties.

Brahmi can help treat

Poor memory or memory loss

Declining brain function

Insomnia

Anxiety

Indigestion

Habitat/Growing conditions

Brahmi grows in wet aquatic environments and grows excellently in and around bodies of water.

Medication interactions

Brahmi can interfere with certain anticholinergic medications. Combining these kinds of prescription drugs with Brahmi can cause complications.

You should not use Brahmi if you are taking medications for Alzheimer's disease; these medicines can be affected by Brahmi.

Brahmi can also cause an increase in thyroid hormone, and because of this, it can be harmful when taken with other medicines that impact the thyroid.

Side effects/Precautions

Using this herb too frequently can cause minor stomach cramps

Dry mouth

Nausea

Diarrhea or frequent need to pass stool

Brahmi can slow down your heart rate, so avoid using it if you already suffer from heart irregularities

May cause ulcers in the stomach

Can also worsen some breathing issues such as asthma

Herbal remedies using Brahmi

Herbal remedy to boost memory:

You can take 325mg of Brahmi for two weeks to help memory retention and to strengthen your memory.

Herbal remedy for peaceful sleep

Infuse one cup of hot water with two grams of Brahmi powder once a day, preferably one hour before bedtime.

Herbal remedy for soothing indigestion:

Indigestion can be painful and uncomfortable. You can talk with your herbalist to see if this remedy could help you treat the symptoms of indigestion.

Drink 10ml of Brahmi juice diluted in a glass of water to help get rid of indigestion.

Cannabis

Cannabis has quite a few medicinal uses, and this herb helps thousands of people all over the world.

Cannabis can help treat

Nausea

Vomiting

Anxiety

Depression

HIV/aids

Cancer

Chronic pain

Epilepsy

Diabetic neuropathy

PTSD or post-traumatic stress disorder

Glaucoma

And it can even help you stimulate weight gain

Where you can get cannabis

In order to acquire cannabis for medicinal use, you must live in a state where medical use of cannabis is legalized. You can check your state's laws and regulations concerning cannabis to find out if you can use cannabis where you live. You can also speak with your herbal medicine expert to find out if you can get cannabis for medicinal use and how to obtain it.

Cannabis habitat/growing conditions

Cannabis reaches its full growth potential in a humid climate that gets high amounts of rainfall with fertile and moist soil.

Medication interactions

There are currently no known medication interactions from using cannabis with prescription medications. However, you should still discuss any prescription medications that you are taking with your medical care provider before using cannabis.

Herbal remedies using cannabis

Herbal remedy for muscle and joint pain:

Cannabis has been found extremely helpful in the treatment of muscle and joint pain. Its efficacy has been confirmed by many people over the years. This herbal remedy may be just the thing your sore muscles or aching joints need to feel better.

Drop two to three drops of cannabis oil to the affected area and gently massage into the skin, allowing to sit on the skin long enough for it to be absorbed into the skin. For larger areas that may need treatment, simply drop a few more drops to the area than you would for a smaller pained area. For specific recipes on making your own cannabis oil for medicinal use or where you can purchase cannabis oil speak with an herbal medicine professional in your area.

Herbal remedy for treating nausea:

Cannabis is a staple for many people in herbal medicine because it can help treat so many ailments. Cannabis has been used for thousands of years to cure even severe cases of nausea.

Take two one to two grams of cannabis orally to stave off nausea. A professional herbalist can help you determine the best way for you to take cannabis, as well as how long/how often you should take it to be fully cured of nausea.

Herbal remedy for anxiety:

Cannabis has medicinal properties that have been known to help some people treat anxiety. This remedy may be able to help you recover from the debilitating effects of anxiety without using prescription medications.

Take 2-3 drops of cannabis tincture by mouth. To learn where you can get

cannabis tincture or how to make it visit your local herbal medicine specialist.

HERBS OF PROTECTION, GOOD LUCK, AND FERTILITY

[Herbs for Protection](#)

Belladonna

Belladonna is one of the dangerous herbs you should handle with care because it is highly poisonous. It should never be ingested but can be used with ointments to alter one's mind. It is also used with protection spells. It must be used with extreme care because it has been reported to result in deaths. If you are a new Witch, I would rather recommend that you stay away from Belladonna.

Cactus

This herb specializes in protection and banishing evil spirits. It does not require much efforts. Simply plant it around your home, specifically in all the four directions of North, East, South, and West, and it does its job effectively.

High John

Here is a multipurpose herb often worn as an amulet. It is highly effective for strengthening men's sexual prowess. It is also used for making oils and can be incorporated into incense and powders. High John gives luck, protection, financial blessings, success, and strength, among others. It is also known as The Conqueror Root.

Fennel Seed

The fennel seed is particularly good for protection, developing courage and for purification. For people who are possessed by one adverse spirit or the other, fennel seeds help to liberate them. Medicinally, it is useful for cooking, helps to reduce weight and aids digestion.

[Fertility Herbs](#)

Vitex

Do you know problems associated with infertility seldom result from imbalances

in the body's cycles or hormone levels? Vitex is one of the most effective and natural methods of accomplishing internal balance. Among this herb's many advantages and benefits is its ability to help balance out a woman's menstrual cycle, better and normalize ovulation, and enhance the body's levels of progesterone.

How to Use Vitex

Vitex has an outstanding safety history and has practically no side effects. Be aware that it may take up to 3-months to see optimal effects after you begin taking it. Use the herb continuously throughout the month.

It's best taken on an empty stomach early in the morning (you can set the alarm if required!). Take 1g (1000mg) of the herb in a capsule: I suggest this brand for top class and efficiency. You can also embrace the liquid tincture that you can readily get from stores.

You need sixty to ninety drops daily with a tincture. I recommend the capsule and the tincture over the dried herb. Please, endeavor to ask your physician or doctor for guidance to avoid any mischief.

Maca _

Fertility problems, notably those associated with imbalances, are not just limited to women. Although maca can help women regulate their estrogen levels, its gains also extend to men. Maca has been shown to counter many of the harmful effects of high estrogen levels. Besides helping increase a man's libido, maca can also increase sperm count and sperm motility, strengthening pregnancy chances.

How to Use Maca

Maca is easy to include in your diet. It can be added to smoothies or taken as a supplement, oatmeal, baked assets, and much more.

- The recommended dose for therapeutic use has not been confirmed. Nevertheless, the maca root powder dose used in studies usually varies from 0.015–0.005 kilograms per day.
- You can find maca in some health stores, health food shops, and several online retailers. There is also an outstanding selection available on some online selling sites with hundreds of interesting reviews.
- It is also accessible in powder form, 500 mg or 0.5 grams or capsules (or as a

liquid infusion).

- Note: While yellow maca is the most immediately available type, darker red and black varieties may hold different natural qualities.

Please, endeavor to ask your physician or doctor for guidance to avoid any mischief.

Tribulus

Tribulus is another herb that has demonstrated beneficial in increasing a man's fertility levels. Tribulus mainly targets the pituitary gland, causing it to enhance and boost the body's levels of testosterone.

I am glad to let you know recent study shows that taking Tribulus can enhance women's sexual adventure with sexual dysfunction or low sexual libido. Taking Tribulus seems to enhance sexual desire, speedy arousal, passion, ability to reach orgasm, greasing, and sexual satisfaction. The early analysis also shows that taking Tribulus can better sexual pleasure in men with erectile dysfunction.

How to Use Tribulus

Tribulus extract 0.0075g (7.5 mg) every day for four weeks has been used for women. 500 mg three times daily for three months has been used for men. Also, for sexual predicaments that block satisfaction during sexual activity, 0.25g (250 mg) Tribulus powdered extract three times daily taken after meals for three months has been used for ladies.

Dong Quai

Dong Quai is one of the most powerful herbs used to promote female fertility. By fostering increased blood flow to the pelvic area, dong Quai effectively corrects abnormal menstrual cycles, reduces and alleviates period cramps, and is especially useful for women who have just quit taking birth control.

How to Use dong Quai

You can find most Chinese herbs in gross or raw form, including roots, leaves, and berries, which you can mix with boiling water!

You can see the pill form combined with other herbs (or sold individually as dong Quai). The dried form, you can boil or strain as tea or soup (Be aware that Dong Quai is unusually taken on its own).

Dong Quai herb has been certified to help lessen symptoms connected with menopause and menstruation. You should know black cohosh is usually used with dong Quai.

Note: Please, make sure you buy from a highly dependable and reliable source. Above all, try and read labels completely as this could impact the dose you habitually take.

Red Raspberry

Ideal in hot or cold teas, raspberries help prepare the uterus for pregnancy. Besides improving uterine health, raspberries also contain high levels of calcium and a variety of other vital vitamins and minerals.

Some herbs have been in use for thousands of years, and their advantages have long been known. Besides vitex, maca, Tribulus, dong Quai, and red raspberry, there is a host of other herbs that can help both men and women enhance their body's health to increase the chances of becoming pregnant.

