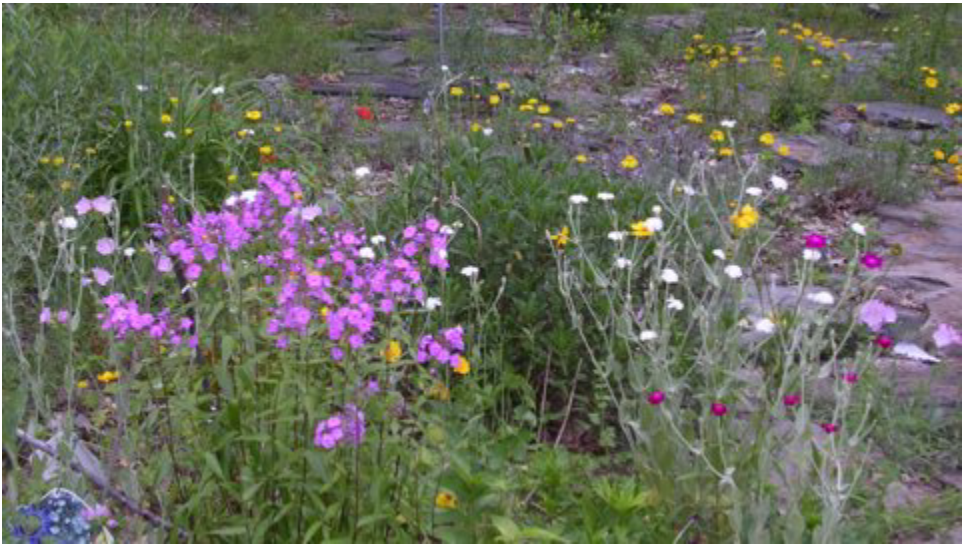


A Patient's Guide To Herbs



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In 2735 B.C., a Chinese emperor recommended an extract from the ma huang plant (known as ephedra in the Western world) as a treatment for respiratory illness. Today, the chemical ephedrine is extracted from the plant and used as a decongestant (e.g., pseudoephedrine). Codeine, derived from opium, has long been used as an analgesic and cough suppressant.

During the Golden Age of Western herbology, which occurred from 500 BC. to 200 AD., Western physicians and scholars classified hundreds of plants useful in healing. By the Middle Ages, every household had an herb garden to supply it with medicines. Rhubarb was used as a laxative. Salicin, a forerunner of aspirin (acetylsalicylic acid), was derived from the bark of the willow tree. The tranquilizer laudanum, derived from the poppy, was later used to treat the “vapors” experienced by Victorian ladies.

By World War II, herbology was losing popularity in the West. Penicillin and other “wonder drugs” seemed to be cure-alls. And the war itself had cut off supplies of herbs from around the world. The advent of the drug industry with its synthetic medicines seemed to ring a death knoll for herbology, yet plants remain a major source of drugs today. For example, the previously mentioned ephedrine, digitalis (a heart strengthener), and vincristine (an antitumor drug) are all plant-derived.

Ironically, the same research that threatened to make herbal medicine extinct has also proven its efficacy, breathing new life into it. We now know that peppermint used for digestive disorders since 1800 B.C. relieves nausea and vomiting by mildly anesthetizing the stomach lining.

Laboratory analysis show herbs contain vital vitamins, minerals, and natural chemicals that may be essential to curing a diseased body. Echinacea was used by herbalists for centuries to fight infection. echinacea stimulates the production of white blood cells, thereby boosting the immune system.

Generally speaking, herbs are used to cleanse the blood, warm and stimulate the body, increase surface circulation, increase elimination of wastes, reduce inflammation, and calm and soothe irritation. Herbs may be used internally as pills, syrups, and infusions, or externally as poultices, plasters, and liniments. An external application of clove oil, for instance, will stop the pain of toothache, as will tincture of hops. Herbs are commonly used as additives to bath water—either full body baths or baths for the foot, eye, or face. Moist herbal wraps, either hot or cold, can be used on specific affected parts of the body. These wraps are especially effective for sore, tense muscles.

