

Home Remedy Guide



Over 130 home remedies

by Dr. Michael E. James

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About The Author



Michael E. James first became interested in herbs soon after graduating from High School. After a near fatal bout with an ulcer, which normal medical procedures did not cure, he turned to the use of herbs and a proper diet. Pleased by the results he began to search more deeply into the medicinal uses of plants. He found this a fascinating, though neglected, method of healing. His interest led him to the Dominion Herbal College of Canada for training. This college has turned out some of the finest Herbalists since the early 1900's. The formulas in

this booklet are a few, of many, used by the Author with people who have sought his help and counsel.

How and Why Herbal Home Remedies Works

How? Very well, thank you.

Why? You're using elements that are natural to our dietary needs, namely, plants. Plants are grown in the dirt... and remember, we came from the dirt.

Herbal therapy feeds and nourishes the tissues, systems, and organs of the body, so that they can function naturally. Disease occurs when a deficiency exists long enough to weaken the body's processing of its own chemicals.

Remember, you can feed a man a fish or you can teach him to fish. If you feed him long enough, you cripple him; now you will continue to feed him (and charge him for it) for the rest of his life. If you give that same man the ability to take care of himself, he will return the favor by teaching others to feed themselves.



For instance: A thyroid gland is not functioning properly. The Chemo-minions approach determines that thyroxin is necessary to supply to the body. Thyroid harmony is a good thing to have in the body, but it is better for the thyroid and the body to have the building blocks (the nutrients and natural elements) to be able to make the thyroxin itself, thus strengthening the entire system. What other processes might we cripple by merely supplying a single chemical that is lacking in the body?

Another example: When a person is taking steroids for asthma or another condition, the adrenals are basically told to take a vacation. They are told that they are no longer needed to produce cortical steroids in any significant quantity. Yes, asthma is controlled, but they are concerned with the overwhelming side effects that are responsible for their weight gain, among other things, supplied free of charge by their use.

If the individual at some point determines that this treatment is not effective, and the body is no longer supplied with this external chemical intake, the adrenals are unprepared to do their work, so then the naturopath/herbalist has to not only treat asthma, but has to be sensitive to the weakened systems that have suffered by the chemical use. We (our bodies) should *make* chemicals, not take them.

Home Remedy Herb List

1. BURDOCK ROOT

Traditionally used for: kidneys, lymphatic, rash, pimples, scurvy, gout, eczema, rheumatism, cankers, sores, sciatica, burns, wounds, swelling, and hemorrhoids.

2. CATNIP

Traditionally used for: pain of any kind, spasms, gas in colon, excellent to allay gas, acid in stomach and bowels, prevents griping. Used in enema, good for constipation, expelling worms, fits, will start urination when it has stopped, sleeplessness.

3. CAYENNE

Traditionally used for: stimulant, circulatory problems, fever, sore throat, sinus congestion, heart stimulant, pleurisy, chickenpox, dyspepsia.

4. CLEAVERS

Traditionally used for: kidney and bladder troubles, scalding urine, skin disorders, suppressed urine, fever, eczema, cancer jaundice, blood cleanser, prostate.

5. COMFREY LEAF and ROOT

Traditionally used for: cough, ulcerated and inflamed lung conditions, kidney ulcers, hemorrhage, excessive mucus, asthma, stomach and bowels, blood in urine, bedsores, swelling, sprains, fractures, flesh wounds, dysentery, and diarrhea.

6. FENNEL SEED

Traditionally used for: eye wash, gas, stomach ache, gout, cramps, colic, jaundice, liver, spleen, and gall bladder disorder increases urine flow and menstrual flow.

7. FLAX SEED

Traditionally used for: constipation, jaundice, poultice binder, oil of flax is good for coughs, asthma, pleurisy, breast infections.



8. GOLDENSEAL ROOT

Traditionally used for: dyspepsia, gastric catarrh and ulceration, cold, sinus, lungs, colitis, tonsillitis, scarlet fever, eczema, ring worm, epilepsy, fever, leukorrhea diabetes, cataract, bladder, kidney, hemorrhoids, prostate.

9. HOPS FLOWER

Traditionally used for: sleeplessness, nervous trouble, delirium, kidney, rheumatism, neuralgia, ear infection, excessive sexual desire, pain, toothache.

10. HOREHOUND LEAF

Traditionally used for: hoarseness, cough, asthma, circulation, excessive mucus, fever, stomach, jaundice, dyspepsia, sore throat.

11. JUNIPER BERRY

Traditionally used for: kidney, bladder, gravel, back pain, lumbago, sciatica, rheumatism, prostate, sinus.

12. LAVENDER

Traditionally used for: nausea, colic, congestion.



13. LOBELIA

Traditionally used for: spasms, asthma, nerves, congestion, bronchitis, epilepsy, convulsions.

