

# CHOOSING THE RIGHT HERBS FOR YOU



A PRESENTATION BY  
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WHEN DRUGS CAN BE THE RIGHT CHOICE  
EMERGENCY ROOM TREATMENTS  
ACUTE OR DANGEROUS CONDITIONS

WHEN HERBS CAN BE THE RIGHT CHOICE  
LONG-TERM TREATMENT ➤ ARTHRITIS  
HEALTH ADJUSTMENTS

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# FIRST OF ALL, DON'T GET SICK

## THE FOUR FOUNDATIONS OF HEALTH



- ✧ PLENTY OF ORGANIC PRODUCE
- ✧ DAILY ACTIVITY AND FITNESS
- ✧ MANAGE STRESS AND PROMOTE RELAXATION
- ✧ KEEP CLEAN INSIDE AND OUT

## FIND THE CAUSES OF THE ILLNESS

# COMPLEMENTS TO HERBS

OTHER SAFE NATURAL SOLUTIONS INCLUDE:



MASSAGE

HOT BATHS

COLD PLUNGES

SUPERFOODS

VITAMINS

SUPPLEMENTS

CHIROPRACTIC

ACUPUNCTURE TREATMENTS

## FIND THE CAUSES OF THE ILLNESS

# NATURAL APPROACHES CAN BE HEALING MEDICINE

✧ NATURAL SOLUTIONS FOR ARTHRITIS INCLUDE MORE VEGETABLES AND LESS MEAT, CHONDROITIN SULFATE, AND BURDOCK ROOT.

✧ HIGH BLOOD PRESSURE CAN BE LESSENED WITH A STRESS PROGRAM, BIOFEEDBACK, AND MEDICINAL PLANT FORMULAS.

✧ DIABETICS CAN PARTIALLY REGULATE THEIR OWN BLOOD SUGAR WITH DIETARY CHOICES OF WHOLE GRAINS AND VEGETABLES.

✧ MENTAL ILLNESS OFTEN HAS EMOTIONAL CAUSES AND NUTRITIONAL SHORTAGES. HERBS SUCH AS WOOD BETONY ARE USED.



# MEDICINAL PLANTS COMPARED WITH DRUGS



- ✧ SLOWER RELEASE OF THE MEDICINAL COMPONENTS HELPS REDUCE UNWANTED SIDE EFFECTS
- ✧ THEY GIVE CLUES THAT WE ARE TAKING TOO MUCH, LIKE BITTERNESS
- ✧ TRY THEM FIRST, IF THERE IS TIME, BEFORE TOXIC DRUGS
- ✧ PLANTS ARE CLOSER TO NATURE AND MORE NATURAL FOR HUMANS
- ✧ TOXIC EFFECTS ARE NOT NEEDED FOR EFFECTIVE HEALING WITH MEDICINAL PLANTS
- ✧ THEY ARE PERFECT FOR LONG-TERM THERAPY, CONVALESCENCE, AND REHABILITATION
- ✧ MEDICINAL PLANTS ARE USUALLY MUCH LESS EXPENSIVE THAN DRUGS

# MORE THAN HALF OF THE DRUGS APPROVED HAD SEVERE OR FATAL SIDE EFFECTS

THE UNITED STATES GENERAL ACCOUNTING OFFICE FOUND THAT MORE THAN HALF OF THE DRUGS APPROVED BY THE FDA WERE LATER FOUND TO HAVE SEVERE OR FATAL SIDE EFFECTS. THESE SIDE EFFECTS WERE NOT FOUND DURING THE FDA'S REVIEW AND TESTING. MORE THAN HALF OF ALL DRUGS APPROVED DURING THE NINE-YEAR PERIOD STUDIED HAD TO BE TAKEN OFF OF THE MARKET OR REQUIRED MAJOR LABEL CHANGES DUE TO MISSED SAFETY ISSUES. DOCTORS CAN CONTINUE TO PRESCRIBE THESE DRUGS LONG AFTER THEY ARE FOUND TO BE DANGEROUS.

*"IF WE MADE SURE THAT ANY DRUG WE APPROVED HAD NO SIDE EFFECTS, WE WOULDN'T APPROVE ANY DRUGS."* (AN INTERVIEW WITH FDA'S TOP DRUG OFFICIAL )

# OF THE 3200 APPROVED DRUGS...



399 CAUSE EXHAUSTION

242 CAUSE DEPRESSION

239 CAUSE ANXIETY

312 CAUSE MENTAL CONFUSION

219 CAUSE HALLUCINATIONS



PRESCRIPTION DRUGS CAUSE 100,000 DEATHS  
YEARLY, 1 MILLION HOSPITALIZATIONS AND  
ANOTHER 2 MILLION INJURIES THAT OCCUR  
DURING HOSPITAL CARE.



