

## HERBOLOGY 101

### (Part 2)

- **Website:** [Healthy Christian Living - Living by the Blueprint](#)

- 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 MIGHT 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:**

- Red Clover
- Dandelion Rt.
- Chaparral
- Burdock Rt.

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

- Chaparral
- Barberry
- Burdock Rt.
- Yellow Dock

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

- Red Clover
- Dandelion Rt.
- Flaxseed (grounded)
- Slippery Elm powder  
(add this right before drinking)

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

- Alfalfa
- Yellow Dock Rt.
- Psyllium powder (1 t. in each cup.) (add this right before drinking)
- Charcoal powder (2 t. in each cup)

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**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:**

- Red Clover
- Dandelion Root
- Wormwood
- Black Walnut Hulls

**DeWorming Formula #2:**

- Black Walnut Hulls
- Dandelion Root
- Olive Leaf Extract
- Cascara Sagrada

**Diabetes Formula**

- Red Clover
- Dandelion Rt.
- Chickweed
- Gymnema Sylvestre

**Female Formula #1:**

- Red Clover
- Dandelion Root
- Black Haw
- Red Raspberry(heavy menstrual)  
OR -Wild Yam

**Female Formula #2:**

- Chaparral
- Dandelion Root
- Chaste Berry
- Don Quai OR -Black Cohosh(1 T. each day)

**Kidney Formula #1:**

- Blood:** Red Clover
- Liver:** Dandelion Root
- Kidneys:** Corn Silk
- Kidneys:** Buchu OR Burdock Root

**Kidney Formula #2:**

- Blood:** Chaparral
- Liver:** Barberry
- Kidneys:** Cornsilk
- Kidneys:** Cleavers OR Uva Ursi

**Liver Formula #1:**

- Blood:** Red Clover OR Chickweed
- Overall Cleanser:** Burdock Root
- Liver:** Dandelion Root
- Liver:** Barberry

**Liver Formula #2:**

- Blood:** Chaparral OR Yellowdock
- Overall Cleanser:** Burdock Root
- Liver:** Blessed Thistle
- Liver:** Dandelion Root

**Lung Formula #1:**

- Chaparral
- Dandelion Root
- Olive Leaf
- Mullein

**Lung Formula #2:**

- Red Clover
- Barberry or Milk Thistle
- Pleurisy
- Lungwort(Pneumonia)

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### **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