

### 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.     |

### Disclaimer

This webinar is not to be used instead of going to a competent doctor. I do not directly nor indirectly dispense medical advice nor prescribe in any way alternative treatment.


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 company for producing and sharing this information.

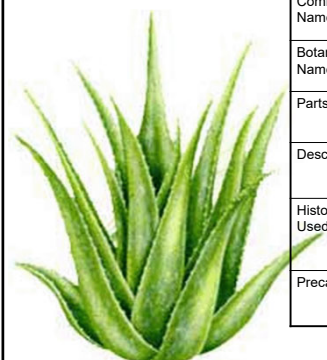
I also believe it is a crime that we have to pussy foot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health, but I love this great country and will do my best to try to obey their law, even if I strongly disagree with them..

Natural health works slowly. I suggest that you do not stop medication without guidance of a doctor. I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.

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



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### 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.                          |

### 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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### 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.<br>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:        | <i>Arctostaphylos uva-ursi</i> (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 |

## Blueberry



|                        |   |
|------------------------|---|
| Common Name:           | Blueberry   |
| Botanical Name:        | <i>Vaccinium myrtillus</i> 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   |

## Black Cohosh

|                        |   |
|------------------------|---|
| Common Name:           | Black Cohosh  |
| Botanical Name:        | <i>Cimicifuga racemosa</i> (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   |



## Blue Cohosh



|                        |  |
|------------------------|--|
| Common Name:           | <i>Caulophyllum thalictroides</i> (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         |

## Blessed Thistle



|                        |  |
|------------------------|--|
| Common Name:           | Blessed Thistle  |
| Botanical Name:        | <i>Cnicus benedictus</i> 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)  |

## Burdock



|                        |  |
|------------------------|--|
| Common Name:           | Burdock  |
| Botanical Name:        | <i>Arctium lappa</i> 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                                  |

## 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 droops when in bud and looks remarkably like a daisy, fresh plant smells like an apple |
| Historically Used For: | Soothes nerves, good for drug withdrawal, indigestion, and inflammation  |
| Precautions:           | Alkali can affect the coating of stomach and bowels  |

