

# Castor Oil

## *Ricinus communis*

Other Names: Palma christi  
Description: A small tree with red bark and palmately compound leaves in the spurge family. The mottled beans are enclosed in spiny pods.

Part Used: Processed Seed Oil  
Action: Immune Stimulant, Cathartic  
Category: Specific  
Systems: Immune, Integumentary  
Taste: Bitter, Sweet  
Energy: Neutral  
Primary Uses: Corns, Middle Ear Inflammation, Fibroid Cysts, Metrorrhagia, Nasal Polyps, Ovarian Cysts, Uterine Cysts, Warts

Caution: Avoid large doses. Not for long-term use. Contraindicated in pregnancy, intestinal obstruction, and abdominal pain.

Preparation: Oil  
Dose: 1-2 tbl before sleep; oil-soaked cloth laid on hot as a poultice  
Products: Oil

Health Benefits: Castor oil is a well-known cleansing laxative and purgative. It is sometimes used to treat food poisoning. Externally it is used for warts, fibroid cysts, appendicitis, sores, abscesses, and neuralgia (as a castor oil pack). Castor oil is commonly used in Chinese medicine for inflammation, to remove toxins, and to moisten the intestines.

### CASTOR OIL PACK

Soak a flannel or other absorbent cloth that is folded for extra thickness in a good quality castor oil until saturated. Place the soaked cloth in a glass casserole dish and warm in the oven at about 350 degrees until nice and hot, but not scalding. Place over the affected area (pelvis, breast, etc.), cover with a plastic bag (to keep it from leaking oil), a small towel, and hot water bottle or heating pad to keep it warm. Keep in place for about 45 minutes. It is best to do a castor oil pack at least 5 days a week, usually in the evening, or other times it is convenient. The castor oil has active constituents called lectins that are absorbed into a local area and call forth and activate the immune system to help remove tumors, cysts, and promote healing. Edgar Cayce wrote extensively about the healing powers of castor oil.



# Echinacea

## *Echinacea angustifolia*, *E. purpurea*

Other Names: Narrow-leaf echinacea, Kansas snakeroot, Narrow-leaf purple coneflower (*E. angustifolia*); Purple coneflower (*E. purpurea*)

Description: A perennial plant with large purple flowers and cone-shaped spiny seed heads.

Part Used: Root, Flowers, Seeds  
Action: Alterative, Antibiotic  
Category: Specific, Stimulating Tonic  
Systems: Immune, Integumentary  
Taste: Spicy  
Energy: Cool, Warm  
Uses: Abscess, Appendicitis, Bad Breath, Bee Stings, Blood Poisoning, Boils, Candidiasis, Carbuncles, Catarrh, Chicken Pox,



Cholecystitis, Colds (acute), Conjunctivitis, Croup, Endocarditis, Flu, Frostbite, Gastroenteritis, Mastitis, Mumps, Impetigo, Infections, Insect Bites, Kidney Infection, Orchitis, Pericarditis, Pharyngitis, Pneumonia, Poison Oak, Poisoning, Rhinitis (acute), Septicemia, Sore Throat, Staph, Stings, Strep Throat, Styes, Thrush, Tonsil infection, Toothache, Urinary Passage Inflammation, Uterine Inflammation

Caution: Long-term use in people who have chronically weakened immune systems may lead to further immune suppression. Commission E, an official body that has evaluated commonly used herbs, has recommended that echinacea not be used in people with AIDS or chronic auto immune ailments, such as lupus. Echinacea is thought to work most efficiently when taken in cycles of 2 weeks on and 1 week off or 10 days on and 4 days off, for example.

