

The Secret Medicinal Powers of Herbs

Everyday Herbs For Body And Soul



by Finley Walker

THE MEDICINAL POWER OF HERBS

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## **INTRODUCTION**

In the days before there were drugs and medicine, plants and herbs were mankind's only resource in fighting sickness, disease, and injury. The use of herbs and other plants for their medicinal power dates back to before recorded history. Evidence of herbs was found at the burial site of a Stone Age man. References to the practice of herbal medicine can be found in ancient texts from China, the Middle East, Babylon, and the Bible, to name a few. King Hammurabi prescribed mint for a stomach upset. Doctors today follow the same advice. In Ancient Greece and Rome, Hippocrates, considered the father of medicine and also the man for whom the Hippocratic oath is named, also advocated the

use of certain herbs for wellbeing. He is reported to have said, "Let your food be your medicine and your medicine be your food." Today, even with the power of modern medicine and chemical drugs, herbal (or botanical) medicine is still very much in practice.

In the Middle Ages, women who practiced this herbal medicine did so with a generous mixture of spells and chants. They were known as "wise women" and were the forerunners for what people more recently called "witches". Fortunately, the practice of herbalism has lost the taboo stigma that it had during that era. In contrast, but just as importantly, monks of the church also studied the healing properties of herbs and practiced this kind of medicine in their monasteries.

Many believe that the cure for any disease, up to and including cancer and AIDS, can be found somewhere in the flora of the earth. Health benefits can be derived from the seeds, leaves, flowers, fruits, and roots of thousands of plants and herbs. They can be made into tinctures, extracts, capsules and tablets, teas, lozenges, and ointments, salves, and rubs. They are sold in drug stores and health food stores, and a growing number of people are choosing to grow the herbs and make their own treatments, medicines, and remedies. The herbal supplement industry is not regulated by any agency or organization, so care must be taken to check ingredients and dosage amounts.

In addition to what we know from scientific research and human trial and error, people have also learned about herbs by watching animal behavior. Some herbivores will choose a different plant to eat when they are sick that they would not normally eat. Nature tells us what we need to know if we only watch and listen!

Truthfully, modern medicine would not be where it is without the history and background of the study of herbs for healing purposes, so we should not view them as being mutually exclusive. Fortunately, the trend seems to be that more and more doctors understand the benefits of combining modern drugs with herbal supplements. In fact, many medicines that we consider to be "modern" actually come from plants. Opium comes from the poppy flower, aspirin is made from salicylic acid found in willow bark, digitalis (a heart medication) is derived from foxglove, and quinine (the treatment for malaria) is found in the bark of the cinchona tree.

Scientists have identified about 12,000 species of plants that have some medicinal, or healing, qualities. They also estimate that this number is only 10% of the actual number of beneficial plants. Although the practice has been around since before recorded history, it seems that we have only just begun to tap into the wealth of our natural resources.

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CHAPTER 1: WHAT ARE THE MOST POTENT HEALING HERBS?

GARLIC



Garlic (*Allium sativum*) belongs to the [onion genus](#), *Allium*. It is native to central Asia, and has long been a staple in the Mediterranean region, as well as a frequent seasoning in Asia, Africa, and Europe. It grows up to 0.6 m (2ft) in height.

For years, garlic has been used both as food and medicine. In early 18th-century France, gravediggers drank crushed garlic in wine, believing it would protect them from the plague that killed many people in Europe. During World Wars I and II, soldiers were given garlic to prevent gangrene. Today, garlic is used to help prevent heart disease, including atherosclerosis.

Garlic is also used to prevent certain types of cancer, including stomach and colon cancers. In fact, in countries where garlic is consumed in higher amounts because it is so common in the traditional cuisine, the people have been found to have a lower prevalence of cancer. Studies also revealed that garlic supplementation reduced accumulation of cholesterol on the vascular walls of animals -- significantly reducing aortic plaque deposits.

Garlic has been found to reduce [platelet](#) aggregation and [hyperlipidemia](#). It is also used to treat common colds and cough.

Garlic is also alleged to help regulate [blood sugar](#) levels. Regular and prolonged use of therapeutic amounts of aged garlic extract lowers blood [homocysteine](#) levels and has been shown to prevent some complications of [diabetes mellitus](#).

Because of its bacteriostatic and bactericidal properties, garlic cloves are used in treating a wide range of bacterial infections. Garlic has also been found to enhance [thiamin](#) absorption and therefore reduces the likelihood of developing [beriberi](#). Garlic is also rich in Vitamin C, thus preventing scurvy. It also contains antioxidants, which help neutralize free-radical buildup in the body.

ALFALFA



Alfalfa (*Medicago sativa*) is a [perennial](#) flowering plant that belongs in the pea family [Fabaceae](#).

Alfalfa originally grew in the Mediterranean and Middle East but has now spread to most of Europe and the Americas. In fact, it is the most cultivated forage legume in the world.

Alfalfa superficially resembles [clover](#), with [clusters](#) of small purple flowers, followed by fruits spiraled in two to three turns, containing 10-20 seeds. It normally lives four to eight years, but can live more than 20 years, depending on the variety and [climate](#). It can grow up to a height of one meter (3 ft.), and has a deep root system, sometimes stretching more than 15 meters (49 ft.) making it very resilient, especially to droughts.

For years, alfalfa has been used as an [herbal medicine](#). It is a rich source of [protein](#), [calcium](#), and [vitamins B, C, D, E, and K](#). The sun-dried hay of alfalfa has been found to contain 48 ng/g (1920 IU/kg) of vitamin D2 and 0.63 ng/g (25 IU/kg) of vitamin D3.

Alfalfa has been used to treat morning sickness, nausea, kidney stones, kidney pain and urinary discomfort. It is a powerful diuretic and has stimulant effects, helping to energize after a bout with illness. It is a liver and bowel cleanser and long-term use can help reduce cholesterol by preventing cholesterol absorption in the gut.

SAGE



[Sage](#) (*Salvia officinalis*) is a perennial evergreen [shrub](#), with woody stems, grayish leaves, and blue to purplish flowers. It is a member of the family [Lamiaceae](#) and is native to the Mediterranean region, though it has naturalized in many places throughout the world.

Salvia and "sage" are derived from the Latin word *salvere* (to save), which refers to the healing properties long attributed to the various Salvia species. In a double blind, randomized and placebo-controlled trial, sage was found to be effective in the management of mild to moderate Alzheimer's disease. Sage also aids digestion, relieves cramps, reduces diarrhea, dries up phlegm, fights colds, and reduces inflammation and swelling. Its antiseptic qualities make it an effective gargle for the mouth where it can heal sore throats and ulcers. The leaves applied to an aching tooth will often relieve the pain. Sage is also used orally in the treatment of excessive lactation, night sweats, excessive salivation (as in Parkinson's disease), profuse perspiration (as in TB), anxiety, depression, female sterility, and menopausal problems. Externally, it is used to treat insect bites, skin, throat, mouth and gum infections, and vaginal discharge. The leaves are best harvested before the plant comes into flower and should be dried for later use.