It is best you know the Red raspberry leaf tea has also been used to prevent unnecessary bleeding, strengthen the uterus, and improve labor issues. Red raspberry leaves are great in many nutrients and may offer health advantages for women expecting a baby and non-pregnant women.

How to Use Red raspberry

As a tea, one to three cups per day is suitable. One research showed that taking 0.0024 g (2.4 mg) per day of the red raspberry leaf as a tablet is safe.

Dang Gui

Do you know Dang Gui is a traditional Chinese medicinal herb commonly used for women's health? The shocking thing is that even some people with no regular Chinese medicine training are familiar with it. Also known as tangkuei, Chinese angelica root, or Dong Quai, this medicinal herb is best known for regulating the menstrual cycle. However, the acceptable uses for this material extend beyond menstruation.

Dang Gui falls into the category of "blood tonics," or those substances which are used to boost, strengthen, or enrich the blood in the body. For example, those trying to build their uterine lining to receive and support an embryo may benefit from medicinal herbs from the blood tonic category. Dang Gui also has

therapeutic action in Chinese Medicine to invigorate blood circulation and relieve pain. For this reason, this medicinal herb is also commonly used to relieve other symptoms associated with menstruation, such as cramping, irregular menstruation, and PMS.

Another reason your Chinese Medicine practitioner may use Dang Gui is for its ability to moisten the intestines and unblock the bowels. Constipation due to a lack of adequate blood supply is most commonly seen in older adults. However, this condition can also be seen in post-partum women and those suffering from any chronic illness. Further, Dang Gui also can treat coughing and breathing difficulties, which is why this herbal medicinal can be used in conjunction with other medicinal herbs, which transform phlegm and stop coughing.

Although Dang Gui is a widely used medicinal herb in women's health, its warming properties and its ability to affect the smooth muscle of the uterus are not appropriate for every woman to take. It is; therefore, best to speak with your TCM practitioner before starting its use.

How to Use Dang GUI

You can obtain Dong Quai as an oral supplement in capsules, tablets, tinctures, and tea. It's also used in some thematic powders or creams.

Analysis has not yet discovered a safe or prescribed dose. Talk to your doctor or physician about the dosage you should use or follow the product label's directions.

Tribulus Terrestris

Do you know Herbs such as Tribulus Terrestris, Swedish Flower Pollen, Muira Puama, Maca root etc. have been used through the ages to boost testosterone levels and help men increase their energy and vigor? The herbs, blended perfectly with amino acids such as L-Lysine, L-Arginine, and L-Carnitine, along with Zinc Oxide, Zinc Aspartate, Vitamin E etc., promote the prostate gland and ejaculatory ducts to work with greater strength and potency. Collectively, they help in boosting semen volume and improve the fertility rate.

How to Use Tribulus Terrestris

The outcome of Tribulus for erectile dysfunction is unclear. Some early study shows that taking Tribulus for three months enhances erections and sexual pleasure in men with and without an ailment called partial androgen deficiency.

Men with this ailment often have ED. Other early analysis shows that taking a supplement comprising brown algae, Tribulus, and chitosan for three months enhances sexual satisfaction, passion, strength to ejaculate, and sexual condition of life in men with ED.

The suitable dose of Tribulus depends on numerous factors, such as health, the person's age, and many other situations. Be sure to follow relevant regulations on product labels and discuss with your pharmacist or doctor, or other healthcare experts before using Tribulus Terrestris.

Herbs for Good Luck

Mint

Mint is also related to the female gender. It helps to clear headache especially. Simply inhale the steam from it while boiling in hot water. It can promote effective communication, and energize one. In addition, it is known to bring happiness and good luck to a home.

Chamomile

This beautiful herb helps to relieve stress, brings luck and is also used for purification purposes. If you have difficulty sleeping, focusing on your meditation or relaxing, simply sprinkle it around your home. You could also use it to protect against evil or magical attacks. For gamblers, chamomile brings good luck! You could wear it like a garland around your neck or, if you are not so daring, simply carry some of them in your pocket, and you're good to go!

Five Finger Grass

This herb is used for a variety of purposes. First, it could bring you luck in terms of finance and love. It also brings favor to gamblers and business people. In addition, it can be used for purification and for removing hexes. Some Witches prefer to call it Cinquefoil or just Five Fingers.

HERBS OF LOVE AND BEAUTY

Coriander

Coriander is an herb that restores peace and promotes harmony in difficult situations. You can use it in spells to diffuse tension and relax the atmosphere after a heated argument. It can also help with finding a middle ground in debates and finding a compromise to come to a solution. Coriander is often used in spells and workings related to love and union as well. It is thrown instead of rice as an environmentally friendly option during handfasting or marriage ceremonies. Used in spell bags or oils, it will attract the love of all sorts to you.

Ginseng

Ginseng is strongly associated with energy involving romantic love, lust, passion, and fertility. It is good to use in spells and rituals with the purpose of attracting a lover or romantic partner to you. Add it to a magical bath to increase your attraction and charisma or use it in a tea to bolster your confidence and self-worth. If you can obtain a piece of ginseng root, you can engrave a wish into it and bury it to make your wish a reality.

Juniper

Juniper is a versatile herb. String it into ropes or garlands to protect your home, car, or a person from violence or theft. Doing this will also prevent negative energies from building up and interfering with magical energy being used and directed. If fashioned into a bracelet, juniper will attract love of all forms and friendship to you. Adding juniper to your spells and rituals will increase your abundance and prosperity and keep it flowing consistently. Juniper will also promote health and wellness for anyone wearing or carrying it and it can be used to increase healing energies in magic focused on that purpose.

Lavender

Using lavender will bring you peace, joy, a release from stress. If used in a dream pillow, lavender will promote restful and deep sleep. You can increase this effect by incorporating it into a magical bath beforehand. When it is added to a spell bag or charm it will help bring more love into your life and assist in attracting a romantic partner. Lavender is also used in spells and workings involving healing (especially mental or emotional) and those focused on protection and purification.

Parsley

Parsley will bring balance and harmony to the workings it is included in. Use it in a spell ball or charm to break unproductive patterns and help create new paths going forward. Hang it around your kitchen to attract luck and peaceful energies into your home. Keep some in your wallet to draw prosperity and financial success to you. Parsley will also help draw romantic love and a sense of peace to you if carried or used in a magical bath. A bath with parsley added in will also promote healing and increase your strength after an injury or illness.

Patchouli

The use of patchouli in magical workings typically focuses on love and prosperity. If burned as an incense it will increase the vitality and passion within an existing relationship. Use it with a spell bag or charm to attract romantic partners to you. You can use it in a magical bath to increase your attraction to romantic partners or to increase your financial success. Offerings of patchouli will help ensure the success of a new business venture or increase your chances of getting a job you are interviewing for. Add some patchouli to your wallet to attract money to you and bring financial success.

Rose

Include rose in your magical workings whenever you want to add positive energies to your spells and rituals. It is primarily used to attract romance, partners, and romantic love, but it is also great for use in bringing platonic love, friendship, and feelings of happiness and joy into your life. Add rose into a magical bath if you need some help loving yourself as much as you should. Use it in spell bags or charms to attract love and positive people into your life. Create an incense with rose to bring positive energies into a space and to increase positive thinking.

Tonka bean

Tonka bean will aid you in determining your path and reaching the goals you set for yourself along the way. It will bring you courage when you are facing stressful situations and help you overcome challenges or obstacles that are in the way of accomplishing what you set out to do. It is also useful in spells and rituals to attract love, joy, and friendship into your life. You can carry it with you

to attract love and luck to you. When added to a magical bath or incense it will increase the potency of any magical workings dedicated to the pursuit of love and happiness.

Yarrow

Yarrow is an herb of love. It can be incorporated into potpourri or scattered around the site of a wedding or handfasting to bring seven years of happiness and joy to the couple tying the knot. If used in a magical bath it will promote increased self-love and attract love in all forms into your life. Yarrow can also be turned into a charm to help you overcome your fears by placing it in a yellow bag or piece of fabric along with a note listing your fears.

Vanilla bean

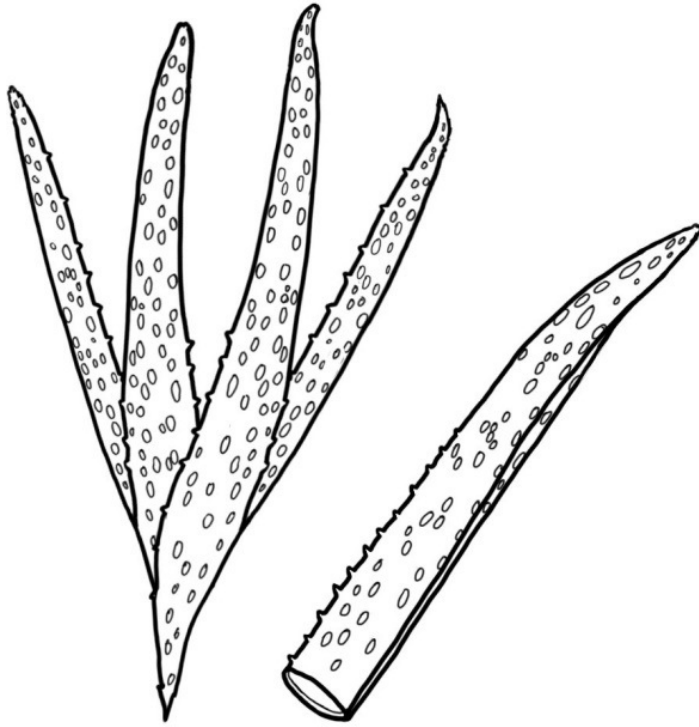
Adding vanilla beans to your spells and rituals will increase the potency of any magical workings dedicated to love, romance, and passion. Use oils infused with vanilla to create a personal charm you can wear every day to attract romantic partners and increase your self-love. Burn incense with vanilla bean to increase the passion and steaminess within an existing relationship. You can also use it in magical baths to regain personal energy stores that have been depleted or lost during the struggles and challenges faced in life. Carry some with you to draw love into your life and see events with a clearer perspective.

