

Herbal Remedies Guide & Information

Which one to us for what condition?

USE CAUTION WITH ALL SUPPLIMENTS:

- Take small dose to start to verify no allergic reaction.
- Not suggested for pregnant or nursing women
- Not tested on children
- Keep in mind these herbs have been used to treat issues listed, but there are no guarantees.
- **DO NOT** start more than one supplement at a time!

Ailment	Herbal Remedy	Information or Cautions
		Always check dose and allergy info!
ADDICTIONS / CRAVINGS		
<i>TOBACCO</i>	NAC (N-Acetyl Cysteine)	Decreases Withdrawal
<i>OPIODS / ALCOHOL</i>	Shilajitt	Decreases Withdrawal & Anxiety
ALZHEIMERS / COGNITION	NAC (N-Acetyl Cysteine)	
	Shilajitt	Reduces causative buildup in Brain cells
ANEMIA / ENERGY	Burdock root	Iron Deficiency
<i>CHRONIC FATIGUE</i>	Shilajitt	Improves energy & weakness
ANTIOXIDANT	Burdock root	
	Sophora Japonica	
	Shilajitt	Radiation sickness
	Comfrey	Improves wound healing
	NAC (N-Acetyl Cysteine)	
ANTIVIRAL	Shilajitt	
	French Clay	Topical
ANTIBACTERIAL	Shilajitt	
	French Clay	Topical / MRSA / e-Coli
	Sophora Japonica	
ANTIFUNGAL	Sophora Japonica	
	Shilajitt	
ANXIETY	Yarrow	Lowers Neuroinflammation / Insomnia
<i>OCD / MENTAL</i>	NAC (N-Acetyl Cysteine)	May Improve Psychiatric Disorders
<i>INSOMNIA</i>	Shilajitt	Helps Manage & Cope w/Stress
ARTHRITIS	Shilajitt	Improves bone / reduces inflammation
	Comfrey	Topical Ointment
*See Inflammation / Pain		
BLADDER /URINARY ISSUES	Shilajitt	Diuretic / urinary issues / Bladder function
BLOOD DISORDERS OTHER)	Sophora Japonica	Stops bleeding (Marburg / Ebola)
	NAC (N-Acetyl Cysteine)	Blood Thinner
	Yarrow	Blood Thinner
	Burdock root	Increases circulation
	Shilajitt	Increases circulation / Iron absorption
	Serrapeptase	Blood Thinner
BREATHING ISSUES	Serrapeptase	Reduces Mucus & inflammation
<i>ASTHMA</i>		
<i>BRONCHITIS /PNEUMONIA</i>	NAC (N-Acetyl Cysteine)	Expectorant / inflammation
<i>COPD</i>	NAC (N-Acetyl Cysteine)	600 mg D for chronic COPD
	Comfrey	Ointment on chest --Expectorant
ALLERGIES	NAC (N-Acetyl Cysteine)	Expectorant & Antioxidant
	Shilajitt	Infection