Herbs, which are powerful healing agents, must be used appropriately. Always know what you are taking. Keep in mind that not all plant life is beneficial. Certain herbs may be toxic, especially when used over a long period of time or in too great amounts. Herbs contain active ingredients that may interact negatively with prescribed medications or other remedies. It is wise, therefore, to consult a health-care professional in situations in which you question the appropriateness of the herb or its interaction with other remedies.

HERBS FOR PERIODONTAL PROBLEMS

- **Echinacea** - used for hundreds of years as an antibacterial agent. The alkaloids, glycoproteins, caffeic acid derivatives, increase the number of T-cells and plasma cells, enhance the production of antibodies, stimulate the immune system, and neutralize toxins.
- **Goldenseal** - antibacterial herb that contains the alkaloids berberine, hydrastine and canadine. The alkaloids increase the blood supply to the spleen and stimulate the immune system.
- **Calendula** - healing properties. It contains many immune system stimulators such as carotenoids and flavonides. Studies also show tissue repair by inducing formation of new blood vessels. Highly anti-inflammatory due to faradiol, a triterpene alcohol.
- **Aloe Vera** - One of the best remedies for burns and other wounds. Aloe is in a number of mouth rinses because of its effect on the gums. It contains anthraquinone, glycosides and glucomannann which promote healing.
- **Bloodroot** - Bloodroot is used for plaque reduction. It contains the alkaloids sanguinarine, protopine and berbine.
- **Grapefruit Seed Extract** - Stimulates circulation and is a very effective anti-oxidant

Cavitations and extractions

- **Burdock root** 400-500mg
- **Olive leaf extract**-500mg
- **Oil of oregano** –infusion 250ml boiling water/teasp for 10min.
- **Licorice** 400-500mg
- Used in cleaned cavitations to induce healing and filling in with new bone

Toothache Fighting Herbs

- **Clove Oil** contains eugenol, and the flavonoids including astrogalin and isoquercitrin.
- **Garlic Propolis** effective combination containing alliin (alkylcysteine sulfoxides) which is antibacterial and antimycotic.
- **Cinquefoil** contains flavonoids including kaempferol considered antimicrobial.
- **Licorice** there is evidence that glycyrrhizin, the active ingredient in licorice, inhibits plaque growth and is effective against *Streptococcus mutans*, the bacteria associated with tooth cavity development
- **Lemon Balm** 1 cup water with 4 teaspoons powder

Tooth Pain Pack

This recipe combines the pain-fighting components in clove bud oil with the infection-fighting ingredients in both chamomile and goldenseal.

- 1 drop of **clove bud essential oil**
- 2 drops of **German chamomile essential oil**
- 1/2 teaspoon **goldenseal powder**
- Mix the goldenseal and essential oils with a few drops of water until a thick paste forms. Dab onto the affected area with a cotton-tipped swab. Apply no more than four times per day until you can see your dentist.

HERBS TO REDUCE TOOTH DECAY

Alfalfa, Dandelion & Horsetail Chickweed, Spiderwort, Plantain, Mugwort, and Seaweed help to strengthen the tooth's enamel and reduce sensitivity. rich in calcium, potassium, and trace minerals.

Desensitizing Solution

- **Oat Straw** 200mg
- **Alfalfa** 200mg
- **Horsetail (silica)** 200mg
- **Calcium citrate and calcium carbonate** 60mgs
- 3% potassium nitrate
- lemon flavoring and water - shake before using

Organ Systems

These are generalized for helping organ systems

Cardio

Equal Amounts

Garlic

Hawthorn

Ginseng

Ginko

Liver-Gallbladder

Equal amounts

Milk Thistle

Alfalfa

Ginger

Bilboba /Barley Grass

Colon

Aloe

Fennel

Seaweeds

Flax Seed

Stronger Bones

Vera Wild Yam

Seed Horsetail

Oatstraw

Barley Grass

Adrenals

Royal Jelly

Astragalus

Sarsaparilla

Bee Pollin

Pituitary

Burdock

Dong Quai

Oatstraw

Cilantro

Improve Immune System

Garlic

Ginger

Cayenne

Ginseng

Clear Lymph

Chaparral

Root Green Tea

Pepper Astragalus

Ginseng

Thyroid

Seaweeds

Ginseng

Parsley

Sasaparilla root

Thymus

Burdock

Rosehips

Barley Grass

Thyme

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