

# H.E.R.B. TIME

Health - Education - Research - Bulletin

May/June 2002

Volume 5, Issue 3

Nutritional Counseling - Health Products - Books - Audios - Videos - Seminars - Therapy

## Remedying Disease

### Spring Cleansing

Many people call me inquiring about their health, and it seems the most common concern, is their energy level. A great majority of people feel as if they are dragging through their day.

You may be agreeing with the general concern of others. You just don't seem to have the energy you'd like to have. You may feel that, for the most part you eat right, get adequate sleep, and exercise on a fairly regular basis. Yet you are lacking the mental and physical energy needed to carry you through.

We are not all the same as some would have you believe. Therefore I always recommend getting to know your "own" body. When you have an unusual symptom, make a mental note and try to trace it back to the cause. Time and place, a repetitious habit, or an event that may have triggered your body's response.

Whenever I am plagued with feelings of fatigue I have learned my body well enough to know it is time to do some cleansing. The culprit of my fatigue: a sluggish bowel.

Although you may be following a regular health regimen, the optimum energy you desire may be hindered by layers of physical toxins. We are exposed to hundreds of toxic substances each day, from environmental pollutants to metabolic wastes created by our own bodies as a byproduct of normal metabolism. Mental and emotional stress also contribute to the generation of physical toxins. When we are overloaded with toxins we lose energy as well as set up an environment for acute and chronic illnesses.

Toxin related illnesses provoke a number of **symptoms**...the most common being psychological and neurological.

Headaches, dizziness, mental confusion, nervousness, and other nerve reflex disorders are a few of the symptoms which result from chemical toxicity. Respiratory disorders are also common as the lungs are the first organs to receive the deadly venom. The immune system is also compromised, inviting the presence of unwanted bacteria. The hormones also become unbalanced which contribute to mental and emotional problems. It has also been found that the gut can absorb bacteria from waste products and cellular debris causing a variety of diseases

Materia  
Medica

**Burdock**  
(*Arctium Lappa*)

**Parts Used:** Root (first years growth); leaves; seeds; stalk (nutritive).

**Properties:** Root - Alterative, Diaphoretic, Diuretic, demulcent; Seeds - Alterative, diuretic; Leaves - Tonic

**Uses:** *Burdock, in my opinion, is one of the greatest blood cleansers in the herb kingdom today. When I took up jogging many years ago, I could not run two miles without feeling as if my head would explode. I was convinced the blood traveling through the vessels in my brain was so toxic, that if I continued to force it through there by jogging, I was going to kill myself.*

*When I began taking 2 caps, three times a day, I noticed tremendous improvement after taking it for only two weeks. Burdock is my herb of choice for cleansing.*

*It also benefits the skin, soothes the kidneys and relieves congestion of the lymphatic system. It increases the flow of urine and is useful for weight loss. The stalk when cut before the flower opens and stripped of the bitter rind, can be boiled or used in salads; it has the delicate flavor of*

# Materia Medica

## Stinging Nettle

(*Urtica urens*)

**Parts Used:** Tops

**Properties:** Alterative, Nutritive, antiseptic, expectorant, hemostatic

**Uses:** Nettles is a nutritive herb high in iron, silicon and potassium. It is good to use as a tea for anemia, especially in children. For rheumatic pain, make it into a poultice and apply to the affected area. A poultice of nettles and slippery elm will stop bleeding when applied to the skin.

The tea itself is good for diarrhea, dysentery, piles, hemorrhoids and gravel in the kidneys. The tea also helps to rid the body of phlegm from the lungs.

The seeds are used in cough medicines. And an extract from the fresh juice will stop intestinal bleeding, taking one teaspoon every hour.

Nettles increases the menstrual flow, so it is not recommended for those suffering with a heavy flow.

The leaves can be cooked like spinach, and are a good blood purifier.

The fresh leaves need to

such as psoriasis, ulcerative colitis, liver diseases, allergies, and thyroid problems.

