



Flax

Linum usitatissimum

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| Other Names: | Linseed |  |
| Description: | A slender branching annual plant with cup-shaped blue or white flowers. The small round, fruiting capsules contain the sharp-pointed glossy-brown seeds that are used for food and medicine. | |
| Part Used: | Seeds | |
| Action: | Demulcent, Laxative | |
| Category: | Nutritive Tonic, Cleanser | |
| Systems: | Digestive | |
| Taste: | Sweet | |
| Energy: | Neutral | |
| Primary Uses: | Abscess, Colitis, Diverticulitis, Gastritis (acute), Glandular Hardening, Lumbago, Intestinal Obstruction, Nephritis, Osteoporosis, Pruritis, Rheumatism | |
| Caution: | Make sure to drink plenty of water when taking flaxseed | |
| Preparation: | Decoction; Powder | |
| Dose: | 1 cup 2-3 x daily; 1 tablespoon of the ground seed on food | |
| Products: | Bulk Herb, Oil, Capsule | |
| Health Benefits: | As a poultice, flaxseed may relieve stubborn inflammation, draw out toxins, soothe sunburn, soften boils, and speed healing. Taken internally, flaxseed decoction is a bulk laxative and demulcent, suitable for gastritis, irritable bowel syndrome, diverticulitis, and coughs. The freshly ground seed can be added to cereal, soups, or stews as a thickener. Regular use may help balance estrogen activity, reducing the risk of some cancers and heart disease and benefiting menopausal women. | |

Licorice

Glycyrrhiza glabra

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| Other Names: | Russian licorice, Spanish licorice, Turkish licorice |  |
| Description: | A small shrubby perennial herb from the Pea family with sweet yellow roots. | |
| Part Used: | Root | |
| Action: | Antiinflammatory, Antitussive | |
| Category: | Nutritive Tonic, Specific | |
| Systems: | Digestive, Hormonal, Immune | |
| Taste: | Sweet | |
| Energy: | Neutral | |
| Primary Uses: | Acid Stomach, Cough (acute), Diverticulitis, Duodenum Inflammation, Heartburn, Irritable Bowel Syndrome, Hoarseness, Irritated Bladder, Laryngitis, Mouth Sores, Sore Throat (acute), Viral Infection, Weak Adrenals | |
| Secondary Uses: | Dry Cough | |
| Caution: | Avoid prolonged use and high dosages (over 4 grams/day). Contraindicated in diabetes, hypertension, liver disorders, and kidney insufficiency and during pregnancy and lactation. Note that deglycyrrhizinated licorice (DGL) does not have these cautions. Extended use can lead to water retention. | |
| Preparation: | Decoction; Tincture; Extract | |
| Dose: | 1 cup 2-3 x daily; 1-2 droppersful 2-3 x daily; follow label instructions | |
| Products: | Tincture, Capsule, Tablet, Bulk Herb, Powder, Candy | |
| Health Benefits: | Licorice root has been used for thousands of years for upper respiratory, digestive, and urinary tract infections or irritation. It has anti-viral, antiinflammatory, immune-activating, demulcent, and expectorant properties and is used for ulcers, bronchitis, gastritis, irritable bowel and bowel inflammation, and adrenal insufficiency. Licorice tea is also given for digestive weakness, especially when accompanied by fatigue and shortness of breath. In Chinese medicine, licorice (<i>Glycyrriza uralensis</i>) is said to replenish vital energy, moisten the lungs, strengthen the digestion, and modulate the effect of other herbs. Licorice tea is often recommended to heal gastric | |

ulcers. Licorice has proven antiviral powers and is useful in formulas for viral infections like HIV or hepatitis. Other species used include *G. lepidota* from North America, *G. uralensis* from Europe, and *G. glabra* and *G. echinata* from Asia.

Indigestion

Recommended Herbs:

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| Angelica | Tincture | 25-40 drops 2-3 x daily |
| Bitters Formula | Tincture | 1-3 droppersful before meals |
| Hops | Tincture | 1/2 to 4 droppersful 2-3 x daily |
| Chamomile German | Infusion: 4-8 grams | 1 cup 2-3 x daily |
| Gentian | Tincture | 40-60 drops 2-3 x daily |

Medical Description

Indigestion, or poor digestion (also called dyspepsia or painful digestion), is all too common in our fast-paced society. Stress, eating in a hurry or "on the run," poor food combining, and overeating are all important factors.

Holistic Program:

Beneficial herbs include digestive stimulants, or bitter tonics (gentian, centaury, wormwood), bile stimulants (artichoke leaf, dandelion root), and herbal enzyme-rich foods and herbs (slightly unripe hawthorn fruit, plums and apples, barley sprouts, green papaya, and pineapple).

After following the kitcharee diet for a few days, the building diet should be followed.

Stomachache

Recommended Herbs:

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| Gentian | Tincture | 40-60 drops 2-3 x daily |
| Marshmallow | Infusion: 6-15 grams | 1-2 cups 2-3 x daily |
| Ginseng, Red | Decoction: 3-9 grams | 1 cup 2-3 x daily |
| Angelica | Decoction: 3 grams | 1 cup 3 x daily before meals |
| Chamomile, Roman | Infusion: 10 grams | 1 cup 2-3 x daily |
| Licorice | Decoction: 1-4 grams | 1 cup 2-3 x daily |

Medical Description

Stomachaches can result from a variety of factors including emotional or environmental stress, overeating, eating while rushed or upset, and eating improperly cooked foods. It can also result from consuming spoiled food.

Holistic Program:

An herbal program can include herbs to soothe the stomach (marshmallow, licorice), bitter tonics (gentian, artichoke leaf), and herbs to regulate the blood-supply to the stomach (cardamom).

Toothache

Recommended Herbs:

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| Jamaica Dogwood | Tincture | 20 drops to 2 droppersful |
| Prickly Ash | Tincture | 10-20 drops as needed for pain |
| Clove | Essential Oil | 1-2 drops locally 2-3 x daily |
| Osha Root | Dried root | Chew and apply as a poultice |
| Echinacea Root | Dried root | Chew and apply as a poultice |
| Propolis | Tincture | Apply externally 2-3 x daily |

Medical Description

Toothaches are usually caused by infections in the tooth, or supporting structures, which irritate and inflame the nerve, leading to pain. Proper dental hygiene is of the utmost importance. See a naturally oriented dentist (if possible) for a complete health program for the teeth and gums.

Holistic Program:

The most important preventative measure is to avoid all forms of simple sugar in the diet; proper protein nutrition is also of value. Adrenal insufficiency can also play a role in this disease.

Herbal support includes adrenal tonics (eleuthero, American ginseng, ligustrum, reishi) and soothing antiinflammatory poultices (plantain, marshmallow root, slippery elm) around the infected tooth. Immune stimulants are also valuable (echinacea, wild indigo), and long-term probiotic intestinal gardening to discourage oral pathogens (especially *Streptococcus mutans*) has been said to be beneficial in balancing the flora in the mouth. For symptomatic relief of a toothache, white willow bark extract internally can be of some help, but probably more effective is a liberal local application of numbing, anesthetic herbs (echinacea, spilanthes, prickly ash, clove oil). Applying hot water compresses externally often brings surprisingly good results.

Adjunct Therapy: Clay poultice