Aloe Vera

(Aloe vera)

History

Native to Africa, the physical healing powers of aloe vera are well documented. Legend states that Alexander the Great arranged treatment for his legion of soldiers with aloe vera when they were injured. The Egyptian queen Cleopatra is reported to have used aloe vera as part of her beauty routine. Aloe vera was indeed a sacred plant to the ancient Egyptians, as is evidenced by the inclusion of aloe vera in the paintings that adorned the walls of the temples, conferring religious symbolism to this succulent plant.



Characteristics

The aloe vera plant has green or green and white variegated leaves with small spines on the outer edges. The most common parts used are the leaves and the gel contained within them. Aloe vera gel is often used to treat burns and other skin irritations but is also found in cosmetic products such as shampoo and toothpaste. Aloe vera is also an edible plant with sap that is known to soothe upset stomachs.

Magickal Properties

The Latin vera is the feminine form of “true,” making the spiny leaves of the aloe vera plant useful in spells designed to halt gossip. Because of its soothing nature, aloe can also be used in healing spells.

HERBS OF DIVINATION

Honeysuckle

Honeysuckle will help you increase your intuition and psychic ability. When used in magical workings, it will increase your clarity during divination. When used in a dream pillow, it will help you reach a state of lucid dreaming and bring prophetic dreams to you. If used in incense during meditation honeysuckle will help you reach a deeper state and open your mind to messages from the Universe you may not have otherwise heard. Decorate your sacred space with honeysuckle flowers to increase the potency of the magical energies flowing through it and to attract magical entities to assist you in your workings.

Iris

Iris is an herb associated with knowledge, wisdom, and the pursuit of enlightenment. It will help you identify, define, and hold to your personal beliefs and ideas, no matter how strong the opposition may be. Using it in incense during divination will increase the clarity and detail with which you can interpret the messages you are receiving. It should be included in any dedication, initiation, or blessing spells and rituals. It is particularly effective when consecrating wands and other symbols of the element of Air. It will also increase the effectiveness of spells and rituals related to intellectual or academic endeavors.

Jasmine

Jasmine is an herb that is often used to attract love, romance, and peace into your life. If added to a spell bag or magical bath it will help you attract a romantic partner. It will also bring more love of all sorts into your life in general and increase your self-confidence. Additionally, jasmine will increase your psychic abilities and attract prophetic dreams and messages to you. It is useful in divination to assist in clear interpretations of messages that are received. You can also use jasmine in purifying and charging your crystals, and it is especially effective when used with anything made from or including quartz.

Lemon balm

Lemon balm is a bright herb of happiness, success, and luck. It is useful when working spells and rituals for mental and emotional healing or to relieve anxiety and depression. If added to a spell bag, it will attract lucky occurrences to you and bring success in your endeavors. Lemon balm is also used in workings involving psychic abilities and divination. If added to incense used during divination it will promote clarity of sight and a more nuanced understanding of the messages received. Add it to a dream pillow to increase your chance of having a prophetic dream and for better understanding of the symbols that arise.

Mugwort

Mugwort should be included in any magical working that involves divination, psychic abilities, or prophecy. When added to dream pillows it will assist you in attempts at lucid dreaming. It will also bring prophetic dreams and increase the clarity with which you understand the messages incorporated into your dreams. Use Mugwort in magical baths before attempting divinations to increase your psychic abilities and your receptivity to the messages the Universe has to send you. Add springs of Mugwort to where you store your divination tools to deepen your attunement to them and increase their effectiveness during readings. If you add a spell bag with Mugwort in it under your bed it will assist in projection and travel within the astral realm.

St. John's Wort

When added to a spell bag or charm, St. John's Wort will help you overcome challenges, find your personal strength and courage, and keep you moving forward through hard times. It will also protect you from negative magic and malevolent entities. When used in a dream pillow, it will bring about prophetic dreams. St. John's Wort is also used to increase divination success and psychic abilities. When kept with your divination tools, it will help cleanse them and increase your attunement to them, which will give you clearer readings that can be interpreted in more detail.

Wormwood

Use wormwood when you are trying to banish negativity from your life. When added to a magical bath it will cleanse you of anger, frustration, and other negative emotions. Carrying it in a spell ball or charm will protect you from malevolent magics and entities. Leave a bit in your car to prevent accidents and

avoid losing your way. If added to an incense, wormwood will increase your psychic abilities. If burned during divination it will increase your receptivity to messages from the Universe and help you in understanding how to decode those messages. This method can also be used to summon spirits to you, but be cautious if you attempt this, as it can have unintended or unfortunate consequences if you are not prepared.

HERBS FOR SPECIAL PURPOSES

Essential plants for your home, your body and your life

In the interest of facilitating as much knowledge as possible, and that this reaches you without delay of any kind, I have made a brief selection of the most effective plants of all that have been researched to date. It is clear that it is practically impossible to make a perfect selection, especially considering that there are about 250,000 species of plants properly investigated in the world of natural medicine. However, omitting for a moment that this figure represents only 10% of the total number of options that the plant kingdom makes available to us, I must say that this selection is the consequence of a series of journeys I have made by different nations to strengthen my knowledge on this subject to which I have devoted a significant part of my life.

Chamomile

How to efficiently use chamomile? Now that science and practice have determined that chamomile is very effective in dealing with various problems in the body, you should have a pretty clear idea of how to use it safely in your home. What makes chamomile such a special herb is that it can be incorporated in many ways. Topical applications, oils, infusions, among others. These alternatives facilitate decision making. After all, the important thing is to cover all possible fronts and reinforce what is "damaged" in our organism. Although, of course, these methods will depend exclusively on the disease we are facing.

Make the most of its aroma.

Breathing the scent of chamomile through oils and aromatherapy can help to treat a variety of conditions such as sleep anxiety or depression. After all, one of the foundations of our well-being lies in resting properly, providing us with a day of restful sleep. You can use these chamomile oils from a small bottle or jar. Whichever option you choose, use a small atomizer like those products to clean glass. The idea is that you can inhale the aroma so that all the properties of the herb have the desired effect.

A delicious chamomile tea.

In the event that you have inconveniences at the level of your digestive system,

the best option is to prepare a delicious chamomile tea. Dried chamomile tea flowers, thanks to their high content of flavonoids and terpenoids, have been shown to help relieve upset stomach. This is mainly due to its anti-inflammatory properties. A study recently published by the National Center for Biotechnological Information (NCBI) confirmed that consuming chamomile tea regularly also helps to relieve the symptoms of the common cold.

Topical applications.

Chamomile oil can also be applied topically. That is, directly on the skin or the space of the body in which you want a healing effect. The effectiveness of this plant is also transferred to the field of external pain and discomfort. It is important that all the essential oils that make up chamomile are diluted earlier in a carrier oil even before it touches the skin. Another option in terms of topical applications goes with the dilution of 1 or 2 drops of chamomile oil in a body lotion with special emphasis on moisturizing properties.

Compress.

Believe it or not, chamomile can also be applied to a compress. This topical method works especially in the area of pain or discomfort. To create this compress, simply soak a towel in warm water and add 1 or 2 drops of the diluted chamomile oil. Then the compress should be applied at the point where the discomfort is. These can be the back, stomach, some specific muscle and even to relieve a toothache, pressing the compress on the affected part.

[Salvia](#)

This plant of Mediterranean origin, widely known in different latitudes of the world, is one of the most popular medicinal herbs according to my experience. Used for medicinal, culinary and cosmetic purposes, sage is the key to overcoming specific conditions. Its anti-inflammatory properties are the reason why it is used today both to relieve muscle aches and to treat rheumatism, arthritis or osteoarthritis. There are many ways to take sage. Everything will depend, of course, on the purpose you pursue with its use. Here are the proper ways to include sage in your life.

Infusions.

