

## About Plants



### Herbal Extract Formulae for important Plants

by Corcceigh Green

In our last issue we detailed how to create tinctures and herbal extracts. Due to space, we were able to delve into the fine points of making useful medicinal extracts from raw plants, but unable to give the specific alcohol to water ratios for each individual herbs. We recommended finding a copy of the *Materia Medica* and following the formulae given. With concerns of an American Codex Alimentaris looming in a new world order unification of the Americas called the FTAA (Free Trade Area of the Americas) act It is prudent to distribute the knowledge of the preparation of extracts. Refer to our last article for the actual methods of preparations. This issue will print excerpts from the *Materia Medica*. These excerpts will include formulae for plants most important for Independent Americans to be familiar with.

I recommend that you re-read our last column on the subject to learn how to make these preparations and to harvest and properly dry the herbs before they can be made into these preparations. The process of making these exceptionally superior extracts is called maceration. Maceration calls for specific quantities of water to alcohol mix ratios for each herb. These quantities will vary with each herb. Each herb also calls for a different percentage of herb to be combined

with differing percentages of water/alcohol mix. For example, when making a tincture from dried and powdered Gotu Kola, the *Materia Medica* calls for a formula of 1:5 and 50% alcohol. This means for 3 ounces of the dried herb placed in a jar, add 7.5 ounces of alcohol and 7.5 ounces of water. Where the formula calls for 1:5 it means that for every 1 ounce of dried herb you must add 5 ounces of an alcohol/water solution. Where the formula denotes a percentage of alcohol that percentage is the amount of alcohol. The percentage left that would bring the amount to 100% is added as water. In the example above, the formula calls for 50% alcohol. Since we have a formula of 1:5 and added 3 ounces of herb, we know we need 15 ounces of alcohol/water solution. As the formula gives a 50% alcohol solution, 7.5 ounces or 50% of the 15 ounces called for of alcohol is mixed with the other 50% or 7.5 ounces of water. Mix the alcohol and water together before adding to the dried herb.

Such a formula is written as: Gotu Kola: Dry Herb Tincture [1:5, 50% alcohol]. For clarity, we will forego formalities and render such formulae as Gotu Kola: 1 ounce dry herb to 5 ounces 50% alcohol/50% water solution. We will also render doses and uses for plant as well as when the plant is contra indicated for use. We will not be listing every plant in the herbal kingdom, but we will list enough to prepare Independent Americans with a small knowledge of providing for their own alternative herbal medications when (not if) such knowledge and alternative health care is banned in the USSA. Again, refer to our last column as to how to prepare these formulae. Always seek help from a trained herbalist or naturopathic practitioner or seek training for yourself now while it is still available. The doses given are for adults. Cut the doses in half for children.

#### Herbal Formulae

Yarrow: Uses; fevers, colds, flues, amenorrhea. 1 ounce dry herb to 5 ounces 50% alcohol/50% water solution. Dose; 10 to 40 drops taken 3 to 4 times per day.

Calamus rhizome: Uses; colic, dyspepsia (indigestion or when food is not being digested), irritable bowel syndrome. 1 ounce dry herb to 5 ounces 60% alcohol/40% water solution. Dose; 15 to 45 drops 3 to 4 times per day. Contraindicated for use in pregnancy.

**Aloe:** Uses; chronic constipation with atonic myenteric and mesenteric functions, deficient bile secretions with steatorrhea or dry marbly feces. 1 ounce dried pulp to 10 ounces 50% alcohol/50% water solution. Dose; 15 to 60 drops 3 times per day. Use with an antispasmodic like angelica. There may be slight contraindications in pregnancy. Do not use angelica when pregnant.

**Angelica:** Uses; dry, intrinsic asthma; menstrual cramps with scanty initial menses, PMS constipation seemingly from lacteal deficiency; intestinal colic, tenesmus. 1 ounce dried root to 5 ounces of 65% alcohol/35% water solution. Dose; 30 to 60 drops 3 to 4 times per day. Contraindicated in cases of pregnancy.

