

*Regina Jones*  
(213) 569-2374

## HERBAL FOLKLORE

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\*BACK TO EDEN; INDIAN HERBOLOGY OF NORTH AMERICA; NATURE'S MEDICINE; HERBS, HEALTH & HEALING; THE HEALING POWER OF HERBS; NATURE'S HEALING GRASSES; PREVENTION MAGAZINE; and HERBS FOR THE SEVENTIES'

ALFALFA: Tests over a period of years proved beyond a doubt that the chlorophyll, enzymes, minerals and vitamins in Alfalfa serve as a magnificent aid in digestion of all four classes of food - proteins, fats, starches and sugars. A splendid diuretic for the kidneys and a good regulator of the bowels. Benefits bladder, prostate and dropsy. Alfalfa is essential to rebuild decayed teeth - not just stop the decay. For sufferers of arthritic and rheumatic pains. It is helpful for every condition of the body whether it be maintaining or regaining health, as the contents are balanced for complete absorption.

BARBERRY BARK OF ROOT: Helpful to reduce high blood pressure. Indicated in the chronic ills of the stomach, and the early stages of tuberculosis, general debility, liver and spleen derangements. Destroys disease germs. Excellent cancer herb. Changes nutritive process to normal state. In cancer, body is out of nutritive balance.

BAYBERRY: One of the most useful in the Medical Herbal practice. Has the most effective influence in diseased mucous accumulation of the alimentary canal, which in this morbid soil is an incubator for bronchopulmonic diseases; sore throat or scarlet fever; toxic seepage from the stomach and intestinal tract. Made into a tea it is most excellent as a gargle for sore throats. (Steep a teaspoonful in a pint of boiling water for thirty minutes.) Valuable for all kinds of hemorrhages.

BEE POLLEN: Ancient Chinese and Persian texts refer to pollen. Greek philosophers saw in pollen the secret of eternal youth. Restores the defenses of chronic hay fever sufferers. Has a special action on the breathing tract, it opens the nose, produces a drying effect and lessens catarrhal discharge. Contains all nutrients important to the prostate, therefore plays an important role in the prostatic difficulties. Has been used for extra strength. Aids radiation sickness -- the kind people get when they undergo radiation therapy for cancer. Gives a remarkable reduction in the severity of that sickness. If 2 ounces can have such a normalizing effect after this therapy to the body, it would be logical to assume that an equal or even smaller amount would have enormous preventive abilities. "Chauven" was able to heal colitis with Bee Pollen. Will also improve anemia.

BLACK COHOSH: Natural Estrogen. Helps in menopause. Good remedy for hysteria, convulsions or any spasmodic condition, epilepsy, dropsy and uterine problems. Relieves pain in childbirth. Good for high blood pressure. Excellent for equalizing circulation. If taking too much Black Cohosh, may cause headaches -- cut back on amount.

BLACK WALNUT: Expels parasites (as in pork or bad chicken). There are 300 some parasites and 3 out of 4 people have parasites. When first starting the use of herbs it is best to go on a cleansing of the body re: Black Walnut and Special Formula #1. Black Walnut is rich in Manganese which is important for nerves, brain and cartilage. Used for many kinds of skin diseases. Black Walnut & Special Formula #1 - Black Walnut kills the parasites and Special Formula #1 cleanses the entire body including the cells.

BLESSED THISTLE: (*Holy Thistle*) Great for digestive problems. Has very great power in the purification and circulation of the blood. Strengthens the heart. Good for liver, lungs and kidneys. It is soothing to the brain and clears the system of bad humors. Strengthens the memory. It is effective for insanity.

BLUE COHOSH: A most valuable herb to women. Used in chronic uterine problems, leucorrhea (milky discharge), vaginitis and cramps. Brings on labor pain when proper time arrives. Regulates menstruation. Has been used for heart palpitations, high blood pressure & diabetes. Soothes hiccoughs.

BRIGHAN TEA: Makes childbirth easy. For sore eyes as a wash, urinary troubles, increases menstrual flow, kills germs, used for asthma, bronchials, lungs, headaches, fever, skin, kidney and bladder, arthritic pain, gonorrhoea and syphilis.

BUCKTHORN: Relieves constipation and keeps the bowels regular. Is a very effective remedy for appendicitis. Expels worms. Will remove warts when used as a poultice. Good in rheumatism, gout, dropsy and skin diseases.