14. MARSHMALLOW ROOT

Traditionally used for: sores, inflammations, inflamed organs, soothing and lubricating to lungs and digestive membranes, kidney and bladder infections, hoarseness, diarrhea, dysentery, gravel, cough, circulatory problems, increases nutrition and volume of mother's milk.

15. MORMON TEA

Traditionally used for: Low Blood Pressure, sinus, stuffy head, sore throat, headache, kidney and bladder.

16. PEPPERMINT

Traditionally used for: chills, cold, colic, fever, dizziness, gas in the stomach, nausea, vomiting, dysentery, palpitation of heart, influenza, constipation.



17. RED CLOVER

Traditionally used for: blood purifier, whooping cough, stomach ulcers, bronchial trouble, vomiting.

18. SAGE

Traditionally used for: sore throat, sinus congestion, stomach and bowel gas, poultice for breast infection.

19. SLIPPERY ELM

Traditionally used for: vignettes, tumors, lung infections, and asthma.

20. YARROW FLOWER

Traditionally used for: fevers, bleeding, scant urine, mucus discharge from bladder, ulcers, chicken pox, dyspepsia, blood in lung or bowels, womb infections, diabetes



Home Remedies

Following each ailment are the herbs used traditionally for each, along with a suggested formula. There are other formulas that are also effective, not just the ones listed. In parentheses are my herbal formulas, specifically used for each.

These formulas are given by weight.

EXAMPLE:

Comfrey 1

Horehound 1/2

Comfrey is twice as much as Horehound by weight.

ABSCESSSES

Burdock, Lobelia, Slippery Elm

TEA Slippery Elm 4, Lobelia 1/2

How to prepare and take: Mix herb with equal amount of Slippery Elm powder or corn starch. Mix equal parts of herb mixture and water to make consistency of clay if needed add extra water to thin. Apply to affected area. Poultice can be kept warm by covering with a warm damp cloth.

Formulas ([Col Cer](#), [Fection](#))

ACHES

Catnip, Cayenne, Lobelia, Peppermint

TEA Catnip 2, Peppermint 3

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Strain with a pinch of cayenne. One cup every hour until condition improves then adjust as needed.

Formulas ([Throb Eaz](#), [Nerquilizer](#), [Arth Rite](#), [Hay Asz](#))

ACID

Catnip, *Fennel, * Goldenseal Root, Peppermint, *Slippery Elm.

TEA Catnip 1, *Fennel 3, Peppermint 1

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. 3 cups a day or take as often as you desire.

Formulas ([Zime](#), [Col Cer](#))

ADENOIDS

*Burdock, Comfrey Leaf, *Marshmallow, Mormon Tea

TEA *Burdock 1, Comfrey Leaf 1, *Marshmallow 1/2, Mormon Tea 2

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. One cup every hour until condition improves then adjust as needed.

Formulas ([Hay Asz](#), [Throb Eaz](#))

ADRENAL

Mormon Tea, Sage

TEA Mormon Tea 2, Sage 1/2

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Strain with a pinch of cayenne, if called for. 3 cups a day

Formulas ([Low Sugar](#), [Nemia](#), [Tissue Mend](#))

AFTER BIRTH PAIN

Catnip, Comfrey Leaf, *Marshmallow, Peppermint

TEA Comfrey Leaf 1, *Marshmallow 1/2, Peppermint 1

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. 3 cups a day

Formulas ([Throb Eaz](#), [Her Mone](#), [Tonic F](#))

ALCOHOLISM

*Fennel, * Goldenseal Root

TEA *Fennel

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take as often as you desire.

Formulas ([Low Sugar](#), [Liv Clean](#))

ALLERGIES

Comfrey Leaf and *Root, *Juniper, *Marshmallow,

TEA Mormon Tea 1, Comfrey Leaf 1, *Juniper 1/2, Mormon Tea 2

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. One cup every hour until condition improves then adjust as needed.

Formulas ([Hay Asz](#), [Monia](#), [I Brite](#), [Throb Eaz](#))

ANEMIA

*Comfrey Root

How to prepare and take: Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. 3 cups a day

ALSO: Cook food in cast iron cookware

Formulas ([Nemia](#))

APPETITE

Goldenseal Root, Sage, *Fennel, Catnip.

TEA Catnip 2, *Fennel 1

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. 3 cups a day

Formulas ([Zime](#), [Tissue Mend](#), [Col Cer](#))

ARTERIOSCLEROSIS

*Burdock, Cayenne, *Goldenseal Root, Red Clover

TEA Red Clover

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Strain with a pinch of cayenne. Take 1/2 cup four times a day.

