

CONTENTS

Foreword _____	v
Preface _____	vii
Acknowledgements _____	xi

MATERIA MEDICA

Alfalfa _____	1	Damiana _____	171
Aloe _____	4	Dandelion _____	175
Ambrosia _____	9	Dong quai _____	180
Anemone _____	12	Echinacea _____	185
Angelica _____	16	Elder _____	190
Anise _____	22	Elecampane _____	195
Aralia _____	26	Eleuthero _____	199
Arnica _____	31	Ephedra _____	205
Artichoke leaf _____	34	Fennel _____	210
Ashwagandha _____	38	Fenugreek _____	215
Asparagus _____	41	Feverfew _____	218
Astragalus _____	45	Garlic _____	221
Bayberry _____	49	Gentian _____	226
Berberis _____	53	Ginger _____	231
Black cohosh _____	59	Ginkgo _____	236
Black haw _____	64	Ginseng, Asian _____	241
Blackberry _____	68	Goldenrod _____	246
Blue cohosh _____	73	Gotu kola _____	249
Bogbean _____	77	Gravel root _____	253
Boneset _____	80	Grindelia _____	255
Bugleweed _____	83	Gymnema _____	258
Burdock _____	87	Hawthorn _____	261
Calamus _____	91	Hops _____	266
Calendula _____	97	Horsetail _____	271
California poppy _____	101	Hydrangea _____	275
Cannabis _____	104	Jamaican dogwood _____	278
Cardamom _____	113	Kava _____	281
Carob _____	116	Kelp and Bladderwrack _____	286
Cayenne _____	119	Lady's mantle _____	291
Chamomile _____	124	Lavender _____	295
Chickweed _____	130	Lemon balm _____	301
Cinnamon _____	133	Licorice _____	305
Cleavers _____	137	Lobelia _____	312
Clove _____	140	Lomatium _____	316
Codonopsis _____	144	Marjoram _____	320
Comfrey _____	147	Marshmallow _____	323
Coptis _____	152	Meadowsweet _____	328
Cordyceps _____	156	Milk thistle _____	331
Corn silk _____	160	Mint _____	335
Couch grass _____	163	Motherwort _____	341
Cow parsnip _____	165	Mullein _____	345
Cramp bark _____	168	Myrrh _____	350

Nettle	354
Oats	361
Orange	365
Oregano	373
Oshá	377
Parsley	381
Partridge berry	386
Passion flower	389
Pedicularis	393
Pennyroyal	398
Peony	403
Plantain	408
Prickly ash	411
Propolis	415
Raspberry leaf	418
Red clover	421
Red root	424
Reishi mushroom	429
Rose	435
Rosemary	441
Sage	447
Saw palmetto	452
Schisandra	456
Shepherd's purse	461
Shiitake	464
Silk tassel	468
Skullcap	471
Spilanthes	475
St. John's wort	478
Stone root	482
Thyme	484
Tulsi basil	490
Turmeric	495
Usnea	501
Uva ursi and Manzanita	504
Valerian	508
Vitex	514
Wild cherry bark	518
Wild yam	522
Willow bark	527
Yarrow	532
Yellow dock	537
Yellow pond lily	542
Yerba mansa	545
Yerba santa	548

MEDICINE MAKING

WATER-BASED PREPARATIONS 555

Herbal Tea	555
Hot Infusions	556
Cold Infusions	557
Solar and Lunar Infusions	557
Decoctions	557
Topical Preparations	560
Fomentation and Poultice	560
Vaginal Irrigation and Enema	560

ALCOHOL-BASED EXTRACTS 561

Fresh Plant Extracts	561
Dry Plant Extracts	562
Menstruum Calculation Worksheet	563
Tincture Worksheet	564

GLYCERIN EXTRACTS 565

Fresh Plant Extracts	566
Dry Plant Extracts	566

ACETUM EXTRACTS 568

Internal Use	568
Fire Cider	568
Mediterranean Vinegar	570
Digestive Bitters	570
Pickled Herbs and Seaweed	570
Topical Preparations	571
Vinegar Liniments	571
Hair Rinses	571

HERBAL HONEY AND SYRUP 572

Honey	572
Fresh Herbal Honey	572
Dry Herbal Honey	575
Herbal Syrup	575

MEDICINAL OILS AND SALVES 577

Base Oils	577
Preparing Medicinal Oils	577
Simpler's Method	577
Alcohol Intermediary Oil Method	579
Salves	580
Salve Recipes	581

