

The Naturopathic Treatment Notebook

by Ronald Steriti, ND, PhD

The “Naturopathic Treatment Notebook” is a very brief guide to natural therapies written for naturopathic medical students who are entering the clinic. The format is extremely brief. As such it is meant only to give clues to help you recall more detailed information. You may find many important items missing in a particular disease. This is because only those items which had a rational explanation (i.e. method of action) are included. Doseages are also included, but this should only be used as a guide.

This book is not intended to outline protocols. Instead it is a resource guide from which a protocol can be designed that is specific needs of your patients. One can make a protocol for a particular disease by including every item on the list, but that is a crude way of proceeding. The skilled naturopath looks for the underlying cause and chooses the appropriate supplements that are most effective in alleviating that cause. Highly skilled naturopaths have simple protocols that are highly effective because they are specific to the patient, not the disease.

This review is not meant to replace either well written textbooks or good teachers and the student should use those as their primary reference material. I hope that this book is of help to you in the clinic, during your exams, and in your professional career.

Acknowledgements

I would like to acknowledge the fine instruction I have received at Southwest College of Naturopathic Medicine. This review guide is based, in part, on the knowledge handed down from teacher to student in the time honored manner of true education.

Disclaimer

The information contained in this notebook has not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

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Eyes

Eye Homeopathics

Black Eyes

arnica	bruising, swelling and pain
hamamelis	a red or blue area of venous hemorrhage
ruta	severe bruising, redness and burning, arthritis

Conjunctivitis

arsenicum album	burning pains, irritation around the eye
allium cepa	rhinitis with red eyes
euphrasia	constant blinking, tearing, acrid discharges
pulsatilla	yellow-green discharge, worse warm rooms

Corneal abrasion

arnica	acute trauma
hypericum	excessive pain
ledum	black eye better cold
symphytum	injury to the eye

Eye Strain

calcarea	eyes ache and feel weak and cold, as does the body
euphrasia	blurred vision worse reading and writing
gelsimium	double vision, impaired vision, heavy eyelids, squinting
edum	an eye tonic, useful for aches and fatigue
nat mur	weak eyes that feel stiff and water easily
ruta	due to overwork, eyes are hot and tired, painful

Swollen Eyelids

phosphorous	both upper and lower eyelids swollen
kali carb	upper eyelids swollen
apis	lower eyelids swollen

Ptosis

gelsimium	weakness, double vision, giddiness, pain in the eyeball
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Eye Homeopathics

Short-sightedness

physostigma	acts on the ciliary muscles of the lens, dreads cold water
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Styes

aconite	fever, restlessness and acute pain
calc carb	obesity, flabbiness
hepar sulph	eruptions about the eyelids, blepharitis
pulsatilla	itching, lacrimation and eye pain, better cold
staphysagria	styes on the lower lid, extremely irritable temperament
sulphur	very red eyes, recurrent, untidy-looking

Cataracts

Botanicals

Billberry	300 mg qd	anthrocyanosides protect the lens and retina
Hachimijiogan	300 mg qd	Chinese formula for cataracts

Vitamins

A	25,000 iu qd	significantly retards cataract formation
B2, riboflavin	50 mg qd	deficiency can cause cataracts to occur rapidly
C, ascorbic acid	1,000 mg qd	lowers intraocular pressure, in aqueous humor
E, retinoic acid	400 iu qd	protects the eye from oxidant damage

Minerals

selenium	400 mg qd	synergist with vitamin E
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Nutrition

glutathione		antioxidant, slows cataract progression
proanthrocyanidins		can protect against lipid peroxidation
quercitin	400 mg tid	inhibits aldose reductase (glucose to sorbitol)

Diet Restrictions

milk and dairy	galactose causes cataracts in animal models
aspirin	long-term use may raise the risk for cataracts

Homeopathics

calc fluor	bony rigid hardness and toughening of the eye tissues
calc phos	misty, diminished and blurred vision, photophobia
causticum	acute trauma, rubs eye to relieve pressure, aggressive at dusk
conium	cataracts with intolerance of light
fluoric acid	eyes are burning, painful and ache, feels like grit or sand
mag carb	associated with pain and spasm
nat mur	dry eyes, tearing from wind, excessive use of salt on food
phosphorous	objects look red
santonine	objects appear yellow

Eye Botanicals

Eyes

Cineraria maritima	Dusty Miller	drops for early stages of cataracts
Coleus forskolii	Coleus	forskolin may lower intraocular pressure
Ginkgo biloba	Ginkgo	improves cerebrovascular circulation
Vaccinium myrtillus	Billberry	anthrocyanadins, eyes, diabetes, arthritis

Glaucoma

Botanicals

Coleus forskohlii	60 gtt tid	forskolin lowers intraocular pressure
Ginkgo biloba	0.5 ml tid	increases circulation and oxygenation in eyes

Vitamins

A	50,000 iu qd	lowers intraocular pressure
B1, niacin	20 mg qd	improves chronic open-angle glaucoma
C, ascorbate	10,000 mg qd	lowers intraocular pressure
E, retinol	400 iu qd	anti-oxidant

Minerals

chromium	200 mcg qd	deficiency associated with high ocular pressure
magnesium	200 mg qd	improves peripheral circulation
selenium	200 mcg qd	synergist with vitamin E

Nutrition

alpha lipoic acid		anti-oxidant, raises glutathione levels
essential fatty acids	1 tbsp tid	normalizes membrane tissue in the eyes
lecithin	1 g tid	choline nourishes the membranes in the eye
rutin	20 mg tid	reduces intraocular pressure

Glandulars

adrenal	200 mg tid	insufficiency is associated (Josephson)
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Homeopathy

belladonna	hot injected eyes, dilated pupils, throbbing headache, photophobia
bryonia	increased pressure, intense soreness, watering, photophobia
gelsimium	double vision, misty diminished vision, eyes feel bruised
opium	eyeballs seem expanded, vision is misty, pupils are fixed
phosphorous	halo around lights, flashing lights and colors
prunus spinosa	severe crushing pain shooting through the eye
spigelia	sharp, stabbing pain, eyeball feels too large, worse motion and night

Macular Degeneration

Botanicals

Ginkgo biloba	40 mg tid	found to be beneficial, improves circulation
Billberry	500 mg qd	improves vision, contains anthrocyanadins

Vitamins

B12, cobalamin		deficiency may cause yellow-blue color blindness
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Minerals

selenium	500 mcg qd	increases glutathione peroxidase
zinc picolinate	100 mg qd	necessary component of retinol binding protein

Amino Acids

taurine	1.5 - 3 g qd	found in high concentration in the eyes
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Nutrition

proanthrocyanadins	300 mg qd	protects against lipid peroxidation
lutein		protects against wet macular degeneration
zeaxanthin		protects against wet macular degeneration
genistein in soy		anti-angiogenesis properties

Lifestyle

smoking	Cigarette smoking in women increases risk	
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Ears

Ear Botanicals

Ears

Centella asiatica	Gotu Kola	treats tinnitus
Ginkgo biloba	Ginkgo	treats tinnitus, vertigo and acute deafness
Vinca minor	Lesser Periwinkle	may abate dizziness
Zingiber off	Ginger	anti-emetic, may reduce vertigo

Ear Homeopathics

Deafness

carbo animalis	cant tell which direction the sound comes from
chenopodium	deafness to low tones
graphites	deafness better movement in a car, eczema behind the ear
iodine	temporary catarrhal deafness
phosphorous	difficulty hearing when several sounds are present
pulsatilla	deafness with roaring pains, worse night and heat
salicylic acid	simple progressive deafness, Menieres disease

Dizziness

arnica	dizziness from sudden movements or sitting up quickly
baryta carb	dizziness caused by inadequate cerebral circulation
bryonia	vertigo with sudden movements like sitting up quickly
causticum	dizziness with ear disease and urinary weakness
china	dizziness with nausea, fainting, tinnitus, Menieres
gelsimium	dizziness, ear disease, general muscular weakness
lycopodium	senility, poor cerebral circulation
ruta	dizziness with eye weakness and strain
salicylic acid	simple deafness, head noises, Menieres
silicea	chronic dizziness, poor peripheral circulation
theridion	dizziness with nausea, worse movement

Ear Homeopathics

Tinnitus

aurum	roaring, boring pain, severe depression
belladonna	constant high-pitched ringing or humming, agitation
calc carb	humming and roaring, chronic ear problems
carb sulph	ringing or buzzing, worse walking, movement and heat
causticum	roaring and buzzing sounds, sounds re-echo
china	roaring, ringing, tinkling in the ears, worse movement
ferrum phos	over-sensitive to noise, anemic patients
lachesis	roaring, singing sounds, better shaking ear with finger
salicylic acid	Menieres, pain in the cartilages of the ear
sanguinaria	roaring and humming noises, over-sensitive to sounds
sulphur	humming or gurgling, chronic infections with pus

Earache

Botanicals

Echinacea	3 ml tid prn	immune stimulant
Goldenseal	4 ml qd x 3 wks	berberine strengthens mucous linings
Blue vervain		helps break the cycle of chronic infections

Vitamins

A	10,000 iu qd	boosts immunity
C	1,000 mg tid	boosts immunity

Minerals

zinc	25 mg qd	boosts immunity
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Nutrition

acidophilus	as per label	restores friendly flora that helps boost immunity
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Homeopathy

belladonna	headache, sore throat, throbbing ear ache, right sided
chamomilla	irritable, severe unbearable pain, pricking, better carried
hepar sulph	stitching pain, sore throat, chilly, peevish and irritable
merc sol	throbbing pain extending to teeth, enlarged glands
mercurius	severe, sharp and lancing pain with icy sensation in ear
pulsatilla	darting, tearing, variable pains, catarrh after measles
sulphur	recurrent ear aches, burning sensation, stitching pain

Otitis Media

Botanicals

Echinacea	40 gtt tid	supports immune function
Mullein oil	3 gtt topically	alleviates pressure, discontinue if TM ruptures
Goldenseal	30 gtt tid	anti-microbial

Vitamins

A	5,000 iu qd	supports the immune system
C	1 g qd	stimulates immune function

Minerals

zinc	25 mg qd	increases immune function
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Otitis Media

Homeopathy

aconite	abrupt onset usually from a severe cold wind
belladonna	intense throbbing pain, hot red face, right-sided, worse 3 pm
calc carb	flabby, pudgy children, stubborn, craves eggs
causticum	serious, philosophical, desires smoked meats, warts
chamomilla	irritable - out of proportion to severity, red and white cheeks
ferrum phos	similar to belladonna but less intense and more passive
graphites	slow, heavy, hates sweets, honey colored discharges
hepar sulph	boils or abscesses, always has pus, shrieks with pain
kali bich	thick and ropey discharges, sticks to the rules
kali mur	2nd stage of infection, follows aconite or belladonna
lachesis	jealousy, left sided, severe
lycoperdium	right sided going to left, worse 4-8 pm, bloating and gas
medorrhinum	up late, frequent colds, hawking of mucous, chronic sinusitis
mercurius	drools, sweats, swollen indented tongue, offensive odors
pulsatilla	yellow and green discharge, pale face, thirstless, better open air
silica	slow, deep, thick, watery and offensive, otitis leading to hearing loss
stramonium	febrile seizures

Nose

Nose Homeopathics

Polyps

teucrium	nasal polyps, useful for pinworms
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Nosebleed

Vitamins

E	avoid overdose	decreases platelet aggregation
K1	2-5 mg qd	adds carboxyl group to activate glutamic acid

Amino Acids

glutamic acid		forms clotting factors with vitamin K-1
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Homeopathy

aconite	due to excitement
arsenicum	agitated, restless, anxious, prostrated
belladonna	cerebral congestion, preceded by throbbing temporal HA
ferrum phos	profuse bright red blood, clots easily
phosphorous	bright red blood
pulsatilla	associated with sudden amenorrhea
vipera	specific for clotting and arrest of hemorrhage

Sinusitis

Botanicals

Garlic	1 fresh clove qd	anti-viral
Echinacea	3 ml tid	anti-viral
Goldenseal	5 ml qd x 3 weeks	anti-viral
St John's Wort	2 ml tid	anti-viral

Vitamins

A	25,000 iu qd	reduces inflammation of mucous membranes
C	10,000 mg qd	lessens severity and duration of rhinovirus

Minerals

zinc gluconate	50 mg qd	potentiates action of macrophages
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Homeopathy

allium cepa	profuse watery burning discharge, sneezing
arsenicum	copious burning watery discharge, sneezing, watery eyes
kali bich	yellow discharge, tough stringy mucous
kali carb	thick yellow catarrh, worse in morning and evening
kali iod	thin burning hot acid discharge, puffy eyes, sore throat
mercurius	foul breath, infected throat, yellow discharge
nux vomica	early stages of a cold, dry catarrh, constipation, irritable
pulsatilla	clear, yellow or green discharge, worse at night

Throat

Throat Homeopathics

Bad Breath

carbo veg	bad breath from decaying teeth or infected gums
mercurius	very bad breath, profuse sweating
nux vomica	offensive breath due to stomach upset or alcoholism
pulsatilla	bad breath with indigestion, changeable
spigelia	bad breath, tongue coated white or yellow, palpitations

Herpes

nat mur	worse sun
petroleum	eczema and herpes
rhus tox	red tip of tongue, wors cold or wet weather, blisters around lips
sepia	irritable, weepy or hard and indifferent

Hiccups

cyclamen	hiccups with breathing distress, better taking water
ignatia	loud and noisy hiccuping
mercurius	hiccups worse drinking water
nux vomica	hiccuping before meals

Laryngitis

argent nit	severe hysterical laryngitis, often for months
arnica	larynx feels sore and swollen, irritating cough, from shock
belladonna	fever, red face, dilated pupils, sweating
carbo veg	painless hoarseness caused by damp cold air
causticum	hoarse, dry throat, hollow irritating cough, whispers
hepar sulph	hoarseness worse in the morning caused by a cold draft
oxalic acid	severe laryngitis, painful and raw, very deep voice
phosphorous	hoarseness worse in the evening, sore dryness

Throat Homeopathics

Tonsillitis

baryta carb	very large tonsils, right sided, large tender cervical nodes
belladonna	right sided, red and swollen tonsils, severe pain
calc phos	large, pale, inflamed tonsils, impaired hearing
hepar sulph	splinter-like sensation in throat, fever, shivering
lachesis	blue and swollen left tonsil, pain on swallowing hot liquids
merc sol	severely infected tonsil, painful and dry throat
mercurius	stinging throat pain, severe purulent infection, ulcers

Toothache

belladonna	stabbing throbbing pain in the gums like a migraine
chamomilla	severe toothache, worse at night, marked irritability
coffea	relief with cold water is characteristic
creosote	bad breath, constipation, caries
merc sol	stabbing pain radiating to the ears, worse at night
plantago	teeth sensitive to the touch, teeth feel too long
silicea	pain aggravated by hot or cold food or cold air
staphysagria	severe drawing and tearing pain, very sensitive teeth

Bad Teeth

staphysagria	black teeth, teeth crumble and decay on edges, sensitive teeth
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Canker Sores

Botanicals

Garlic	1 fresh clove qd	allicin and sulfur kills herpes simplex virus
Echinacea	3 ml tid	anti-viral and anti-bacterial
Gotu Kola	20 ml tid	triterpenes aid wound and ulcer healing
St. John's Wort	2 ml tid	anti-viral, hypericin inhibits viral replication

Vitamins

B12	10 mcg qd	deficiency can cause recurrent canker sores
E	topical	aids in healing
folic acid	400 mcg qd	deficiency can cause recurrent canker sores

Minerals

zinc	50 mg qd	found to be helpful
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Amino Acids

lysine	1,000 mg qd	deficiency can cause mouth ulcers
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Restrictions

sodium laureth sulfate	found in toothpaste, may cause aphthous ulcers
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Homeopathy

arsenicum album	burning pain, tongue discolored white
borax	oral aphthous ulcers, canker sores in children
calc carb	recurrent oral aphthous ulcers in children
gambogia	with GI complaints
mercurius	mouth and tongue involved, worse sweets
psorinum	aphthous ulcers, dirty looking face, always wears a hat
sulphuricum acidum	painful apthae on the tongue and inner cheeks

Periodontal Disease

Vitamins

A	25,000 iu qd	low levels cause inflammation and gum disease
C	3-5 g qd	collagen integrity, decr healing time, antioxidant
D	400 iu qd	deficiency can impair calcium absorption
E	400-800 iu qd	decrease healing time & membrane permeability
folate	2 mg qd	binds to plaque derived endotoxin oral tissue use large amounts

Minerals

calcium	2,000 mg qd	may reverse periodontal dz and strengthen bone
magnesium	2,000 mg qd	boosts bone density and prevents bone loss
selenium	400 mcg qd	anti-oxidant, synergistic with vitamin E
zinc picolinate	30 mg qd	deficiency related to periodontal disease

Nutrition

Co Q 10	150 mg qd	mitochondrial oxidative phosphorylation
quercetin	500 mg tid	prevents mast cell degranulation