The method preferred by most. Infusions are not only simple to prepare but represent an almost total guarantee of positive results. Hence the popularity they

have gained in recent years in the commercial world. You don't have to go too far to know someone who has included sage infusions in their daily habits. Nowadays, many specialist shops or herb shops sell these already prepared infusions. Personally, I prefer to prepare them on my own, in the quiet of my home. If your idea is to do it personally, it's easier than you could imagine. Just boil some water. Just as the water reaches the boiling point, add 5 sage leaves to the bowl and allow it to continue boiling for another 15 minutes. The last step is to remove the water from the container and let the liquid rest for about 5 minutes before ingesting it.

Essential oils.

This is an option you should always keep in mind. Due to its anti-inflammatory, antiseptic, healing and analgesic properties, taking advantage of its essential oils can be of great help to relieve physical pain, muscle or joint discomfort, improve acne or treat cellulite. Whatever your case may be, I suggest that you always keep in mind that, since it is an essential oil, you must have all the precautions you deem necessary. Before applying these oils, it is essential that you dilute it in some vegetable oil to avoid irritations.

Licorice

Yes. It is well known to you, dear reader, that licorice is a plant with a lot of medicinal properties perfect for those who have liver-related conditions or for any process involving angina, laryngitis, asthma and colds. Its chemical composition (triterpenes and flavonoids) make this plant an indisputable weapon to use on the digestive system as a healer of gastric ulcers, in addition to its effects on the respiratory tree.

The main international phytotherapy organizations recommend the consumption of licorice with the appearance of the first digestive symptoms. For example, burning or dyspepsia. They also suggest its use as an adjuvant in the treatment of gastric or duodenal ulcers. But do you have any idea how you can administer this medicinal herb?

Oregano

Oregano is famous for its healing properties in different latitudes. Like other plants included in this book, the properties of oregano can be exploited in many possible ways. This is what makes this plant one of the most beloved options in

many of the countries I've had the opportunity to explore. It is worth remembering that, among all the properties of this herb, the most popular are: anti-inflammatory, expectorant, digestive and soothing. Don't be fooled by the use of oregano in pizzas. Its aroma, yes, is exquisite. But the healing potential of this plant is as much or more surprising than its delicious smell. There are many ways to use it, many of which are associated with specific ailments.

Drops of its essential oils.

Oregano drops are the quintessence of its use. It is the ideal method in most conditions in which this herb has healing power. For example, in case of common cold or flu, it is recommended to add 3 drops of oregano oil in a natural drink (preferably juice) and take it at least once a day, for 3 consecutive days. This method also applies in cases of nasal congestion.

In the case of physical pain, the analgesic properties of oregano act better directly. Who hasn't applied two drops of oregano to relieve ear pain? It is more than clear that its properties act almost immediately when dealing with mild physical pains.

Oregano oils can also help reduce cellulite. If this is the case, I recommend you to use their essential oils in a body massage. Remember at all times to dilute it before in a vegetable oil so as not to expose your skin to any topical irritations. Another benefit, although less well known, is against insect bites. This topical method works to reduce inflammation as a result of these bites.

Oregano is also excellent for relieving muscle and joint pain. As you may have noticed, the strength of oregano lies in its essential oils. These are also used to treat dermatological diseases such as psoriasis or eczema. Its chemical composition is a tremendously effective weapon to treat a significant amount of discomfort.

Direct consumption.

Another way to take advantage of its properties (in this case, analgesics) is through direct consumption. But what do I mean by direct consumption? Chewing oregano leaves, or taking them in an infusion, has been shown to help relieve all the symptoms inherent in the menstrual process, especially the physical pains of the lower belly. However, before making any decision about the consumption of this plant, it is important to have the permission of a medical professional. Do not forget that many times people harbor certain allergies that

we are not fully aware of. In addition, this is about your life and your health. All precautions are valid.

Contraindications.

- It is recommended to stop its use if you show any adverse effects or an allergic reaction.
- Not recommended for use by pregnant women.
- It is not recommended for use by people who have been diagnosed with anemia.

Basil

Basil has been used for centuries as an optimal natural drug to treat various common diseases. Basil can bring many benefits to your health. It is one of the reference medicinal plants to relieve sore throat, to eliminate acne, to improve all those symptoms inherent in bronchial diseases and even to combat many types of fungi. Its essential oils contain antioxidant elements, which contributes significantly to improve your immune system.

There are many ways to use basil. Here are the most relevant and efficient.

Chew it leaves.

Chewing its dry leaves is a fairly suitable use for areas such as stress, anxiety and nervousness. My suggestion is that you chew basil leaves at least twice a day to reduce stress levels. After all, who has not felt stressed by day-to-day responsibilities? If this is your case, and the synthetic drugs offered by pharmacies have not helped you in this regard, why not try basil? Its aroma will facilitate the process. You can calm your nervous system while adding a very good habit in your daily practices.

Topical use.

Its topical use is ideal when seeking to heal wounds or insect bites. My recommendation is for you to crush dried basil leaves and apply them directly to the affected area. Thus, all inherent properties will do their work, facilitating a quick healing. Its topical use is one of the oldest, precisely because it precedes all the processing that came with the following years. Evidence has shown that its antioxidant and anti-inflammatory properties will help you significantly to relieve the pain of stings and wounds.

Infusion of basil oil.

Infusions of medicinal plants have gained a good number of followers in recent years. Science has found that drinking a hot drink once in a while helps us to relax greatly. In the case of basil, the benefits go much further, because its properties will help you deal with small headaches and mild pains. Boil some water with some leaves and take two or three tablespoons per hour. In addition to a delicious aroma and flavor, you will be giving it a proper use by taking advantage of all the healing properties that exist in its leaves and in its essential oils.

HERBS FOR RITUALS AND CEREMONIES

The practice of Wicca has a great deal to do with the rituals involved in healing with herbs and other foods. Even the vegetables and meat that you eat has a sacred energy and as you connect more to the plant and animal kingdoms through your practice, you will discover and enjoy the magik of all healing foods and herbs.

The power of herbs has long been known and humans have been using them to aid their ailments and perform magik for centuries. The techniques we use today in our kitchens are quite similar to the way herbs were prepared long ago; not much has changed, and not much needs to because it is the best way to use the magik of herbal remedies like this.

Witches were persecuted for their knowledge of herbs and how to use them to heal people. Even today, the use of herbs instead of prescription drugs is not widely practiced by the medical industry; however, these little pieces of plant life carry some of the most potent magik on Earth and help with a wide variety of things, in addition to simply using them as a bundle of incense or a bouquet offering on your altar or in your rituals.

The most common herbs in the Witch's cupboard can be found in almost any culinary garden and they have more magik than most people care to know in these modern times. Take a look at the list below and see what herbs you already know and work with that can bring more magik into your life.

[Rosemary](#)

This heart shrub has been used for centuries to flavor food with its robust earthiness. It is a potent magikal herb as well and can be used to heal a variety of ailments and support the overall health of an individual in many ways. Outside of the body, sprigs of rosemary built into a wreath, or laid upon an altar, offer up a great energy of opening and acceptance. Rosemary, when sniffed, clears the nostrils and opens the mind. It is a sacred plant involved in many rituals of fertility and abundance and has a great way of banishing unwanted energies from the self and the home.

You can dry it or keep it fresh and use it to dispel unwanted spirits, and also as a tonic to help with memory, in spells of fidelity, in rituals of power and protection and for purification. You can use rosemary in your bath water to enhance your sacred bath rituals and you can also decorate parts of your home with it, making it into bouquets and keeping it in fresh water.

Thyme

This culinary herb is more than just for seasoning a roast chicken. It is a dainty herb and has a very feminine nature, unlike the very masculine rosemary. It can be used in a variety of ways and has been known to aid in digestion and as a cough remedy. It can also help with your attitude, promoting a more positive vibration for you. According to some folklore, thyme is a favorite of the fairies who will be drawn to your garden more if you plant thyme in it, promoting more work for you with fairy magik. It has antifungal and antibacterial properties and can be taken as a fresh tea, twice daily, to help with the ailments of the lungs and the digestive system.

Thyme is also beneficial in herbal baths to aid with rheumatism and overall ache and pain in the body. It has been known to ward off nightmares, and a few sprigs under the pillow can help with this energy. For spell work, use time to increase strength and courage. It is also powerful during the Spring to leave behind Winter's chill to embrace Spring's renewal and rebirth.

Sage

This herb is used in casting work to promote long life, wisdom, protection and the fulfillment of wishes. It can be used to help with the grief and sorrow after the death of someone you love. Using sage to make wishes is a common practice for witches and all you have to do is write your wish on a sage leaf, fresh or dry, sleep with it under your pillow and then bury it in the ground the following day. It is an herb of wisdom, healing grief and sorrow, and granting wishes and should be brought into the work you do regularly.

Sage is also one of the most common herbs for "smudging" which is the ritual of smoking away and clearing out energies that are no longer wanted or invited. Smudging can also be used for protection while you do your spell work and ask it to burn and smoke during the course of your rituals. You can make your own herbal sage bundles to smudge with. For healing, it is antiseptic and is a

powerful herb for sore throats when gargled. It has also been used to help boost insulin in the body.