BURDOCK: Best blood purifier for syphilitic and other diseases of the blood. It cleanses and eliminates impurities from the blood very rapidly. Excellent for gout. Increases flow of urine. Also soothes the kidneys and relieves the lymphatic glands.

CACTUS: For diabetes

CAPSICUM: (*Cayenne Pepper*) One of the best and quickest stimulants among herbal medicines. It stimulates the heart, but does not increase the blood pressure. The effect of this herb is to equalize circulation, as well as to stimulate the glands. It has none of the irritating effects of black pepper or mustard. A healer of ulcers of the stomach and colon. One of the best herbs to stop shock almost immediately. Stops hemorrhage internally and externally immediately. For heart attacks break capsule apart and put capsicum in cup of hot water, take TEASPOON every minute or so. Stops heart attack immediately. Capsicum and Ginger work better together than alone. Capsicum is a catalyst (takes herbs to part of body where they should go) Capsicum works from the pelvic area up to the top of body, Ginger works from pelvic area down. If taking capsicum for some problem and it is too stimulating, take Lobelia with it as a nervine.

CASCARA SAGRADA: Excellent remedy for gallstones. Increases secretion of bile. Good for liver complaints. One of the best remedies for chronic constipation, indigestion and hemorrhoids.

CATNIP: Excellent for small children having colic. Very useful in pain of any kind, spasms, wind colic, excellent to allay gas and acids in the stomach and bowels. An enema of catnip will cause urination when it has stopped.

CHAMOMILE: Excellent general tonic. Improves appetites when one needs to increase appetite. Good to regulate monthly periods. Splendid for kidneys, spleen, colds, bronchitis, bladder problems, jaundice and dropsy. Strengthens sore and weak eyes (taken inwardly or in a tea wash for eyes).

CHAPARRAL: One of the best cancer herbs. Has B17 in it. Two to 3 cups of tea a day decreased a documented malignant melanoma from the size of a large lemon to that of a dime in 11 months. (Documented at Medical Centre, Utah, U.S.A.) Personal and professional cases list usefulness as follows: Acne, Arthritis; cancer, chronic backache, skin condition of warts and blotches. Increases hair growth.

CHICKWEED: It is said to be one of the best remedies for tumors, piles, swollen testes, ulcerated throat and mouth, and deafness. Excellent for bronchitis, pleurisy, coughs, colds, hoarseness, rheumatism, lungs and bronchial tubes. Heals and soothes anything it comes in contact with. Also for inflammation and weakness of the bowels. Excellent for swollen haemorrhoids. (Use 1 oz. of chickweed to 1-1/2 pints of water, simmered down to 1 pint. Drink wine glassful every 2 - 3 hours.) Externally apply on cotton pads over swelled area. 3 capsules after heaviest meal will aid in reducing.

COMFREY ROOT: Powerful remedy for coughs and catarrh; ulcerated or inflammation of the lungs, hemorrhages, asthma and T.B. Best remedy for blood in urine. Wonderful blood cleanser.

CORN SILK: Will assist all inflammatory conditions of the urethra, bladder and kidneys, which is the cause of much local and general malfunction of the body due to uric acid retention. So often the scanty and offensive release of urine of the aged calls for the appreciable comfort of corn silk. Prevents bedwetting. Also for high blood pressure, cholesterol and arteriosclerosis. For gall bladder conditions, kidney and bladder stones.

DAMIANA: Increases flow of urine. Damiana has strong claims as a great sexual rejuvenator, in lethargy of the sexual organs. One capsule once a day for 10 days; off then ten days; then use for 10 days again.

DANDELION: Excellent for anemia. Blood purifier. Destroys acids in the blood. Very beneficial for female organs. Increases the activity of the liver and spleen. Splendid for jaundice and skin diseases. Useful for kidney problems, diabetes, and inflammation of the bowels.

EYEBRIGHT: Has a specific action on the mucous lining of the eyes, nose and uppermost parts of the throat as far as the windpipe. Its action on the lachrymal structure (causing tears to flow) of the eyes is the prime reason for its use in cases of measles because it prevents the eyes from being impaired. Very effective for conjunctivitis. It is the main herb for protecting and maintaining the health of the eye. Acts as an internal medicine for the constitutional tendency to eye weakness. Will remove cysts that have been caused by chronic conjunctivitis. (2 caps 3 times a day for 1 day; then 3 caps a day, and wash the eye once or twice daily.) Also has powerful effect to help and restore sight decayed through age. It is a first class memory reviver.

