

Multi-Tasking Herbs

Posted on [March 25, 2015](#) by [Dara](#)



Herbs are multi-taskers, even intelligent in some cases. Dr. Christopher refers to **Lobelia** as a “thinking herb” because it reacts as needed for the issue at hand. Lobelia opens the airways allowing unrestricted breathing for the asthmatic; it all but instantly stops spasms throughout the body, and for many women eases monthly menstrual cramps. Used topically as in our M&L Salve it is an excellent muscle relaxant, working very quickly to ease muscle spasms which contribute to a host of issues not the least is painful headaches.

Lobelia has received a lot of bad press, while writing this article one of my proof readers commented on her understanding of the dangers of Lobelia. I assured her that it is impossible to overdose on Lobelia, if a large amount were ingested the person would immediately vomit, clearing the excess from the system. **FYI:** One of the Nicknames for Lobelia is “Vomit Weed” as it quickly induces vomiting when needed.

An adult dose is $\frac{1}{4}$ to 1 tsp. (1 to 4 droppers full). Wisdom begins with the lower dose and builds as needed.

Cayenne also shows up as a multi-tasker; able to quickly arrest bleeding issues, the term “liquid cauterizer” comes to mind. Cayenne also moves the blood blasting through internal restrictions quickly providing lifesaving, oxygen rich blood to starving cells. The old herbalist’s adage “No one hits the floor dead with a mouthful of cayenne” is very true indeed. If a strong dose of cayenne is administered during a heart attack or stroke the symptoms will all but instantly subside, often with no lasting issues or damage to the heart or brain.



A little secret about cayenne; it’s not hot when you’re on the way to the floor; the taste-buds are numbed out. A sudden emergency or trauma leaves the person numb all over (shock) this includes the taste-buds. Normally what

is painfully hot will only taste a bit like warm water in an acute emergency situation.

Lobelia & Cayenne: two herbs every home, purse and auto should carry. Anything to do with Bleeding or movement of the blood, grab your cayenne, it will never harm and could save a life. Anything to do with obstructed breathing, seizure, muscle spasms or emotional fits or trauma; grab the Lobelia again it will never harm and could prevent a minor issue from escalating to something major.



Black Walnut is another valuable herb to know and understand. The best part to use is the hull, the meaty material surrounding the actual nut. Black Walnut is the most powerful antifungal herb in nature, it can clear ringworm, impetigo, really any bacterial skin infection or issue will respond quickly to a good combination which includes the Black Walnut herb or a plain application of Black Walnut. The worst Toenail Fungus and athlete's feet can be reversed and even cleared by continued long term used of the Black Walnut when applied externally over the affected area and taken internally. This herb will also be an important part of any internal parasite formula.

Herbs are loaded with nutrition, providing healing and restoration for damaged areas of the body. Often what works physically to clear congestion, move blood and nutrients in the body will also work at the emotional & mental level to clear and heal. This is the true gift of healing provided by nature; the healing of the body and the mind.

ELEVENTH-HOUR HERB

Posted on [January 14, 2015](#) by [Dara](#)



Dr. Christopher speaks about the Elder's great healing powers. The Elder is an indigenous shrub growing in all parts of the United States and Canada "The great herbalist, Henry Box of England, stated, "For colds, influenza, fevers, inflammation of the brain, pneumonia, inflammation of stomach, bowels, or any other part, this is a certain cure. I have never known it to fail, even when given up and at the point of death. It will not only save at the eleventh hour, but at the last minute of that hour. It is so harmless that you cannot use it amiss and so effectual that you cannot give it in vain".

"Elder's most famous effect lies in its cure of colds, fevers, flu, etc. Dr. Shook noted that since upwards of six million people died of influenza after the last World War, it would be an important remedy to store and use. He explained that all forms of catarrh are caused when fibrin is not dissolved properly; it is thrown into the blood as a stringy, insoluble mass which forms an excess of phlegm and catarrhal mucoid matter. Potassium chloride keeps this fibrin in solution, but when the body lacks enough, the fibrin blocks the circulation of the blood.

"Potassium phosphate, on the other hand, activates and feeds the skin and mucous membranes, and potassium sulphate acts similarly to iron as an oxygen-carrier and oil-former to lubricate and feed the sebaceous glands and the epithelial covering of the mucous membranes. All three of these potassium compounds are found in the Elder plant. Potassium chloride and sulphate are contained in its inner bark.