Lavender

This beautiful herb is best known for its aroma and is often used as an aromatherapy oil or as a dried herb, put into sachets or small pillows to help promote a relaxed and calm state of mind and feeling of tranquility. In your rituals and spell work, Lavender can be used for fertility, the strengthening of love and to help sharpen the mind.

Using lavender regularly as an essential oil or aromatherapy will help you stay grounded and in balance with your inner harmony of love and peacefulness. It can work well as an incense when dried and burned and so could be used in spell work in this manner to promote these magikal qualities.

Garlic

Garlic is very powerful. It has a potent aroma and spicy flavor that has been used frequently throughout history for more than just cooking. It has been used to ward off evil spirits and energy when the cloves are hung in large braids around a doorway. Conversely, it is said that garlic can be used in the same way to attract a lover so make sure you set the right intention when you hang your garlic around the house. It has been known to work well in rituals of breaking spells, exorcising unwanted spiritual energies, invoking desire and passion, and protection, especially from “energy vampires” who drain you of your personal life force with their own.

Garlic is also considered an antibiotic when ingested raw and cut up. It has a powerful healing impact when taken during times of illness or to prevent common colds and flus. Too much garlic can be irritating to the digestive system and it is most powerful when consumed raw. It will always be an important herbal remedy to keep in your kitchen even when you aren’t flavoring your food with it.

This list of herbs is just scratching the surface of a wide variety of herbs you can use that are in your common everyday garden. As a rule of thumb, try not to buy your herbs from a grocery store; grow them yourself either in a small garden in your home or in pots and containers. The work you do with herbs is a valuable part of your Wiccan experience. Harvesting, drying, and utilizing your herbs

from the seedling up is a great way to help you bond and connect with the energies of the Earth.

If it is not possible for you to grow all of your magikal herbs, try finding them in nature and wild crafting. Look for places that these herbs grow and ask permission from the plant to take some of it home for magikal uses. You can find an even greater variety of seasonal plants, flowers and herbs in this way.

The next herbs are some that might not seem as common to the everyday cook or kitchen witch but will become very valuable to your Wiccan practices and should be kept around your cupboard for magikal uses.

Mugwort

This herb is a must have for any Wiccan. It has the power to open the mind and the third eye to enhance prophetic dreams and visions that will transport you forward on your journey and help you align with spirit. It has been used as an herbal smoke that you can inhale to promote these visions or simply burning it as an incense, or as a smudging stick, can have an equally powerful and less damaging impact on the lungs. Mugwort as an herbal tea is also well worth the effort of drying it and making an herbal tea infusion to be drunk before bed to promote lucid dreaming. You can also sleep with sprigs of Mugwort under your pillow for the same effect. Put in your bath water as well, and have a ritual bath that will offer you visions and help you journey quest with your spirit guides to help you.

Rose Hips

Rose hips are the part of a rose stem that build up after the rose petals and bloom have all fallen away, leaving a hard, round bud that contains high quantities of Vitamin C and other powerful minerals. It is a very healing remedy and kept around the cupboard, it can be very useful during times of sickness or bouts of cold and flu. It is also an inspiring flavor and scent when brewed as a tea and can be very uplifting and dispels depression and anxiety. Rose hips are also well-known to help with the cycles of womanhood and can promote a healthy uterus and menstrual flow. Used as a skin treatment, rose hip oil can feel very soothing to aging and dry skin. The magik of rose hips in rituals is that it can offer a very strong feminine balance and energy to help you promote love with wisdom and celebrate the power of the goddess energy in all things.

Arnica

Arnica is a healing herb that is used to treat bruises, sore muscles, and aching joints. It can be used as a topical cream or ointment and can also be used as a tea infusion. Arnica is a must have in your healing cupboard and it will always be useful as a remedy for the musculoskeletal system of the body. Magically, this herb has a powerful potency to protect and empower the body as much as it heals it. Working with the magikal properties of arnica in your rituals and spells can bring about an attitude of power and virility as well as a stronger acceptance of your magikal abilities and skills. Let it come into your spell work to help your confidence as you embrace and explore the reality and practice of Wicca.

As you continue to explore herbs in your Wicca work, find new ones every day that speak to you. You may want to start your own Wiccan garden to keep your focus on certain herbal magik and every season you can plant a new variety of herbs to explore. You can also forage for them in the wild and learn about what is growing at what time of year and discover the magik of using herbs and remedies seasonally.

HERBS OF RITUAL BATHS

Choosing Herbs for the Ritual Bath

There are many herbs to choose from when you are getting ready to conjure up a magic bath, and some will work better than others. There are a few key things to consider when you are preparing your herbs and elements for your giant brew:

Intention

The first important step to any spell is knowing your intention. Every ritual or spell has a magical purpose and whatever that purpose may be will impact the choice of ingredients that you will use to make your brew and cast your spells. Your intention might simply be that you want to promote relaxation or release the harmful or unwanted energies in your body, and that is perfectly realistic for any bath time, magical or not. You might also have a specific desire that you need to focus on in order to bring more financial abundance into your life and so you will have more manifestation work to do while you relax in the warm waters infused with prosperity herbs.

Your purpose for the bath is what will inform you of what to carry into the bathtub and that isn't limited to herbs alone. You may want to lace your bath with some powerful crystals and gemstones to raise the vibration and frequency of the water, specific to your needs for the spell. Crystals are an excellent addition to help empower your work. A candle or two, anointed and consecrated to burn throughout your bath will improve your focus and manifestation and the color, or the sigil that you carve into it will need to be carefully chosen for your purposes. If your purpose is to just relax, then you may be a lot less concerned with the color of the candle, of course.

Whatever your intentions are for the bath, deciding before you hop in the tub is an essential part of the preparation that will help you determine the right herbs and magical tools to bring with you.

Application

Herbs in the bathtub can get awfully messy, and so it is crucial to decide the best way to apply the herbs to the ritual. You may have only one or two different

kinds of flower petals that you want to add to the water, in which case, you can just scoop them out of the water before you drain the tub. Using a strainer, like the kind you use for your pasta noodles, is an easy way to do this step.

If your herbs are finer and crumblier, then you will need to consider applying them to the bath with a large, cloth tea bag. A muslin bag, in a larger size than your average sized tea bag, can be purchased or hand made for your bath needs. It is so easy to make a small pouch with this easy to handle cloth, and it is very affordable. You can reuse them many times as well, so you can make three or four and rotate them after uses, or you can make all 4 of them into tea bags for one bath. It really is just a great big cup of tea, when you get right down to it, so think of how you would make a cup that size: how many herbs do you need and in what quantity? How many tea bags do you want to make for one bath? It is a simple and easy method that will have a quick and easy clean up.

Between the loose floating flower heads and petals, and the large, homemade tea bags, you can discover the best choices for your magical bath pleasure, and make the right brew, just for you.

Effects

Finally, understanding the impact of these herbs with the combination of hot water is an important consideration and will impact how much of certain kinds of herbs you will choose to use. Some herbs are so stimulating, they can make it feel like your skin is on fire! Too much ginger or pine in the water might make it too tingly for you to enjoy, and so you will have to decide on a smaller amount of the spicier herbs that work in conjunction with some of your other ingredients.

Likewise, some essential oils that you may want to add drops of to your bath can have similar power and effect. Essential oils are highly concentrated herbal extracts and so you really only need a couple of drops to enjoy them in the bath. If you use too much of some of the more stimulating essences, they can literally burn your skin and leave small welts, so be mindful of how many drops of specific essences you are adding to the water. One right way to add these oils is to mix them with the loose herbs in advance of putting them in the water. You can add the drops to the flower petals or herb mixture in a mixing bowl, just prior to adding it to the bath, to prevent the small, oily droplets from burning your skin. Again, it depends on the essential oil you choose and not all of them will have this effect on you.

Hot water is already very stimulating and will cause an increase in your heart rate. This is an excellent opportunity to enhance sweating, which is an incredibly cleansing and purifying activity. You may need to reflect on the temperature of the water you are using with certain ingredients. The effect of “hotter”, spicier herbs with hot water, might feel too stimulating and you will need to spend less time in the bath. If you are on any medications that might have negative side-effects under these conditions, you will need to reflect on that, as well, before choosing your herbs.

Overall, you are in charge of the bath experience and what you put into it is what you get out of it. Listen to your intuition and good judgment and look at the following magic bath recipes to give you an idea about how to get into the right bath brew for you!

Lavender



(*Lavandula angustifolia*)

History

Some common names for lavender, *Lavandula angustifolia*, include English lavender, French lavender, and true lavender. Some of the earliest recorded uses of lavender are by the Roman soldiers who used the wild-growing plant to perfume their bathwater and wash their clothes. Its name is derived from the Latin *lavare*, which translates as “to wash.” Lavender is also associated with the element of air.

