

# Contents

<b>Introduction</b> .....	11
Balance in Nature .....	12
The Value of Plants in Health and Healing .....	13
Plants and Holistic Medicine .....	13
The Value of Freshness in Medicinal Plant Preparations .....	14
Extraction Techniques .....	15
A Comment on Herbal Usage .....	17
Compounding Herbs .....	18
<b>Dispensatory Guide to the Use of Herbal Compounds</b>	
Compounded Artemisia/Quassia .....	21
<i>An Anti-Parasitic Formula</i>	
Compounded Astragalus .....	22
<i>A Deep Immune-Enhancing Formula</i>	
Compounded Bloodroot/Celandine .....	23
<i>An Anti Retro-Viral Formula</i>	
Compounded Bugleweed/Motherwort .....	24
<i>An Over-Active Thyroid Formula</i>	
Compounded Camellia/Curcuma .....	25
<i>An Herbal Antioxidant Formula</i>	
Compounded Coleus forskohlii .....	26
<i>An Intracellular cAMP Formula</i>	
Compounded Dandelion/Fennel .....	27
<i>A Digestive Cordial</i>	
Compounded Devil's Claw/Chaparral .....	28
<i>An Anti-Arthritic Formula</i>	
Compounded Devil's Club .....	30
<i>A Blood Sugar Balancing Formula</i>	

Compounded Dong Quai .....	31
<i>A Female Hormone Balancing Formula</i>	
Compounded Echinacea .....	32
<i>An Anti-Viral and Secretory Immune Formula</i>	
Compounded Echinacea/Goldenseal .....	33
<i>An Anti-Viral, Anti-Bacterial, Antibiotic Formula</i>	
Compounded Echinacea/Red Root .....	34
<i>A Blood and Lymphatic Alterative Formula</i>	
Compounded Eyebright/Bayberry .....	36
<i>Hay Fever, Allergy, Sinus Formula</i>	
Compounded Fennel/Wild Yam .....	37
<i>A Gallstone, Fatty Digestion Formula</i>	
Compounded Feverfew/Jamaican Dogwood .....	38
<i>A Headache, Migraine, Anti-Pain Formula</i>	
Compounded Fraxinus/Ceanothus .....	39
<i>A Uterine Fibroid and Cyst Corrective Formula</i>	
Compounded Garcinia .....	40
<i>A Lipolytic, Thermogenic (Weight Loss) Formula</i>	
Compounded Gelsemium/Phytolacca .....	42
<i>An Ovarian Cyst Formula</i>	
Compounded Ginseng/Schizandra .....	43
<i>An Adrenal, Adaptogenic Formula</i>	
Compounded Wild Ginseng .....	44
<i>An Energy, Anti-Stress, Adaptogenic Formula</i>	
Compounded Glycyrrhiza .....	45
<i>An Herbal Antacid and Heartburn Remedy</i>	
Compounded Gotu Kola .....	46
<i>A Memory and Mental Adaptogen Formula</i>	
Compounded Grindelia/Camellia .....	47
<i>An Anti-Asthmatic Formula</i>	
Compounded Hawthorn .....	48
<i>A Cardiovascular and Connective Tissue Formula</i>	
Compounded Hoxsey/Red Clover .....	49
<i>A Blood and Liver Alterative Formula</i>	
Compounded Juniper Berry .....	51
<i>A Urinary Diuretic Formula</i>	

