

PROGRAM II: Herbal Materia Medica

Lesson 10

Supplemental Audio CD Lesson 10

Lecture DVDs #1

SCUTELLARIA (Skullcap)

HERB. Tincture [Fresh Plant, 1:2, Recent Dry Plant, 1:5, 50% alcohol]
20-60 drops. Standard Infusion of recent herb, 2-6 ounces, all to 3X a day.
STATUS : W/C

POST-TREATMENT RELAXER

Skullcap 3 parts
Betony..... 3 parts
Cimicifuga 2 parts
Hypericum 2 parts
Gelsemium..... 1 part

Mix from the tinctures. Use 30-60 drops (1 or 2 squirts) 2 or 3 times a day To alleviate post-treatment myo- and neurogenic discomfort from body work, and lessen the tendency of the body to immediately revert to patterning

NERVE TONIC

Valerian 4 parts
Verbena..... 4 parts
Skullcap 4 parts
Passion Flower..... 4 parts
European Mistletoe..... 2 parts
Damiana..... 2 parts
Siberian Ginseng..... 2 parts
Cordyialis..... 1 part

3-6 “00” capsules as needed. Lower doses help anxieties, larger doses act as an overt sedative.
(Can be tinctured, 50% alcohol)

HAYDEN'S VIBURNUM COMPOUND(Modified)

Black Haw (*V. prunifolium*)..... 1.5 ounces
 Cramp Bark (*V. opulus*) 1.0 ounce
 Trillium (dried)..... 1.0 ounce
 (OR Cotton Root Bark..... (1.0 ounce)
 Dioscorea (Wild Yam)..... 1/2 ounce
 Skullcap (recently dried) 1/4 ounce
 Cloves 1.0 ounce
 Cinnamon Bark..... 3/4 ounce
 Orange Peel..... 1/2 ounce

Grind herbs together, moisten with a few tablespoons of alcohol, and let sit, covered, overnight. Tincture with 50% alcohol menstruum to a 1:4 tincture (about 26 ounces). Add 6.5 ounces (by volume) of Simple Syrup to bring the final strength to 1:5. You MAY substitute equal parts of glycerin and honey for the syrup, but it tastes wierd. Take 1-3 teaspoons in HOT water for Killer Kramps, particularly of it is a problem that only happens every few months, or occurs only the first night of menstruation. Regular monthly dysmennorhea from organic causes rarely responds very well to H.V.C.

This is the Queen of Cramp Remedies

#2

PISCIDIA (Jamaica Dogwood, Jabin)

TREE and ROOT BARK. Tincture [1:5, 60% alcohol] 10-90 drops.
USE WITH CARE. Response is highly individual, so start with a low dose.
STATUS : W/LA

****POLYGALA SENEGA (Senega Snakeroot, Milkwort)***

ROOT and HERB. Tincture [Fresh Plant 1:2, Dry Root 1:5, 65% alcohol], 10-45 drops, to 4X a day. Small frequent doses are best.
STATUS : W/LA

PTELEA (Wafer Ash, Hop Tree)

BARK, SEEDS and LEAVES. Tincture [1:5, 65% alcohol] 10-30 drops.
 Strong Decoction (Seeds and Bark), 1-3 ounces, both up to 3X a day.
STATUS : W/LA

SERENOA (Saw Palmetto, *Sabal*)

BERRIES. Tincture [Fresh Berry, 1:2, Dry Berry, 1:5, 80% alcohol] 30-90 drops
 Standard Infusion, 2-4 ounces, all forms to 3X a day.

STATUS : W/LA

PYGEUM AFRICANUM (Prunus africana)

BARK. 2-6 grams a day, taken in capsules or mixed with enough honey to make into "pills" and eaten. The whole bark is hard to find in commerce, the European pharmaceutical preparations are easy to find in American health food stores...a far more expensive format...and GUARANTEED to "taint" it for urologists.