"The Potassium phosphate, chloride, and sulphate are found in the flower (which, incidentally, is the part most used in colds and flu), and potassium sulphate and nitrate are found in the leaves. The fruit contains a number of potassium compounds besides the above mentioned compounds. These potassium compounds are one chemical reason that the Elder so effectually removes colds and flu.

"Since the Elder flowers are emetic and sometimes nauseating to some people, they are often blended with Peppermint to use in this flu remedy.

"The Elder effects diaphoresis and helps the body eliminate toxic material from the body through the pores of the skin. The Elder-Peppermint tea should be made in the proportions of one ounce of the herb to a pint of water, and drunk as hot as possible, drunk in bed or just before taking a hot bath, so as to sweat out the cold or flu. You can cover a hot water bottle with a cloth or towel dipped in vinegar to place near the feet. This tea will also induce sleep, while the patient sweats, and allow for a complete cure."

Healing with Cayenne

Posted on [February 17, 2015](#) by [Dara](#)



Cayenne, no home should be without it. Over the years this powerful herb has been underused and misunderstood. Cayenne is a healer; it is the first of the first aids whenever there is bleeding. Apply it as a powder or extract directly into the wound to instantly stop the flow of blood from the body. First Aid made simple; apply cayenne; cover and apply pressure; bleeding will stop.

Cayenne saves lives, instantly stopping a heart attack by blasting through the blockage enabling blood flow to the oxygen starved cells of the heart.

The same benefit can be found when using cayenne during or after a stroke. Cayenne stops the bleeding in the brain, at the same time blasting through the blockage bringing rich blood to the oxygen starved brain cells.

Medicinal Cayenne is not what you pick up at most grocery stores. The heat unit of the average store bought cayenne is about 40,000hu (heat units). A good medicinal cayenne is going to be around 200,000hu to 250,000hu. Big difference; a difference that can save a life.



Echinacea

Posted on [April 30, 2014](#) by [Dara](#)



Understanding the value of Echinacea is imperative, whether you are healing a major disease or the common cold. Unlike many of the herbal combinations that need to be taken every few hours throughout the day, Echinacea may be taken all at once in the morning or divided into two doses and taken morning and evening.

The reason for spacing the herbal formulas is to keep the healing nutrition available in the blood throughout the day. After taking an herbal dose the nutrition remains strong for roughly an hour

but still available for about three hours. In certain serious conditions the hourly use of the herbal combinations might be recommended. Since this type of dosing will keep the detoxing nutrition available constantly, use caution that the body does not fall into a healing crisis with too much die-off to process. If this should happen drop the dose back and increase the Echinacea.

Echinacea works a bit differently. It does not contain any nutrition to kill off infection or heal the body of any disease. So, you ask, why bother with Echinacea at all, and why say it is imperative in any healing program?

Echinacea sends a chemical command to the immune system to produce more immune system. The Importance of Echinacea is not found in what it brings to clear disease but in what it causes to be created in the body to heal disease.

Echinacea is responsible for increasing the activity of the immune system, stimulating the production of more of the cells that fight disease. Once the chemical command has been sent Echinacea can disappear from the system without disrupting the process that has begun. Since Echinacea does not provide the nutrition needed for the production of the immune cells it has nothing more to contribute to the process.



The best food source for nutrition to build the immune system is Carrot Juice.

When boosting the immune system with Echinacea it is important to ingest at least 32 ounces of fresh carrot juice each day. This is four 8 ounce glasses to be consumed throughout the day.

Echinacea turns on the body's ability to heal itself; it is the key in the ignition of the immune system, turning on and up the body's immune building factories.

Detoxing with Echinacea

Posted on [September 30, 2013](#) by [Dara](#)



Member Question: I have the flu and cannot believe it. I have not been sick for 10 years and now I am watching everything I eat and I get sick. I am obviously doing something wrong.

Answer: This is what we call a healing crisis; it is very common when the body is being cleansed. You are doing a deep work on your system, pulling toxins out from everywhere. Just the change in your food program to a better way of eating can create a healing crisis. You are not doing anything wrong. It is going to be important for you to use enough Echinacea, to support your immune system to

prevent feeling bad while the toxins are processing out.

Your immune system needs a boost. The diseased condition in your body is not separate or isolated from the rest of your system. To heal you must detox your entire body. This condition in your body was created over many years and will take time and effort to clear. When the process is complete you can be assured your entire body will be benefitted from the work you will have done. It is suggested at this time you will be best served by using an ounce of Echinacea for six days each week.