Diet Restrictions

sucrose	increases plaque formation
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Homeopathy

mercurius	swollen bleeding gums, carries
nat mur	swollen gums that bleed easily, sensitive when eating
phosphorous	bleeding gums, loose teeth, persistent bleeding after extraction
silica	gums sensitive to cold air, abscess at root
staphysagria	pale gums, black crumbling teeth

Throat Botanicals

Throat

Glycyrrhiza	Licorice	effective against HSV-1
Hamamelis virginica	Witch Hazel	anti-viral activity against HSV-1
Hypericum	St John's Wort	HSV-1 and 2, parainfluenza and vaccinia virus
Pongamia pinnata	Pongamia	anti-viral against HSV-1 and HSV-2 in vitro

Respiratory

Respiratory Herbs
Respiratory Products

Asthma
Bronchitis
Cough
Emphysema

Respiratory Herbs

Actions

tonics	Asclepias, Hyssopus, Inula
anti-microbial	Allium, Comiphora, Drossera, Echinacea, Ligusticum, Tussilago Lomatium, Thymus, Usnea
expectorant	Asclepias, Quebracho, Eriodictyon, Grindelia, Inula, Ligusticum Marrubium, Prunus, Sanguinaria, Sticta
anti-tussive	Lobaria, Lobelia, Prunus, Symphytum, Tussilago, Verbascum
drying	Hyssopus, Plantago, Salvia, Thymus, Lobaria
demulcent	Borago, Glycyrrhiza, Symphytum, Tussilago, Verbascum
anti-spasmodic	Drosera, Ephedra, Hyssopus, Lobelia, Prunus
bronchodilator	Eriodictyon, Lobelia, Ephedra

Contraindications

pregnancy	Asclepias, Prunus, Sanguinaria, Tussilago
heart disease	Ephedra
glaucoma	Sanguinaria

Tonics

Asclepias tuberosa	Pleurisy root	pleurisy and pneumonia, stimulates sweating
Hyssopus officinalis	Hyssop	removes congestion from lungs, excess mucous
Inula helenium	Elecampane	promotes expectoration and aids digestion

Anti-Microbials

Allium cepa	Onion	poultices for respiratory infections and wounds
Drossera rotundifolia	Sundew	treats dry spasmodic coughing, pneumonia
Tussilago farfara	Coltsfoot	treats spasmodic coughing, whooping cough

Dry Coughs

Althea officinalis	Marshmallow	mucilage soothes; dry coughs and ulcers
Lobelia inflata	Lobelia	increases and thins mucous; spasmodic coughs
Verbascum thapsus	Mullein	chronic cough and soreness, tracheitis
Marrubium vulgare	Horehound	expectorant, anti-spasmodic, promotes mucous

Respiratory Herbs

Wet Coughs

<i>Ceanothus americanus</i>	Red root	asthma and bronchitis with excess mucous
<i>Comiphora myrrha</i>	Myrrh resin	disinfectant, dries excess mucous; gingivitis
<i>Pulmonaria officinalis</i>	Lungwort herb	drying herb; coughs and asthma

Irritating Coughs

<i>Eriodictyon californ.</i>	Yerba Santa	congestion, excess mucous; asthma, hay fever
<i>Grindelia robusta</i>	Gumplant	expectorant and anti-spasmodic
<i>Plantago major</i>	Plantain	expectorant, demulcent, soothes; loss of voice
<i>Prunus serotina</i>	Wild cherry	digestive, tonic; cough with excess mucous

Emphysema

Quebracho	Quebracho root	treats emphysema, tastes terrible
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Laryngitis

<i>Sanguinaria can.</i>	Bloodroot	expectorant; anti-spasmodic; laryngitis; toxic
<i>Stillingia sylvatica</i>	Queens root	astringent, anti-spasmodic; swollen lymph nodes

Children

<i>Lobaria pulmonaria</i>	Lungwort moss	pain in chest with each cough, cough in children
<i>Thymus vulgaris</i>	Thyme	anti-spasmodic; whooping cough, asthma
<i>Trifolium pratense</i>	Red clover	anticoagulant, alterative; whooping cough

Miscellaneous

<i>Datura Stramonium</i>	Thornapple	relax SM, reduce secretions; hallucinogen
<i>Ephedra sinica</i>	Ma Huang	stimulant, decongestant, vasoconstrictor

Constituents

Borage	pyrrolizidines	toxic to the liver
<i>Datura stramonium</i>	hyoscamine	relaxes smooth muscle
<i>Drosera</i>	plumbagin	anti-microbial and anti-spasmodic
Hyssop	marubin	expectorant
Hyssop	pinocamphone oil	may cause seizures

Respiratory Herbs

Inula helenium	alantolactone	anti-inflammatory, immune stimulant
Lobelia	lobeline	relaxes bronchial muscles, increases mucous
Ma Huang	ephedrine	Increases metabolic rate and thermogenesis
Trifolium pratense	coumarins	anti-coagulant agent
Trifolium pratense	flavonoids	estrogenic agent
Tussilago farfara	pyrrolizidines	toxic to the liver

Asthma

Botanicals

Garlic		inhibits lipoxygenase and cyclooxygenase
Cayenne		capsaicin desensitizes mucosa to irritants
Ephedra, Ma Huang	1-4 ml tid	stimulant, decongestant, vasoconstrictor
Licorice	4-6 ml tid	anti-inflammatory, anti-allergenic
Grindelia squarrosa		expectorant, anti-spasmodic
Lobelia inflata	1-4 ml tid	expectorant, promotes release of EPI and NE
Symphlocarpus factida		expectorant, respiratory sedative

Vitamins

A	10,000 iu qd	stimulates tissue regeneration, boosts immunity
B12, cobalamin	1,000 mcg IM	very helpful for young children
B5, pantothenic acid	150 mg qd	mediates allergic histamine release
B6, pyridoxine	50 mg bid	phosphodiesterase inhibitor
C	1 g qd	stabilizes histamine, phosphodiesterase inhibitor
E	600 iu qd	lipoxygenase and phospholipase inhibitor

Minerals

magnesium	500 mg qd	relaxes bronchial smooth muscle
molybdenum	as per label	stimulates sulfate metabolism
selenium	250 mcg qd	used to reduce HPETE to HETE

Amino Acids

N-acetyl cysteine	1 g qd	mucoytic, anti-oxidant
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Nutrition

essential fatty acids	1 tbsp tid	EPA and DHA inhibit prostaglandin synthesis
quercetin	1 g tid	inhibits histamine release

Diet Restrictions

milk and dairy	common allergen, depletes HCl
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Asthma

Homeopathy

aconite	dyspnea after exposure to wind cold or chill
arsenicum	short anxious breathing, worse lying down
chelidonium	pneumonia of right base
cuprum aceticum	distressing dry cough, weakness, restlessness
cuprum arsenicum	severe SOB, constriction and weight in chest
ipecacuanha	tightness in the chest, loud rattling cough
kali bich	catarrh with tenacious secretions, wandering and alternating pains
kali carb	severe wheezing, SOB, worse 2-4 AM, stitching pains
medorrhinum	dry cough, SOB, worse lying down, better kneeling
nux vomica	bronchial spasm, irritability, yellow coat on tongue
phosphorous	noisy wheezing, oppression, cough
sulphur	chronic recurring cough, foul thick mucous expectoration

Bronchitis

Botanicals actions

expectorant	Licorice, Drossera, Grindelia, Lobelia, Marrubium, Wild Cherry
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Vitamins

E	400 iu bid	improves antibody response to influenza virus
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Nutrition

quercetin	400 mg tid	effective against parainfluenza virus
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Homeopathy

antimonium tart	rattling mucous in the chest, wheezing, little phlegm, fatigue
belladonna	high fever, dry cough, pounding HA, hot skin
bryonia	painful violent dry sticking cough with yellow sputum
kali bich	tough thick stringy phlegm, tight chest, worse 4 am
phosphorous	wheezing, dry tickling cough, sore chest

Cough

Botanicals

dry coughs	Marshmallow, Lobelia, Verbascum, Marrubium
wet coughs	Ceanothus, Comiphora, Pulmonaria
irritating coughs	Eriodictyon, Grindelia, Plantago, Wild Cherry

Homeopathy

aconite	early stages of croup, sudden onset, wakes from sleep
antimonium tartaricum	"a bucket of mucous", rattling in chest, scanty mucous, sleepiness
carbo veg	cough cycle, chilly better fanned, paroxysms
causticum	deep wracking cough, incontinance, better cold drinks
cuprum	spasms, blue face, better cold water, sudden attacks of suffocation
droseria	violent spasms of coughing, worse after midnight, causes epistaxis
hepar	choking, loose phlegm, stitching pains in throat, croup
ipecac	cough with nausea and vomiting, blood, blue
rumex	tickling in throat, constant coughing, worse uncovering
sambucus	suffocates after midnight, heavy perspiration, dry heat during sleep
sanguinaria	cough better vomiting, right-sided, bursitis, hot feet at night, migraine
spongia tosta	deep cough like a saw, dry, better eating, worse before midnight
stannum	loose cough, green sweet sputum, pains come and go gradually

Cystic Fibrosis

Vitamins

E, tocopherol		associated due to lack of lipase
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Minerals

selenium		synergist with vitamin E
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Amino Acids

cysteine, NAC	1-3 g qd	mucolytic activity
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Nutrition

lipase	1 g 9X pancreatin	may cause E deficiency and associated GI sxs
betaine HCl		replace lost chloride caution - may interfere with lipase
digestive enzymes		low pancreatic enzyme secretion is diagnostic

Homeopathy

antimonium tart	rattling of mucous with little expectorated, burning in chest - sits up
arsenicum album	wheezing, fears suffocation, unable to lie down
carbo veg	spasmodic gagging and vomiting of mucous, wheezing, long attacks
hepar sulf	choking cough, wheezing, must rise up and bend head
ipecacuanha	incessant and violent cough with every breath
kali carb	thick, gluey mucous, stomach sxs alternate with asthma or arthritis

Emphysema

Botanicals

Quebracho	30 gtt tid	treats emphysema, tastes terrible
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Vitamins

A		maintains integrity of intestinal goblet cells
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Minerals

copper		maintains elasticity of lung tissue
magnesium		increase power of muscles of breathing

Nutrition

lecithin	1200 mg tid	improves surfactant
glutathione		protects alpha-1PI against oxidative inactivation

Homeopathy

ipecacuanha	suffocating cough, wheezing, chest loaded with mucous, nausea	
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Cardiology

Cardiac Botanicals
Cardiac Products

Anemia
Angina
Coronary Artery Disease
Congestive Heart Failure
Cholesterol
Hypertension
Intermittent Claudication
Palpitations

Cardiac Botanicals

Actions

cardiac tonic	Cactus, Coleus, Cratageus, Leonorus, Urginea
hypotensive	Coleus, Cratageus, Veratrum, Viscum
vasodilator	Coleus, Cratageus, Viscum
circulatory stimulant	Ginkgo, Salvia
sedative	Cactus, Leonorus, Rauwolfia, Salvia
cardiac depressant	Adonis, Rauwolfia, Veratrum, Viscum
cardiac glycosides	Adonis, Convallaria, Digitalis, Urginea

Contraindications

pregnancy	Leonorus, Rauwolfia, Salvia, Viscum
toxic	Aconitum, Rauwolfia, Urginea, Veratrum, Viscum

Cardiac Glycosides

Adonis vernalis	False hellebore	cardiosedative; panic, nervous tachycardia
Convallaria majalis	Lily of the valley	diuretic, laxative; CHF, arrhythmia
Digitalis purpurea	Foxglove	cardiac, diuretic; severe CHF; atrial problems
Urginea maritima	Squill	diuretic, emetic; CHF, edema; toxic

CHF

Cactus grandifloris	Cereus	sedative; mild CHF, hypotension, depression
Cratageus oxycantha	Hawthorne	BP regulator, vasodilator; CHF, angina

HBP

Coleus forskohlii	Coleus	hypotensive, bronchodilator, vasodilator, tonic
Rauwolfia serpentina	Indian snakeroot	sedative, cardiac depressant; extreme HBP
Veratrum viride	White hellebore	cardiac depressant, vasodilator; HBP; toxic

Sedatives

Leonorus cardiaca	Motherwort	sedative, anti-spasmodic, cardiotonic
Tilia europea	Linden	nervine; hypertension, atherosclerosis
Salvia miltiorrhiza	dan shen	circulatory stimulant, vasodilator, sedative
Viscum album	Am. mistletoe	hypotensive, nervine, peripheral dilator

Cardiac Botanicals

Cardiac Botanicals

Vascular Disease

Aesculus hippocast.	Horse chestnut	venous tonic; edema, varicose veins
Ginkgo biloba	Ginkgo	enhances oxygen use, stabilizes membranes
Hamamelis virginica	Witch Hazel	astringent, hemostatic, varicose veins

Poisonous

Aconitum napellus	Aconite, fu zi	poisonous, stimulant, cardiotoxic, analgesic
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Constituents

Aesculus	aescin	venous tonic
Coleus forskolin	forskolin	activates the cAMP cascade
Crataegus oxycantha	procyanadins	ACE inhibitor
Ginkgo	terpenes	inhibit platelet aggregation and adhesion
Rauwolfia	ajmaline	anti-arrhythmic and heart beat regulator
Salvia miltorrhiza	tanshiones	improve heart function, treats angina
Veratrum viride	jervine	prolongs contractions without spasm
Veratrum viride	veratrine	prolongs contractions without spasm
Viscum album	viscotoxins	works on the vagus nerve, reduces HR

Angina

Botanicals

Garlic	1 fresh clove qd	lowers blood pressure, thins the blood
Cratageus oxtacantha	5 ml tid	strengthen heart muscle, dilate coronary arteries
Khella		proven effective in reducing angina pain
Terminalia arjuna	500 mg tid	improves cardiac muscle function

Vitamins

E	300 iu qd	prevents heart tissue damage, thins the blood
B5, pantethine	300 mg tid cc	part of CoA, transports fat into mitochondria

Minerals

magnesium	250 mg bid	deficiency produces spasms in coronary arteries
calcium citrate	250 mg bid	paired with magnesium, normalizes BP
selenium	200 mg qd	reduces pain of angina, synergist with vit E

Nutrition

co Q10	75 mg bid	essential component of mitochondria
bromelain	500 mg tid	decr platelet aggregation, breaks down plaques
carnetine	500 mg tid	increases lipid metabolism & oxygen utilization
alpha lipoic acid	50 mg qd	protects cardiac tissue from ischemic damage
lecithin	6 g qd cc	emulsifies fat, inhibits blood clot formation
essential fatty acids	1 tbsp tid	reduces plasma lipids and pain of angina

Angina

Homeopathy

aconitum	sudden onset, terror and great fear of death
arnica	history of trauma, rouses from sleep causing great fear
arsenicum	constriction and burning under the sternum
cactus	constricting pains like an iron fist, worse any exertion
collinsonia	heart symptoms alternate with piles
conium	vertigo, heart disease
glonium	fullness or squeezing in chest with flush rising to face
lachesis	left-sided, worse waking, spring aggravation, better discharge
latrodectus	paralysis of the left arm during heart pain, icy cold, sweat
lilium tig	pain and numbness extends to right arm
lithium carbonicum	lithium use, depression, rheumatism, cardiac pain, better eating
medorrhinum	angina in young people
naja	pain so severe the patient can hardly breath
spigelia	pains extend to left arm, worse lying on left side
tabacum	latrodectus symptoms with persistent nausea, better by smoking

Arrhythmia

Botanical

Goldenseal		berberine is useful when due to lack of oxygen
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Minerals

magnesium	100 mg tid	deficiency has same sx's as mitral valve prolapse
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Amino Acids

taurine		modulates cAMP, essential for nerve transmission
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Nutrition

coenzyme Q10		abundant in heart muscle, improves function
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Diet Additions

unsaturated fats		reduce the risk of potentially fatal arrhythmias in animal studies
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Diet Restrictions

caffeine		stimulating effect, may be associated with increased susceptibility
alcohol		abuse damages the heart and afib may be the first sign
saturated fats		increase the risk of potentially fatal arrhythmias in animal studies

Atherosclerosis

Botanicals

Ginger		inhibits platelet aggregation
Cratageus	5 ml tid	reduces sclerosis
Gotu Kola	10 ml tid	reduces sclerosis and improves blood flow

Vitamins

B6	100 mg	reduces platelet adhesiveness, lower homocysteine, prevents atherosclerosis
C	10,000 mg qd	reduce aggregation, increase fibrinolysis
E	400-800 iu tid	reduces platelet aggregation

Minerals

calcium citrate	1 g qd	inhibits platelet aggregation
chromium	150 mg bid	raises HDL, aids in plaque regression
selenium	200 mcg qd	reduces platelet aggregation