Depending upon the amount of toxins you are exposed to on a daily basis helps determine your body's capability of eliminating these substances and the best method of approach for detoxifying.

One of the best places to start investigating your level of exposure to toxins, is by evaluating where you spend the majority of your day. This will of course, require most

Toxin related illnesses provoke a number of symptoms...the most common being psychological and

people to look at their place of employment. You may work in a factory where you are breathing in the fumes of solder or heavy metals. Dentist and their assistants are often inhaling the fine-mists particles of alloy fillings, which contain mercury and three other chemicals. Those involved in the publishing work, or dry cleaning employment spend eight to ten hours per day inhaling toxic fumes. There are hardly any jobs that are exempt from health destroying odors. Janitors, painters, welders, doctors and nurses, even homemakers are exposed to household pollutants under the sink.

All of these things contribute to a compromised immune system and a

lack of mental and physical energy.

In order to combat the accumulation of toxins in the system requires a consistent, yet gradual process of cleansing or detoxification. When we clear out toxins, we provide our bodies with the opportunity to reverse unhealthy conditions and heal.

This process will vary in length and duration from individual to individual, however, the end results will be virtually the same; a strong defense system, sweet sound sleep, improved digestion, not to mention other improvements and most importantly for most of us abundant energy.

### The Purpose of Cleansing

Cleansing or fasting helps to restore the body and mind back to health and aids in:

1. The general cleansing of the digestive system, lymphatic system, and glandular system.
2. Toning of all cells and glands and rejuvenating or revitalizing the body.
3. The elimination of hardened material in joints and muscles (Arthritis, Gout, etc.).
4. Weight loss.
5. Weight gain, by normalizing the metabolism of thin persons, revitalizing and cleansing the digestive system to assimilate food better.
6. To cleanse blood vessels of plaque and build g

## In The News

### Tainted Herbs

Aurora Health Care, Inc., which operates 70 retail pharmacies and 13 hospitals in Wisconsin, decided to go after some of the booming herbal business and introduce its own house brand. Nothing wrong with that. Rather, it was Aurora's greedy corporate culture that got the company into trouble.

Once the decision was made to introduce 18 herbal products, Aurora went looking for a herb manufacturer that offered them rock-bottom wholesale prices -- never mind the quality.

Now, in the herb business, it's a basic truth that whenever price is the prime consideration, you'll probably end up with some low-life company that will peddle *anything*. In this case, Aurora chose the National Vitamin Co., of Porterville, California, that produces house brands for U.S. retailers. (i.e. it fills little plastic bottles with herbs, and sticks on assorted labels so that a client-company can call it "their" brand.)

A BIG mistake -- for Aurora's reputation. The company was happily selling their herbal products throughout Wisconsin, raking in high profits because the stuff cost so little, when the local newspaper decided to do some

checking.

The Milwaukee Journal Sentinel sent a sample of Aurora's St. John's Wort to Industrial Laboratories in Denver. The results, as reported in a embarrassingly large story? The product actually contained only 5.3% of its label claim for the active ingredient! Quite useless!

Aurora has now withdrawn its product from the market, and is looking for a more ethical manufacturer.

And the National Vitamin Co.? In the future, it said, it will make sure its products are "rigorously" tested by independent labs.

- Herb Watch June 99

*(Hopefully by now the National Vitamin Company has cleaned up their act, and are supplying companies with a pure product. We are aware of other companies who have done the same. Therefore we would like to caution you to investigate the companies you order your herbs from, they're not all equal!)*

- H.E.R.B. Time



## Materia Medica

### Fennel Seed (*Foeniculum vulgare*)

**Parts Used:** Seeds

**Properties:**

*Antispasmodic, Aromatic, Carminative, diuretic, expectorant, galactagogue, stimulant*

**Uses:** *Fennel is used as a food flavoring as well as for its medicinal properties.*

*According to written record, it is one of the most proven remedies for gas, acid stomach, gout, cramps, colic and spasms. You can grind the seed and sprinkle on your food to prevent gas in the stomach and bowel.*