Formulas ([Vari Cose](#), [Hrt](#), [Blood Wash](#))

ARTHRITIS

*Burdock, Comfrey Leaf and *Root, *Juniper, Yarrow. **TEA** *Burdock 1, *Juniper 1/2, Comfrey Leaf 2

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. 3 cups a day

Formulas ([Arth Rite](#), [Bladney](#), [Tissue Mend](#))

ASTHMA

*Comfrey Root, *Horehound, Lobelia, Sage, *Slippery Elm, Cayenne.

TEA *Comfrey Root 2, *Horehound 1, Lobelia 1/2, Cayenne a pinch

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. One cup every hour until condition improves then adjust as needed. Or take 1/2 cup four times a day.

Formulas ([Hay Asz](#), [Monia](#), [Flem Up](#))

BAD BREATH

Catnip, *Fennel, *Goldenseal, Peppermint, *Slippery Elm

TEA *Fennel

How to prepare and take: Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Take 1/2 cup four times a day.

Formulas ([Zime](#), [Tissue Mend](#), [Col Cer](#), [Liv Clean](#))

BED WETTING

*Fennel, Hops, *Marshmallow, Comfrey Leaf, *Juniper, Cleavers

TEA Equal parts of *Marshmallow, Hops, *Juniper, Cleavers

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take 1/2 cup four times a day.

Formulas ([Bladney](#), [Nerquilizer](#), [Throb Eaz](#))

BLADDER

*Burdock, Cleavers, Comfrey Leaf and *Root, Hops, *Juniper, *Marshmallow, Mormon Tea, Sage

TEA *Burdock 1, Cleavers 1, *Juniper 1/2, *Marshmallow 1/2

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. One cup every hour until condition improves then adjust as needed.

Formulas ([Bladney](#), [Fectio](#))

BLEEDING

Cayenne

How to prepare and take: In wound

Formulas ([Travl](#), [Nemia](#))

BLOOD POISONING

Goldenseal Root, *Burdock, Red Clover.

TEA *Burdock 1, Red Clover 1

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take 1/2 cup four times a day.

Formulas ([Blood Wash](#), [Hrt](#), [Vari Cose](#))

BLOOD PRESSURE

*Burdock, Red Clover, Hops, Cleavers.

TEA Equal parts of each

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. 3 cups a day

Formulas ([Blood Wash](#), [Hrt](#), [Vari Cose](#), [Bladney](#), [Nerquilizer](#))

BOILS

*Burdock, Cayenne, *Flax, Red Clover

TEA *Burdock 1, Red Clover 1

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. 3 cups a day

Formulas ([Fection](#), [Blood Wash](#))

BREASTS

Sage, Slippery Elm

TEA Sage 4, Slippery Elm Powder 1

How to prepare and take: Mix herb with equal amount of Slippery Elm powder or corn starch. Mix equal parts of herb mixture and water to make consistency of clay if needed add extra water to thin. Apply to affected area. Poultice can be kept warm by covering with a warm damp cloth.

Formulas ([Dong Quai](#), [Her Mone](#), [Tonic F](#))

BRONCHITIS

Goldenseal Root, *Marshmallow, Sage, *Slippery Elm, *Comfrey Root, Horehound

TEA Equal parts by weight

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take 1/2 cup four times a day.

OR

For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. For each quart of tea add 1-cup honey. Add honey while still warm. Lemon juice may be added if desired. About 1/8 cup. 1 Tablespoon every hour or as needed.

Formulas ([Hay Asz](#), [Monia](#), [Flem Up](#))

BRUISE

Comfrey Leaf, Red Clover

TEA Equal parts of each

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Take as often as you desire.

Formulas ([Nemia](#), [Blood Wash](#), [Arth Rite](#))

BUG BITES

Red Clover, *Marshmallow

TEA Equal parts of each

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take as often as you desire.

Formulas ([Blood Wash](#))

CANKERS IN MOUTH

Goldenseal Root, *Burdock

TEA *Burdock

How to prepare and take: Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Take 1/2 cup four times a day. use as mouthwash

Formulas ([Col Cer](#), [Zime](#), [Fection](#))

CATARACTS

*Fennel, *Marshmallow, Yarrow

TEA *Fennel

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take 1/2 cup four times a day.

Formulas ([I Brite](#), [Liv Clean](#))

CHICKEN POX

Goldenseal Root, Peppermint, Yarrow

TEA Peppermint 2, Yarrow 1

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Take 1/2 cup four times a day.

Formulas ([Throb Eaz](#), [Fection](#))

CHILDBIRTH

Comfrey Leaf, Peppermint.

TEA Equal parts of each

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Take as often as you desire.

