



**School of Natural Healing (Centennial or 15th Ed.)**  
by Dr. John Christopher

**CLASS: G440**

**This is your test but... do not try to fill in the blanks! We created a Test Answer Sheet which is easy to download, fill in the answer, and email.**

**Biography and Chapter One/General Disease:** History is an important part of herbalism. As we get caught up in the newest “scientific” study, disease names, the newest book on herbs, medical herbalism...it is easy to forget the lessons of long ago. There are no test questions on chapter one but the information is valuable.

## Chapter 1

### Plantain (Leaves)

1. Alteratives, or as they are sometimes called, anti-scorbutics, are remedies which \_\_\_\_\_ alter and correct impure conditions of the blood. It is because of this that many of these agents are commonly called “**Blood Purifiers**” or Blood Sweeteners.”
2. The true alterative slowly but surely cleans and purifies the bloodstream and, at the same time, steadily \_\_\_\_\_ the organ or organs which may not be able to secrete impurities from the blood.
3. Therapeutic actions of Plantain:
  - A. It is a \_\_\_\_\_ alterative.
  - B. It has a stimulating effect on the \_\_\_\_\_ system.
  - C. It is an excellent remedy in \_\_\_\_\_ troubles.
  - D. It is very useful for easing \_\_\_\_\_ pain and healing problems in the lower intestinal tract.
4. Stings and bites of poisonous insects, plants, animals, boils, carbuncles, tumors: Bruise the \_\_\_\_\_ leaves and apply to the affected area, cover and keep moist with the juice of plantain leaf; change the poultice before it dries.

### Red Clover (Flowering tops)

Red clover is highly recommended for any part of the body. Looking at the medicinal uses you will see why it has a reputation of helping with lung drainage.

5. Medicinal: Spasmodic and bronchial coughs, \_\_\_\_\_, cancer, indolent ulcers, scrofula, scaly skin, rickets, bronchitis, wheezing, chest weakness...
6. Red clover is usually combined with other alterative agents....to better \_\_\_\_\_ its alterative properties.

**Poke Root (Fresh Root is the most potent)**

7. Poke root is one of the most \_\_\_\_\_ botanical alteratives, especially beneficial where the glands are hard, swollen or enlarged.
8. It is healing to inflamed \_\_\_\_\_ and enlarged \_\_\_\_\_ glands and is an effective and rapid anti-cancer agent.
9. Poke root has a slow, but \_\_\_\_\_ powerful action.

**Burdock Root (Roots, first year's growth)**

10. It is one of the best blood cleansers in nature but does not \_\_\_\_\_.
11. Burdock root benefits the \_\_\_\_\_, soothes the kidneys and relieves congestion of the lymphatic system.
12. Blood Purifier formula contains 3 herbs: Burdock, \_\_\_\_\_, and Bloodroot.

**Chaparral/Creosote (Leaves, Small stems) (Very Bitter)**

13. Chaparral or creosote bush is especially known for its use in cancer and arthritis. It was considered to be a \_\_\_\_\_ by many native Americans.
14. It is a potent healer to the \_\_\_\_\_ tract, and to the lymphatic system. It tones up the system and rebuilds the tissue.
15. It cleanses the lower bowel and \_\_\_\_\_ peristaltic muscles.

**Oregon Grape (Rhizome, Roots) (Berberidaceae/Berbine)**

Like Goldenseal and Barberry, Oregon root contains berbine. Oregon root has a special **affinity for the skin**. Berbine, often called the "active ingredient", has an antibiotic action.

16. Oregon grape is one of the best blood purifiers and liver \_\_\_\_\_.

17. It creates appetite, promotes digestion, improves \_\_\_\_\_, and increases strength and vitality.
18. It also helps heal the bowel as a gentle tonic-cathartic, and genitourinary tract, and is very healing to the lymphatic system and \_\_\_\_\_.

### **Blue Flag (Rhizome, Roots)**

19. Blue flag is a powerful liver \_\_\_\_\_, claimed to be a therapeutic equal to mandrake root though less irritating.
20. It clears \_\_\_\_\_ of mucus and restores the normal flow of bile.
21. Blue flag is most effective for cleansing \_\_\_\_\_ from the blood and for correcting skin diseases.

### **Sassafras (Root bark)**

22. Sassafras is a blood purifier and destroys certain micro-organisms, such as \_\_\_\_\_.
23. It heals the alimentary and eliminative systems and effectively cleanses the \_\_\_\_\_.
24. DO NOT TAKE DURING \_\_\_\_\_.

### **Sarsaparilla (Root)**

25. Sarsaparilla is a wonderful \_\_\_\_\_ blood purifier.
26. It contains organic \_\_\_\_\_ (anti-putrefaction), a small amount of magnesium sulphate (laxative), iron, calcium oxalate, potassium chloride (fibrin solvent), and magnesium.
27. It will promote profuse \_\_\_\_\_ when taken hot, it will increase the flow of urine, and it is a powerful agent to expel gas from the stomach & intestines.

### **Echinacea (Root, Rhizome)**

28. Echinacea is a very effective blood purifier, and it is a powerful and stimulating \_\_\_\_\_ and anti-putrefactive agent.

29. It is very valuable for correcting auto \_\_\_\_\_, where a person has not been eliminating toxins very well, and the tissues and fluids have become septic or putrefactive, with resultant weakness.
30. It is excellent wherever \_\_\_\_\_ decay is imminent or taking place, repair power is poor, and where there are unhealthy or bloody-tinged discharges.
31. For snakes bites you must apply \_\_\_\_\_ scraped roots.