#3

SILYBUM MARIANUM (Milk Thistle)

SEEDS. Capsules, #00, 2 at a time, to 3X a day. Fluidextract [1:1, 60% alcohol], 20-40 drops to 5X a day. Strong Tincture [1:3, 70% alcohol], 1/2 to 1 teaspoon, to 4X a day.

STATUS : W/C

DETOX FORMULA

Oregon Grape Root..... 3 parts
Silybum Fluidextract 2 parts
Larrea..... 2 parts
Yellow Dock.. 2 parts
Aristolochia watsonii..... 1 part

Mix from the fluidextract and tinctures. Use 30-60 drops (1 or 2 squirts) 3 or 4 times a day. This is meant to assist cleansing of the blood, liver and lymph system when recovering from alcohol, drug abuse, even long-term overmedication.

LIVER TONIC

Barberry or Oregon Grape..... 2 parts
Milk Thistle Seed..... 2 parts
Chaparral (Larrea) 1 part
Toadflax (Linaria)..... 1 part
Echinacea..... 1 part
Burdock Rt or Seed..... 1 part
Yellow Dock.. 1 part
Leptandra or Blue Flag Rt 1 part

An old-fashioned "shotgun" formula. Grind well and encapsulate. Echinacea is the only one of these herb that deteriorates in a powdered form, so the best compromise would be to keep it as a rather coarse grind, the rest as fine a powder as desired.

Useful for passive liver "heaviness", with periodic light stools and/or frontal headaches brought on by overeating or eating rich foods when tired. Look for greasy hair, acne on the cheeks (both kinds of cheeks) and acne around the mouth. It should be tried for those that regularly work with solvents or that drink regularly, whether in moderation or excess. In general, for those that regularly eat before going to bed and are slow in waking, grouchy and sluggish in the morning...they also have to cut back on the snacks.

DOSE: Pronounced liver dysfunction, but w/out pathology: 2 caps, 3X a day.
No overt symptoms, but having many of the risks mentioned: 1 cap, 3X a day.

LIVER EXCESS TINCTURE

Burdock Root FE2 parts
Dandelion Root FE2 parts
Milk Thistle Seeds2 parts
Larrea..... 1 part
Tribulus (Puncture Vine)..... 1 part

Mix from Burdock and Dandelion Fluidextracts (1:1 strength) strong Milk Thistle Seed Tincture (1:2, 75% alcohol), dry Larrea and Tribulus tinctures (1:5) Use 30-60 drops to 3X a day, and decrease protein and fat consumption by at least one third. A constitutional tonic for those with anabolic excess.

#4

SMILAX (Sarsaparilla)

ROOT and RHIZOME. Cold Infusion or Strong Decoction, 1-4 ounces, to 3X a day. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 60% alcohol] 30-90 drops to 3X a day.

STATUS : W/A

ALTERATIVE SYRUP

Aralia Root 3 ounces
Oplopanax..... 2 ounces
Xanthoxylum Bark 2 ounces
Smilax (Sarsaparilla) 2 ounces
Burdock Root. 2 ounces
Guaiacum or Stillingia..... 1 ounce
Sassafras or Sweet Root 1 ounce
Pipsissewa..... 1 ounce
Blue Flag Root..... 1 ounce

Tincture 1:3 with 65% alcohol, add 1 part water (15 oz.) & 1 part simple syrup or honey (15 oz.) to bring to a final 1:5 strength

MENOPAUSE: EARLY FORMULA

Vitex agnus-castus Tinct 3 parts

Yellow Dock Tinct 2 parts
 Sarsaparilla Tinct..... 2 parts
 Peony Tinct..... 2 parts
 Nuphar Tinc... 1 part
 American Ginseng Tinct..... 1 part

Mix using tinctures, since some are best fresh, some best dry
 Use 30-60 drops (1 or 2 squirts) 2 or 3 times a day
 For women in earlier stages of menopause when erratic cycles and flooding result from increasingly disorganized corpus luteal progesterone production.

