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Complementary First Aid – WORKING DATABASE – ADDITIONS APPRECIATED

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This is what we have done so far from your excellent inputs. The table is purposely duplicated completely for each entry, so it will stand alone, no matter how I sort it – by condition, remedy, supplier, info source, etc. When we go to press with anything, and any order, the duplication will be eliminated.

The **main things** left to do are the columns *Kit Amounts* and *Remedy Specs*. In *Specs*, we need the parameters for correct purchase of the oil or other product where the consumer can't easily order from you. For herbs, for instance, it might include: leaf, root, stem, all; dried, fresh, either; and botanical name.

If you'd like to change anything, print, modify, and fax to 1-888-446-5476 24/7. *Any questions, please don't hesitate to call 1-888-7-HELP-24 - 99 cents per minute - first 5 minutes free - payable by PayPal.*

Condition	Remedy	Description	Adult Remedy Application Comments/Cautions	Kit Amnts	Info Src	Remedy Specs <i>Multiples are in same order as Remedies (See Notes for more)</i>	Supplier A <i>(Prices for guidance only; excludes S/H)</i>	B	C	D
Abrasions	Calendula	<i>Calendula</i> is Wild Marigold extracted into a carrier.	Wash gently with mild soap and water; apply 22% <i>Calendula extract or ointment</i> on dressing to wound; bandage; dab with extract or ointment to keep it moist. Do not apply substances such as iodine which burn skin and delay healing. See <i>Homeopathy</i> hints in Notes .	1 oz	SM	Extract or ointment: 22%	SM	SHC		
Abrasions	Echinacea	Immune system stimulant; antibiotic an anti-bacterial to "gram positive" bacteria such strep and staph; helpful for any internal type of infection.	Wash well, apply <i>Echinacea</i> drops to area; <i>Poultice Powder</i> salve; sprinkle with <i>Poultice Powder</i> , bandage. Those allergic to pollen of other members of the aster family, such as ragweed, may also be allergic to <i>Echinacea</i> . May not be appropriate if you have an impaired immune system response, including tuberculosis, multiple sclerosis and HIV infection.	1 oz	RMC		TIH			
Abrasions	Lavender		Clean area with 5 drops of <i>Lavender</i> essential oil diluted in bowl of warm water. Use sparingly for acute situations.	10 ml	IIA	Only 100% pure	IIA			
Abscess	Any combination of oils of: Lavender Tea tree Chamomile	Any of these oils are effective individually.	Put two drops of <i>Lavender</i> , <i>Tea Tree</i> and <i>Chamomile</i> essential oils in 15 ml vegetable oil; add to a compress; apply to the area of swelling twice a day.	10 ml per oil	IIA	Only 100% pure	IIA			

Abscesses	Hepar Sulph. Calc.	Cold-type symptoms: croupy cough (loose, rattling, phlegmy); irritable; chilly; sweaty with sour odor; constant nasal discharge becoming thick and yellow; sticking pains shoot into ears when swallowing; worse from drafts, cool air; better from warmth, covering head, eating. <i>Hepar Sulph. Calc</i> is a homeopathic workhorse; it works on many infectious conditions.	Take one 30X tablet in medium bottle of distilled water then sip every 15 minutes to 2 hours, depending on severity of condition; stop when improvement is noted. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SMC		SM	SHC		
Allergies	Acupressure points: Li 4 Li 11 SP 6 St 36	See Notes for Acupressure point descriptions.	See Notes for application; may only need a few Acupressure points. Pregnant women should avoid using SP 6 and St 36.	1 tool, if any	ACI	Tool to add pressure: wooden	ACI			
Anxiety, tension	A combination of: Passion Flower Valerian Rhizome	<i>Passion Flower</i> works on the nervous system to decrease muscle spasms and anxiety. <i>Valerian</i> normalizes the central nervous system, acts as a sedative. The two together are ideal for chronic stress, insomnia, hypertension, seizures, muscle spasms, asthma and to suppress coughs.	May use the herbs individually, though not as effective. Take 1-3 ml tincture of <i>Passion Flower and Valerian Rhizome</i> 3x/day in water. May mix with a little Ginger to protect stomach. Valerian normally smells like dirty socks. Do not use this formula with any other sleeping medication. Do not use in pregnancy (<i>Passion Flower</i> is a uterine stimulant). Both are medium-strength herbs. If used continuously on own, take a few day's break every 2 weeks. May cause nausea/vomiting.	2-8 oz tincture, in bottle w/ dropper	JFH	Passion Flower: <i>Passiflora incarnata</i> tincture Grown in US Valerian Rhizome: <i>Valeriana officinalis</i> tincture Grown in US and Europe	JFH \$7/oz			
Arthritis	Acupressure points: GB 20 Li 4 Li 11 St 36 T 5 UB 60	See Notes for Acupressure point descriptions.	See Notes for application; may only need a few Acupressure points. Pregnant women should avoid using Li 4 and St 36.	1 tool, if any	ACI	Tool to add pressure: wooden	ACI			
Arthritis	Licorice	Licorice is very sweet (100x sweeter than sucrose); use a little to sweeten other herbs.	Take 1-3 ml tincture of <i>Licorice root</i> 3 x/day in a little water. Or make a tea of 1 tsp dried <i>Licorice root</i> to 1 cup water; boil then simmer 10-15 min; strain; drink 3 cups daily. May cause reversible high blood pressure, potassium loss, and sodium and water retention IF taken regularly (more than 3 grams a day for more than 6 weeks). This is unlikely when taken in recommended dosage. To be on safe side, do not use in cases of high blood pressure renal failure or current use of digitalis preparations.	2-8 oz tincture, in bottle w/ dropper	JFH	Root: <i>Glycyrriza glabra</i> tincture Grown in North America, Eurasia, South America, Australia, China	JFH			
Arthritis ache	Any combination of oils of: Juniper Lavender Rosemary in St John's wort with Amica	Rosemary is useful for aches, pains, sprains, muscle fatigue. Any of these oils are effective individually.	Add 20 total drops of essential oils to one ounce <i>St John's wort with Amica</i> ; massage on painful areas several times a day. Blend 2 drops <i>Juniper, Lavender, and Rosemary</i> essential oils together; add the total to a full bath if the entire body is aching. Or add the total to warm water, to soak a wash cloth and apply as a compress to small areas Or can add the essential oils and 1/2 cup Epsom Salts for a bathing soak.	10 ml per oil	IIA	Only 100% pure	IIA			
Asthma	A combination of: Red Clover Flower Black Cohosh Rhizome Lobelia Herb	This group of herbs soothes and coats an irritated throat, relieves spasmodic coughing, wheezing and spasms and has calming and pain relieving effects. They also dilate the bronchioles and are anti-inflammatory.	Herbs not recommended individually – order preparation from JFH. Take 1 tsp tincture every 2 hours as mixed with the <i>cough syrup formula</i> (see <i>Cough</i>) half and half. Made to combine with the basic cough syrup as needed; not meant to be used alone. May cause nausea or vomiting; if so, discontinue use. Only use for as long as cough persists. If cough lasts over 2 weeks, seek other remedies.	2-8 oz tincture, in bottle w/ dropper	JFH	Red clover Flower: <i>Trifolium pratense</i> dried Grown in US and Europe Black cohosh Root: <i>Cimicifuga racemosa</i> dried cut-and-sifted Grown in US and Europe Lobelia Stem, leaves <i>Lobelia inflata</i> dried	JFH			

Asthma	Acupressure points: Li 4 GB 20 GB 21 SP 6 St 36	See Notes for Acupressure point descriptions.	See Notes for application; may only need a few Acupressure points. Pregnant women should avoid using Li 4, SP 6, and St 36.	1 tool, if any	ACI	Tool to add pressure: wooden	ACI			
Asthma	Osha Root	Anesthetizing root with anti-viral and expectorant properties.		1 piece	RMC		TIH			
Backache, low	Any combination of oils of: Chamomile Rosemary Peppermint	Anti-inflammatory and analgesic essential oils can be used with a compress or as a massage oil. Any of these oils are effective individually.	Add 2 drops <i>Chamomile</i> , <i>Rosemary</i> and <i>Peppermint</i> essential oils to 2 cups of water; add to a compress; apply to lower back; hold in place with plastic wrap.	10 ml per oil	IIA	Only 100% pure	IIA			
Bite, insect	Any combination of oils of: Lavender Tea Tree in Witch Hazel	Any of these oils are effective individually.	Applied <i>Lavender</i> and/or <i>Tea Tree</i> essential oils full-strength or with Witch Hazel as a carrier.	10 ml per oil	IIA	Oil: <i>Melaleuca alternifolia</i> 100% pure or with at least 30% terpinen-4-ol and less than 15% cineole Grown in Australia	IIA			
Bite, insect	Echinacea Aloe Vera Tea Tree Plantain	Immune system stimulant; antibiotic an anti-bacterial to "gram positive" bacteria such strep and staph; helpful for any internal type of infection.	Pull stinger out with tweezers; apply available pain-relieving and anti-inflammatory remedy, such as a split raw Aloe Vera leaf, few drops Tea Tree oil, crushed/chewed/mashed Plantain; bandage; 30 drops <i>Echinacea</i> under tongue	1 oz	RMC		TIH			
Bite, insect, poisonous	Echinacea Aloe Vera Tea Tree Plantain	Immune system stimulant; antibiotic an anti-bacterial to "gram positive" bacteria such strep and staph; helpful for any internal type of infection.	Pull stinger out with tweezers; apply available pain-relieving and anti-inflammatory remedy, such as a split raw Aloe Vera leaf, few drops Tea Tree oil, crushed/chewed/mashed Plantain; bandage; 30 drops <i>Echinacea</i> under tongue, every 15 minutes for 4-8 hours.	1 oz	RMC		TIH			
Bite, snake, non-poisonous	Echinacea Aloe Vera Tea Tree Plantain	Immune system stimulant; antibiotic an anti-bacterial to "gram positive" bacteria such strep and staph; helpful for any internal type of infection.	60-80 drops Echinacea every half hour; apply, every hour, available pain-relieving and anti-inflammatory remedy, such as a split raw Aloe Vera leaf, few drops Tea Tree oil, crushed/chewed/mashed Plantain;	1 oz	RMC		TIH			
Bladder infection (cystitis)	Yarrow Herb	Very versatile. Urinary antiseptic for bladder infections.	Take 2-4 ml tincture of <i>Yarrow Herb stem and flowers</i> ; take 3x/day in a little water. Or make a tea with 1-2 tsp of dried herb; steep in just boiled water 10-15 minutes; strain; drink 3 cups or more a day.	2-8 oz tincture, in bottle w/ dropper	JFH	Stem, flowers: <i>Achillea millefolium</i>	JFH			
Bleeding, heavy	Cayenne	Used internally, it moves blood from the center of the body to peripheral areas. Externally, it coagulates blood.	Drink 10 drops <i>Cayenne</i> diluted in 2 oz water; apply a few drops of extract to bleeding area.	1 bottle	RMC		TIH			
Bleeding, injuries	Amica	Symptoms worse from light touch, heat or rest; better from lying down with head low.	Take one 30X tablet in medium bottle of distilled water then sip every 15 minutes to two hours, depending on severity of condition. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SHC		SM	SHC		
Bleeding, passive: nose bleeds, blood in stools or urine	Yarrow Herb	Very versatile. Dries up mucous discharges, stops nose bleeds, heavy periods, blood in urine or stools. Decreases blood pressure.	Take 2-4 ml tincture of <i>Yarrow Herb stem and flowers</i> ; take 3x/day in a little water. Or make a tea with 1-2 tsp of dried herb; steep in just boiled water 10-15 minutes; strain; drink 3 cups or more a day.	2-8 oz tincture, in bottle w/ dropper	JFH	Stem, flowers: <i>Achillea millefolium</i>	JFH			
			May use the herbs individually, though not as effective.							

<p>Blood pressure, high</p>	<p>A combination of: Passion Flower Valerian Rhizome</p>	<p><i>Passion Flower</i> works on the nervous system to decrease muscle spasms and anxiety. <i>Valerian</i> normalizes the central nervous system, acts as a sedative.</p>	<p>Take 1-3 ml tincture of <i>Passion Flower and Valerian Rhizome</i> 3x/day in water. May mix with a little Ginger to protect stomach. Valerian normally smells like dirty socks. Do not use this formula with any other sleeping medication. Do not use in pregnancy (<i>Passion Flower</i> is a uterine stimulant). Both are medium-strength herbs. If used continuously on own, take a few day's break every 2 weeks. May cause nausea/vomiting.</p>	<p>2-8 oz tincture, in bottle w/ dropper</p>	<p>JFH</p>	<p>Passion Flower: <i>Passiflora incarnata</i> tincture Grown in US Valerian Rhizome: <i>Valeriana officinalis</i> tincture Grown in US and Europe</p>	<p>JFH \$7/oz</p>		
<p>Blood pressure, high</p>	<p>Garlic</p>	<p>Wide range of actions. Use for prevention and/or treatment or wide range of infections. Includes anti-bacterial (staph, strep, E-coli, Klebsiella pneumoniae), antiviral, antifungal, antihelminthic (worms) properties.</p>	<p>Crush raw cloves; eat or swallow 3 cloves. For acute conditions such as infection, eat up to 8 cloves a day. Or make tincture of 1/2 to 2 ml garlic bulb; take 3x/day in water. For best effects, make sure allicin is not removed. Commercial product should have 4,000 micrograms of allicin per daily dose. This is equal to 1 clove of fresh garlic.</p>	<p>25 fresh cloves or equivalent in tablets or 1 bottle tincture</p>	<p>JFH</p>	<p>Bulb: <i>Allium sativum</i> fresh, tablets or tincture</p>	<p>JFH</p>		
<p>Blow</p>	<p>Amica</p>	<p>Symptoms worse from light touch, heat or rest; better from lying down with head low.</p>	<p>Take one 30X tablet in medium bottle of distilled water then sip every 15 minutes to two hours, depending on severity of condition. See <i>Homeopathy</i> hints in Notes.</p>	<p>250 tablets</p>	<p>SM SHC</p>		<p>SM</p>	<p>SHC</p>	
<p>Boils</p>	<p>Hepar Sulph. Calc.</p>	<p>Cold-type symptoms: croupy cough (loose, rattling, phlegmy); irritable; chilly; sweaty with sour odor; constant nasal discharge becoming thick and yellow; sticking pains shoot into ears when swallowing; worse from drafts, cool air; better from warmth, covering head, eating. <i>Hepar Sulph. Calc</i> is a homeopathic workhorse; it works on many infectious conditions.</p>	<p>Take one 30X tablet in medium bottle of distilled water then sip every 15 minutes to 2 hours, depending on severity of condition; stop when improvement is noted. See <i>Homeopathy</i> hints in Notes.</p>	<p>250 tablets</p>	<p>SM SMC</p>		<p>SM</p>	<p>SHC</p>	
<p>Bronchitis</p>	<p>Acupressure points: Li 4 GB 20 GB 21 St 36</p>	<p>See Notes for Acupressure point descriptions.</p>	<p>See Notes for application; may only need a few Acupressure points. Pregnant women should avoid using Li 4 and St 36.</p>	<p>1 tool, if any</p>	<p>ACI</p>	<p>Tool to add pressure: wooden</p>	<p>ACI</p>		
<p>Bronchitis</p>	<p>Licorice</p>	<p>Expectorant, soothes throat, suppresses cough. Licorice is very sweet (100x sweeter than sucrose); use a little to sweeten other herbs.</p>	<p>Take 1-3 ml tincture of <i>Licorice root</i> 3 x/day in a little water. Or make a tea of 1 tsp dried <i>Licorice root</i> to 1 cup water; boil then simmer 10-15 min; strain; drink 3 cups daily. May cause reversible high blood pressure, potassium loss, and sodium and water retention IF taken regularly (more than 3 grams a day for more than 6 weeks). This is unlikely when taken in recommended dosage. To be on safe side, do not use in cases of high blood pressure renal failure or current use of digitalis preparations.</p>	<p>2-8 oz tincture, in bottle w/ dropper</p>	<p>JFH</p>	<p>Root: <i>Glycyrriza glabra</i> tincture Grown in North America, Eurasia, South America, Australia, China</p>	<p>JFH</p>		
<p>Bruise</p>	<p>A combination of: Tienchi ginseng Hyssop Cinnamon Myrrh Calendula Prickly Ash Cayenne Scute</p>	<p>This herbal combination is known as Dit da Jow "Chinese Hit Liniment" and is a wound healer traditionally used in the martial arts for soft tissue injury. Indispensable first aid liniment. Relieves pain, inflammation, resolves bruises. Helps healing for new or recent injuries. Works well when ice would help for any soft tissue injury.</p>	<p>Herbs not recommended individually – order preparation from JFH. External: rub briskly into skin on affected area 3 or more times daily. Internal: 1/2 to 1 tsp in a little warm water 3x/day. (Internal and external treatment together works best.) The cayenne makes it taste a little hot initially, then sensation disappears. Do not take internally if pregnant. Keep out of eyes. Wash hands after use. Will stain clothes. Do not use on open sores (alcohol stings).</p>	<p>4 oz, in bottle with dropper</p>	<p>JFH</p>	<p>Tienchi ginseng Root: <i>Panax notoginseng</i> Hyssop Leaves, stem, flower: <i>Hyssop officinalis</i> Cinnamon Bark: <i>Cinnamomum zeylanicum</i> Myrrh Resin: <i>Commiphora myrra</i> Calendula Flower: <i>Calendula officinalis</i> Prickly Ash Bark: <i>Xanthoxylum ameri-canum</i> Cayenne fruit: <i>Capsicum annuum</i> Scute Root: <i>Scutellaria baicalensis</i></p>	<p>JFH</p>		