### **Purple Loosestrife (Root)**

32. Purple loosestrife is one of the most useful alterative and \_\_\_\_\_ herbs for the mucous, secretory, vascular, and nervous system.
33. Its astringent action is potent but not drying, as it \_\_\_\_\_ secretions of the mucous membrane and leaves them moist.
34. It has a special affinity for the liver, kidneys, \_\_\_\_\_, and biliary systems.
35. Clouded vision, inflamed or injured eyes, blindness: Make the tea in distilled water, strain well and use as an \_\_\_\_\_ several times daily.

### **Yellow Dock (Root)**

Yellow dock root stimulates bile production, which helps digestion, particularly of fats. It also gently stimulates bowel movements and increases the frequency of urination to assist in toxin elimination.

36. The roots of yellow dock have been found to contain as much as 40% \_\_\_\_\_ compounds, making yellow dock one the best blood builders in nature.
37. It is very valuable for all \_\_\_\_\_ disorders and has therapeutic characteristics that are similar to sarsaparillas and turkey rhubarb.

### **Garlic (Bulb)**

38. It is a valuable \_\_\_\_\_ tonic, and is especially useful in lowering hypertension; laboratory tests have proven this.
39. It has a special affinity for the \_\_\_\_\_ tract and beneficially influencing bronchial secretions, though it rapidly diffuses throughout the whole system.

40. It is effective in arresting intestinal putrefaction and infection, while stimulating the healthful growth of the “\_\_\_\_\_”.

41. Its anthelmintic properties and action is deadly to round worms and \_\_\_\_\_ worms.

### Chapter 3: The Anthelmintic Herbs

42. \_\_\_\_\_ remedies are thymol and oil of Chenopodium (American Wormseed).

**Note:** Thymol is found in oil of thyme, extracted from *Thymus vulgaris*.

43. *Trichinella* (roundworm/nematode) enter the body with unclean \_\_\_\_\_ and thrive on toxic conditions in the body.

**CDC:** “Trichinellosis, also called trichinosis, is caused by eating raw or undercooked meat of animals infected with the larvae of a species of worm called *Trichinella*. Nausea, diarrhea, vomiting, fatigue, fever, and abdominal discomfort are often the first symptoms of trichinellosis. Headaches, fevers, chills, cough, swelling of the face and eyes, aching joints and muscle pains, itchy skin, diarrhea, or constipation may follow the first symptoms.”

“When a human or animal eats meat that contains infective *Trichinella* cysts, the acid in the stomach dissolves the hard covering of the cyst and **releases the worms**. The worms pass into the small intestine and, in 1-2 days, become mature. After mating, adult females lay eggs. Eggs develop into immature worms, **travel through the arteries, and are transported to muscles**. Within the muscles, the worms curl into a ball and encyst (become enclosed in a capsule).” - CDC

44. The thread/seaworm is rather easily destroyed or expelled from the body because it is usually found in the \_\_\_\_\_ and does not adhere to the intestinal wall.

**Note:** A pinworm ("threadworm") is a small, thin, white roundworm (nematode). Pinworms are about the length of a staple. While an infected person sleeps, female pinworms leave the intestine through the anus and deposit their eggs on the surrounding skin. This causes itching around the anus which can lead to difficulty sleeping and restlessness. **ITCHY BUTT!**

45. The anthelmintic herbs are particularly useful and beneficial to eliminate \_\_\_\_\_ and \_\_\_\_\_.

46. \_\_\_\_\_ and Taeniafuges - cause expulsion FROM the body

47. \_\_\_\_\_ and Taenicides - destroy/kill worm IN the body

### **Wormwood/Artemisia absinthium (Vermifuge)**

48. Wormwood is an \_\_\_\_\_ bitter remedy, (next to rue, the most bitter herb known); it is rarely given to children.
49. The leaves are \_\_\_\_\_ and correct putrefaction, as well as countering the effects of poisonous plants.
50. The leaves and flowers expel \_\_\_\_\_ worms, and they are excellent for correcting and toning the liver and gallbladder.

### **American Wormseed/ Jerusalem Oak (Vermifuge)**

51. The powdered \_\_\_\_\_ are one of the best vermifuge remedies in nature.
52. The seed are rich in a \_\_\_\_\_ that is a useful expectorant for pulmonary complaints. It increases the power of the heart, and promotes secretions of the bronchi, kidneys, and skin.

## **Chapter 4: Astringent Herbs**

53. Astringents or constringents are herbal agents that promote greater density and \_\_\_\_\_ of tissue, as compared to cathartics or laxatives.
54. ...and they lessen or arrest excessive \_\_\_\_\_ or night sweats from lymphatic glands and skin tissues.
55. Astringents are generally \_\_\_\_\_ cleansers, and they are used externally to contract and strengthen a relaxed or weakened condition of muscular fiber.

### **Bayberry (Root bark, leaves)**

56. Some herbalists consider bayberry and \_\_\_\_\_ as the most useful herbs in botanic medicine.
57. Bayberry is a powerful \_\_\_\_\_, astringent and tonic, influencing the alimentary tract, toning and promoting glandular activity, all the while thoroughly cleansing and restoring the mucus secretions to normal function. **Note:** Alimentary tract = tubular passage of mucous membrane and muscle extending from mouth to anus.

58. Its stimulant properties affect the whole \_\_\_\_\_ system, especially the arterial and capillary circulation, with a toning action on the tissues.

59. Bayberry is an excellent tonic for the uterus (especially during \_\_\_\_\_), and is a valuable agent for arresting hemorrhage of the uterus, bowels or lungs.