Nutrition

chondroitin sulfate	1 g tid	reduces platelet aggregation
phosphatidyl choline	35 mg qd	aids in plaque regression
GLA and EPA	1 tbsp tid	form TXA1+3, decrease platelet aggregation

Diet Restrictions

sugar	increases platelet aggregation, total cholesterol and triglycerides
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Products

PhytoPharmica	AtheroChelate	nutrients for the arteries
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Congestive Heart Failure

Botanicals

Cratageus	200 mg tid	improves heart function
Terminalia arjuna		improves heart function

Vitamins

B1, thiamin	250 mg qd	deficiency causes “wet beriberi”
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Minerals

magnesium	200-400 mg tid	critical in production of ATP
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Amino Acids

arginine		increases peripheral blood flow
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Nutrition

Co Q10	300 mg qd	increases force of contractions
carnitine	500 mg tid	trasports FA's into mitochondria for energy

High Cholesterol

Botanicals

Alfalfa		saponins block absorption of cholesterol
Fo ti	2 g tid	lowers cholesterol levels
Garlic	1 g qd	lowers serum cholesterol
Ginger		lowers cholesterol, inhibits platelet aggregation
Guggul	23 mg tid	lowers cholesterol, anti-inflammatory
Wild Yam	2 ml tid	raises HDL

Vitamins

B3, inositol hex.	1 g tid	lowers cholesterol, does not cause flushing
B3, niacin	2 g qd	lowers cholesterol
B5, pantethine	300 mg tid	may reduce the amount made in the body
B6, pyridoxine	100 mg	decreases cholesterol and homocysteine levels
biotin		deficiency may result in elevated cholesterol
C, ascorbate	2 g qd	prevents oxidation of LDL, raises HDL
E, tocopherol	500 iu qd	reduces LDL cholesterol

Minerals

calcium citrate	1 g qd	decreases total cholesterol and triglycerides
chromium	200 mcg qd	synergistic with niacin in lowering cholesterol
copper		lowers cholesterol if deficient (kinky hair)
magnesium	250 mg bid	decreases LDL cholesterol, vasodilator

High Cholesterol

Nutrition

beta sitosterol	500 mg	decreases absorption via competitive binding
chitosan	500 mg tid	absorbs dietary fat, inhibits LDL cholesterol
essential fatty acids	1 tbsp tid	decreases blood pressure and plasma lipids
water-soluble fiber	5 g qd	significantly lowers cholesterol
grapefruit pectin		lower cholesterol, inhibit atherosclerosis in pigs
quercetin	1 g bid-tid	protects LDL from damage, anti-allergenic
red yeast rice extract		monacolins inhibit HMG CoA reductase

Diet Restrictions

meat	saturated fats from animal foods is linked to high serum cholesterol
sugar	eating sugar reduces HDL cholesterol
unfiltered coffee	drinking unfiltered coffee raises cholesterol
alcohol	moderate drinking increases HDL cholesterol

Diet Additions

soy	soy protein and isoflavones reduce cholesterol
olive oil	lowers LDL cholesterol and may reduce risk for heart disease
garlic	helps lower cholesterol
smaller meals	eating frequent small meals lowers cholesterol
water soluble fiber	reduces cholesterol, sequesters bile

Hypertension

Botanicals

Crataegus	5 ml tid	proanthocyanidins inhibit ACE, lower BP
Olive		iridoids dilate coronary arteries, reduce BP
Rauwolfia		reserpine depletes catecholamine and serotonin
Valerian		iridoids dilate coronary arteries, anti-arrythmic

Vitamins

C, ascorbate	2 g qd	free radical scavenger, lowers BP
E	500 iu qd	free radical scavenger, reduces LDL cholesterol

Minerals

calcium citrate	250 mg bid	normalizes BP
magnesium	250 mg bid	vasodilator, decreases LDL's
potassium	3000 mg qd	decreased in metabolic acidosis and diuretic use
selenium	200 mcg qd	may be directly related to BP

Nutrition

chitosan	500 mg tid	absorbs dietary fat, inhibits LDL cholesterol
Co Q10	50 mg bid x 4 mos	strengthen and oxygenate heart muscle
essential fatty acids	1 tbsp tid	decreases blood pressure and plasma lipids
fiber	5 g qd	significantly lowers cholesterol
taurine	500 mg tid	decreases BP, reduces arrythmias

Dietary Restrictions

alcohol	produces acute hypertension via increased catecholamine secretion
coffee	elevates blood pressure, but it's not the caffeine
sugar, sucrose	elevates blood pressure (may be a primary cause in some people)

Homeopathics

lachesis	left-sided, jealous, talkative, hot, fears snakes, worse on waking
nat mur	throbbing headache, craves salt, melancholia
spigelia	violent beating of the heart that shakes the chest
staphysagria	cultured gentlemen, throws things, worse napping, trembles in anger

Hyperlipidemia

Vitamins

B3, niacin	2 g qd	lowers cholesterol and lipids
inositol hexaniacinate	500 mg bid	reduces cholesterol and lipids

Minerals

calcium citrate	1 g qd	decreases total cholesterol and triglycerides
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Nutrition

essential fatty acids	1 tbsp tid	decrease blood pressure and blood lipids
phosphatidyl choline		reduces fat and triglyceride in the blood

Palpitations

Homeopathy

argentum nitricum	palpitations worse lying on right side
arsenicum album	anxious, restlessness, chilly, burning pains better heat, thirsty for sips
arsenicum iodatum	constricted feeling in heart, palpitations, hand tremors
causticum	great joy and sorrow, worse excitement, restless, anxiety, melancholy
gelsimium	compelled to walk during cardiac pain
iberis	choking sensation, unable to talk, worse sneezing
kalmia	worse bending forward, better standing straight
kali carb	sensitive, chilly, craves sweets, flatulence, stitching pains, backache
lycopus virginicus	palpitations felt throughout the body, goitre, exophthalmus
spongia tosta	suffocation during sleep from swollen thyroid, chilly, heart problems

Cell Salts

kali mur	worse walking, must stand, potassium regulates muscle spasm
mag mur	magnesium reduces muscular excitability

Vascular Diseases

Intermittent Claudication

Vitamins

E	400-800 iu tid	reduces intermittent claudication
C	500 mg tid	reduces intermittent claudication
inositol hexoniacinate		long-term vasodilation without flushing

Minerals

zinc sulfate	200 mg tid	reduces intermittent claudication
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Nutrition

polycosanol		reduces cholesterol, improves claudication
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Homeopathy

secale		leg cramping on walking, feels burning hot yet skin is cool
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Raynaud's Syndrome

Botanicals

Gingo biloba		vasodilator
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Vitamins

niacin		vasodilator
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Minerals

magnesium	100 mg bid	vasodilator
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Gastrology

GI Botanicals
GI Homeopathics
GI Products

Candida
Diarrhea
Diverticulitis
GERD
Hemorrhoids
Inflammatory Bowel Disease
Irritable Bowel Disease
Malabsorption
Parasites
Peptic Ulcer

GI Products

Ayush Herbs

Pippli	1 tid	Piper longum
AP Mag	1 cap bid-tid	Bael, Bitter mellon, Basil, Berberis, etc

Metagenics

LGI	3+ tabs qd	A, B5, folate, glutamine, bromelain, peptidase Cape Aloe, Trigonella, Ulmus Glandular Duodenum
MetaGest	1-2 tabs pc	Betain HCl, pepsin, Gentiana
MetaZyme	1-2 tabs ac	protease, amylase, lipase, cellulase
Microbex	2 tabs tid ic	Usnea, grapefruit, Mahonia, Berberis Hydrastis, Uncaria
Parex	1-2 tabs tid	Artemesia, grapefruit seed, bromelain, peptidase
Parex IC	2 tabs tid ic	Curcubita, Artemisia, Plantago, Gentiana Berberis, Mahonia, Juglans, Hydrastis bromelain, peptidase
SpectraZyme		protease I-II-III, peptidase, amylase, lipase cellulase, maltase, lactase, invertase, Amla fruit
UGI	2+ tabs qd	A, folic acid, Mg, DGL Glandular Duodenum, Stomach
Ultra Dophilus	1/2 tsp bid cc	Lactobacillus acidophilus
Ultra Flora Plus	1/2 tsp bid cc	Lactobacillus acidophilus, Bifidobacterium, FOS

NF

Blue Heron		Psyllium and Flax seed, Althea, Triphalla, etc
Cascara Plus		Cascara, Senna, Triphala, Prunus, Berberis, etc
DGL		licorice
LGS formula		multiple, enzymes, Triphala, FOS, quercetin, etc
NAG		glucosamine
Spectra Probiotic		L. acidophilus, bulgaricus, casei, plantarum B. bifudum, infantis S. faecium, thermophilus NAG, FOS

Physiologics

BioFlora	1 cap tid ic	FOS, Strep thermophilus Lactobacillus acidophilus, bulgaricus
Candistatin	2 caps bid cc	Caprylic acid, Goldthread, Pau D' Arco, Ca, Mg

GI Products

PhytoPharmica

Candimycin	1-2 ic	Goldenseal, oils of oregano, thyme, peppermint
Mentharil	1-2 tid ic	oils of peppermint, rosemary, thyme
Mucoril	1-2 ac	niacin, B6, Iodine, Althea, enzymes, pepsin, etc
NeutraGas	1-2 tid ic	simethicone, peppermint oil
Rhizinate	2 ac	chewable, DGL, glycine

Pure Encapsulations

AC Formula	4-6 qd ac	anti-fungal with Berberis, grape seed, oils
Betain HCl	1 cc	betain HCl, pepsin, vitamin C
Bromelain 2400	1-4 qd	500 mg bromelain
DGL Plus	6-8 qd ac	licorice, Musa, Ulmus, Althea, C
FOS	1-5 g qd	fructooligosaccharides
Nutra Flax	3-10 g qd	flax seed powder

Thorne

Citricidin	1-3 tid	grapefruit seed extract
Di Pan-9	1-2 tid cc	pancreatin, amylase, protease, lipase
Enterocap	1 bid-tid	grapefruit seed extract and oregon grape
GI Encap	2 qid ac	DGL, Plantain, Ulmus, Althea
Herbal Laxative	1 prn	Iris, Rheum, Frangula, Senna, Cascara
MediBulk	1-2 tsp c water	Psyllium, Prune, apple pectin
PermaClear	3 bid	glutamine, NAG, quercetin, Ginkgo, probiotics
Sacro B	2 caps bid ic	Sacchromyces boulardii
SF-722	3-5 tid	undecenoic acid (from castor bean oil)
SF-734	2 qid ac x 8 wks	bismuth, Berberis, DGL, bentonite

GI Products

Tyler

Bromelain 2400	1-4 tid prn	bromelain 2400 MCU
Candida Complex	2-4 tid ic	enzymes, Tababuia, Allium, Berberis, Hydrastis
Enterogenic	2 g bid ic	FOS, L. acidophilus, B. bifidum, etc
Fiber Formula	1 tbsp tid ic	Psyllium, oat bran, bromelain, Althea, etc
Gamma Oryzanol	1-2 tid	rice bran oil with phytosterols, beta sitosterol
Gastric Complex	1-2 tid ac	enzymes, Gamma O, Althea, Ulmus, DGL
Panplex 2 Phase	1-2 tid cc	pancreatic enzymes, HCl, pepsin, ox bile, lipase
Panplex 8	1-2 tid cc	pancreastin, protease, amylase, lipase, ox bile
Para-Gard	1-3 tid ic	Berberine, Grapefruit, Gentiana, Hydrastis, etc
Permiability Factor	2 tid	glutamine, glucosamine, GLA, E, choline, etc
Pro-Flora	2-4 caps ic	L. acidophilus, rhamnosus, plantarum B. bifidum, longum, infantis, adoloscentis E. faecium
Similase	1-2 ac	protease, amylase, lipase, cellulase, lactase, etc

Wise Woman

Bitter Tonic		Gentiana, Pimpinella, Zingiber
Bottoms Up Caps		Collinsonia, Ruscus, Hamamelis, Aesculus, etc
Chamomile Comp		Matricaria, Mentha, Melissa
Fiber Flow		Psyllium, Avena, bentonite, Ulmus, Althea, etc
GI Caps		Althea, Geranium, Echinacea, Ulmus, etc
Suppository #2		Hamamelis, Ruscus, Collinsonia, A, E, etc.
Tummy Tea		Mentha, Matricaria, Glycyrrhiza, Ulmus

GI Botanicals

Actions

tonic	Aloe, Angelica, Capsicum, Matricaria
bitter	Artemesia, Cinchona, Gentiana, Ligustrum, Rhamnus
carminative	Cinnamon, Foeniculum, Matricaria, Mentha, Pimpinella, Zingiber
laxative	Cassia, Rhamnus, Rheum, Ricinus
demulcent	Ulmus
hemostatic	Geranium
anti-inflammatory	Aloe, Glycyrrhiza, Linum, Matricaria, Zingiber
anti-spasmodic	Matricaria, Pimpinella
anti-bacterial	Allium, Capsicum, Cinchona, Rheum
anti-fungal	Allium, Juglans
anti-parasite	Allium, Aloe, Artemesia, Caryophyllus, Chenopodium, Curcubit Dryopteris, Juglans, Pimpinella, Tanacetum
anti-viral	Juglans
emetic	Cephalis, Myrica, Sinapsis

Contraindications

gastritis	Allium
pregnancy	Artemesia, Cassia, Cinchona, Cinnamomum, Glycyrrhiza, Myrica Rheum, Sinapsis
glaucoma	Atropa
toxic	Chenopodium, Dryopteris, Tanacetum
peptic ulcer	Gentiana, Mentha
internal bleeding	Geranium
hypertension	Glycyrrhiza
gout	Rheum

Bitters

Angelica arch.	Garden angelica	tonic, digestive problems; anorexia nervosa
Cinchona off.	Peruvian bark	bitter used to treat malaria
Gentiana lutea	Gentian	tonic bitter, stimulates gastric secretion
Ligustrum vulgare	Privet	astringent tonic and bitter, diarrhea, indigestion

GI Botanicals

Laxatives

<i>Cassia acutifolia</i>	Senna	strong laxative and purgative
<i>Geranium maculatum</i>	Geranium	used to treat ulcers and bowel disorders
<i>Rhamnus purshiana</i>	Rhubarb	strong purgative and laxative; calcium oxylate

Bulking Agents

<i>Linum usitatissimum</i>	Flax seeds	EFA's, ground seeds are used as a bulking agent
<i>Ulmus fulva</i>	Slippery elm	demulcent, mucilage, nutritive, bulking agent

Digestion

<i>Cinnamomum z.</i>	Cinnamon	stimulant used to treat flatulence and colic
<i>Foeniculum vulgare</i>	Fennel seed	treats flatulence, bloating, colic, and teething
<i>Matricaria</i>	Chamomile	treats nausea, irritable bowel, flatulence
<i>Mentha piperita</i>	Peppermint	settles the stomach
<i>Pimpinella anisum</i>	Anise seed	treats flatulence with colick
<i>Zingiber officinale</i>	Ginger	warming, stimulates digestion, motion sickness

Anti-Parasite

<i>Artemesia absinthum</i>	Wormwood	bitter tonic, parasites, limit to 4 weeks
<i>Caryophyllus</i>	Cloves	warms and stimulates digestion, treats parasites
<i>Chenopodium</i>	Wormseed	parasites (not tapeworms); toxic 3-10 gtt tid
<i>Cucurbit pepo</i>	Pumpkin seed	useful to expel parasites
<i>Dryopteris</i>	Male fern	toxic herb used to treat parasites
<i>Tanacetum vulgare</i>	Tansy	very toxic, treats parasites, abortificant

Emetic

<i>Cephaelis</i>	Ipecac	emetic and gastric irritant useful with poisoning
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Poultices

<i>Sinapsis nigra</i>	Mustard seed	used as a poultice for gastritis and indigestion
<i>Ricinus communis</i>	Castor oil	strong purgative and laxative, poultice

GI Botanicals

Gastritis

Glycyrrhiza glabra	Licorice	adrenal stimulant, peptic ulcers and gastritis
Myrica cerifera	Bayberry	dries excess mucous, chronic gastritis, diarrhea

Miscellaneous

Atropa belladonna	Belladonna	6 gtt tid for intestinal spasm; CI glaucoma
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Hemorrhoids

Melilotus off	Yellow Clover	varicose veins, hemorrhoids
Xanthoxylum am	Prickly Ash	varicose veins, hemorrhoids, Raynauds

Constituents

Artemesia absinthum	absinthin	bitter agent
Artemesia absinthum	santonin	hallucinogen
Cinchona officinalis	quinidine	cardiac suppressant
Cinchona officinalis	quinine	anti-malarial
Geranium maculatum	gallic acid	weak laxative
Geranium maculatum	tannins	astringent, stomach irritant
Glycyrrhiza glabra	glycyrrhiza	causes water retention
Rhamnus purshiana	calcium oxylate	aggravates gout and kidney stones