ALTERATIVE TEA

Sassafrass Bark..... 2 parts
 Sarsaparilla Root..... 2 parts
 Burdock Root. 1 part
 Echinacea Root..... 1 part

A simple drinkable tea for low-level chronic liver, metabolic and immuno-depressed states...a couple of cups a day, made from a rounded teaspoon in 8 oz. water, brought to a boil and removed from the heat and allowed to cool.

ROOT TEA

Sassafras 2 parts
 Sarsaparilla 2 parts
 Licorice Root. 2 parts
 (Chinese Cinnamon)..... 1 part
 (Sweet Root).. 1 part

TRIBULUS (Puncture Vine, Goat's Head)

HERB and SEEDS. 1/2 to 1 teaspoon of the powdered plant in tea, to 2X a day. Tincture [1:5, 60% alcohol] 30-40 drops, 2X a day.
 STATUS : W/A

LIVER EXCESS TINCTURE

Burdock Root FE 2 parts
 Dandelion Root FE 2 parts
 Milk Thistle Seeds 2 parts
 Larrea..... 1 part
 Tribulus (Puncture Vine)..... 1 part

Mix from Burdock and Dandelion Fluidextracts (1:1 strength) strong Milk Thistle Seed Tincture (1:2, 75% alcohol), dry Larrea and Tribulus tinctures (1:5) Use 30-60 drops to 3X a day, and decrease protein and fat consumption by at least one third. A constitutional tonic for those with anabolic excess.

TURNERA DIFFUSA (Damiana)

FLOWERING HERB. Fresh Plant Tincture [1:2] 20-30 drops. Standard Infusion 2-4 ounces. Dry Plant Tincture [1:5, 60% alcohol] 30-60 drops, all to 3X a day.

STATUS : **W/LA**

NERVE TONIC

| | |
|-------------------------|---------|
| Valerian | 4 parts |
| Verbena..... | 4 parts |
| Skullcap | 4 parts |
| Passion Flower..... | 4 parts |
| European Mistletoe..... | 2 parts |
| Damiana..... | 2 parts |
| Siberian Ginseng..... | 2 parts |
| Cordyialis..... | 1 part |

3-6 “00” capsules as needed. Lower doses help anxieties, larger doses act as an overt sedative. (Can be tinctured, 50% alcohol)

***VITEX AGNUS-CASTUS* (Chaste Tree Berries, Monk Peppers)**

SEEDS. Tincture [1:5, 65% alcohol] 30-60 drops. Ground Berries, 1/2 to 1 tspn. in tea, both once in the morning. As it strengthens the progesterone phase of the estrus cycle, it usually works best the two weeks before menses.

STATUS : **W/LA/C**

FEMALE BALANCER

| | |
|--------------------------------|---------|
| Vitex agnus-castus Tinct | 3 parts |
| Black Cohosh Tinct | 2 parts |
| Dandelion FE. | 2 parts |
| Motherwort Tinct..... | 2 parts |
| Oregon Grape Root Tinct | 1 part |

Mix with fluidextract and tinctures.

Use 30-60 drops (1 or 2 squirts) 2 or 3 times a day

This helps to regulate chronically short estrus cycles, with aggravated anabolic metabolism.

MENOPAUSE: EARLY FORMULA

| | |
|--------------------------------|---------|
| Vitex agnus-castus Tinct | 3 parts |
| Yellow Dock Tinct | 2 parts |
| Sarsaparilla Tinct..... | 2 parts |
| Peony Tinct..... | 2 parts |
| Nuphar Tinc... .. | 1 part |
| American Ginseng Tinct..... | 1 part |

Mix using tinctures, since some are best fresh, some best dry
Use 30-60 drops (1 or 2 squirts) 2 or 3 times a day
For women in earlier stages of menopause when erratic cycles and flooding result from increasingly disorganized corpus luteal progesterone production.