- FENNEL: Excellent for obesity. Increases flow of urine, also menstrual flow. Excellent for gas, acid stomach, gout and colic in infants. Good for obstruction of liver, spleen and gall.
- FOENUGREEK: The tea is an excellent gargle for sore throats. Has a very cooling effect on the bowels, lubricates the intestines and is very healing. When applied externally to sores, it prevents blood poisoning (poultice).
- GARLIC: Garlic stimulates the activity of the digestive organs. Useful for chronic stomach and intestinal catarrh as well as for bronchitis. Regularizes the action of the liver and gall bladder. Helpful in all intestinal infections, and all affections of the lungs. Good remedy for worms. Proven useful in asthma and whooping cough. Valuable in intestinal infections. Effective in reducing high blood pressure. Excellent for tuberculosis.
- GINGER: Useful in all painful spasms of the bowels and stomach. Taken hot, excellent for suppressed menstruation. Good for diarrhea, colds, bronchitis and gout. Catalyst from the pelvic area down.
- GINSENG: Ginseng, combined with pure pineapple juice is superior as a treatment for indigestion. Arouses malfunction of the lymphatic glands. Increases the capillary circulation of the brain. Regenerates and rebuilds sexual centres. Activates metabolism, kidney, bladder, liver, etc. A Physical restorative.
- GOLDEN SEAL: One of the most powerful agents in the entire herb kingdom. An agent for treating ulcers. One of the best substitutes for quinine. Excellent remedy for colds. For open sores, inflammations, eczema, ringworm or for any skin disease golden seal excels. Excellent remedy for diphtheria, tonsillitis and other serious throat troubles. Combined with scullcap and hops, it is a very fine tonic for spinal nerves, is very good for spinal meningitis. For pyorrhea, dip toothbrush in tea and thoroughly brush teeth and gums (Tea: steep 1 tbs. in pint boiling water for 20 min)
- GOTU KOLA: Contains remarkable rejuvenating properties. Is known as "The Secret of Perpetual Youth". Is claimed that it will increase the vitality of 70 and 80 to that of 40. The claim is Gotu Kola will increase the Span of life by 50 years, by helping in developing a brain that is incapable of breaking down for a long time.
- HAWTHORNE: Highly commended as a heart tonic. Hawthorne normalizes blood pressure by regulating heart action, extended use will usually lower blood pressure. Good for heart muscle weakened by age, for inflammation of the heart muscle (myocarditis) for arteriosclerosis.
- HERBAL PUMPKIN COMBINATION: Very beneficial for ridding the body of those "stubborn" parasites throughout the entire body.
- HOPS: Cleanses the blood, Tones up liver, assists a sluggish gall bladder. Will produce sleep when nothing else will. Is a good remedy for toothache, ear ache, neuralgia and like ailments.

HORSETAIL: An important agent to cleanse the system of lead. Excellent for eye and skin disorders, offensive perspiration, especially of the feet. Beneficial for gravel and all kinds of kidney affections. It strengthens the heart and lungs and is an excellent tonic when the whole system is enfeebled.

JUNIPER BERRIES: "If we may speak of the conditions of internal accumulative filth we would suggest Juniper Berries as an agent for fumigating the system to ward off contagion." Expels wind and strengthens the stomach, for coughs and shortness of breath, consumption, rupture, cramps and convulsions. Strengthens the nerves.

KELP: Reduces radioactive stontium 90. Excellent for the Thyroid gland and goiters. Has a remedial and normalizing action on the sensory nerves, meninges, arteries, pylorus, colon, liver, gall bladder, pancreas, bile duct, kidneys, prostate gland, uterus, fat cells, testicles and ovaries, arterial disorders and high blood pressure.

LICORICE ROOT: Natural Cortisone. For coughs and chest complaints, gastric ulcers, throat conditions, hoarseness and asthma.

LOBELIA: The most powerful relaxant. Reduces palpitation of the heart. Fine treatment for fevers, pneumonia, meningitis, pleurisy, hepatitis, peritonitis. In cases of angina pectoris or when the heart is in an excitable condition, Lobelia is the one required. To induce vomiting, use 10 to 15 grains in half cup warm water every 15 minutes until the stomach has been completely relieved. Lobelia will do quickly all that the stomach pump can do and with better results.