Bruise	Arnica		Apply <i>Arnica</i> immediately and continue every couple of hours the first day.	1 oz	RMC		TIH			
Bruise	Arnica	Symptoms worse from light touch, heat or rest; better from lying down with head low.	Take one 30X tablet in medium bottle of distilled water then sip every 15 minutes to two hours, depending on severity of condition. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SHC		SM	SHC		
Bruise	Peppermint Oil		Apply <i>Peppermint</i> essential oil immediately and continue every couple of hours the first day.	10 ml per oil	IIA	Only 100% pure	IIA			
Burn: fire	Lavender Calendula	<i>Calendula</i> is Wild Marigold extracted into a carrier.	Apply ice cold water for five minutes, then apply 2 drops full-strength <i>Lavender</i> essential oil; re-apply as needed. Can also make a compress with <i>honey</i> or <i>Calendula</i> essential oil as a carrier.	10 ml per oil	IIA	Only 100% pure	IIA			
Burn: fire, sun, wind	Calendula	<i>Calendula</i> is Wild Marigold extracted into a carrier.	Wash gently with mild soap and water; apply 22% <i>Calendula extract or ointment</i> gently to area; reapply periodically as skin heals. Do not apply substances that further dry skin and delay healing. See <i>Homeopathy</i> hints in Notes .	1 oz	SM	Extract or ointment: 22%	SM	SHC		
Burn: fire, sun, wind	Echinacea Aloe Vera Plantain	Immune system stimulant; antibiotic an anti-bacterial to "gram positive" bacteria such strep and staph; helpful for any internal type of infection.	<i>Echinacea</i> to cool; split <i>Aloe Vera</i> leaf or chewed/mashed <i>Plantain</i> often if second degree.		RMC			TIH		
Burn: sun, wind	Any combination of oils of: Lavender Chamomile Geranium Aloe Vera Gel	See Preparations section for Sunburn Treatment Oil. Any of these oils are effective individually.	Add 20 drops <i>Lavender</i> essential oil to distilled; spray affected area; combine 1 oz <i>Aloe Vera Gel</i> with 3 drops each <i>Lavender</i> , <i>Chamomile</i> and <i>Geranium</i> essential oils; apply as needed for comfort. <i>Aloe Vera Gel</i> is safe to use undiluted	10 ml per oil	IIA	Oils: only 100% pure Aloe Vera gel: most commercial are fine	IIA			
Chicken Pox	A combination: Soothing Bath	See Preparations section. Any of these oils are effective individually.	Apply <i>Healing Spray</i> to affected area, as needed, soak in <i>Soothing Bath</i> up to 30 minutes depending on comfort level.	10 ml per oil	IIA	Only 100% pure	IIA			
Cholesterol, high	Garlic	Wide range of actions. Use for prevention and/or treatment or wide range of infections. Includes anti-bacterial (staph, strep, E-coli, Klebsiella pneumoniae), antiviral, antifungal, antihelminthic (worms) properties.	Crush raw cloves; eat or swallow 3 cloves Or make tincture of 1/2 to 2 ml garlic bulb; take 3x/day in water. For best effects, make sure allicin is not removed. Commercial product should have 4,000 micrograms of allicin per daily dose. This is equal to 1 clove of fresh garlic.	25 fresh cloves or equivalent in tablets or 1 bottle tincture	JFH	Bulb: <i>Allium sativum</i> fresh, tablets or tincture	JFH			
Cold	Any combination of oils of: Eucalyptus Tea Tree Thyme Clove	Any of these oils are effective individually.	For steam inhalation, use 1 drop each <i>Tea Tree</i> , <i>Thyme</i> , <i>Clove</i> and <i>Eucalyptus</i> essential oils in hot water. Or in bath, use 2 drops <i>Thyme</i> and <i>Tea tree</i> , 1 drop <i>Eucalyptus</i> .	10 ml per oil	IIA	Only 100% pure	IIA			
Cold	Hepar Sulph. Calc.	Cold-type symptoms: croupy cough (loose, rattling, phlegmy); irritable; chilly; sweaty with sour odor; constant nasal discharge becoming thick and yellow; sticking pains shoot into ears when swallowing; worse from drafts, cool air; better from warmth, covering head, eating. <i>Hepar Sulph. Calc</i> is a homeopathic workhorse; it works on many infectious conditions.	Take one 30X tablet in medium bottle of distilled water then sip every 15 minutes to 2 hours, depending on severity of condition; stop when improvement is noted. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SMC		SM	SHC		

Cold	Licorice	Expectorant, soothes throat, suppresses cough. Licorice is very sweet (100x sweeter than sucrose); use a little to sweeten other herbs.	Take 1-3 ml tincture of <i>Licorice root</i> 3 x/day in a little water. Or make a tea of 1 tsp dried <i>Licorice root</i> to 1 cup water; boil then simmer 10-15 min; strain; drink 3 cups daily. May cause reversible high blood pressure, potassium loss, and sodium and water retention IF taken regularly (more that 3 grams a day for more than 6 weeks). This is unlikely when taken in recommended dosage. To be on safe side, do not use in cases of high blood pressure renal failure or current use of digitalis preparations.	2-8 oz tincture, in bottle w/ dropper	JFH	Root: <i>Glycyrriza glabra</i> tincture Grown in North America, Eurasia, South America, Australia, China	JFH			
Cold and Flu	Acupressure points: Li 4 Li 11 T 5 GB 20 St 36 SP 6	See Notes for Acupressure point descriptions.	See Notes for application; may only need a few Acupressure points. Pregnant women should avoid using Li 4, SP 6, and St 36.	1 tool, if any	ACI	Tool to add pressure: wooden	ACI			
Cold sore	Tea Tree Oil	A strong anti-fungal with antibiotic and antiseptic properties.		0.5 oz	RMC		TIH			
Cold sores	Hepar Sulph. Calc.	Cold-type symptoms: croupy cough (loose, rattling, phlegmy); irritable; chilly; sweaty with sour odor; constant nasal discharge becoming thick and yellow; sticking pains shoot into ears when swallowing; worse from drafts, cool air; better from warmth, covering head, eating. <i>Hepar Sulph. Calc</i> is a homeopathic workhorse; it works on many infectious conditions.	Take one 30X tablet in medium bottle of distilled water then sip every 15 minutes to 2 hours, depending on severity of condition; stop when improvement is noted. See Homeopathy hints in Notes .	250 tablets	SM SMC		SM	SHC		
Cold sores	Licorice	Licorice is very sweet (100x sweeter than sucrose); use a little to sweeten other herbs.	Take 1-3 ml tincture of <i>Licorice root</i> 3 x/day in a little water. Or make a tea of 1 tsp dried <i>Licorice root</i> to 1 cup water; boil then simmer 10-15 min; strain; drink 3 cups daily. May cause reversible high blood pressure, potassium loss, and sodium and water retention IF taken regularly (more that 3 grams a day for more than 6 weeks). This is unlikely when taken in recommended dosage. To be on safe side, do not use in cases of high blood pressure renal failure or current use of digitalis preparations.	2-8 oz tincture, in bottle w/ dropper	JFH	Root: <i>Glycyrriza glabra</i> tincture Grown in North America, Eurasia, South America, Australia, China	JFH			
Cold, flu	Astragalus	Tonic: antibacterial, anti-inflammatory, adaptogenic, diuretic, and improves stamina.	Make tea with 1-5 tsp <i>Astragalus</i> root in one cup hot water; take three times daily. Chinese tradition is to take the large dosage and simmer for several hours.	7-35 g	SF	Root: <i>Astragalus membranaceus</i> dried sliced Grown in US and China called <i>huang-qi</i>	SF			
Cold, flu	Echinacea	Activates and increases white blood cells (especially T lymphocytes, macrophages and natural killer cells) that help fight infection. Increases virus-fighting interferon. Specifically helps fight flu and herpes viruses and inhibits growth of staphylococcus and candida albicans (yeast). Also decreases inflammation and promotes detoxification.	Take 2-4 ml tincture of <i>Echinacea root</i> every 2 hours for acute condition. Or for long term use, take 2-4 ml, 3x/day. Take tincture in a little water for better absorption. Use for 6 weeks on, 1 week off and repeat if necessary. Do not use as a long term immune enhancer; there are better herbs for this such as <i>Ginseng</i> root, <i>Astragalus</i> root or <i>Reishi</i> mushroom. If nausea occurs, mix with a little <i>Ginger</i> or <i>Peppermint</i> or discontinue.	2-8 oz tincture, in bottle w/ dropper	JFH	Root: <i>Echinacea Augustifolia</i>	JFH			
Cold, flu, early onset	Garlic	Wide range of actions. Use for prevention and/or treatment or wide range of infections. Includes anti-bacterial (staph, strep, E-coli, Klebsiella pneumoniae), antiviral, antifungal, antihelminthic (worms) properties.	Crush raw cloves; eat or swallow 3 cloves. For acute conditions such as infection, eat up to 8 cloves a day. Or make tincture of 1/2 to 2 ml garlic bulb; take 3x/day in water. For best effects, make sure allicin is not removed. Commercial product should have 4,000 micrograms of allicin per daily dose. This is equal to 1 clove of fresh ..	25 fresh cloves or equivalent in tablets or 1 bottle tincture	JFH	Bulb: <i>Allium sativum</i> fresh, tablets or tincture	JFH			

			garlic.							
Cold, flu, early onset	Yarrow Herb	Very versatile. Brings on sweating in early onset cold and flu and brings down fever for same reason. Increases urine output and promotes kidney/bladder cleansing.	Take 2-4 ml tincture of <i>Yarrow Herb stem and flowers</i> ; take 3x/day in a little water. Or make a tea with 1-2 tsp of dried herb; steep in just boiled water 10-15 minutes; strain; drink 3 cups or more a day. Add to cold tincture.	2-8 oz tincture, in bottle w/ dropper	JFH	Stem, flowers: <i>Achillea millefolium</i>	JFH			
Cold, flu, respiratory, sore throat,	A combination of: Osha Root Echinacea Lungwort Lichen Magnolia Bud Garden Sage Licorice Ginger Coltsfoot Passion Flower	This group of herbs provide anti viral, anti bacterial coverage specific to the respiratory system, detoxifies, dries up secretions, opens the airway, helps sweating, relaxes muscles and soothes an inflamed throat.	Herbs not recommended individually – order preparation from JFH. Take 2-4 ml tincture of herbs every 2 hours when awake; take for a few days even after symptoms are gone. Do not take continuously; if condition is not gone or getting a lot better in 2 weeks, take another remedy. Respiratory infections can turn into pneumonia if not treated appropriately.	2-8 oz tincture, in bottle w/ dropper	JFH	Osha Root: <i>Ligusticum porteri</i> Echinacea Root: <i>Echinacea augustifolia</i> Lungwort Lichen: <i>Stricta pulmonaria</i> Magnolia Bud: <i>Magnolia liliflora</i> Garden Sage Leaves, flower, stem: <i>Salvia officinalis</i> Licorice Root: <i>Glycyrrhiza galabra</i> Ginger Root: <i>Zingiber officinalis</i> Coltsfoot Leaves, stem: <i>Coltsfoot Tussilago farfara</i> Passion Flower: <i>Passiflora incarnata.</i>	JFH			
Cold, flu., early onset	Ginger	Stimulates digestion, settles the stomach and stops vomiting. Has a warming quality.	Take 2 ml tincture of <i>Ginger Rhizome</i> 3x/day in a little water. Or use fresh ginger root; grate 1 tsp and steep in a tea for 20 minutes and strain; this is especially good for sweating in early onset cold/flu. Do not use if fever is present. If promotes sweating, add <i>Echinacea</i> root). Add <i>Ginger</i> to other herbs to stop side effects of nausea.	2-8 oz tincture, in bottle w/ dropper	JFH	Rhizome: <i>Gingiber officinalis</i> tincture Grown in US, China and India	JFH			
Colic	Aconite	Symptoms generally sudden, after exposure to cold dry wind or a fright, may be in the early stages of an illness, and may include fearfulness, gas, intense thirst for cold water.	Take one 30X <i>Aconite</i> tablet in medium bottle of distilled water then sip every 15-30 minutes until condition improves. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SMC		SM	SHC		
Colic	Belladonna	Symptoms generally sudden, perhaps violent; worse from noise, jarring, touch, bright light or pressure; better from standing or sitting erect. The entire face is red and hand remains hot from touching fevered face.	Take one 30X <i>Belladonna</i> tablet in medium bottle of distilled water then sip every 15 minutes to two hours, depending on severity of condition; less often as condition improves; stop when improvement is established. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SMC		SM	SHC		
Constipation	A combination of: Cascara segrada <i>Licorice root</i> <i>Fennel</i> or <i>Peppermint</i>	Some of the best, less harsh herbs for the occasional constipation due to travel, bad diet, etc.	Herbs not recommended individually. Make a tea – place 1 tsp each <i>Cascara segrada</i> , <i>Licorice root</i> and <i>Fennel</i> or <i>Peppermint</i> into 1 pint water; simmer for 15 minutes; strain; add honey to taste (this is bitter). There is a delayed reaction with the herbs, it takes about 12 hours, so best to take at bedtime. Alternative: taking 1/2 teaspoon of <i>Cascara segrada</i> tincture and 1/2 teaspoon <i>Fennel</i> tincture in 2 tsp warm juice or tea is a little more palatable than the tea. Increase bulk fibers and water in your diet. Do not take laxatives longer than 3 days.	1 oz?	BF		BF			
Constipation	Acupressure points: St 36 SP 6 Li 4 Li 11	See Notes for Acupressure point descriptions.	See Notes for application; may only need a few Acupressure points. Pregnant women should avoid using Li 4, SP 6, and St 36.	1 tool, if any	ACI	Tool to add pressure: wooden	ACI			