## 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 |

## 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  |

## Catnip



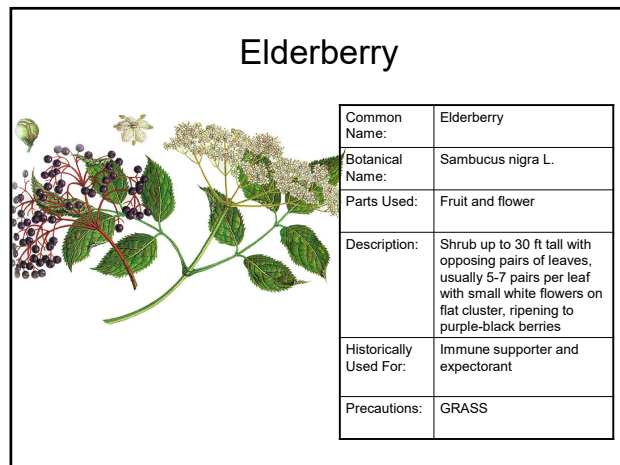
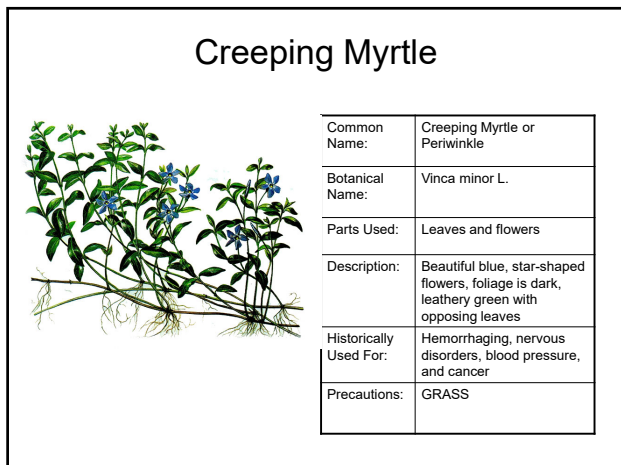
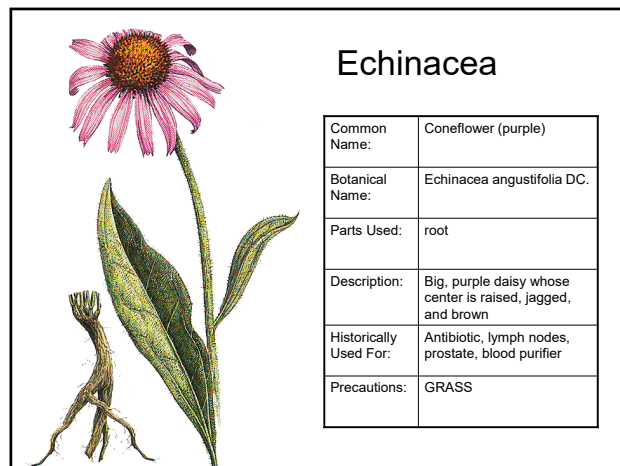
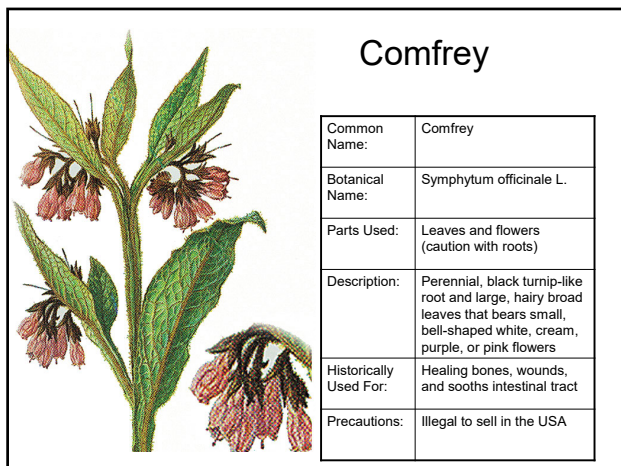
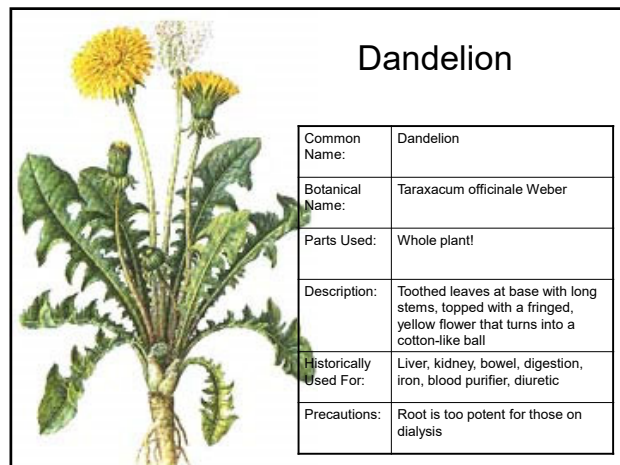
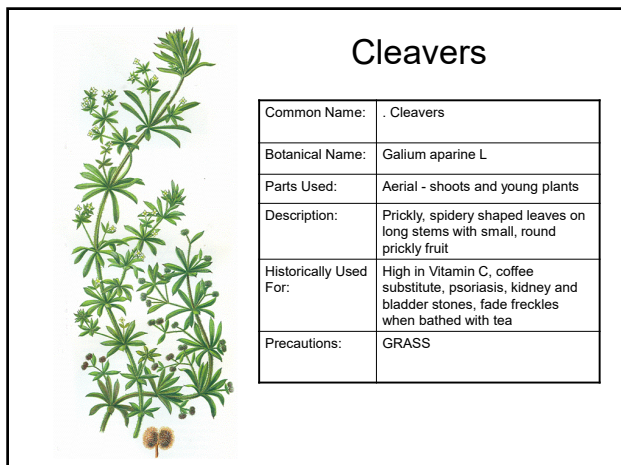
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|------------------------|---|
| Common Name:           | Catnip. .... KITTY CRACK. :o)   |
| Botanical Name:        | Nepeta cataria L.   |
| Parts Used:            | Leaves  |
| Description:           | Square stems lead way to 2 heart-shaped opposing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