### **Oak (White/English/Black/Red)**

60. The red and black oak barks are generally used for \_\_\_\_\_ applications.

61. Because of its powerful astringent properties, oak bark is used much for both external and internal \_\_\_\_\_.

62. It expels \_\_\_\_\_, increases the flow of urine, and removes gall and kidney stones.

### **Red Raspberry (Leaves)**

63. Red raspberry leaves are great for cleansing a \_\_\_\_\_ condition of the mucous membranes in the alimentary tract, leaving the tissue toned.

64. When taken \_\_\_\_\_ in pregnancy, the infusion will quiet inappropriate \_\_\_\_\_ pains and produce a safe, speedy, and easy delivery.

65. Raspberry leaves are soothing and toning to the stomach and bowels, with healing action to sore mouths, sore throats, nausea..Raspberry leaf tea is a \_\_\_\_\_ for colds and flu.

66. The formula for excessive menstruation (bleeding too much) contains Raspberry leaves, Prickly ash, \_\_\_\_\_ cohosh, Wild yam, and Cinnamon.

## **Chapter 5: Cathartic Herbs**

67. Cathartics hasten intestinal evacuations. Botanical cathartics speed up the physical evacuation processes, and are also powerful \_\_\_\_\_ in cleansing, strengthening and toning malfunctioning tissues and organs.

68. Aperients or laxatives excite \_\_\_\_\_ peristalsis, and produce normal stool formation without gripping or irritation. They are mild and slow, and generally should be used at night before going to bed.

69. Cathartics or simple \_\_\_\_\_ cause active peristalsis and stimulate the glandular secretions of the intestines, producing one or more semi-fluid bowel movements accompanied by some irritation and gripping. Use in the morning or between meals on an \_\_\_\_\_ stomach.
70. Cholagogue purgatives are herbal agents that stimulate a flow and discharge of \_\_\_\_\_, while at the same time, produce a free purgation of green-colored or “bilious” and liquid stools.
71. Dr. Shook:
- A. Where a tonic effect is most indicative, use the \_\_\_\_\_.
  - B. Where the liver and gallbladder are involved, use the \_\_\_\_\_.
  - C. Where a \_\_\_\_\_ cleansing effect is desired, use rhubarb.
  - D. For children, generally, there is no better remedy than \_\_\_\_\_.
  - E. For \_\_\_\_\_ and partially atrophied colon use mandrake or Culver’s root.
  - F. For \_\_\_\_\_ continued treatment or constipation, use cascara sagrada

**Atonic = lacking muscle tone**

### **Cascara Sagrada (Bark)**

72. It is a cathartic laxative or a drastic purgative depending upon \_\_\_\_\_.
73. Is generally combined with other \_\_\_\_\_ agents, but may be given alone.
74. Best when given on an \_\_\_\_\_ stomach.

### **Butternut/White Walnut (Inner Bark)**

75. Black Walnut is a sister plant that contains organic \_\_\_\_\_ that is much more anti-septic and healing than the usual poisonous iodine used for infections, cuts, etc.
76. Black Walnut is heavily laden with \_\_\_\_\_ iodine, which is a recognized universal remedy for scrofula, syphilis, diphtheria, and other forms of bad blood.

### **Turky Rhubarb (ROOT)**

77. Turkey rhubarb given in \_\_\_\_\_ doses, is a value stomachic tonic, increasing saliva and the flow of gastric juice, improving the appetite, promoting the action of the liver and flow of bile without astringing the intestines, and facilitating \_\_\_\_\_ throughout the system

78. It is highly esteemed as a laxative tonic for children and infants because of the milk-like quality of its action: it act chiefly on the \_\_\_\_\_.
79. In cases of diarrhea due to irritating matter in the bowel, it removes the irritating substance, the after-\_\_\_\_\_ properties check the diarrhea, and then it tones the tissue and corrects the accompanying atonic indigestion.

### **Senna (Pods and Leaves)**

80. Senna is a somewhat prompt \_\_\_\_\_ the acts on the nearly entire intestinal tract, and especially the large intestine, so it is very suitable in cases of habitual constipation.
81. The griping and \_\_\_\_\_ may be modified by adding some corrective, such as cloves, ginger, cinnamon, coriander, fennel, manna, etc.
82. Senna should not be used where there is an \_\_\_\_\_ condition of the alimentary canal or intestines, hemorrhoids, piles, intestinal hemorrhage.

### **Culver's Root (Dried rhizome and roots)**

83. Culver's root is a gentle relaxant/tonic to \_\_\_\_\_, best given in small and repeated doses.
84. It is an excellent tonic for the stomach, and it is valuable for \_\_\_\_\_ the blood and removing toxins and congestions in a mild, natural manner.

## **Chapter 6: Diaphoretic Herbs**

The diaphoretics are one of the most important herb groups. They clean the foul, mucus conditions from the entire body. A diaphoretic induces perspiration in the following ways:

85. They enter the circulation, and are thrown off by the sweat glands: they \_\_\_\_\_ the local nerve fibers to these glands to increase action.
86. They influence the peripheral sensory nerves, which relax and \_\_\_\_\_ the superficial capillaries and vessels. They primarily influence the surface and then the whole circulation, and perspiration is a result of the increased blood flow.
87. Dr. Nowell states: In a condition where the system is \_\_\_\_\_ and the skin \_\_\_\_\_, with a pulse that is full and frequent, a relaxing diaphoretic should be used. If the heart impulse is \_\_\_\_\_ and the skin is \_\_\_\_\_ we should use a stimulating diaphoretic working from the center to maintain the heart.