Constipation	Cascara segrada	This dried, aged bark from the Pacific Northwest is widely accepted as a mild and effective treatment for chronic constipation.	Take 10 drops (1ml) of fluid extract. Follow label instructions. Only use aged bark. For chronic constipation, see your healthcare professional to avoid laxative dependency.	1 bottle	SF	Bark: <i>Rhamnus purshiana</i> extract preferred, capsules OK, decoction tea is too bitter Grown in North American Pacific Northwest	SF		
Cough	A combination for a cough Syrup: Licorice Plantain Marshmallow Slippery Elm Thyme Coltsfoot Sage Wild Cherry Horehound	Coughing can actually be beneficial – it's the body's way of clearing the airways so that you can breathe better. After a while, though, it irritates your throat. Coating your throat by drinking an herbal syrup reduces the irritation that makes you cough and also diminishes the pain. <i>Marshmallow</i> , <i>Slippery Elm</i> and <i>Licorice</i> soothe the throat, preventing inflammation and coughing. <i>Plantain</i> by itself represents a comprehensive cough remedy because it protects the mucous membranes, reduces the urge to cough, dissolves mucus, and inhibits bacterial growth and inflammation. <i>Coltsfoot</i> helps to dissolve and discharge phlegm and protects inflamed bronchials. <i>Wild Cherry</i> helps with a dry hacking cough <i>Horehound</i> acts as an expectorant to help bring up mucus in a wet cough.	This is more effective for the long term than individual herbs. Prepare this formula ahead of time. Simmer the following herbs in 12 ounces of water for 5 minutes and then steep them for 20 minutes longer: 1 tsp each of <i>Licorice root</i> , <i>Plantain leaf</i> and <i>Marshmallow root</i> , 1 tsp each of <i>Thyme leaves</i> , <i>Coltsfoot leaves</i> and <i>Sage leaves</i> , and 1 tsp each of <i>Slippery Elm bark</i> , <i>Wild Cherry</i> and <i>Horehound</i> ; strain; add 2 ounces of honey and 4 ounces of vegetable glycerin while the tea water is still warm. The cough syrup will keep for at least 3-4 weeks refrigerated. Adults and children over 2 can take 1 teaspoon to 1 tablespoon as needed. Do not give this syrup to babies (they cannot have honey). <i>Coltsfoot</i> should not be used for longer than two weeks.		BF	Licorice Root: <i>Glycyrrhiza glabra</i> Plantain Leaf: <i>Plantago major</i> Marshmallow Root: <i>Althea officinalis</i> Slippery Elm Bark: <i>Ulmaria fulva</i> Thyme leaves: _____ Coltsfoot Leaf: <i>Tussilago farfara</i> Sage _____: _____ Wild Cherry _____: <i>Prunus virginiana</i> Horehound _____: <i>Marubian vulgare</i>	BF		
Cough	Aconite	Symptoms generally sudden, after exposure to cold dry wind or a fright, may be in the early stages of an illness, and may include fearfulness, gas, intense thirst for cold water.	Take one 30X <i>Aconite</i> tablet in medium bottle of distilled water then sip every 15-30 minutes until condition improves. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SMC		SM	SHC	
Cough	Cough syrup combination in brandy and black cherry concentrate: Lungwort Lichen Osha Root White Horehound Coltsfoot Wild Cherry Licorice Ginger Slippery Elm	A classic combination to help expectorate phlegm, open the airway, soothe the throat, provide anti-viral and antibiotic protection and slightly suppress coughing spasms.	This is more effective for the long term than individual herbs. Purchase a preparation from JFH. Take 1 tsp cough syrup every 2 hours as needed. For uncontrolled coughing spasms , see <i>Cough, dry hacking stubborn</i> condition. Do not suppress a productive cough (one that brings up phlegm) except at night so you can sleep.	4 oz or 8 oz tincture, in bottle w/ dropper	JFH	Lichen: <i>Sticta pulmonaria</i> Root: <i>Ligusticum porteri</i> Leaves, stem: <i>Marubium vulgare</i> Leaves: <i>Tussilago farfara</i> Root: <i>Parnus serotina</i> Root: <i>Glycyrrhiza glabra</i> Root: <i>Zingiber officinalis</i> Bark: <i>Ulmus fulva</i> .	JFH		
Cough	Ferrum Phosphoricum	Symptoms are gradual onset; worse at night, from motion, on right side; better from touch, cold application; hard dry tickling cough with hoarseness and painful chest	Take one 30X tablet in medium bottle of distilled water then sip every 15 minutes to 30 minutes until improvement is noted. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SMC		SM	SHC	
Cough	Licorice	Expectorant, soothes throat, suppresses cough. Licorice is very sweet (100x sweeter than sucrose); use a little to sweeten other herbs.	Take 1-3 ml tincture of <i>Licorice root</i> 3 x/day in a little water. Or make a tea of 1 tsp dried <i>Licorice root</i> to 1 cup water; boil then simmer 10-15 min; strain; drink 3 cups daily. May cause reversible high blood pressure, potassium loss, and sodium and water retention IF taken regularly (more than 3 grams a day for more than 6 weeks). This is unlikely when taken in recommended dosage. To be on safe side, do not use in cases of high blood pressure renal failure or current use of digitalis preparations.	2-8 oz tincture, in bottle w/ dropper	JFH	Root: <i>Glycyrrhiza glabra</i> tincture Grown in North America, Eurasia, South America, Australia, China	JFH		
Cough, croup	Hepar Sulph.	Cold-type symptoms: croupy cough (loose, rattling, phlegmy); irritable; chilly; sweaty with sour odor; constant nasal discharge becoming thick and yellow; sticking pains shoot into ears when swallowing; worse from drafts, cool air; better	Take one 30X tablet in medium bottle of distilled water then sip every 15 minutes to 2 hours, depending on severity of condition; stop when improvement is noted.	250	SM		SM	SHC	

Cough, Croup	Calc.	from warmth, covering head, eating. <i>Hepar Sulph. Calc</i> is a homeopathic workhorse; it works on many infectious conditions.	noted. See <i>Homeopathy</i> hints in Notes .	tablets	SMC		SM	SHC		
Cough, dry hacking stubborn	Combination of: Red Clover Flower Black Cohosh Rhizome Lobelia Herb	This group of herbs soothes and coats an irritated throat, relieves spasmodic coughing, wheezing and spasms and has calming and pain relieving effects. They also dilate the bronchioles and are anti-inflammatory.	This is more effective for the long term than individual herbs. Purchase the preparation from JFH. Take 1 tsp tincture every 2 hours as mixed with <i>the cough syrup formula</i> (see <i>Cough</i>) half and half. Made to combine with the basic cough syrup as needed; not meant to be used alone. May cause nausea or vomiting; if so, discontinue use. Only use for as long as cough persists. If cough lasts over 2 weeks, seek other remedies.	2-8 oz tincture, in bottle w/ dropper	JFH	Red clover Flower: <i>Trifolium pratense</i> dried Grown in US and Europe Black cohosh Root: <i>Cimicifuga racemosa</i> dried cut-and-sifted Grown in US and Europe Lobelia Stem, dried leaves <i>Lobelia inflata</i>	JFH			
Cough, wheezing	A combination of: Passion Flower Valerian Rhizome	<i>Passion Flower</i> works on the nervous system to decrease muscle spasms and anxiety. <i>Valerian</i> normalizes the central nervous system, acts as a sedative.	May use the herbs individually, though not as effective. Take 1-3 ml tincture of <i>Passion Flower and Valerian Rhizome</i> 3x/day in water. May mix with a little Ginger to protect stomach. Valerian normally smells like dirty socks. Do not use this formula with any other sleeping medication. Do not use in pregnancy (<i>Passion Flower</i> is a uterine stimulant). Both are medium-strength herbs. If used continuously on own, take a few day's break every 2 weeks. May cause nausea/vomiting.	2-8 oz tincture, in bottle w/ dropper	JFH	Passion Flower: <i>Passiflora incarnata</i> tincture Grown in US Valerian Rhizome: <i>Valeriana officinalis</i> tincture Grown in US and Europe	JFH \$7/oz			
Cut	Any combination of oils of: Geranium Cistus (Rock Rose)	Has good homeostatic properties. Any of these oils are effective individually.	For small cuts, apply few drops of <i>Geranium</i> or <i>Rock Rose</i> , apply pressure for one minute, apply bandaide.	10 ml per oil	IIA	Only 100% pure	IIA			
Cut	Calendula	<i>Calendula</i> is Wild Marigold extracted into a carrier.	If jagged, clean with mild soap and water; apply 22% <i>Calendula extract or ointment</i> to wound; bandage; dab with extract or ointment to keep it moist; if serious, take to healthcare professional. See <i>Homeopathy</i> hints in Notes .	1 oz	SM	Extract or ointment: 22%	SM	SHC		
Depression, mild to moderate	St John's wort	Antidepressant and mood stabilizer.	Take 1-4 ml tincture of <i>St John's wort</i> 3 x/day in a little water with food. Or make an infusion (tea) 2 tsp dried herb to 1 cup boiling water; steep 10 to 15 minutes and strain; drink 1 cup 3 x/day. May cause mild gastric upset. Possible sensitivity to sun and other UV light in fair haired individuals. Avoid exposure to strong sunlight if using doses beyond those stated for long periods of time. Do not take with them if on Prozac, Zoloft or other anti-depressants, wean off <i>slowly</i> as you gradually increase your intake of St John's wort. May take 3-4 weeks to have an effect.	2-8 oz tincture, in bottle w/ dropper	JFH	Leaves, flowers, stems: <i>Hypericum perforatum</i> tincture Grown US, Europe and Chile	JFH			
Detoxification	Any combination of oils of: Fennel Grapefruit Juniper Berry Lemon Cypress	Encourages toxin elimination, have cleansing properties. Any of these oils are effective individually.	Make a 3% blend for massage with 18 drops of any combination of the essential oils. Or in bath with Epsom Salts, use approximately 10 drops with a carrier in the bath. <i>Apple cider vinegar</i> is also a good detoxifier.	10 ml per oil	IIA	Only 100% pure	IIA			
Diarrhea	Acupressure points: St 36, SP 6 Li 4	See Notes for Acupressure point descriptions.	See Notes for application; may only need a few Acupressure points. Pregnant women should avoid using these points.	1 tool, if any	ACI	Tool to add pressure: wooden	ACI			
		In most cases, diarrhea sets in when the body has to remove	Make a tea with any or all of herbs <i>Meadowsweet, Agrimony</i> or <i>Red Raspberry leaf</i> ; place 3 tsp of dried herbs in 2 cups of boiling water. Steep for 15 minutes, strain and sip a cup every hour or until diarrhea is			Meadowsweet _____:				

Diarrhea	Meadowsweet Agrimony Red Raspberry	digestive poisons from its system and should not be suppressed. However, it can be useful to control the process and help the system with herbs that tone the lining of the intestine wall and which are mildly astringent.	them and sip a cup every hour or until digestion is normal; sweeten with honey; can add ginger; drink lots of water (herbal teas are good for this). Two tablespoons of carob powder stirred into 1 cup of applesauce (pectin) or potato peel broth will help solidify stools. Diarrhea in children under three can be serious – children dehydrate consult your healthcare practitioner if diarrhea lasts more than a day.		BF	_____ Agrimony _____: _____ _____ Red Raspberry _____: _____ _____	BF			
Diarrhea	Quassia		Take 2 <i>Large Intestine</i> capsules; 3-5 dropperfuls of <i>Quassia</i> every 6 hours.	1 oz	RMC		TIH			
Ear Infection	Acupressure points: Li 4 Li 11 T 5 St 36 GB 20	See Notes for Acupressure point descriptions.	See Notes for application; may only need a few Acupressure points. Pregnant women should avoid using Li 4 and St 36.	1 tool, if any	ACI	Tool to add pressure: wooden	ACI			
Earache	Belladonna	Symptoms generally sudden, perhaps violent; worse from noise, jarring, touch, bright light or pressure; better from standing or sitting erect. The entire face is red and hand remains hot from touching fevered face.	Take one 30X <i>Belladonna</i> tablet in medium bottle of distilled water then sip every 15 minutes to two hours, depending on severity of condition; less often as condition improves; stop when improvement is established. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SMC		SM	SHC		
Earache	Chamomilla	Symptoms are anger, irritable, temperamental, perhaps wild with pain, greenish slimy stools, cold sweats; worse when moved.	Take one 30X Chamomilla tablet in medium bottle of distilled water then sip every 15 minutes until improvement is established. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SMC		SM	SHC		
Earache	Ferum Phosphoricum	Symptoms are gradual onset; worse at night, from motion, on right side; better from touch, cold application; bright red blood.	Take one 30X tablet in medium bottle of distilled water then sip every 15 minutes to 30 minutes until improvement is noted. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SMC		SM	SHC		
Earache	Garlic	The Eustachian tubes, which run from the ears to the throat, provide an easy route for throat infections to travel to the ears. Earaches, for the most part do not have to be treated by antibiotics. Herbal antibacterials are very effective and do not cause the problems associated with antibiotics. You will often see these herbs combined in oils for the ear.	Macerate garlic in olive oil to make an ear oil. Or gently heat 1/8 cup olive oil; add 3 crushed garlic cloves; strain; add 2 tsp <i>St John's wort</i> oil. Refrigerate and even then, discard after 3-4 days.	21 fresh cloves	BF	Garlic bulb, fresh: <i>Allium sativum</i> St John's wort Oil: <i>Hypericum perforatum</i> Grown worldwide	BF			
Earache	Tea Tree Oil	A strong anti-fungal with antibiotic and antiseptic properties.	Dilute <i>Tea Tree Oil</i> 1-2 times w/ vegetable oil and insert 3-6 drops in ear.	0.5 oz	RMC	Grown in Australia	TIH			
Eczema	Licorice	Licorice is very sweet (100x sweeter than sucrose); use a little to sweeten other herbs.	Take 1-3 ml tincture of <i>Licorice root</i> 3 x/day in a little water. Or make a tea of 1 tsp dried <i>Licorice root</i> to 1 cup water; boil then simmer 10-15 min; strain; drink 3 cups daily. May cause reversible high blood pressure, potassium loss, and sodium and water retention IF taken regularly (more than 3 grams a day for more than 6 weeks). This is unlikely when taken in recommended dosage. To be on safe side, do not use in cases of high blood pressure renal failure or current use of digitalis preparations.	2-8 oz tincture, in bottle w/ dropper	JFH	Root: <i>Glycyrriza glabra</i> tincture Grown in North America, Eurasia, South America, Australia, China	JFH			
Eyes, black	Amica	Symptoms worse from light touch, heat or rest; better from lying down with head low.	Take one 30X tablet in medium bottle of distilled water then sip every 15 minutes to two hours, depending on severity of condition. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SHC		SM	SHC		