31	Compounded Kava Kava/St. Johnswort.....	52
	<i>An Anti-Depressant Formula</i>	
32	Compounded Linden/Crataegus .....	54
	<i>A Hypertension Formula</i>	
33	Compounded Lobelia/Calamus .....	55
	<i>A Stop-Smoking Formula</i>	
34	Compounded Lomatium .....	56
	<i>An Anti-Viral Formula</i>	
36	Compounded Melissa .....	57
	<i>A Children's Hyperactivity Formula</i>	
37	Compounded Milk Thistle/Yellow Dock .....	58
	<i>A Skin Corrective Formula</i>	
38	Compounded Plantain/Buchu .....	60
	<i>A Urinary Incontinence Formula</i>	
39	Compounded Psyllium Husk .....	61
	<i>A Digestive, Internal Cleansing Formula</i>	
40	Compounded Red Clover .....	61
	<i>A Blood and Lymphatic Alterative Formula</i>	
42	Compounded Reishi/Bupleurum .....	63
	<i>An Anti Retro-Viral, Immune-Enhancing Formula</i>	
43	Compounded Robert's Formula .....	64
	<i>A Digestive Corrective Formula</i>	
44	Compounded Saw Palmetto .....	65
	<i>A Men's Prostate Formula</i>	
45	Compounded Schizandra/Silybum .....	66
	<i>An Alcohol Recovery Formula</i>	
46	Compounded Scudder's Alterative .....	67
	<i>A Deep-Tissue Cleansing Formula</i>	
47	Compounded Sheep Sorrel/Burdock .....	68
	<i>An Alterative Formula for Degenerative Processes</i>	
48	Compounded Skullcap/St. Johnswort .....	69
	<i>A Nerve, Trauma, and Sleep Formula</i>	
49	Compounded Smilax/Damiana .....	70
	<i>A Male/Female Virility Formula</i>	
51	Compounded Spilanthes .....	72
	<i>An Anti-Yeast and Anti-Fungal Formula</i>	

Compounded Turmeric/Catechu .....	73
<i>An Immediate-Type Hypersensitivity, Allergy, and Antiinflammatory Formula</i>	
Compounded Usnea/Uva Ursi .....	74
<i>A Urinary Tract Antibiotic Formula</i>	
Compounded Valerian/Poppy .....	75
<i>An Herbal Insomnia Formula</i>	
Compounded Vitex/Alfalfa .....	76
<i>A Menopausal Corrective Formula</i>	
Compounded Wild Cherry .....	77
<i>An Anti-Coughing Formula</i>	
Compounded Yucca/Burdock .....	78
<i>An Anti-Arthritic, Antiinflammatory Formula</i>	

### **Fresh Plant Elixirs: Rejuvenative Tonics**

Compounded Rejuvenative Elixir .....	80
<i>A Tonic to Renew the Vitality of the Body and Mind</i>	
Compounded Vitamin C Elixir .....	81
<i>An Organic Plant Source of Vitamin C</i>	
Compounded Nutritional Elixir .....	82
<i>A Tonic to Invigorate the Blood Chemistry</i>	
Compounded Calcium Elixir .....	82
<i>A Bone, Flesh, Cartilage, and Connective Tissue Tonic</i>	
Compounded Elixir of Passionflower .....	83
<i>A Nerve Tonic and Restorative</i>	
Compounded Elixir of Siberian Ginseng .....	84
<i>An Adaptogenic Tonic</i>	
Compounded Elixir of Bitters .....	84
<i>A Sweet/Bitter Digestive Tonic</i>	
Compounded Elixir of Vitex .....	86
<i>A Female Hormone Corrective Tonic</i>	
Compounded Elixir of Eleutherox .....	86
<i>A Male Revitalizing Tonic</i>	
Compounded Vata Tonic .....	87
<i>A Vata Type Soothing Elixir</i>	
Compounded Pitta Tonic .....	88
<i>A Pitta Type Balancing Elixir</i>	

... 73	Compounded Kapha Tonic .....	89
	<i>A Kapha Type Invigorating Elixir</i>	
... 74	<b>Single Herb Uses</b> .....	90
... 75	<b>Herbal Oils</b> .....	129
... 76	<b>Compounded Herbal Salves</b> .....	132
... 77	<b>The Herbal Repertory: Botanical Treatment Protocols</b>	
... 78	Blood and Lymphatic System .....	133
	Cardiovascular System .....	136
... 80	Digestive System .....	138
... 81	Endocrine (Glandular) System .....	139
... 82	Gastrointestinal System .....	141
... 82	Internal Cleansing Program .....	142
... 83	Mucous Membrane System .....	143
... 84	Musculo-Skeletal System .....	146
... 84	Nervous System .....	147
... 86	Reproductive System .....	150
... 86	Respiratory System .....	152
... 87	Skin and Epidermal Tissue .....	153
... 88	Urinary System .....	156
	<b>Naturopathic Desk Reference</b>	
	Botanical Therapies for Gynecological Conditions ....	158
	Botanical Therapies for Disorders of	
	Immediate-type Hypersensitivity .....	180
	Stress, Adaptogens, and the Immune System .....	185
	<b>Index</b> .....	199