The leaves make excellent tooth cleaners by simply rubbing the top of the leaf over the teeth and gums. Apparently, sage is also used to bring [color](#) back to graying hair.

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**CHAPTER 2: WHICH HERB HELPS PREVENT THE FORMATION OF KIDNEY STONES?**

***PEPPERWORT***



Pepperwort (*Lepidium latifolium*) is a member of the mustard and cabbage family. It is a perennial plant that grows from 30cm to 2m tall. A study conducted using rats as subjects revealed a diuretic property of pepperwort. An aqueous extract of *Lepidium latifolium*, given orally, considerably enhanced the urinary excretion in rats.

In Brazil and Peru, pepperwort has long been used as a remedy for kidney stones. Research has shown a considerable reduction in urine calcium – a contributing factor in stone formation. Leaf and root extracts are also used to treat dyspepsia, cough, and urinary tract infection.

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CHAPTER 3: WHICH HERBS ARE BELIEVED TO HAVE SPECIAL HEALING QUALITIES?

GINGER



Ginger or ginger root is the [rhizome](#) of the plant *Zingiber officinale* which belongs to the family [Zingiberaceae](#). Ginger cultivation began in South Asia and has since spread to East Africa and the [Caribbean](#).

Jamaica ginger, the traditional medical form of ginger, is classified as a [stimulant](#) and [carminative](#) and is frequently used for [dyspepsia](#), [gastroparesis](#), slow motility symptoms, [constipation](#), and [colic](#). It is also frequently employed to disguise the taste of medicines.

Studies have shown that ginger can afford short-term relief of pregnancy-related nausea and vomiting. It is also used in treating pain from rheumatoid arthritis, osteoarthritis, or joint and muscle injury. Side effects - mostly associated with powdered ginger - are gas, bloating, heartburn, and nausea.

Tea brewed from ginger is a common folk remedy for colds. [Ginger ale](#) and [ginger beer](#) are also taken as “stomach settlers” in countries where the beverages are made. In the [Philippines](#), ginger is known as *luya* and is used as a [throat lozenge](#) in traditional medicine to relieve sore throat. It is also brewed into a tea known as *salabat*. In the United States, ginger is used to prevent [motion](#) and [morning sickness](#). It is recognized as safe by the [Food and Drug Administration](#) and is sold as an unregulated [dietary supplement](#). Ginger water is also used to avoid [heat cramps](#).

Research conducted in vitro tests showed that ginger extract can control the quantity of free radicals and the peroxidation of lipids. Thus, prevention or decrease of damage in the human body caused by free radicals makes ginger a potent anti-oxidant. Also, studies revealed that daily consumption of ginger helps ease muscle pain associated with exercise. It has also been shown to reduce colon inflammation markers such as PGE2, thus providing a possible cost-effective preventative measure against colon cancer. Ginger is also known to have [cholesterol](#)-lowering properties.

GARLIC



Garlic has an amazing array of uses and has been hailed as an herb for all occasions. It contains

unique sulfur compounds that enable it to be used as an antibiotic, antiviral, and antifungal medicine, taken both internally and externally. Garlic is used to treat high blood pressure, high cholesterol, asthma, and heartburn. It can also be used to help prevent cancer, lessen cold symptoms, and to treat athlete's foot.

Garlic also works to remove toxins from the blood and promotes circulation. Studies have shown that garlic thins out the blood, preventing plaque buildup in the arteries, thereby enabling the heart to work more efficiently. In addition, garlic helps to boost the immune system and relieves gas, bloating, and constipation.

MOTHERWORT



Motherwort (*Leonurus cardiaca*) is an herbaceous perennial plant in the mint family, *Lamiaceae*. It has a long history of use as an [herb](#) in traditional medicine in Central Europe, Asia, and North America. [Midwives](#) use it for a variety of purposes, including [uterine](#) tonic and prevention of [uterine infection](#) in women, hence, the name “motherwort”. If taken on a regular basis, it may improve abnormal menstrual cycles. Due to its antispasmodic effects, motherwort is utilized to restore uterine muscle tone after the childbirth. It contains the [alkaloid leonurine](#), which is a mild [vasodilator](#) and has a relaxing effect on [smooth muscles](#).

Motherwort is used to treat irregular heartbeat, particularly when heart rhythm increases due to nervousness. It reduces blood pressure and maintains heartbeat at a regular rhythm. Studies have also revealed that motherwort improves mesenteric circulation and increases coronary perfusion.

ROSEMARY



Rosemary (*Rosmarinus officinalis*) is a member of the mint family [Lamiaceae](#). It is a woody [perennial herb](#) with fragrant, evergreen, needle-like leaves and white, pink, purple or blue flowers native to the [Mediterranean region](#). The name "rosemary" is derived from the [Latin](#) name *rosmarinus*, derived from "dew" (*ros*) and "sea" (*marinus*), or "dew of the sea" since in many locations it needs no water other than the humidity carried by the sea breeze to live.

Rosemary contains a number of potentially biologically active compounds, including antioxidants carnosic acid and rosmarinic acid. Other bioactive compounds include camphor (up to 20% in dry rosemary leaves), caffeic acid, ursolic acid, betulinic acid, rosmaridiphenol and rosmanol. Rosemary antioxidants levels are closely related to soil moisture content. Rosemary has also been shown to have some anticarcinogenic properties. A study revealed that ingestion of rosemary powder by rats greatly reduced the formation of [mammary tumors](#).

The antioxidant properties of rosemary have been shown to shield the brain from free radicals, thereby lowering the risk of strokes and neurodegenerative diseases like Alzheimer's disease and [amyotrophic lateral sclerosis](#). Studies also revealed that intake results in a significant enhancement of performance for overall quality of memory and secondary memory factors.

SAGE



Similar to rosemary, sage also has a wide range of special healing qualities. It has been shown to be effective in treating inflammatory diseases like rheumatoid arthritis. It can be used to prevent perspiration, lower blood sugar, and to help dry up milk in lactating mothers.

Sage is also used for respiratory ailments like sore throat and bronchitis. Like garlic, sage also contains antiviral, antifungal, and antiseptic qualities. It has even been used to alleviate coughing associated with tuberculosis. Lotion made with sage is good for clearing oily skin and for tightening pores.

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## **CHAPTER 4: WHICH HERBS SHOULD EVERY HERB GARDEN GROW TO GET THE WIDEST MEDICINAL BENEFITS?**

If you're planning to grow your own herb garden, the following herbs are recommended for their wide range of health benefits, and basic [healing](#) properties.

