***HERBOLOGY 101***

***(Part 2)***

* ***Website:*** [Healthy Christian Living - Living by the Blueprint](https://livingbytheblueprint.com/)
* Ezekiel 47:12 (last sentence)
* Revelation 22:2 (last sentence)

“**THE LORD HAS GIVEN SOME SIMPLE HERBS** of the field **THAT AT TIMES ARE BENEFICIAL**; **AND IF EVERY FAMILY WERE EDUCATED IN HOW TO USE THESE HERBS IN CASE OF SICKNESS, MUCH SUFFERING MIGH BE PREVENTED, AND NO DOCTOR NEED BE CALLED. THESE OLD-FASHIONED, SIMPLE HERBS, USED INTELLIGENTLY, WOULD HAVE RECOVERED MANY SICK WHO HAVE DIED UNDER DRUG MEDICATION.” {2SM 294.1}**

"**GOD HAS CAUSED TO GROW OUT OF THE GROUND, HERBS**, for the use of man, **AND IF WE UNDERSTAND THE NATURE OF THOSE ROOTS**(like turmeric and ginger root) **AND HERBS, AND MAKE A RIGHT USE OF THEM, THERE WOULD NOT BE A NECESSITY OF RUNNING FOR THE DOCTOR SO FREQUENTLY, AND PEOPLE WOULD BE IN MUCH BETTER HEALTH THAN THEY ARE TODAY...” {2SM 297.9}**

“...**GIVING THE SIMPLE TREATMENTS WITHOUT DRUGS.” (PC 31.5)**

**“…THERE ARE SIMPLE HERBS AND ROOTS THAT EVERY FAMILY MAY USE FOR THEMSELVES AND NEED NOT CALL A PHYSICIAN ANY SOONER THAN THEY WOULD CALL A LAWYER…” {2SM 279.1}**

**THE KEY TO MY HERBAL FORMULAS IS AS FOLLOWS:**

* **Blood:** 1 Herb
* **Liver:** 1 Herb
* **Medical Condition:** 1-2 Herbs

***HERBAL FORMULAS:***

***NOTE:*** In most/many herbs, 2 Tbsp of the herb is sufficient, but not in all herbs. Some you have to use less

***Anti-Fungal***

-Red Clover

-Dandelion Root

-Olive Leaf or Black Walnut Leaf

-Thyme

***Cancer Formula #1:* *Cancer Formula #2:***

-Red Clover -Chaparral

-Dandelion Rt. -Barberry

-Chaparral -Burdock Rt.

-Burdock Rt. -Yellow Dock

***Colon Formula #1:*  *Colon Formula #2:***

-Red Clover -Alfalfa

-Dandelion Rt. -Yellow Dock Rt.

-Flaxseed (grounded) -Psyllium powder (1 t. in each cup.) (add this right before drinking)

-Slippery Elm powder -Charcoal powder (2 t. in each cup)

(add this right before drinking)  ***\*\*\*continue on next page\*\*\****

***Detox Formula:***

-Red Clover

-Dandelion Root

-Chaparral

-Burdock Root

-Chickweed

**NOTE: This is the only formula where I use 5 herbs**

***De-Worming Formula #1: DeWorming Formula #2:***

-Red Clover -Black Walnut Hulls

-Dandelion Root -Dandelion Root

-Wormwood -Olive Leaf Extract

-Black Walnut Hulls -Cascara Sagrada

***Diabetes Formula***

-Red Clover

-Dandelion Rt.

-Chickweed

-Gymnema Sylvestre

***Female Formula #1: Female Formula #2:***

-Red Clover -Chaparral

-Dandelion Root -Dandelion Root

-Black Haw -Chaste Berry

-Red Raspberry(heavy menstrual) -Don Quai OR -Black Cohosh(1 T. each day)

OR -Wild Yam

***Kidney Formula #1: Kidney Formula #2:***

**Blood:** Red Clover  **Blood:** Chaparral

**Liver:** Dandelion Root **Liver:** Barberry

**Kidneys:** Corn Silk **Kidneys:** Cornsilk

**Kidneys:** Buchu OR Burdock Root **Kidneys:** Cleavers OR Uva Ursi

***Liver Formula #1: Liver Formula #2:***

**Blood:** Red Clover OR Chickweed **Blood:** Chaparral OR Yellowdock

**Overall Cleanser:** Burdock Root **Overall Cleanser:** Burdock Root

**Liver:** Dandelion Root **Liver:** Blessed Thistle

**Liver:** Barberry **Liver:** Dandelion Root

***Lung Formula #1: Lung Formula #2:***

-Chaparral -Red Clover

-Dandelion Root -Barberry or Milk Thistle

-Olive Leaf -Pleurisy

-Mullein **-**Lungwort(Pneumonia)

***\*\*\*continue on next page\*\*\****

***Pain Formula***

-Red Clover

-Dandelion Rt

-Wild Lettuce

-Turmeric (1 Tbsp if making all at 1 time; OR 1 tsp. per cup)

***Anti-Itch Skin***(this is taken Internally)

-Alfalfa (cleanses the blood)

-Dandelion Rt.(cleanses the liver)

-Plantain (anti-itching)

-Chickweed(anti-itching)

***Skin Formula***

-Chaparral(good for blood & skin)

-Dandelion Root (cleanses the liver and whole body)

-Rosemary(great for eczema)

-Plantain(great for eczema & dermatitis)

***External Wash for Skin***(external use)(make a tea with the following)

-Chickweed

-Comfrey

-Thyme

-Calendula

***\*\*\*go to next page to learn how to make the herbal tea\*\*\****

***HOW TO MAKE THE HERBAL TEA****(by mouth):*

**TO MAKE THIS TEA AS SIMPLE AS POSSIBLE, IT'S BEST TO MAKE IT ALL AT ONCE AND DRINK 3 X A DAY:**

**1.** In a non-aluminum pot, put 30 ounces of filtered water and put 2 Tbsp of each hard herb(barks, roots, seeds)

    (or the maximum amount of herb you are allowed to have for the day) in the pot and mix the herb/s into the water

well.**\*\*\* Be sure to find out the maximum allowance for the day of the herbs you are using**

**2.**Turn the timer on for 40 minutes

**3.** Turn the flame on high

**4.**When the water comes to a rapid boil, turn flame down to very low, put a lid on top and simmer till the timer

goes off.

**5.**When the timer goes off, turn the flame off and remove the pot to a burner that is not hot

**6.**Now add 2 Tbsp. of each soft herb and be sure to mix them in the water well so they get wet

**7.**Put the lid back on and set the timer for an additional 20 minutes(this is called steeping)

      (You WILL NOT BE TURNING THE FLAME BACK ON AT THIS TIME)

**8.**When the timer goes off, strain the tea into a 32 oz. Mason Jar(it should give you 24 oz.)

**9.**May add honey at this time while it's hot, but it's best to drink the tea plain

**10.** Drink one 8 oz cup/3 x day (30 min before breakfast; 30min before 2nd meal; 3 hours before bed)

**11.**  Best to make this in the morning before starting your day, OR, if necessary, before bed the night before

\*\*\* = Some herb directions require less than a total of 2 Tbsp each day.

Only put the maximum allowed for that herb when following the above.

HOWEVER, MOST HERBS ALLOW 2 TBSP EACH DAY, which is 2 tsp per cup/which you will drink 3 x day