MARSHMALLOW: For lung trouble, hoarseness, catarrh, diarrhea and dysentery and all kidney diseases.

MISTLETOE: For epilepsy, convulsions, hysteria and has been suggested for high blood pressure. Is a fine nervine.

MULLEIN: Mullein has been used successfully for many years for asthma. For this purpose burn the Mullein and inhale the fumes. Very valuable in pulmonary conditions, colds, shortness of breath, asthma, thus improving heart conditions, nervous disorders, kidney and bladder problems.

MYRRH GUM: An ancient Bible remedy. Valuable for bronchial and lung diseases. Excellent for pyorrhea, when brushing teeth with the powder, thoroughly rinse the mouth. Removes halitosis or bad breath when taken internally. Excellent remedy for ulcers, piles and hemorrhoids. Use for all chest affections as it diminishes the mucous discharge.

PAPAYA FRUIT: An excellent digestive, an ability which is due to its content of papain, an enzyme similar to pepsin. Improper protein breakdown in the system often leads to allergies. Papaya is effective in relieving allergies due to its ability to denaturize proteins. Also valued as an active blood clotting agent and has been employed to arrest bleeding. Also said to be effective in destroying intestinal worms.

- PARSLEY: Excellent remedy for difficult urination, dropsy, stones in kidneys, obstructions of liver and spleen. Also excellent for cancer and should be classed among the preventive herbs. (Simmer a tablespoon to a pint of water for 10 minutes, let stand, strain, and drink one to 3 cups a day.) One of the most excellent herbs for gallbladder and expels gallstones. Parsley is rich in potassium, and cancerous germs cannot live in potassium.
- PASSION FLOWER: When in need of help for nervousness, without pain, such as unrest, agitation and exhaustion, Passion Flower is helpful. Useful for muscle twitches, irritative and neuralgic pains, nervous headaches and spasms (such as epilepsy) Passion Flower tones the sympathetic nerve centre, improving circulation and nutrition to the centres.
- PEACH BARK: Has an excellent influence over the nervous system. Will expel worms. Excellent for bladder and urine problems. Very good for morning sickness in pregnancy. More effective than quinine. Excellent for water retention.
- PENNYROYAL: Excellent in burning fevers. Valuable remedy for toothache, leprosy, colds, phlegm in chest and lungs, cramps and headaches. Should not be used by pregnant women because it will bring on suppressed menstruation.
- PROTEIN 96: "Protein Poverty", according to eminent clinicians may lead to a serious amino acid deficiency which often appears in those of teenage and those of advanced years. Protein is a cell builder. This is solid soy bean.
- PSYLLIUM: Assists greatly in colitis, ulcers and hemorrhoids. Also relieves auto-intoxication (self poisoning due to compacted colon causing toxins to back up into body). Called the colon broom - cleans out compacted pockets in colon. Stops diarrhea.
- RED CLOVER: A quote from Herbalists of the past: "The likelihood is that whatever virtue the Red Clover can boast for counteracting a scrofulous disposition and as an antidote to cancer, resides in its highly elaborated lime, silica and other earthy salts. It is not recognized, however, by the orthodox medical profession as being of use. Red Clover possesses very soothing and pleasant tasting properties and promotes healthy granulation.
- RED RASPBERRY: As a tea, excellent for morning sickness in pregnancy. Valuable in relieving the painful spasms of childbirth. Prevents miscarriage. Drinking the tea daily during pregnancy the labor is practically painless. Canadian women would do well to make special note of this as more Canadian women die in childbirth than any other civilized country. May be used freely.
- REDMOND CLAY: For healing and therapeutical purposes, clay may be used externally and orally. Can heal sores and ulcers and aid in the rebuilding of healthy tissues and cells and even of fractured bones and vertebrae. Absorbs toxins. Will draw worms out of the bowels and other organs where they are lodged. Destroys unhealthy cells and activates the rebuilding of healthy ones. Clay is a powerful agent of stimulation, transformation, and transmission of energy. We have extraordinary energy resources which normally remain dormant - Clay awakens them. As Clay is so powerful, it is advisable to precede Clay treatment with at least 10 days of cleansing and mild doof diet. Clay does not adapt itself to medicines, or drugs, therefore it is not advisable to combine its use with medical treatment.