PMS FORMULA, LONG CYCLE

Vitex 3 parts
Devil's Club ... 2 parts
Black Cohosh. 2 parts
Oregon Grape Root..... 2 parts
Peony 2 parts
Immortal 2 parts
Anemone (Pulsatilla) 1 part

Mix as tinctures, since the Anemone MUST be made fresh, the Peony is BETTER fresh, the rest can or should be made dry.

Use 30-60 drops (1 or 2 squirts) 2 or 3 times a day

For symptoms that start just before menses, deriving from weak progesterone levels with a premature rise in estrogen before menstruation; the cycle is generally longer than 28 days. Problems include rapid-onset water-retention, headaches, joint pain, and labile emotions.

#5

LEPTANDRA (*Veronicastrum*, Culver's Root)

ROOT. Tincture [1:5, 65% alcohol], 10-30 drops, to 3X a day. An herb better used in formulas than by itself.

USE WITH CARE.

STATUS : W/Rare

LIVER TONIC

Barberry or Oregon Grape 2 parts
Milk Thistle Seed..... 2 parts
Chaparral (Larrea) 1 part
Toadflax (Linaria)..... 1 part
Echinacea..... 1 part
Burdock Rt or Seed..... 1 part
Yellow Dock.. 1 part
Leptandra or Blue Flag Rt 1 part

An old-fashioned "shotgun" formula. Grind well and encapsulate. Echinacea is the only one of these herb that deteriorates in a powdered form, so the best compromise would be to keep it as a rather coarse grind, the rest as fine a powder as desired.

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solvents or that drink regularly, whether in moderation or excess. In general, for those that eat before going to bed and are slow in waking, grouchy and sluggish in the morning...they also have to cut back on the snacks.

DOSE: Pronounced liver dysfunction, but w/out pathology: 2 caps, 3X a day.

No overt symptoms, but having many of the risks mentioned: 1 cap, 3X a day.

ROBERT'S BILIARY FORMULA

Chionanthus (Fringetree)..... 1 part

Euonymus (Wahoo)..... 1 part

Piper methysticum (Kava)..... 1 part

Leptandra (Culver's Root) 1 part

Marshmallow Root..... 1 part

Powder the herbs and encapsulate. 1 capsule after each meal and one just before sleeping. A biliary laxative and gallstone preventative, it is also useful for cholecystalgia or biliary cholic. Larger doses can be irritating; it is better to use the smaller dosages recommended, allowing a day or two to see if they help.

#6

VIBURNUM (V. opulus, V. prunifolium, Cramp Bark, Black Haw)

ROOTBARK and BARK. Cold Infusion or Strong Decoction, 3-4 ounces to 4X a day. Tincture [1:5, 50% alcohol] 30-90 drops to 4X a day.

STATUS : W/LA

HAYDEN'S VIBURNUM COMPOUND(Modified)

Black Haw (*V. prunifolium*).. 1.5 ounces

Cramp Bark (*V. opulus*) 1.0 ounce

Trillium (dried)..... 1.0 ounce

(OR Cotton Root Bark..... (1.0 ounce)

Dioscorea (Wild Yam)..... 1/2 ounce

Skullcap (recently dried) 1/4 ounce

Cloves..... 1.0 ounce

Cinnamon Bark..... 3/4 ounce

Orange Peel.... 1/2 ounce

Grind herbs together, moisten with a few tablespoons of alcohol, and let sit, covered, overnight. Tincture with 50% alcohol menstruum to a 1:4 tincture (about 26 ounces). Add 6.5 ounces (by volume) of Simple Syrup to bring the final strength to 1:5. You MAY substitute equal parts of glycerin and honey for the syrup, but it tastes wierd. Take 1-3 teaspoons in HOT water for Killer Kramps, particularly if it is a problem that only happens every few months, or occurs only the first night of menstruation. Regular monthly dysmenorrhea from organic causes, rarely responds very well to H.V.C.

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