**Uva Ursi:** Uses; diuretic, urinary tract inflammation or infections. soothes kidney function. 1 ounce of the dried leaves to 5 ounces of 50% alcohol/50% water solution. Dose; 30 to 60 drops in 8 ounces of water 3 to 4 times per day. Take with cranberry juice in cases of urinary tract infection or kidney stones. Contraindicated in pregnancies.

**Wild Ginger:** Uses; motion sickness, vertigo, colds, viral infections. 1 ounce dried root to 5 ounces of 60% alcohol/40% water solution. Dose; 20 to 50 drops in hot water 2 or 3 times per day. Contraindicated in GI tract inflammation.

**Pleurisy Root:** Uses; bronchitis, pleurisy and pneumonitis...even asthma, whenever characterized by hot, dry mucosa and serous membranes; dry skin and inability to sweat, deficient sebaceous secretions. 1 ounce of dry root to 5 ounces of 50% alcohol/50% water solution. Dose; 30 to 90 drops 3 to 4 times per day. Contraindicated in pregnancies and heart conditions.

**Balsam Root:** Uses; sore throat and sinuses draining back in winter from wood smoke or indoor air heating, irritated throat and sinuses from pollutants. 1 ounce of dry root to 5 ounces of 65% alcohol/35% water solution. Dose; 20 to 50 drops in hot water 3 to 4 times per day.

**Buchu:** Uses; cystitis, urethritis, dysuria with urging but little relief...all above from acid pH urine from

stress, allergic responses, diet. 1 ounce of dried leaves to 5 ounces of 80% alcohol/20% water solution. Dose; 30 to 60 drops 4 times per day. Contraindicated in acute cases and nephritis. Pigments in the plant's leaves will color urine without ill effects.

**Shepherd's Purse:** Uses; urinary astringent in urethritis, hyperuricemia with gout (between episodes) or urate stones (to prevent). Passive capillary bleeding from uterus, GI, bladder, etc., and postpartum bleeding. 1 ounce of whole, dry plant to 5 ounces of 50% alcohol/50% water solution. Dose; 20 to 60 drops twice daily. Contraindicated in pregnancy, low blood pressure and bradycardia.

**Cayenne Pepper:** Uses; colds, flues, viral infections sensation of uncomfortable cold with inability to get warm, peripheral dilation of blood vessels, vasoneurosis. 1 ounce of dried fruit to 5 ounces of 95% alcohol/5% water solution. Dose; 5 to 15 drops 3 to 4 times per day. Contraindicated for inflammation of GI tract, renal inflammation.

**Cardamon:** Uses; poor digestion due to decreased salivation and decreased production of gastric juices. 1 ounce of dried and ground seed to 5 ounces of 50% alcohol/50% water solution. Dose; 5 to 10 drops before meals and as needed.

**Blue Cohosh:** Uses; any uterine conditions characterized by asthenic, flaccid uterine muscles, with heavy, bearing-down sensations or cervical venosities. 1 ounce dried rhizome to 5 ounces of 60% alcohol/40% water solution. Dose; 5 to 20 drops every 4 hours during day. Contraindicated in pregnancy. Herb is helpful in pregnancy, but is unpredictable in layman's hands.

**Gotu Kola:** Uses; increases blood supply to extremities, improves memory and brain function, improves hypothyroid conditions from emotional depression, drugs, or excess thyroid-depressing foods. 1 ounce dry herb to 5 ounces of 50% alcohol/50% water solution. Dose; 20 to 40 drops 2 to 3 times per day. Contraindicated for hyperthyroidism.

**Clematis:** Uses; Frontal and migraine headaches with sweaty neck and forehead, not responding or no longer affected by vasoconstrictor medicines; a vasodilator to

disperse local inflammation. 1 ounce of herb to 5 ounces of 50% alcohol/50% water solution. Dose; 10 to 40 drops 2 to 3 times per day. Contraindicated in pregnancy, vasculitis, should not be used concurrent with other medications.

**Myrrh:** Uses; pharyngitis, stimulates white blood cell production, helps to fight infections, retards the growth of bacteria promotes body's response to infections, used with echinacea in post chemotherapy treatments. 1 ounce of herbal resin to 5 ounces of 95% alcohol/5% water solution. Dose; 5 to 20 drops 3 times per day as gargle. Contraindicated in liver diseases, auto immune diseases, pregnancy and lymphomas.