GI Homeopathics

Nausea

antimonium crudum	tongue is coated white, nausea, loss of appetite, children
arsenicum	heat and burning, nausea, acid taste, vomiting after meals
ipecacuanha	severe nausea leading to vomiting after meals

Vomiting

apomorpha	sudden vomiting without warning, nausea, alcoholics
kreosotum	chronic persistent vomiting
phosphorous	vomiting with peptic ulceration, bright red blood
zincum	food is ejected suddenly without retching

Indigestion

iris	burning in GI, acid stomach, pain over forehead
kali bich	maxillary sinusitis, periodic, pain in small spots, nose
lycopodium	worse fasting, worse 4-8pm
nux vomica	hangovers, worse mornings, nausea and vomiting

Colic

belladonna	better leaning forward, hot, red
bryonia	severe colic, distended bowels, stitching pains worse movement or jar
chamomilla	twisting, pinching pain, "tearing" around the navel, irritability
colocynth	gripping intermittent pains, colic in navel area better firm pressure
ipecacuanha	colic in the pit of the stomach, restlessness, worse slightest movement
mag carb	generalized colic, diarrhea, abdominal distension
mag phos	severe colic radiating upwards, better local heat, watery diarrhea
nux vomica	severe cramps from over-eating, better sitting or lying down
plumbum met	violent colic better doubling over, obstinate constipation,
veratrum album	severe pain relieved by bowel movement, tender abdomen

GI Homeopathics

Flatulence

argent nit	abdominal pain, intolerant of heat
carbo veg	pain and wind in upper abdomen
chamomilla	irritable infants
china	tender upper abdominal better firm pressure, weakness
lycopodium	from the lower abdomen
nux vomica	with constipation, constricting pain, bitter belching

Food poisoning

arsenicum	cold, chilly, great weakness and prostration, mb blood in the stool
bryonia	nausea and vomiting, colic and diarrhea, patient lies immobile, pale
china	weakness, painless diarrhea often at night, worse eating fruit
colocynth	enteritis with colic, worse in the morning
podophyllum	severe watery diarrhea
phosphoric acid	epidemic summer diarrhea

Candida

Botanicals

Barberry	4-6 ml bid	anti-diarrheal, normalizes intestinal flora
Chamomile	4-6 ml bid	contains several compounds that kill candida
Garlic	1 fresh clove qd	antifungal, inhibits yeast growth

Nutrition

acidophilus	as directed	replace friendly bacteria
bentonite clay	1 tsp with H2O qd	binds to endotoxins
butyric acid		preferred substrate for colonic epithelium
caprylic acid	1 g cc	promotes growth of beneficial bacteria
fiber	5 g qd	stabilize blood sugar
undecylenic acid		inhibits the growth of C. albicans

Products

PhytoPharmica	Candimycin	Goldenseal and oils
Tyler	Candida Complex	enzymes and herbs

Diarrhea

Botanicals

Carob	15 g qd	tannins are astringent
Chamomile	3-5 ml tid	reduces cramping and irritation
Marshmallow	1 g tid	mucilaginous

Vitamins

folic acid	1,000 mcg qd	helps repair damage to intestinal lining
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Homeopathy

arsenicum	tourista, worse 12-2am, thirsty for sips
china, cinchona	loss of body fluids, introverted, sensitive, touchy, worse milk or fruit
colocyntis	worse after expressing emotions, better bending double
dioscorea	yellow and hot diarrhea, sharp pains better bending backwards
ipecac	nausea, diarrhea with frothy green stools, worse am
mercurious	corrosive discharges
muriatic acid	can't urinate without involuntary stools, moaning and weakness
nux vomica	cramping, runs to toilet but nothing comes, irritable
phosphoric acid	watery diarrhea without debility, profuse urine, chronic grief
phosphorous	very thirst but vomits the liquids
podophyllum	explosive polychromatic diarrhea, cramping and gurgling, worse 4am
sulphur	frequent, burning diarrhea with undigested food, itching of anus
veratum album	vomiting and diarrhea

Diverticulitis

Botanicals

Peppermint oil	0.5 ml caps tid	relaxes GI smooth muscle
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Vitamins

A	25,000 iu qd	heals mucous membranes
C	1 g qd	inhibits the inflammatory response
D	400 iu qd	common deficiency with colon disorders
E	500 iu qd	promotes tissue healing, free-radical scavenger
folic acid	400 mcg qd	reduces diarrhea, commonly deficient
K	80 mg qd	essential for blood clotting

Minerals

magnesium	350 mg qd	commonly deficient in inflammatory disorders
zinc	25 mg tid	commonly deficient in Crohn's dz

Nutrition

acidophilus		replenishes friendly bacteria
proteolytic enzymes		aids digestion
superoxide dismutase		neutralizes damage from inflammatory reactions
essential fatty acids	1 tbsp tid	decreases inflammation
omega-3 oils	1 tbsp tid	normalize prostaglandin activity

GERD

Botanicals

Licorice		DGL heals gastric mucosa
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Vitamins

A	100,000 IU q week	reduces progression of esophagitis
niacinamide	100 mg tid	helps, often within 7 days

Amino Acids ¹

phenylalanine		increases gastrin secretion which contracts LES
tryptophan		increases gastrin secretion which contracts LES

Nutrition

choline, lecithin		ACh precursor
alginic acid	prn	demulcent component of seaweed

Diet Restrictions

lower LES pressure	caffeine, nicotine, alcohol, fat, chocolate, mint, onion, OJ, tomato juice anti-cholinergics, theophylline, cholestyramine
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Lifestyle

Risk factors	obesity, hiatal hernia, hypochlorhydria, hyperchlorhydria gravity - raise head of bed 6"
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1. Ganong, Medical Physiology, pg 445

Hemorrhoids

Botanicals

Billberry	300 mg qd	anthrocyanidins strengthen blood vessels
Butcher's Broom	topical bid	vasoconstrictor
Horse Chestnut	topical bid	astringent, varicose veins and hemorrhoids
Peonia		piles, obstinate anal ulcers
Prickly Ash		varicose veins, hemorrhoids, Raynauds
Sweet Clover		varicose veins, hemorrhoids

Vitamins

C	2-3 g qd	builds connective tissue, strengthens membranes
E	600 iu qd	promotes tissue healing

Nutrition

fiber	3 g qd	reduces constipation and straining
rutin	50 mg bid	bioflavenoid, strengthens fragile capillaries
proanthocyanidins		anti-inflammatory, strengthens blood vessels
bromelain	500 mg tid	anti-inflammatory, prevents fibrin formation

Homeopathy

aesculus	hemorrhoids with low back pain, worse standing, better kneeling
aloe	congested hemorrhoids protruding like grapes
collinsonia	hemorrhoids, rectal fissures, constipation, hard stools
ignatia	hemorrhoids with terrible rectal spasms
muriatic acid	swollen and sensitive hemorrhoids, diarrhea while urinating
nitric acid	great pain after passage of stools, very critical and negative
nux vomica	painful hemorrhoids with with persistent constipation
ratanhia	tremendous pain after stool, stools hard
sulphur	itching hot hemorrhoids, worse beer

Inflammatory Bowel Disease

Botanicals

Marshmallow		demulcent, soothes mucous membranes
Poke root		heals ulcerations of the intestinal mucosa
Comfrey		anti-inflammatory, promotes wound healing
Slippery Elm		demulcent, soothes mucous membranes
Cabbage		heals gastrointestinal ulcers

Vitamins

A, retinol	50,000 iu qd	deficient in 20% of CD patients
D		deficiency common in IBD
E	200 iu qd	anti-inflammatory - inhibits leukotriene formation
K		deficiency common in IBD
folic acid		needed for rapidly developing intestinal cells
B12		deficient in 48% of CD patients
C, ascorbate		may help prevent fistula formation

Minerals

zinc picolinate	50 mg qd	deficiency common in Crohn's
magnesium	200 mg qd	deficient common in IBD
iron		deficiency common due to blood loss
calcium		deficiency common in IBD
potassium		often deficient in diarrheal diseases

Nutrition

butyric acid		preferred fuel for large intestines
quercetin	500 mg tid ac	inhibits mast cell and basophil degranulation inhibit hyaluronidase (collagen breakdown) decreases neutrophil lysosomal enzyme secretion inhibits phospholipase A2 and lipoxygenase
paba		similar to sulfasalazine
fish oil		anti-inflammatory
Betain HCl		many are hypochlorhydric
DHEA	25 mg qd	useful with associated autoimmune disease

Inflammatory Bowel Disease

Diet Restrictions

food allergens	wheat, dairy, eggs, corn for UC include the brassica family - cabbage, cauliflower
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Homeopathy

arsenicum album	undigested food in stools, violent tenesmus, frequent urging
cantharis	bloody burning stools, associated dysuria
capsicum	tenesmus and thirst, hot, bloody stools, drinking causes shuddering
mercurius corr	tenesmus, offensive bloody stools, worse nights
phosphorous	bloody mucous, violent tenesmus, copious watery diarrhea
terebintha	watery greenish stools, ulceration of bowels

Irritable Bowel Disease

Botanicals

Aloe vera gel	30 ml tid	contains mucilage, improves transit time
Fenugreek seeds	25 g cc	contains large amounts of mucilage
Gentiana	20 gtt pc	bitter, increases secretion of gastric juices
Ginger	2 ml tid	prevents nausea, gas and bloating
Golden Seal	5 ml qd	restores the mucous lining of the GI tract
Irish moss		contains large amounts of mucilage
Licorice, DGL	300 mg tid	anti-inflammatory, inhibits prostaglandins
Myrrh	2 ml tid	heals the gastric mucosa
Peppermint oil	0.2 ml caps tid	relaxes GI smooth muscle

Vitamins

A	25,000 iu qd	heals mucous membranes in the bowel
C	6,000 mg tid cc	inhibits the inflammatory response
D	400 iu qd	deficiency is common in people with IBD
E	500 iu qd	promotes tissue healing in the bowel lining
folic acid	400 mcg qd	helps reduce associated diarrhea
K	75 mg qd	deficiency is common in people with IBD

Minerals

magnesium	250 mg qd	deficiency associated with IBD, relaxes SM
zinc	25 mg qd	found to be deficient in 50% of IBD cases

Nutrition

acidophilus	1 billion BCU qd	replenishes friendly bacteria in the bowels
digestive enzymes	2 caps pc	digests food to avoid undigested proteins
liposomal SOD		free radical scavenger and anti-oxidant
essential fatty acids	1 tbsp tid	reduces inflammation
soluble fiber	5 g qd	relieves both constipation and diarrhea

Malabsorption

Vitamins

folic acid	15 mg	absorbed in SI which is most affected
B12	1-3,000 mcg IM	intrinsic factor needed for B12 absorption

Nutrition

quercetin	400 mg tid	stabilizes mast cells and esinophils
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Tests

mannitol	should be completely absorbed and secreted by the kidneys
lactulose	not absorbed, high levels in urine indicate hyper-permiablility
endomysal antibody	IgG class of antibody specific for celiac disease
methylmalonic acid	requires B-12 for conversion to succinic acid

Intestinal Parasites

Botanicals

Chenopodium		parasites (not tapeworms); toxic 3-10 gtt tid
Cloves		warms and stimulates digestion, treats parasites
Dryopteris		toxic herb used to treat parasites
Grapefruit seed		anti-parasite
Pumpkin seeds		useful to expel parasites
Tansy		very toxic, treats parasites, abortifacient
Wormwood		bitter tonic, parasites, limit to 4 weeks

Homeopathy

chelone	stupifies worms
cina	angry children, bores nose with finger, alternating canine hunger
granitum	constipation, worms, vertigo, abdominal pain
sempervivum tect	chronic aphthous ulcers, mouth smells bad
teucrium	nasal polyps, pinworms, rectal itching, irritability, sleepless, giddiness

Peptic Ulcer

Botanicals

Licorice, DGL	30 gtt tid	stimulates mucin formation and secretion
Billberry	30 gtt tid	anthrocyanidins heal and prevents recurrence
Rhubarb	1-2 ml tid	helps reduce gastric ulcer bleeding

Vitamins

A	25,000 iu qd	reduce ulcers from hyperacidity
E	800 iu qd	protects the gastric mucosa against ulceration
B6	25 mg qd	may protect against stress related ulcers
C	1,000 mg tid cc	large doses boost healing

Minerals

calcium carbonate	2,000 mg qd hs	prevents the formation of ulcers
magnesium	50 mg tid cc hs	neutralizes stomach acid
zinc	100 mg qd	boosts immunity and healing

Amino Acids

glutamine	1 g tid	enhances healing, energy source of SI cells
methionine	1 g qd	enhances healing of mucous membranes
glucosamine		building block for gastric mucosa

Nutrition

essential fatty acids	1 tbsp tid	control leukotriene production
phosphatidyl choline		protects GI mucosa from chemical irritation
fiber	5 g qd	low intake correlated to duodenal ulcers
catechin	1 gm 5x qd	inhibits histidine decarboxylase
raw cabbage juice	1 liter qd	contains glutamine, stimulates mucin production
bismuth citrate salts		forms a diffusion barrier to gastric acid

Diet Restrictions

milk	common allergen, alkaline - depletes HCl
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Peptic Ulcer

Lifestyle

aggressive factors	hyper-acidity, NSAIDs, alcohol, smoking
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Peptic Ulcer

Homeopathy

arsenicum album	severe burning pain immediately after food, anxious, cold
anacardium	dull epigastric pain radiating to back 2 hrs after meals, better eating
argentum nit	gnawing pain in the pit of the stomach, flatulence, craving for sweets
atropinum	severe mid-abdominal pain with nausea and vomiting, better food
iris versicolor	GI burning, ropy mucous, headache with a blur before the eyes
kali bich	thick stringy mucous, burning pain, small spots, worse after eating
nux vomica	pain half and hour after eating, better vomiting, headache, irritable
lycopodium	pain immediately after eating, the least food causes fullness
phosphorous	vomits water as soon as it warms in stomach, bleeding
pulsatilla	bitter taste, taste of food remains for a long time, better fresh air
stannum	smell of cooking causes vomiting, empty feeling in stomach
uranium nit	gnawing pain in afternoon or after eating, acidity, upper abd. pain

Liver and Gallbladder

Liver and GB Botanicals

Liver and GB Products

Cirrhosis

Detoxification

Gallstones

Hepatitis

Liver and GB Botanicals

Botanical Actions

hepatoprotective	Cynara, Picrorrhiza, Silybum
liver congestion	Chelidonium, Chionanthus, Leptandra
liver detox	Cichorium, Iris
alteratives	Arctium, Berberis, Rumex
gallbladder	Berberis, Chelons, Curcuma, Raphnus, Taraxacum

Contraindications

pregnancy	Mahonia, Berberis, Chelidonium, Iris, Leptandra
psoriasis	Cynara and Taraxacum (inulin)
gout	Rumex (oxylates)

Liver Congestion

Chelidonium majus	Greater celandine	bile flow, pancreatic, liver congestion
Chionanthus	Fringe tree	spleen and pancreas tonic, treats liver and GB
Leptandra virginica	Black root	treats liver congestion, hepatitis and jaundice

Liver Detox

Cichorium intybus	Chicory	detoxifies the liver and treats spleen damp
Iris versicolor	Blue flag	detox liver, drains lymph; soft, swollen glands

Alteratives

Arctium lappa	Burdock	purifies blood, aids liver function, digestion
Berberis aquifolium	Oregon grape	liver and GB tonic, blood purifier, sinusitis
Rumex crispus	Yellow dock	skin problems, stimulates bile flow

Hepatoprotective

Cynara scolymus	Globe artichoke	rebuild liver; liver congestion, hepatitis
Picrorrhiza kurroa	Picrorrhiza	stimulates immunity, bitter; cirrhosis, diarrhea
Silybum marianum	Milk thistle	rebuild liver, cholagogue, cirrhosis, chemo

Gallbladder

Berberis vulgaris	Barberry	strong bitter; sluggish liver, GB pain, gallstones
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Liver and GB Botanicals

Chelone glabra	Balmony	GI tonic, stimulant; gallstones; resins CI kidney
Curcuma longa	Tumeric	cholagogue, anti-inflammatory, cholesterol
Raphnus sativus	Radish juice	relaxe bile duct to help pass of GB stones
Taraxacum off.	Dandelion	leaf is diuretic, root is cholagogue, alterative

Constituents

Arctium lappa	actiin	relaxes smooth muscle
Arctium lappa	inulin	regulates blood sugar
Arctium lappa	polyacetylenes	anti-biotic
Berberis aquifolium	berbamine	anti-microbial
Berberis aquifolium	berberine	cardiac
Chelidonium	alkaloids	anti-HIV agent
Chelidonium	sparteine	elevates BP
Chelidonium majus	chelidonine	anti-spasmodic, lowers BP

Cirrhosis

Botanicals

Globe artichoke		rebuilds liver; liver congestion
Milk Thistle	500 mg qd	rebuilds liver; alcoholic cirrhosis, chemo
Picrorrhiza kurroa		stimulates immunity, bitter; cirrhosis, diarrhea

