## CHOOSING THE RIGHT HERBS FOR YOU



A PRESENTATION BY STEVE BLAKE, D.SC. Doctor of Holistic Health Master Herbalist Registered Herbalist, AHG



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



♦ 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 knowledge of 1,377 natural medicinals!

- ♦ 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.

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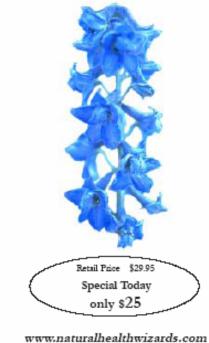
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Lemongross oil Lime all Mace all Mandarin oil Marjeram eil Melieza all Mimosa oil Musk mallow oil Murth oil Murtle oil Nineuli eil Nutneg oil Oak moss oil Ocean pine oil Olive ail Onion oil Orange blassam ail Orange all Oregano oil Palma rasa ail Paraley ail Patchouli oil Peppermint oil Petityrain ail Pimento oil Fine needle oil Queen of the meadow oil Rovensoro oil Rockross oil Rose oil Researcry oil Reserved all Sage all Sandalwood ail Savery oil Secome all Spearmint ail Tagetes all Tangerine oil Tarragon oil Teo tree oil Tei fu essential ails Terebinth oil Thuja ail Throne oil Tonka bean oil Tubercee oil Valerian ail Vanilla oil Vetiver all Violet oil Yarrow ail Ylang-ylang oil

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Herb summaries provide quick information.

Color photos bring the herbs to life

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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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808 5/2-85/1 www.NaturalHealthWizards.com 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.