### ***MINT***



Mentha (mint) belongs to a group of [flowering plants](#) in the [family \*Lamiaceae\*](#) (mint family). Mints are aromatic, almost exclusively [perennial](#), [herbs](#). They have wide-spreading underground and overground [stolons](#) in addition to their erect, square, branched stems. The [leaves](#) are arranged in [opposite](#) pairs, from [oblong](#) to [lanceolate](#), often downy, and with a [serrate](#) margin. Leaf colors range from dark green and gray-green to purple, blue, and sometimes pale yellow.

Most mentha grows best in wet environments and moist soils. Mints grow from 10–120 cm tall and can spread over an indeterminate area. Due to their tendency to spread unchecked, mints are considered [invasive](#).

Mint is famous for soothing headaches, fighting nausea, calming the stomach and reducing nervousness and fatigue. Korean mint, also called Indian mint and hyssop, is a fairly effective antiviral, making it useful for fighting colds and the flu. It is also used as an [antipruritic](#), especially in insect bites. Mint tea, on the other hand, is a strong [diuretic](#).

### ***ALFALFA***



Alfalfa contains a plant substance called saponin, which has been credited with lowering the amount of toxins in the digestive tract and helping to prevent heart attacks. It has also been shown to reduce tumor cells and help to fight viruses and fungal infection.

Alfalfa also contains manganese, which aids the digestive system in producing insulin. It contributes to treatment of disorders of the heart, respiratory issues, hair disorders, high blood pressure, stomach

disorders, and arthritis.

## ***SAGE***



Named "Herb of the Year" in 2001 by the International Herb Association, sage has many health benefits and healing qualities. One study has found sage to be beneficial in treating and possibly even preventing the onset of Alzheimer's disease. Sage also aids digestion, relieves cramps, reduces diarrhea, dries up phlegm, fights colds, and reduces inflammation and swelling. Its antiseptic qualities make it an effective gargle for the mouth where it can heal sore throats and ulcers. The leaves applied to an aching tooth will often relieve the pain. Sage is also used orally in the treatment of excessive lactation, night sweats, excessive salivation (as in Parkinson's disease), profuse perspiration (as in TB), anxiety, depression, female sterility and menopausal problems. Externally, it is used to treat insect bites, and skin, throat, mouth, and gum infections.

The leaves can be effectively used to clean teeth, and when mixed with rosemary, sage can be used to darken gray hair. It was commonly used among the ancient Greeks and Romans, not only for medicinal purposes, but also for preserving meat. A good source of Vitamin A and calcium, sage is beneficial in maintaining skin, teeth, and hair.

## ***BLACKBERRY***



The blackberry is an edible [fruit](#) produced by any of several species in the [Rubus](#) genus of the [Rosaceae](#) family. The fruit is not a true [berry](#) but is termed an [aggregate fruit](#), composed of small [drupelets](#). The plants typically have [biennial](#) canes and [perennial](#) roots. It is a widespread and well-known group of over 375 species.

Blackberries are known to contain [polyphenol antioxidants](#). The [astringent](#) blackberry root is also to treat [diarrhea](#) and [dysentery](#). It also has anti-inflammatory properties; hence, it is ideal for treating cuts and inflammation in the skin and mouth.

## ***CLOVES***



[Cloves](#) originated from the Southern Philippines and the Molluca Islands of Indonesia. Taken from the dried flowers of the clove tree, cloves are well known as an all-purpose herbal remedy. The clove tree is an evergreen tree that grows up to 50 feet. It is pyramid-shaped and strongly aromatic. Twice each year unopened flower buds can be picked and dried. The dried flower buds are called cloves. Leaves and stems can be used, but the flower buds contain the most essential oil.

Clove has been used for centuries to make bitter herb preparations more palatable. It has also been used in India as a powerful aphrodisiac. During the reign of the Han dynasty, anyone who planned to address the Chinese Emperor was expected to put cloves in his or her mouth in order to improve bad breath.

The oil in cloves has antibacterial properties and was once used to treat tuberculosis, scabies, malaria, and cholera. Cloves have been known to ease digestive problems such as colic, bloating, and gas. The same antispasmodic properties that make it suited for the digestive system also aid in the easing of coughs and muscle cramps. Also, cloves can be used in the aid of acne, sties, and other skin conditions.

## ***GINGER***



Ginger has often been used to help disguise the taste of bitter medicines. It is used in treating a wide assortment of gastric issues and digestive disorders from dyspepsia and gastroparesis to constipation and colic.

Studies have shown that ginger can relieve morning sickness in pregnant women. It is also used to alleviate pain from rheumatoid arthritis, osteoarthritis, or joint and muscle injury. Side effects, mostly associated with powdered ginger, are gas, bloating, heartburn, and nausea.

Ginger also aids in reducing high blood pressure and lowering LDL cholesterol. It encourages circulation and relaxes the walls of the arteries, and it discourages absorption of cholesterol in the blood and liver. Fresh ginger root is always preferable to the dried form because it contains higher



levels of its anti-inflammatory compound.

### ***GARLIC***



The list of what garlic can do remains long and varied. It is used to treat high blood pressure, lower cholesterol, treat colds and sore throats, and help digestion. It contains antibacterial compounds that are effective in treating a myriad of bacterial infections from salmonella to yeast infections. It also counteracts fungi, and in one Japanese study, it was shown to prevent extensive poisoning from heavy metals.

Garlic has also been shown to be effective in treating and preventing cancer. It contains antioxidants that boost the immune system and discourage cancer growth. In addition, it also helps to prevent pre-eclampsia in pregnancy and it helps both hyperglycemia and hypoglycemia by normalizing blood sugars.

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CHAPTER 5: WHICH HERB HELPS REDUCE HIGH BLOOD PRESSURE AND CHOLESTEROL, ESPECIALLY IN DIABETICS?

CARCADINA



Carcadina is a tea made from dried petals of the hibiscus flower. Studies revealed that drinking hibiscus tea reduces high blood pressure among patients with diabetes. It is also used as an

antipyretic and is said to contain antioxidants that are good for the heart.

Carcadina is a rich in gamma-linoleic acid, which helps prevent blood vessel problems as well as reduce cholesterol levels effectively. In addition, it is a great remedy for chronic fatigue and promotes brain metabolism.

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## **CHAPTER 6: WHICH HERB IS USED IN ACCELERATING HEALING AND RELIEVING INFLAMMATION?**

### ***BRAHMI***



Brahmi (*Bacopa monnieri*) is a perennial herb most commonly grown in India, Nepal and Sri Lanka. Studies on rats have shown that brahmi can improve mental capacity – increasing mental alertness, memory and intelligence. Its [sulfhydryl](#) and [polyphenol](#) components are known to have antioxidant properties, hence reducing [beta amyloid deposits](#) in mice with [Alzheimer's disease](#). Brahmi can also enhance immune function by increasing immunoglobulin or antibody production. It has antipyretic as well as anti-inflammatory properties and is used to treat fever, joint pain and inflammation, chronic cough, and asthma.