A good place to begin any detoxing program is to consume a full four ounce bottle of Echinacea each week. An ounce a day for four days in a row each week you are working a program. As the toxic condition of the body is processed out the immune system must attach and neutralize each piece of toxic "die-off". What is not neutralized is reabsorbed causing a back-lash of detoxing symptoms. Echinacea sends a chemical command to the immune system to produce more immune system. With more immune cells available to attach and neutralize the flood of "die-off" there is less to be reabsorbed back into the body.

While cleansing a major disease or condition it is common to need to increase ones intake of Echinacea several times. Pay attention to how you are feeling; when flu like symptoms appear the time has come to step up your use of Echinacea.

Here is a good plan for gradually stepping up the use of Echinacea.

- Start: begin using one ounce each day for four days each week you are working a program.

- Step one: begin using an ounce a day for six days each week you are working a program.
- Step two: begin using 1.5 ounces each day for six days each week you are working a program.
- Step three: begin using 1 oz. in the morning and 1 oz. at night for six days each week you are working a program.

It is unlikely to need more than two ounces each day but if the need arises feel free to increase another step. Only you can know exactly what your body needs to keep you comfortable while doing your detoxing program. Be kind to yourself, do the work and feel good. You do not have to feel bad while you work on yourself.

If you find you are detoxing too rapidly and need to slow the process down a bit you can step down from juice fasting to a raw food program. This will provide less alkalinity into the system thus slowing the body's ability to detox. If the need arises to further slowdown the detoxing process continue your raw food program with the exception of a baked potato or serving of brown rice. Always use caution when applying the brakes to your detoxing program. Often the body is in a detoxing mood and will not appreciate the interruption.

Q&A: Are Herbal Laxatives, like Senna, addictive?

Posted on [September 24, 2013](#) by [Dara](#)



Member Question: I recommended #1 formula to a friend and she is concerned about the Senna in the product. Can you explain to me why the product is not addictive because I get that concern a lot and I have not found it to be addictive? I can pass it on to her.

Answer:

The Senna herb is not addictive in the sense of taking over a function produced or done by the body. This is where addiction

happens. You will become dependent on a substance such as laxatives which grease up or bulk up the waste in the bowel allowing it to be eliminated without the muscular action of the bowel working. Over time this will destroy the muscle tone of the bowel since the bowel is not doing the work it was created to do.

The herbal bowel supports we use in our [LBF #1's](#), support bowel function. When the chemistry in these herbs comes in contact with the bowel they cause it to contract more effectively. This formula does not work on the content of the bowel but on the bowel structure itself. Over time the muscle tone of the bowel will regain strength and the formula will not be needed.

This may take years because the bowel is not a muscle you can exercise at will. The peristaltic waving motion of the bowel is initiated when food is chewed and swallowed. Moving the meal you are consuming from your stomach to your small intestine. Your previous meal is now moved from your small intestine to the colon and the final waste from the meal before that one should be eliminated within an hour or so. (This is in a perfectly functioning body, I've not seen too many of these)

The herbal supports the Father has provided for clearing the septic back up from our body and healing the bowel work perfectly. There are no withdrawal issues when the herbs are discontinued or backlash of any kind when used wisely.

Immune Boosting with Echinacea

Posted on July 24, 2013 by Dara

IMMUNE SYSTEM STIMULATING



I have found it beneficial to consume 1oz. ECHINACEA **PLUS** midmorning four days each week, Monday-Thursday, when doing a cleansing program.

If you desire to remove the alcohol follow the directions below. **This procedure will remove the alcohol from the solution:**

1. Add 1 oz Echinacea to large cup or soup mug.
2. Bring 2 to 4 cups water to a rolling boil.
3. Add Hot Water to mug, allow liquid to cool before drinking.

Feeling out of sorts:

- If you are feeling a bit off, but it's nothing you can really put your finger on, this may mean that you are about to get sick.
- It also may mean that your body is fighting something off but in either case it is a good time to give it some help.
- In this scenario I suggest taking two dropperfuls six times daily until you consume two fluid ounces.
- This will take approximately six days.

I know I am sick.

- This is when you actually have some observable, clinical symptoms. Sore throat, fever, nasal or lung congestion, toxic bite or sting, wound or trauma.
- Anytime there is anything wrong with you, your immune system must go to work.
- In this case I suggest an initial blast of 1 dropperful every waking hour or about 16 dropperfuls in a day, until you consume a total of two fluid ounces.
- This will take approximately four days.