Homeopathy

chelidonium	RUQ pain radiating to right scapula, better warm drinks
lycopodium	indigestion, bloating, flatulence, hungry but eats small bites
natrum sulphuricum	jaundice with diarrhea, worse damp, tongue coated green
nux vomica	alcoholic liver, constipatio from portal congestion
phosphorous	hepatitis after toxin exposure, vomits liquids once it warms

Detoxification

Botanicals

Milk Thistle	5-10 ml tid	hepatoprotective
Turmeric	400 mg tid	hepatoprotective, anti-oxidant, anti-cancer

Vitamins

A	25,000 iu qd	organophosphates and PCB decrease levels
B1, thiamin	25 mg qd	aldehyde detoxification - alcoholics, candida
B2, riboflavin	25 mg qd	needed by P450, glutathione reductase, SOD
B5	25 mg qd	needed for acylation
C	1 g qd	enhances phase 1 detox, regenerates vit E
E	400 iu qd	antioxidant, stabilizes membranes

Minerals

selenium	200 mcg qd	component of GSH
zinc	25 mg qd	needed to reduce GSH
magnesium	300 mg qd	deficient in chemically sensitive people

Amino Acids

N-Acetyl Cysteine	1 g qd	sulfhydryl donor, increases GSH levels
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Nutrition

alpha lipoic acid	500 mg qd	chelates minerals, antioxidant
bentonite clay	1 tbsp qd	binds to endotoxins preventing absorption
fiber	1 g qd	absorbs toxins and promotes their excretion
coenzyme Q10		part of oxidative phosphorylation, antioxidant
reduced glutathione		antioxidant found in mitochondria
quercetin		antioxidant, chelates iron and copper ions
calcium D glucurate		prevents reabsorption of estrogens

Detoxification

Phase 1 detoxification

pathways	oxidation, reduction and degradation
P-450 inducers	phenobarbital, oranges, DHEA, pregnenolone
P-450 inhibitors	CO, tagamet and cimetidine
P-450 cofactors	Fe, Cu, and vitamins A, B2, and B1
oxidation cofactors	vitamins B1, B2 and B3
xenoestrogens	estradiol and estrone are hydroxylated by p450

Phase 2 conjugation

pathways	acetylation, acylation, conjugation, methylation
conjugations	acetate, hippurate, sulfate, mercapturate, methylate, glucuronate
acylation	by acetyl-CoA with glycine, glutamine and taurine
sulfur conjugation	sulfation, glutathion conjugation and reduction with thiotransferase
methylation	uses methionine and ethionine and requires Mg
glucuronidation	binds glucuronic acid to allow secretion
sulfation	detoxifies drugs, metabolism of catecholamines and bile acids
xenoestrogens	hydroxylated by p450, bound to glucuonic acid, then excreted

Gallstones

Botanicals

Balmony		GI tonic, stimulant; gallstones; resins CI kidney
Barberry		strong bitter; sluggish liver, GB pain, gallstones
Dandelion	5-10 ml tid	leaf is diuretic, root is cholagogue, alterative
Peppermint oil	0.2 ml caps tid	may dissolve gallstones
Radish		relaxes bile duct muscles
Shepherd's purse		GB problems, fibroids, hot, thirstless
Turmeric	400 mg tid	cholagogue, anti-inflammatory

Vitamins

C	3,000 mg qd	deficiency linked to gallstone formation
E	800 iu qd	may prevent gallstone formation
D	400 iu qd	may be poorly absorbed with GB disorders

Amino Acids

taurine	2 g tid	increases secretion and solubility of bile
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Nutrition

lecithin	4-6 g qd	aids in breaking down fats
essential fatty acids	1 tbsp tid	helps cholesterol and lipid metabolism
fiber	5 g qd	decreases cholesterol, keeps the bile pool active
betain HCl		similar symptoms - bloating, belching, gas

Homeopathy

berberis	radiating pains, rapid change of symptoms
carduus	gallstones, liver problems, vomiting of green fluid, asthma
chelidonium	fixed pain under the right shoulder blade, right-sided
chionanthus	headache in forehead, jaundice, gallstones

Hepatitis

Botanicals

Acacia catechu	2 g qd	contains catechin, use with caution
Garlic	2 to 4 g qd	reduce serum and liver iron levels
Green tea	300 to 900 mg qd	reduce serum and liver iron levels
Licorice	5 g qd	glycyrrhetic acid is anti-viral, monitor BP
Milk Thistle	100 mg tid	potent anti-oxidant, protects the liver
Phyllanthus amarus	2 to 6 ml qd	inhibits HBV and inactivates HBsAg in vitro
Uncaria gambier	2 g qd	contains catechin, use with caution

Vitamins

B12	100 mcg IV qd	studies show it to be beneficial
C	2 g qd	anti-viral in vitro, glutathione precursor

Minerals

selenium	1 g qd	shown to be effective in suppressing the virus
zinc	15-30 mg qd	deficiency common with chronic viral hepatitis

Amino Acids

methionine	400 mg qid	increases glutathione, involved in methylation
glutathione	500 mg tid	decreased levels have been found in patients
N-acetyl cysteine	1 g qd	glutathione precursor

Nutrition

alpha lipoic acid	400 mg qid	regenerates glutathione
whey protein	30-60 g qd	boosts liver glutathione levels
SAMe	200 mg tid	protects and restores liver function
Grape-seed extract	100 mg bid	protect against free radicals in the liver

Homeopathy

chelidonium	dirty yellow face, palms, sclera, violent pruritis
chionanthus	dull pain, enlarged liver, variable stools
lactucus	advanced liver disorders, chronic hepatitis, cirrhosis
phosphorous	hepatitis after toxin exposure, vomits liquids once it warms

Endocrine

Endocrine Botanicals
Endocrine Products

Adrenal Disease
Diabetes
Thyroid Disease

Endocrine Botanicals

Hypothyroid

Fucus vesiculosus	Bladderwrack	anti-hypothyroid, anti-rheumatic
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Hyperthyroid

Lycopus virginicus	Bugleweed	hyperthyroid with short breath, palpitations
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Diabetes

Gymnema sylvestre	Gymnema	increase insulin production, types I & II diabetes
Syzygium jambol	Jambul	lowers cholesterol, anti-diabetic, large spleen
Trigonella foenum	Fenugreek	lowers cholesterol, anti-diabetic, lowers fevers
Pterocarpus m.		regenerates beta cells
Inula helenium	Elecampane	decreases blood glucose, respiratory tonic
Vaccinium myrtillus	Billberry	diabetes, eyes, arthritis, vascular fragility
Momocordia	Bitter Mellon	lowers blood sugar, inhibits HIV

Adrenal

Glycyrrhiza	Licorice	increases the effects of cortisol
Dioscorea	Wild Yam	progesterone and DHEA precursor
Ashwagandha	Winter cherry	may be more effective than cortisone
Astragalus m.	Astragalus	increases immune system function
Ginseng	Ginseng	adaptogen
Schizandra	Schizandra	adaptogen, male tonic

Constituents

Ashwagandha	withaferin A	may be more effective than cortisone
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Adrenal Disease

Botanicals

Licorice		purified root given IV in the 30's for Addison's
Gentian		increases sensitivity to adrenalin

Vitamins

B5, pantothen	100 mg qd	deficiency results in adrenal insufficiency
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Amino Acids

tyrosine	1-10 g qd	deficiency causes adrenal & thyroid insufficiency
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Diet Additions

complex carb's	low carbohydrate diets may cause hypoglycemia
salt	adrenal glands regulate salt and water metabolism

Hormones

cortisol		catabolic, circadian rhythm, anti-inflammatory
DHEA		anabolic, balances cortisol

Diet Restrictions

smoking	initially raises cortisol levels (at the expense of androgens) chronic use results in low DHEA, testosterone, and progesterone levels
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Homeopathics

adrenalin	neuralgia, bronze skin, debility, hematuria
argentum nitricum	lead-colored skin, nervous fears, restless, trembling hands
arsenicum album	great debility, exhaustion after slightest exertion

Diabetes - High Glucose

Botanicals

Elecampane		decreases blood glucose, respiratory tonic
Garcinia gambosia		HCA lowers conversion of carbohydrates to fat
Ginkgo biloba		increases peripheral circulation
Gymnema sylvestre	400 mg qd	increases insulin production by beta cells
Momocordia	50 ml juice qd	lowers blood sugar, map-30 inhibits HIV
Stevia	3-5 gtt	natural sweetener, non-carbohydrate
Syzygium jambol		hypoglycemic, lowers blood sugar
Trigonella	25 g cc	reduces blood glucose, lowers cholesterol
Vaccinium myrtillus	300 mg qd	lowers blood glucose decreases capillary fragility and permeability

Vitamins

B3, NADH		active form of B3
B3, niacin	30 - 100 mg	precursor of glucose tolerance factor
B3, niacinamide	3 g qd	prevents peripheral neuropathy protects islet cells and ATP generation
B6	25 -150 mg qd	prevents tissue glycosylation
C	2 gm qd	decreases sorbitol in RBC's
D	400 iu qd	stimulates insulin production
E	400 iu qd	anti-oxidant, prevents cardiovascular disease
inositol		tastes sweet, helps with sugar cravings

Minerals

chromium	1000 mcg qd	co-factor for glucose tolerance factor production
magnesium	500 mg qd	helps B6 get inside cells, prevents retinopathy
vanadium sulfate	1 mg qd	improves glucose tolerance (controversial)
zinc picolonate	30 mg qd	part of insulin synthesis, secretion, utilization

Amino Acids

taurine	1.5 gm qd	commonly deficient, prevents complications
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Diabetes - High Glucose

Nutritional Supplements

biotin	16 mg qd	cofactor for glucokinase
fiber	5 g qd	slows the infusion of glucose into the blood
flax oil	1 tbsp qd	omega-3 FA's inhibit excess insulin secretion
quercetin	500 mg qd	inhibits aldose reductase (glucose to sorbitol)

Diet Restrictions

simple carbohydrates	converts to glucose; refined grains, breads, pasta, rice, sugar
fructose	may cause insulin resistance and copper deficiency
cow's milk	consumption during childhood increases risk of type 1 DM
high glycemic index	the glycemic index measures the amount of blood glucose after eating

Homeopathy

lactic acidum	diabetes and rheumatism, nausea of pregnancy, copious urine
nat sulph	photophobia, morning diarrhea, injury to head or spine
phosphorous	numb fingers, bleeding, craves chocolate ice cream
phosphoric acid	indifference, debility, thirst, polyuria, begins after shock

Hyperthyroidism

Botanicals

Lemon Balm		blocks effects of TSH blocks effects of anti-thyroid immunoglobulins inhibits peripheral deiodination of T4 to T3
Lithosperma off		same as Lemon Balm
Lycopus virginicus		same as Lemon Balm
Rosemary		rosmarinic acid helps suppress thyroid hormone production
Kelp		thyroid disease is almost unknown in Japan
Iris versicolor		traditional use for hyperthyroidism

Vitamins

B12	100 mcg	anti-thyrotoxic factor
A	50,000 iu qd	inhibits thyroid function, ameliorates Graves dz
C	1 g qd	may be depleted in hyperthyroidism

Minerals

iodine	400-800 iu bid	component of thyroid hormone, EPI and NE can trigger an overactive thyroid to normalize
Potassium Iodide		inhibits release of hormones from the thyroid- response is often incomplete and transient
zinc	25 mg	RBC zinc is decreased in hyperthyroidism
selenium	100 mcg	component of DI-I which creates T3

Amino Acids

glutathione		antioxidant, breaks down hydrogen peroxide hydrogen peroxide lowers activity of DI-I
N-Acetyl Cysteine	1 g qd	sulfhydryl donor, increases GSH levels

Diet Restrictions

goitrogens	rapeseed oil (Canola), soybeans
iodized salt	increased incidence of thyrotoxicosis

Hyperthyroidism

Diet Additions

broccoli	isothiocyanates help reduce excess thyroid hormone production
radish	gently and naturally suppress thyroid hormone production
cruciferous vegetables	broccoli, brussels sprouts, cabbage, cauliflower, kale, mustard greens, radishes, rutabagas and turnips

Homeopathics

alumina	very constipated, slow physically and mentally
arsenicum iodatum	constricted feeling in heart, palpitations, hand tremor
calc carb	benign goitre, chilly, cold feet, head sweat, responsible
calc iod	goitre with hormonal changes, warm, ravenous appetite
causticum	great joy and sorrow, worse excitement, restless, anxiety, melancholy
ferrum iodatum	Grave's, colitis, craves sardines and salty fish
iodum	goitre, hot, restless, compulsive, ravenous appetite
kali carb	craves sweet, swollen eyelids, scanty menses, moody, irritable, chilly
lachesis	passionate, jealous, talkative, sarcastic, hot
lycopus virginicus	palpitations felt throughout the body, goitre, exophthalmus
nat mur	thyroiditis after grief or disappointed love
spongia tosta	simple goitre, choking during sleep, chilly, heart problems, cough
thyroidinum	goitre, exophthalmus, weight loss, headache, sweats, craves chocolate

Hypothyroidism

Botanicals

Bladderwrack, Kelp	2-3 g qd	contains iodine and other minerals
Coleus forskohlii	30 mg qd	enhances thyroid action
Fucus vesiculosus		anti-hypothyroid, anti-rheumatic

Vitamins

Zinc	50 mg qd	Promotes conversion of thyroxine to triiodothyronine
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Amino Acids

tyrosine	500 mg tid	precursor of thyroid hormone
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Diet Restrictions

goitrogens	sweet potato, cabbage, cauliflower, turnips, rutabaga, rapeseed oil (Canola), cassava, pine nuts, mustard, millet, soybeans, peanuts
soy	inhibits thyroid peroxidase which converts iodide into iodine binds to L-thyroxin and reduces its intestinal absorption

Urology

Urinary Tract Botanicals
Urinary Tract Homeopathics
Urinary Tract Products

Chronic Renal Failure
Incontinence
Kidney Stones
Urinary Tract Infection

Urinary Tract Botanicals

Actions

diuretic	Barosa, Chamiphilla, Collinsonia, Equisetum, Eupatorium
diuretic	Hydrangea, Parietaria, Petroselinum, Taraxacum, Zea mays
anti-lithic	Eupatorium, Hydrangea, Collinsonia
anti-microbial	Cranberry, Uva Ursi, Barosa, Agropyron, Juniperus, Achillea
astringent	Agrimonia, Uva Ursi, Equisetum, Achillea
demulcent	Agropyron, Collinsonia, Uva Ursi, Zea mays

UTI's

Barosa betulina	Buchu	diuretic, urinary anti-septic, uterine stimulant
Eupatorium purpurea	Gravel root	diuretic, anti-lithic, urinary anti-septic
Vaccinium oxycoccus	Cranberry	reduces ability of E coli to adhere
Zea mays	Cornsilk	urinary demulcent, diuretic, soothes, relaxes

Kidney Stones

Agropyron repens	Couchgrass root	cystitis, urethritis, prostatitis, kidney stones
Arctostaphylos	Uva ursi	anti-septic, astringent, reduces uric acid
Collinsonia canadensis	Stone root	strong diuretic, vulnerary, blood mover
Hydrangea arbor.	Hydrangea	anti-lithic, diuretic, anti-inflammatory; stones

Incontinence

Agrimonia eupatoria	Agrimony	bitter; cystitis, incontinance, diarrhea; children
Equisetum arvense	Horsetail	hemostatic, diuretic, anti-inflammatory

Diuretic

Chamiphilla umbellata	Pipsissewa	astringent, alterative, detoxifier, diaphoretic
Juniperus communis	Juniper berries	anti-septic; cystitis, fluid retention, urinary atony
Parietaria diffusa	Pellitory of Wall	demulcent, soothing, restores kidney function
Petroselinum crispum	Parsley	diuretic, emmenagogue; edema from kidney dz

Urinary Tract Botanicals

Constituents

Buchu	diosphenol	diuretic and anti-septic
Buchu	pulegone	abortifacient and emmenagogue
Couchgrass	agropyrene	anti-bacterial agent
Juniperus communis	terpenen-4-ol	diuretic
Juniperus communis	hydrocarbons	can cause kidney damage
Pennyroyal	pulegone	abortifacient and emmenagogue
Pipsissewa	arbutin	splits into glucose and hydroquinone
Pipsissewa	hydroquinones	anti-septic in alkaline urine
Uva ursi	arbutin	splits into glucose and hydroquinone
Uva ursi	hydroquinones	anti-septic in alkaline urine

Urinary Tract Homeopathics

Bed Wetting

arsenicum	over-conscientious children, neat, obsessive, thin
belladonna	bed-wetting occurs in the early night hours
ferrum phos	coffee smelling urine, involuntary loss on coughing
gelsemium	nervous, hysterical children
lycopodium	urine loaded with uric acid (red sand)
sabadilla	bladder weakness, thick and clay-colored urine