**Hawthorne Berries:** Uses; cardio-tonic, cardio vacillator, high blood pressure, congestive heart failure, any weakness of the heart, arteriosclerosis, tachycardia. 1 ounce of dry berries to 5 ounces of 60% alcohol/40% water solution. Dose; 10 to 30 drops 3 to 4 times per day.

**Skunk Cabbage:** Uses; Irritable spasmodic cough with nausea, gagging and nervous excitation. 1 ounce of dried rhizome to 50% alcohol/50% water solution. Dose; 20 to 40 drops 3 times per day. Contraindicated if taste causes gagging.

**Echinacea Angustifolia and Purpurea:** Uses; helps body fight infections, increases white blood cell production, inhibits production of harmful hyaluronidase, helps body's immune response to infections, inhibits growth of staff bacterium. 1 ounce of dried whole plant to 70% alcohol.30% water solution. Dose; 30 to 50 drops twice daily when maintaining immune response. 50 to 100 drops 3 times daily when fighting infections.

**Siberian Ginseng:** Uses; adaptogen, maintains body's functions under physical stress. 1 ounce of dried root to 5 ounces of 60% alcohol/40% water solution. Dose; 20 to 60 drops 2 to 3 times per day.

**Ephedra (Ma Huang):** Warning this herb has been banned by the FDA. While I do not believe the FDA is a creditable organization, ephedra does have a strong effect and must NEVER be used by those with high blood pressure or thrombosis. There have been legitimate cases of death involved with the herb. Legitimate uses; Asthma, allergies, decongestant,

severe colds, flues. 1 ounce of dried herb per 5 ounces of 50% alcohol/ 50% water solution. Dose; KEEP IT LOW! Especially in children! 10 drops 3 times per day. If dizziness sets in STOP USE **IMMEDIATELY!!!** As mentioned, contraindicated in cases of high blood pressure and thrombosis.

**Horsetail:** Uses; Hemostatic and collagen astringent for connective tissue weakness accompanying nephritis, septum disorders in lungs, mesenchymal liver disease, etc; mucosa astringent in UTI; seems useful as an adjunct in osteoporosis. 1 ounce of dried whole herb to 5 ounces of 50% alcohol/50% water solution. Dose; 30 to 90 drops 3 to 4 times per day. Plants must be gathered from clean source. Plants gathered near railroads, highways or near agribusiness will contain toxic contaminates. This is not just a tree hugger's warning!

**California Poppy:** Uses; a weak version of oriental poppy from which opiates are extracted, useful for pain too severe to respond to aspirin and willow bark, useful for insomnia due to pain. The flowering plant may be used fresh. 1 ounce fresh whole plant to 2 ounces 100% alcohol. Dose; 15 to 25 drops as needed to 3 times per day.

**Boneset:** Uses; diaphoretic, moist head cold, with fever, aches; acute hot dry bronchitis with muscular weakness; influenza with malaise and aches; acute bronchial pneumonia with dyspnea; used as needed to stimulate innate immunity. Use fresh plant tincture. 1 ounce of fresh plant to 2 ounces 100% alcohol. Dose; 20 to 30 drops in chicken soup made from scratch with cayenne pepper and garlic added.

**Eyebright:** Uses; head cold with fever and eye and nasal discharge, sinusitis, conjunctivitis. 1 ounce of dried herb to 5 ounces of 50% alcohol/50% water solution. Dose; 30 to 90 drops 3 to 4 times per day. For conjunctivitis wash eye with weak tea made from herb.

**Fennel Seed:** Uses; colic and gastric pain, rhythmic and distressing, especially in infants and small children. 1 ounce of dried, crushed seed to 5 ounces of 60% alcohol/40% water solution. Dose; 30 to 60 drops in warm water as needed.

**Bladderwrack:** Uses; Thyroid protection against

radioactive iodine, use with sodium alginate to help body remove heavy metal and radio-isotope contamination. functional hypothyroid secondary to depressions; obesity; adjunct to diet and exercise in obesity in anabolic dominant individuals, with hyperlipidemia, sub-clinical azotemia or hyperuricemia, over-acidic urine, and high protein, phospholipid diet. 1 ounce of whole plant to 5 ounces of 50% alcohol/50% water solution. Dose; 20 to 60 drops 2 to 3 times per day. Contraindicated in cases of hyperthyroidism and disorders in sodium metabolism.