Using Herbal Extracts

1) Add extract to your cup



2) Add Hot Water.



3) Add Honey as Desired



I am REALLY sick:

- This is when you are suddenly sweating, have the chills, a cold, food poisoning, cancer, whatever, but you are really ill.

- There is not time to waste fooling around and immediate aggressive herbal treatment can save you days of agony.
- **In this case I suggest drinking an entire fluid ounce of Echinacea tincture immediately.** For those who might have a hard time doing this, it can be diluted in juice or drunk ½ an ounce one hour and the other ½ ounce the next.
- Remember that this is 1 ounce of alcohol so keep that in mind and don't drive.
- Then consume an additional **two dropperfuls every waking hour** until you finish two more fluid ounces.
- This will take two to four days.

REMEMBER, all of the above suggested dosages can be doubled, meaning you can consume more than two fluid ounces.

Many members doubled; tripled, even quadrupled these above suggestions and I never had one case of *Echinacea Poisoning or Immune System Burnout*.

Milk Thistle Q&A

Posted on May 22, 2013 by Dara



I was wondering something. I know that the liver formula contains milk thistle extracts, and I had read on a website about someone who takes milk thistle seed powder on a daily basis. They just put a tablespoon or 2 in their Superfood drink.

- Is milk thistle ok to take daily or should it only be used periodically for cleansing?

I've never read or heard of any caution for using the Milk Thistle. You can read more about it at the website: <http://www.ladyofherbs.com/100herbs/milkthistle.html>

It has been used extensively on a daily basis by those clearing liver issues with no ill side effects.

- Is the powder version effective or should a person only use the liquid extract?

I do not believe the powder has the same strength as the extract. Powdered herbs continue to loosing potency as they oxidize. The herbal extract maintains its strength for years. Dr. Christopher opened a 100 year old bottle of herbal extract only to discover it to be strong and good.

Your question on the effectiveness of the liquid over the powdered is easiest to understand when you have knowledge of the value of juicing. The liquid is absorbed directly into the system, while the powder must be broken down and absorbed through the digestive process.

A good suggested use would be 1 tsp. in cup of hot water 3 to 5 times a day. (5 times a day is ever 3 hours.) The more serious the condition the more you would want to use each day.

Mullein & Lobelia; An Amazing Herbal Combination

Posted on [October 18, 2012](#) by [Dara](#)

M& L Salve for Goiters

I began using this herbal combination several years ago when we began making salves. Dr. Christopher called the **Mullein & Lobelia Combination** his glandular formula. Originally we developed the salve for support of the glandular system and clearing of goiters on the thyroid gland.

Having this salve on hand enabled us to stumble onto some pretty amazing things this powerful combination is capable of doing. Our first batch of salve had just cooled in the jars when I discovered its powerful anti-spasmodic properties.

Quick Relief for a frozen Knee joint

Every time I tell this story my husband rolls his eyes, well that is until this past summer. Oh, I'm getting ahead of myself; I'll start at the beginning.

It all began when I slid off our bed one morning to find my knee joint locked. My right knee was frozen, and I was in a lot of pain. I could not get back up on the bed nor could I move. I have no idea how a jar of our new M& L Salve happened to be on my night table but there it was. I was strongly impressed to apply a bit to my knee. I knew Lobelia was an anti-spasmodic, so the idea was not completely out of left field.

What happened next can only be described as miraculous. I reached around, opened the jar and smeared a small amount over my knee. Instantly the knee released and I was able to walk away without pain. It just let go.

When Michael returned I shared my fantastic story with him. I was thrilled to find an herbal combination that could be so useful. What a find, what a gift from God. I was excited. He was his normal skeptical self that is until this past summer when his knee locked up. I handed him a jar of the M&L Salve which he applied to his knee. He is now a believer, his knee instantly released. Nowadays Michael is singing the praises of the M&L Salve.

Frozen Finger joints

Not long ago I got a call from a member in California, she had over used her hands and said she could not open them; her fingers were frozen in a claw. I suggested the M&L Salve and quickly got a jar out to

her. She called five minutes after she received her package and said her fingers had instantly released. Praise the Lord, his blessing continues to fill each day.