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CHAPTER 7: WHICH HERBS CAN NOURISH AND STRENGTHEN YOUR LIVER?

The liver is a [vital organ](#) in the body and has a wide range of functions, including [detoxification](#), [protein synthesis](#), and production of substances necessary for [digestion](#). Because of its strategic location and multidimensional functions, the liver is prone to many diseases. The following herbal remedies are used to nourish and strengthen the liver.

MILK THISTLE



Milk thistle (*Silybum marianum*) is one of the most important herbs used to support the liver. It works by protecting the liver cells from absorbing toxins. It also enhances regeneration of healthy cells. Milk thistle is a part of many liver tonics. It can also be ground and eaten as a food or taken as a tincture.

DANDELION



[Dandelion](#) (*Taraxacum officinale*) is an herbaceous [perennial plant](#) of the family [Asteraceae](#) (*Compositae*). It can be found growing in temperate regions of the world, in lawns, on roadsides, on disturbed banks and shores of waterways, and other areas with moist soils. Dandelion is best known for its yellow flower heads that turn into round balls of silver, tufted fruits that blow away on the wind.

Dandelion root is known to aid in detoxification of the liver. It works primarily on the liver and gallbladder, promoting removal of waste products. It also helps in the elimination of toxins due to infection or pollution and in the prevention of gallstones.

LICORICE ROOT



Because of its anti-inflammatory properties, licorice root (*Glycyrrhiza glabra*) is used to treat the inflammation of hepatitis. It protects the liver, and promotes rapid healing. However, it is not recommended for patients with hypertension.

WILD YAM



Wild yam (*Dioscorea villosa*) has been known to be very therapeutic for liver health. It lowers cholesterol and blood pressure levels, thereby reducing body stress and increasing the efficiency of the liver.

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## **CHAPTER 8: WHICH HERB IS KNOWN FOR ITS CALMING EFFECT AND OVERALL ENHANCEMENT OF WELLBEING?**

### ***TULSI***



Tulsi (*Ocimum sanctum*) is a branched shrub grown in India and is considered as the most important herb in the Indian Ayurvedic natural medicine. It has been regarded as the "Queen of Herbs" primarily due to its calming effect and overall enhancement of wellbeing. There are two types of tulsi: the green-leafed tulsi (Shri tulsi) and the red-leafed tulsi (Krishna tulsi).

Tulsi leaves contain essential oils. It is used in eardrops and is also effective in curing headache, insomnia, indigestion, and malaria. It is also used for insect bites and bacterial skin infections. Tulsi leaves are also taken as an herbal tea for the relief of cough, fever, and colds.

Tulsi got its name from Tulasi Devi, one of Lord Krishna's eternal consorts. It symbolizes purity and is considered a holy plant in India. Even today, people in India maintain potted tulsi plants. According to ancient texts, Tulsi is glorified as the one who helps in bringing people closer to the divine.

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CHAPTER 9: WHICH HERB IS USED TO FACILITATE VISIONARY STATES OF CONSCIOUSNESS DURING SPIRITUAL HEALING SESSIONS?

DIVINER'S SAGE



Salvia divinorum (also known as Diviner's Sage) is a [psychoactive](#) plant that can induce [dissociative](#) effects and can cause hallucinations. It is native to the Sierra Mazateca in [Oaxaca](#), Mexico, where it is used primarily to facilitate [visionary states of consciousness](#) during spiritual healing sessions. In such rituals, the shamans use only fresh *Salvia divinorum* leaves. They see the plant as an incarnation of the [Virgin Mary](#), and begin the ritual with an invocation to Mary, [Saint Peter](#), the [Holy Trinity](#), and other saints. Ritual use traditionally involves being in a quiet place after ingestion of the leaf. The plant is used as a remedy to treat diarrhea, [anemia](#), headaches, rheumatism, and a semi-magical disease known as panzón de borrego, or a swollen belly.

Salvia divinorum is also used in the treatment of depression. It is additionally suggested that salvia may help treat cocaine addiction.

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## CHAPTER 10: WHICH HERB PROMOTES RAPID HEALING OF LIGAMENT SPRAINS?

### *COMFREY*



Comfrey (*Symphytum officinalis*), also known as "knitbone", is an effective anti-inflammatory, promoting rapid healing in cases of ligament sprains, muscle strains and broken bones. A poultice of comfrey leaf is applied to the affected area every two to three days to facilitate faster healing.

### ***HORSETAIL***



Another plant considered to be effective in bone healing is horsetail (*Equisetum arvense*). It is a perennial, non-flowering weed that contains silicon -- an essential mineral for optimal bone health. It increases connective tissue tone and resistance, aids in repair, and controls calcium absorption. Horsetail is said to be effective in treating osteoporosis-related bone fractures.

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CHAPTER 11: WHICH HERBS ARE SAID TO BE EFFECTIVE IN REMOVING BODY TOXINS?

Toxins and heavy metals continually building up and collecting in our bodies unknowingly cause many of our health problems. The following herbs are said to be effective in removing body toxins.

DANDELION



One to two grams of dandelion root taken daily is effective in detoxifying the kidneys and liver, especially in cases of alcoholism. With its mild laxative effect, dandelion also helps in removing toxins from the colon.

MILK THISTLE



Milk thistle contains silymarin, a powerful compound that helps protect the liver cells from a variety of toxins.

PSYLLIUM



Psyllium has the ability to bind toxins into fecal material, hence preventing absorption of toxins into the blood. Also, the husk of the psyllium plant increases the bulk of the stools thereby aiding in the efficient movement of toxins out into the colon.

BURDOCK ROOT



Burdock root is often used as a blood purifier to clear circulatory and lymphatic congestion. Since it works to alleviate excessive body fluids, toxins are more efficiently removed. This is also a result of burdock's ability to increase perspiration.

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## **CHAPTER 12: WHICH HERBS CAN HELP CURE PLANTAR WARTS?**

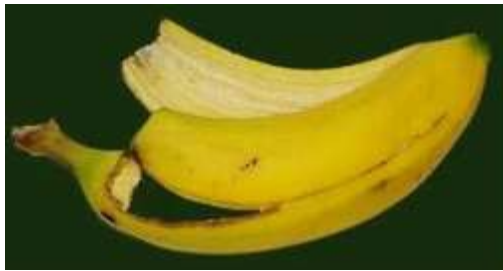
Plantar warts (*Verruca plantaris*) are caused by the [human papillomavirus](#) and occur on the soles or toes of the foot. Plantar warts are usually [self-limiting](#), but treatment is generally recommended to lessen symptoms, decrease duration, and reduce transmission. The following herbs may help in the treatment of plantar warts.

### ***GARLIC AND CASTOR OIL***



Garlic may be helpful in the treatment of plantar warts. A study conducted in Bastyr Center for Natural Health showed that applying the fat-soluble lipid derived from garlic twice a day resulted in the complete resolution of the warts in 20 days. Likewise, the University of Maryland Medical Center suggested that prepping the skin over the wart with a small amount of castor oil and taping a thin slice of garlic on top can achieve the same result. Castor oil, however, should not be used on children.