88. Sebaceous or oil glands give pliancy and softness to the skin. When the skin is hard and chafed the oil glands need to be stimulated. The seeds of \_\_\_\_\_ and \_\_\_\_\_ are excellent for this. They should be given in a hot infusion.
89. Diaphoretics must be given warm. If given cold they will, as a general rule, influence the kidney. \_\_\_\_\_ drinks should not be given between doses.
90. Cathartics (bowel cleansers) should not be given \_\_\_\_\_ or \_\_\_\_\_ the administration of diaphoretics.

### **Yarrow (Everything above the ground)**

91. Yarrow, in addition to being a diaphoretic, is a diuretic (mildly), stimulant, astringent, tonic, \_\_\_\_\_, emmenagogue, and vulnerary.
92. Yarrow will never \_\_\_\_\_ a patient, because of its tonic action.

Yarrow contains flavonoids that increase saliva and stomach acid, helping to improve digestion. Yarrow may also relax smooth muscle in the intestine and uterus, which can relieve stomach and menstrual cramps.

### **Camomile/Roman Chamomile (Flowers, herb)**

93. Chamomile acts quickly on the circulation, stomach, nerves, and uterus. It is an excellent stomachic. It relieves congestion and \_\_\_\_\_ the menstrual flow, when taken cold.
94. Chamomile is well-known for its soothing effects as well, helping to equalize the circulation and promote \_\_\_\_\_. In Europe, it is commonly used as a soporific (sleep-inducing herb).
95. The formula for Colic is primarily chamomile with caraway (gas), valerian (gas, nerves/spasms), and \_\_\_\_\_ (spasms).

### **Pleurisy Root (Root)**

96. Actions of pleurisy root include:
- A. it assists \_\_\_\_\_ (coughing up of material from the lungs)
  - B. subdues \_\_\_\_\_ rapidly
  - C. relaxes \_\_\_\_\_, relieving the heart and arteries of undue tension
  - D. stimulates slow and steady \_\_\_\_\_ of sweat glands

97. Pleurisy root is quite harmless in correct doses, but is **not** recommended for \_\_\_\_\_ because of its powerful action.

98. Do NOT use this agent when the skin is \_\_\_\_\_ and the pulse is weak.

### **Boneset (Dried leaves, flowering tops)**

99. Boneset is one of our great Indian remedies, \_\_\_\_\_ to the stomach, liver, bowels, uterus, and skin.

100. Though it manifests great power, it is \_\_\_\_\_.

101. It is similar to \_\_\_\_\_ in action.

### **Thyme (Herb)**

102. The \_\_\_\_\_ is a stimulant, tonic, emmenagogue, anti-spasmodic and germicide.  
Warning: In excessive doses, it is emetic, depressive and exhaustive.

103. Thyme (the whole herb) is very healing, especially for respiratory, stomach, uterine and \_\_\_\_\_ problems.

104. Thyme will eliminate all infection, destroy \_\_\_\_\_, and take away foul odors.

105. It will restore health to children who are debilitated and exhausted by \_\_\_\_\_.

\_\_\_\_\_end of thyme

106. Garden Sage/Sage is an excellent diaphoretic when used hot. Sage is a substitute for \_\_\_\_\_, and is more effective.

**Quinine:** its name is from the Peruvian Indian word "kina" meaning "bark of the tree" referring to the cinchona tree. The Peruvian Indians called it "the fever tree." Quinine, a large and complex molecule (alkaloid) found in cinchona bark. Until World War I, it was the only effective treatment for malaria. In fact, quinine was the first chemical compound to be successfully used to treat an infectious disease.

107. Catnip is often used for its relaxant, nervine, and sedative properties. As a diffusive stimulant, \_\_\_\_\_ will intensify the therapeutic action of catnip.

## Chapter 7: Diuretic Herbs

108. To avoid trouble with your kidneys do not exceed your requirements for protein. This causes an excess of \_\_\_\_\_ and protein that must be disposed of on top of the daily metabolic waste.
109. Diuretic herbs are used to:
- A. Remove waste and poisonous materials from the \_\_\_\_\_
  - B. Remove waste and \_\_\_\_\_ from the tissues and cavities of the body
  - C. Maintain the action of the kidney and stimulate the \_\_\_\_\_ excretory functions
110. The herbalist must know which diuretics influence the excretion of \_\_\_\_\_ materials, as these should be administered in combination with \_\_\_\_\_ agents such as marshmallow, couch-grass, etc. which will soothe any irritation and forestall any stress that may arise during the eliminations process. *Demulcent is a substance that relieves irritation of the mucous membranes in the mouth by forming a protective film.*
111. Bed-wetting: In nearly all cases, this is a \_\_\_\_\_ condition, the nerves are frayed and the kidneys are delicate.

### Parsley (whole herb, root, leaves, seeds)

112. If used properly, parsley will work on the gall bladder and remove \_\_\_\_\_.
113. Parsley is specific for the \_\_\_\_\_ glands, is powerfully therapeutic for the optic nerves, the brain nerves, and the whole sympathetic nervous system.
114. The fluid extract or \_\_\_\_\_ is an excellent tonic for the blood vessels, particularly the capillaries and arterioles.
115. **Decoction:** Use \_\_\_\_\_ ONLY
116. \_\_\_\_\_ are used for preparing the **seeds and leaves**. When parsley is dried, use 1 teaspoon to each cup of water: and if it is green use a handful to a pint of water. **Always cover the steeping herb.**
117. Fluid extracts contain \_\_\_\_\_ and seeds.

118. Parsley green drink and tea: The herb in \_\_\_\_\_ form acts rapidly, whereas capsules are slower. If you are using parsley as a juice, use it \_\_\_\_\_; it will throw out the poisons too fast if used excessively, and thereby cause serious upsets.