*Whole plant extracts, artfully and scientifically prepared, provide the most complete range of the plant's chemistry and synergy, and therefore exercise the most holistic influence on the physiology.*

## **Completely Revised 4th Edition!**

**A handy reference containing a wealth of helpful botanical information, this revised edition once again provides distilled material on healing plants and plant compounds. This book:**

- ➔ Explains the important differences between synthetic medicines and whole plant extracts on the human physiology.
- ➔ Provides a detailed botanical dispensatory guide listing beneficial plant compounds, therapeutic actions, indications, dosages, and contraindications. This section is intended for the professional use of botanical formulas.
- ➔ Provides a clinical botanical repertory divided into the major systems of the body. Physiological imbalances are listed within each system with proper botanical treatments.
- ➔ Contains a naturopathic guide to the internal cleansing of the metabolism, digestion, and elimination processes.
- ➔ Contains botanical protocols for gynecological, immediate-type hypersensitivity, and stress-related disorders, initiating a quarterly research journal called the *Protocol Journal of Botanical Medicines*, to which you can subscribe.

ISBN 0-9645539-1-0



9 780964 553910

**\$10.95**

## *The Protocol Journal of Botanical Medicine*

A concise quarterly publication devoted *exclusively* to therapeutic plant uses!

- An easy to use publication combining Western allopathic practices with Naturopathic, Ayurvedic, and Chinese practices.
- Therapeutic protocols with descriptions of contraindications, underlying chemistry and pharmacology, and complete citations from research conducted around the world.
- A peer-reviewed research publication offering current and thoroughly referenced material for both clinical and educational settings.
- Informative articles for naturopathic physicians, herbal educators, researchers, interested lay persons, as well as medical doctors and general practitioners.

### *Upcoming Topics*

**Disorders of Inflammation:** benign prostatic hyperplasia, candidiasis, diabetes, kidney stones, peptic ulcer

**Women's Health:** endometriosis, estrogen replacement therapy, mastitis, premenstrual syndrome cysts, uterine fibroids

**Mood, Memory, and Cerebral Vascular Disorders:** affective mood disorders (depression), Alzheimer's disease, ADD/hyperactivity, tinnitus, Raynaud's Syndrome

**Disorders of the Eyes, Ears, and Throat:** cataracts, glaucoma, otitis media, strep throat, sinus infection

Editorial Review Board: Mark Blumenthal, American Botanical Council • Mary Bove, N.D. • Subhuti Dharmananda, Ph.D. • John Douillard, D.C. • Kevin Ergil, L.Ac. • Scott Gerson, M.D. • David Hoffmann, B.Sc. (Hons), M.N.I.M.H. • Rob McCaleb, Herb Research Foundation • William Mitchell, N.D. • Lisa Meserole, M.S., C.D., N.D. • Michael Murray, N.D. • Alexander Schauss, Ph.D. • David Winston, A.H.G.

---

### SUBSCRIPTION FORM

Call: (800) 466-5433

Or mail to:

The Protocol Journal  
of Botanical Medicine  
P.O. Box 108  
Harvard, MA 01451

Domestic

Foreign

- 1 year (4 issues) - \$96       1 year (4 issues) - \$120US  
 2 years (8 issues) - \$180       2 years (8 issues) - \$220US

Name \_\_\_\_\_ Daytime phone \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip, Country \_\_\_\_\_

Payment enclosed     Please bill me     VISA     MasterCard     American Express

Account number \_\_\_\_\_ Expiration date \_\_\_\_\_

Signature \_\_\_\_\_