Massage support

Massage is an important part of any natural healing program. Toxins need to be encouraged out of the tissues; a good Massage therapist can be invaluable. I try to get two massages a month. The M&L Salve is an excellent aid in softening and relaxing spastic muscles. Apply the Salve over the difficult areas; allow the muscles a few minutes rest before beginning work on them. When used muscles quickly relax in response to the massage.

Stiff Neck & Muscle Tension Headaches.

The M&L Salve relaxes the muscular spasm in my neck & shoulders. The Lobelia is the best anti-spasmodic we have and the Mullein supports the movement out of the excess lymph fluid from the injured area. The G-Nervine Salve works to very quickly to calm the nerves, ending the pain. Together these two salves worked like a charm.

Foot Pain

One of our members reports using the M&L salve on her sore feet. She suffers from foot pain and has found continual daily use will eliminate her foot pain.

Understanding Mullein

Mullein has a special affinity (attraction) for the respiratory organs and is a valuable remedy for all pulmonary complaints. It is the only herb known to man that has remarkable narcotic properties without being poisonous and harmful. It is a great herbal pain killer and nervous soporific, calming and quieting all inflamed and irritated nerves. With its use in wasting disorders (such as phthisis), the weight is steadily increased, expectoration is easy, cough is palliated, and the general condition improved. Mullein soothes and strengthens the bowels and renal system, **is one of the most important agents for influencing the glandular system** (the serious and mucous membranes). **It promotes absorption of effusion** (escape of fluids from their vessels, as by rupture)**and morbid accumulations.**

Understanding Lobelia

HEAL sent out an excellent Newsletter on Lobelia last year. If you would like a copy please respond to this email asking for the Lobelia Newsletter.

The Ultimate Rebuilding Herbal Combination

Posted on [March 29, 2015](#) by [Dara](#)



Everyone wants to find the magic herbal combination that will cleanse all disease from their systems. Truthfully I don't think too many of us would be able to endure the wild ride such a detoxing agent would provide. A slow steady program of detoxing provides the immune system time to keep up with the flow of toxic waste needing to be neutralized before being released from the body. Excess waste the immune system is unable to neutralize is then

reabsorbed back into the tissue causing all types of toxic symptoms. This is called a healing crisis, which can leave you feeling sore all over and, or in emotional shreds. Not Good! Slow and steady is much better.

Cleanse and Feed, what does this look like. Healing is all about getting out the toxic waste while rebuilding a degraded system. This is best done with lots of Fresh juice and good herbal supports.

“BF&C” The Ultimate Multi-Tasking Herbal Formula

One of the best rebuilding formulas I have come across is the [BF&C formula](#). This formula goes way past multi-tasking. IT is for all types of issues, everything “Bone, Flesh, and Cartilage.

- BF&C Herbs make one of the Best [Burn Pastes](#)
- Quickly heals Cuts and scrapes; Knits the skin back together
- Works to clear arthritic issues by dissolving old mineral deposits
- Clears most soft tissue injuries overnight
- Eases inflammation reducing pain
- Excellent aid for whiplash or any issue creating a stiff neck
- Actually restores a degraded spine
- Calms Inflamed tendons in the feet
- Dissolve Bone Spurs all over the body

Sounds too good to be true, BF&C is truly this amazing. For years members have asked for a list of the applications for the BF&C Formula and Salve. The Best I can provide is to say BF&C is beneficial for all issues dealing with “Bone, Flesh and Cartilage.”

Alfalfa

Posted on [April 3, 2013](#) by [Dara](#)

Alfalfa, along with other foods, is known to help remove cholesterol from the system. Alfalfa has a significant amount of protein—18.9%, as compared with 16.5% in beef, 3.3% in milk and 13.1% in eggs. Eating the sprouts can add a significant amount of important protein for vegans, whose diet may include so many grains and beans that concentrated proteins are difficult to obtain. Without proteins, which compose the muscles of the body, the muscles can break down, causing tiredness and weakness. Flabby muscles in the intestines and stomach can result in constipation when there is not enough strength to move the food along.

The enzymes contained in Alfalfa are some of the most important elements. **These enzymes indicate that Alfalfa could be profitably taken with almost any food!**

I have also discovered Alfalfa eliminates cravings for carbs. Cravings are an indicator the body is lacking some type of nutrition. The Alfalfa is such a nutrient rich food the body is satisfied, therefore no cravings. Using 5 to 10 Alfalfa Capsules each morning along with my Superfood eliminate the afternoon to evening cravings, which can annihilate my best intentions.