*Jethro Kloss used it to remove obstructions of the liver, spleen and gall bladder.*

*Fennel, as Nettle, will increase the menstrual flow, as well as urine and mothers milk.*

*It is said to be excellent for obesity. Drink the tea prior to each meal.*

*Fennel oil rubbed onto painful joints helps to relieve pain.*

H.E.R.B. TIME  
PO Box 323  
Ladysmith, WI 54848  
(715) 790-4174

## Recipe for a Healthier You!



### Tofu Whipped Topping

1 lb. Tofu (soft)  
1/4 cup Lemon Juice  
1/4 cup Cane Sugar  
or sweetener of your choice  
1 teaspoon Vanilla

Crumble tofu into the blender, add the lemon juice, sweetener and vanilla. Blend until creamy. Place in a container and chill, or serve immediately.

Makes an excellent topping for waffles, pancakes, fruit salads, puddings, or whatever your heart desires.

Another Yummy Recipe!

### Disclaimer

All materials provided by H.E.R.B. TIME is for educational purposes only. Consult your own physician regarding the applicability of any opinions or recommendations with respect to your own symptoms or

### In The Next Issue

Remedying Disease:  
Intermittent Claudication

Materia Medica:  
Herbs for Circulation


In the News:  
Ginseng Improves Fitness



Using either three days of juice, teas, vegetable broth, fruits, vegetables, or steam distilled water.

It is important that you begin your quest for health somewhere, and I recommend starting small. After you learn your body's reaction to cleansing, then you will be more prepared to do extended programs.

A brief juice fast of one to three days gives your digestive organs a rest and allows your body to focus more energy on detoxification. Fresh juices supply and abundance of vitamins, minerals and phytonutrients that enhance the cleansing process. Throughout the day, drink six or more 8-ounce glasses of fresh vegetable juices. In addition, drink at least one quart of steam distilled or purified water or make herbal teas, such as those listed on the right, or chamomile (*Matricaria recutita*) or Peppermint (*Mentha xipiperita*) every day. I usually recommend a longer cleanse in the spring or summer, unless you live in a tropical climate. Living in northern Wisconsin, a long juice fast in the winter is often too harsh and can cause coldness, as the body temperature drops due to the lack of food intake. It can also cause fatigue and weakened immune function. If you live in cold climate and desire to cleanse during the colder part of the year, you can do so healthfully by consuming warm vegetable broths, light vegetable soups and steamed vegetables. In addition, drink a quart of warm herbal tea or warm water with lemon juice added to it, throughout the day.

To aid in the removal of toxins, take one tablespoon of supplemental fiber such as powdered psyllium husks  (*Plantago* spp.)

## **Purifying Herbal Tea**

*Makes 6 cups*

*1 teaspoon dandelion root*  
*1 teaspoon burdock root*  
*1 teaspoon ginger root*  
*1 teaspoon fennel seed*  
*1 teaspoon nettle*  
*1 teaspoon red clover*

*Combine the dandelion, burdock, ginger and fennel in a pot with 6 cups of water. Bring to a boil over medium heat, then reduce the heat immediately, cover, and simmer over low heat for 30-45 minutes. Remove from heat, add the nettle and red clover, and steep (let set without any heat) for 10 minutes.*

*Strain, and drink 3 cups throughout the day.*

## **Enhance Detoxification with Hydrotherapy**

Herbal, mineral, and aromatherapy baths and saunas are an essential component of a cleansing program. These therapies stimulate deep inner cleansing by enhancing blood and lymph circulation and increasing perspiration. During a cleansing program, soak in a therapeutic bath at least a couple of times a week, and try to use a sauna once or twice a week. Because hot baths are deeply relaxing, they are best used just before going to bed. For the greatest benefits, make the water as hot as you can tolerate, but not so hot that it burns your skin or you become dizzy. In general, keep hot baths in the range of 100 to 104°F.

Keep a cup of cool drinking water and a bucket of ice water next to the tub, to apply on your head and the back of your neck in order to keep your