### ***BANANA PEEL***



Salicylic acid preparation is the most common over-the-counter treatment for plantar warts. Banana peels contain salicylic acid; thus, they can be effective in the treatment of plantar warts. The University of Maryland Medical Center recommends cutting a small piece out of a banana skin to make a patch that fits over the wart. The patch can be worn at night and secured in place with a piece of hypoallergenic medical tape.

***WORMWOOD LEAF***



A Chinese herbal medicine technique used in the treatment of plantar warts is called moxibustion. This involves the burning of moxa, a wool-like substance derived from the herb ai ye, or wormwood leaf (*Artemisia argyi*). The herb is burned on the tip of an acupuncture needle, which allows it to penetrate directly into the wart. Multiple areas of the wart are treated at the same time using this method, which is done by a certified acupuncturist.

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CHAPTER 13: WHICH HERB HAS SIDE EFFECTS THAT MAY INCLUDE ELEVATED BLOOD PRESSURE AND NOSE BLEEDING?

GINSENG



Panax ginseng is a slow-growing perennial plant with fleshy roots. It has anticarcinogenic and antioxidant properties and is considered one of the most widely used herbs. Its side effects, however, include elevated blood pressure, tremors, nervousness, headache, vomiting, insomnia, and nose bleeding.



**CHAPTER 14: WHICH HERB IS CONSIDERED A POWERFUL
APHRODISIAC AND A CURE FOR BAD BREATH?**

CLOVES



In ancient Asia, as far back as the third century B.C., cloves were considered to be a powerful aphrodisiac. Because of their phallic shape, parents in Indonesia would plant a tree when they had a son so the two of them could grow up and prosper together. Scientifically, clove contains eugenol, which is an aromatic fragrance that has been proven to enhance sexual desire and feelings in some people.

This special fragrance has also been useful in getting rid of bad breath. For centuries, cloves have been used for dental hygiene. It has antiseptic qualities, which make it useful for treating tooth pain and preventing tooth decay. In ancient China, it is said that anyone wishing to speak to the Emperor was required to have a clove in their mouth in order not to offend the Emperor with their bad breath.



CHAPTER 15: WHICH HERB IS USED TO TREAT OPEN AND INFECTED WOUNDS?

PENNYWORT



Centella asiatica, also known as pennywort, or wild violet, is a trailing herb found in Africa, India and Australia. In Africa, it is used to cure syphilis and to treat open and infected wounds. It prevents formation of scar tissue and is even used in treating leprosy ulcers. When used in patients with second and third degree burns, shrinkage and swelling of the skin was prevented or limited, thereby facilitating rapid healing and reducing fibrosis.

When taken orally, it exerts an anxiolytic action by increasing the concentration of GABA (gamma-aminobutyric acid) in the brain.

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## **CHAPTER 16: WHICH HERB IS WRONGLY BELIEVED TO MASK A POSITIVE DRUG SCREEN?**

### ***GOLDENSEAL***



Goldenseal (*Hydrastis canadensis*) is one of the most popular herbs on the market today. It is a [perennial herb](#) in the [buttercup](#) family *Ranunculaceae*, native to southeastern [Canada](#) and the northeastern [United States](#). It was traditionally used by Native Americans to treat skin disorders, digestive problems, liver conditions, diarrhea, and eye irritations.

Goldenseal is available in nutritional supplement form. It is also available as a cream or ointment to heal skin wounds. Goldenseal herbal tincture can be used as a mouthwash or gargle for mouth sores and sore throats.

Goldenseal stimulates the secretion and flow of bile, and can also be used as an expectorant. It also has strong activity against a variety of bacteria, yeast, and fungi, such as E. Coli and Candida.

Goldenseal became the center of a myth that it could mask a positive drug screen. This false idea was part of a novel written by pharmacist and author John Uri Lloyd. While goldenseal has many healthful effects and can detoxify the body of impurities, it is generally unsuccessful at producing clean urine for a drug test. Two studies have demonstrated no effect of oral goldenseal on urine drug assays over water alone. Subjects who drank large amounts of water had the same urine drug levels as subjects who took goldenseal capsules along with the water.

Side effects are rare, but include irritation of the mouth and throat, nausea, increased nervousness, and digestive problems. The liquid forms of goldenseal are yellow-orange and can stain.

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CHAPTER 17:WHICH NATURAL HERB IS GOOD FOR TREATING TESTICULAR DAMAGE?

GINSENG



Ginseng is often referred to as the "man's herb," and, indeed, its name is translated from the Chinese as "man root." A study revealed that Panax ginseng can be used to prevent and treat atrophy and testicular damage induced by 2,3,7,8-tetrachlorodibenzo-p-dioxin (TCDD), an environmental pollutant. Another study conducted in rats showed that by suppressing superoxide production, Korean red ginseng (KRG) can protect against dysfunction and oxidative stress induced by torsion-distortion injury in rat testes.

CHAPTER 18: WHICH NATURAL HERB IS GOOD FOR PROTECTING THE LINING OF THE STOMACH?

The H. Pylori bacterium has been estimated to be present in 30-40% of the U.S. population, and is considered the world's most common chronic infection. H. Pylori infection has been the leading cause of peptic ulcers. Preventing its growth means protection for the stomach mucosa. The following herbs are known to prevent H. pylori infection.

GINGER



Most people are familiar with ginger as a seasoning, but it actually has been used for thousands of years as a medicinal herb. Studies have shown that ginger root extracts inhibit the growth of H. Pylori in vitro.

THYME



A popular remedy in ancient Egypt, Greece and Rome, thyme was used mainly for headaches, digestive problems, and respiratory illnesses. It was also used as a mood-enhancer. Recent research has revealed that thyme extracts have a significant antibacterial property that exerts a potent inhibitory effect on H. Pylori.

EVODIA



Evodia is a seasonal tree, native to northern China and Korea. Its reddish-brown fruit has been used for years to treat gastrointestinal disorders such as nausea, vomiting, and diarrhea. A study conducted in Japan and Korea revealed that evodia extracts can strongly inhibit that growth of H. Pylori, hence reinforcing its traditional use for digestive ailments.

LICORICE



Licorice has been used for years as a tonic to rejuvenate the heart and spleen and as treatment for cold symptoms and skin disorders. It is commonly used on Europe to treat ulcers. Licorice extracts protect the esophagus, stomach, and intestinal lining from stomach acids. It also helps repair the stomach's protective mucous lining in cases of heartburn. In a recent study, researchers found that licorice extract produced a potent effect against strains of H. Pylori that are resistant against clarithromycin, one of the antibiotics typically used against H. Pylori. Also, a study conducted in Japan revealed that licorice extracts are also effective against H. Pylori strains that are resistant to both amoxicillin and clarithromycin, making it viable as chemo-preventive agent for peptic ulcer or gastric cancer in H. Pylori-infected individuals.