### Juniper Berry (Berries)

119. Juniper is a \_\_\_\_\_ diuretic so it is especially beneficial in eliminating passive congestion of the kidneys resulting from \_\_\_\_\_ problems, and for removing waste products from the bloodstream.

There is mounting evidence that chronic kidney disease itself is a major contributor to severe cardiac damage and, conversely, that **congestive** heart failure is a major cause of progressive chronic kidney disease. Uncontrolled congestive heart failure is often associated with a rapid fall in renal function and adequate control of congestive heart failure can prevent this. The opposite is also true: treatment of chronic kidney disease can prevent congestive heart failure. Anemia has been found in one-third to half the cases of congestive heart failure, and may be caused not only by chronic kidney disease but by the congestive heart failure itself. The anemia is associated with worsening cardiac and renal status and often with signs of malnutrition....**Congestive heart failure, chronic kidney disease and anemia therefore appear to act together in a vicious circle in which each condition causes or exacerbates the other.**

120. Juniper is a counter-poison and a strengthener of the \_\_\_\_\_, memory, and optic nerve.

121. Acute rheumatism, sciatica, lumbago: Combine with \_\_\_\_\_.

122. Collection: Do **not** use the \_\_\_\_\_ berries which are green and acid; use only the second year berries which are dark and almost purple.

### Gravel Root/Queen of the Meadow (Roots)

123. Gravel root is used principally as a therapeutic agent for the \_\_\_\_\_ genital areas, influencing the kidneys, liver, bladder, prostate gland and uterus. It helps cast off any \_\_\_\_\_ that have settled on the surfaces.

124. As a \_\_\_\_\_, it influences the entire sympathetic nervous system.

125. The Prostate Urinary Troubles formula contains \_\_\_\_\_ different diuretic herbs.

\_\_\_\_\_ end gravel root

126. Uva Ursi/Bearberry is a solvent to \_\_\_\_\_ deposits, stimulates kidney activity, and it has a slight anti-septic effect on the mucous membranes. *Note: The term "urinary calculi" refers to deposits in the urinary tract. These deposits may block the flow of urine.*
127. Uva Ursi Case History: Do not drive the cleansing organs through over-dosage. You must cleanse these delicate areas in the body \_\_\_\_\_, and when you drive them excessively, damage can be caused.
128. As Cleavers is powerful, it should not be given where there is tendency for \_\_\_\_\_ or where there may be kidney weakness.
129. Buchu: It is effective in \_\_\_\_\_ irritability of the bladder, when there is a frequent desire to urinate.
130. Burdock root is treated in Chapter 2 - the burdock seed (burr or achene) is diuretic, alterative, tonic, nervine, and diaphoretic. By looking at the formulas it is easy to assume that burdock seeds have the ability to remove waste from the \_\_\_\_\_ to relieve the symptoms of eczema, boiled, psoriasis...

## **Chapter 8: Emmenagogue (Female Correctives)**

131. Profuse menstruation is also called menorrhagia - too frequent, too \_\_\_\_\_, too long.
132. Painful menstruation is also called dysmenorrhea, a condition of \_\_\_\_\_ in the generative organs from colds and general body weakness, with accompanying severe pains at the time of menstruation.
133. Whites or leucorrhea, is often accompanied by inflammation of the uterus, itching of the outer genital organs, a whitish to creamy \_\_\_\_\_... it is disagreeable and weakening to the system.

## **Squawvine/Partridge Berry (Herb or Vine)**

134. This great herb is another legacy from our American Indians, who held it in high esteem as a uterine tonic during \_\_\_\_\_ and as a aid during parturition. It makes childbirth safe and wonderfully easy.

135. It is \_\_\_\_\_ beneficial for all uterine complaints and most effective as a female regulator.

136. For labor, partridge berry and \_\_\_\_\_ leaves would make a good combination.  
\_\_\_\_\_ end partridge berry

137. Blessed thistle: (do not confuse this with St. Mary's Thistle/Milk Thistle/Silybum) is a wonderful tonic and also valuable for \_\_\_\_\_ milk production in nursing mothers.

### **False Unicorn (Root) (page 470 - Tonic)**

138. False Unicorn is one of the best and most positive stimulative tonics for the uterus and \_\_\_\_\_.

139. It can be used to correct the \_\_\_\_\_ organs of both men and women.

140. **Danger of miscarriage, uterine hemorrhage:** Give infusion copiously (large amount), by the quart. It is usually combined with \_\_\_\_\_ for this purpose, and given in tincture or extract form.

141. Page 538: The Female Corrective formula is an amazing combination of herbs to aid in \_\_\_\_\_ a malfunctioning reproductive system.

\_\_\_\_\_ end false unicorn

142. Cramp Bark is possibly the best female regulator-\_\_\_\_\_ agent that we have for the uterus and ovaries, and is especially useful for painful or difficult menstruation and for \_\_\_\_\_ affections during pregnancy that threaten abortion during pregnancy.

143. Cramp bark (p. 395 - nervines): is highly regarded as an \_\_\_\_\_ agent.

144. True Unicorn root may be \_\_\_\_\_ used during the entire period of pregnancy. As it \_\_\_\_\_ the possibility of conception, it should be avoided where frequent pregnancy is undesirable.

145. Blue cohosh is also an excellent \_\_\_\_\_ and anti-spasmodic, which makes it very useful for various pulmonary, neural, and muscular affections.

146. Motherwort: \_\_\_\_\_ the flow of menses, and generally braces up the uterine membranes.

147. Motherwort vies for the honor of being the best heart tonic known. It calms and supports the heart and \_\_\_\_\_, and may be used in large doses.