Formulas ([Her Mone](#), [Tonic F](#), [Nemia](#))

CIRCULATION

Catnip, Cayenne, Peppermint

TEA Catnip and/or Peppermint

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Strain with a pinch of cayenne. 3 cups a day

Formulas ([Travl](#), [Blood Wash](#), [Hrt](#), [Vari Cose](#))

CLEANSING

*Burdock, Comfrey Leaf. *Rt, *Fennel * Goldenseal Root, *Slippery Elm.

TEA Comfrey Leaf

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. 3 cups a day

Formulas ([Liv Clean](#), [Blood Wash](#), [Klean Lax](#))

COLDS

Peppermint, Yarrow

TEA Equal parts

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Strain. One cup every hour until condition improves then adjust as needed.

Formulas ([Hay Asz](#), [Fection](#), [Throb Eaz](#), [Monia](#))

COLIC

Catnip, *Fennel, Peppermint, Hops, Lavender **TEA** Lavender

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Take 1/2 cup four times a day.

OR

TEA Catnip 1, Peppermint 1, *Fennel 3

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take 1/2 cup four times a day, or 2 to 3 oz. per day for infants

Formulas ([Zime](#))

COLITIS

*Comfrey Root, *Marshmallow, *Goldenseal Root, *Slippery Elm

TEA *Comfrey Root 2, *Marshmallow 1/2 , *Slippery Elm 1

How to prepare and take: Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Take 1/2 cup four times a day.

Formulas ([Col Cer](#), [Liv Clean](#))

COLON

Catnip, Comfrey Leaf, * Goldenseal Root, Sage, *Slippery Elm, *Marshmallow.

TEA May use individually or combined

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. 3 cups a day

Formulas ([Col Cer](#), [Klean Lax](#), [Liv Clean](#), [Zime](#))

CONCEPTION

Peppermint, Red Clover.

TEA Either one or combined

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Take as often as you desire.

Formulas ([Her Mone](#), [Tonic F](#), [Nemia](#))

CONSTIPATION

Catnip, *Flax, Sage, *Slippery Elm,

TEA Catnip 2, Sage 1/2

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Take as often as you desire.

Formulas ([Klean Lax](#), [Liv Clean](#))

COUGH

*Comfrey Root, *Horehound, Sage, Lobelia

TEA Equal parts

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. For each quart of tea add 1-cup honey. Add honey while still warm. Lemon juice may be added if desired. About 1/8 cup. 1 Tablespoon every hour or as needed.

Formulas ([Hay Asz](#), [Monia](#), [Flem Up](#))

CRAMPS

Cayenne, *Fennel, Lobelia, * Goldenseal Root **TEA** *Fennel

How to prepare and take: Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Strain with pinch of cayenne. One cup every hour until condition improves then adjust as needed.

Formulas ([Travl](#), [Zime](#), [Tissue Mend](#))

CROUP

*Comfrey Root, *Horehound, Sage, *Slippery Elm, Mormon Tea

TEA Equal parts

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. For each quart of tea add 1-cup honey. Add honey while still warm. Lemon juice may be added if desired. About 1/8 cup. 1 Tablespoon every hour or as needed.

Formulas ([Monia](#), [Fection](#), [Hay Asz](#))

DANDRUFF

*Burdock, Sage

TEA *Burdock 1, Sage 2

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. 1/2 cup four times a day as a hair rinse

Formulas ([Blood Wash](#), [Vari Cose](#))

DIABETES

Goldenseal Root, Yarrow

TEA Yarrow

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. 3 cups a day

Formulas ([Hy Sugar](#), [Liv Clean](#))

DIARRHEA

Comfrey Leaf, *Marshmallow, Peppermint, Slippery Elm.

TEA Equal parts

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. One cup every hour until condition improves then adjust as needed.

Formulas ([Zime](#), [Col Cer](#))

DIGESTIVE DISORDER

Catnip, Comfrey Leaf, *Fennel, * Goldenseal Root, Lavender, *Marshmallow, Peppermint, Slippery Elm,

TEA Try 3 of the list, in equal parts

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take as often as you desire.

Formulas ([Col Cer](#), [Zime](#), [Liv Clean](#), [Tissue Mend](#))

DIURETIC

*Burdock, Cleavers, Comfrey Leaf, Hops, *Juniper, *Marshmallow, Mormon Tea, Sage

TEA Cleavers 1, Comfrey Leaf 1, *Juniper 1/2, *Marshmallow 1/2

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. One cup every hour until condition improves then adjust as needed.

Formulas ([Bladney](#), [Tissue Mend](#), [Tonic F](#))

DIZZINESS

Peppermint, Catnip, Hops, *Juniper, Cayenne **TEA** Equal parts, in any combination

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. One cup every hour until condition improves then adjust as needed.

Formulas ([Travl](#), [Zime](#), [Nemia](#), [Hay Asz](#))

EARACHE

Hops

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Use as a rinse in ear.

