



Welcome!!!  
Just hang On :o)  
Our meeting will start soon.

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### DISCLAIMER

This webinar is not to be used instead of going to a competent doctor, I do not directly nor indirectly dispense medical advice or prescribe in any way alternative treatment for sickness (it is illegal to do so).

In the event you use this information, which is only of historical value, you are prescribing for yourself, which is still your constitutional right. I assume no responsibility.



I am independent in my attempt to educate the public. Although I do endorse some top quality products, I receive no financial support from any health or herb product company for producing this information.

I also believe that it is a crime that we have to pussyfoot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health. I believe in this great country and will do my best to try to obey its laws even if I strongly disagree with them.

Herbs, supplements and diet work slowly, I suggest that you do not go off any medication without the help of a doctor.

I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE ADVICE AND GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.


If I would like to make healthier changes in my diet and my doctor was not willing to help me while I worked with a natural health practitioner, I suggest you find a doctor who values and respects his patient's wishes and rights and fire the doctor who would not!

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### Not All Herbs Are Created Equal

- Where the herbs are grown
- When the herbs are grown
- What part of the herb is used
- Are they organically grown or better yet wild crafted
- Drying techniques
- Do they standardize
- Do they test for 300 impurities
- Vitamins/Minerals Organic or Inorganic or Synthetic




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### Alfalfa




Common Name:	Alfalfa
Botanical Name:	Medicago Sativa L.
Parts Used:	Seeds, sprouts and aerial parts
Description:	1 to 3 feet high, alternative 3 leaflets, with purple to yellow flowers.
Historically Used For:	Detoxing and deodorizing the body. High in minerals and vitamins. Helps alkalize the body.
Precautions:	Watch out for moldy sprouts. Counter indicated when taking Coumadin or blood thinners.

### Aloe Vera




Common Name:	Aloe Vera
Botanical Name:	Aloe Vera (L.) Burm f.
Parts Used:	Leaves and inner gel
Description:	Prickly-edged succulent leaves. Can have a center stock growing up to 2-3 feet tall.
Historically Used For:	Moisturizing the body inside and out. Pain reliever. Burns and wounds (including radiation)
Precautions:	Can cause skin irritation and the leaves can be a strong laxative.

### Angelica




Common Name:	Angelica
Botanical Name:	Angelica archangelica L.
Parts Used:	Root, leaves, seeds
Description:	Stems are hollow reddish purple, stout, fluted, and 4 to 6 feet high; flowers are yellowish or greenish in color, are grouped into large, globular umbels
Historically Used For:	Stimulant, diaphoretic, stomachic, tonic and expectorant properties, which are strongest in the fruit, though the whole plant has the same virtues. Angelica is a good remedy for colds, coughs, pleurisy, wind, colic, rheumatism and diseases of the urinary organs
Precautions:	Oil photo-toxicity

## Uva Ursi



Common Name:	Uva Ursi, Bearberry
Botanical Name:	Arctostaphylos uva-ursi (L.) Spreng
Parts Used:	The dried leaves
Description:	Leathery, shiny, green leaves on a low growing, trailing bush
Historically Used For:	Powerful astringent and diuretic
Precautions:	Too much can cause irritation of the bladder. Best if used when urine is alkaline

## Black Cohosh




Common Name:	Black Cohosh
Botanical Name:	Cimicifuga racemosa (L.) Nutt.
Parts Used:	Rhizome
Description:	A stately-looking perennial 3-8 ft tall with white plume flowers and tooth leaves.
Historically Used For:	Emmenagogue, diuretic, alterative, expectorant reducing the rapidity of the pulse, whooping-cough
Precautions:	Contains bio-identical estrogen

## Blessed Thistle




Common Name:	Blessed Thistle
Botanical Name:	Cnicus benedictus L.
Parts Used:	Tops
Description:	2 ft tall with spring-lobed leaves and yellow flowers
Historically Used For:	Helping memories, balancing hormones, strengthening the heart and stomach, good for infection, increases breast milk
Precautions:	Generally Regarded A Safe Substance (GRASS)

