

## *Helpful Herbs*

### **SHEEP SORREL (*Rumex acetosella*)**

Sheep Sorrel is highly praised as a vermifuge. Intestinal worms have no resistance to the properties of this herb. A good remedy for stomach hemorrhage and profuse menstruation. Also extremely effective for kidney, bladder and liver problems such as gravel, stones and jaundice.

Vitamins: A, B complex, C, D, E, K, P and vitamin U

Minerals: calcium, iron, magnesium, silicon, sodium, sulfur, and trace amounts of copper, iodine, manganese and zinc.

(Rene Caisse said and quoted: “This herb will destroy cancer and is sometimes called sour grass.”)

Sheila Snow wrote in her book called: “The essence of Essiac” that Chlorophyll, the green pigment in the leaves and stems of sheep sorrel is concentrated sun power. It closely resembles the hemoglobin, the red pigment in human blood, but has as its center a magnesium atom whereas hemoglobin is constructed around the iron atom. Both carry oxygen through the bloodstream. It may:

- Inhibit chromosome damage to effectively block cancer.
- Reduce the damage of radiation burns.
- Increase resistance to X-rays.
- Kill germs and prevent the growth of harmful bacteria.
- By strengthening the cell walls, it may improve the vascular system, heart function, intestines, lungs and uterus.
- Relieve inflammation of the pancreas and purify the liver.
- Stimulate the growth of new tissues.
- Increase the body’s ability to utilize oxygen by raising the oxygen level in the tissue cells.

### **TURKISH RHUBARB ROOT (*Rheum pamtum*)**

Rhubarb root has been in use from 2700 B.C. in China and Tibet. The Hopi Indians used it to treat colds. It will stimulate, cleanse and tone the vital alimentary canal and intestinal tract. It is a valuable stomach tonic, increasing saliva and the flow of gastric juice, improving the appetite, promoting the action of the liver and flow of bile without catharsis, facilitating systemal vascularity and absorption. As a cathartic agent, it increases the circulation of the glands appended to the intestinal canal and increases peristalsis by stimulating the muscular layer of the bowel. It is highly esteemed (because of the milk-like quality of its action) as a laxative tonic for children and infants; it acts chiefly on the duodenum, generally does not clog or produce an after-constipation

as so many of the active cathartics do. The tonic and astringent action following catharsis make rhubarb a valuable healing remedy for diarrhea due to irritating substance, the astringent or contracting properties check the diarrhea, and it tones the tissue and corrects the accompanying atonic ingestion. Its gentle action makes it desirable for persons bothered by hemorrhoids. The urine of a person taking rhubarb will often become quite red, which is the alkaline urine acting upon the yellow matter of the root.

Vitamins: A, many of the B complex, C, P.

Minerals: Calcium, copper, iodine, iron, magnesium, manganese, phosphorus, potassium, silicon and sodium.

### **BURDOCK ROOT (*Arctium lappa*)**

Burdock root is one of the best alliterative and depurative (blood purifying) agents in nature. It cleanses and eliminates impurities from the blood very rapidly. It beneficially influences the skin, soothes the kidneys and relieves congestions of the lymphatics. It increases the flow of urine and is useful as an agent for removing excess fatty (adipose tissue) and therefore is excellent in weight loss. It is wonderful for relieving all kinds of skin troubles, such as rashes, pimples, boils, carbuncles, scurvy, eczema, psoriasis itch, scrofula, syphilis, leprosy, cancer, wounds, eruptions, and cancer sores. It is beneficial in kidney and bladder disorders, fevers, and colds. Its excellent for gout and rheumatism, and is extremely good for advanced cases of arthritis in that it reduces swelling and deposits within the joints and knuckles. It helps break down calcification in the body.

Vitamins: A, E, B<sub>1</sub>, C, K.

Minerals: Iron, Magnesium, Phosphorus, Sodium, Silicon, Calcium, Selenium, Manganese, Sulfur, Iodine and Copper

## **SLIPPERY ELM (*Ulmus fulva*)**

Slippery Elm possesses an abundant mucilage which will soothe, disperse inflammation, draw out impurities, heal rapidly, and greatly strengthen. It is healing to all parts of the body internally or externally. It is especially soothing and healing to the mucous membranes of the lungs and gastrointestinal tract. It is one of nature's finest demulcents. It has a stronger ability to remove mucus than the other herbs. It is especially efficient in absorbing noxious gases and neutralizing any acidity in the stomach. Because of its mucilaginous nature, it insures easy passage during the process of assimilation and elimination, and is very useful in problems of the urinary tract and bowels. It is good for diarrhea, worms, as a sex stimulant, a poultice, and stops irritation of the colon and small intestines. It is also good for digestion and in cases of dysentery and other digestive upsets. Its action is so gentle that it can be retained by delicate stomachs when other substances will be rejected. It possesses as much nutrition as oatmeal and is an excellent sustaining food. This was an important botanical medicine and food for both the American Indians and pioneers.