Frequency

berberis	frequency, cannot fully empty the bladder, cutting pains
cantharis	acute cystitis with burning pain, urgency, frequency
digitalis	urgent desire to urinate, dragging bladder pressure
equisetum	bladder feels constantly full, nocturia, mucous in urine
nux vomica	frequency with burning pains, only small drops passed
sabal serr	frequency associated with prostatic enlargement

Retention of urine

camphor	retention due to spasm
causticum	paralysis, retention after surgery, delayed finishing last drops
nux vomica	ineffective attempts, feeling of a full bladder
opium	bladder is full but paralyzed, no pain or desire to pass water
stramonium	violent, excitable, no urine is secreted into the bladder

Renal colic

calc carb	severe cramping pain, vomiting, better local heat
dioscorea	restless, writhing, cramping pains
mag phos	severe colic
ocimum canum	writhes in agony, restless, blood in urine
solidago	pain in kidney area, dark red urine
thlaspi bursa past.	red or sandy urinary deposits

Urinary Tract Homeopathics

Nephrotic syndrome

arsenicum album	scanty urine with albumin, dark urine, restlessness
aurum metallicum	hyperemia of kidneys, secondary to heart disease
cannabis	burning pains in kidneys better laughing, uremia with headache
colchicum	scanty urine with edema, black urine, proteinuria
digitalis	hyperemia of kidneys, edema, slow pulse
phosphorous	fatty degeneration of kidneys, waxy casts in urine
plumbum met	cirrhosis of the kidneys, uremia and convulsions
terebinthia	smokey-colored urine that smells of violets, glistening tongue

General

lycopodium	polyuria at night, red sediment
plumbago	Brazilian plant, red urine, pain in kidneys, joints, body, milky saliva

Chronic Renal Failure

Botanicals

Cratageus	5 ml tid	ACE inhibitor action
Dandelion	5-10 ml tid	bitter tonic, leaf is a mild diuretic
Golden seal	2-4 ml tid	diuretic
Lespedeza	1 tsp tid	recommended by Weiss for CRF
Milk Thistle	500 mg qd	stimulates renal regeneration
Orthosiphon		recommended by Weiss for CRF
Rhubarb	1-2 ml tid	alleviates symptoms of CRF

Vitamins

A	25,000 iu qd	heals the urinary tract lining
B12	1 mg qd	reduces homocysteine
B6	500 mg qd	reduces homocysteine, decreased in kidney dz
D	400 iu qd	aids in calcium metabolism
E	400 iu qd	antioxidant, protects against renal injury
folic acid	10 mg qd	reduces homocysteine

Minerals

selenium	200 mcg qd	prevents renal damage from gentamicin
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Amino Acids

arginine	2 g qd	stops progression of kidney disease
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Nutrition

flax seed and oil	1 tbsp tid	reduce function decline and glomerular injury
superoxide dismutase		protect from ischemia-reperfusion damage
Co Q10	200 mg qd	produced by heart, pancreas and kidney
chitosan	500 mg tid	binds to fats and acid metabolites ie uric acid

Diet

celery seeds	add	natural diuretic
protein	limit to 50 g qd	reduces the nitrogen load

Chronic Renal Failure

Drugs

ACE inhibitors	stops the progression of CRF
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Contraindicated

vitamin C	limit to 100 mg qd	clearance is reduced
magnesium	avoid	clearance is reduced
potassium	avoid	clearance is reduced

Dialysis

biotin		depleted by dialysis
zinc	25 mg qd	depleted by dialysis, supports immunity
copper		paired with zinc
carnetine	2 g qd	decreases ketones

Homeopathy

solidago	specific for kidney disease
rheum	red urine, sour smelling, left-sided

Urinary Incontinence

Botanicals

Agrimony		astringent, diuretic
Black Cohosh		vaginal atrophy caused by decreased estrogen increases the proliferation of vaginal epithelium
Horse tail		astringent, diuretic
Rhus aromatica		astringent
Thuja occ.		astringent, incontinence in elderly people

Homeopathics

apis	little urine is passed, drowsiness, lack of thirst
baryta carb	incontinence due to senility
causticum	dribbling, involuntary loss when coughing or laughing
equisetum	incontinence due to infection
ferrum phos	inability to control the urine
gelsemium	enlarged prostate, bladder stones
nux vomica	dribbling, loss of control, tearing pains, irritability
sabal serr	enlarged prostate

Kidney Stones

Botanicals

Couchgrass		cystitis, urethritis, prostatitis, kidney stones
Collinsonia canadensis		anti-lithic, strong diuretic
Gravel Root		anti-lithic, diuretic, urinary anti-septic
Hydrangea		anti-lithic, diuretic, anti-inflammatory
Rubia tinctoria		aquaretic, facilitates passage of stones
Uva ursi	5 ml tid	anti-septic, astringent, reduces uric acid
Cranberry		inhibits formation of calcium oxylate stones

Vitamins

A	25,000 iu qd	deficiency linked to kidney stone formation
B6	50 mg bid	cofactor for oxaloacetate aspartate
K	2-5 mg qd	adds carboxyl group to activate glutamic acid

Minerals

magnesium citrate	200 mg bid	increases solubility of calcium to reduce oxylate
potassium	100 mg qd	inhibits stone formation, decr. urinary calcium
calcium		binds to oxalate in the gut

Amino Acids

glutamic acid		forms a protein that inhibits Ca oxylate stones
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Nutrition

glycosaminoglycans	60 mg qd	inhibits aggregation of calcium oxylates
bran	0.5 oz qd	reduces absorption of calcium

Dietary Restrictions

oxylates	wheat, leafy greens, animal products, concord grapes
table salt	sodium chloride acidifies urine which increases calcium oxylates
soda pop	strongly correlated with recurrence of stones
coffee, caffeine	increases urinary calcium

Kidney Stones

Dietary Additions

water	low water intake is very common in patients with kidney stones
lemon juice	increases citrate levels

Homeopathy

belladonna	sudden excruciating pains, especially of the right kidney
berberis	sharp stitching or shooting pains that radiate
lycopodium	right-sided kidney stones, red sediment in urine, worse 4-8 pm
nux vomica	pain with strong urges for stool or urination, restless, irritable

Urinary Tract Infection

Botanicals

Uva Ursi	5 ml tid	anti-septic, astringent, reduces uric acid; gout
Buchu		diuretic, urinary anti-septic
Cranberry juice		reduces ability of E coli to adhere
Gravel root		diuretic, anti-lithic, urinary anti-septic
Corn silk		urinary demulcent, diuretic, soothes, relaxes

Vitamins

C	5,000 mg qd	inhibits bacterial growth
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Nutrition

acidophilus		replaces flora killed by antibiotics
D-mannose	1/4 tsp qid	binds to type I pili on E. coli, not absorbed
bicarbonate	1-2 tsp qd	alkalinizes urine
glycothymoline	1-2 tsp qd	alkalinizes urine (mouthwash)

Homeopathy

cannabis sativa	urethra is sensitive to the touch, can't walk with legs close together
cantharus	scanty micturation, urine comes in drops, burning on urination
causticum	constant ineffectual desire to urinate, evacuates only a few drops
eryngium	thick ropey discharge in urine, burning micturation
eupatorium perfolata	burning micturation - during and after
sarsparilla	uses abdominal muscles during urination, stands to urinate
staphysagria	burning in urethra when not urinating, honeymoon cystitis
thuja	when cannabis does not work

Gynecology

Female Botanicals
Products for Women

Amenorrhea
Breast Cancer
Cervical Dysplasia
Dysmenorrhea
Endometriosis
Fibrocystic Breast Disease
Fibroids
Infertility
Menopause
Menopause and Hormones
Menorrhagia
Menstrual Cramps
PMS

Female Botanicals

Actions

balances hormones	Alchemilla, Aletris, Angelica, Chamaelirium, Vitex
hormone precursors	Dioscorea, Medicago
menorrhagia	Capsella, Secale, Trillium
antispasmodic	Viburnum
childbirth	Caulophyllum, Mitchella, Rubus, Verbena
estrogenic	Angelica, Anisum, Arctium, Cimicifuga, Foeniculum, Medicago, Panax, Salvia
progesteronic	Dioscorea, Glycyrrhiza, Smilax

Hormones

Angelica sinensis	Dong Quai	balances hormones, irregular menses, hot flashes
Dioscorea	Wild yam	progesterone precursors (controversial)
Medicago sativa	Alfalfa	balances estrogen, irregular menses; porphyrins
Vitex agnus castus	Chaste Tree	regulates and balances hormones

Menses

Alchemilla vulgaris	Lady's Mantle	balances menstrual flow
Cimicifuga racemosa	Black Cohosh	irregular menses, hot flashes, menopause

Menstrual Bleeding

Capsella bursa-p	Shepherd's Purse	heavy uterine bleeding
Secale cornutum	Egot of Rye	vasoconstrictor, active menstrual hemorrhage
Trillium erectum	Beth Root	excessive blood loss with menopause

Pregnancy

Caulophyllum	Blue Cohosh	tones uterus, eases false labor pains, abortifacant
Mitchella repens	Squaw vine	prepares the uterus for childbirth
Rubus idaeus	Raspberry	increases force of contractions
Corchorus olitorius	Jute	natural source of folate
Petroselinum crispum	Papaya juice	stimulate uterine contractions

Female Botanicals

Cramping

Viburnum opulus	Cramp Bark	uterine spasm and cramping
Viburnum prunifolium	Black Haw	uterine spasm and cramping

Female Botanicals

Miscellaneous

<i>Aletris farinosa</i>	Stargrass	uterine tonic, menopause, synergist
<i>Chamaelirium</i>	False unicorn	balances the reproductive system
<i>Pulsatilla</i>	Wind flower	amenorrhea from emotional problems
<i>Verbena officinalis</i>	Vervain	exhaustion after long stress, breast milk

Constituents

<i>Angelica sinensis</i>	coumarins	thin the blood
<i>Angelica sinensis</i>	ferulic acid	inhibits platelet aggregation
<i>Angelica sinensis</i>	immune actions	stimulate B & T cells, and interferon production
<i>Caulophyllum</i>	caulosaponin	powerful stimulator of uterine contractions
<i>Chamaelirium luteum</i>	steroidal saponins	estrogen precursors
<i>Cimicifuga racemosa</i>	formononetin	binds to estrogen receptors
<i>Medicago sativa</i>	isoflavones	estrogenic
<i>Medicago sativa</i>	coumarins	estrogenic

Amenorrhea

Botanicals

False unicorn	20 gtt tid	reproductive system tonic, normalizes function
Motherwort	20 gtt tid	nervine, suppressed menses due to anxiety
Senecio aurus	20 gtt tid	reproductive system tonic, suppressed menses
Vitex		helps restore the menstrual cycle to normal
Cimicifuga		potent estrogen-like activity
Apium graveolens		Celery seeds contain butylidene- phthalide helps trigger menstrual flow
Anethum graveol.		apiole in dill is a powerful emmenagogue
Althea officinalis		contains betaine - phytoestrogen, emmenagogue
Curcuma longa		recommended by Chinese and Indian physicians

Minerals

copper	2 - 4 mg qd	Cofactor for estrogen breakdown
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Homeopathy

Seneca	amenorrhea in young girls
Ignatia	amenorrhea from grief
nat mur	amenorrhea from grief

Cervical Dysplasia

Vitamins

folic acid	10-50 mg qd	facilitates synthesis of purines (DNA synthesis) studies show it to reverse abnormal pap smears
C	1-2 g qd	anti viral in vitro (for associated HPV)

Dysmenorrhea

Botanicals

Piscidia erythrina	30 gtt tid	sedative, anti-spasmodic
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Minerals

magnesium	100 mg tid	relieves spasm
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Nutrition

bromelain		reduces dysmenorrhea
essential fatty acids	1 tbsp tid	relieves cramping

Homeopathy

actea racemosa	uterine pains darting from side to side, heavy pressing down
caulophyllum	passive flow, internal trembling, swelling of finger joints
cocculus	weakness during menses, vertigo, worse from "night-watching"
helonias	anemia, conscious of a sore and tender womb
lilium tigrinum	bearing down, as if pelvic contents would press out, better sitting
sabina	low back pain radiating into the pubis, profuse flow, black clots
sepia	bearing down, must cross legs, hot flushes, weakness, ball sensation
thyroidinum	hives, allergies, FHx of allergies, eczema, menstrual disorders
trillium	profuse menses every two weeks
viburnum	dysmenorrhea with pain extending into the thighs

Endometriosis

Botanicals

Wild Yam	20 gtt tid	contains progesterone precursors
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Vitamins

A	25,000 iu qd	normalize heavy periods, reduce blood loss
B complex	as per label	boosts blood cell production
C	500 mg tid cc	strengthens capillary walls, aids iron absorption
E	500 iu qd	helps normalize hormones
K	200 mg qd	aids in blood clotting

Minerals

iron	100 mg qd	deficiency caused by excessive blood loss
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Nutrition

Evening primrose	3-6 g qd	reduces menstrual cramping
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Diet Restriction

coffee	associated
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Toxicology

dioxin	primary cause, widespread in the food supply
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Fibrocystic Breast Disease

Botanicals

Dong Quai	30 gtt tid	balances hormones
Wild Yam	20 gtt tid	anti-inflammatory, contains diosgenin
Poke root	topical oil	reduces painful lumpiness and nodularity

Vitamins

A	15,000 iu qd	helps keep breast ducts functioning properly
E	1,000 iu qd	anti-oxidant, modulates hormones

Minerals

iodine	2-10 gtt qd	anti-fibrotic, check thyroid levels
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Nutrition

evening primrose oil	1,500 mg bid	anti-prostaglandin, omega-6
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Hormones

progesterone	1/4 tsp bid	for cases of estrogen dominance
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Diet Additions

phytoestrogens	weak estrogens, compete with estradiol, may inhibit cancer
soy isoflavones	genestein and daidzin are phytoestrogens
indoles	phytoestrogens in cruciferous vegetables

Diet Restrictions

methylxanthines	caffiene, chocolate; associated with fibrocystic breast disease
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Homeopathy

asterias rubens	lumps of the left breast, swelling before menses
carbo animalis	weakness, hard bluish nodules, tearing pains extending to the arm
conium	breast pain worse before the period, sexual abstinence
iodum	heaviness of the mammae as if they would fall off
lac caninum	breasts seem very full, sore and enlarged, constant dull ache
phytolacca	hard painful nodules, axillary lymph swelling, upper left breast lump

Fibrocystic Breast Disease

silica	hard lumps, sensitive burning pains prevent sleep
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Uterine Fibroids

Botanicals

Black Cohosh		soothes uterine irritation and congestion
Chamomile		uterine tonic, anti-inflammatory, mild sedative
Fraxinus am.		reduces fibroids (homeopathic indication)
Rhaspberry		relaxes and tones uterine muscles
Vitex	30 gtt tid	may reduce fibroids by increasing progesterone

Minerals

iodine	up to 10 gtt qd	anti-fibrotic, monitor T3 and T4
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Homeopathy

argentum nitricum	profuse vaginal bleeding, weight loss, apprehension, looks old, weak
aurum iodatum	uterine and cardiac problems, hot
aurum metallicum	melancholia, suicidal thoughts, bone pain at night, uterine disorders
aurum muriaticum	preferred over aurum metallicum for uterine troubles
capsella	gallbladder problems, fibroids, hot, thirstless
fraxinus am.	uterine fibroids, many fibroids after pregnancy, bearing down
kreosotum	extremely offensive vaginal discharge, uterine cancer
solidago	uterine fibroids pressing on bladder
ustilago	simple touch produces bleeding

Infertility

Botanicals

False Unicorn	30 gtt tid	reproductive system tonic
Vitex agnus-castus	20 gtt tid	normalizes pituitary function
Jute		contains folate
Squaw vine	20 gtt tid	prepares the uterus and body for childbirth

Vitamins

E	800 iu qd	normalizes hormones
B6	100 mg qd	regulate cycles, normalizes pituitary secretion
C	5 g qd	helpful in avoiding miscarriages
folic acid	400 mcg qd	deficiency associated with infertility
paba	100 mg qd	appears to increase hormone levels

Minerals

selenium	400 mcg qd	linked to lack of ovulation
iron	35 mg qd	deficiency can cause infertility

Nutrition

evening primrose oil	3-6 g qd	EFA's normalize hormones
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Diet Additions

isoflavones	genistein, phytoestrogens derived from soy	
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Menopause

Botanicals

Alfalfa	60 gtt tid	balances estrogen, irregular menses; porphyrins
Black Cohosh	15 gtt tid	irregular menses, hot flashes, menopause
Tribulus terrestris	250 mg bid	reduces FSH and prolactin
Vitex	30 gtt tid	increases LH and progesterone, decreases FSH
Wild Yam	20 gtt tid	progesterone precursor (controversial)

Vitamins

D	400 iu qd	many women have impaired synthesis
E	1,000 iu qd	helps synthesize estrogen, reduces hot flashes