Fainting	Acupressure points: St 36 Li 4 GB 20	See Notes for Acupressure point descriptions.	See Notes for application; may only need a few Acupressure points. Pregnant women should avoid using Li 4 and St 36.	1 tool, if any	ACI	Tool to add pressure: wooden	ACI			
Fall	Amica	Symptoms worse from light touch, heat or rest; better from lying down with head low.	Take one 30X tablet in medium bottle of distilled water then sip every 15 minutes to two hours, depending on severity of condition. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SHC		SM	SHC		
Fatigue	Acupressure points: St 36 GB 21	See Notes for Acupressure point descriptions.	See Notes for application; may only need a few Acupressure points. Pregnant women should avoid using St 36.	1 tool, if any	ACI	Tool to add pressure: wooden	ACI			
Feet, sore	Amica		Massage with <i>Amica</i> immediately and continue every couple of hours the first day.	1 oz	RMC		TIH			
Fever	Acupressure points: Li 4 Li 11 T 5	See Notes for Acupressure point descriptions.	See Notes for application; may only need a few Acupressure points. Pregnant women should avoid using Li 4.	1 tool, if any	ACI	Tool to add pressure: wooden	ACI			
Fever	Chamomilla	Symptoms are anger, irritable, temperamental, perhaps wild with pain, greenish slimy stools, cold sweats; worse when moved.	Take one 30X Chamomilla tablet in medium bottle of distilled water then sip every 15 minutes until improvement is established. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SMC		SM	SHC		
Fever	Echinacea	Immune system stimulant; antibiotic an anti-bacterial to "gram positive" bacteria such strep and staph; helpful for any internal type of infection.	60-100 drops <i>Echinacea</i> every hour.	1 oz	RMC		TIH			
Fever	Ferum Phosphoricum	<i>Ferum Phosphoricum</i> is an <i>early-on</i> remedy; useful in the first stages of an illness when no clear symptoms for other remedies. Symptoms are gradual onset; worse at night, from motion, on right side; better from touch, cold application; pale but roses in cheeks.	Take one 30X tablet in medium bottle of distilled water then sip every 15 minutes to 30 minutes until improvement is noted. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SMC		SM	SHC		
Fever	Yarrow Herb	Very versatile. Brings on sweating in early onset cold and flu and brings down fever for same reason.	Take 2-4 ml tincture of <i>Yarrow Herb stem and flowers</i> ; take 3x/day in a little water. Or make a tea with 1-2 tsp of dried herb; steep in just boiled water 10-15 minutes; strain; drink 3 cups or more a day.; combine with ginger, cayenne or peppermint to cause sweating.	2-8 oz tincture, in bottle w/ dropper	JFH	Stem, flowers: <i>Achillea millefolium</i>	JFH			
Fever, sudden	Aconite	Symptoms generally sudden, after exposure to cold dry wind or a fright, may be in the early stages of an illness, and may include fearfulness, gas, intense thirst for cold water.	Take one 30X <i>Aconite</i> tablet in medium bottle of distilled water then sip every 15-30 minutes until condition improves. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SMC		SM	SHC		
Fever, sudden	Belladonna	Symptoms generally sudden, perhaps violent; worse from noise, jarring, touch, bright light or pressure; better from standing or sitting erect. The entire face is red and hand remains hot from	Take one 30X <i>Belladonna</i> tablet in medium bottle of distilled water then sip every 15 minutes to two hours, depending on severity of condition; less often as condition improves; stop when improvement is established. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SMC		SM	SHC		

		touching fevered face.								
Fibromyalgia	Licorice	Licorice is very sweet (100x sweeter than sucrose); use a little to sweeten other herbs.	May cause reversible high blood pressure, potassium loss, and sodium and water retention IF taken regularly (more than 3 grams a day for more than 6 weeks). This is unlikely when taken in recommended dosage. To be on safe side, do not use in cases of high blood pressure renal failure or current use of digitalis preparations.	2-8 oz tincture, in bottle w/ dropper	JFH	Root: <i>Glycyrriza glabra</i> tincture Grown in North America, Eurasia, South America, Australia, China	JFH			
Fingers or toes, crushed	Amica		Apply <i>Amica</i> freely if skin not broken; dilute to drink every 15 minutes until pain and shock subside.	1 oz	RMC		TIH			
Flu	Any combination of oils of: Geranium Tea Tree Atlas Cedarwood	Any of these oils are effective individually.	2 drop each <i>Geranium</i> and <i>Tea Tree</i> essential oils in 1/2 cup water; gargle; if mucus present, add 2 drops <i>Atlas Cedarwood</i> , essential oil.	10 ml per oil	IIA	Only 100% pure	IIA			
Flu, prevention	Any combination of oils of: Lemon Tea Tree	Any of these oils are effective individually.	1 drop each <i>Lemon</i> and <i>Tea Tree</i> essential oils in hot water; gargle.	10 ml per oil	IIA	Only 100% pure	IIA			
Foot ache	Any combination of oils of: Rosemary Sage Peppermint	Cooling, deodorizing and refreshing essential oils are pleasant to use as a foot bath. Any of these oils are effective individually.	Add approx 5 total drops of <i>Rosemary</i> , <i>Peppermint</i> or <i>Sage essential oils</i> in a footbath of tepid water.	10 ml per oil	IIA	Only 100% pure	IIA			
Frostbite	Cayenne	Used internally, it moves blood from the center of the body to peripheral areas. Externally, it coagulates blood.	5-10 drops <i>Cayenne</i> diluted in 2 oz water.	1 bottle	RMC		TIH			
Gastritis, chronic	Ginger	Stimulates digestion, settles the stomach and stops vomiting. Has a warming quality.	Take 2 ml tincture of <i>Ginger Rhizome</i> 3x/day in a little water. Or use fresh ginger root; grate 1 tbsp and steep in a tea for 20 minutes and strain. Do not use if fever is present.	2-8 oz tincture, in bottle w/ dropper	JFH	Rhizome: <i>Gingiber officinalis</i> tincture Grown in US, China and India	JFH			
Headache	Any combination of oils of: Lavender Sweet Marjoram Roman Chamomile Peppermint	Any of these oils are effective individually.	Inhale <i>Lavender</i> , <i>Sweet Marjoram</i> , <i>Roman Chamomile</i> and <i>Peppermint</i> essential oils from bottle or tissue. Or add 12-15 drops each of the essential oils per 1 oz carrier oil; massage gently over temples, behind ears, across the back of the neck. Or bathe with 3 drops each <i>Sweet Marjoram</i> , <i>Roman Chamomile</i> and <i>Lavender</i> essential oils.	10 ml per oil	IIA	Only 100% pure Peppermint Leaf: <i>Mentha x piperita</i> dried cut-and-sifted Grown in US and Europe	IIA			
Headache	Echinacea	Immune system stimulant; antibiotic an anti-bacterial to "gram positive" bacteria such strep and staph; helpful for any internal type of infection.	30 drops <i>Echinacea</i> ; 30-45 drops <i>Valerian</i> .		RMC		TIH			
Headache	Ferrum Phosphoricum	Symptoms are gradual onset; worse at night, from motion, on right side; better from touch, cold application; rapid soft pulse, restless.	Take one 30X tablet in medium bottle of distilled water then sip every 15 minutes to 30 minutes until improvement is noted. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SMC		SM	SHC		

Headache	Valerian	Relieves pain and helps sleep when exhausted.	30 drops <i>Echinacea</i> ; 30-45 drops <i>Valerian</i> .		RMC		TIH			
Headache, throbbing	Belladonna	Symptoms generally sudden, perhaps violent; worse from noise, jarring, touch, bright light or pressure; better from standing or sitting erect. The entire face is red and hand remains hot from touching fevered face.	Take one 30X <i>Belladonna</i> tablet in medium bottle of distilled water then sip every 15 minutes to two hours, depending on severity of condition; less often as condition improves; stop when improvement is established. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SMC		SM	SHC		
Headaches, migraines, tension	A combination of: <i>Passion Flower</i> <i>Valerian Rhizome</i>	<i>Passion Flower</i> works on the nervous system to decrease muscle spasms and anxiety. <i>Valerian</i> normalizes the central nervous system, acts as a sedative.	May use the herbs individually, though not as effective. Take 1-3 ml tincture of <i>Passion Flower</i> and <i>Valerian Rhizome</i> 3x/day in water. May mix with a little <i>Ginger</i> to protect stomach. Valerian normally smells like dirty socks. Do not use this formula with any other sleeping medication. Do not use in pregnancy (<i>Passion Flower</i> is a uterine stimulant). Both are medium-strength herbs. If used continuously on own, take a few day's break every 2 weeks. May cause nausea/vomiting.	2-8 oz tincture, in bottle w/ dropper	JFH	Passion Flower: <i>Passiflora incarnata</i> tincture Grown in US Valerian Rhizome: <i>Valeriana officinalis</i> tincture Grown in US and Europe	JFH \$7/oz			
Heart, palpitations	Any combination of oils of: <i>Marjoram</i> <i>Lavender</i> <i>Roman Chamomile</i> <i>Angelica</i> <i>Rose</i> <i>Neroli</i>	Relaxing, aromatic bath at bedtime. Any of these oils are effective individually.	Put several drops of <i>Lavender</i> and <i>Roman Chamomile</i> essential oils on a tissue and inhale. Can also use <i>Marjoram</i> , <i>Neroli</i> or <i>Lemon</i> essential oils. Dilute 10 drops <i>Lavender</i> , 7 drops <i>Chamomile</i> and 3 drops <i>Angelica</i> or <i>Rose</i> in 1 ounce of vegetable oil; massage over the chest.	10 ml per oil	IIA	Only 100% pure	IIA			
Hemorrhoids	Acupressure points: Li 11 SP 6 UB 60	See Notes for Acupressure point descriptions.	See Notes for application; may only need a few Acupressure points. Pregnant women should avoid using SP 6.	1 tool, if any	ACI	Tool to add pressure: wooden	ACI			
Hoarseness	Aconite	Symptoms generally sudden, after exposure to cold dry wind or a fright, may be in the early stages of an illness, and may include fearfulness, gas, intense thirst for cold water.	Take one 30X <i>Aconite</i> tablet in medium bottle of distilled water then sip every 15-30 minutes until condition improves. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SMC		SM	SHC		
Hoarseness	Hepar Sulph. Calc.	Cold-type symptoms: croupy cough (loose, rattling, phlegmy); irritable; chilly; sweaty with sour odor; constant nasal discharge becoming thick and yellow; sticking pains shoot into ears when swallowing; worse from drafts, cool air; better from warmth, covering head, eating. <i>Hepar Sulph. Calc</i> is a homeopathic workhorse; it works on many infectious conditions.	Take one 30X tablet in medium bottle of distilled water then sip every 15 minutes to 2 hours, depending on severity of condition; stop when improvement is noted. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SMC		SM	SHC		
Hypothermia	Cayenne	Used internally, it moves blood from the center of the body to peripheral areas. Externally, it coagulates blood.		1 bottle	RMC		TIH			
Immune system	Osha Root	Anesthetizing root with anti-viral and expectorant properties.	Chew <i>Osha Root</i> as a strengthener.		RMC		TIH			
		Activates and increases white blood cells (especially T lymphocytes, macrophages and	Take 2-4 ml tincture of <i>Echinacea root</i> every 2 hours for acute condition. Or for long term use, take 2-4 ml,							

