



20 Simple Herbal Remedies

Herbal remedies are known as ‘natural’ and ‘organic



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History of Herbal Medicine

Herbal Medicine is the use of botanicals (plants) either singularly or in combination to prevent and treat certain ailments and illnesses.

People native to different geographical locations have long used plants and plant extracts to cure specific maladies. Sometimes referred to as “folk” medicine, it is generally recognized that there are three schools of research one can follow with regard to the history of these treatments. There is the study of medicines based on Greek, Roman and medieval sources which is largely used by Western schools of thought, [Ayurvedic](#) which comes from India and the Eastern tradition of Chinese Herbal Medicine. Rather than separation, these different schools of thought provide more commonality than division.

It stands to reason that most ancient peoples used plants that were native to their geographical location which provides sound reasoning as to why different schools of thought exist.

All three of these modalities at one time included both philosophical and spiritual aspects along with the scientific knowledge that existed within a specific time frame. While we are not here to render opinion, one fact does remain. The same study that determined one third of Americans used alternative therapies, the same number surveyed showed a dramatic increase in positive results to more than 60% when “prayer” was included in the mix.

Ayurvedic loosely translates to “knowledge of life.” Dating back to more than 6,000 years ago, Ayurvedic Medicine practiced not just Herbal Medicine, but some of the earliest surgical procedures as well as inoculation. Over the years Ayurvedic Medicine became increasingly more symptomatic as opposed to treating the root cause of disease which originally was steeped in strengthening the immune system.

With all our so-called advancements in the medical field, it’s interesting that physicians are still treating “effect” rather than “cause.” The old adage that, “an ounce of prevention is worth a pound of cure” could not be more true. This is especially true when it comes to natural remedies. Most natural remedies are botanical. Singularly or in combination, the numbers of herbs available is astounding. We will barely scratch the surface in this guide and we encourage further research and study.

While this is a presentation on “herbs,” we have included other natural, organic contents. Many of the combinations include both herbs and other sources such as tree bark, alfalfa and rhubarb.

Because there are so many botanicals and combinations, we are using the most common and should not be construed as the ONLY use for a specific herb.

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Acne

Equal parts: Butternut, Burdock, Echinacea and Cleavers to 5ml of tincture applied three times a day.

Arthritis

The term Arthritis literally translates to “joint inflammation.” If you suffer from Arthritis, chances are you have taken drugs to combat the effects or tried other “home remedies.” If you haven’t yet tried “Urtication,” it might be helpful. The term “Urtication” comes from the botanical name, *Urtica dioica* and dates back some 2,000 years to biblical times. *Urtica dioica* is “Stinging Nettle. The treatment is to grasp the nettles in a gloved hand and swat the sore joints with the nettles. This may seem bizarre, but the practice has proven to be so effective for some sufferers of arthritis that they now maintain a nettle plant on their window sill.

Asthma

Ephedra sinica (Ma Huang) is an excellent bronchodilator. The natural form of *Ephedra* is better tolerated than the synthetic “edphedrine” causing fewer negative heart symptoms.

Gumweed	24 parts tincture
Pill Bearing Spurge	24 parts tincture
Lobelia	12 parts tincture
Wild Cherry	12 parts tincture
Licorice Root	12 parts tincture
Motherwort	12 parts tincture
Ma Huang	10 parts tincture
Aniseed	1 parts e.o.

5ml. of mixture taken 3 times a day. If Pill Bearing Spurge proves difficult to obtain then double the amount of Gumweed to make up for it.

Bad Breath

Chewing on parsley will eliminate bad breath. Chewing on Cardamom is very effective as Cardamom actually kills bad breath bacteria.

Burns

There are three levels of burns. First degree only hurts the outer layer of skin, like a sunburn. Second degree burns will develop blisters indicating the burn has penetrated deeper into the skin and is more painful. The worst type of burn is a third-degree burn and is a medical emergency. For minor first and second degree burns, use a leaf from an [aloe](#) plant for instant relief.

Cancer

Let's make it perfectly clear that as of this writing there is no known cure for Cancer. In fact, the term itself is ambiguous and can be any type of malignant illness. What we will give you here is a [Cancer](#) and Blood Purifier:

- 4 parts Licorice Root
- 4 parts Red Clover
- 2 parts Burdock Root
- 2 parts Stillingia
- 2 parts Berberis Root
- 2 parts Poke Root
- 1 part Cascara Amarga
- 1 part Prickley Bark
- 1 part Buckthorne Bark

Fill gelatin capsules. Take 1 on the first day, 2 on the second until you reach 36 per day for 2 years. Avoid vinegar, pork and tomatoes.