## 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  |



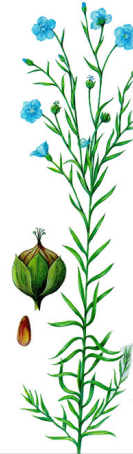


## Evening Primrose



|                        |   |
|------------------------|---|
| Common Name:           | Evening Primrose  |
| Botanical Name:        | <i>Oenothera biennis</i> L.   |
| Parts Used:            | Oils from the seeds, plant  |
| Description:           | Biennial rosetta of basil 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  |

## Flax



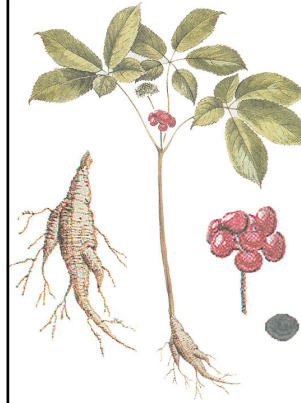
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|------------------------|---|
| Common Name:           | Flax  |
| Botanical Name:        | <i>Linum usitatissimum</i> L.   |
| Parts Used:            | Seeds   |
| Description:           | Slender, long stem with small alternate leaves, topped with 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   |

## 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:           |   |

## 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   |

## Feverfew



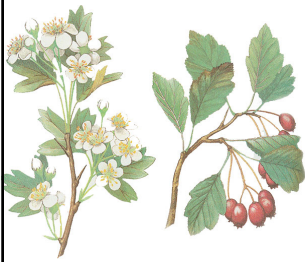
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|------------------------|--|
| Common Name:           | Feverfew                                     |
| Botanical Name:        | <i>Chrysanthemum parthenium</i> (L.) Bernh.  |
| Parts Used:            | Leaves and flowers                        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