<p>Immune system, depressed</p>	<p>Echinacea</p>	<p>lymphocytes, macrophages and natural killer cells) that help fight infection. Increases virus-fighting interferon. Specifically helps fight flu and herpes viruses and inhibits growth of staphylococcus and candida albicans (yeast). Also decreases inflammation and promotes detoxification.</p>	<p>3x/day. Take tincture in a little water for better absorption. Use for 6 weeks on, 1 week off and repeat if necessary. Do not use as a long term immune enhancer; there are better herbs for this such as <i>Ginseng</i> root, <i>Astragalus</i> root or <i>Reishi</i> mushroom. If nausea occurs, mix with a little <i>Ginger</i> or <i>Peppermint</i> or discontinue.</p>	<p>2-8 oz tincture, in bottle w/ dropper</p>	<p>JFH</p>	<p>Root: <i>Echinacea Augustifolia</i></p>	<p>JFH</p>	
<p>Indigestion</p>	<p>Acupressure points: SP 6 St 36 Li 4</p>	<p>See Notes for Acupressure point descriptions.</p>	<p>See Notes for application; may only need a few Acupressure points. Pregnant women should avoid using Li 4 and SP 6.</p>	<p>1 tool, if any</p>	<p>ACI</p>	<p>Tool to add pressure: wooden</p>	<p>ACI</p>	
<p>Indigestion, nausea,</p>	<p>Chamomile</p>	<p>Anti-inflammatory. Promotes wound healing.</p>	<p>Make tea of 1/2-1 tsp of dried <i>Chamomile</i> flower per cup hot water, drink one cup 3-4 times daily. Or take 10-40 drops <i>Chamomile</i> tincture three times daily. Those allergic to pollen of other members of the aster family, such as ragweed, may also be allergic to <i>Chamomile</i>.</p>	<p>36 g or 1 bottle</p>	<p>SF</p>	<p>Flower; dried <i>Matricaria recutita</i> Grown in Europe, Argentina and Egypt</p>	<p>SF</p>	
<p>Infection</p>	<p>Acupressure points: Li 4 Li 11 St 36</p>	<p>See Notes for Acupressure point descriptions.</p>	<p>See Notes for application; may only need a few Acupressure points. Pregnant women should avoid using Li 4, SP 6, and St 36.</p>	<p>1 tool, if any</p>	<p>ACI</p>	<p>Tool to add pressure: wooden</p>	<p>ACI</p>	
<p>Infection</p>	<p>Echinacea</p>	<p>Immune system stimulant; antibiotic anti-bacterial to "gram positive" bacteria such strep and staph; helpful for any internal type of infection.</p>	<p>Apply <i>Echinacea</i> and take _____ drops internally every _____ hours.</p>		<p>RMC</p>		<p>TIH</p>	
<p>Infection</p>	<p>Garlic</p>	<p>Wide range of actions. Use for prevention and/or treatment or wide range of infections. Includes anti-bacterial (staph, strep, E-coli, Klebsiella pneumoniae), antiviral, antifungal, antihelminic (worms) properties. Cardiovascular: protects against heart disease, stroke. Lowers LDL, increases good HDL, decreases blood pressure and thins blood by inhibiting platelet clumping.</p>	<p>Crush raw cloves; eat or swallow 3 cloves. For acute conditions, eat up to 8 cloves a day. Or make tincture of 1/2 to 2 ml garlic bulb; take 3x/day in water. For best effects, make sure allicin is not removed. Commercial product should have 4,000 micrograms of allicin per daily dose. This is equal to 1 clove of fresh garlic.</p>	<p>25 fresh cloves or equivalent in tablets or 1 bottle tincture</p>	<p>JFH</p>	<p>Bulb: <i>Allium sativum</i> fresh, tablets or tincture</p>	<p>JFH</p>	
<p>Infection, bacterial and viral</p>	<p>Echinacea</p>	<p>Activates and increases white blood cells (especially T lymphocytes, macrophages and natural killer cells) that help fight infection. Increases virus-fighting interferon. Specifically helps fight flu and herpes viruses and inhibits growth of staphylococcus and candida albicans (yeast). Also decreases inflammation and promotes detoxification.</p>	<p>Take 2-4 ml tincture of <i>Echinacea</i> root every 2 hours for acute condition. Or for long term use, take 2-4 ml, 3x/day. Take tincture in a little water for better absorption. Use for 6 weeks on, 1 week off and repeat if necessary. Do not use as a long term immune enhancer; there are better herbs for this such as <i>Ginseng</i> root, <i>Astragalus</i> root or <i>Reishi</i> mushroom. If nausea occurs, mix with a little <i>Ginger</i> or <i>Peppermint</i> or discontinue.</p>	<p>2-8 oz tincture, in bottle w/ dropper</p>	<p>JFH</p>	<p>Root: <i>Echinacea Augustifolia</i></p>	<p>JFH</p>	
<p>Infection, ear</p>	<p>A combination of: Pot Marigold Garlic Mullien Lobelia Vitamin E Castor oil.</p>	<p>Herbal combination that heals ear infections, soothes the external ear canal and decreases pain.</p>	<p>Herbs not recommended individually – order preparation from JFH. Make an ear oil consisting of <i>Pot Marigold</i>, <i>fresh garlic</i> cloves, <i>Mullien</i>, <i>Lobelia</i> in Vitamin E and a castor oil base; warm up oil to comfortable room temperature before applying to ear; put 2 to 4 drops in affected ear 3x/day. This is also the children's dose. Refrigerate. Use only if ear drum is intact. If pain is not gone in 2 weeks, seek another remedy. A little goes a long way.</p>	<p>1 oz, in bottle w/ dropper</p>	<p>JFH</p>	<p>Pot Marigold Flower: <i>Calendula officinalis</i> Garlic Fresh: <i>Allium sativum</i> Mullien Leaves: <i>Verbascum thapsus</i> Lobelia Stem, leaves, flower: <i>Lobelia inflata</i></p>	<p>JFH</p>	
<p>Infection,</p>		<p>A strong anti-fungal with antibiotic</p>						

external	Tea Tree Oil	and antiseptic properties.			RMC		TIH			
Infection, fungal	Tea Tree Oil	A strong anti-fungal with antibiotic and antiseptic properties.			RMC		TIH			
Infection, internal	Osha Root	Anesthetizing root with anti-viral and expectorant properties.			RMC		TIH			
Infection, minor	Astragalus	Tonic: antibacterial, anti-inflammatory, adaptogenic, diuretic, and improves stamina.	Make tea with 1-5 tsp <i>Astragalus</i> root in one cup hot water; take three times daily. Chinese tradition is to take the large dosage and simmer for several hours.	7-35 g	SF	Root: <i>Astragalus membranaceus</i> dried sliced Grown in US and China called <i>huang-qi</i>	SF			
Infection, respiratory	Osha Root	Anesthetizing root with anti-viral and expectorant properties.			RMC		TIH			
Infection, sinus	Osha Root	Anesthetizing root with anti-viral and expectorant properties.			RMC		TIH			
Infection, upper respiratory	Echinacea	Activates and increases white blood cells (especially T lymphocytes, macrophages and natural killer cells) that help fight infection. Increases virus-fighting interferon. Specifically helps fight flu and herpes viruses and inhibits growth of staphylococcus and candida albicans (yeast). Also decreases inflammation and promotes detoxification.	Take 2-4 ml tincture of <i>Echinacea</i> root every 2 hours for acute condition. Or for long term use, take 2-4 ml, 3x/day. Take tincture in a little water for better absorption. Use for 6 weeks on, 1 week off and repeat if necessary. Do not use as a long term immune enhancer; there are better herbs for this such as <i>Ginseng</i> root, <i>Astragalus</i> root or <i>Reishi</i> mushroom. If nausea occurs, mix with a little <i>Ginger</i> or <i>Peppermint</i> or discontinue.	2-8 oz tincture, in bottle w/ dropper	JFH	Root: <i>Echinacea Augustifolia</i>	JFH			
Infection, urinary tract	Echinacea	Activates and increases white blood cells (especially T lymphocytes, macrophages and natural killer cells) that help fight infection. Increases virus-fighting interferon. Specifically helps fight flu and herpes viruses and inhibits growth of staphylococcus and candida albicans (yeast). Also decreases inflammation and promotes detoxification.	Take 2-4 ml tincture of <i>Echinacea</i> root every 2 hours for acute condition. Or for long term use, take 2-4 ml, 3x/day. Take tincture in a little water for better absorption. Use for 6 weeks on, 1 week off and repeat if necessary. Do not use as a long term immune enhancer; there are better herbs for this such as <i>Ginseng</i> root, <i>Astragalus</i> root or <i>Reishi</i> mushroom. If nausea occurs, mix with a little <i>Ginger</i> or <i>Peppermint</i> or discontinue.	2-8 oz tincture, in bottle w/ dropper	JFH	Root: <i>Echinacea Augustifolia</i>	JFH			
Infection, urinary tract, acute	A combination of: Bearberry or Uva Ursi Pot Marigold Wild Yam Marsh Mallow Cleavers	Herbal combination for new onset, painful urinary tract infections. These herbs stop infection, detoxify, soothe and lubricate the urinary tract, help diuresis, heal the bladder and urinary tract and decrease bladder spasms.	Herbs not recommended individually – order preparation from JFH. Take 2-4 ml tincture of <i>Bearberry</i> or <i>Uva Ursi</i> , <i>Pot Marigold</i> , <i>Wild Yam</i> , <i>Marsh Mallow</i> and <i>Cleavers</i> every 2 hours while awake. Continue for a few days after symptoms are gone. If infection not gone in 2 weeks, another remedy is needed. Untreated UTI's can lead to very serious kidney infections. Drink lots of water and unsweetened cranberry juice. Eat parsley and drink fresh parsley tea. Take vitamin C.	2-8 oz tincture, in bottle w/ dropper	JFH	Bearberry or Uva Ursi Leaves: <i>Arcto-staphylos uva ursi</i> Pot Marigold Flower: <i>Calendula officinalis</i> Wild Yam Root: <i>Discorea villosa</i> Marsh Mallow Leaves: <i>Althea officinalis</i> Cleavers Leaves, stem: <i>Galium aparine</i>	JFH			
Inflammation	A combination of: Tienchi ginseng Hyssop Cinnamon Myrrh Calendula Prickly Ash Cayenne Scute	This herbal combination is known as Dit da Jow "Chinese Hit Liniment" and is a wound healer traditionally used in the martial arts for soft tissue injury. Indispensable first aid liniment. Relieves pain, inflammation, sprains and strains. Helps healing for new or recent injuries. Works well when ice would help for any soft tissue injury.	Herbs not recommended individually – order preparation from JFH. External: rub briskly into skin on affected area 3 or more times daily. Internal: 1/2 to 1 tsp in a little warm water 3x/day. (Internal and external treatment together works best.) The cayenne makes it taste a little hot initially, then sensation disappears. Do not take internally if pregnant. Keep out of eyes. Wash hands after use. Will stain clothes. Do not use on open sores (alcohol stings).	4 oz, in bottle with dropper	JFH	Tienchi ginseng Root: <i>Panax notoginseng</i> Hyssop Leaves, stem, flower: <i>Hyssop officinalis</i> Cinnamon Bark: <i>Cinnamomum zeylanicum</i> Myrrh Resin: <i>Commiphora myrra</i> Calendula Flower: <i>Calendula officinalis</i> Prickly Ash Bark: <i>Xanthoxylum ameri-canum</i> Cayenne fruit: <i>Capsicum annuum</i>	JFH			

Insomnia	Acupressure points: SP 6 GB 20 St 36	See Notes for Acupressure point descriptions.	See Notes for application; may only need a few Acupressure points. Pregnant women should avoid using Li 4 St 36.	1 tool, if any	ACI	Tool to add pressure: wooden	ACI			
Insomnia	Any combination of oils of: Lavender Roman Chamomile Ylang Ylang Clary Sage Relaxing Blend Preparation	See Preparations section for <i>Relaxing Blend</i> . Any of these oils are effective individually.	Use <i>Relaxing Blend</i> as massage oil at bedtime. Or use 1/2 ounce with evening relaxing bath. Or inhale 3 drops <i>Lavender</i> and 2 drops <i>Roman Chamomile</i> essential oils from tissue. Or sprinkle few drops on sheets <i>Lavender</i> , <i>Roman Chamomile</i> , <i>Ylang Ylang</i> and <i>Clary Sage</i> essential oils.	10 ml per oil	IIA	Only 100% pure	IIA			
Insomnia	Chamomile	Anti-inflammatory. Promotes wound healing.	Make tea of 1/2-1 tsp of dried <i>Chamomile</i> flower per cup hot water; drink one cup 3-4 times daily. Or take 10-40 drops <i>Chamomile</i> tincture three times daily. Those allergic to pollen of other members of the aster family, such as ragweed, may also be allergic to <i>Chamomile</i> .	36 g or 1 bottle	SF	Flower; dried <i>Matricaria recutita</i> Grown in Europe, Argentina and Egypt	SF			
Insomnia, when exhausted	Valerian	Relieves pain and helps sleep when exhausted.			RMC		TIH			
Intestinal cramps	Valerian	Relieves pain and helps sleep when exhausted.	Take ____ <i>Comfrey-Peppermint</i> capsules or two <i>Marshmallow-Comfrey</i> capsules; 30 drops <i>Valerian</i> tincture.	1 oz	RMC		TIH			
Lice, head	Any combination of oils of: Eucalyptus Lavender Geranium Rosemary	Essential oils are useful as an insect repellent when used in an environmental mist, or topical application. Any of these oils are effective individually.	Add 2 drops <i>Eucalyptus</i> and 1 drop each <i>Geranium</i> , <i>Lavender</i> and <i>Rosemary</i> essential oils to 1 tsp (5 ml.) carrier oil; massage into the scalp, leave for 30 min; comb hair with fine tooth comb; shampoo hair, combine 2 drops each <i>Eucalyptus</i> , <i>Lavender</i> and <i>Geranium</i> essential oils, 1/2 oz vinegar, and 8 oz water; rinse and do not wash out; repeat daily until lice and eggs have disappeared.	10 ml per oil	IIA	Only 100% pure	IIA			
Ligaments, torn	Amica		Massage with <i>Amica</i> immediately and continue every couple of hours the first day; take <i>Valerian</i> .		RMC		TIH			
Ligaments, torn	Valerian	Relieves pain and helps sleep when exhausted.	Massage with <i>Amica</i> immediately and continue every couple of hours the first day; take <i>Valerian</i> .		RMC		TIH			
Macular degeneration	Ginkgo	Anti-oxidant, particularly in the brain and nerve cells. Helps micro-circulation and decreases blood clotting time. Therefore, improves any condition due to narrowing of blood flow in the vessels, especially in the brain and eyes.	Take 2-4 ml tincture of <i>Ginkgo leaves</i> 3 x/day in a little water. May cause dizziness, gastric upset. Do not use continuously on its own for over 3 months. Take a week break and then continue pattern. To be effective, needs to be taken consistently for at least 3 months. Most people begin to see benefits in 2 to 3 weeks. Use leaves only. The fresh SEEDS ARE TOXIC and the fruit pulp can cause severe skin reactions.	2 -8 oz tincture, in bottle w/ dropper	JFH	Leaves: <i>Ginkgo biloba</i> tincture Grown in US, France, China	JFH			
Menstrual Cramps	Acupressure points: Li 4 St 36 GB 20 SP 6	See Notes for Acupressure point descriptions.	See Notes for application; may only need a few Acupressure points. Pregnant women should avoid using Li 4, SP 6, and St 36.	1 tool, if any	ACI	Tool to add pressure: wooden	ACI			
	Any combination of oils of: Sweet		Inhale <i>Sweet Majoram</i> essential oil from bottle or tissue. Or add 12-15 drops of <i>Sweet Majoram Roman</i>							