## Blueberry




Common Name:	Blueberry
Botanical Name:	Vaccinium myrtillus aka bilberry
Parts Used:	Leaves, flowers, and berries
Description:	Grows to 3 ft high with alternative oval leaves, with tiny green to pink flowers that are shaped like hanging vases which turn into round, blue berries
Historically Used For:	Kidney and bladder stones, diabetes, eye health, worms, and potential antioxidants
Precautions:	GRASS

## Blue Cohosh




Common Name:	Caulophyllum thalictroides (L.) Michx
Botanical Name:	Blue Cohosh
Parts Used:	Roots
Description:	Single blue stem with 3 unfolding leaves on a stock of 3
Historically Used For:	Bronchitis, rheumatism, and for rapid, painless labor
Precautions:	Do not take before the last 5 weeks of pregnancy

## Burdock




Common Name:	Burdock
Botanical Name:	Arctium lappa L.
Parts Used:	Roots, seeds, leaves, and flowers
Description:	Flowers were the inspiration for velcro, biannual plant
Historically Used For:	Blood purifier, skin problems, and gout
Precautions:	Use only the first year root and double-boil, or it could be poisonous

## Cascara Sagrada




Common Name:	Cascara Sagrada, Sacred Bark and the Rotor Rooter
Botanical Name:	Rhamnus purshiana DC.
Parts Used:	Bark
Description:	Reddish-brown bark, single stem with alternate leaves, small round blackberries
Historically Used For:	Promotes sleep, soothes the nerves, liver health, and constipation
Precautions:	Darkened bowel, used improperly, habit-forming

## Capsicum




Common Name:	Chili Pepper or Cayenne Pepper
Botanical Name:	Capsicum frutescens L.
Parts Used:	Fruit
Description:	Wrinkly green fruit that turns red and becomes hot
Historically Used For:	Circulation, bleeding, ulcers, catalyst for yang combinations
Precautions:	Use gloves when handling, if burning occurs soak hands in slippery elm paste

## Catnip




Common Name:	Catnip. .... KITTY CRACK. :o)
Botanical Name:	Nepeta cataria L.
Parts Used:	Leaves
Description:	Square stems lead way to 2 heart-shaped opposing leaves with pink flowers
Historically Used For:	Colic, gas pains, nervous system (calming), anti-spasmodic
Precautions:	Don't get between it and a cat!

## Chamomile




Common Name:	Chamomile (Roman)
Botanical Name:	Anthemis nobilis L.
Parts Used:	Flowers and herb
Description:	Low-growing plant, creeping or trailing, its tufts of leaves and flowers are a foot high, stems hairy and freely branching, blood drops when in bud and looks remarkably like a daisy, fresh plant smells like an apple
Historically Used For:	Sooths nerves, good for drug withdrawal, indigestion, and inflammation
Precautions:	Alkali can affect the coating of stomach and bowels

## Chaparral




Common Name:	Chaparral
Botanical Name:	Larrea tridentata (DC.) Cov.
Parts Used:	Leaves
Description:	Evergreen shrub 3-9 ft tall, black rings at the nodes with opposing pairs of leaves on leaflets, yellow flowers and fuzzy, white fruit
Historically Used For:	Cancer, blood purifier, arthritis, liver and lymph cleanser, tumors and boils
Precautions:	Can adversely affect the liver in people who already have a liver-related condition

## Chickweed




Common Name:	Chickweed
Botanical Name:	Stellaria media L. Cyrillo
Parts Used:	Aerial
Description:	Ground cover with opposing oval leaves and delicate white, cup flowers
Historically Used For:	Appetite suppressant, cholesterol, cellulite, fatty tumors, blood purifier, cancer
Precautions:	GRASS




### Cleavers

Common Name:	. Cleavers
Botanical Name:	Galium aparine L
Parts Used:	Aerial - shoots and young plants
Description:	Prickly, spidery shaped leaves on long stems with small, round prickly fruit
Historically Used For:	High in Vitamin C, coffee substitute, psoriasis, kidney and bladder stones, fade freckles when bathed with tea
Precautions:	GRASS