Formulas ([Hay Asz](#), [Fection](#))

ECZEMA

Cleavers, * Goldenseal Root, *Marshmallow, Red Clover, *Burdock

TEA Red Clover with 2 others, in equal parts

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. 1/2 cup four times a day. use as tea and a wash.

Formulas ([Blood Wash](#), [Fection](#), [Bladney](#), [Liv Clean](#))

EMPHYSEMA

Comfrey Leaf. *Comfrey Root, Lavender, Lobelia, Sage, *Marshmallow, *Slippery Elm

TEA *Comfrey Root 1, Lobelia 1/2, *Marshmallow 1/2, Sage 1, *Slippery Elm 1

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take 1/2 cup four times a day.

OR

For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. For each quart of tea add 1-cup honey. Add honey while still warm. Lemon juice may be added if desired. About 1/8 cup. 1 Tablespoon every hour or as needed.

Formulas ([Monia](#), [Flem Up](#), [Fection](#), [Hay Asz](#))

ENDURANCE

Comfrey Leaf, Mormon Tea, Sage

TEA any two, or all three, in equal parts

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Take as often as you desire.

Formulas ([Happy O](#), [Low Sugar](#), [Zime](#), [Tissue Mend](#))

EYES

*Fennel, *Marshmallow, Slippery Elm, *Goldenseal Root

TEA *Fennel

How to prepare and take: Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Use as often as you desire, as eye wash.

Formulas ([I Brite](#), [Liv Clean](#))

FALSE LABOR

Catnip, Cayenne, *Fennel, Peppermint

TEA Catnip 1, *Fennel 1, Peppermint 1

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. One cup every hour until condition improves then adjust as needed.

Formulas ([Her Mone](#))

FEMALE PROBLEMS

*Slippery Elm, Comfrey Leaf, * Goldenseal Root, Cayenne

TEA *Slippery Elm 1, Comfrey Leaf 2, Goldenseal Root 1

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take 1/2 cup four times a day.

Formulas ([Tonic F](#), [Her Mone](#), [Nemia](#))

FEVER

Catnip, Sage, Yarrow, Cleavers, Peppermint

TEA Catnip 2, Yarrow 1

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Strain. One cup every hour until condition improves then adjust as needed.

Formulas ([Throb Eaz](#), [Fection](#))

FINGERNAILS

*Fennel, Comfrey Leaf

TEA Comfrey Leaf

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. 3 cups a day

Formulas ([Tissue Mend](#))

FLU

Catnip, Comfrey Leaf, *Comfrey Root, *Goldenseal Root, Sage, Yarrow, Horehound

TEA Comfrey Leaf 3, Goldenseal Root 1/2 , Sage 1

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take 1/2 cup four times a day.

Formulas ([Col Cer](#), [Fecton](#), [Zime](#), [Monia](#), [Hay Asz](#))

FOOD POISONING

Catnip, *Fennel, * Goldenseal Root, Red Clover

TEA Catnip 1, Goldenseal Root 1/4 , Red Clover 1

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. 3 cups a day

Formulas ([Zime](#), [Col Cer](#), [Blood Wash](#))

FRACTURES

Comfrey Leaf, Cleavers

TEA Comfrey Leaf

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. 3 cups a day

Formulas ([Tissue Mend](#))

FRIGIDITY

Cleavers, *Juniper.

TEA Equal parts

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take 1/2 cup four times a day.

Formulas ([Happy O](#), [Dong Quai](#))

GALL BLADDER

*Fennel, * Goldenseal Root

TEA *Fennel

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take 1/2 cup four times a day.

Formulas ([Col Cer](#), [Liv Clean](#), [Zime](#))

GLAND

*Burdock, Catnip, *Fennel, * Goldenseal Root, Sage, Mormon Tea

TEA*Burdock 1,Catnip 1, Sage 1/2, Fennel 1

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take 1/2 cup four times a day.

Formulas ([Hy Sugar](#), [Nemia](#), [Low Sugar](#), [Tonic F](#), [Dong Quai](#))

GLAUCOMA

*Fennel, * Goldenseal Root

TEA *Fennel 8, Goldenseal Root 1

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take 1/2 cup four times a day.

Formulas ([I Brite](#), [Liv Clean](#))

GOITER

Comfrey Leaf and *Root, *Marshmallow, Sage

TEA Comfrey Leaf 2, Sage 1/2, Mormon Tea 1

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Take 1/2 cup four times a day.

Formulas ([Nemia](#))

GOUT

*Burdock, Cayenne, Cleavers, Comfrey Leaf, *Fennel, Hops, *Juniper, *Marshmallow, Mormon Tea, Yarrow

TEA 3 or 4 from the list, in equal parts

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Strain with a pinch of cayenne.