## Chapter 9: Expectorant & Demulcent Herbs

148. Many of the demulcents and especially the expectorants, are also \_\_\_\_\_, and these are particularly valuable to purify and cleanse the system.

149. \_\_\_\_\_ (**mucus**) is nature's warning signal that a thorough cleansing is needed.

150. Herbals sources of potassium chloride include: \_\_\_\_\_ (kelp), Irish moss, greater celandine, elecampane, gravel root, wild yam, couch grass, \_\_\_\_\_, pleurisy root, gum plant, wild cherry bark, apple...

151. Expectorants act upon the bronchi-pulmonary membrane, altering the quality and \_\_\_\_\_ the quantity of its secretions and facilitating discharge of fluid or semi-fluid mucus from the trachea or lungs or bronchi, through \_\_\_\_\_ and spitting.

152. Demulcents \_\_\_\_\_, soften and ally irritation of mucous membranes.

### Comfrey/Knitbone (Root, Leaves)

153. It does not seem to matter much which part of the body is broken, either internally or externally; comfrey will heal it quickly. It is a great \_\_\_\_\_ or new cell grower, it grows new flesh and bone alike, stops hemorrhage, and is wonderful for coughs, soothing and healing the inflamed tissues in a most remarkable manner.

154. Comfrey is one of the finest healers for the \_\_\_\_\_ system, especially where there is hemorrhage of the lungs; it has saved thousands of lives.

155. The root and young leaves contain a toxic alkaloid which, according to some modern research, may cause \_\_\_\_\_ damage if taken in large amounts (or for long periods of time).

156. The comfrey root contains a large amount of \_\_\_\_\_ that is best extracted by water.

\_\_\_\_\_ end comfrey

157. Mullein has a special \_\_\_\_\_ for the respiratory organs, valuable for all pulmonary complaints.
158. Mullein is the only herb known to man that has remarkable narcotic properties without being poisonous and harmful. It is a great herbal \_\_\_\_\_ and nervous soporific, calming and quieting all inflamed and irritated nerves.
159. Formulas: Mullein oil is a specific cure for \_\_\_\_\_ diseases.
160. Chickweed is a very nutritious \_\_\_\_\_, eaten raw in salads or steamed as an ordinary vegetable, with the water used as a soothing and healing medicine either internally or externally. It is well-thought of as a weight-loss aid.
161. Marshmallow's diuretic and demulcent qualities are especially useful for \_\_\_\_\_ problems because it has no astringent action and is somewhat relaxing.
162. Marshmallow's power in the decoction form is for arresting \_\_\_\_\_ (mortification/putrefaction).
163. The Whooping Cough (specific) formula contains marshmallow and the herb \_\_\_\_\_.
164. Slippery elms therapeutic actions are \_\_\_\_\_, demulcent, pectoral, nutritive, expectorant, diuretic, slightly astringent, and tonic.
165. Slippery elm is especially efficient in \_\_\_\_\_ noxious gases and neutralizing any acidity in the stomach. Its action is so gentle that it can be retained by delicate stomachs when other substances are rejected.
166. As a poultice, the slippery elm is one of the greatest remedies in \_\_\_\_\_ injured or inflamed parts, which also provides the elements for speedy healing and strengthening of the tissue.
167. Elecampane is an expectorant, carminative, diaphoretic, diuretic, alterative... and helps with all pulmonary and \_\_\_\_\_ problems.
168. Elecampane's sodium phosphate cleans the liver and \_\_\_\_\_ organs, the potassium chloride **dissolves** the fibrinous exudations and mucoid matter, and its calcium chlorine supports, feeds, and tones the heart muscles.
169. Elecampane promptly clears up old \_\_\_\_\_ diseases of the lungs and chest.

170. Horehound has been highly valued as a soothing \_\_\_\_\_ for at least 350 years. Culpeper wrote that “it helpeth to expectorate tough phlegm from the chest”.
171. Wild cherry bark is an expectorant and tonic that is mild, soothing and slightly astringent to the mucous membranes. The syrup form is very soothing and beneficial in \_\_\_\_\_ phlegm, lessening irritability to the membranes, and quieting the nerves.
172. Licorice is a demulcent, expectorant, and emollient. It is very soothing and \_\_\_\_\_ the mucous membranes, and at the same time, it is \_\_\_\_\_ of catarrhal affections, especially of the respiratory tract.
173. Licorice is one of the oldest, mildest and yet most efficient \_\_\_\_\_, and is especially safe and effective for delicate or constipated children.
174. It is a corrective agent for other stronger herbal laxatives, \_\_\_\_\_ their action.  
**Note:** Licorice is a moderator of most strong herbs and is valuable in most alterative combinations.

## Chapter 10: Lobelia

175. Lobelia is a general \_\_\_\_\_ of the whole system, as it is easily diffused and able to influence the entire body.
176. As a powerful \_\_\_\_\_, lobelia causes immediate relaxation and expansion of any contracted parts of the respiratory system.
177. Lobelia is a selective herb. It accurately and intelligently selects which way it is to go. It is truly a “\_\_\_\_\_” herb.
178. That it has no poisonous properties we very definitely affirm. It is a very powerful herb, however and like other powerful herbs, Lobelia must be used \_\_\_\_\_.
179. The dose for a tincture is 1/2 to 1 teaspoon or \_\_\_\_\_ drops. It should always be used with a more permanent \_\_\_\_\_ such as cayenne or peppermint. The best form in which to preserve lobelia is the tincture form.