Characteristics

The evergreen leaves can have a bluish appearance and grow from 1 to 1¾ of an inch long. The flowers bloom on 1½–2½-inch spikes. Lavender requires full sun and excellent soil drainage in order to thrive. Its scent is relaxing and can be uplifting all at the same time. It can be placed in your pillow to help you sleep or

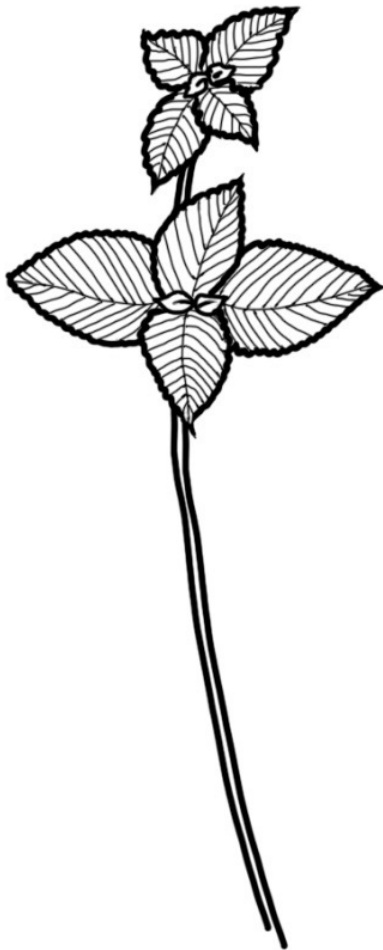
mixed into essential oil for aromatherapy use.

Magickal Properties

Lavender is wonderful for use in edibles and elixirs, as well as spells and charms. Often called the “woman’s herb,” lavender is associated with spells related to calmness. Its purple blossoms resonate with the crown chakra, making this herb auspicious for spiritual attunement.

Lemon Balm

(*Melissa officinalis*)



History

Lemon balm has a long and storied use. From Dioscorides to Culpeper, as well as the pioneering herbalist Hildegard von Bingen, the many virtues of lemon balm have been recorded and celebrated. Some of these benefits include mood elevation and digestive issues, as well as toothaches.

Characteristics

A perennial herb, lemon balm is a member of the mint family. Its citrus-like fragrance and flavor make it a desirable herb for culinary applications as well as infusions and herbal teas. Native to the Mediterranean, lemon balm is cultivated throughout the world. It is also known as bee balm. Its leaves have a wrinkled appearance, and its flowers are tiny and white, sometimes appearing very pale yellow.

Magickal Properties

In magick, lemon balm is evocative of strong emotions. It is used in love magick to attract love and heal broken hearts. Since it is calming and soothing, it can be used in a ritual bath, consumed as an infusion, or used in a topical ointment.

Linden

(*Tilia cordata*)



History

Since the late Middle Ages, infusions of linden flowers have been used as a remedy for fever, headaches, indigestion, and hysteria.

Characteristics

These large deciduous trees, also called basswood, can grow up to 100 feet tall. Linden blooms in the spring, and its white and yellowish flowers are gathered soon after and dried thoroughly in the sun. (Linden flowers are delicate and spoil easily.) The flowers are very fragrant and are often used as a tea.

Magickal Properties

Linden flowers have nerve-calming properties. In magick, linden is used for calming, clearing, and de-stressing. For example, infusions of linden can be added to a ritual bath in preparation for a sabbat or rite.

NATIVE AMERICAN MEDICINE

There is a lot about Native American medicine that many people just don't know and certainly don't think about. Of course, Native American medicine may not be as popular as medical alternatives such as Chinese medicine, but these herbs are known to help as well. Of course, with Native American healing and medicine, it was more than just herbs, even if herbs made up such a large part of what Native American medicine was.

[Why You Should Use Native American Medicine](#)

Native Americans used leafy vegetables and mashed pumpkins or other materials as poultices. The poultice is placed on the wound or inflammation to relieve pain, increase blood circulation, and to draw out pus as in case of abscess wounds.

Herbal medicine has been reintroduced through various ways in the form of alternative medicine. This includes aromatherapy, acupuncture, herbal treatment, and other forms of alternative medicine. Herbal treatment seeks to heal people of common illnesses and other health conditions using herbal remedies, which can be in the form of supplements, tea ingredients, oils, and powdered ingredients. There are clinical herbalists who supply Native American herbs that treat health conditions like arthritis, skin problems, asthma, broken bones, hormonal problems, and many other ailments. However, for the herbs to become effective, they have to be taken in the right dosage and combined as recommended. They should also be obtained from controlled sources that ensure quality.

The Western medical treatments which use prescription drugs and medical procedures like surgery have been successful in treating various medical conditions. Unfortunately, the side effects are unpleasant. Some people turn to herbal remedies to relieve the side effects. Aromatherapy changes the individual's moods by smelling the scents. This enhances the body, mind, and spirit. Different materials are used, such as oils, leaves, flowers, and candles. The different scents have different effects on the individual. Take, for example, Lavender. It is known to relieve asthma, bronchitis, and other respiratory problems while it bringing peace and balance to the individual. Basil stimulates the brain. Some of the aromas used are very refreshing to the body, mind, and

spirit.

Alternative medicine has awakened the Native American beliefs and practices by offering help in the form of natural remedies and believes that are now aiming at restoring balance on the physical, mental, emotions, and spirituality as it was intended in the American culture. Alternative medicine based on Native American medicine has become so popular that people are searching for it. People who have chronic ailments are looking for solutions to end their suffering, and Native American medicine is offering hope for these individuals where Western medicine has been unable to help them cope with the chronic ailments and the side effects caused by conservative treatments. Some people are even using these natural herbal remedies to prevent illnesses and diseases by becoming more proactive. Americans natives and non-natives are searching for ways to cure illnesses and diseases with fewer side-effects and less resistance and addiction with the hope of feeling better, and this lies in Native American medicine, making it gain popularity. Furthermore, some forms of conservative treatments like chemotherapy and radiotherapy are stressful and depressing to the patients and their families. Herbal remedies are not as stressful and depressing because they aim at creating a balance in the individual and harmonizing him or her with the people around him or her and with nature.

Native Americans believed that nature is the most important part of the universe, and we as humans are part of nature. That is why solutions should be sought from nature by restoring balance and harmony with nature. Native Americans believed that the reason why an individual or a community has illnesses and trauma is that there are disturbances in the balance with nature, which should be corrected. The Navajo use healing chants to repair the body, mind, and spirit. They believe that these chants attract a cure for illnesses. They aim at harmonizing the physical, mental, and spiritual to heal various illnesses and physical injuries caused by accidents and trauma.

Today, prescription drugs are expensive, and in fact, most of them are out of reach for many people who cannot afford them. The herbal remedies, which you can find in local food stores and herbal clinics, are known to be less expensive and less toxic than pharmaceutical products. Although alternative healing methods have not been tested as pharmaceutical products have, they have been effective in treating a range of health conditions from complicated diseases like arthritis, cancer, and tumors to common ailments like colds, coughs, headaches, sore throat, and fever. Native American Indians chewed specific plant roots to

relieve colds, coughs, sore throats, and headaches, while teas were used for health problems like stomach aches and indigestion. These herbal remedies are still available, and you can prepare them at home for various ailments.

Some over-the-counter OTC drug and prescription drugs are based on natural ingredients, which are derived from Native American medicinal herbs. There is, therefore, some similarity in both approaches. Both the Native American tribes and the medical society, as we know it have similar approaches to medicine it is only that they approach it differently. The Western medicine uses tested manufactured pharmaceutical products while the natives use herbs, which are in the form of food, teas, and poultices, which are extracted from leaves, roots, sap, fruits or berries, stems, flowers, and other parts of the plant.

Some ingredients in manufactured products are the same as the ones used by the natives. This is due to the fact that the medical profession depended and still depends to some extent on Native American natural products. Take, for example, Wild Cherry. This is a common ingredient that is found in cough syrups today. In fact, natives have contributed greatly towards health knowledge since many pharmaceutical drugs like aspirin, morphine, quinine, cough syrups and others contain ingredients that are derived from nature, and many of these ingredients originated from Native American cultures and these have made a break-through today.

SOLUTIONS FOR COMMON AILMENTS

Acne

An early Dutch pilgrim depicted the Native Americans as being "sound of body, all around took care of and without flaw." At when Europeans considered washing destructive and skin was not even close as solid as it is today, numerous onlookers wondered about the Native Americans' reasonable appearances.

Specialists presently realize that skin inflammation as a rule emits when oil organs in the skin become obstructed with cell flotsam and jetsam. At the point when the pores can't deplete, microorganisms may assemble inside, causing contamination and irritation. The best medications for skin inflammation are frequently the least difficult: great eating routine and cleanliness, alongside day by day washing and astringent items for evacuating oils and microscopic organisms.

It's farfetched that Native Americans stressed a lot over their skin—however at that point, they routinely did things that helped keep it solid and flaw free. Here are their privileged insights.

Sweat it clean. The Native Americans accumulated in sweat lodges for stylized ceremonies, yet the serious steam and warmth were useful for their skin also. Wet warmth opens pores in the skin, permitting them to deplete.