## 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   |

## 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   |

## 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   |

## 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   |

## Lady's Slipper

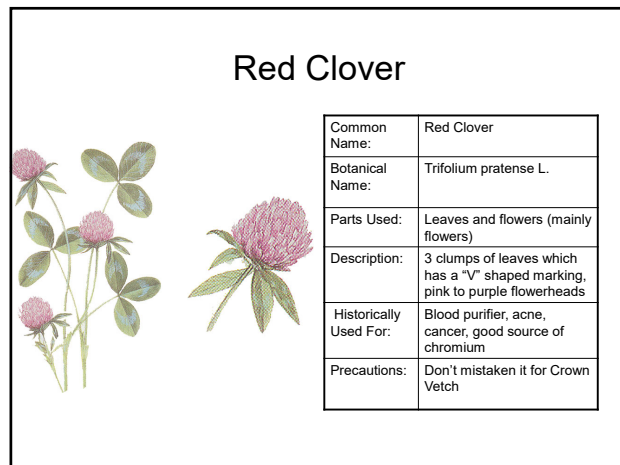
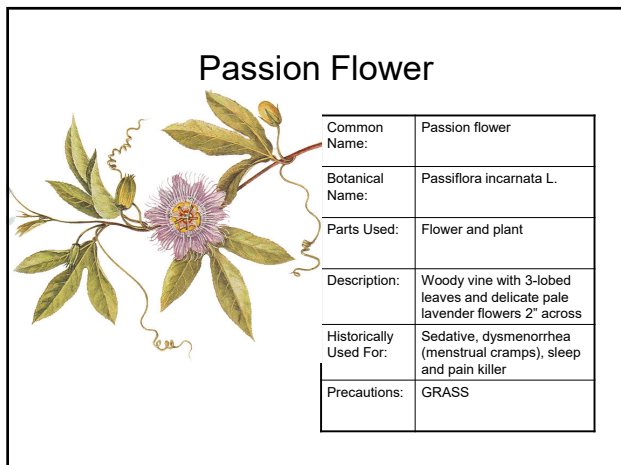
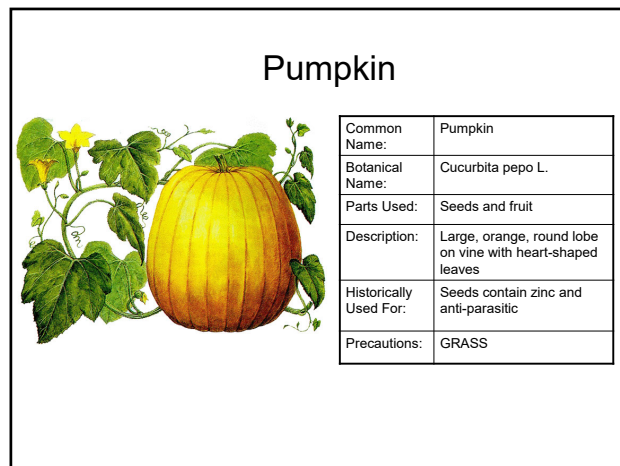
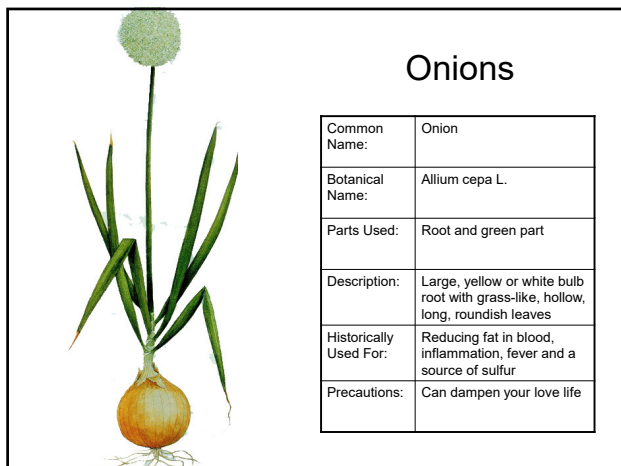
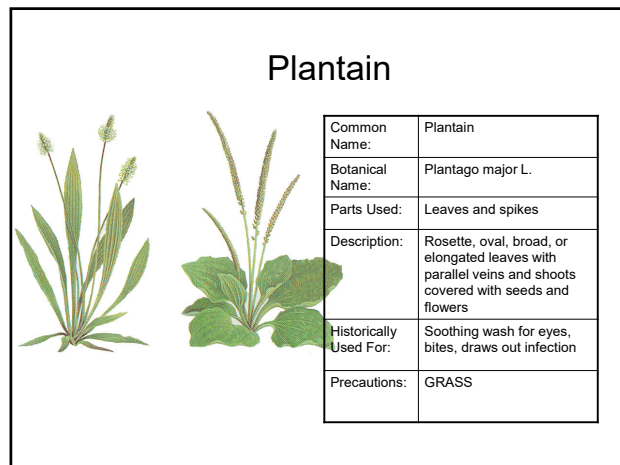
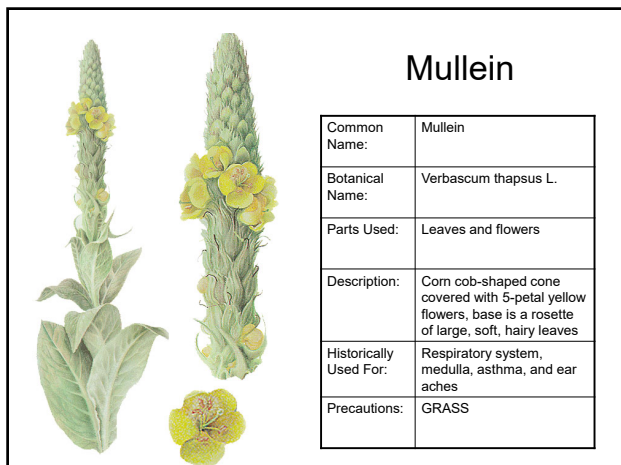


|                        |   |
|------------------------|---|
| Common Name:           | Lady's Slipper  |
| Botanical Name:        | <i>Cypripedium calceolus</i> L. var pubescens                                       |
| Parts Used:            | Roots   |
| Description:           | Single moccasin-like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

## 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  |





## 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   |

## 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  |

## 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  |

## 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  |

## 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   |

## 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                       |



## 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   |



## 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   |




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## Questions

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## 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   |



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## Questions

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