<p>Menstrual headaches</p>	<p>Any of: Sweet Marjoram Roman Chamomile Lavender</p>	<p>Any of these oils are effective individually.</p>	<p><i>Chamomile</i> and <i>Lavender</i> essential oil per 1 oz carrier oil; massage gently over temples, behind ears, across the back of the neck bathe with 3 drops each <i>Sweet Marjoram</i>, <i>Roman Chamomile</i> and <i>Lavender</i> essential oils.</p>	<p>10 ml per oil</p>	<p>IIA</p>	<p>Only 100% pure</p>	<p>IIA</p>	
<p>Mental function, impaired, depression, memory loss</p>	<p>Ginkgo</p>	<p>Anti-oxidant, particularly in the brain and nerve cells. Helps micro-circulation and decreases blood clotting time. Therefore, improves any condition due to narrowing of blood flow in the vessels, especially in the brain and eyes.</p>	<p>Take 2-4 ml tincture of <i>Ginkgo leaves</i> 3 x/day in a little water. May cause dizziness, gastric upset. Do not use continuously on its own for over 3 months. Take a week break and then continue pattern. To be effective, needs to be taken consistently for at least 3 months. Most people begin to see benefits in 2 to 3 weeks. Use leaves only. The fresh seeds are toxic and the fruit pulp can cause severe skin reactions.</p>	<p>2 -8 oz tincture, in bottle w/ dropper</p>	<p>JFH</p>	<p>Leaves: <i>Ginkgo biloba</i> tincture Grown in US, France, China</p>	<p>JFH</p>	
<p>Migraine</p>	<p>Any combination of oils of: True Melissa Rosemary Sweet Marjoram Roman Chamomile Lavender</p>	<p>Any of these oils are effective individually.</p>	<p>Inhale <i>True Melissa</i> and <i>Rosemary</i> essential oils from bottle or tissue. Or add 12-15 drops each of the essential oils per 1 oz carrier oil; massage gently over temples, behind ears, across the back of the neck. Or bathe with 3 drops each <i>Sweet Marjoram</i>, <i>Roman Chamomile</i> and <i>Lavender</i> essential oils.</p>	<p>10 ml per oil</p>	<p>IIA</p>	<p>Only 100% pure</p>	<p>IIA</p>	
<p>Morning sickness, n normal pregnancies</p>	<p>Ginger</p>	<p>Stimulates digestion, settles the stomach and stops vomiting. Add ginger to other herbs to stop side effects of nausea. Has a warming quality.</p>	<p>Take 2 ml tincture of <i>Ginger Rhizome</i> 3x/day in a little water. Or use fresh ginger root; grate 1 tbsp and steep in a tea for 20 minutes and strain. Do not use if fever is present.</p>	<p>2-8 oz tincture, in bottle w/ dropper</p>	<p>JFH</p>	<p>Rhizome: <i>Gingiber officialis</i> tincture Grown in US, China and India</p>	<p>JFH</p>	
<p>Motion Sickness</p>	<p>Acupressure points: GB 20 St 36 SP 6</p>	<p>See Notes for Acupressure point descriptions.</p>	<p>See Notes for application; may only need a few Acupressure points. Pregnant women should avoid using SP 6 and St 36.</p>	<p>1 tool, if any</p>	<p>ACI</p>	<p>Tool to add pressure: wooden</p>	<p>ACI</p>	
<p>Multiple Sclerosis</p>	<p>Acupressure points: GB 20 UB 60 St 36 SP 6</p>	<p>See Notes for Acupressure point descriptions.</p>	<p>See Notes for application; may only need a few Acupressure points. Pregnant women should avoid using SP 6 and St 36.</p>	<p>1 tool, if any</p>	<p>ACI</p>	<p>Tool to add pressure: wooden</p>	<p>ACI</p>	
<p>Muscle spasms</p>	<p>A combination of: Passion Flower Valerian Rhizome</p>	<p><i>Passion Flower</i> works on the nervous system to decrease muscle spasms and anxiety. <i>Valerian</i> normalizes the central nervous system, acts as a sedative.</p>	<p>May use the herbs individually, though not as effective. Take 1-3 ml tincture of <i>Passion Flower</i> and <i>Valerian Rhizome</i> 3x/day in water. May mix with a little Ginger to protect stomach. Valerian normally smells like dirty socks. Do not use this formula with any other sleeping medication. Do not use in pregnancy (<i>Passion Flower</i> is a uterine stimulant). Both are medium-strength herbs. If used continuously on own, take a few day's break every 2 weeks. May cause nausea/vomiting.</p>	<p>2-8 oz tincture, in bottle w/ dropper</p>	<p>JFH</p>	<p>Passion Flower: <i>Passiflora incarnata</i> tincture Grown in US Valerian Rhizome: <i>Valeriana officinalis</i> tincture Grown in US and Europe</p>	<p>JFH \$7/oz</p>	
<p>Muscle strains</p>	<p>A combination of: Tienchi ginseng Hyssop Cinnamon Myrrh Calendula Prickly Ash Cayenne</p>	<p>This herbal combination is known as Dit da Jow "Chinese Hit Liniment" and is a wound healer traditionally used in the martial arts for soft tissue injury. Indispensable first aid liniment. Relieves pain, inflammation, sprains and strains. Helps healing for new or recent injuries. Works well when ice would help for any</p>	<p>Herbs not recommended individually – order preparation from JFH. External: rub briskly into skin on affected area 3 or more times daily. Internal: 1/2 to 1 tsp in a little warm water 3x/day. (Internal and external treatment together works best.) The cayenne makes it taste a little hot initially, then sensation disappears. Do not take internally if pregnant. Keep out of eyes. Wash hands after use. Will stain clothes. Do not use on open sores (alcohol stings).</p>	<p>4 oz, in bottle with dropper</p>	<p>JFH</p>	<p>Tienchi ginseng Root: <i>Panax notoginseng</i> Hyssop Leaves, stem, flower: <i>Hyssop officinalis</i> Cinnamon Bark: <i>Cinnamomum zeylanicum</i> Myrrh Resin: <i>Commiphora myrra</i> Calendula Flower: <i>Calendula officinalis</i> Prickly Ash Bark: <i>Xanthoxylum ameri-canum</i></p>	<p>JFH</p>	

	Scute	soft tissue injury.				Cayenne <i>mut. Capsicum annuum</i> Scute Root: <i>Scutellaria baicalensis</i>				
Muscle, cramps,	Amica		Massage <i>Amica</i> in immediately and continue every couple of hours the first day.	1 oz	RMC		TIH			
Muscle, skeletal pain	Any combination of oils of: Birch Black Pepper Chamomile Clove Helichrysum Peppermint	Any of these oils are effective individually.	Make a blend for massage with a total of 20 drops in one ounce of carrier. Use a total of 10 drops in half a cup of Epsom Salts in a relaxing bath. Can use fewer drops of spice essential oils and oils with a strong odor intensity (<i>Birch, Black Pepper, and Clove</i>).	10 ml per oil	IIA	Only 100% pure	IIA			
Muscles, sore	Amica		Massage with <i>Amica</i> immediately and continue every couple of hours the first day.		RMC		TIH			
Muscles, sore	Amica	Symptoms worse from light touch, heat or rest; better from lying down with head low.	Take one 30X tablet in medium bottle of distilled water then sip every 15 minutes to two hours, depending on severity of condition. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SHC		SM	SHC		
Nausea	Acupressure points: GB 21 St 36	See Notes for Acupressure point descriptions.	See Notes for application; may only need a few Acupressure points. Pregnant women should avoid using St 36.	1 tool, if any	ACI	Tool to add pressure: wooden	ACI			
Nausea	Ginger	Amazingly effective in treatment of numerous types of nausea including motion sickness, dizziness and vertigo, morning sickness and stomach flu; has a carminative properties, helping to expel gas and reduce intestinal spasms.	Grate one teaspoon fresh <i>Ginger</i> into 8 oz boiling water, simmering 10 minutes then strain; sip throughout day. Or combine two 500 mg capsules <i>Ginger</i> .	5 g	BF	Root: <i>Gingiber officialis</i> fresh or capsules Grown in US, China and India	BF			
Nausea	Peppermint	Stimulates digestive enzymes aiding metabolism of food. Also stimulates contractile activity in the gallbladder and encourages the secretion of bile.	Use 3 tsp fresh <i>Peppermint</i> per cup of tea or 1 1/2 tsp dried <i>Peppermint</i> per pint boiled water to make a soothing tea. Sip throughout day.	5 g	BF	Leaves: <i>Mentha x piperita</i> Grown in US	BF			
Nausea, vomiting (including motion sickness)	Ginger	Stimulates digestion, settles the stomach and stops vomiting. Add ginger to other herbs to stop side effects of nausea. Has a warming quality.	Take 2 ml tincture of <i>Ginger Rhizome</i> 3x/day in a little water. For acute nausea , 2 ml every 2 hours. Or use fresh ginger root; grate 1 tsp and steep in a tea for 20 minutes and strain. Do not use if fever is present.	2-8 oz tincture, in bottle w/ dropper	JFH	Rhizome: <i>Gingiber officialis</i> tincture Grown in US, China and India	JFH			
Nervous upset, panic, anxiety	Any combination of oils of: Neroli Rose Clary Sage Lavender Marjoram Ylang Ylang Frankincense Jasmine Valerian Spikenard Orange Blossom	The euphoric essential oils – <i>Neroli, Ylang Ylang, Jasmine, Clary Sage</i> and <i>Rose</i> – have the potential to produce opiate-like chemicals that enhance our feelings of wellbeing. The sedative essential oils – <i>Clary Sage, Marjoram, Valerian,</i> and <i>Spikenard</i> – can support calm in the midst of high stress situations. Any of these oils are effective individually.	Use as blend for diffusing, spritzing, or personal fragrance. Creating personal rituals with baths, massage, inhalations, and spritzing can assist with emotional trauma. Carrying a 1-2 oz bottle of distilled water with 20 drops total of <i>Rose, Orange Blossom</i> or <i>Lavender</i> essential oils can be a wonderful way to take stress breaks during the day.	10 ml per oil	IIA	Only 100% pure	IIA			

Nose, bleeding	Cayenne	Used internally, it moves blood from the center of the body to peripheral areas. Externally, it coagulates blood.	Insert <i>tampon</i> into nostril; 5-10 drops <i>Cayenne</i> diluted in water. Or tilt head back and pinch nostrils.	1 bottle	RMC			TIH					
Nose, bleeding,	Tampon		Insert <i>tampon</i> into nostril; 5-10 drops <i>Cayenne</i> diluted in water. Or tilt head back and pinch nostrils.	1 ea	RMC			TIH					
Pain	A combination of: Passion Flower Valerian Rhizome	<i>Passion Flower</i> works on the nervous system to decrease muscle spasms and anxiety. <i>Valerian</i> normalizes the central nervous system, acts as a sedative.	May use the herbs individually, though not as effective. Take 1-3 ml tincture of <i>Passion Flower</i> and <i>Valerian Rhizome</i> 3x/day in water. May mix with a little <i>Ginger</i> to protect stomach. Valerian normally smells like dirty socks. Do not use this formula with any other sleeping medication. Do not use in pregnancy (<i>Passion Flower</i> is a uterine stimulant). Both are medium-strength herbs. If used continuously on own, take a few day's break every 2 weeks. May cause nausea/vomiting.	2-8 oz tincture, in bottle w/ dropper	JFH	Passion Flower: <i>Passiflora incarnata</i> tincture Grown in US Valerian Rhizome: <i>Valeriana officinalis</i> tincture Grown in US and Europe		JFH \$7/oz					
Pain	Amica		Apply <i>Amica</i> immediately and continue every couple of hours the first day.		RMC			TIH					
Pain	Cayenne	<i>Cayenne's</i> principle, capsaicin and source of it's bite, in minute amounts, can treat pain. (The whole herb is not used this way.)	Use freely as a spice. Make tea with 1/2-1 tsp powdered <i>Cayenne</i> fruit in cup of water. <i>Cayenne's</i> pungent principle, capsaicin, is not water soluble and is a highly toxic irritant, so it is difficult to wash off and may cause burning skin irritation. Use under healthcare professional's direction.	6 tsp powder	SF	Fruit: tincture or powdered Grown worldwide		SF					
Pain	Valerian	Relieves pain and helps sleep when exhausted.	Take 30-60 drops <i>Valerian</i> .		RMC			TIH					
Pain control	Acupressure points: Li 4 SP 6 St 36 GB 20 UB 60	See Notes for Acupressure point descriptions.	See Notes for application; may only need a few Acupressure points. Pregnant women should avoid using Li 4, SP 6, and St 36.	1 tool, if any	ACI	Tool to add pressure: wooden		ACI					
Pain, digestive (irritable bowel, chron's disease colitis, ulcerative)	A combination of: Wild Yam Catnip Ginger Valerian Peppermint	Colic and griping pain are due to intense muscle spasms in the gut. Enteric-coated <i>Peppermint</i> capsules which allow the peppermint to pass through the stomach and release their healing properties in the intestines.	Herbs not recommended individually – make ahead of time. Make a tincture of <i>Wild Yam</i> , <i>Catnip</i> , <i>Ginger</i> and <i>Valerian</i> . Put 1/4 -1/2 tsp in a small amount of warm juice or tea. Or take 1-2 Enteric-coated <i>Peppermint</i> capsules.		BF			BF					
PMS	Licorice	Estrogenic due to its isoflavone content and regulates the estrogen to progesterone ratio. Licorice is very sweet (100x sweeter than sucrose); use a little to sweeten other herbs.	Take 1-3 ml tincture of <i>Licorice root</i> 3 x/day in a little water. Or make a tea of 1 tsp dried <i>Licorice root</i> to 1 cup water; boil then simmer 10-15 min; strain; drink 3 cups daily. May cause reversible high blood pressure, potassium loss, and sodium and water retention IF taken regularly (more that 3 grams a day for more than 6 weeks). This is unlikely when taken in recommended dosage. To be on safe side, do not use in cases of high blood pressure renal failure or current use of digitalis preparations.	2-8 oz tincture, in bottle w/ dropper	JFH	Root: <i>Glycyrriza glabra</i> tincture Grown in North America, Eurasia, South America, Australia, China		JFH					
PMS, menopause, menstrual bleeding, heavy	Yarrow Herb	Very versatile. Dries up mucous discharges, stops nose bleeds, heavy periods, blood in urine or stools Regulates menses, stops cramps and helps PMS and menopause.	Take 2-4 ml tincture of <i>Yarrow Herb stem and flowers</i> ; take 3x/day in a little water. Or make a tea with 1-2 tsp of dried herb; steep in just boiled water 10-15 minutes; strain; drink 3 cups or more a day.	2-8 oz tincture, in bottle w/ dropper	JFH	Stem, flowers: <i>Achillea millefolium</i>		JFH					

Pneumonia	Acupressure points: St 36 Li 4 Li 11	See Notes for Acupressure point descriptions.	See Notes for application; may only need a few Acupressure points. Pregnant women should only use Li 11.	1 tool, if any	ACI	Tool to add pressure: wooden	ACI		
Poisoning, food	Echinacea	Immune system stimulant; antibiotic an anti-bacterial to "gram positive" bacteria such strep and staph; helpful for any internal type of infection.	Take Ipecac Syrup to vomit; 30 drops <i>Echinacea</i> as often as needed; take 2 <i>Slippery Elm</i> capsules.		RMC		TIH		
Poisoning, food	Ipecac Syrup		Take Ipecac Syrup to vomit; 30 drops <i>Echinacea</i> as often as needed; take 2 <i>Slippery Elm</i> capsules.		RMC		TIH		
Poisoning, food	Slippery Elm	Combines and buffers poisons in the stomach and bowels to decrease toxic absorption; soothes mucus membranes.	Take <i>Ipecac Syrup</i> to vomit; 30 drops <i>Echinacea</i> as often as needed; take 2 <i>Slippery Elm</i> capsules to absorb toxins.		RMC		TIH		
Poisoning, radiation	Chaparral	Leaches heavy metals from the liver; blood purifier.			RMC		TIH		
Radiation exposure	Apple	Binds w/ strontium and cesium.	Eat lots of <i>apples</i> ; eat <i>miso</i> and <i>kelp</i> .	10 lb	RMC	Fresh	TIH		
Radiation exposure	Kelp	Binds with heavy metals.	Eat <i>kelp</i> , <i>miso</i> and lots of <i>apples</i> .		RMC		TIH		
Radiation exposure	Miso	Binds with heavy metals.	Eat <i>miso kelp</i> , and lots of <i>apples</i> .		RMC		TIH		
Restlessness	Aconite	Symptoms generally sudden, after exposure to cold dry wind or a fright, may be in the early stages of an illness, and may include fearfulness, gas, intense thirst for cold water.	Take one 30X <i>Aconite</i> tablet in medium bottle of distilled water then sip every 15-30 minutes until condition improves. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SMC		SM	SHC	
Sciatica	Acupressure points: GB 30 UB 54 UB 60 SP 6	See Notes for Acupressure point descriptions.	See Notes for application; may only need a few Acupressure points. Pregnant women should avoid using SP 6.	1 tool, if any	ACI	Tool to add pressure: wooden	ACI		
Scratches	Calendula	<i>Calendula</i> is Wild Marigold extracted into a carrier.	Wash gently with mild soap and water; apply 22% <i>Calendula extract or ointment</i> on dressing to wound; bandage; dab with extract or ointment to keep it moist. Do not apply substances such as iodine which burn skin and delay healing. See <i>Homeopathic Medicine</i> hints in Notes .	1 oz	SM	Extract or ointment: 22%	SM	SHC	
Seizures	A combination of: <i>Passion Flower</i> <i>Valerian Rhizome</i>	<i>Passion Flower</i> works on the nervous system to decrease muscle spasms and anxiety. <i>Valerian</i> normalizes the central nervous system, acts as a sedative.	May use the herbs individually, though not as effective. Take 1-3 ml tincture of <i>Passion Flower</i> and <i>Valerian Rhizome</i> 3x/day in water. May mix with a little Ginger to protect stomach. <i>Valerian</i> normally smells like dirty socks. Do not use this formula with any other sleeping medication. Do not use in pregnancy (<i>Passion Flower</i> is a uterine stimulant). Both are medium-strength herbs. If used continuously on own, take a few day's break every 2 weeks. May cause nausea/vomiting.	2-8 oz tincture, in bottle w/ dropper	JFH	Passion Flower: <i>Passiflora incarnata</i> tincture Grown in US Valerian Rhizome: <i>Valeriana officinalis</i> tincture Grown in US and Europe	JFH \$7/oz		