The most straightforward approach to make your own "sweat hold up" is to abound in the shower. With the washroom entryway shut, run the water as hot as you serenely can. To save vitality, a few people want to steam just their countenances. You can do this by warming a pot of water on the stove until it reaches boiling point. Expel from heat, at that point lean your face over the pot, hanging a towel over your head to trap the steam. Around 10 minutes of steam will open pores and help keep your skin sound. Try not to get excessively near the heated water or the pot, be that as it may, or you could be burnt.

Utilize a herbal scour. Washing your face in any event once per day with a decoction produced using mending herbs, for example, aloe, fennel, rose, savvy,

watercress, or yarrow will open the pores and help scour away old oils. Simultaneously, herbal medicines help control the microbes that can prompt skin break out.

To clean particularly irksome spots, botanists suggest scouring the region with new, squashed garlic. Garlic is an amazing microscopic organisms contender and will help keep diseases from beginning. On account of garlic's impactful scent, the vast majority do garlic medications around evening time, allowing the skin to "let some circulation into" before morning.

Wash down your framework. The wellbeing of the skin straightforwardly mirrors the strength of the entire body. Local Americans often drank herbal teas, utilizing echinacea, dandelion, Oregon grape, stinging weed, or goldenseal. Taken as frequently as three times each day, these teas help to expel unsafe substances from the body's lymph framework while fortifying the purging forces of the liver and kidneys. They additionally reinforce the insusceptible framework, helping the body battle hurtful microscopic organisms.

Anxiety

Stress and uneasiness are a lifestyle for most Americans today, yet it wasn't constantly similar to this. Among the Native Americans, tension was uncommon, to some extent since they determined gigantic harmony and solace from their otherworldly convictions. As a seventeenth century student of history watched, "They have no claims and go to considerable lengths to gain the merchandise of this life, for which we Christians pain ourselves to such an extent."

Life wasn't ideal for Native Americans, obviously. During times of pain, starvation, or war, they encountered gigantic measures of pressure, similarly as individuals do today. The thing that matters is that they couldn't head to the drug store to fill a solution for the most recent tension relieving drug.

Luckily, they didn't have to, in light of the fact that they were knowledgeable in herbs that quiet the psyche and soul. Researchers today have discovered that herbs, for example, dandelion, valerian, bounces, dark cohosh, rose, and goldenseal, normally taken as a tea a few times each day, have normally quieting characteristics. In the event that time and comfort are factors, you can purchase

these herbs as enhancements or tinctures in wellbeing nourishment stores.

Extraordinary compared to other mending herbs, flower petals, can be utilized remotely to soothe nervousness. Cultivator Ana Nez Heatherley suggests running a shower and adding new flower petals to the water. To finish the experience, you can entertain yourself by drinking some flower petal tea and perhaps hold a rose tea pack to your temple. Soon that is no joke once more.

Asthma

Asthma is almost at scourge extents, particularly among kids. Specialists gauge that in excess of 14 million Americans have asthma, a condition where aviation routes in the lungs become tightened and aggravated. Limited aviation routes cause wheezing and brevity of breath, and the aggravation brings about the creation of a lot of bodily fluid, which causes hacking and makes it much harder to relax.

As indicated by verifiable records, asthma seems to have been uncommon among Native Americans. Some portion of the explanation behind this is most likely ecological. Not at all like individuals today, Native Americans weren't presented to air contamination or swarmed day to day environments, the two of which can prompt asthma. Likewise, despite the fact that they smoked formally, they barely had the pack-a-day propensity that numerous Americans do.

Also, Native Americans routinely utilized herbs that are currently known to battle asthma. The different herbs act in various manners. Some are antispasmodics, which mean they help loosen up the bronchial fits that can trigger asthma assaults. Others are expectorants, which help expel mucus from the lungs. Still others are tranquilizers, which diminish the enthusiastic pressure that is a typical asthma "trigger."

Asthma can be a major issue, so it's fundamental to work with a specialist before attempting natural cures at home. When asthma is leveled out, it's fine to add herbal teas to the treatment.

Cultivators exhort assaulting asthma with herbs from every one of the three mending gatherings, utilizing the accompanying diagram.

| ANTISPASMODICS | EXPECTORANTS | SEDATIVES |
|----------------|--------------|----------------|
| black haw | garlic | black haw |
| milkweed | milkweed | mullein |
| valerian | mullein | valerian |
| garlic | peppermint | hops |
| fennel | licorice | lady's slipper |
| licorice | | |
| peppermint | | |

Awful Breath

At the point when student of history John Lawson wrote in 1714 that the Native Americans he met around North Carolina were "among the best individuals on the planet," he wasn't simply discussing their attitudes. Alongside numerous different onlookers of the time, Lawson saw that, contrasted with Europeans, the Native Americans were out and out fragrant. In addition to the fact that they took visit showers, however their refreshing eating regimens, joined with great dental cleanliness, kept their breath new too.

Awful breath is typically brought about by microorganisms that collect on the teeth, tongue, and gums. The Native Americans every now and again utilized herbs that helped control microscopic organisms and furthermore had sweet, crisp smelling flavors. As indicated by herbal power James A. Duke, Ph.D., a portion of these cures worked better than the locally acquired items we use today.

Bite on fennel or cardamom. The seeds of the two herbs are charmingly fragrant and normally refresh the breath. What's more, they contain a microscopic organisms murdering compound called cineole, which keeps rank microbes from aggregating. Bite the seeds altogether and either swallow them or let out the shells once the flavor has been depleted.

Eat some parsley. This new, lush tasting herb is an incredible wellspring of chlorophyll, a similar fixing that is utilized in numerous breath mints, says Dr. Duke.

Wash with peppermint or sage. Both of these sweet-smelling herbs have antibacterial properties. The leaves are excessively solid to eat, however they're extraordinary for making tea for washing. You can rinse with the tea similarly as you would with a store bought mouthwash.

Coughs

At once, many hack drops contained licorice, a herb that alleviates the throat and helps go about as a hack suppressant. Local Americans were completely mindful of the forces of licorice. They regularly bit the root, despite the fact that at times they made licorice teas.

Other herbal teas that help diminish hacks incorporate mullein, stinging bramble, magnolia, sassafras, honeysuckle, red clover, and the bark from trees, for example, resin, pine, wild cherry, and birch. When making bark tea, you have to heat up the bark for 15 minutes to discharge the dynamic fixings.

Despite the fact that teas are powerful, an additionally mitigating procedure is to make a herbal syrup, which waits longer on aggravated tissues in the throat. Botanist Ana Nez Heatherley suggests the accompanying plans.

Depression

Students of history disclose to us that Native Americans were commonly a cheerful people, inspired by their confidence in the kindness of Mother Earth and every one of her manifestations, plants and creatures the same. This is the equivalent versatile soul that Native American psychotherapist Robert Black wolf Jones attempts to ingrain in his patients when they're feeling down. "See Mother Earth," he lets them know. "Every one of her winged creatures sings. Every one of her trees influence. Every one of her waters sprinkle. She lives with the solid heartbeat of life."

We should all endeavor to live so happily, yet when it's essentially unrealistic, we can likewise hope to Mother Earth for help.

A few sorts of sadness are too genuine to even consider treating all alone. It's critical to chat with an advocate or doctor on the off chance that you are encountering bitterness that just won't leave, sentiments of sadness or uselessness, changes in eating or resting propensities, or self-destructive contemplations. More often than not, be that as it may, misery isn't this genuine,

and a gentle instance of "the blues" can be lifted with nature's assistance.

The Native Americans accepted that keeping their bodies in top condition would normally light up the feelings too. With a blend of ordinary exercise, great sustenance, and the intermittent utilization of state of mind lifting herbs, they had the option to keep their spirits high in any event, when life brought them low.

There are numerous herbs that can influence state of mind, however here are the most widely recognized and all around considered.

Licorice root. St. John's wort has been getting a ton of consideration of late as being "nature's Prozac," yet licorice, which was regularly utilized by Native Americans, is thought by numerous botanists to be similarly as significant. "No plant has more energizer mixes than licorice," as indicated by herbal position James A. Duke, Ph.D. "In any event eight licorice mixes are monoamine oxidase inhibitors, which are mixes fit for strong upper activity."

To get the advantages of licorice, drink up to three cups of licorice tea daily, prepared new or made by adding licorice tincture to some boiling water.

Caution: Licorice can have a harmful impact when taken for an all-encompassing timeframe, so you ought to think of it as a transient cure just—particularly on the off chance that you have hypertension or heart issues.

Purslane. "An incredible 16 percent of this herb comprises of energizer supplements when estimated on a dry-weight premise," says Dr. Duke. Purslane contains magnesium, potassium, calcium, folate, and lithium, all of which have upper impacts. The most ideal approach to utilize purslane is as a plate of mixed greens green.

Oats. As indicated by cultivator David Winston, oats are rich in the "nerve-sustaining" supplements calcium, magnesium, and B vitamins. Oats, he says, can "relieve the frayed sentiment of copying the light at the two closures." If you couldn't care less for oats, you can make an oat tea.