ROSEHIPS: Contains an astonishing amount of Vitamin C, ranging from 10 to 100 times greater than any other known food. Also contains A, E; B-1, B-2, Niacin, K, P, Calcium, Phosphorus and Iron. Vitamin C has been used for the common cold, viral infections, bacterial infections, Cancer, heart, arthritis, allergies. (Asthma & hayfever) eye conditions, ulcers, kidney and bladder, diabetes, hypoglycemia, chemical stresses (poisons and toxins) physical stresses, pollution and Smokers Scurvy, wounds, bone fractures and shock, pregnancy and mental disease.

ROSEMARY: Has been used to prevent premature balding. Also makes an excellent hair wash. Helps promote liver function, the production of bile and proper digestion. It also acts to raise blood pressure and improve circulation. Tea makes a good mouth wash for halitosis.

SAFFRON: For stomach gas, measles, skin diseases, scarlet fever, hysteria. Saffron and Dandelion for acid stomach. Saffron helps get rid of uric acid - thus helps regular type arthritis. Arthritics cannot tolerate meat because of uric acid which holds calcium in deposit in joints. Saffron reduces lactic acid build up. Lactic acid is what makes muscles sore after exercise. Two Saffron before exercise and two after and no soreness. Saffron aids adrenal glands and Addison's disease.

SAGE: Middle ages gave much credit to the power of sage "Why Man Would die - When Sage grows in the Garden." Tea makes an excellent gargle for ulcerated throat or mouth. An excellent remedy for sexual weakness. One of the best remedies for stomach troubles, gas in the stomach and bowels. Will expel worms. Good for spermatorrhea (involuntary sexual emissions) Also for liver and kidney troubles. Wounds of any kind will heal more rapidly when washed with sage tea. Very soothing in nervous trouble. As a decoction (1 tsp to 1 cup boiling water) use to clean wounds; massage into scalp if troubled with dandruff or falling hair. Will make hair grow when the roots are not destroyed. As a tea do not boil, just steep. Keep covered while steeping - can be mixed with lemon and honey) (Heaping tsp in cup of hot water). Let steep 20 - 30 minutes. Never steep herbs in aluminum. Also acts as a disinfectant against inflammations.

SARSAPARILLA: Eliminates poisons from the blood and purifies the system from infections. Is dependably useful in rheumatism, gout, skin eruptions, ringworm, scrofula, internal inflammation, colds and catarrh. Also relieves gas from the stomach and bowels.

SAW PALMETTO: Is highly recommended in all wasting diseases as it has a marked effect upon all the glandular tissue. Excellent for use in atrophy of the testes, prostate and all diseases of the reproductive glands. Very useful in asthma and all kinds of throat problems, especially when there is excessive mucous discharge from the head and nose. Very useful in Brights disease and diabetes.

SCULLCAP: One of the best nerve tonics. Is more effective than quinine and is not harmful as quinine is. Good in neuralgia, aches and pains. Useful in St. Vitus' dance, shaking palsy, convulsions, hydrophobia, epilepsy and bites of poisonous insects and snakes. Splendid to suppress undue sexual desire. Reduce high blood pressure, heart conditions, including pains in the heart and disorders of the central nervous system.

SLIPPERY ELM: Very valuable for mucous inflammation of the lungs, bowels, stomach, kidneys and bladder. Is an agreeable emulsive drink in any disease. Will sustain ulcerated and cancerous stomach when nothing else will.

SQUAWVINE: Excellent to take during pregnancy and will make childbirth wonderfully easy. Also good for gravel, urinary troubles, uterine troubles and female complaints.

ST. JOHNSWORT: For treatment of dysentery, diarrhea, bleeding of the lungs, worms, jaundice, suppressed urine and nervous irritability. A specific for deep, low pain of the coccyx (the vertebrae at the base of the spine). Slight obstructions of phlegm on the chest and lungs are healed at once by tea made of St. Johnswort. One of the best to use for headaches.

THYME: For hysteria, headache, nervous disorders, strengthening the lungs, children's colic, colds, irritable stomach and ill dispositions. Important to the beginning of a cold and in ordinary fever. To soothe the throat of bronchial irritation; thyme has been most reliable.

UVA URSI: Very useful in diabetes, Brights disease and all kidney troubles. Excellent remedy for piles, hemorrhoids, liver, pancreas and gonorrhoea. Excellent when there are mucous discharges from the bladder with pus and blood.

VALERIAN ROOT: A nerve tonic. Used for epileptic fits and St. Vitus' dance, nervous derangement or irritations; debility, restlessness, and hysterical affections. Excellent for children in measles and scarlet fever. Relieves palpitation of the heart.