## Chapter 11: Nervine & Anti-Spasmodics

**Note:** Adrenal burnout frays the nerves and depletes vitamins B (all) and C.

180. Nervine herbs act as nerve tonics to feed, regulate, strengthen, and rehabilitate the \_\_\_\_\_.

181. Anti-spasmodics prevent or relieve excessive \_\_\_\_\_ of the voluntary or involuntary muscles in any part of the body. These herbs are most effective in cases of suspended animation or locked \_\_\_\_\_ so they are especially useful as anti-tetanus agents.

182. Skullcap is especially \_\_\_\_\_ and nutritive in neurasthenic conditions (emotional conflict, worry, disturbances of digestion and circulation, etc.). Dr. Shook said: "Scullcap is a slow-working, but sure remedy for practically all nervous affections, but it must be taken \_\_\_\_\_ for a long period of time to be of permanent benefit.

183. Valerian is an anti-spasmodic and it is quieting to the nervous system. It is an effective \_\_\_\_\_. It has been very beneficial in cases of cardiac (heart) palpitation.

184. Valerian is especially useful for women of all ages who may have \_\_\_\_\_ swings during their menstrual cycle.

185. Lady's slipper is almost a pure nervine and \_\_\_\_\_. Its action is slow, yet it influences the entire nervous system. It is an excellent pain reliever, is beneficial in female weaknesses, induces \_\_\_\_\_, and relieves hysteria and most nervous disorders. Its efficiency is increased when combined with \_\_\_\_\_ herbs.

186. Wood betony is an excellent remedy for all head and face pain, and for nervous troubles. It will open obstructions of the liver and \_\_\_\_\_, mildly stimulate the heart and expel worms from the system.

**Note:** Cramp Bark was covered as an emmenagogue.

187. Hops is a powerful, stimulating *and* relaxing nerve tonic. It increases heart action and capillary circulation, yet will produce \_\_\_\_\_ slumber in nervous and excited cerebral conditions.

188. Hops increase the flow of urine and dissolves \_\_\_\_\_, and its alterative property increases the flow of bile and tones the liver.

## **Black Cohosh (Roots, rhizome)**

Native Americans used the root of the black cohosh plant (*Actaea racemosa*, formerly known as *Cimicifuga racemosa*) to relieve menstrual cramps and symptoms of menopause, such as hot flashes, irritability, mood swings, and sleep disturbances. The herb has been widely used for more than 40 years in Europe and is approved in Germany for premenstrual discomfort, painful menstruation, and menopausal symptoms.

Black cohosh contains glycosides (sugar compounds), isoferulic acids (substances with anti-inflammatory effects), and, possibly, phytoestrogens (plant based estrogens), among several other active substances.

189. Black cohosh is a valuable emmenagogue in pelvic disturbances and uterine troubles as it effectively contracts the uterus and increases the \_\_\_\_\_ flow.

190. Black cohosh has a strong effect on the \_\_\_\_\_ system, and is used for various forms of rheumatism, arthritis, and neuralgia. **Note:** Men respond well to the anti-spasmodic properties.

191. It is a viable expectorant and exerts a tonic influence over the mucous and serous tissues, stimulating the \_\_\_\_\_ of the liver, kidneys and lymph.

192. Alcohol is the best menstruum to extract the \_\_\_\_\_ properties.

193. Black cohosh combines well with blue cohosh in \_\_\_\_\_ problems.

\_\_\_\_\_ end black cohosh

194. Wild yam is a stimulant, relaxant, and anti-spasmodic that is beneficial in all cases of nervous \_\_\_\_\_.

195. Wild yam is of great value in nervousness, restlessness, nausea, and pains that are common in \_\_\_\_\_. **Note:** Low B6 and protein digestion issues cause most nausea issues during pregnancy.

196. Wild yam relieves \_\_\_\_\_ of the stomach and bowels, and soothes any abdominal and intestinal irritations and spasms.

## Chapter 12: Stimulants

197. Stimulants quicken, excite and increase nervous sensibility, thereby stimulating energy in the body and \_\_\_\_\_ its function.
198. Stimulants increase the power of the pulse and carry blood to all parts of the body, equalizing and restoring the \_\_\_\_\_ in all parts.

### Cayenne/Capsicum (fruit)

199. Cayenne is the purest and most certain stimulant, used medicinally and also as a condiment. It feeds elements that may be lacking into the cell structure of the arteries, veins, and capillaries to give them the \_\_\_\_\_ of youth again, as the blood pressure adjusts itself to normal.
200. Cayenne heals stomach and intestinal \_\_\_\_\_. It is used in nearly all fomentation plasters, and poultices where speed is necessary, or where quick relief is desired.
201. **Heart attack:** A \_\_\_\_\_ of cayenne in hot water, should bring the patient out of the heart attack (or liquid cayenne tincture straight in the mouth - time is everything!). The same remedy will stop bleeding whether internal or external.
202. Cayenne is used with bayberry or pleurisy root to increase perspiration, and with tonics to \_\_\_\_\_ perspiration.
203. It will take uterine agents such as holy thistle directly to the uterus; although \_\_\_\_\_ will carry *all the herbs to the reproductive organs and abdominal area even faster than cayenne*.
204. It (cayenne) always follows the use of \_\_\_\_\_ in order to activate the secretions.