ALOE VERA



Aloe vera is a species of [succulent plant](#) that originated in northern Africa. Extracts are widely used in the cosmetics and [alternative medicine](#) industries, being marketed as variously having rejuvenating,

healing, or soothing properties. Aloe vera juice offers relief by healing the stomach lining, reducing stomach acid secretions, and aiding in the prevention of internal bleeding.

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## **CHAPTER 19: IS IT POSSIBLE TO MIX CHINESE HERBAL MEDICINE WITH WESTERN MEDICINE?**

Yes. A lot of herbs utilized by those advocating Alternative Medicine have undergone research and are now proven to be effective. In fact, more and more physicians are advising the use of natural remedies to patients. One cannot totally isolate Herbal from Western medicine since both practices complement each other.

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CHAPTER 20: WHAT CULINARY DELIGHTS CAN THE HERB ROSEMARY HELP ENHANCE?



Usage of rosemary dates back to 500 BC when it was used as a culinary and medicinal herb by the ancient Greeks and Romans. Rosemary is a versatile, aromatic [herb](#). It is used in a wide variety of dishes, including fruit salads, [soups](#), [vegetables](#), meats (especially [lamb](#)), [fish](#), eggs, [dressings](#), and even [desserts](#).

One of the more traditional uses for rosemary is as an accompaniment to lamb dishes. Rosemary leaves are mixed with garlic, lemon juice, and seasoning and is marinated with the lamb before cooking. This also works for chicken and pork dishes. Another combination for lamb is to mix rosemary leaves with orange to create a glaze; some people, however, find this a bit too sweet.

Onions, roasted with rosemary and made into a sauce, are also tasty. One can also make rosemary-flavored oil or vinegars. Adding rosemary to roast potatoes is another popular use.

CHAPTER 21: WHICH HERBS ARE OFTEN USED IN TOOTHPASTE?

The following herbs are often used as an ingredient in toothpaste.

CHAMOMILE



Chamomile is a common name for several daisy-like plants. These plants are best known for their ability to be made into a sleep-inducing tea that is often served with either honey or lemon. Chrysin, a specific flavonoid found in chamomile, has been shown to be an anxiolytic (relieving anxiety) in rodents and is believed to be at least partially responsible for chamomile's reputation as a sleep aid.

SAGE



Sage extract contains gentle cleansing properties. It is commonly used in homemade recipes for toothpaste and mouthwash because of its ability to treat gingivitis and prevent tooth decay. It is also a common ingredient in natural and organic toothpaste products. Toothpaste containing sage extract is strongly recommended for people with sensitive teeth and gums and is highly beneficial for overall dental health.

EUCALYPTUS



Eucalyptus is a diverse genus of flowering trees in the myrtle family. Eucalyptus is one of three similar genera that are commonly referred to as "eucalypts", the others being *Corymbia* and *Angophora*. Many, but far from all, are known as gum trees because many species exude copious sap from any break in the bark. Eucalyptus is a common ingredient in toothpastes.

PEPPERMINT



Peppermint has a long tradition of medicinal use. It has a high menthol content and is often used as tea and for flavoring ice cream, confectionery, chewing gum, and toothpaste. The oil also contains menthone and menthyl esters, particularly menthyl acetate. It is the oldest and most popular flavour of mint-flavoured confectionery. Peppermint can also be found in some shampoos and soaps, which give the hair a minty scent and produce a cooling sensation on the skin.



**CHAPTER 22: WHICH HERB IS USED FOR THE
TREATMENT OF ECZEMA, PSORIASIS AND ACNE?**

HEARTSEASE



Viola tricolor, known as "heartsease", is a common [European](#) wild flower, growing as an [annual](#) or short-lived [perennial](#) plant. It has been [introduced](#) into [North America](#), where it has spread widely, and is known as the "Johnny Jump-Up".

Viola tricolor is used today in the treatment of eczema, psoriasis and acne. It works for skin conditions because it serves as a gentle, cooling, and soothing cleanser. It contains chemicals such as salicylates and rutin, which are thought to exert an anti-inflammatory action on the skin. Its rutin content also helps prevent bruising and heals broken capillaries.

Viola tricolor is also used in the treatment of respiratory problems such as bronchitis, asthma, and cold symptoms. It has expectorant properties and so has been used in the treatment of [bronchitis](#) and [whooping cough](#). It also acts as a [diuretic](#) and is used in [rheumatism](#) and [cystitis](#).

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## **CHAPTER 23: WHICH HERB TASTES GREAT WITH SALMON?**

### ***DILLWEED***





Dill weed is a great, classic herb to match to any kind of salmon. Salmon can also be prepared with lemon and pepper.

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CHAPTER 24: WHICH HERB IS USED TO HELP TREAT PSYCHOSIS, SCHIZOPHRENIA, INSANITY, INSOMNIA, AND EPILEPSY?

SNAKEROOT



Rauwolfia serpentina (snakeroot) is a species of flowering plant in the family *Apocynaceae*. It is used in traditional medicine in India, China, Africa, and many other countries. It is mainly used for the treatment of various central nervous system disorders associated with psychosis, schizophrenia, insanity, insomnia, and epilepsy. Root extracts are utilized for the treatment of intestinal disorders, particularly diarrhea and dysentery. It is also believed to stimulate uterine contraction and is recommended for use in childbirth in difficult cases. Leaf extracts, on the other hand, have been used as a remedy for opacity of the cornea. In addition, *Rauwolfia* is used as an antidote to snake bites.

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## **CHAPTER 25: WHICH HERBS ARE USED TO LOWER BLOOD SUGAR LEVELS?**

### ***FENUGREEK***





Fenugreek is a common spice used in curry dishes and has important medicinal effects as well. The dietary fiber content in fenugreek may help to control blood glucose levels. One study revealed that fenugreek can significantly improve blood sugar and insulin response. Fenugreek has also shown effects on lowering triglyceride levels and raising HDL levels in the blood, possibly as a result of increased insulin activity.

***PSYLLIUM***



Psyllium supplements may also help to lower blood glucose levels. A study conducted among men with Type II Diabetes showed a significant reduction in blood sugar levels and total cholesterol levels after eight weeks of daily ingestion.

***ALOE***



Intake of aloe vera extracts improves blood sugar levels. A study revealed that taking one tbsp. of aloe gel either alone or in combination with the oral hypoglycemic drug Glibenclamide can lower blood sugar levels in people with Type II diabetes.

***GINSENG***



Taking Asian or American ginseng can help lower blood glucose levels. Studies have shown that Asian ginseng can enhance the release of insulin from the pancreas and increase the number of insulin receptors. Intake of 200 mg of Asian ginseng extract or 3 g of American ginseng has been shown to have blood sugar-lowering effects.