WHITE OAK BARK: Excellent for varicose veins. Excellent for leucorrhoea and womb troubles. Will expel pin worms. One of the best remedies for piles and hemorrhoids, hemorrhages or any trouble in the rectum. Very helpful to prevent nocturnal emissions or night losses due to excessive sexual desire or a weakened condition. Increases flow of urine and removes gallstones and kidney stones. Very useful in goiter. Normalizes the liver, kidneys and spleen. It is also good for inward tumors and swellings.

WOOD BETONY: More effective than quinine. Will relieve headaches, gout, neuralgia and colic. Excellent for the stomach. Opens obstructions of liver and spleen. It is said to hinder drunkenness if taken before-hand and quickly to expel it afterwards.

YARROW: A tonic for run-down conditions and indigestion. For tuberculosis, shortness of breath, nervousness, and high blood pressure. If taken freely at the beginning of a cold, it will break it up in 24 hours. Very useful in diabetes.

YELLOW DOCK: Many Herbalists use the mineral-rich plant for cancer, leprosy, bleeding of the lungs and bowels, and for rheumatic conditions. Excellent for impure blood, tones up the entire system.

YUCCA: New hope for arthritics. The harmless extract from the plant, has been used with surprising success on arthritis and rheumatism sufferers at a clinic in Southern California. Results show the preparation has the highest percentage of improvement in a short time of anything now available to physicians for use on such patients.

A P S - For any type of pain. Excellent for after childbirth pain.

ART-A - Arthritis

B P - Blood Purifier

C A - A calcium builder. Calcium is the most abundant mineral in the body and the one in which we are most deficient. Is essential clotting of blood, is responsible for the alternate contraction and relaxation of the heart muscle. Essential for strong bones and teeth.

C C A - Common cold, flu, tonsillitis, sinus and bronchitis.

COMFREY/FOENUGREEK: - Coughs and colds

COMBINATION EIGHT - Calms nerves and relieves tensions. Many have ceased using valium and librium when using Comb. Eight.

" E W - Eye Wash. 1 tsp to pint water. Strain & wash eyes.

" F C S - Female corrective tonic. Excellent to replace hormone and hormone shots.

" F V - Flu and Vomiting

FOENUGREEK/THYME - Flu and fevers

COMBINATION FOUR - Asthma

" G G C - For energy. This is a herbal pickup.

" H B (*Capsicum & Garlic*) - High Blood Pressure

" H I G S - Infection Combination for Hypoglycemia

" H S - Heart

" H V S - Promotes Natural and refreshing sleep

" H Y A - A combination for hypoglycemics

" I G S - For general infections, ear infections, etc.

" K - Kidney and urinary infections. Have had success with reduced uretha also.

" K - 9 - For pets. Vitamins and minerals. Keeps fleas off pets, conditions the coat and sheen; skin.

" L B S - For cleansing the lower bowel

" L H - Lung, asthma, respiratory tract, emphesema.

- " LIV-A - Liver disorders and cleansing
- " P-14 - for the Pancreas. Particularly beneficial for those having diabetes, as when the pancreas breaks down, diabetes sets in.
- " P L S - Poultice and bone knitter
- " P S - Prostate, urinary tract cleansing.
- " S F - Skinny Formula - lose weight
- " SPECIAL FORMULA #1 - Cleansing. Cleanses entire body including the cells. One of the formulas used in treatment of cancer. Special Formula #1 used in conjunction with Black Walnut for Cleansing. (See Black Walnut explanation)
- " T S - Thyroid whether it is under or over-active
- " U - Ulcers. System builder
- " X A - Male sex rejuvenator
- " 9 6 - A combination for better assimilation of protein.
- " 5 - W - To be used in last 5 weeks of pregnancy for easier childbirth.