DIABETES Type 2	NAC (N-Acetyl Cysteine)	Strengthens Insulin Receptors
	Sophora Japonica	Enhances Insulin Sensitivity
	Shilajitt	Reduces Glucose / Enhances RX effects
DIGESTIVE DISORDERS	Burdock root	Temporary Gas or bloating
<i>GASTRO INTESTINAL</i>	Shilajitt	Improves Gastric ulcers
<i>IRRITABLE BOWEL</i>	Sophora Japonica	Alleviates discomfort / Aids Digestion
<i>CONSTIPATION</i>	Yarrow	Speed digestion / Reduces symptoms
EPILEPSY	Shilajitt	Reduces frequency & level of seizures
	Yarrow	Lowers Neuroinflammation & Seizures
HEART DISEASE / HBP	Yarrow	Modulates Blood Pressure
	Shilajitt	Cholesterol / antioxidant
	NAC (N-Acetyl Cysteine)	Improves Circulation / blood thinner
	Sophora Japonica	Lowers Blood pressure
	Serrapeptase	Blood thinner
INFLAMMATION /PAIN	Shilajitt	Used for misc. pain & inflammation
	Sophora Japonica	Hemorrhoids → ointment
<i>SPRAINS/ MUSCLES / BITES</i>	Comfrey	Topical ointment / improves healing
	Burdock root	Diuretic / ck allergies
	Serrapeptase	*blood thinner/ reduces pain & swelling
	NAC (N-Acetyl Cysteine)	
IMMUNE SYSTEM	NAC (N-Acetyl Cysteine)	Detoxification
	Shilajitt	Detoxification
	Comfrey	High in Vitamin C → Tea
LIVER & KIDNEY ISSUES	NAC (N-Acetyl Cysteine)	Detoxification
	Sophora Japonica	Liver
NERVE ISSUES		
<i>PARKINSONS / STROKE</i>	Yarrow	Lowers Neuroinflammation
<i>MULTIPLE SCLOROSIS</i>	Yarrow	
PAIN	Shilajitt	
<i>*SEE INFLAMMATION</i>	Serrapeptase	Reduces Pain from Inflammation
<i>JOINTS, SPRAINS</i>	Comfrey	Topical or tea gargle for throat
WOUND HEALING	Comfrey	Topical / Slows bleeding / Burns
<i>STINGS / ABRASIONS</i>	French Clay	Promotes healing / kills infection
<i>RASHES / BURNS</i>	Shilajitt	Antimicrobial / Anti inflammatory
	Yarrow	Topical

(FULL DESCRIPTION, CAUTIONS, AND PROPER DOSAGE LISTED ON INFORMATION SHEETS OF EACH.)

WAYS TO USE HERBAL REMEDIES – *NOT ALL CAN BE INJECTED DIRECTLY*

OIL

There are two popular ways to make medicinal oil. The slower method involves packing a glass jar with herb leaves and then pouring oil over them. Dry leaves work best with this method. They have less moisture, which lowers the chance of spoilage. Screw a lid on the jar, place it in a paper bag to protect it from direct sun exposure, and place it on a warm windowsill. After two weeks, strain out the herbs and rebottle the oil. For the faster method, place your herb and oil in a pan and heat them on low until the oil takes on the color of the herbs, around 30 minutes to an hour. Strain out the herbs and bottle the oil.

DECOCTION

Use 1-3 teaspoons of dried herb per 1 cup of water. Bring the water to a boil, then reduce the heat and let it simmer for 10-15 minutes. Drink this up to three times a day.³⁰ If you do not want to ingest the decoction, you can use it as a mouthwash or gargle for infections, dry mouth, sore throat, and bleeding gums.

TEA/INFUSION

For a hot infusion, pour 1 cup of boiling water over 2 teaspoons of herb and let it steep for around 10 minutes, until it is cool enough to drink. For cold infusions, pour cold water over the herb and let it stand for 6-8 hours. Hot infusions are faster, but cold infusions are better at drawing out the mucilage. Use whichever is most appropriate for your situation.

TINCTURE

Place the herb in a glass jar. You can use crushed fresh leaves, chopped-up fresh roots, or powdered herb. Pour alcohol over the herbs so that they are covered by an inch or two of liquid. Close the lid and shake it all up. Label the jar, and place it in a dark, warm location for at least 2 weeks, although more time is better. Shake the jar up once a day for the first week or so. After 2 weeks (or longer), strain out the herbs and rebottle your new tincture.

Herb root tincture can be used in 2-4 ml quantities, up to 3 times a day.³¹ If you're concerned with PAs, remember that you can also use the tincture topically, as a liniment. If you're sure you will only use it topically, you can save money by using rubbing alcohol instead of more expensive choices, like vodka. Just make sure you label the jar clearly so no one accidentally swallows rubbing alcohol!

POULTICES

You can make a herb poultice with the leaf or the root. Crush or powder the plant material and mix with water to form a paste. Apply this thickly and liberally to the desired area. Wrap it with cloth or a bandage to hold it in place. Herb poultices should be left in place for several hours (overnight is ideal).