### ***BITTER MELON***



Bitter melon can lower blood glucose levels and effectively treat diabetes mellitus. Taking extracts, juice, or whole slices of bitter melon might improve blood sugar control.

### ***CINNAMON***



Studies revealed that daily intake of 1, 3 or 6 g of cinnamon can significantly lower blood glucose, triglyceride, LDL cholesterol and total cholesterol levels in people with Type II Diabetes.

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CHAPTER 26: WHICH HERB CAN HELP EASE MUSCLE PAIN ASSOCIATED WITH EXERCISE?

GINGER



Ginger, which is a member of the same family as turmeric, seems to contain some anti-inflammatory properties and may prove to be useful in treating muscle pain that is associated with exercise. Some studies have shown it to work as an analgesic and a sedative in animals. It does not seem to provide an immediate effect, but showed some effectiveness over a period of time in lessening the length of time that the muscle stays sore.

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## **CHAPTER 27: WHICH HERB IS COMMONLY USED IN THE TREATMENT OF KIDNEY DISORDERS, SORE THROAT, AND CONSTIPATION?**

### *MALLOW*



*Malva verticillata* belongs to the large plant family *Malvaceae*, or mallow family. It originated in East Asia, where it grows in open grasslands and fields. Common names include "cluster mallow," "Chinese mallow," and "whorled mallow." It is commonly used in the treatment of kidney disorders, sore throat, insufficient breast milk supply, and constipation. It is considered a demulcent, which aids in eliminating irritation and mild inflammation.

Major uses of mallow are as a tea for dry cough and sore throats, or as a topical, gelatinous application for dermatitis. Mallow is also used for treating renal disorders, retention of fluids, diarrhea and frequent thirst. For people with whooping cough, the root is used to make them vomit. The leaves and stems have digestive properties and are given to women in late pregnancy.

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CHAPTER 28: WHICH HERB IS USED TO TREAT FEVER, AND TOOTHACHE AND IS UTILIZED IN DEWORMING?

BUSH-CHERRY SEED



Semen pruni (Bush-cherry seed) is a [shrub species](#) in the [genus *Prunus*](#) that is widely cultivated for ornamental use. The plant thrives on well-drained and moist, [loamy soil](#) and prefers little shade or no shade at all. It is currently used in the treatment of [constipation](#), [edema](#), and post-traumatic [insomnia](#). Root extracts, in particular, are used to treat fever and toothache and are utilized in deworming.

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## CHAPTER 29: WHICH EVERYDAY HERB CAN BE USED TO TREAT HEADACHES, NAUSEA, AND STOMACH CRAMPS AND REDUCES NERVOUSNESS AND FATIGUE?

### *MINT*



*Mentha* (Mint) belongs to a group of [flowering plants](#) in the [family \*Lamiaceae\*](#) (mint family). Mints are aromatic, almost exclusively [perennial](#), [herbs](#). They have wide-spreading underground and overground [stolons](#) in addition to their erect, square, branched stems. The [leaves](#) are arranged

in [opposite](#) pairs, from [oblong](#) to [lanceolate](#), often downy, and with a [serrate](#) margin. Leaf colors range from dark green and gray-green to purple, blue, and sometimes pale yellow.

Most mentha grow best in wet environments and moist soils. Mints grow from 10–120 cm tall and can spread over an indeterminate area. Due to their tendency to spread unchecked, mints are considered [invasive](#).

Mint is famous for soothing headaches, fighting nausea, calming the stomach and reducing nervousness and fatigue. Korean mint, also called Indian mint and hyssop, is a fairly effective antiviral, making it useful for fighting colds and the flu. It is also used as an [antipruritic](#), especially in insect bites. Mint tea, on the other hand, is a strong [diuretic](#).

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CHAPTER 30: WHICH HERBS ARE USED TO REBUILD SPINAL DISK CARTILAGE?

DEVIL'S CLAW



Devil's claw (*Harpagophytum procumbens*) belongs to the sesame family. It is native to Africa and got its name from the appearance of its fruit, which is covered with hooks meant to attach onto animals in order to spread the seeds. The roots and tubers of the plant are used to make medicine. It is often used in the treatment of back pain and degenerative disc disease.

ARNICA



Arnica is a genus with about 30 [perennial](#), herbaceous species belonging to the sunflower family ([Asteraceae](#)). It is used as an herbal treatment, noted to be effective in treating degenerative disc disease. It has anti-inflammatory properties and has been used to treat many types of musculoskeletal conditions, including backache and sore muscles, tendons, ligaments and joints. Arnica improves circulation, has immune-enhancing effects, and possesses mild pain-relieving activity.

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## **CHAPTER 31: WHICH NATURAL HERBS HELP TREAT COLD SORES?**

The herpes simplex virus HSV-1 is the primary cause of cold sores. It is transmitted through direct contact. The following are herbs that can aid in the treatment of cold sores.

### ***TEA TREE***



Tea tree is an herb that originated in Australia, and is currently available as an essential oil in North America and Europe. Its oil is an effective antiseptic. It is also used to speed the healing of cold sores. Studies recommend mixing four drops of tea tree essential oil with four tablespoons of olive or almond oil and applying the mixture to the cold sore three to four times daily.

### ***GOLDENSEAL***





Goldenseal is a perennial plant that is found in wooded areas throughout North America. It has antibacterial properties and is used for a wide range of infections, including cold sores. Oral intake of 250 to 500mg of goldenseal twice a day can help to ward off cold sores.

### ***LEMON BALM***



Lemon balm, also known as bee balm, is an aromatic herb that contains caffeic acid, which has anti-herpes properties. Studies recommend placing two to four tablespoons of dried lemon balm in six ounces of boiling water and allowing the lemon balm to steep for 10 minutes. A cotton ball is then soaked in the lemon balm tea and applied to the affected area three or four times a day.

### ***LICORICE ROOT***



Licorice root is a flavoring agent thought to fight swelling and redness caused by infections such as herpes simplex. Applying licorice root to the surface of skin affected by cold sores reduces the duration and severity of an outbreak. A tincture of licorice root is applied to the affected area three times per day, using a cotton swab or a glass dropper until the cold sores heal. If tincture of licorice is not available, patients can make their own by crushing licorice root tablets and mixing them with water or sweet almond oil.

## **CHAPTER 32: WHICH NATURAL HERBS HELP IN THE TREATMENT OF RHEUMATOID ARTHRITIS?**

Rheumatoid arthritis is a chronic inflammatory condition that may affect the whole body, particularly the joints of the hands, feet, wrists, ankles, and knees. The following herbs can aid in the treatment of rheumatoid arthritis.

### ***CAT'S CLAW***



Cat's claw (*Uncaria tomentosa*) is a woody vine found in the tropical jungles of South and Central America, which derives its name from its claw-shaped thorns. Studies revealed that purified extract of cat's claw is relatively safe and may slightly reduce joint pain in subjects with active rheumatoid arthritis who were also taking conventional drugs.