**Quinine Bush:** Uses; anti-malarial, anticholinergic antispasmodic for diarrhea, dysentery, menstrual cramps and cholecystalgia; has distinct advantages over atropine group as it causes little secretory suppression and little CNS effect in moderate doses. 1 ounce dry root bark to 5 ounces of 50% alcohol/50% water solution. Dose; 10 to 20 drops 4 to 5 times per day. Use moderately, and NOT with other anticholinergics. Contraindicated in children and pregnancies. Discontinue immediately if the herb brings on cold sweats and shakes.

**Geranium:** Uses; wherever an astringent is needed...gastric ulcer, duodenal ulcer, diarrhea, menorrhagia, bleeding gums. 1 ounce of the dried root to 5 ounces of 50% alcohol/10% glycerin/40% water solution. Dose; 1/2 to 1 teaspoon as needed.

**Ginkgo Biloba:** Uses: arteriosclerosis symptoms with impaired cerebral blood supply, moderate cerebral hypoxia, and deficient elasticity in major arteries; short-term memory lapses and transitory senility without more complex causes than vascular. ALL forms of tinnitus benefit (to varying degrees) by its use. 1 ounce of dried leaves to 5 ounces of 60% alcohol/40% water solution. Dose; 30 to 60 drops 3 times per day.

**Licorice Root:** Uses; Peptic ulcer, either duodenal or gastric between acute episodes; bronchorrhea or chronic bronchitis; sub-clinical adrenocortical deficiency; constipation from secretory suppression, oily skin, adrenal excess, marbled feces. 1 ounce of dry root to 5 ounces of 50% alcohol/50% water solution. Dose; 30 to 60 drops 3 times per day. Contraindicated in pregnancy.

**Grindelia:** Uses; bronchial asthma with tachycardia;

any bronchial disorder with thick, viscous mucus and difficulty in expectoration. 1 ounce of the dried flower tops to 5 ounces of 70% alcohol/30% water solution. 15 to 40 drops 4 or 5 times per day. Contraindicated in kidney disease.

**Hops:** Uses; insomnia, hyperactivity, nervous stomach. 1 ounce of dry strobile to 5 ounces of 65% alcohol/ 35% water solution. Dose; 30 to 90 drops 3 times per day. Contraindicated in physical or emotional depression.

**St. John's Wort:** Uses; depression accompanied by physical agitation and/or restlessness, PMS, viral infections with good results against retro-viruses. Make tinctures of the fresh plant only. 1 ounce of fresh plant to 2 ounces of alcohol. 20 to 30 drops 3 times per day. Creates side effect in some people, causing light sensitivity.

**Hyssop:** Uses; Simple respiratory viral infections, with fever, dry skin, and hot, hypersecretory mucosa, rapid pulse, red eyes, and irritability; topically for bruising and nerve pain. 1 ounce of dried herb to 5 ounces of 50% alcohol/50% water solution. 25 - 50 drops until sweating occurs.

**Elecampane:** Uses; Simple demulcent for irritable coughing from pharyngeal, tracheal or bronchial inflammations. 1 ounce of dried root to 5 ounces of 60% alcohol/40% water solution. Dose; 10 to 30 drops 4 times per day.

**Chaparral:** Arthritis, allergies and hypersensitive, auto-immune type conditions, where stress, diet aggravate notably, relieves symptoms due to aging. 1 ounce of dried leaves to 5 ounces of 75% alcohol/25% water solution. Dose; 20 to 60 drops 3 times per day. This herb has been banned by the FDA. In this case, the FDA is way off base. If it weren't for a corrupt bureaucracy set up to protect the pharmaceutical industry, this herb would not have been banned. The only danger is in the herb's overuse. Do not administer more than the recommended dose. You will have to gather this herb on your own due to FDA edicts.