# HOW DO YOU FIND HERBAL INFORMATION?

*LOOK ON THE INTERNET?*

*LOOK IN OUR BOOKS AND FIND  
AGREEMENT?*

*ASK YOUR FAVORITE HERB GURU?*

*REMEMBER - HOW MANY HERBS DO  
YOU KNOW?*





# INTERNET SEARCHES FOR HERBAL INFORMATION?

*UNRELIABLE INFORMATION IS  
COMMON*



*SCHOLASTIC JOURNALS ARE NOT  
TOO USEFUL*

*SOME SUBSCRIPTION SITES ARE  
GOOD, LIKE HERBALGRAM*

*TEXT-BASED SEARCHES ARE SLOW*

# HERBAL PROPERTIES AND ACTIONS

HERBALISTS USE PROPERTIES TO  
SELECT THE PLANTS FOR PEOPLE



SOME ARE LITTLE KNOWN:

SIALOGOGUE

ANTHELMINTIC

ANTIDYSCRATIC

ALTERATIVE

GALACTAGOGUE

# HERBAL NAMES CAN BE CONFUSING!

HERBALISTS USE COMMON NAMES,  
BOTANICAL NAMES, & FOREIGN NAMES

WHAT PLANTS ARE THESE?



RUDBECKIA

CAULOPHYLLUM

DIOSCOREA VILLOSA

AIL

GUSETSU

# MATCHING THE HERB TO THE PERSON

BALANCE THE HEAT, MOISTURE, AND  
STIMULATION

FIND THE ACTIONS NEEDED AND MATCH  
UP THE HERB

CONSIDER SECONDARY HEALTH PROBLEMS  
SO SIDE EFFECTS ARE POSITIVE



# HERBAL FORMULAS

MAIN INGREDIENTS HELP WITH THE  
PRESENTING SYMPTOMS

SOME INGREDIENTS HELP MODERATE THE  
MAIN HERBS

SOME HERBS LIKE GINGER ARE USED AS  
TRANSPORTERS



# HERBAL APPLICATIONS

INFUSIONS

DECOCTIONS

FOMENTATIONS

POULTICES

SALVES



# HOW I DEVELOPED HERBAL DATABASES

FAST ACCESS TO INFORMATION

CROSS-CULTURAL CONVERGENCE

MULTIPLE KEYWORD  
SEARCH ENGINE

DEFINITIONS OF PROPERTIES  
AND CONSTITUENTS





# MY LARGEST DATABASE, *NATURAL HEALING SOLUTIONS*

*THIS IS THE MASTER DATABASE FOR WORLD  
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- ✧ MEDICINAL PLANTS
- ✧ VITAMINS AND MINERALS
- ✧ NUTRITIONAL SUPPLEMENTS
- ✧ FORMULAS
- ✧ ESSENTIAL OILS
- ✧ HOMEOPATHY
- ✧ AYURVEDIC REMEDIES
- ✧ FOODS
- ✧ CHINESE HERBS & FORMULAS.

# *NATURAL HEALING SOLUTIONS*



- ✧ COLORFUL PLANT PHOTOS - HUNDREDS OF THEM!
- ✧ SUMMARIES OF HERBS, VITAMINS, AND MINERALS.
- ✧ 32,200 HEALTH CONDITION LISTINGS.
- ✧ DOSAGE AND WARNING INFORMATION.
- ✧ NEED STIMULANT OR SEDATIVE INFORMATION?  
19,800 ACTIONS & PROPERTIES LISTINGS!
- ✧ FIND THE INGREDIENTS OF YOUR FAVORITE FORMULAS.

# *NATURAL HEALING SOLUTIONS*



- ✧ HELP IS ON EVERY PAGE AND SENSITIVE TO YOUR NEEDS.
- ✧ EXPLORE HERBAL CONSTITUENTS — 28,500 LISTINGS!
- ✧ DEFINITIONS WILL HELP YOU TO UNDERSTAND NEW WORDS.
- ✧ FIND ALTERNATE HERB NAMES FROM AROUND THE WORLD — OVER 11,000 LISTINGS.