Preparation: Tincture; Powder; Decoction

Dose: 1 dropperful 3 x daily; 2 capsules 3 x daily; 1 cup 3-4 x daily

Products: Tincture, Capsule, Tablet, Lozenge, Mouthwash, Throat spray, Soap, Salve, Teabag, Bulk Herb, Powder

Health Benefits: Echinacea is a popular, non-toxic herb widely revered and used for its immune-stimulating, anti-bacterial, and antiviral activity. It enhances one's resistance to colds and flu (particularly when taken at the onset), is useful for septicemia and skin complaints (such as boils, abscesses, or carbuncles), and is used as a mouthwash for gum problems. Echinacea is taken for chronic infections of the urinary and respiratory tracts. It is also used locally as an antiseptic for burns, wounds, bites, skin ulcers, and eczema and psoriasis.

# Eleuthero

## *Eleutherococcus senticosus*

Other Names: Siberian ginseng, Ussurian thorny pepperbush

Description: A tall spiny shrub from the Ginseng family with branched clusters of cream-colored flowers.

Part Used: Root

Action: Restorative, Tonic

Category: Nutritive Tonic

Systems: Immune, Hormonal

Taste: Acrid, Sweet

Energy: Neutral

Primary Uses: Asthma, Candidiasis, Chemotherapy Side Effects, Chronic Fatigue Syndrome, Convalescence (from long-term illness), Debility, Excessive Sexual Energy, Fatigue, Fainting, Hormonal Imbalances, Hypoglycemia, Hypothyroidism, Hysteria, Immune Deficiency, Insulin-Dependent Diabetes, Jet Lag, Muscular Pain, Nail Brittleness, Night Blindness, Nightmares, Stress, Tinnitus, Vitality Loss, Weight (to gain), X-ray Radiation

Secondary Uses: Long-term Debility

Caution: It is still uncertain whether eleuthero actually raises blood pressure slightly in susceptible individuals or people with existing hypertension. Use caution in these cases, but it is probably not a major problem.

Preparation: Decoction; Tincture; Extract

Dose: 1 cup 2-3 x daily; 2-3 droppersful 1-2 x daily; follow label directions

Products: Tincture, Capsule, Tablet, Bulk Herb

Health Benefits: Eleuthero contains adaptogenic and immune-regulating properties making it useful for fatigue and exhaustion, debility, immune deficiency, and stress-related disorders. This herb is known as an adaptogen, a type of remedy that helps you adapt to stress and changes in your life. Studies show that taking eleuthero may cause you to have more energy, get sick less often, have better workouts, and respond to stress and jet lag better. It is also helpful during convalescence and for chronic inflammatory conditions. The tincture or liquid extract is official in Russia and is a popular way to take the herb. For an average preventative dose, take 2-3 droppersful 1-2 x daily. Up to 3-4 droppersful 2-3 x daily can be taken if needed.



# Arthritis

## Recommended Herbs:

Burdock (Gobo)	Tincture	25-40 drops 2-3 x daily
Celery	Infusion: 1-4 grams	1 cup 2-3 x daily
Feverfew	Tincture	25-40 drops 2-3 x daily
Nettles	Infusion: 2-4 grams	1-2 cups 2-3 x daily
Potato	Fresh Juice: Squeeze juice from grated potato	1 tablespoon 2-3 x daily
Prickly Ash	Tincture	10-20 drops as needed for pain
Yucca	Powder	2-3 500 mg capsules 2-3 x daily
Wintergreen	Essential Oil	Apply externally 2-3 x daily

## Medical Description:

Arthritis is a condition where pathogenic (disease-causing) heat accumulates in and around the joints of the body. The chronic inflammation can cause redness, pain, swelling, and eventually degenerative changes in the joints and bones. The heat often arises in people with an excess constitution who eat too many heating foods (red meat, spicy foods, stimulants like coffee, foods containing refined sugar), or in deficient people who weaken their adrenal glands by stress and overwork and the use of heating foods. The process often takes many years to develop, so it can take several years to reverse and eliminate the symptoms.

## Holistic Program:

An herbal treatment program can include phytosterol-containing herbal antiinflammatories (wild yam, sarsaparilla, yucca, licorice, black cohosh), immune stimulants (echinacea), and cold and bitter heat-relieving herbs (yellow dock, burdock, Oregon grape root, barberry, cleavers, clematis).