**Oregon Grape:** Uses; weak liver, jaundice, liver complaints. 1 ounce of dry root to 5 ounces of 50% alcohol/50% water solution. Dose; 10 to 60 drops per day. Contraindicated in thyroid conditions.

**Horehound:** Uses; dry, irritative coughing, with some signs of pre-asthmatic bronchial constriction and gagging with cough. 1 ounce of dry flowering plant to 5 ounces of 50% alcohol/50% water solution. Dose; 30 to 90 drops 3 to 4 times per day. Contraindicated in renal complaints.

**Catnip:** Uses; flatulence, calms nerves, insomnia. 1 ounce of dried leaves and flower heads to 5 ounces of 50% alcohol/50% water solution. Dose; 1 teaspoon 3 times per day.

**Devil's Club:** Uses; Adult-onset, insulin-resistant diabetes in the middle-aged mesomorph with concurrent elevated lipids (adjunct to dietary changes); ginseng-like adaptogenic and limbic system modifier, especially useful tonic for adrenergic-dominant stress with dry skin/dry gut syndrome. 1 ounce of dry root bark to 5 ounces of 60% alcohol/40% water solution. Dose; 10 to 40 drops 3 to 4 times per day.

**Peony:** Uses; inflammatory pain of the bronchi...peripatetic pain and heat; insomnia and restlessness accompanying rhythmic spasms. Inflammatory pain and conditions of the ovaries, testes and reproductive organs. 1 ounce of the dried, powdered root to 5 ounces of 60% alcohol/40% water solution. Dose; 10 to 25 drops 3 to 4 times per day.

**Ginseng, American and Chinese:** Uses; adaptogen (a substance that normalizes body functions under physically stressful conditions such as exercise), stress from limbic/hypothalamus/pituitary hyperfunction, and induce an emotional, subjective sense of well-being, useful in disorders where glandular functions are impaired such as hyperglycemia. Extracts from your own cultivated roots are made with 1 ounce of dried root to 5 ounces of 70% alcohol/30% water solution. Dose; 20 to 40 drops 2 to 3 times per day. Contraindicated in hypoglycemia, pregnancy, with cortico-steroid therapy.

**Passionflower:** Uses; Antispasmodic and muscle relaxant for neurogenic pain, agitation, insomnia; arterial sedative, especially in EHT in the strong, sthenic middle-aged patient. 1 ounce of dried whole herb to 5 ounces of 50% alcohol/50% water solution. Dose; 1/2 to 1 1/2 teaspoon 2 to 3 times per day. Contraindicated in bradychardia, hypotension, and

when taking major sedatives.

**Pedicularis Betony:** Uses; Joint and muscle pain, sprains with sharp muscle spasms...any condition that is aggravated by a lowered pain threshold from musculoskeletal irritability. 1 ounce of dry whole plant to 5 ounces of 50% alcohol/50% water solution. Dose; 1 to 2 teaspoons 2 to 3 times per day. NOTE: A semi-parasitic genus, don't use *Pedicularis* growing on *Senecio* or toxic legumes.

**Poke Root:** Uses; Poor recuperation after acute conditions in mouth, throat, with viscous secretion, congestion; lymph condition in breasts, uterus, testes; recuperation from infections where edema and poorly resolved exudate accompanies extended, post-inflamed lymphadenitis in cervical, axillary, pelvic nodes. 1 ounce of dry root to 5 ounces of 50% alcohol/50% water solution. Dose 5 to 15 drops twice a day. Contraindicated in pregnancy and acute inflammation.

**Kava Kava:** Uses; Urethritis and cystitis with much pain on urination, and persistent, congested urethral inflammation; peptic ulcer pain that occurs predictably, such as two hours after breakfast, three hours after sleep. 1 ounce of dry root to 5 ounces of 60% alcohol/40% water solution. Dose; 30 to 90 drops 3 to 4 times per day. 15-25 drops with *Yerba Mansa* or *Bayberry* for ulcer/ gastritis.

**Bayberry:** Uses; Boggy, indolent ulcers, congestion with venous, not arterial blood, anywhere in the mucosa of respiratory or GI systems; contracts and tightens mesenchymal membranes, increases blood supply through parenchymal tissues. 1 ounce of dried bark to 5 ounces of 60% alcohol/40% water solution. Dose; 20 to 60 drops 3 to 4 times per day. Contraindicated in anti-cholinergic therapies, any active inflammations.