Slippery Elm is considered one of the most valuable remedies in herbal practice, having wonderful strengthening and healing qualities. Used extensively for inflammation of the lungs, bowels stomach, heart disease of the female organs, kidney and bladder. Slippery Elm will soothe an ulcerated or a cancerous stomach when nothing else will.

Vitamins: A, B complex, C, K, E, K and P

Minerals: Calcium, Magnesium, Sodium with a moderate quantity of chromium, selenium, and trace amounts of iron, phosphorus, silicon and zinc.

## **YUCCA (*Yucca schidigera*)**

Yucca was used extensively by the Indians. They dried the fleshy fruits and ate them during the winter, and would also make a fermented drink from the fruits. Yucca is one of nature's best blood purifiers. It is loaded with Vitamin A, B2, and C, It is especially beneficial for arthritis and rheumatism. It is also good for migraine headaches, and inflammation (internal). It reduces cholesterol, and is good for Addison's Disease. The Arthritic Society has written numerous articles on the benefits of using Yucca. Dr. Bingham - Orthopedic surgeon of Yorba, California says - "It isn't clear how the Yucca extract benefits the arthritis sufferer. Some patients report they notice diminution of swelling and stiffness in the joints, those are patients that suffered from gastrointestinal disturbances associated with arthritis". Dr. Berard A. Bellow, MD said - "It is the opinion of the doctors who treated these patients with arthritis, that the yucca saponin does reduce the production of inflammatory toxins in the human alimentary canal and that this relieves the resulting physical stress problems. It is an effective agent in aiding waste breakdown in the body and thus relieving associated problems". He continues by saying, "The desert yucca saponin has proven to be a safe and effective food source extract in the overall management of the epidemic cases of arthritis." In the world of medical progress it appears that this Indian healer, the desert yucca saponin, may now have come of age.

Vitamins: A, B complex, C, A.

Minerals: Iron, Magnesium, Manganese, Phosphorus, Selenium and Silicon.

Dr. Leo Roy wrote an article on *Yucca Schidigera* which states:

One main active ingredient is the plant saponins. These are steroid (cortisone-like acting) substances: they are not absorbed by the intestines. The saponins are cortisone precursors.

### **FUNCTIONS AND BENEFITS**

Its action takes place mostly in the intestinal tract. It could be considered as an intestinal soap or cleanser - - a wetting agent for intestinal flora.

- It helps form a protective coating on the intestinal walls.
- Helps eliminate pathogenic organisms. Destroys deadly viruses. Encourages growth of friendly bacteria.
- Helps conquer lower grade intestinal infections. Reduces inflammation and swelling.
- Reduces intestinal symptoms, and disorders.

- Decreases accumulation and growth of intestinal wastes in the colon. Beneficial in colitis, and diverticulitis.
- Dissolves out and eliminates intestinal mucus and the wastes on the intestinal lining.
- Relief of constipation, intermittent diarrhea, intestinal gas.
- The Yucca root has a laxative and cleaning action in the bowels. This accelerates colon elimination.
- Relief of cramping and abdominal pains; often very rapid relief - - in minutes.
- Lessens soreness, stiffness and swelling of joints, in some arthritides - - at least those related to intestinal toxicity and putrefaction.
- Lessening of headaches - - migraine type.
- An effective treatment for sores, scabs, and skin rashes.
- Lowering of abnormal cholesterol.
- By its cortisone-like action it helps offset stresses.
- Widely used in sanitation plants to accelerate, by the action of its saponins, the breakdown of organic wastes.
- For some reason it helps some people to stop smoking.
- Used as a treatment for digestive and arthritic problems in dogs, horses, before humans.
- Saponins have a cleansing action on anything - acting as a detergent, just like a soap.
- It has a high content of Vitamin A and B complex, vitamins and some Vitamin C.
- It has a high content of calcium, potassium, phosphorus, iron, manganese and copper.
- No unpleasant or harmful side effects.

#### References:

Over 100 research institutes and universities in 14 different countries are involved with the still viable uses discovered by the ancients in their use of Yucca.

*Dr. Robert Gingham. Journal of Applied Nutrition, Vol 27, # 2 - 3, Pg 45, 50, Fall 1975.*

#### **CINNAMON BARK (Cinnamomum zeylanicum)**

The bark comes from the young shoots of the tree. Used for abdominal, heart, and lower back pains. Also an effective treatment for chronic diarrhea, cramps, dysentery, indigestion, and gas. Contains essential oil with potent antibacterial, antifungal, uterine stimulant. Research has highlighted hypoglycemic properties, useful in diabetes.