Take 1/2 cup four times a day.

or

For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take 1/2 cup four times a day.

Formulas ([Arth Rite](#), [Bladney](#), [Tissue Mend](#))

GUMS

Goldenseal Root, Yarrow

TEA Goldenseal Root

How to prepare and take: Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Strain with pinch of cayenne. Use as mouth rinse

Formulas ([Fection](#), [Col Cer](#))

HAIR

Comfrey Leaf, *Fennel, *Marshmallow, Red Clover

TEA Comfrey Leaf 1, *Fennel 1, *Marshmallow 1/2, Red Clover 1/2

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. 3 cups a day

Formulas ([Tissue Mend](#))

HAY FEVER

Sage, Mormon Tea, * Goldenseal Root, *Juniper

TEA Sage 1/4 , Mormon Tea 4, Juniper 1/4

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take 1/2 cup four times a day.

Formulas ([Hay Asz](#), [Throb Eaz](#))

HEADACHE - see MIGRAINE

HEART

Goldenseal Root, Peppermint, Cayenne, Red Clover

TEA Red Clover

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Strain with a pinch of cayenne. Take as often as you desire.

Formulas ([Travl](#), [Hrt](#), [Vari Cose](#))

HEARTBURN - see ACID

HEMORRHOIDS

*Burdock, * Goldenseal Root, *Flax, Hops, Yarrow

TEA *Burdock

How to prepare and take: Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Take 1/2 cup four times a day. Use as a tea and wash

Formulas ([Col Cer](#), [Zime](#))

HERPES

Comfrey Leaf, *Goldenseal Root, Red Clover.

TEA Comfrey 2, Red Clover 1

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Strain with a pinch of cayenne, if called for. Take as often as you desire.

Formulas ([Fection](#), [Col Cer](#))

HIGH BLOOD PRESSURE - see BLADDER or NERVOUS

HOARSENESS - see THROAT

HORMONES

*Fennel, * Goldenseal Root, Mormon Tea, Sage

TEA *Fennel

How to prepare and take: Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Take as often as you desire.

Formulas ([Dong Quai](#), [Tonic F](#), [Happy O](#), [Her Mone](#))

HOT FLASHES - see FEMALE PROBLEMS

HYPERACTIVE

Catnip, *Fennel, Hops, Peppermint

TEA *Fennel 3, Peppermint 1

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. 3 cups a day

Formulas ([Nerquilizer](#), [Low Sugar](#))

HYPOGLYCEMIA

*Fennel, *Juniper, *Marshmallow.

TEA *Fennel 1, *Marshmallow 1

How to prepare and take: Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Take 1/2 cup four times a day.

Formulas ([Low Sugar](#))

IMPOTENCE

*Burdock, Comfrey Leaf, *Marshmallow, Red Clover

TEA *Burdock 1, Comfrey Leaf 1/2

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take 1/2 cup four times a day.

Formulas ([Happy O](#))

INDIGESTION - see ACID

INFECTION

*Burdock, Comfrey Leaf *Goldenseal Root, *Juniper, Mormon Tea, Sage, Yarrow

TEA*Burdock 1, Comfrey Leaf 2, *Juniper 1/2

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take 1/2 cup four times a day.

Formulas ([Fection](#))

INSOMNIA

Hops, Catnip, Peppermint

TEA Equal parts of each

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Take as often as you desire.

Formulas ([Throb Eaz](#), [Nerquilizer](#))

JAUNDICE

*Fennel, * Goldenseal Root

TEA *Fennel 8, Goldenseal Root 1

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take 1/2 cup four times a day. Or 1 Tablespoon every hour or as needed.

Formulas ([Liv Clean](#), [Col Cer](#))

KIDNEYS

Cayenne, Comfrey Leaf and *Root, Cleavers, Sage, *Goldenseal Root,

*Marshmallow, *Juniper, Mormon Tea

TEA Comfrey Leaf 1, Cleavers 1, *Marshmallow 1/2, Mormon Tea 1, *Juniper1

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take 1/2 cup four times a day.

Formulas ([Bladney](#), [Tissue Mend](#))

LABOR

Catnip, Comfrey Leaf, Peppermint, Red Clover

TEA Equal parts

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Strain. One cup every hour until condition improves then adjust as needed.

Formulas ([Her Mone](#), [Tonic F](#))

LAXATIVE - see CONSTIPATION LIVER - see JAUNDICE

LOW BLOOD PRESSURE

Mormon Tea, Red Clover, Sage

TEA Equal parts

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Strain. One cup every hour until condition improves then adjust as needed. Or take 1/2 cup four times a day.

Formulas ([Nemia](#), [Travl](#))

LUNGS - see ASTHMA

LYMPH

*Burdock, * Goldenseal Root

TEA *Burdock

How to prepare and take: Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Strain. Take as often as you desire.