"While Cayenne stimulates the body like no other herb, Lobelia sedates and relieves spasm. These two herbs used alternately are like **Hot and Cold**. You must think of Lobelia as the herbal counterpart and kind of opposite to Cayenne, and whenever in doubt of what to do, use one of them, and then after a rest, use the other. I would like to be more specific, but I cannot. But after 2 decades in the clinic I can tell you that I saw as many miracles and miracle healings with this herb as I did with Cayenne which led me to make the following statement to all of my students, "**When in doubt, and you don't know where to turn or what to do, USE LOBELIA!**" - Dr. Schulze

205. Ginger is generally combined with herbs for the abdominal area, because it is a \_\_\_\_\_. Ginger accentuates most of the herbs for the lower abdominal and colon area.
206. For stomach pains Dr. Christopher said “Take some ginger & \_\_\_\_\_...”
207. Peppermint is the most pungent of all mints. It is one of the great stimulant herbs, and it also acts as a marvelous \_\_\_\_\_.
208. Peppermint is a soothing sedative for nervous and \_\_\_\_\_ people of all ages, promoting relaxation and sleep. The **oil** is an excellent stomach aid.
209. Cloves stimulate and \_\_\_\_\_ the kidneys, skin, liver, and bronchial mucous membranes.
210. Prickly ash (berries) is a slower stimulant than cayenne, but its effects are more \_\_\_\_\_, and it will remove obstructions in every part of the body.

### **Chapter 13: Tonic Herbs**

211. Tonics permanently increase tone throughout the entire system and give increased vigor, energy, and strength, stimulating \_\_\_\_\_ of nutrients.
212. They work primarily within the digestive system, yet all body organs are positively influenced. As a rule, the tonic herbs are \_\_\_\_\_.
213. Barberry is one of the best medicines to correct liver secretions because it causes bile to flow more freely and it removes \_\_\_\_\_ matter from the stomach and bowels.
214. It (barberry) is an excellent tonic for \_\_\_\_\_ and weak people (particularly children).

Barberry and goldenseal are often used for similar purposes because both herbs contain the chemical berberine. Barberry has beneficial effects on both the cardiovascular and neural system. As such, it may be useful for hypertension, tachycardia (rapid heartbeat), and some neuronal disorders, such as epilepsy and convulsions.

Barberry is used to ease inflammation and infection of the urinary (bladder and urinary tract infections), gastrointestinal, and respiratory tracts (sore throat, nasal congestion, sinusitis, bronchitis) as well as candida (yeast) infections of the skin or vagina. Barberry extract may also improve symptoms of certain skin conditions including psoriasis and acne (by cleaning up the bowels and liver).

215. Oregon grape is a sister plant of barberry. It has a somewhat higher percentage of \_\_\_\_\_ but barberry acts with greater speed and effectiveness upon the liver, stomach, and digestive organs. **Note:** Oregon grape has an affinity for the skin.

216. Goldenseal is a powerful tonic for problems with \_\_\_\_\_; it effectively tones the debilitated mucous membranes and any other tissues it contacts. It increases gastric secretions of bile, improves appetite, and aids in digestion.

217. The therapeutic action of goldenseal ranks somewhere between Turkey rhubarb and \_\_\_\_\_. This herb can be used in almost any preparation where a tonic is needed.

218. Peruvian bark (cinchona bark) is a tonic, superior \_\_\_\_\_ (malarial type fever and chills), febrifuge, nervine...

Also known as Nantucket Fever, babesiosis is malaria's first cousin. It's caused by a related parasite that infects red blood cells, and it can produce similar symptoms, including a high fever, chills and anemia. The two parasites even look like each other under the microscope.

219. Peruvian bark is a general tonic that extends its powerful influence through the whole \_\_\_\_\_ system, to the cerebral-spinal, sympathetic, and even to the peripheral nerves.

220. The natural or organic \_\_\_\_\_ that is in Peruvian bark is very beneficial to the body when used as an infusion or other appropriate form. Quinine that is extracted is dangerous to the health (the whole herb vs the extraction of one chemical).

221. White poplar (quaking aspen) is and effective - some have said superior -substitute for Peruvian bark or organic quinine, for poplar is often tolerated in a \_\_\_\_\_ stomach.

222. White poplar is on the the best tonics for \_\_\_\_\_ or when a person is constitutionally weak from disease.

223. Myrrh or Gum Myrrh stimulates the flow of blood to the capillaries and gives a warm and pleasant sensation to the stomach. It \_\_\_\_\_ the number of white blood corpuscles, up to four times the original, when there is a need for fighting infection.

**Note:** "Whenever a germ or infection enters the body, the white blood cells snap to attention and race toward the scene of the crime. The white blood cells are continually on the lookout for signs of disease. When a germ does appear, the white blood cells have a variety of ways by which they can attack. Some will produce protective antibodies that will overpower the germ. Others will surround and devour the bacteria."

224. For shock, collapse, prostration, profound congestion, the tincture of myrrh, \_\_\_\_\_ and echinacea should be given in plenty of water.

225. Gentian root is one of the most valuable bitter tonics and best \_\_\_\_\_ of the human system.

226. When possible combine Gentian with some \_\_\_\_\_ such as peppermint.

227. Gentian for worms in children: as a vermifuge, give a double dose of the infusion \_\_\_\_\_ honey 3-4 times daily until the worms come out in the stool, then give lesser doses and avoid rich foods and meat.

### **Congential Combinations of Herbs (Page 500)**

228. While many therapeutic actions of herbs can be combined to provide wonderful \_\_\_\_\_ qualities, there are others that when combined, neutralize their benefits and even have some deleterious effect.

229. Alteratives combined with an accentuator, like a stimulant, will \_\_\_\_\_ up the action of the alterative.

230. \_\_\_\_\_ are almost always used with anthelmintics.

231. Be sure to use \_\_\_\_\_ and emollients when cutting stone adhesions loose or breaking them up from a stony mass (kidney stones, gallstones).

**CHAPTER SEVENTEEN:** The lists of herbs are valuable and will save much time. Put a bookmark at this chapter for quick reference.