DR. CHRISTOPHER'S COMBINATIONS

- C-C Menopause - Black Cohosh, Sarsaparilla, Ginseng, Licorice, False Unicorn, Blessed Thistle, Squawvine.
- GC-C Blood Pressure Equalizer - Capsicum, Parsley, Ginger, Garlic, Ginseng, Golden Seal Root.
- JP-C Kidneys - Juniper Berries, Parsley, Uva Ursi, Marshmallow, Lobelia, Ginger, Golden Seal Root.
- ML-C Malfunctioning Glands - Mullein, Lobelia.
- P-C Prostate - Capsicum, Uva Ursi, Parsley, Golden Seal Root, Gravel Root, Juniper Berries, Marshmallow, Ginger, Ginseng.
- PN-C Pre-Natal - Squawvine, Blessed Thistle, Black Cohosh, Pennyroyal, False Unicorn, Red Raspberry, Lobelia.
- PT-C Pancreas & Blood Sugar Problems - Cedar Berries, Uva Ursi, Licorice, Mullein, Capsicum, Golden Seal Root.
- RF-C Chest & Lung - Marshmallow, Mullein, Comfrey, Lobelia, Chickweed.
- S-C Sinus, Hayfever, Allergy - Brigham Tea, Marshmallow, Golden Seal Root, Chaparral, Burdock, Parsley, Cayenne, Lobelia.
- AG-C Anti-Gas - Fennel, Wild Yam, Peppermint, Ginger, Papaya, Spearmint, Catnip, Lobelia.
- D-C Bed Wetting - Juniper Berries, Uva Ursi, Parsley, Black Cohosh, Marshmallow, White Pond Lily, Ginger, Lobelia, Gravel Root, Cornsilk.
- BLG-C Liver & Gallbladder - Barberry Bark, Cramp Bark, Fennel, Ginger, Catnip, Peppermint, Wild Yam.
- CLT-C Colitis - Marshmallow, Slippery Elm, Comfrey, Lobelia, Ginger, Wild Yam.
- BON-C Bone, Flesh, Cartilage - Comfrey, White Oak Bark, Mullein, Black Walnut, Marshmallow, Gravel Root, Wormwood, Lobelia, Scullcap.
- CT-C Herbal Calcium - Horsetail, Comfrey, Oat Straw, Lobelia.
- GRH-C Colds - Garlic, Rosehips, Rosemary, Parsley, Watercress.
- IN-C Infection - Plantain, Black Walnut, Golden Seal Root, Bugleweed, Marshmallow, Lobelia.
- LB-C Lower Bowel Cleanser - Cascara Sagrada, Barberry Bark, Capsicum, Ginger, Lobelia, Red Raspberry, Golden Seal Root, Fennel, Turkey Rhubarb Root.
- NF-C Female Problems, Cramps, Menstrual Pain - Golden Seal Root, Blessed Thistle, Capsicum, Uva Ursi, Cramp Bark, False Unicorn Root, Red Raspberry, Squawvine, Ginger.
- HCP-C Colds & Flu - Bayberry Bark, Ginger, White Pine Bark, Cloves, Capsicum.
- MEM-C Memory - Blessed Thistle, Periwinkle, Blue Vervain, Lobelia, Ginger, Capsicum.
- I-C Iron - Yellow Dock, Red Beet, Nettle, Burdock, Strawberry Leaves, Mullein, Lobelia.
- KC-C Thyroid - Parsley, Watercress, Kelp, Irish Moss, Sarsaparilla, Black Walnut, Iceland Moss.
- RCC-C Blood Purification - Red Clover, Chaparral, Licorice, Poke Root, Peach Bark, Oregon Grape, Stillingia, Cascara Sagrada, Sarsaparilla, Prickly Ash Bark, Burdock, Buckthorn.
- RE-C Nerves, Sleep - Black Cohosh, Capsicum, Hops, Mistletoe, Lobelia, Scullcap, Wood Betony, Lady's Slipper, Valerian.
- VB-C Vaginal Bolus - Squawvine, Chickweed, Slippery Elm, Comfrey, Yellow Dock, Golden Seal Root, Mullein, Marshmallow.
- YDC-C Herbal Douche - Comfrey, White Oak Bark, Yellow Dock, Mullein, Black Walnut, Marshmallow, Lobelia.
- FUL-C Anti-Miscarriage -
- AR-C Arthritis -

Reference: "School of Natural Healing", by J. R. Christopher, (Chapter 15).