**Senega Snakeroot:** Uses; Chronic bronchitis or bronchorrhoea, with moist rales and copious secretions, often bordering on nausea. 1 ounce of dry root to 5 ounces of 65% alcohol/35% water solution. Dose; 10 to 45 drops 3 to 4 times per day. Frequent low dose preferable. Contraindicated in cases of acute inflammation, pregnancy, aged individuals with low vital signs.

Poplar tree buds: Uses; as aspirin and an expectorant in cases of bronchitis and bronchorrhea. Topically as a counterirritant analgesic for joint and muscle pain, similar to methyl salicylate (Oil of Wintergreen) but without the potential for absorption toxicity of the latter. 1 ounce of the dry buds collected in the spring to 5 ounces of 75% alcohol/25% water solution. Dose; 15 to 30 drops 3 or 4 times per day. Contraindicated in cases of sensitivity to salicylates, aspirin, etc.; anti-coagulant therapies, IUD's, hemopathies, kidney disease.

Polar, Aspen and willow (especially White Willow) bark: Uses; same as aspirin. Contains the tannins in the bark so the salicylates will not upset the stomach as aspirin will. 1 ounce of dried bark to 5 ounces of 50% alcohol/50% water solution. Dose; 30 to 60 drops 3 to 4 times per day. Contraindicated in most conditions aspirin would be contraindicated for except in bleeding stomachs caused by salicylates.

Wild Cherry Bark: Uses; any hot, dry and percussive coughing in the early stages of any bronchial disorders, especially with short, rapid breathing and rapid pulse. 1 ounce of dry bark collected in the early fall or late summer to 5 ounces of 60% alcohol/10% glycerin/20% water solution. Dose; 30 to 90 drops 3 to 4 times per day. Contraindicated in congestive heart failure, low blood pressure and respiratory depression.

Broom Tops: Uses; a diuretic for water retention from poor cardiac function, with mild tachycardia from sympathetic, caffeine or tobacco origin, with periods in A.M. of poor cerebral blood supply, but NO organic cause. 1 ounce of dried flowering branches to 5 ounces of 50% alcohol/50% water solution. Dose; 20 to 40 drops 3 to 4 times per day. Contraindicated in pregnancy, high blood pressure and hyperthyroid.

Figwort: Uses; arthritis, rheumatism.. any joint inflammation with prostaglandin or adrenocortical deficiency. 1 ounce of root and herb to 5 ounces of 50% alcohol/50% water solution. Dose; 30 to 60 drops 3 to 4 times per day.

Scullcap: Uses; any pain, myalgia, neuralgia from spinal or peripheral nerve irritability but without organic causes; hyperfunctions of skin nerves and CNS end organs; sciatica, neuritis shingles; lessens surface irritability to acupuncture, TNS, massage and

even spinal adjustments; nocturnal neuropathies, choreas, and seizures where overt drug treatment might be an excess. 1 ounce of dried whole plant to 5 ounces of 50% alcohol/50% water solution. Dose; 20 to 60 drops 2 or 3 times per day.

Milk Thistle: Uses; THE remedy for early stages of chronic liver problems; rehabilitation from chronic alcoholism and/or solvent contact, protecting the hepatocytes from overt damage from chemicals, fatty degeneration, acute and chronic hepatitis, and cirrhosis. 1 ounce of dried seed and fruit to 3 ounces of 70% alcohol/30% water solution. Dose; 1/2 to 1 teaspoon 3 or 4 times per day.

Blueberry, Huckleberry, Bilberry: Uses; Enhances night vision, strengthens eyesight, Mild urinary tract disinfectant for alkaline pH infections. 1 ounce of dry leaves to 5 ounces of 50% alcohol/50% water solution. Dose; 25 to 40 drops twice a day.

The above is merely a quick gleaning of what the author feels are the more readily available or more needful herbals that lend themselves to creating tinctures or extracts. There are a great many more herbals that will apply to others individually. It is recommended that the reader seek experienced help from those who have knowledge of herbal remedies.