Apply hot and cold compresses to the affected areas. Get regular exercise, such as walking, biking, or swimming, that doesn't place extra stress on affected joints.

Diet is important. Include raw potato juice in the diet; avoid red meat, sugar, and caffeine.

## Chemotherapy side effects

### Recommended Herbs:

Milk Thistle	Tincture	2-4 droppersful 2-3 x daily
Reishi	Powdered Extract	2-4 500 mg capsules 2-3 x daily
Shiitake	Powdered Extract	4 500 mg capsule 2-3 x daily
Eleuthero	Decoction: 3-15 grams	1 cup 2-3 x daily
Ligustrum	Decoction: 6-15 grams	1 cup 2-3 x daily

### Medical Description:

Chemotherapy for cancer treatment is often designed to kill fast-growing cancer cells. Unfortunately, cells in the intestinal wall and hair follicles are also fast growing and can be killed by the chemotherapy. As a result, it is not uncommon to experience such side effects as nausea, digestive disorders, and loss of hair after chemotherapy.

### Holistic Program:

One of the best strategies during and after chemotherapy is to rid the body of dead cells and other toxic by-products. During chemotherapy, a building diet is often best, such as kitcharee, or a macrobiotic diet with lots of lightly cooked vegetables, and afterwards, a mildly cleansing diet.

Herbal treatment usually consists of blood purifiers (Red Clover compound, Hoxsey formula, burdock root), immune stimulants if the white blood cell count is lowered by the chemotherapy (echinacea, wild indigo), medicinal mushrooms to strengthen the immune response (shiitake, reishi, maitake), and adaptogens to help keep the hormonal system balanced and counteract stress (eleuthero, ligustrum). Ginger root can be used to reduce nausea.

## Chronic fatigue syndrome

### Recommended Herbs:

Gentian	Tincture	40-60 drops 2-3 x daily
Dong Quai	Tincture	25-40 drops 2-3 x daily
Eleuthero	Decoction: 3-15 grams	1 cup 2-3 x daily

Ligustrum                      Decoction: 6-15 grams    1 cup 2-3 x daily

**Medical Description:**

Chronic fatigue syndrome is a condition of prolonged and severe tiredness or weariness that is not relieved by rest and is not directly caused by other conditions. The underlying cause is not known, although some research indicates it may be viral in nature. It is most commonly seen in women aged 30 to 50 years.

Here is a list of common predisposing factors and simple remedies:

\*Overextending, focusing all one's energy outwardly, working too hard  
Remedies: Rest, meditation, scheduling time for oneself

\*Worry and stress, holding tension  
Remedies: "Not-doing," meditation, stretching, yoga, tai chi, massage, acupuncture

\*Addiction to stimulants (coffee, cola drinks, sugar)  
Remedies: Herbal energizers, complex sweeteners, fresh fruit in season

\*Over 40 years old  
Remedies: Healthy habits, positive outlook, herbal supplements

\*A diet high in processed foods  
Remedies: Whole, natural foods, grow your own!

**Holistic Program**

Life-Style Factors

- \*Conservation of energy
- \*Relaxation, stress-release
- \*Strong diet; eat according to the seasons, work, constitution

Herbal Program

\*Strengthen Digestion

\*Use bitter tonics (gentian root, artichoke leaf, orange peel, cardamom, ginger) to stimulate digestive "fire," improve digestive efficiency; use herbal digestive enzymes to remove stagnation, aid digestion (slightly unripe hawthorn fruits, plums, apples, pineapple, papaya, or sprouted barley).

\*Tonify Blood

Use blood tonifying foods such as leafy green vegetables and other chlorophyll-rich foods; superfoods such as nettles, barley grass or spirulina; yellow dock tincture (2 droppersful 2-3 x daily) or lemon juice act as catalysts to help increase the absorption of minerals (especially iron and magnesium); blood tonic herbs include dong quai and nettles.