ALFALFA - 2 (3 times a day)  
 BARBERRY BARK - 2 (twice)  
 BAYBERRY - 1 (3 times)  
 BEE POLLEN - 1 (3 times)  
 BLACK COHOSH - 1 (twice)  
 BLACK WALNUT - 2 (twice)  
 BLESSED THISTLE - 2 (twice)  
 BLUE COHOSH - 1 (twice)  
 BRIGHAM TEA - 1 (twice)  
 BUCKTHORN - 2 (twice)  
 BURDOCK ROOT - 2 (twice)  
 CACTUS - 2 (3 times)  
 CAPSICUM - 1 (ea. meal & Bedtime)  
 CASCARA SAGRADA - 2 (twice)  
 CATHIP - 2 (twice)  
 CHAMOMILE - 1 (twice)  
 CHAPARRAL - 2 w/meals  
 CHICKWEED - 2 (twice)  
 COMFREY ROOT - 2 (3 times)  
 CORNSILK - 2 (3 times)  
 DAMIANA - 2 (twice)  
 DANDELION - 2 (3 times)  
 EYEBRIGHT - 2 (3 times)  
 FENNEL - 2 (3 times)  
 FOENUGREEK - 1 (twice)  
 GARLIC - 1 (3 times)  
 GINGER - 1 (twice)  
 GINSENG - 2 (twice)  
 GOLDEN SEAL - 2 (twice)  
 GOTU KOLA - 2 (twice)  
 HAWTHORNE - 2 (3 times)  
 HERBAL PUMPKIN  
     COMBINATION - 3 a day  
 HOPS - 2 (twice)  
 HORSETAIL - 1 (3 times)  
 JUNIPER BERRIES - 1 (3 times)  
 KELP - 2 (3 times)  
 LICORICE ROOT - 2 (3 times)  
 LOBELIA - 1  
 MARSHMALLOW - 1 (3 times)  
 MISTLETOE - 1  
 MULLEIN - 1 (4 times)  
 NYRRH GUM - 1 (3 times)  
 PAPAYA FRUIT - 1 (w/ea meal)  
 PARSLEY - 2 (3 times)  
 PASSION FLOWER - 2  
 PEACH BARK - 2 as needed  
 PENNYROYAL - 1 (3 times)  
 PROTEIN 96 - 2 (3 times)  
 PSYLLIUM - 2 (twice)  
 RED CLOVER - 2 (3 times)  
 RED RASPBERRY - 2 (3 times)  
 REDMOND CLAY - see notes  
 ROSEHIPS - as needed  
 ROSEMARY - 1 (3 times)  
 SAFFRON - 2 (twice)  
 SAGE - 1 (3 times)  
 SARSAPARILLA - 2 (twice)  
 SAW PALMETTO - 6 daily for  
     wasting diseases;  
     - 4 daily for  
         asthma

SCULLCAP - 2 (twice)  
 SLIPPERY ELM - 2 (twice)  
 SQUAMVINE - 1 (3 times)  
 ST. JOHNSWORT - 1 (twice)  
 THYME - 2 (twice)  
 UVA URSI - 1 (twice)  
 VALERIAN ROOT - 1 (twice)  
 WHITE OAK BARK - 2 (3 times)  
 WOOD BETONY - 1 (twice)  
 YARROW - 2 (3 times)  
 YELLOW DOCK - 2 (twice)  
 YUCCA - 2 (3 times)

A P S - 2 (3 times)  
 ART - A - 2 (3 times)  
 B P - 2 (3 times)  
 C A - 2 (3 times)  
 C C A - 2 (3 times)  
 COMFREY/FOENUGREEK - 2 (twice)  
 COMBINATION EIGHT - 2 as desired  
     " E W - (see notes)  
     " F C S - 2 (3 times)  
     " F V - 3 (twice)  
 FOENUGREEK/THYME - 2 (twice)  
 COMBINATION FOUR - 2 or more as needed  
     " G G C - 2 (as needed)  
     " H B - 2 ea meal & bedtime  
     " H I G S - 3 daily  
     " H S - 6  
     " H V S - 2 as needed  
     " H Y A - 2 (3 times)  
     " I G S - 2 (3 times)  
     " K - 2 as needed  
     " K - 9 - 1 or 2 w/food  
     " L B S - 1 or 2 as needed  
     " L H - 2 as needed  
     " LIV-A - 3 as needed  
     " P-14 - 2 (3 times)  
     " P L S - Poultrice of 2 and apply  
     " P S - 3 (3 times)  
     " S F - 4 (½ hr b/4 meals)  
     " Spec. #1 - 2 (3 times)  
     " T S - 2 (twice)  
     " U - 2 (3 times)  
     " X A - 3  
     " 96 - 2 (3 times)  
     " 5 - W - 1st 3 weeks - (3)  
                     last 2 weeks - (4)

(Please see reverse side for  
 Dr. Christopher's Combinations)