### Comfrey

Common Name:	Comfrey
Botanical Name:	Symphytum officinale L.
Parts Used:	Leaves and flowers (caution with roots)
Description:	Perennial, black turnip-like root and large, hairy broad leaves that bears small, bell-shaped white, cream, purple, or pink flowers
Historically Used For:	Healing bones, wounds, and sooths intestinal tract
Precautions:	Illegal to sell in the USA




### Creeping Myrtle

Common Name:	Creeping Myrtle or Periwinkle
Botanical Name:	Vinca minor L.
Parts Used:	Leaves and flowers
Description:	Beautiful blue, star-shaped flowers, foliage is dark, leathery green with opposing leaves
Historically Used For:	Hemorrhaging, nervous disorders, blood pressure, and cancer
Precautions:	GRASS




### Dandelion

Common Name:	Dandelion
Botanical Name:	Taraxacum officinale Weber
Parts Used:	Whole plant!
Description:	Toothed leaves at base with long stems, topped with a fringed, yellow flower that turns into a cotton-like ball
Historically Used For:	Liver, kidney, bowel, digestion, iron, blood purifier, diuretic
Precautions:	Root is too potent for those on dialysis



### Echinacea


Common Name:	Coneflower (purple)
Botanical Name:	Echinacea angustifolia DC.
Parts Used:	root
Description:	Big, purple daisy whose center is raised, jagged, and brown
Historically Used For:	Antibiotic, lymph nodes, prostate, blood purifier
Precautions:	GRASS



### Elderberry


Common Name:	Elderberry
Botanical Name:	Sambucus nigra L.
Parts Used:	Fruit and flower
Description:	Shrub up to 30 ft tall with opposing pairs of leaves, usually 5-7 pairs per leaf with small white flowers on flat cluster, ripening to purple-black berries
Historically Used For:	Immune supporter and expectorant
Precautions:	GRASS

## Evening Primrose




Common Name:	Evening Primrose
Botanical Name:	<i>Oenothera biennis</i> L.
Parts Used:	Oils from the seeds, plant
Description:	Biennial rosetta of basal leaves with a hairy stem, 2 <sup>nd</sup> year adorned with yellow, four-petal flowers, blooms at night
Historically Used For:	Depression, inflammation, and anti-clotting
Precautions:	Avoid if have bleeding disorder or blood thinner

## Eyebright




Common Name:	Eyebright
Botanical Name:	<i>Euphrasia officinalis</i> L.
Parts Used:	Ariel
Description:	Small, delicate annual plants with square, branching stems and opposing leaves, tiny red-to-white flowers that have 2 upper lobes and 3 lower lobes
Historically Used For:	Pink eye, eye health, anti-inflammatory
Precautions:	

## Feverfew




Common Name:	Feverfew
Botanical Name:	<i>Chrysanthemum parthenium</i> (L.) Bernh.
Parts Used:	Leaves and flowers
Description:	Looks like a daisy on a chrysanthemum plant
Historically Used For:	Migraines, fevers, indigestion, and diarrhea
Precautions:	GRASS

## Flax




Common Name:	Flax
Botanical Name:	<i>Linum usitatissimum</i> L.
Parts Used:	Seeds
Description:	Slender, long stem with small alternate leaves, topped with one or two blue, delicate flowers
Historically Used For:	Nervous system, intestines, hormones, antibodies and brains, contains omega 3, 6, and 9
Precautions:	Must take with protein. ? With Men. Thins blood

## Ginseng




Common Name:	Ginseng (Wild American)
Botanical Name:	<i>Panax quinquefolius</i> L.
Parts Used:	7-year root or older
Description:	One stem, topped with 3 large compound leaves on 5 leaflets. Bright red cluster of berries (the number of leaves depends on the age of the plant)
Historically Used For:	Stimulant and tonic, gingivitis, longevity
Precautions:	GRASS

## Goldenseal




Common Name:	Goldenseal
Botanical Name:	<i>Hydrastis canadensis</i> L.
Parts Used:	Root
Description:	Hairy stem with two alternate 5-7 lobed leaves with one greenish-white flower that turns into a red-raspberry looking fruit, very distinctive deep-yellow root that has a strong odor
Historically Used For:	Antibiotic, hemostatic, insulin
Precautions:	Raw root is poisonous