Nutrition

sulforaphane	as per label	increases synthesis of detoxification enzymes
evening primrose oil	3-6 g qd	contributes to estrogen production
gamma-oryzanol	20 mg qd	extract from rice bran found to be helpful
5-HTP	20 mg tid	tryptophan precursor, beneficial for depression

Homeopathy

amyl nitrate	sudden bursts of heat in the head and face
capsicum	chilly, tip of the tongue is burning
caulophyllum	nervous tension, emotional instability, excessive anxiety
cimifuga	irritable, restless, depressed, sinking feeling in stomach
lachesis	hot flashes, worse waking, HA, vertigo, tight chest, left-sided
pulsatilla	hot flashes, placid temperment, weepy, varicose veins
sanguinara	headaches, hot flashes, mood swings, right-sided
sulphur	diarrhea, redness, burning
veratrum viride	hot flashes

Menopause and Hormones

Estrogen

estrogen	prevents heart disease and osteoporosis stimulates development of breast and uterine tissue increases osteoclast activity which breaks down bones increased estrogen is part of PMS type A (anger)
estrone, E1	potent estrogen, increases risk of cancer
estradiol, E2	potent estrogen, increases risk of cancer
estriol, E3	weak estrogen, does not stimulate cell proliferation

Progesterone

progesterone	decreases risk of breast cancer increases osteoblast activity which builds bones increases basal body temperature during ovulation high progesterone is part of PMS type D (depression)
pregnenolone	precursor of DHEA and progesterone

Testosterone

testosterone	prevents osteoporosis increases osteoblast activity which builds bones high testosterone is characteristic of polycystic ovary syndrome promotes the building of muscle, including cardiac muscle promotes coronary artery dilation and lowers cholesterol
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Drugs

Premarine	contains potent estradiol, increased risk of cancer
Provera	synthetic progesterone, many side effects
progestins	synthetic progesterone, no protection from breast cancer
Tamoxifen	anti-estrogen, blocks estrogen at it's receptor, many side effects

Diet

isoflavones	plant family that includes phytoestrogens
phytoestrogens	have weak estrogenic activity, lower risk of breast cancer
genestein	anti-cancer isoflavone found in soy beans
indole-3-carbinol	convert estrogen to a less active metabolite, cabbage, brussel sprouts
broccoli	contains sulforaphane

Menopause and Hormones

Labs

estrogen quotient	$E3 / E1 + E2$, should be greater than 1
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Menorrhagia

Botanicals

Dong Quai	30 gtt tid	blood tonic, balances hormones
Beth Root		excessive blood loss with menopause
Shepherd's Purse	40 gtt tid	heavy uterine bleeding, astringent
Yarrow	30 gtt tid	tones blood vessels

Vitamins

A	50,000 iu qd	studies show effectiveness
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Homeopathy

sabina	profuse flow, pain from the back to the pubes, arthritic swelling of wrist
trillium	menses every two weeks

Menstrual Cramps

Botanicals

Black Cohosh	15 gtt tid	irregular menses, hot flashes, menopause
Cramp Bark	30 gtt tid	uterine spasm and cramping
Dong Quai	30 gtt tid	balances hormones, irregular menses, hot flashes

Vitamins

B complex	150 mg qd	reduces premenstrual tension
B3, niacin	200 mg qd	vasodilator
C	1 g qd	strengthens blood vessels and capillary walls
E	400 iu qd	relieves pain

Minerals

calcium	1,500 mg	quiets the nervous system
magnesium	1,000 mg	inhibits prostaglandins, muscle relaxant
iron	100 mg qd	supplement if anemic

Nutrition

essential fatty acids	1 tbsp tid	anti-prostaglandin, inhibits cramping
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Metrorrhagia

Nutrition

flavenoids	as per label	strengthens capillaries
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Premenstrual Syndrome

Botanicals

Vitex		normalizes hormones
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Vitamins

A	25,000 iu qd	relieves symptoms
B complex	150 mg qd	reduces pre-menstrual tension
B3, niacin	200 mg qd	relieves menstrual cramping
B6	500 mg qd	helps with water retention, balances hormones
C	1,500 mg qd	strengthens blood vessels and capillary walls
E	300 iu qd	calms cramping, balances hormones

Minerals

calcium	1,500 mg qd	calms the CNS, alleviates cramping
magnesium	1,000 mg qd	inhibits prostaglandins, muscle relaxant
iron citrate	100 mg qd	helpful in anemic women
lithium		helpful for depression with Hx of alcohol use

Amino Acids

tyrosine	7 g qd	helpful for depression, anxiety, food cravings chocolate contains phenylthylamine precursor of dopamine, NE, EPI
5-HTP	20 mg tid	helpful for depression, anxiety, food cravings

Nutrition

essential fatty acids	1 tbsp tid	anti-prostaglandin, inhibits cramping
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Homeopathy

thyroidinum		hives, FHx of allergies, eczema, menstrual disorders, chilly
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Obstetrics

Obstetrics

Delivery

Botanicals

Partridge berry		

Lactation

Botanicals

Fenugreek	tea	stimulates lactation
Blessed Thistle		stimulates lactation

Nutrition

Brewer's yeast		stimulates lactation
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Morning Sickness

Botanicals

Ginger		helpful for nausea and motion sickness
Licorice		helpful with concurrent hypotension

Vitamins

K	5 mg with C	useful for nausea and vomiting of pregnancy
C	25 mg with K	useful for nausea and vomiting of pregnancy
B6	10-25 mg tid	may help relieve morning sickness

Homeopathy

carbolic acid	frontal headache, heartburn, eructation, vomiting
lactic acidum	nausea of pregnancy, salivation, water brash, diabetes, rheumatism
staphysagria	suppressed anger, sea-sickness, honeymoon cystitis, toothache
tabacum	cold, clammy, pale, headache, spitting

Preeclampsia

Vitamins

B6		found to be helpful in prevention, relieves edema
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Minerals

magnesium	100 mg tid	reduces edema, anti-spasmodic
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Amino Acids

mixed aminos	as per label	better absorbed than whole protein
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Nutrition

HCl	as per label	needed to digest protein
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Diet Addition

protein	very effective in preventing preeclampsia (as per Dr. Brewer)	
eggs	contains protein	

Glandulars

adrenal extract	as per label	helpful with concurrent hypotension
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Pregnancy

Botanicals

Partridge Berry		prepares the uterus for childbirth
Raspberry	tea	traditional herbal tonic for pregnancy relaxes the uterus, increases force of contractions
Black haw		soothes the uterus, threatened abortion
Blue cohosh		may help speed delivery, induces contractions
Jute		natural source of folate
Papaya juice		stimulate uterine contractions
St John's Wort	topical oil	soothes the perineum
Shepherd's purse	40-60 gtt	used to stop post-partum bleeding
Spinach		rich in folate and zinc

Vitamins

B6		reduces gestational diabetes
B3, niacin		correlated with higher birth weight, longer length
folic acid	800 mcg	prevention of neural tube defects and cleft palate

Minerals

calcium	1,500 mg qd	needs double during pregnancy low intake associated with preeclampsia
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Dietary Restrictions

alcohol	can increase child's risk of hyperactivity, short attention span and emotional problems	
cigarette smoking	causes lower birth weights, increases risk of miscarriage and SIDS	
caffeine	linked to growth-retarded or low birth weight infants	

Pregnancy

Homeopathics for the Mother

fraxinus am.	many fibroids after pregnancy, bearing down
thyroidinum	never better since pregnancy, FHx of allergies, menstrual disorders

Homeopathy for Newborns

antimonium tart	lungs full of amniotic fluid
argentum nitricum	conjunctivitis, applied topically to eyes
cina	aversion to mother's milk
lauroceracus	blue baby syndrome, cough of heart origin
lupulus	infantile jaundice
silicia	aversion to mother's milk

Men

Male Botanicals
Products for Men
Benign Prostatic Hypertrophy
Impotence

Men's Products

Physiologics

Male Performax	1 cap tid cc	Muira, Panax, Ginkgo
Prostate Support	2 caps qd	B6, Zn, Cu, Nettles, Pygeum, beta sitosterol, etc

PhytoPharmica

BioPro	1-2 caps tid	A, B6, Zn, EFA's, amino acid complex Prostate extract, Serenoa
C.N. for Men	3 tabs qd	complete daily multiple
Nettle-Pygeum	1 cap tid	Urtica, Cucurbita, Pygeum
Prosta Pro	1 cap bid	160 mg Serenoa standardized to 85-95%
Saw P. Complex	1-2 cap bid	Serenoa, Cucurbita, Pygeum, Uva ursi

Priority One

Prosta-glan		Pygeum, Uva ursi, Bovine prostate, aminos, etc
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Thorne

Al's Formula	2-4 caps bid	basic nutrients for men over age 40
Basic Pygeum	2 bid	Pygeum, Serenoa, alanine, glycine, glutamic acid

Wise Woman

Male Tonic		Eluthrococcus, Panax, Serenoa, Ptychopetalum Smilax, Ginkgo, Avena, Turnera
Saw Palm Comp		Serenoa, Chimaphila, Galium, Urtica

Male Botanicals

Botanicals

<i>Morinda officinalis</i>	ba ji tian	sexual tonic; infertility, impotence, incontinence
<i>Panax ginseng</i>	ren shen	adaptogen, nervine, mild hypoglycemic
<i>Ptychopetalum</i>	Muiru puama	astringent, male tonic; impotence, baldness
<i>Schisandra chinensis</i>	wu wei zi	alterative, adaptogen, anti-hepatotoxic
<i>Smilax officinalis</i>	Sarsparilla	diuretic, diaphoretic, anti-inflammatory

Impotence

<i>Pausinystalia johimbe</i>	Yohimbe bark	increases BF to erectile tissue; CI overuse
<i>Turnera diffusa</i>	Damiana leaves	nerve tonic, anti-depressant; premature ejac.

BPH

<i>Pygeum africanum</i>	Bitter almond	lower cholesterol, increases prostatic secretion
<i>Serenoa repens</i>	Saw palmetto	anabolic, urinary antiseptic, anti-androgenic
<i>Urtica dioica</i>	Stinging nettle	astringent, diuretic, tonic; BPH, nocturia

Constituents

<i>Pygeum africanum</i>	sterolics	competes with testosterone in the prostate
<i>Pygeum africanum</i>	fat solubles	lowers systemic & prostatic cholesterol
<i>Pygeum africanum</i>	ferulic acid esters	decreases LH, testosterone and prolactin
<i>Serenoa repens</i>	liposterics	inhibits 5-alpha-reductase
<i>Smilax</i>	steroidal saponins	binds to gut endotoxins
Yohimbe	johimbine	increases BF to erectile tissue, hallucinogen
Yohimbe	johimbine	blocks alpha-2 receptors which increases NE

Benign Prostatic Hypertrophy

Botanicals

Saw Palmetto	5-6 ml qd	inhibits 5 alpha reductase (testosterone DHT) inhibits estrogen binding to prostate cells anti-inflammatory effect on the prostate blocks alpha-adrenergic receptors on sphincter muscle surrounding the urethra
Pygeum africanum	100 mg bid	lowers cholesterol, increases prostatic secretion
Nettles	2-4 ml tid	increases urine flow blocks the binding of estrogen to prostate cells

Minerals

zinc picolinate	60 mg qd	inhibit 5 alpha reductase (testosterone DHT) inhibits aromatase (testosterone estrogen)
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Nutrition

beta sitosterol	20 mg tid	improves urine flow, reduces BPH
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Homeopathy

chimaphila	burning pain, ball sensation in perineum
nux vomica	great urging and straining relieved by passing a few drops
pulsatilla	painful spurting stream, severe pain
selenium	involuntary dribbling of urine and prostatic fluid
sulphur	great burning

Benign Prostatic Hypertrophy

Hormones

testosterone	promotes sexual desire and performance (in men) promotes coronary artery dilation and lowers cholesterol linked to prostate cancer - 5 studies positive, 23 studies negative low testosterone is associated with depression, diabetes, obesity
estrogen	excess estrogen causes benign prostate enlargement estrogen binds to testosterone receptors (to turn it off)

Enzymes

5-alpha-reductase	converts testosterone to DHT, which increases DNA activity
aromatase	converts testosterone to estrogen, which increases DNA activity
SHBG	sex hormone binding globulin, moves testosterone into prostate cells

Enzyme Inhibitors

5 alpha reductase	Serenoa, Pygeum, zinc, vitamin A, SCFA's, phytoestrogens
aromatase	Urtica, Serenoa
SHBG	Urtica, phytoestrogens

Impotence

Botanicals

Ashwagandha		tonic for the male libido and sexual function
Damiana		nerve tonic, anti-depressant; premature ejac.
Ginger		significantly increased sperm count and motility
Ginkgo biloba		enhances peripheral blood flow
Ginseng		considered a male potency and longevity tonic
Muira puama		restores libido and treats erectile dysfunction
Yohimbe	30 mg qd	increases BF to erectile tissue; CI overuse

Vitamins

E	800 iu qd	increases fertility
C	5,000 mg qd	protects and prevents agglutination of sperm

Minerals

zinc	50 mg qd	contributes to normal prostate function
selenium	400 mcg qd	deficiency linked to low sperm counts

Amino Acids

arginine	4 g qd	needed to make sperm, increases sperm count may cause herpes outbreak, use with lysine
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Nutrition

carnitine	3 g qd	may be necessary for normal sperm cell function
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Dietary Additions

cauliflower	contains vitamin B6 which is considered helpful for infertility	
spinach	contains zinc	
sunflower	contains arginine	

Neurology

Neurology Botanicals
Neurology Products
Alzheimer's Disease
Epilepsy
Headache
Multiple Sclerosis
Myasthenia Gravis
Parkinson's Disease
Sciatica
Stroke

Neurology Botanicals

Actions

adaptogens	Codonopsis, Eluthrococcus, Withania
nervine	Avena, Centella, Humulus, Rosmarinus, Scutellaria
anti-depressant	Avena, Centella, Hypericum, Melissa
anti-anxiety	Hypericum, Valeriana
sedative	Avena, Centella, Humulus, Passiflora, Piscidia, Scutellaria, Withania
anodyne	Hypericum, Passiflora, Piscidia, Valeriana
analgesic	Centella, Coffea, Humulus, Piper, Rosmarinus (topical)
muscle relaxant	Piper methysticum, Valeriana
anti-viral	Hypericum (HIV, AIDS), Melissa (herpes)
increase hemoglobin	Codonopsis, Withania
anti-inflammatory	Tanacetum, Rosmarinus, Hypericum, Scutellaria

Contraindications

pregnancy	Tanacetum
depression	Humulus
thyroid disease	Valeriana

Adaptogens

Codonopsis pilosula	Dang Shen	adaptogen, tonic
Eluthrococcus	Siberian Ginseng	adaptogen, tonic, circulatory stimulant
Withania somnifera	Ashwagandha	lowers BP & HR, anti-inflammatory, incr. Hb

Nervines

Avena sativa	Oats	nervine, lowers cholesterol
Centella asiatica	Gotu Kola	nervine, anti-rheumatic, insomnia, nervousness
Humulus lupulus	Hops	sedative, nervine, analgesic

Migraine

Tanacetum parthenium	Feverfew	inhibit histamine & serotonin release
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Depression

Hypericum perforatum	St John's Wort	sedative, anti-depressant
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Neurology Botanicals

Melissa off.	Lemon Balm	anti-depressant, carminative, hypotensive
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Neurology Botanicals

Sedatives

Passiflora	Passion flower	sedative, anti-spasmodic, tranquilizer
Piscidia erythrina	Jam. Dogwood	sedative, anti-spasmodic; insomnia
Scutellaria	Skullcap	nervine, sedative, anti-spasmodic

Muscle Relaxants

Piper methysticum	Kava Kava	anti-spasmodic
Valeriana off	Valerian	prolongs action of inhibitory neurotransmitters

Memory

Ginkgo biloba	Ginkgo	dilates blood vessels, increase BF to the brain
Rosmarinus off	Rosemary	improves memory and concentration

Constituents

Centella asiatica	triterpenoids	build connective tissue, improve blood flow
Humulus	valerianic acid	sedative
Humulus	lupulon, humulon	antiseptic
Rosmarinus	rasemaricine	stimulant and analgesic
Rosmarinus	rosemarinic acid	anti-inflammatory
Tanacetum	parthenolides	inhibit serotonin and histamine release
Withania somnifera	alkaloids	sedative, lower blood pressure and heart rate
Withania somnifera	withanolides	anti-inflammatory and anti-cancer

Alzheimer's Disease

Botanicals

Damiana	2-3 ml tid	anti-depressant, CNS tonic
Ginkgo Biloba	0.5 ml tid	reverses mental deterioration in early stages
Gotu Kola	10-20 ml tid	CNS tonic, improves memory
Rosemary		improves memory, anti-oxidant