Canker Sores

Mouth wash: Equal parts Marshmallow and Chamomile infused to be gargled often. Also consider Balm and St. John's Wort.

Colds and Flu

At the first sign of sniffles, immediately ingest Echinacea. There are over 200 viruses that can cause the common cold. They are shared by coughing, sneezing and by hand. Therefore, the first treatment is prevention! Wash hands often and well, using a good anti-bacterial soap. Eating garlic can help in the prevention of colds and flu. Here are a few other remedies:

Pour a cup of boiling water over a couple of tablespoons of fresh, shredded Ginger Root. Makes a good hot tea that is effective against the most common cold viruses.

Constipation

One to three tablespoons of whole or crushed Flaxseed two or three times a day will help with chronic [constipation](#). Be sure you get at least eight glasses of water a day to keep the bulk moving through the digestive system.

Coughing

Slice a large onion into rings. Place in deep bowl. Cover the slices with organic honey. Allow to stand overnight. In the morning strain the liquid creating a simple [cough](#) elixir.

Dandruff

Create an herbal scalp rinse.

Add one teaspoon of Potassium Chloride (find in salt section at the supermarket) into 6 cups of water. Heat until the Potassium Chloride dissolves. Chop four ounces of fresh Celandine (if fresh is not available use a half cup of the dried herb instead). Add Celandine to the solution. Allow to stand for two hours. Then boil slowly for 20 minutes. Strain out the plant material, and simmer reducing to one and one half cups. Add eight ounces of glycerin and continue simmering reducing the liquid slowly to two cups. Strain the result and bottle it. Store in cool place. Use once or twice a day as a hair rinse.

Depression

Persistent [depression](#) is a serious disorder and you should see your doctor for treatment. In the meantime you might like to try a Licorice tea. Simply add some to any of your favorite [herbal teas](#) . Using up to approximately 3 cups of tea a day or more or ingesting larger amounts can produce headache, lethargy, sodium and water retention, loss of potassium and high blood pressure. At least eight Licorice compounds are monoamine oxidase (MAO) inhibitors which are compounds capable of potent antidepressant action.

Gallstones and [Kidney Stones](#)

The best way to treat these diseases is with prevention and that begins with drinking six to eight glasses of water each day. This keeps the urine too diluted to create the stones in the first place. Drink several cups of Stinging Nettle Tea each day to prevent and treat kidney stones. To one cup of boiling water, steep one teaspoon of finely chopped dried herb.

Gout

It is purported that Celery Seed keeps uric acid below critical levels. Try taking two to four tablets of celery seed extract daily.

Heartburn

Camomile is the best source for [heartburn](#) and stomach problems. Licorice might be a second choice, but take care. Too much Licorice will produce headache, lethargy, and a potential serious loss of potassium as well as the possibility of high blood pressure.

High Blood Pressure

Try [vegetable](#) soup. Yes, vegetable soup. Add any of the following: Celery, Garlic, Hawthorn, Kudzu, Onion, Tomato, Broccoli, Carrot, Purslane (any anything else that contains magnesium), Saffron, Valerian, Fennel, Oregano, Black Pepper, Basil and Tarragon. Consume on a regular basis. Eliminate pork, beef, and alcohol from your diet. Eat more plant foods and herbs and use a good vitamin regimen.

Insomnia

Lemon Balm is a sedative as well as a stomach soother. Try a tea made with two to four teaspoons of dried herb per cup of boiling water.

Menopause

Black Cohosh is recommended for many “female complaints.” It contains estrogenic substances that [relieve menopausal symptoms](#), especially hot flashes. Native American women knew to use it for childbirth and other gynecological problems. Try 2 parts Chasteberry, 1 part St. John’s Wort and 1 part Life Root. To 5ml of tincture taken three times a day.

Skin Problems

In addition to [Aloe](#), the best known herb for skin treatment, try Evening Primrose Oil. Apply directly to the irritation. Should be available in your health food store.

Yeast Infections

Mix two to three drops of Tea Tree Oil in a tablespoon of yogurt. Soak a tampon in the mixture. Insert the tampon at night for up to six nights. Care must be taken when using any plant extracts. They are extremely concentrated and even in small doses can cause harm.