## Hawthorn




Common Name:	Hawthorn
Botanical Name:	<i>Crataegus monogyna</i> Jacq
Parts Used:	Berries
Description:	Shrub or tree with 3-7 lobed leaves with blossoms that resemble apple blossoms which turn into red berries
Historically Used For:	Tones the heart, adrenal glands and tachycardia
Precautions:	Cannot be tolerated with certain heart medicines

## Horsetail




Common Name:	Horsetail
Botanical Name:	<i>Equisetum arvense</i> L.
Parts Used:	Stem and the strobilus
Description:	Woody stem with long, green needles in opposing clumps, cone-like spore
Historically Used For:	Hair, skin, nails, parasites, anti-tumoral, silica, bleeding
Precautions:	GRASS

## Lady's Slipper




Common Name:	Lady's Slipper
Botanical Name:	<i>Cypripedium calceolus</i> L. var <i>pubescens</i>
Parts Used:	Roots
Description:	Single moccasin-like lip flower perched on top a stem bearing elongated oval leaves
Historically Used For:	Nervous system, insomnia, sleep apnea, snoring, muscle spasms
Precautions:	GRASS

## Lobelia



Common Name:	Lobelia, Cardinal Flower
Botanical Name:	<i>Lobelia cardinalis</i> L.
Parts Used:	Leaves and stems
Description:	Stiff, erect stem with lance-shaped, tooth leaves with clusters of flowers in either red or blue
Historically Used For:	Epilepsy, nervous system, respiratory system, quit smoking, "thinking herb"
Precautions:	Emetic

## Marshmallow




Common Name:	Marshmallow
Botanical Name:	<i>Althaea officinalis</i> L.
Parts Used:	Root (some people use leaves as well)
Description:	Grows up to 4 ft tall with semi heart-shaped leaves that are toothed, also has 5-petal flowers that are white to pink
Historically Used For:	Mucosal membranes, bladder, enriches breast milk, soothes organs and glands
Precautions:	GRASS

## Milk Thistle




Common Name:	Milk Thistle
Botanical Name:	<i>Silybum marianum</i> (L.) Gaertn.
Parts Used:	Seeds (and whole plant)
Description:	Course prickly edged lobed leaves with violet flower heads that are engulfed in prickly bracts
Historically Used For:	Liver healer, stimulates the liver, cirrhosis, hepatitis, digestion
Precautions:	GRASS

### Mullein




Common Name:	Mullein
Botanical Name:	<i>Verbascum thapsus</i> L.
Parts Used:	Leaves and flowers
Description:	Corn cob-shaped cone covered with 5-petal yellow flowers, base is a rosette of large, soft, hairy leaves
Historically Used For:	Respiratory system, medulla, asthma, and ear aches
Precautions:	GRASS

### Onions




Common Name:	Onion
Botanical Name:	<i>Allium cepa</i> L.
Parts Used:	Root and green part
Description:	Large, yellow or white bulb root with grass-like, hollow, long, roundish leaves
Historically Used For:	Reducing fat in blood, inflammation, fever and a source of sulfur
Precautions:	Can dampen your love life

### Passion Flower




Common Name:	Passion flower
Botanical Name:	<i>Passiflora incarnata</i> L.
Parts Used:	Flower and plant
Description:	Woody vine with 3-lobed leaves and delicate pale lavender flowers 2" across
Historically Used For:	Sedative, dysmenorrhea (menstrual cramps), sleep and pain killer
Precautions:	GRASS

### Plantain




Common Name:	Plantain
Botanical Name:	<i>Plantago major</i> L.
Parts Used:	Leaves and spikes
Description:	Rosette, oval, broad, or elongated leaves with parallel veins and shoots covered with seeds and flowers
Historically Used For:	Soothing wash for eyes, bites, draws out infection
Precautions:	GRASS