# MY LARGEST DATABASE, *NATURAL HEALING SOLUTIONS*



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Bergamot oil  
Birch oil  
Black currant oil  
Black pepper oil  
Borneol oil  
Cajuput oil  
Camphor oil  
Caraway oil  
Cardamon oil  
Carrot seed oil  
Castor oil  
Cedarwood oil  
Chamomile oil  
Cinnamon oil  
Citronella oil  
Clary sage oil  
Clove oil  
Coriander oil  
Cotton oil  
Cumin oil  
Cypress oil  
Dill oil  
Elemi oil  
Eucalyptus lemon oil  
Eucalyptus oil  
Eucalyptus peppermint oil  
Eucalyptus radiata oil  
Evening primrose oil  
Fennel oil  
Flaxseed oil  
Frankincense oil  
Galbanum oil  
Garlic oil  
Geranium oil  
Ginger oil  
Grapefruit oil  
Hops oil  
Hyssop oil  
Immortelle oil  
Iris oil  
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Niaouli oil  
Nutmeg oil  
Oak moss oil  
Ocean pine oil  
Olive oil  
Onion oil  
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Orange oil  
Oregano oil  
Palma rosa oil  
Parsley oil  
Patchouli oil  
Peppermint oil  
Peppercorn oil  
Pimento oil  
Pine needle oil  
Queen of the meadow oil  
Ravensara oil  
Rockrose oil  
Rose oil  
Rosemary oil  
Rosewood oil  
Sage oil  
Sandalwood oil  
Savory oil  
Sesame oil  
Spearmint oil  
Tagetes oil  
Tangerine oil  
Tarragon oil  
Tea tree oil  
Tee fu essential oils  
Terebinth oil  
Thuja oil  
Thyme oil  
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Tuberose oil  
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- ⑤ Information is referenced to its source with over 4000 footnotes
- ⑥ References to the *Clinical Handbook of Chinese Prepared Medicine* by Chun-Han Zhu
- ⑦ Free Editor to add your own wisdom.
- ⑧ References to the *Outline Guide to Chinese Herbal Patent Medicines* by Margaret Naeser
- ⑨ Special notes, usage ideas, and warnings.
- ⑩ Ingredients of the formulas usually include percentages — over 600 ingredients listings.
- ⑪ Hundreds of alternate names to help you find the remedies.

ANTI AGING TABLETS  
ANTI LUMBAGO TABLETS  
APLOTAXIS AMOMUM PILLS  
APLOTAXIS CARMINATIVE PILLS  
BI YAN PIAN  
BO JIN MU CHENGSEI TEA  
BO YING PILLS  
BU ZHONG YI QI WAN  
BUTAO TABLETS  
CARMICHAELI TEA PILLS  
CHEN CHEN CHEN TAI WAN  
CHEN FAN DI HUANG WAN  
CHENG WU HONG  
CHUAN QING CHA TIAO WAN  
CHUAN ZHUN LIAN ANTI-THROMBOTIC TABLETS  
CURING PILL  
DAN SHEN TABLET CO  
DINEROCERUM MONOPOLYMER NIGHT NIGHT PILLS  
DU HUG JI SHENG WAN  
ERH CHEN WAN  
FANGJIN  
FANGJIN FOR PILLS  
FRACTUS PERSEA COMPOUND PILLS  
GAN MAO LING TABLETS  
GAN MAO TUI XE CHEN JI  
GUJIE DA BU WAN  
GUJIE TONIC PILLS  
HEPATO TONIC PILLS  
HEPATO TONIC PILLS  
HEPATO TONIC PILLS  
HUA YOU GAO  
HUANG LIAN SU TABLETS  
HUI CHUN TAN  
HYPERPERION REFRESHING TABLETS  
JI GU CAO WAN



JIN BU HUAN ANODYNE TABLETS  
KAI KIT FILL  
KAI YUNG FILL  
KUAN LOCKS OIL  
KUNG BE WAN  
LEUKODERMA PILLS  
LIWAN TABLETS  
LOPHANTUS ANTI-SPASMODIC PILLS  
LOQUAT FLAVORED SYRUP  
LUNG TAN XIE QIAN FILL  
MARGARITE ACNE PILLS  
MENG MU TI HUANG WAN  
HEU HUANG CHEN TO FISH  
SHI MIN KAN WAN  
PHILLIA EXPECTORANT PILLS  
PING CHEN WAN  
PLASTER FOR BRUISE AND ANALGESIC  
PULMONARY TONIC PILLS  
SAI MOI AN  
SECTON PILLS  
SHEN LING BAI ZHU PIAN  
SHI LIN TONG  
SHI CHEN TA BU WAN  
SIX FLAVOR TEA  
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WATERMELON PROCT  
WOMAN'S PRECIOUS PILLS  
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Steve Blake is the creator of *Natural Healing Solutions*. He is the author of 14 popular titles including *Healing Medicine* and *Alternative Remedies*. Steve Blake, AHG, has earned Doctorates in Holistic Health and Natural Medicine. He is a Massage Therapist and a Master Herbalist.

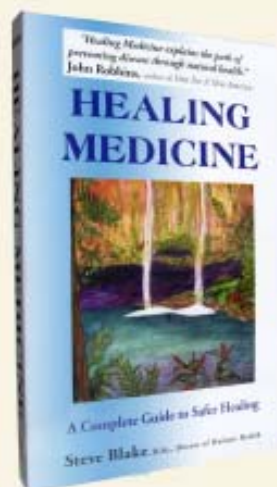
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Steve Blake has two doctorates in natural health and a master herbalist degree. He has created software about natural remedies for over 20 years. Dr. Blake has written over a dozen major publications on natural healing.