Shock	Cayenne	Used internally, it moves blood from the center of the body to peripheral areas. Externally, it coagulates blood.	Put <i>Cayenne</i> under tongue until relieved.	1 bottle	RMC		TIH			
Sinus congestion	Any combination of oils of: Eucalyptus Peppermint Lavender	Any of these oils are effective individually.	Inhale <i>Eucalyptus</i> , <i>Peppermint</i> and <i>Lavender</i> essential oils from bottle or tissue. Or add 15-20 total drops of the above oils per 1 oz carrier oil; massage gently over temples, around the ears.	10 ml per oil	IIA	Only 100% pure	IIA			
Sinusitis	Acupressure points: GB 20 Li 4 Li 11 SP 6	See Notes for Acupressure point descriptions.	See Notes for application; may only need a few Acupressure points. Pregnant women should avoid using Li 4 and SP 6.	1 tool, if any	ACI	Tool to add pressure: wooden	ACI			
Sinusitis	Any combination of oils of: Eucalyptus Peppermint Thyme	Any of these oils are effective individually.	Inhale <i>Eucalyptus</i> , <i>Peppermint</i> and <i>Thyme</i> from bottle or tissue. Or add 12-15 drops per 1 oz carrier oil each of essential oils; massage gently over temples, behind and in front of the ears, over the nose and cheek bone.	10 ml per oil	IIA	Only 100% pure	IIA			
Skin infections, fugal	Tea Tree Oil	A strong anti-fungal with antibiotic and antiseptic properties.	Apply <i>Tea Tree</i> oil full-strength or diluted w/ vegetable oil to skin surface.		RMC	100% pure	TIH			
Spasms	Valerian	Relieves pain and helps sleep when exhausted.			RMC		TIH			
Sprains	A combination of: Tienchi ginseng Hyssop Cinnamon Myrrh Calendula Prickly Ash Cayenne Scute	This herbal combination is known as Dit da Jow "Chinese Hit Liniment" and is a wound healer traditionally used in the martial arts for soft tissue injury. Indispensable first aid liniment. Relieves pain, inflammation, sprains and strains. Helps healing for new or recent injuries. Works well when ice would help for any soft tissue injury.	Herbs not recommended individually – order preparation from JFH. External: rub briskly into skin on affected area 3 or more times daily. Internal: 1/2 to 1 tsp in a little warm water 3x/day. (Internal and external treatment together works best.) The cayenne makes it taste a little hot initially, then sensation disappears. Do not take internally if pregnant. Keep out of eyes. Wash hands after use. Will stain clothes. Do not use on open sores (alcohol stings).	4 oz, in bottle with dropper	JFH	Tienchi ginseng Root: <i>Panax notoginseng</i> Hyssop Leaves, stem, flower: <i>Hyssop officinalis</i> Cinnamon Bark: <i>Cinnamomum zeylanicum</i> Myrrh Resin: <i>Commiphora myrra</i> Calendula Flower: <i>Calendula officinalis</i> Prickly Ash Bark: <i>Xanthoxylum ameri-canum</i> Cayenne fruit: <i>Capsicum annum</i> Scute Root: <i>Scutellaria baicalensis</i>	JFH			
Sprains	Amica		Massage with <i>Amica</i> immediately and continue every couple of hours the first day; take <i>Valerian</i> .		RMC		TIH			
Sprains	Valerian	Relieves pain and helps sleep when exhausted.	Massage with <i>Amica</i> immediately and continue every couple of hours the first day; take <i>Valerian</i> .		RMC		TIH			
Stomach upset	Ginger	Stimulates digestion, settles the stomach and stops vomiting. Add ginger to other herbs to stop side effects of nausea. Has a warming quality.	Take 2 ml tincture of <i>Ginger Rhizome</i> 3x/day in a little water. Or use fresh <i>Ginger root</i> ; grate 1 tbsp and steep in a tea for 20 minutes and strain. Do not use if fever is present.	2-8 oz tincture, in bottle w/ dropper	JFH	Rhizome: <i>Gingiber officinalis</i> tincture Grown in US, China and India	JFH			
Stomach upset	Slippery Elm	Combines and buffers poisons in the stomach and bowels to decrease toxic absorption; soothes mucus membranes.	Take 2 <i>Slippery Elm</i> capsules.	12 capsules	RMC	Bark: <i>Ulmus rubra</i> powder in capsules Grown in US	TIH			

Strains	Amica		Massage with <i>Amica</i> immediately and continue every couple of hours the first day; take <i>Valerian</i> .		RMC		TIH		
Strains	Valerian	Relieves pain and helps sleep when exhausted.	Massage with <i>Amica</i> immediately and continue every couple of hours the first day; take <i>Valerian</i> .		RMC		TIH		
Stroke and stroke prevention	Ginkgo	Anti-oxidant, particularly in the brain and nerve cells. Helps micro-circulation and decreases blood clotting time. Therefore, improves any condition due to narrowing of blood flow in the vessels, especially in the brain and eyes.	Take 2-4 ml tincture of <i>Ginkgo leaves</i> 3 x/day in a little water. May cause dizziness, gastric upset. Do not use continuously on its own for over 3 months. Take a week break and then continue pattern. To be effective, needs to be taken consistently for at least 3 months. Most people begin to see benefits in 2 to 3 weeks. Use leaves only. The fresh SEEDS ARE TOXIC and the fruit pulp can cause severe skin reactions.	2 -8 oz tincture, in bottle w/ dropper	JFH	Leaves: <i>Ginkgo biloba</i> tincture Grown in US, France, China	JFH		
Surgery, post	Amica	Symptoms worse from light touch, heat or rest; better from lying down with head low.	Take one 30X tablet in medium bottle of distilled water then sip every 15 minutes to two hours, depending on severity of condition. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SHC		SM	SHC	
Swelling	Amica		Apply <i>Amica</i> immediately and continue every couple of hours the first day.		RMC		TIH		
Teething	Chamomilla	Symptoms are anger, irritable, temperamental, perhaps wild with pain, greenish slimy stools, cold sweats; worse when moved.	Take one 30X Chamomilla tablet in medium bottle of distilled water then sip every 15 minutes until improvement is established. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SMC		SM	SHC	
Teething pain	Osha Root	Anesthetizing root with anti-viral and expectorant properties.	Chew <i>Osha Root</i> .		RMC		TIH		
Temper	Chamomilla	Symptoms are anger, irritable, temperamental, perhaps wild with pain, greenish slimy stools, cold sweats; worse when moved.	Take one 30X Chamomilla tablet in medium bottle of distilled water then sip every 15 minutes until improvement is established. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SMC		SM	SHC	
Throat, sore	Belladonna	Symptoms generally sudden, perhaps violent; worse from noise, jarring, touch, bright light or pressure; better from standing or sitting erect. The entire face is red and hand remains hot from touching fevered face.	Take one 30X <i>Belladonna</i> tablet in medium bottle of distilled water then sip every 15 minutes to two hours, depending on severity of condition; less often as condition improves; stop when improvement is established. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SMC		SM	SHC	
Throat, sore	Ferum Phosphoricum	Symptoms are gradual onset; worse at night, from motion, on right side; better from touch, cold application; early stages of sore throat.	Take one 30X tablet in medium bottle of distilled water then sip every 15 minutes to 30 minutes until improvement is noted. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SMC		SM	SHC	
Throat, Sore	Hepar Sulph. Calc.	Cold-type symptoms: croupy cough (loose, rattling, phlegmy); irritable; chilly; sweaty with sour order; constant nasal discharge becoming thick and yellow; sticking pains shoot into ears when swallowing; worse from drafts, cool air; better from warmth, covering head, eating. <i>Hepar Sulph. Calc</i> is a homeopathic workhorse; it works on many infectious conditions.	Take one 30X tablet in medium bottle of distilled water then sip every 15 minutes to 2 hours, depending on severity of condition; stop when improvement is noted. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SMC		SM	SHC	
Throat, sore	Osha Root	Anesthetizing root with anti-viral and expectorant properties.	Chew <i>Osha Root</i> .		RMC		TIH		

Toothache	Acupressure points: Li 4 Li 11 St 36	See Notes for Acupressure point descriptions.	See Notes for application; may only need a few Acupressure points. Pregnant women should avoid using Li 4 and St 36.	1 tool, if any	ACI	Tool to add pressure: wooden	ACI			
Toothache	Any combination of oils of: Clove Chamomile Lavender	Analgesic and anti-inflammatory properties of Clove, Chamomile and Lavender are useful for first aid care of toothache. Any of these oils are effective individually.	Put 1 drop of <i>Clove</i> essential oil on a Q-tip and apply it to the gum around the tooth. Massage the jaw bone and cheek area with 1 tsp vegetable oil with 1 drop <i>Clove</i> , <i>Chamomile</i> and <i>Lavender</i> essential oils.	10 ml per oil	IIA	Only 100% pure	IIA			
Toothache	Echinacea	Immune system stimulant; antibiotic an anti-bacterial to "gram positive" bacteria such strep and staph; helpful for any internal type of infection.	Massage sore gums/tooth w/ <i>Echinacea</i> ; 30 drops <i>Valerian</i> ; chew <i>Osha Root</i> .		RMC		TIH			
Toothache	Osha Root	Anesthetizing root with anti-viral and expectorant properties.	Massage sore gums/tooth w/ <i>Echinacea</i> ; 30 drops <i>Valerian</i> ; chew <i>Osha Root</i> .		RMC		TIH			
Toothache	Valerian	Relieves pain and helps sleep when exhausted.	Massage sore gums/tooth w/ <i>Echinacea</i> ; 30 drops <i>Valerian</i> ; chew <i>Osha Root</i> .		RMC		TIH			
Trauma	Cayenne	Used internally, it moves blood from the center of the body to peripheral areas. Externally, it coagulates blood.	Put <i>Cayenne</i> under tongue until relieved.	1 bottle	RMC		TIH			
Trauma, soft tissue, e.g., sprained ankle, with local swelling.	Any combination of oils of: Chamomiles Geranium Lavender Peppermint Helichrysum Birch in infused oils of St John's wort and Calendula	Decreases swelling. See <i>blending</i> in Notes . Any of these oils are effective individually.	Apply <i>Chamomiles</i> , <i>Geranium</i> , <i>Lavender</i> , <i>Peppermint</i> and <i>Helichrysum</i> essential oils as a compress or massage oils in a carrier, approximately 30 drops per ounce (5%). Add <i>Birch</i> essential oil to further aid comfort from pain.	10 ml per oil	IIA	Only 100% pure	IIA			
Ulcers	Licorice	Protects and heals lining of digestive tract due to glycyrrhizin content. Infections: has interferon effect. Licorice is very sweet (100x sweeter than sucrose); use a little to sweeten other herbs.	Take 1-3 ml tincture of <i>Licorice root</i> 3 x/day in a little water. Or make a tea of 1 tsp dried <i>Licorice root</i> to 1 cup water; boil then simmer 10-15 min; strain; drink 3 cups daily. May cause reversible high blood pressure, potassium loss, and sodium and water retention IF taken regularly (more that 3 grams a day for more than 6 weeks). This is unlikely when taken in recommended dosage. To be on safe side, do not use in cases of high blood pressure renal failure or current use of digitalis preparations.	2-8 oz tincture, in bottle w/ dropper	JFH	Root: <i>Glycyrriza glabra</i> tincture Grown in North America, Eurasia, South America, Australia, China	JFH			
Vertigo	Acupressure points: Li 4 GB 20 GB 21 UB 60 T 5 St 36	See Notes for Acupressure point descriptions.	See Notes for application; may only need a few Acupressure points. Pregnant women should avoid using Li 4 and St 36.	1 tool, if any	ACI	Tool to add pressure: wooden	ACI			