Formulas ([Fection](#))

MATERNITY MASK

*Fennel, * Goldenseal Root

TEA *Fennel

How to prepare and take: Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Strain. Take as often as you desire.

Formulas ([Liv Clean](#))

MENOPAUSE

Catnip, Comfrey Leaf, *Fennel, Peppermint

TEA Equal parts

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. 3 cups a day

Formulas ([Dong Quai](#), [Her Mone](#), [Tonic F](#))

MENSTRUATION

Comfrey Leaf, *Fennel, * Goldenseal Root

TEA *Fennel 3, Comfrey Leaf 1

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. One cup every hour until condition improves then adjust as needed.

Formulas ([Her Mone](#), [Tonic F](#), [Nemia](#))

MIGRAINE

Catnip, Peppermint, Hops, Mormon Tea, Lobelia, Lavender

TEA Use 2 or 3, in equal parts

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Strain. One cup every hour until condition improves then adjust as needed.

Formulas ([Nerquilizer](#), [Col Cer](#), [Zime](#), [Throb Eaz](#))

MILK BREAST (to dry up)

Sage

TEA Strong tea, cold is best.

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Strain. One cup every hour until condition improves then adjust as needed. Or take 1/2 cup four times a day.

Formulas ([Hay Asz](#), [Fection](#))

MILK BREAST (to increase)

*Marshmallow, Red Clover

TEA *Marshmallow 4, Red Clover 1

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. 3 cups a day

Formulas ([Tissue Mend](#), [Nemia](#))

MORNING SICKNESS - see NAUSEA

MOUTH SORES - see CANKERS

MUCUS

*Comfrey Root, Horehound, Lavender, Lobelia, *Marshmallow, *Slippery Elm

TEA *Comfrey Root 1/2, Horehound 1, Lobelia 1/4, *Marshmallow 1/2, *Slippery Elm 1/2

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take 1/2 cup four times a day.

and/or

For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. For each quart of tea add 1-cup honey. Add honey while still warm. Lemon juice may be added if desired. About 1/8 cup. 1 Tablespoon every hour or as needed.

Formulas ([Monia](#), [Hay Asz](#), [Flem Up](#))

MUMPS

*Burdock, Cayenne, Comfrey Leaf, *Goldenseal Root, *Marshmallow, Red Clover

TEA *Burdock 2, Cayenne dash, Comfrey Leaf 1, *Marshmallow 1/2

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take 1/2 cup four times a day.

Formulas ([Fection](#), [Throb Eaz](#))

NAUSEA

Catnip, *Fennel, Peppermint

TEA Equal parts

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. One cup every hour until condition improves then adjust as needed.

Formulas ([Zime](#), [Col Cer](#), [Tissue Mend](#))

NERVES

Catnip, Hops, Peppermint, *Marshmallow, *Fennel, Lavender

TEA Any one or combination

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Strain. Take as often as you desire.

Formulas ([Nerquilizer](#), [Throb Eaz](#))

NIGHTMARES - see INSOMNIA

NIGHT SWEATS - see MENOPAUSE

OBESITY

Comfrey Leaf. *Fennel, Peppermint

TEA Comfrey Leaf 1, *Fennel 3

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. 3 cups a day

Formulas ([Nemia](#))

PAIN

Catnip, Lobelia, Peppermint.

TEA Any one, or in combination

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Strain. One cup every hour until condition improves then adjust as needed.

Formulas ([Throb Eaz](#), [Arth Rite](#), [Zime](#), [Nerquilizer](#), [Bladney](#))

PANCREAS

*Burdock, *Fennel, Mormon Tea, Yarrow

TEA *Fennel

How to prepare and take: Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Strain. Take 1/2 cup four times a day.

Formulas ([Low Sugar](#), [Hy Sugar](#), [Liv Clean](#))



PERSPIRATION

Cayenne

How to prepare and take: Add a dash to food daily

Formulas ([Travl](#), [Zime](#))

PITUITARY

Comfrey Leaf

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Strain. Take 1/2 cup four times a day.

Formulas ([Low Sugar](#))

PLEURISY - see ARTHRITIS

PNEUMONIA

Cayenne, *Comfrey Root, *Goldenseal Root, Horehound, Lobelia, *Marshmallow, Mormon Tea, Sage, *Slippery Elm

TEA Cayenne a dash, *Comfrey Root 1, Goldenseal Root 1/4, Horehound 2

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take 1/2 cup four times a day.

and/or

For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. For each quart of tea add 1-cup honey. Add honey while still warm. Lemon juice may be added if desired. About 1/8 cup. 1 Tablespoon every hour or as needed.

Formulas ([Monia](#), [Flem Up](#))

PREGNANCY

Comfrey Leaf, *Fennel, Red Clover, Yarrow

TEA Equal parts

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take 1/2 cup four times a day.