### Pumpkin




Common Name:	Pumpkin
Botanical Name:	<i>Cucurbita pepo</i> L.
Parts Used:	Seeds and fruit
Description:	Large, orange, round lobe on vine with heart-shaped leaves
Historically Used For:	Seeds contain zinc and anti-parasitic
Precautions:	GRASS

### Red Clover




Common Name:	Red Clover
Botanical Name:	<i>Trifolium pratense</i> L.
Parts Used:	Leaves and flowers (mainly flowers)
Description:	3 clumps of leaves which has a "V" shaped marking, pink to purple flowerheads
Historically Used For:	Blood purifier, acne, cancer, good source of chromium
Precautions:	Don't mistaken it for Crown Vetch

### Sage




Common Name:	Sage
Botanical Name:	Salvia officinalis L.
Parts Used:	Ariel
Description:	Aromatic with wooly gray-green opposing leaves on square stems with violet flowers on plume
Historically Used For:	Heavy menses, diaphoretic, dries up breast milk, calms nerves
Precautions:	GRASS

### Skullcap




Common Name:	Skullcap
Botanical Name:	Scutellaria lateriflora L.
Parts Used:	Ariel
Description:	Opposite leaves that are toothed, the flower is bluish, pink to violet with 2 lips, the upper one hooded
Historically Used For:	Nervous system, epileptic seizures, insomnia
Precautions:	GRASS

### Shepherd's Purse




Common Name:	Shepherd's purse
Botanical Name:	Capsella bursa-pastoris (L.) Medic.
Parts Used:	Aerial
Description:	Rosette of deeply lobed leaves spike with flowers that turn into heart shaped seed pods
Historically Used For:	Stops bleeding
Precautions:	GRASS

### Slippery Elm




Common Name:	Slippery Elm
Botanical Name:	Ulmus rubra Muhl.
Parts Used:	Inner bark
Description:	Large stately tree with leaves that are toothed and alternating, seeds are wrapped in soft ball of hairs
Historically Used For:	Rebuilds and is soothing to whole intestinal tract
Precautions:	Don't douche with if pregnant

### Sheep Sorrel




Common Name:	Sheep Sorrel
Botanical Name:	Rumex acetosa
Parts Used:	Aerial
Description:	Arrow shaped leaves with plume of delicate red flowers
Historically Used For:	Liver, Digestion, one of the 4 herbs in Essiac tea
Precautions:	GRASS

### St. John's Wort




Common Name:	St. John's Wort
Botanical Name:	Hypericum perforatum L.
Parts Used:	Herb tops and flowers
Description:	1 to 3 feet branch like stems with opposing leaves topped with 5 star leaves
Historically Used For:	Tuberculosis, Lung problems, depression, inflammation
Precautions:	Do not take with SSRI's, Can cause sunburning






## Valerian

Common Name:	Valerian
Botanical Name:	Valeriana officinalis L.
Parts Used:	Root
Description:	Soft whitish smelling flowers with fowl smelling roots. Fern like opposing leaves up a long stem.
Historically Used For:	Nervous system
Precautions:	Can cause opposite reaction in some. Controversy on whether it is addictive




## White Oak Bark

Common Name:	White Oak Bark
Botanical Name:	Quercus alba L.
Parts Used:	Inner bark
Description:	Large, slow growing tree up to 150 feet. Glossy brown/green toothed leaves with acorn fruit
Historically Used For:	Gingivitis, Astringent, Tones, Hemorrhoids, Varicose veins
Precautions:	GRASS



## Wild Ginger

Common Name:	Wild Ginger
Botanical Name:	Asarum candense L.
Parts Used:	Roots
Description:	Rhizome produces stems with heart shaped leaves covering maroon 3 petal flower which turns into round orbs.
Historically Used For:	Relieves gas, increases perspiration and appetite stimulant
Precautions:	GRASS



## Yarrow

Common Name:	Yarrow
Botanical Name:	Achillea millefolium L.
Parts Used:	Flowers
Description:	Flat white dense flower heads consisting of 5 petal flowers with yellow center, sturdy stem with lacey leaves
Historically Used For:	Anti-viral and good for mucous membranes
Precautions:	GRASS

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