For convenient, ready-made poultices, fill a blender with herb leaves and add enough water to blend it into a slurry. Lay out a cloth and pour the mixture onto it. Cover this with another cloth and slide it into a zipper-lock bag. Place this flat in your freezer. You can stack several of these on top of each other and have them ready as needed.

BRIEF OVERVIEW OF HERBS LISTED HERE

(FULL DESCRIPTION, CAUTIONS, AND PROPER DOSAGE LISTED ON INFORMATION SHEETS OF EACH)

Comfrey is actually a broader genus scientifically known as *Symphytum*, which is used extensively in herbal medicine. The flowers can range in color from white to purple and the plant is mainly found in northern Europe. Interestingly enough, there is a decent amount of debate regarding the safety of using comfrey, as some of the volatile chemical components can be potentially dangerous to human beings when consumed improperly. Most people only recommend topical use of comfrey, as there have been some traditional suggestions for internal use when done properly.

The root and leaves of the comfrey plant have been used in traditional medicine in many parts of the world. In Japan, the plant has been harvested and used as a traditional treatment for over 2,000 years. It was originally called "knitbone" and people used it to treat:

- muscle sprains
- bruises
- burns
- joint inflammation

Europeans have also used comfrey to treat inflammatory conditions, such as arthritis and gout. Some traditional healers have also used it to treat diarrhea and other stomach ailments.

Burdock root is a vegetable native to Northern Asia and Europe, though it now grows in the United States. The burdock plant's deep roots are very long and vary in color from beige to brown and nearly black on the outside.

Burdock root has been used for centuries in holistic medicine to treat a variety of different conditions. Traditionally, it's been most commonly used as a diuretic and a digestive aid. Burdock root has been used as food and medicine for centuries in various ways, including as a diuretic to aid digestion. It comes from the plant burdock (*arctium lappa*) that is related to daisies and sunflowers. It's native to North Asia and Europe, but is grown in other parts of the world, including North America.

The roots of the burdock plant are believed to be the most beneficial part of the plant. While scientific research is limited at this time, burdock root contains a variety of nutrients such as antioxidants and inulin that are known to help with conditions like skin disorders, inflammation, digestion, and more.

French Clay that kills several kinds of disease-causing bacteria is at the forefront of new research into age-old, nearly forgotten, but surprisingly potent cures. Among the malevolent bacteria that a French clay has been shown to fight is a "flesh-eating" bug (*M. ulcerans*) on the rise in Africa and the germ called MRSA.

Unlike antibiotics, which are essentially a chemical weapon against bacteria, antimicrobial clays kill through purely physical means, he explained. "The bacterium has to come into physical contact with the clay in order for something to happen." Giese said. That contact turns deadly.

Shilajitt is a dark brown or black substance that oozes out of rocks. It is typically found in high elevations, such as in the Himalayan Mountains, but it is also found in volcanic areas as well. Shilajitt contains large amounts of trace minerals, especially fulvic acid. It has been used medicinally for centuries, particularly in Ayurveda where it is referred to as “rasayana”, which means rejuvenator. In Sanskrit, its name means “Conqueror of mountains and destroyer of weakness.”

Sourced from the Himalayas, Shilajitt, mineral pitch, or mumijo is as potent as it is exotic. Made of organic plant material and humus from the earth, this ancient remedy is packed with nutrients, including 84 minerals like copper, iron, and zinc.¹ And while the dark, sticky substance may literally be a bitter pill, the results for your health are quite sweet! Courtesy its nutrient richness and healing properties, Shilajitt has been used to treat all manner of ailment from diabetes to immune system problems and even digestive, urinary, or reproductive health problems.² Here’s a detailed look at its powerful health benefits.

Sophora japonica Increases endurance of blood vessels

In Traditional Chinese Medicine (TCM), Huai Hua belongs to the 'Herbs that stop bleeding' category. Like the name indicates these herbs tend to have hemostatic properties, meaning that they help stop various types of hemorrhages and echymosis. Unlike other herbs they often tend to be used externally.