HERBAL THERAPEUTIC FORMULAS

ADRENAL AND IMMUNE SUPPORT	585
Adaptogenic Compounds and Teas	585
Adaptogen and Adrenal Tonic Compound	585
Adaptogen and Adrenal Tonic Tea I	585
Adaptogen and Adrenal Tonic Tea II	586
Adaptogen Delight	586
Calming Adaptogen Compound	586
Tonifying Teas	587
Delicious Immune Tonic Tea	587
Kidney and Liver Yin Tonic Tea	587
Lung Qi Tonic Tea	588
Spleen and Lung Qi Tonic Tea	588
Spleen Qi Tonic Tea	588
CARDIOVASCULAR SUPPORT	589
Circulatory Compounds	589
Atherosclerosis Compound	589
Circulatory Stimulant Compound	589
Circulatory Stimulant Tea	589
Diuretic Hypertension Compound	590
Nervine Hypertension Compound	590
Hypotension Relief Compound	590
Varicose Vein Tonic (Alkaloid-based)	591
Varicose Vein Tonic (Tannin-based)	591
DIGESTIVE SUPPORT	591
Carminative Formulas	591
Calm Belly Compound	591
Carminative Tea	592
Digestive Delight Tea	592
Digestive Soothing and Calming Tea	592
Digestive Formulas	593
Antidiarrhea Compound	593
Astringent Tea	593
Coating and Soothing Tea	593
Coating and Soothing Tea (Pyrrolizidine Alkaloid Free)	593
Delicious Digestive Tea	594
Digestive Healing Teas I and II	594
Liver and Gallbladder Support	595
Blood Sugar Balancing Formula	595
Christa's Favorite Liver Support Tea	595
Cooling Bitters Compound	596
Digestive Bitter Acetum Compound	596
Digestive Bitter Compound	596
Gallbladder and Liver-cooling Compound	597
Hemorrhoid Comfort Compound	597
Hepatodetoxifying Compound	598
Liver Decongestant Compound	598
Liver-heat Clearing Compound	598

NERVOUS SYSTEM SUPPORT	599
Analgesic, Antispasmodic, and Anti-inflammatory Compounds	599
Analgesic, Antispasmodic, and Sedative Compounds I and II (Alkaloid-based)	599
Anti-inflammatory Compound (Short-term)	599
Anti-inflammatory Compound (Long-term)	599
Cramp bark Compound	600
Headache Relief Compound	600
Samuel Thomson's Compound Tincture of Lobelia and Capsicum	600
Antidepressant, Anxiolytic, and Nootropic Compounds	601
Antidepressant Compound	601
Anxiolytic Compound (Alkaloid-based)	601
Anxiolytic Compound (Tannin-based)	601
Gentle Nervine Tea	602
Mental Clarit-Tea	602
Mental Clarity Compound	602
Mood Elevating, Trophorestorative, and Gentle Nervine Compound	603
REPRODUCTIVE SYSTEM SUPPORT, FEMALE	603
Perimenopause Support	603
Perimenopause Compound (with Adrenal Depletion)	603
Perimenopause Compound (Calming and Liver-decongesting)	604
Pregnancy Support	604
Pregnancy-safe Hemostatic Tea	604
Uterine Calming Compound I (for Threatened Miscarriage)	604
Uterine Calming Compound II (for Threatened Miscarriage)	605
Uterine Tonic Partus Preparator Compound	605
Premenstrual Syndrome and Menstrual Support	606
Reproductive and Hormone Deficiency Phase I and II Compounds	606
Reproductive and Blood Tonifying Tea	606
Estrogen Dominance Relief Compound	607
Hormone Excess Compound	607
Premenstrual Syndrome Relief Compound	607

REPRODUCTIVE SYSTEM SUPPORT,	
MALE	608
Male Reproductive Tonifying Tea	608
Benign Prostatic Hypertrophy Compound	608
RESPIRATORY, IMMUNE, AND LYMPHATIC	
SUPPORT	609
Acute Immune and Lymphatic Treatments	609
Immune Stimulant Compounds I and II	609
Lymphatic Compound	610
Lymphatic Alterative Compound I	610
Lymphatic Alterative Compound II – Hoxey Formula	610
Lymphatic Alterative Teas I and II	611
Sudorific Cold and Flu Tea	612
Respiratory, Lower	612
Hack-away Compound	612
Quitter’s Crutch – Smoker’s Mix	612
Respiratory Antispasmodic Compound	613
Respiratory Relief Tea	613
Respiratory Roots Blend	614
Respiratory, Upper	614
Allergy-ease Compound	614
Respiratory Decongestant Tea	614
Sinus Decongestant Compound	615
Sinus Decongestant Tea	615
Sinus Decongestant Steam	615
Throat Coat and Soothe Teas I and II	616
Throat Ease Compound	617
Throat Pastilles	617
Throat Spray	617
THYROID SUPPORT	618
Hyperthyroid Support Compound	618
Hypothyroid Support Compound	618
Hashimoto’s Thyroiditis and Immune Modulating Compound	619

URINARY SYSTEM SUPPORT	619
Children’s Bladder Strengthening Compound	619
Diuretic Tea	619
Diuretic Soothing Tea	620
Interstitial Cystitis Support Compound	620
Kidney and Bladder Soothing Tea	620
TOPICAL FORMULAS	621
Burn Relief Oil	621
Burn Relief Spray	621
Echinacea Clay Poultice	621
Earache Ease Glycerin- or Oil-based Compound	622
Earache Ease Oil	622
Plantain Clay Poultice	622
Topical Teething Compound	622
SALVES	623
Black Drawing Salve	623
Cayenne and Cinnamon Salve	623
APPENDICES AND INDEXES	
Compendium of Herbal Therapeutic Uses and Conditions	627
Herbal Therapeutic Glossary	655
Botany Glossary	661
Plants by Family or Group	669
Index of Alternative Names (Common to Latin)	681
Reference of Alkaloid- and Tannin-containing Herbs	690
Endnotes	693
Index	731
Photography Credits	750