In the West, the inner bark is used mainly for digestive upsets: indigestion, general sluggishness, colic, and diarrhea. In China, *rou gui* is considered very warming and tonifying for the kidneys, a good energizing herb for conditions that can be linked to weak kidney energy: asthma and meno-

pausal syndrome, for example. The inner bark promotes sweating and can be used for “cold” conditions.

Bodily Influence: Astringent, carminative, and demulcent.

### **CLOVE BUD (*Syzygium aromaticum*)**

Medicinal Part: Dried Buds

Cloves have been used in the Orient for over two thousand years as an aphrodisiac. Clove oil is highly antiseptic, and a highly praised remedy for toothache. Also used to help control vomiting.

Treats flatulence, increases circulation, and improves digestion.

### **FENNEL SEED (*Foeniculum vulgare*)**

Fennel is excellent for obesity because it helps take away the appetite. It helps prevent gas in the stomach and bowels, is excellent for acid stomach, gout, cramps, colic and spasms. It increases the flow of urine and helps move waste material out of the body. It works on the nerves, helping to stabilize the nervous system. It will increase the menstrual flow where needed, and it aids in milk production in nursing mothers.

Effective for gas, acid stomach, kidneys, liver, spleen and gout. Can be mixed with catnip in tincture form, as an aid to colic in infants. Also helps to relieve pain for cancer patients, after chemotherapy and radiation.

Soothing for the digestion, the seeds also promote milk flow in breastfeeding. When the infusion is taken by nursing mothers, it can also relieve colic in babies. In Chinese medicine, the seeds (*hui xiang*) are thought tonifying for the spleen and kidneys, and are used for urinary and reproductive disharmonies.

External Use: Fennel oil can be rubbed on arthritis and rheumatism to alleviate pain.

### **ANISE SEED (*Pimpinella anisum*)**

Anise has many valuable properties, and is an age old remedy for fermentation and gas on the stomach and bowels. It will overcome nausea and a colic, and will stop griping in the bowels. It is useful to mix or take Anise with other herbs to give them a palatable flavor, and to reduce some of the harsh affects of the laxative herbs without diminishing their beneficial properties. It is a stimulant for vital organs such as heart, liver, lungs and brain.

Also helps loosen phlegm, and clear congestion. Good for coughs and colds. Also stimulates milk production when sipped by nursing mothers.

The volatile oil in Aniseed provides the basis for its internal use to ease griping, intestinal colic and flatulence. It also has a marked expectorant and anti-spasmodic action and may be used in bronchitis, in tracheitis where there is persistent irritable coughing, and in whooping cough. Externally, the oil may be used in an ointment base for the treatment of scabies.

### **LICORICE ROOT (*Glycyrrhiza glabra*)**

Licorice Root is a stimulant for the adrenal glands which are controlled by the thyroid and pituitary, and which control pancreatic functions. It is a natural cortisone. Licorice help to control some of the intestinal action in the systems that manufacture a number of enzymes and hormones, many of which are used by the body in the digestive system. It is one of the oldest, mildest, and yet most efficient laxatives. It softens, soothes, lubricates, and nourishes the intestinal tract. It soothes and heals any inflamed mucous membranes and catarrhal conditions. It is good for impotency, hypoglycemia, female complaints (is a natural source of the female hormone Estrogen), endurance, coughs, constipation, colds, voice, age spots, vitality, tonic, sore throat, and as a tonic for sex stimulants. It has a dramatically beneficial effect on the adrenal glands, and is one of the best herbs used to treat hemorrhoids. It is useful in bronchitis and gastric ulcers. It is also helpful in stress.

The root contains glycyrrhizin, 50 times sweeter than sucrose, which encourages the production of hormones such as hydrocortisone. This helps to explain its anti-inflammatory action and also its role in restimulating the adrenal cortex after steroid therapy. The root can help heal gastric ulceration and is also a potent expectorant.

### **HONEY**

Honey is one of the best disinfectants for wounds and sores. It is also recommended for the relief of asthma, soothes sore throats, and is used to calm nerves and induce sleep.

Beneficial Nutrients: Calcium, Phosphorus, Potassium, plus Vitamins A, B1, B2, B6, Biotin, Folic Acid, Niacin, Pantothenic acid and C.

***Disclaimer:** The information provided here is not intended to prescribe or diagnose in any way. It is not meant to be a substitute for professional help. The intent is to offer historical uses and knowledge of herbs. Those who are sick should consult their doctor.*