Huai Hua, scientifically known as Flos Sophorae Immaturo, is a traditional Chinese herb with numerous potential benefits. This herb has been used for centuries in traditional medicine for its various healing properties. In this academic response, we will explore ten potential benefits of Huai Hua. So sophora japonica tea is used to control bleeding phenomena: epistaxis, hemoptysis, uterine bleeding, urinary bleeding.

NAC (N-Acetyl Cysteine) It’s considered semi-essential because your body can produce it from other amino acids, namely methionine and serine. It becomes essential only when the dietary intake of methionine and serine is low.

Cysteine is found in most high-protein foods, such as chicken, turkey, yogurt, cheese, eggs, sunflower seeds and legumes. N-acetyl cysteine (NAC) is a supplement form of cysteine.

Consuming adequate cysteine and NAC is important for a variety of health reasons — including replenishing the most powerful antioxidant in your body, glutathione. These amino acids also help with chronic respiratory conditions, fertility and brain health. It’s essential for immune health and fighting cellular damage. Some researchers believe it may even contribute to longevity.

Its antioxidant properties are also important for combatting numerous other ailments caused by oxidative stress, such as heart disease, infertility and some psychiatric conditions.

Neem: The botanical name of the neem tree is *Azadirachta indica*. This tree is native to India, Myanmar, Sri Lanka, Bangladesh, Pakistan, etc., but now is grown worldwide for its medicinal and healing properties. With all of its parts possessing medicinal values, this herb is useful for the treatment of various ailments. The antibacterial, antiseptic, antimicrobial and anti-inflammatory properties of neem make it valuable for human health. Neem is a popular herb that has been a part of traditional medicinal remedies dating back almost 5000 years. The neem tree is home to over 130 active compounds. All of these compounds come with many health benefits, including immuno-stimulants, anti-bacterial, and anti-viral compounds. Neem can be used for many different types of ailments. It is used to purify the blood, remove toxins, treat ulcers, treat insect bites, and prevent damage that free radicals might cause in the body. Neem is great for burns, infections, and any type of skin issue as it can destroy the bacteria that cause infections. In addition, neem can stimulate your immune

system to promote faster healing, when you are suffering from an illness of any kind. There are many great health benefits associated with neem.

Yarrow is a perennial herb that has been used medicinally for centuries. The leaves and flowers of the plant are used to make teas, tinctures, and ointments that are thought to have a wide range of medicinal benefits. Yarrow is most commonly used as an herbal remedy for colds and flu, as it is thought to help reduce fever and promote sweating. It is also used topically for wounds and skin conditions such as eczema. Some people also take yarrow internally for digestive problems, cramps, and anxiety. The many health benefits of yarrow include the following:

Faster healing of wounds

Blood clotting

Maintaining periods

Reducing inflammation

Lowering high blood pressure

Regulating asthmatic symptoms

Reducing anxiety

Serrapeptase is an enzyme isolated from bacteria found in silkworms.

It has been used for years in Japan and Europe for reducing inflammation and pain due to surgery, trauma, and other inflammatory conditions. Serrapeptase is an enzyme that's been used in Japan and Europe for decades for pain and inflammation.

It may also decrease your risk of infections, prevent blood clots, and aid certain chronic respiratory diseases. Serrapeptase may increase the clearance of mucus and reduce inflammation in the lungs in people with chronic respiratory diseases (CRD).

Sarracenia purpurea is also known as a pitcher plant, this is a species where leaves and roots of it are extremely beneficial to healing some health conditions. Homeopathy uses *Sarracenia purpurea* to help reduce and rescue different health concerns such as digestion problems, eye disorders, skin ailments, blood sugar discomforts, and many more. Most people out trust Homeopathy to heal some longing health conditions as it's a natural process with probably less likely to be affected by side effects when taken in the right dosages. Both the leaf and roots of *sarracenia purpurea* have medicinal properties, hence the experts of homeopathy make the best use of *sarracenia* roots and leave extracts to formulate the supplement that enhances digestive tract health, urinary tract health and targets several other skin infections.

Studies reported pitcher plant aka *sarracenia purpurea* supplement is non-toxic and serves no side effects when consumed at the right dosage.