Scented herbs. Rosemary and sweet clover were utilized by Native Americans since they accepted their charming smells could help raise the spirits. Botanists prescribe balancing little packages of these sweet-smelling aromatics around the house or in your office.

GLOSSARY

ABORTIFACIENT Herbs that are abortifacient can cause a miscarriage and should be avoided in pregnancy.

ACIDIC Having a pH less than 7.

ACRID Sharp or biting in taste or smell. Acrid herbs often “grab” at the back of the throat. A sub-category of pungent.

ADAPTOGENS Herbs that help balance, restore, and protect the body.

ADRENAL TONICS Herbs that boost the activity of the adrenal glands while toning and nourishing them.

ALTERATIVE Gradually restores healthy bodily functions.

ANALGESIC Reduces or eliminates pain without causing loss of consciousness.

ANESTHETIC Temporarily depresses neuronal function, producing total or partial loss of sensation.

ANODYNE Soothes or eliminates pain.

ANTIAGING Prevents or lessens the effects of aging.

ANTIARTHRITIC Alleviates or prevents arthritis.

ANTIBACTERIAL Inhibits bacterial growth or kills bacteria.

ANTIBIOTIC Destroys or inhibits the growth of other microorganisms.

ANTI-CATARRHAL Helps remove excess mucus from the body.

ANTICOAGULANT Prevents coagulation of blood.

ANTIDEPRESSANT Treats depression and other conditions.

ANTIFUNGAL Inhibits fungal growth or kills fungi.

ANTI HISTAMINE Blocks the body’s histamine reaction.

ANTI-INFLAMMATORY Reduces inflammation in the body.

ANTIMICROBIAL Kills or inhibits the growth of microorganisms.

ANTIOXIDANT Protects cells against the effects of free radicals.

ANTIRHEUMATIC Alleviates or prevents rheumatism.

ANTISEPTIC Prevents infection by inhibiting the growth of microorganisms.

ANTISPASMODIC Relieves spasms in the body.

ANTITUSSIVE Suppresses a cough.

ANTIVIRAL Inhibits viral growth or kills viruses.

APHRODISIAC Elevates, nourishes, and/or sustains intimacy and sensual desire.

AROMATICS Plants with high volatile oil levels that have a strong smell and stimulate the digestive system.

ASTRINGENT Causing shrinkage or constriction of body tissues.

BIOAVAILABILITY The degree and rate at which a substance is absorbed into a living system or is made available at the site of physiological activity.

BITTER Having or being a taste that is sharp, acrid, and unpleasant; not sweet, salty, or sour.

BITTER TONICS Herbs that support the digestive system, boost immunity, and promote overall vitality.

CARMINATIVE Inducing the expulsion of gas from the stomach and intestines.

CATARRH A disorder of inflammation of the mucus membranes in one of the airways or cavities of the body.

CATHARTIC Having purgative action.

COLITIS Inflammation of the colon (large intestine).

DECOCTION A tealike drink produced by boiling herbs in water.

DECONGESTANT Helps relieve nasal congestion in the upper-respiratory tract.

DEMULCENT A usually mucilaginous or oily substance that forms a soothing film over mucus membranes to relieve pain and minor inflammation of that area.

DIAPHORETIC Promotes sweating, helpful for relieving a fever through perspiration.

DISINFECTANT A chemical liquid that destroys bacteria.

DIURETIC Stimulates the flow of urine.

ELIXIR An extract made with herbs, alcohol (generally brandy), and honey.

EMOLLIENT An agent that soothes and protects the skin when applied externally.

EXPECTORANT Promotes and facilitates the discharge of mucus and fluids from the respiratory tract.

FEBRIFUGE A fever-reducing agent.

GALACTAGOGUE Increases the milk supply in a lactating woman.

GRAS (GENERALLY RECOGNIZED AS SAFE) Indicates that consumption of a common kitchen herb in normal food amounts is not likely to cause any serious side effects or adverse reactions.

HEPATIC Acting on the liver.

HYPNOTIC Calming to the point of inducing sleep.

IMMUNE TONICS Herbs that help nourish, tone, and support the immune system.

IMMUNOSTIMULANT An agent that stimulates the immune system. Also known as immune stimulant.

INFUSED OIL An oil, such as olive oil, steeped with dried herbs under low-heat conditions to infuse the oil with the medicinal properties of the herbs. Note: This is not an essential oil.

INFUSION A medicinal remedy made by pouring boiling water over herbs and letting it steep.

LAXATIVE Producing bowel movements.

LINIMENT A topical preparation for application to the skin.

LYMPHATIC Deep-cleans and improves the flow of lymph through the body system.

MARC The solid ingredients (botanicals) that are combined with a liquid to make a tincture.

MENSTRUUM A solvent (alcohol, glycerin, vinegar) used in making tinctures to draw and hold herbal properties.

MUCILAGE A gelatinous substance that contains proteins and polysaccharides and is found in many plants. Herbs that contain mucilage have a slippery texture and mild taste, are soothing and cooling, and are often used topically.

NERVINE Used to calm the nerves.

NEUROPROTECTIVE Serving to protect neurons from injury or degeneration.

NUTRITIVE Serving to nourish the body.

PECTORAL Serving to tonify and strengthen the pulmonary system.

PUNGENT Having a strong taste or smell.

PURGATIVE A strong laxative.

REFRIGERANT A medicine or substance that lowers body heat by cooling the body from the inside out.

RELAXANT A medicine or substance that calms and soothes without being sedating; the act of relaxing contracted tissues.

RESIN A thick, sticky substance that is secreted from a plant.

RESTORATIVE Having the power to restore the body to health.

RUBEFACIENT A topical application that produce redness of the skin, e.g., by causing dilation of the capillaries and an increase in blood circulation.

SEDATIVE Tending to calm, moderate, or tranquilize nervousness or excitement.

SMUDGE A method of burning herbs for purification, ritual, and cleansing.

SPIT POULTICE A simple poultice made by chewing a fresh leaf and applying it directly to a wound.

STIMULANT An agent that energizes a system of the body.

STYPTIC Tending to stop bleeding by constricting tissue and blood vessels.

THERMOGENIC Inducing the production of heat to promote weight loss by increasing the caloric burn rate.

TONICS Herbs that restore or increase body tone.

TRICHOME A hair or hairlike outgrowth on the stems and leaves of plants.

VULNERARY Having wound-healing properties.

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CONCLUSION

Medicinal plants are a popular type of plant that has been used as medicine for centuries, although their true origin is still not known. In some ways, they're similar to medicinal mushrooms, which is another type of plant used in natural medicine. Medicinal plants usually contain chemicals known as alkaloids and flavonoids that possess powerful healing properties.

Medicinal plants are a great way to get the good stuff out of the ground and into your body. Medicinal plants can help with everything from relieving muscle pain to improving brain function. There are many medicinal plants that can be used to treat various skin conditions. For example, don't forget about the healing and skin-beneficial properties of aloe vera.

Medicinal plants are an important part of any natural medicine cabinet. They have been used for centuries by humans to help with ailments and diseases. There are many medicinal plants that have been used for centuries in ancient cultures. Most of these plants contain potent chemicals that can help with a large variety of ailments.

There are many medicinal plants that have been used for centuries to treat various ailments, and there's a good chance you don't know them. Maybe you even stopped taking your medication because you found a natural alternative.

Medicinal plants have been a part of human history for thousands of years. Although they provide many benefits, there are also some that may be harmful to the body and are not recommended to consume. Medicinal plants are a great way to fight acne, and to get rid of scars. In Ayurvedic medicine, medicinal plants are used to treat various ailments.

Medicinal plants have been used by humans for thousands of years and have helped improve the health of millions of people. The natural compounds found in certain medicinal plants play an important role in maintaining health and healing, especially when used alongside other healthcare treatments. There are countless plants that have been used for medicinal purposes for generations, and hundreds more that have been discovered just in the last decade or so.

Medicinal plants are incredibly useful for treating skin conditions such as dry

skin, acne, rosacea and eczema. Many of these plants have been used for centuries and many are now under restricted use. Many people have never heard of medicinal plants and they're not familiar with the fact that plant-based medicine is a vital part of our global health system.

Medicinal plants are plants that have had their chemical composition isolated and analyzed using chemical extraction or other methods. The chemical compounds found in medicinal plants are used in the treatment of a variety of health conditions including things like depression, anxiety, sleep disorders, stress, and fatigue.

There are a number of reasons why people use medicinal plants for their health needs. First, the plants themselves are known to work as anti-depressants or anti-anxiety agents. Second, individuals can buy them in the form of extracts such as: tinctures, teas, salves and other forms. Individuals can also apply the oil directly to the skin as part of a healing process.

If an individual is trying to receive a natural supplement for their health needs, they might want to consider using medicinal plants instead of drugs or pharmaceuticals. There are multiple benefits that people can receive from these supplements including: weight loss, improved mental focus, extended life span and increased energy levels.

There are literally thousands of medicinal plants with healing properties. Some are well known for their outstanding healing properties while others are lesser known. Regardless of how well known or little known they may be, all medicinal plants have one thing in common: they all have the potential to heal.