Vomiting	Chamomilla	Symptoms are anger, irritable, temperamental, perhaps wild with pain, greenish slimy stools, cold sweats; worse when moved.	Take one 30X Chamomilla tablet in medium bottle of distilled water then sip every 15 minutes until improvement is established. See <i>Homeopathy</i> hints in Notes .	250 tablets	SM SMC		SM	SHC		
Wheezing	Combination of: Red Clover Flower Black Cohosh Rhizome Lobelia Herb	This group of herbs soothes and coats an irritated throat, relieves spasmodic coughing, wheezing and spasms and has calming and pain relieving effects. They also dilate the bronchioles and are anti-inflammatory.	Take 1 tsp tincture every 2 hours as mixed with the <i>cough syrup formula</i> (see <i>Cough</i>) half and half. Made to combine with the basic cough syrup as needed; not meant to be used alone. May cause nausea or vomiting; if so, discontinue use. Only use for as long as cough persists. If cough lasts over 2 weeks, seek other remedies.	2-8 oz tincture, in bottle w/ dropper	JFH	Red clover Flower: <i>Trifolium pratense</i> dried Grown in US and Europe Black cohosh Root: <i>Cimicifuga racemosa</i> dried cut-and-sifted Grown in US and Europe Lobelia Stem, leaves <i>Lobelia inflata</i> dried	JFH			
Whiplash	A combination of: Tienchi ginseng Hyssop Cinnamon Myrrh Calendula Prickly Ash Cayenne Scute	This herbal combination is known as Dit da Jow "Chinese Hit Liniment" and is a wound healer traditionally used in the martial arts for soft tissue injury. Indispensable first aid liniment. Relieves pain, inflammation, sprains and strains. Helps healing for new or recent injuries. Works well when ice would help for any soft tissue injury.	Herbs not recommended individually – order preparation from JFH. External: rub briskly into skin on affected area 3 or more times daily. Internal: 1/2 to 1 tsp in a little warm water 3x/day. (Internal and external treatment together works best.) The cayenne makes it taste a little hot initially, then sensation disappears. Do not take internally if pregnant. Keep out of eyes. Wash hands after use. Will stain clothes. Do not use on open sores (alcohol stings).	4 oz, in bottle with dropper	JFH	Tienchi ginseng Root: <i>Panax notoginseng</i> Hyssop Leaves, stem, flower: <i>Hyssop officinalis</i> Cinnamon Bark: <i>Cinnamomum zeylanicum</i> Myrrh Resin: <i>Commiphora myrra</i> Calendula Flower: <i>Calendula officinalis</i> Prickly Ash Bark: <i>Xanthoxylum ameri-canum</i> Cayenne fruit: <i>Capsicum annum</i> Scute Root: <i>Scutellaria baicalensis</i>	JFH			
zz-Geenral	Echinacea		Take 60 drops of <i>Echinacea</i> root tincture or 1 g of dried root three times daily, as needed (versus regularly), for two weeks; resume after one week resting period, as necessary. Those allergic to pollen of other members of the aster family, such as ragweed, may also be allergic to <i>Echinacea</i> . May not be appropriate if have impaired immune system response, including tuberculosis, multiple sclerosis and HIV infection.		SF	Root: ticture <i>E. Purpurea</i> or dried Note: <i>echinacoside</i> does not stimulate the immune system. Grown in US Midwest	SF			
zz-Geenral	Echinacea		Take 60 drops of <i>Echinacea</i> root tincture or 1 g of dried root three times daily, as needed (versus regularly), for two weeks; resume after one week resting period, as necessary. Those allergic to pollen of other members of the aster family, such as ragweed, may also be allergic to <i>Echinacea</i> . May not be appropriate if you have an impaired immune system response, including tuberculosis, multiple sclerosis and HIV infection.		SF	Root: ticture <i>E. Purpurea</i> or dried Note: <i>echinacoside</i> does not stimulate the immune system. Grown in US Midwest	SF			

Preparations (Info source shown as a footnote)

Antiseptic Oil: combine 1/4 cup extra-virgin Olive Oil or Calendula Oil, 1 tablespoon natural beeswax, 2-3 capsules Vitamin E, approximately 8% concentrations of Essential Oils lavender, tea tree, chamomile, geranium, eucalyptus and lemongrass. ^{IA}

Healing Spray: combine 1/4 cup Witch Hazel lotion, 1/2 cup Aloe Vera Gel, 1 Tablespoon honey, Essential Oils – 40 drops Lavender, 15 drops Bergamot, 10 drops Roman Chamomile, 5 drops Peppermint. ^{IA}

Relaxing Blend: combine 1 ounce (30 ml.) vegetable oil or lotion of choice, Essential Oils – 6 drops Lavender, 4 drops each Geranium and Sandalwood, 2 drops each Ylang Ylang and Clary Sage. ^{IA}

Soothing Bath: combine 1 cup Baking Soda in tepid water, Essential Oils – 2 drops Lavender, 1 drop Roman Chamomile, 1 drop Tea Tree ^{IA}

Sunburn Treatment Oil: combine 5 tbs extra virgin Olive Oil high in vitamins and minerals, Essential Oils – 2 tbs Calendula Oil (infused), 1 tbs Wheat Germ, 16 drops Lavender, 2 drops each Neroli and Chamomile ^{IA}

Child's Dosages

Herbal Remedies

Divide the weight of a child by 150 to get approximate fraction of adult dose. Example: 50 lb. child / 150 = 1/3 of the adult dose. ^{RMC}

Divide the weight of a child by 150 to get approximate fraction of adult dose. Example: 50 lb. child / 150 = 1/3rd the adult dose. ^{RMC}

Essential Oils

Divide the weight of a child by 150 to get approximate fraction of adult dose. Example: 50 lb. child / 150 = 1/3rd the adult dose. ^{RMC}

Homeopathic Remedies

Use same dose for a child as the adult dose. SM

Notes

Acupressure

- To find the appropriate point, read the description in the table below and look at the diagram below illustrating the location of the point, and then find the general area on your skin. Gently probe the area until you find that point which gives you a "funny bone" feeling or is sensitive, tender or sore. Then press hard enough to make the point hurt.
- You can use a steady pressure or a five seconds on and five seconds off rotating pressure for the time you stimulate the point. Usually one minute is sufficient for each treatment session.
- Regular, systematic treatment usually gets the best results because the effects of Acupressure are cumulative. At first, frequent treatment is recommended. Treatment three times daily for five to ten minutes may be necessary. Or treat more frequent, such as every two hours, until you start feeling relief. You cannot overdose.
- Some report almost immediate results; others may need a few weeks to get lasting results. Acupressure is safe. Side effects are very rare. Treat while sitting down and do not administer after meals.
- To find more conditions and points, as well as more information on how to get the best results, visit the Acu-Ki Institute website.
- For the conditions listed above, you will find points that the experts agree help these conditions and that are easy to find. Sometimes you only need a few points to obtain results. The points follow:

GB 20 – just under the base of the skull in two small muscular grooves at the back of the neck

BG 21 – on top of the shoulder, 2"-3" from the side of the neck

GB 30 – near the "ball-joint" of the hips in the depression formed by squeezing the buttocks (relax before stimulating)

Li 4* – on the back of the hand between the thumb and index finger, in the center of the large bone on your finger – to be probed inward toward the main body of the hand, directly on the bone

Li 11 – on the extreme end of the outer crease of the elbow – bend arm tightly to find point (open arm and relax before stimulating)

SP 6* – on the front of the leg, just behind the shin bone – the width of one hand (three thumbs) above the crown of the inner ankle

St 36* – in the trough or valley just away from the most prominent shin bone, the width of one hand (three thumbs) below the bottom of the kneecap toward outside of leg the width of one thumb.

T 5 – on the forearm two thumb widths above the most prominent crease of the upper wrist, in line with the middle finger

UB 54 – at the rear of the knee, in the center of the crease between the two ligaments

UB 60 – in the hollow or valley behind the crown of the outer ankle

***Pregnant women should avoid using Li 4, SP 6, and St 36.**

For more background on Acupressure, as well as a diagram showing the location of each of these points, see the full article [www.CompWellness.org/eJournal/archive.htm] in the *Wellness* eJournal.

Essential Oils

- The **top five essential oils** in a first aid kit are:
Lavender, Tea Tree, Peppermint, Roman Chamomile, and Eucalyptus. ^{IA}
- The **next five essential oils** in a first aid kit are:
Geranium, Rosemary, Thyme, Clary Sage, and Lemon Grass. ^{IA}
- Essential oils **can each be effective individually.** ^{IA}
- For the emotional conditions listed, a weaker concentration is preferable. ^{IA}
- Use essential oils on Reflexology points as is possible. ^{IA}
- In buying essential oils, look for the botanical name and country of origin on the bottle. The label should say "100% pure essential oil" as opposed to "fragranced oil." True essential oils are bottled in amber bottles and will vary in price. ^{IA}
- *Blending* essential oils for synergism is most effective. (However, any of the single oils in the combinations listed are also effective.) For example in arthritis, use an anti-inflammatory, anti-spasmodic and analgesic essential oil for a well balanced blend. For menstrual cramping, choose an analgesic, anti-spasmodic and anti-inflammatory, and include those that are hormone related, such as Clary Sage and Fennel. ^{IA}
- Use the benefits of *water temperature* to heal. For example, ice to a sprain or strain in the first 24-48 hours after an injury to decrease the amount of swelling and provide local analgesia. Thereafter, heat can be used alternately with cold to increase circulation and alleviation of broken blood cells and lactic acid accumulation. Moist heat is best – use hot water bottle with warm moist towel. A cold pack can be an ice/gel pack, or a bag of frozen peas.

Herbal Remedies

- One tablespoon (tbs) dried = 3 teaspoons (tsp) = 9-12 grams. ^{SF}
- One teaspoon tincture = 5 milliliter (ml) = 5 dropperfuls = 125 drops. ^{JFH}
- Take all tinctures in a little warm water (about 2 inches in bottom of glass) to help absorption and to dilute the strong medicinal taste. ^{JFH}
- Many common names overlap, so use the Botanical name. ^{JFH}
- *Just for Health Tinctures* are made in Ethyl alcohol and distilled water. The cough syrup contains brandy. This assures a very concentrated medicinal solution that will not get moldy or go bad for many years at room temperature. If alcohol intake is not desired – it is minimal for each dose – squeeze the dropper dose into a little just-boiled water and let it stand for 20 minutes. Most of the alcohol will evaporate. (You will have less than in mouth wash.) If one may not ingest any alcohol at all, these tinctures should not be taken. Exceptions: The ear oil contains no alcohol. ^{JFH}
- In serious situations, consult the nearest and best-qualified healthcare professional, as available. ^{RMC}
- *Herbal remedies* can be used when there is acute or chronic illness, as a preventative tonic and a nutritive food supplement. They can be taken at the onset and duration of an illness to support and stimulate the healing process. ^{RMC}
- *Regarding the alcohol base* Many herbs are not water soluble and will only give up their medicinal properties to an alcohol base. To dissipate some of the alcohol in

- Regarding the alcohol base, many herbs are not water soluble and will only give up their medicinal properties to an alcohol base. To dissipate some of the alcohol in an extract, pour a dollop of boiling water over the extract and let sit for five minutes. The herb is stable in water and will not evaporate with the alcohol. RMC

Homeopathy (courtesy of Susan Mallamo. Copyright (c) 1991, Pua Dominick Reprinted with permission.)

- Be careful not to touch the inner rim of the bottle or lid with your fingers to prevent contamination of the bottle and to prevent your fingers from absorbing the remedy. SM
- Do not put pellets back into the remedy bottle if they should fall out onto the floor, your clothing or your fingers. If you think a remedy bottle has been canceled (polluted in this way), replace it. SM
- The empty bottles should not be used for storage as remedy essence still remains. You may sterilize the bottles and lids in distilled water for 30 minutes, but it is better to recycle and invest in new bottles. SM
- From observation, the remedies have worked even after allopathic (conventional) drug use, drinking coffee and using mint products. However, it is best to allow the remedies a clear field in which to work uninterrupted. The "lower potency" remedies are less susceptible to cancellations. SM
- Do not eat or drink anything 15-30 minutes before or after taking a Homeopathic remedy. Drinking water before the remedy is acceptable. SM
- Repeat a remedy that has worked for your problem in the past. SM
- Don't leave a remedy that is working. You may need to increase the frequency or go to a higher potency of the same remedy. SM
- Remedies may be taken dry, though better results are obtained when a remedy is put in distilled water with Everclear alcohol as a preservative (if available) and successed (shaken vigorously) between each dose. SM
- For long-term storage, boil storage bottles in silver or glass pot with one part Everclear alcohol and three parts distilled water for 20 minutes. SM
- Keep the remedy out of the sunlight and away from all strong odors. Perfumes, chemical fumes, nail polish, hair spray, tiger balm, aromatic toothpaste, menthol/mint, essential oils and burning agents such as incense, will **cancel** the remedy in the bottle. The average medicine cabinet is not the ideal storage area for remedies. Do not open the remedy bottle if you can smell any odors. SM
- Avoid camphor and camphor products, tiger balm or deep heat liniments, mint products and essential oils. Any aromatic fumes – paint, ammonia, hair permanents, nail polish and remover, moth balls, etc. – can alter the remedy. SM
- Magnetic/electrical fields – TV, X-ray, magnets – could alter the remedy in the bottle. SM

Other Contents (Courtesy of Rocky Mountain Center for Botanical Studies and Susan Mallamo)

- Scissors
- Tweezers
- Mirror
- Thermometer
- Gauze 3" x 5 yards (1 roll)
- Dermicel Cloth tape 1" (1 roll)
- SteriPads 4" x 4" Gauze Pads (2 ea)
- Band-aids 1" x 3" strips (4 ea)
- Fingertip Band-aids (2 ea)
- Knuckle Band-aids (2 ea)
- Butterfly Band-aids, medium 1H " x 1 " (2 ea)
- Distilled Water (2 gallons)
- Additions:

Information Sources/Suppliers ***Bold indicates a supporting member***

- The Acu-Ki Institute [www.stress-away.com] (ACI), Monte Cunningham [acu-ki@bigfoot.com], PO Box 62, Woodruff AZ 85942, (888)853-0646
- Blumes Farm [blumesfarm@mindspring.com] (BF), 2318 Remington Road, Elizabeth, CO 80107
- **Institute for Integrative Aromatherapy** [www.Aroma-RN.com] (IIA), **Laraine Kyle** [AromaticArts@Arom-RN.com], **Director, 3072 Edison Court, Boulder CO 80302, (888)282-2002,**
- Just for Health Enterprises [www.alphacdc.com/justforhealth] (JFH), Rachel Lord [rachel@scicom.alphacdc.com], 480 South Holly St., Suite 1, Denver CO 80246, (303)341-4384.
- **Natural Healing Alternatives** [www.healingalt.com], **Susan Mallamo** [susanmallamo@healingalt.com], **Post Office Box 28265 #16, Lakewood CO 80228-0010, (303)989-7743.**
- **Rocky Mountain Center for Botanical Studies** [www.herbschool.com] (RMC), **Feather Jones** [rmcbs@indra.com], **Director, PO Box 19254, Boulder CO 80308-2254, (303)442-6861**
- Steven Foster Group [www.stevenfoster.com] (SF), Post Office Box 1343, Fayetteville AR 72702, (501)521-5887, from *Herbs for Your Health* [www.herbalgram.org/catalog/genherb.html], by Steven Foster [sfoster@stevenfoster.com], 1996, a quick-reference guide to the 50 most commonly used herbs available in the US. Softcover, 121 pp.

Suppliers

- **Herbs: Hanna's Herb Shop** [www.hannasherbshop.com], **Douglas Scheffer** [douglas@hannasherbshop.com], **Manager, 5684 Valmont Road, Boulder CO 80301, (303)443-0755/(800)974-7413.**
- Herbs: Lotus Brands Manufacturing Turtle Island Herbs (RMC), Arv Donovan [turtleisland@lotuspress.com], Manager, 2825 Wildemess Place, Suite 400, Boulder CO 80302, (303)442-2215 / (800)684-4060
- **Herbs, Seeds, Foods: Rocky Mountain Spice Company** [www.rockymountainspice.com] (RMF), **David Tenenbaum** [DKT@rockymountainspice.com], **President, 1805 East 58th Avenue, Denver, CO, USA, 80216, (303)308-8066.**
- Homeopathic Products: Standard Homeopathic Company [www.hylands.com] (SHC), 210 West 131st Street, Los Angeles CA 90061, (800)624-9659.
- Containers and dropper lids: Mountain Rose [www.botanical.com/mtrose] (800)879-3337 and Sunburst Bottle Company [www.sunburstbottle.com] (916)348-5576. BF

Important Numbers

Poison Control Hotline: 1-800-452-7165 RMC

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