### **DEVIL'S CLAW**



Devil's Claw (*Harpagophytum procumbens*) is known for its anti-inflammatory effects; hence it is used in the treatment of arthritis. It is known to be effective in the treatment of muscle pain (myalgia). Rheumatoid arthritis is often associated with poor digestion, and in cases where there is hypochlorhydria (under-production of gastric juices), devil's claw is helpful due to its bitter taste.

### **BOSWELLIA**



Boswellia (*Boswellia serrata*) resin has anti-inflammatory and analgesic properties. The active constituents, boswellic acids, reduce the formation of inflammatory leukotrienes. Boswellia resin is indicated in the treatment of many inflammatory conditions including rheumatic disorders and pulmonary diseases.

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CHAPTER 33: WHICH NATURAL HERB IS BEST FOR COCAINE DETOX?

The primary objective of drug detox is to eliminate the toxins accumulated in the body as a result of using drugs. This is achieved through a process of detoxification.

ALFALFA



Alfalfa (*Medicago sativa*) is a [perennial](#) flowering plant that belongs in the pea family [Fabaceae](#). Alfalfa originally grew in the Mediterranean and Middle East but has now spread to most of Europe and the Americas. Alfalfa is included in commercially marketed cocaine detox kits.

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## **CHAPTER 34: WHICH HERBS ARE USED TO TREAT INSECT BITES AND VARIOUS SKIN INFECTIONS?**

## ***SAGE***



[Sage](#) (*Salvia officinalis*) is a perennial, evergreen [shrub](#), with woody stems, grayish leaves, and blue to purplish flowers. It is a member of the family [Lamiaceae](#) and is native to the Mediterranean region, though it has naturalized in many places throughout the world. It is used as a topical application in order to treat insect bites and various skin infections.

## ***CLOVES***



[Cloves](#) originated from the Southern Philippines and the Molluca Islands of Indonesia. Taken from the dried flowers of the clove tree, cloves are well known as an all-purpose herbal remedy. The oil in cloves has antibacterial properties and was once used to treat scabies, acne, sties, and other skin conditions.

## ***TULSI***



Tulsi (*Ocimum sanctum*) is a branched shrub grown in India and is considered as the most important herb in the Indian Ayurvedic natural medicine. It has been regarded as the "Queen of Herbs" primarily due to its calming effect and overall enhancement of well-being. There are two types of tulsi: the green-leafed tulsi (Shri tulsi) and the red-leafed tulsi (Krishna tulsi).

Tulsi leaves contain essential oils. It is used in eardrops and is also effective in curing headache, insomnia, indigestion and malaria. It is also used for insect bites and bacterial skin infections.

## **CHAPTER 35: WHICH HERBS ARE USED AS ANTI-DEPRESSANTS?**

### ***DAMIANA***



Damiana (*Turnera aphrodisiaca*) is a [shrub](#) native to Southwestern [Texas](#) in the [United States](#), [Central America](#), [Mexico](#), [South America](#), and the [Caribbean](#). It belongs to the family [Passifloraceae](#). Damiana is an anti-depressant and is considered specifically for anxiety and depression where there is a sexual factor. It has been claimed to have a stimulating effect on [libido](#).

### ***GINSENG***



Ginseng root protects the body and nervous system from stress, stimulates and increases metabolic function, and enhances physical and mental efficiency by improving circulation. It also helps to keep balanced blood pressure and glucose levels, increase gastrointestinal movement, iron metabolism, and promote RNA synthesis. It helps to alleviate mood and enhance sleep.

### ***LADY'S SLIPPER***





Lady's slipper (*Cypripedium pubescens*) helps to elevate the mood, especially where depression is present. It can help ease nervous pain, though it is best used in combination with other herbs for this purpose. It can also be used to treat anxiety that is associated with insomnia.

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CHAPTER 36: WHICH NATURAL HERBS BEST HELP TREAT LUNG CANCER?

Though herbal remedies have long been used as an adjunct treatment therapy, not all herbs used for this health purpose may be backed by rigorous clinical research trials. The University of Maryland Medical Center (UMMC) reports that three herbs -- American ginseng, Asian ginseng and grape seed -- are among the most helpful natural remedies in treating lung cancer.

GINSENG



The name "ginseng" is used to refer to both American (*Panax quinquefolius*) and Asian or Korean ginseng (*Panax ginseng*), which belong to the genus *Panax*. Panax ginseng may help boost the immune system, reduce risk of cancer, and improve mental performance and well-being. Both American and Asian ginsengs contain ginsenosides, although the types and the ratio of these substances are different in the Asian and American herbs. Laboratory studies in animals have found that American ginseng is effective as an antioxidant and in boosting the immune system. A study published by the "Journal of Cellular Biochemistry" in 2010 states that Asian ginseng extract inhibits tumor growth in mice that have Lewis lung carcinoma.

GRAPE SEED



Grape seeds contain vitamin E, flavonoids and linoleic acid. They are shown to prevent growth of lung cancer cells in vitro.

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## **CHAPTER 37: WHICH HERB IS SPECIFICALLY USED IN THE TREATMENT OF ECZEMA AND PSORIASIS?**

### ***OREGON GRAPE***



Oregon grape ([\*Mahonia aquifolium\*](#), [\*Berberidaceae\*](#)) is an evergreen [shrub](#) related to the [barberry](#). The plant grows to 1–5 m (3 ft. 3 in–16 ft. 5 in) tall. Its leathery leaves resemble [holly](#) and the stems and twigs have a thickened, corky appearance. It contains the [alkaloid berberine](#), known as an anti-inflammatory and anti-bacterial used in the treatment of infection. It is particularly used in the treatment of [eczema](#) and [psoriasis](#). It is also used for dyspepsia.

Oregon grape is known to stimulate the appetite. It calms an upset stomach and stimulates the gallbladder.

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SUMMARY

The medicinal power of herbs is a vast area of study. Nearly one-third of Americans use herbs or herbal supplements on a regular basis and that number is growing steadily. Experts in the field include nutritionists, chiropractors, herbalists, pharmacists, and some physicians. More and more medical doctors are turning to the power of the plant in their medical practice.

When considering natural medicine, however, be sure to speak to your doctor about it. Studies show that 70% of people who do take herbal supplements are reluctant to share that information with their doctor. Remember that herbs and drugs can work together wonderfully, but they can also be contraindicated. Natural remedies and herbal substances are not regulated, so care must be taken when considering source and dosage. Like all drugs, it is possible to overdose on certain herbs. Also, remember that not all plants have positive effects; some are poisonous. As always, be sure to research, double check what you're taking, and communicate with your doctor.

In conclusion, the future of herbal medicine is wide open. Where it was once the only option, now it is an alternative and even a complimentary practice along with modern medicine. Whether you are suffering from cancer, a stomachache, or an infected hangnail, a cure or treatment can be found as close as the garden in your back yard.