Formulas ([Her Mone](#), [Tonic F](#), [Nemia](#))

PROSTATE - see BLADDER

RHEUMATISM - see ARTHRITIS

SENILITY

*Burdock, Cayenne, Comfrey Leaf, *Marshmallow, Red Clover

TEA Comfrey Leaf 2, Red Clover 1

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Strain. Take 1/2 cup four times a day.

Formulas ([Happy O](#), [Nerquilizer](#))

SHOCK - see CONVULSIONS

SINUS

Comfrey Leaf, *Goldenseal Root, *Marshmallow, Mormon Tea

TEA Comfrey Leaf 1, Goldenseal Root 1/4, *Marshmallow 1, Mormon Tea 1

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain.

Formulas ([Hay Asz](#), [Throb Eaz](#))

SKIN

*Burdock, Comfrey Leaf, *Fennel, * Goldenseal Root, *Marshmallow, Red Clover

TEA *Burdock 2, Red Clover 1

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take 1/2 cup four times a day.

Formulas ([Blood Wash](#), [Fection](#), [Liv Clean](#))

SPRAINS - see BRUISE

TEETH

Comfrey Leaf, *Goldenseal Root

TEA Comfrey Leaf

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Strain. Take as often as you desire.

Formulas ([Col Cer](#), [Fection](#))

TEETHING

Catnip, *Fennel

TEA Equal parts

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. 1 Tablespoon every hour or as needed.

Formulas ([Zime](#), [Tissue Mend](#))

THROAT

Cayenne, * Goldenseal Root, Horehound, Hops, Mormon, Sage

Tea Sage

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Strain. 3 cups a day

Formulas ([Hay Asz](#), [Monia](#))

THRUSH

Comfrey Leaf. *Comfrey Root

TEA Equal parts

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. 1 Tablespoon every hour or as needed.

Formulas ([Zime](#), [Col Cer](#))

THYROID

*Fennel, * Goldenseal Root

TEA *Fennel

How to prepare and take: Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Strain. 3 cups a day

Formulas ([Nemia](#), [Low Sugar](#))

TONSILLITIS - see THROAT and/or SINUS

TOXEMIA - see BLADDER or KIDNEYS

ULCERS

Catnip, Comfrey Leaf, *Fennel, * Goldenseal Root 1, Hops, *Marshmallow, Peppermint *Slippery Elm

TEA Catnip 1, Comfrey Leaf 1, Goldenseal Root a pinch, *Marshmallow 1

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. One cup every hour until condition improves then adjust as needed.

Formulas ([Col Cer](#), [Zime](#))

UTERINE - see FEMALE PROBLEMS, MENOPAUSE, MENSTRUATION, MORNING SICKNESS

VAGINAL DOUCHE

Comfrey Leaf, * Goldenseal Root, *Marshmallow, *Slippery Elm

TEA Comfrey Leaf 1, *Marshmallow 1/2

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. Take as often as you desire.

VARICOSE - see ARTERIOSCLEROSIS

VOMITING

Catnip, *Fennel, Peppermint.

TEA Peppermint

How to prepare and take: Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. DO NOT BOIL. Strain. One cup every hour until condition improves then adjust as needed.

Formulas ([Zime](#), [Col Cer](#))

WARTS

Goldenseal Root, Cayenne

TEA Goldenseal Root

How to prepare and take: Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Strain with pinch of cayenne. Wash as often as you desire.

Formulas ([Fection](#), [Nerquilizer](#))

WHOOPING COUGH

*Comfrey Root, Horehound, Lobelia, Slippery Elm, Red Clover

TEA *Comfrey Root 3, Horehound 1

How to prepare and take: For those herbs with an * Simmer as low as possible 1 tsp. herb or herbal mixture in one cup of water 15 to 20 minutes in a covered pot. Add remaining herbs Steep 1 tsp. herb or herbal mixture in one cup boiling water 15 to 20 minutes. Cover with a tight lid. Strain. For each quart of tea add 1-cup honey. Add honey while still warm. Lemon juice may be added if desired. About 1/8 cup. 1 Tablespoon every hour or as needed.

Formulas ([Monia](#), [Hay Asz](#), [Flem Up](#))

YEAST INFECTION (VAGINAL)

Comfrey Leaf, *Slippery Elm Powder

TEA *Slippery Elm

How to prepare and take: Mix 1Tb. Slippery Elm powder and 1 tsp. water to the consistency of clay. Roll out to the length of a pencil about the width of your little finger. Cut into three pieces. Insert each piece as far as possible. Leave for two days, irrigate out with VAGINAL DOUCHE. Wait one day. Repeat if necessary.

Formulas ([Fection](#), [Col Cer](#))