Vitamins

B12	1,000 mg qd	deficiency found in Alzheimer's
B6	50 mg qd	deficiency linked to neurological disorders
E	1,000 iu qd	helps transport oxygen to brain cells
folic acid	400 mcg qd	deficiency found in Alzheimer's

Minerals

zinc	25 mg qd	deficiency related to brain disorders
geranium		oxygenates brain cells, anti-oxidant

Amino Acids

carnetine	1000 mg bid	boosts brain cell energy
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Nutrition

phosphatidyl choline	15 g qd	increases acetylcholine levels in the brain
phosphatidyl serine	300 mg qd	primary phospholipid in brain tissue, memory
lecithin	100 mg tid cc	choline stimulates acetylcholine production
co Q10	100 mg qd	increases brain cell oxygenation
alpha lipoic acid		improves long-term memory
inositol	12 g qd	component of CNS cell membranes

Homeopathy

alumina	can't be hurried, disoriented, stubborn constipation, worse potatoes
helleborus	mental dullness, slow speech, blank mind, averse apples
nux moschata	sleepiness, forgetful, feels "spaced out", dry mouth

Epilepsy

Botanicals

Ginkgo	0.5 ml tid	stimulates brain function, boosts memory
Hops	1-2 ml tid	sedative
Kava Kava	1-3 ml	anti-convulsant, muscle relaxant
Passion Flower	2-4 ml qd	CNS depressant and anti-spasmodic
Rosemary		treats epilepsy, neuralgia, memory problems
Valerian	5 ml hs	sedative

Vitamins

B1, thiamine	25 mg qd	deficiency common in epileptics
B3, niacin	50 mg qd	may potentiate activity of anti-convulsant drugs
B6	25 mg qd	essential for normal brain function
D	400 iu qd	reduces the incidence of seizures
E	500 iu qd	reduces the incidence of seizures
folic acid	400 mg qd	reduces frequency of seizures
pantothenic acid	500 mg qd	reduces frequency of seizures

Minerals

magnesium	250-350 mg qd	helps control major and minor seizures
selenium	200 mcg qd	beneficial for childhood seizures

Amino Acids

taurine	2 g tid	important for brain cell function
tyrosine	7 g qd	neuroinhibitor, CI - MAO inhibitors

Diet Additions

asparagus	anti-epileptic, used for UTI's
soybean	anti-epileptic

Drugs

Dilantin	100 mg tid	anti-epileptic, anti-diabetic
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Epilepsy

Homeopathy

argentum nitricum	trembling, rigid calves, violent pains, chilly, thirsty, craves sweet
artemesia vulgaris	seizures of children or at puberty
baryta carb	tongue paralysis, esophageal spasm, numbness, twitching in sleep
baryta mur	periodic convulsions, icy cold body, loss of voluntary muscle power
bufo	convulsions after anger, desire for solitude, trembling
calc ars	convulsions from heat, rush of blood to head before attack
causticum	internal trembling, ptosis, right-sided, contracted tendons
cicuta virosa	children, tetanic rigidity, bends backward, strabismus
cina	from worms, twitching, fingers jerk inward, stretches feet out
cuprum met	spasmodic, cramps, thumbs flex into palms, jaw contracts
helleborus niger	muscle weakness, involuntary sighing, rolls head, chews
hyoscyamus	from fright or after grief, twitching, mania, stupor, exposes himself
oenanthe crocata	convulsive facial twitching, during menses, cold body,
opium	lower jaw hangs down, placid paralysis, twitching, hot perspiration
plumbum	progressive muscular atrophy, pale, cachectic, violent contractions
silicea	cold on left side before attack, after vaccination, foot odor
stramonium	alternates with rage, from bright lights, small objects look large
strychninum	worse drafts, sudden pains return at intervals, icy sensation in spine
zincum	weakness, trembling, twitching, feet move constantly, repeats words

Headache

Botanicals

Ginkgo biloba	0.5 ml tid	anti-oxidant, oxygenates brain cells
Feverfew	250 mg tid	anti-oxidant, oxygenates brain cells
Ginger	1.5-3 ml tid	carminative, relieves migraines

Vitamins

B6	200 mg qd	HA caused by side effects of medications
B3, niacin	25 mg qd	vasodilator, increases blood flow to the brain

Minerals

calcium	2,000 mg qd	calms the CNS and controls pain
magnesium	1,000 mg qd	effects the vascular system of the brain

Nutrition

lecithin	1 g tid	choline aids in proper nerve cell activity
essential fatty acids	1 tbsp tid	the brain is composed of unsaturated fatty acids

Diet Restrictions

allergens	food allergens are a common trigger
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Homeopathy, Right-Sided

belladonna	big headaches, sees stars, worse touch
cheladonium	right eye behind the ear, liver problems
iris versicolor	classic migraine, in temple or above the eye, blurred vision, vomiting
nat mur	migraines, 10am-3pm, hammers in one spot, blinding
sanguinaria	headache settles over right eye, sour stomach, whole head hurts

Homeopathy, Left-Sided

bryonia	stitching pain, slow onset, worse company
lachesis	HBP & HA, hormonal, better menses, worse tight collars
sepia	worse eating, better exercise
spigelia	affects eyes, points to spot, deep stitching pain, worse smoke

Headache

Homeopathy, Frontal

lac defloratum	frontal headache, nausea, vomiting, chills, aura, worse milk
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Homeopathy, Migraine

iris	begins with a blur before the eyes, nausea
kali bich	pinpoint headache pain preceded by vision loss
lycopodium	headache over the right eye, nausea and dizziness
nat mur	throbbing burning headache on the top of the head
pulsatilla	right sided headache, variable symptoms, worse heat
sanguinaria	right sided headache with shoulder pain
silica	settles behind right eye and temple, students blank out before exams
spigelia	left sided headache, weakness, fainting, palpitations
thuja	left sided headache, worse vaccinations, oily skin, warts

Multiple Sclerosis

Vitamins

B1, thiamine	25 mg qd	useful for CNS diseases
B12	25 mcg qd	deficiency linked to MS
B6	500 mg qd	deficiency linked to MS
E	1,000 iu qd	anti-oxidant

Minerals

calcium	2,500 mg qd	deficiency during adolescence linked to MS
magnesium	1,000 mg qd	paired with calcium
selenium	200 mcg qd	low soil content has been associated with MS

Amino Acids

5-HTP	20 mg tid	improves mood and neurological symptoms
lysine		competes with arginine to decrease viral activity
phenylalanine	75-1,500 mg qd	prevents symptoms

Nutrition

co Q10	90 mg qd	oxygenates cells, supports the immune system
lecithin	1 g tid	choline ensures proper lipid metabolism
NADH	10 mg qd	lowers blood lipids, boosts circulation
omega-3 FA's	1 tbsp tid	maintain nerve cells, component of myelin

Diet Restrictions

peanuts	high in arginine which increases viral activity
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Multiple Sclerosis

Homeopathy

agaricus	twitching and fasciculations, nystagmus, poor coordination
alumina	heavy legs - like lead, weakness and paresis of lower extremities
argentum nitricum	ataxia and incoordination progressing to paralysis, hot
arsenicum album	burning pains, calf cramps, restlessness, worse after midnight
baryta muriaticum	stiff joints, sexual mania, icy cold body, loss of muscular power
cocculus	dizziness looking at moving objects, slow accommodation
causticum	right-sided, paralysis of parts, restless legs at night, thirsty, grief
conium maculatum	ascending paralysis, caused by a fall, vertigo on turning head
curare	paralysis of extensor muscles
gelsemium	face and tongue numbness, diplopia, heavy eyelids, nystagmus
kali phos	paralytic weakness of the extremities worse exertion, ptosis
lathyrus	paralysis of legs and knees - crosses legs with hands, trembling arms
lilium tigrinum	staggering gait, extreme difficulty in walking straight
mag phos	twitching and jerking, bends double, hot eyes, blurred vision
natrum muriaticum	optic neuritis, awkwardness
phosphorous	ascending paralysis, left-sided, weak knees, burning up spine
physostigma	staggering gait, rigidity, limbs jerk when going to sleep
plumbum metallicum	paralysis of extensors cause foot drop, emaciation, constipation
selenium	intolerance to heat, worse in the sun, fatigue after a long illness
strychnia	twitching, stiffness, weakness

Myasthenia Gravis

Vitamins

B1, thiamin		coenzyme of Acetyl-CoA (precursor of ACh)
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Parkinson's Disease

Botanicals

Ginkgo biloba	0.5 ml tid	oxygenates brain cells, slows progression
Oats		neurotonic, helpful for tremors
Cramp bark		relaxes cramps and spasms
Skullcap		nervousness, insomnia, restlessness

Vitamins

B1, thiamin	25 mg qd	useful with B6
B3, niacin	25 mg qd	may prolong levels of dopa and dopamine
B6	200 mg qd	increases production of dopamine
C	3,000 mg qd	ant-oxidant, reduces side effects of L-dopa
E	800 mg qd	anti-oxidant, slows progression
folic acid	400 mcg qd	deficiency is linked with PD

Minerals

selenium	200 mcg qd	synergist with E
magnesium	750 mg qd	may be reduced in PD

Amino Acids

methionine	1 g qd	L-dopa can reduce levels
tyrosine	7 g qd	important for neurotransmitter production

Nutrition

alpha lipoic acid		anti-oxidant, potentiates vitamin A and C
essential fatty acids	1 tbsp tid	the brain is comprised of unsaturated fatty acids
grape seed extract		anti-oxidant
phosphatidyl serine	100 mg tid cc	alleviates depression, boosts mental function

Parkinson's Disease

Homeopathics

argentum nitricum	hand tremors, legs feel heavy or wooden, imbalance
causticum	paralysis of parts, difficult speech, right-sided, stiff feeling
helleborus	limited comprehension, slow speech, vacant but worried expression
kali brom	rigid and fixed beliefs, constantly moves fingers, imbalance
mercurius	hand tremors, slow stammering speech
nat mur	constantly nods head, awkward, suppressed emotions
plumbum	progressive paralysis and muscle wasting, cramping
rhus tox	tremendous stiffness, better motion, worse first movement

Sciatica

Botanicals

Wild Yam		anti-spasmodic
Black Cohosh		anti-spasmodic

Vitamins

B12, cobalamin	1-3 mg qd	deficiency causes peripheral neuropathy
B1, thiamin	50 mg IM	deficiency causes calf tenderness, neuralgia

Nutrition

DMSO	topical	helpful for muscle strains and sprains
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Homeopathy

aesculus	dull backache, worse stooping, venous congestion, hemorrhoids
ammonium mur	sensation as if the muscles were contracted or too short (causticum)
arsenicum album	burning, tearing pain in left hip extending into the thigh
berberis	radiating pains, kidney stones, cystitis, sciatica
causticum	right-sided paralysis, deep cough with stress incontinence
chamomilla	"I would rather die than have this pain", over-sensitive to pain
colocynthis	dull, stitching pains that shoot to the thigh, worse touch and motion
dioscorea	tearing pain on moving or sitting
gnaphalium	intense pain along sciatic nerve alternating with numbness
lycopodium	begins on right and travels to left, right foot cold and left is hot
mag phos	lightning pains, better warmth, right-sided
phytolacca	pain runs down the outer side of the limb, hard and painful breasts
pulsatilla	better cold and cool air, worse heat and closed rooms
rhus tox	pain due to muscular exertion, worse in bed or rest
ruta gravens	deep radiating pain, worse cold and lying down

Cerebrovascular Accident

Botanicals

Ginkgo biloba		shown to be effective
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Homeopathy

arnica	left sided hemiplegia
baryta muriatica	aneurysm
causticum	right sided hemiplegia, Bell's palsy, great weakness, paralysis of parts
plumbum	cerebral, progressive paralysis, tremor and spasms

Homeopathy for post stroke aphasia

anacardium	as if a plug is blocking, impaired speech, tongue can't work properly
chelidonium	with associated deafness
gelsimium	tongue feels thick, slow and non-responsive, words come out wrongly
kali brom	confused, fearful, memory loss, unintelligible, disjointed words
lycopodium	words can be expressed only with great difficulty

Dermatology

Dermatology Botanicals
Dermatology Homeopathics
Acne
Dermatitis
Fungal Infections
Herpes
Psoriasis
Shingles
Squamous Cell Carcinoma
Varicose Veins

Dermatology Botanicals

Actions

vulnerary	Calendula, Iris, Stachys, Aloe, Matricaria, Stellaria
detoxifier	Calendula, Iris, Arctium, Mahonia, Smilax, Galium, Sassafras
hemostatic	Stachys
anti-inflammatory	Calendula, Iris, Curcuma, Galium, Smilax
anti-bacterial	Hydrastis
anti-fungal	Calendula, Curcuma, Hydrastis
anti-septic	Calendula, Comiphora, Sassafras
anti-rheumatic	Stellaria, Xanthoxylum

Contraindications

pregnancy	Calendula (emmenagogue), Stellaria (laxative), Xanthoxylum (bitter)
internally	Podophyllum (cytotoxic)
liver problems	Symphytum (pyrrolizidine alkaloids)
carcinogenic	safrole in Sassafras oil

Wounds

Calendula off	Calendula	anti-septic, anti-fungal, astringent, vulnerary
Stachys palustris	Woundwort	wounds, abrasions, contusions, diarrhea
Symphytum off	Comfrey	stimulates cell proliferation aiding repair

Rashes

Sassafras albidum	Sassafras	oil used topically for eczema, psoriasis
Oenothera bienna	Evening Primrose	anti-inflammatory, omega-6 EFA
Quercus alba	White Oak	compress for skin ulcers, weeping eczema
Stellaria media	Chickweed	topical for eczema, psoriasis, varicose veins
Iris versicolor	Blue Flag	alterative, anti-inflammatory, detoxifier

Warts

Podophyllum peltatum	Mandrake	topical for warts
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Miscellaneous

Thuja occ.	Thuja	warts, psoriasis, ringworm, thrush, cough
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Dermatology Botanicals

Constituents

Calendula officinalis	resins	anti-fungal
Melilotus officinalis	coumarin	ferments to anti-coagulant dicoumarol
Oenothera bienna	GLA	LA via D6D forms GLA forms PGE1
Podophyllum peltatum	lignans	purgative
Podophyllum peltatum	glycosides	anti-cancer
Podophyllum peltatum	resin	topically for warts, condyloma acuminatum
Quercus alba	tannins	astringent, may deactivate other botanicals
Sassafras	safrole	carcinogenic in large quantities
Symphytum	pyrrolizidines	toxic to the liver
Symphytum off	allantoin	stimulates cell proliferation aiding repair

Dermatology Homeopathics

Boils

anthracinum	carbuncles, burning and high fever
arnica	septic state, bruised feeling due to septicemia
belladonna	red hot and throbbing, no puss, early stage before suppuration
hepar sulph	very sensitive to cold and touch, suppuration is starting
mercurius	lots of suppuration, infection and bad smelling pus
silica	promotes suppuration, late stage boil that does not resolve
tarentula	purple boil, very few indications

Hives, Urticaria

apis	burning pains, swelling around eyes, stinging pains
thyroidinum	hives, allergies, FHx of allergies, eczema, menstrual disorders
urtica urens	urticaria aggravated by shellfish

Impetigo

antimonium tart	many pustules face and genitals, painful burning red area
arsenicum	dark blue-black pustules, burning pain, better heat, worse touch
hepar sulph	very sensitive pustules, better covering, worse cold air
rhus tox	looks like poison oak, green pus, better warmth, worse cold
sulphur	on face, behind ears, on cubital fossa, better after scratching
mercury	lesions on scalp, violent itching, bad odor, follows sulphur

Warts

causticum	warts near fingernails, tip of nose and eyelids
thuja	warts on hands and fingers

Acne rosacea

Vitamins

riboflavin		beneficial for reducing redness
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Nutrition

HCl and pepsin	2 caps cc	hypochlorhydria is very common (over 90%)
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Acne vulgaris

Botanicals

Garlic	60 gtt tid	antibiotic
Burdock	60 gtt tid	detoxifier, diaphoretic
Cratageus	30 gtt tid	flavenoids beneficial topically
Milk Thistle	500 mg qd	enhances liver function, aids detoxification

Vitamins

A	10,000 iu qd	strengthen epithelium, reduce sebum production
B6, niacin	25 mg qd	maintain skin tone, incr. peripheral circulation
E	400 iu qd	helps prevents scarring
niacinamide 4% cream	topical	shown more effective than clindamycin

Minerals

chromium	400 mcg qd	reduces skin inflammation, improves glucose
selenium	200 mcg qd	antioxidant, synergist with E
zinc picolinate	50 mg qd	normalizes hormones, regenerates tissue shown to be as effective as tetracycline

Nutrition

essential fatty acids	1 tbsp tid	contributes to skin elasticity
proteolytic enzymes	2 caps tid cc	aids digestion

Homeopathy

calc silica	persistent acne, worse in the late teens
calc sulph	persists for weeks in one location
hepar sulph	sensitive, painful pimples
kali brom	large bluish red pimples in the center of the forehead
lachesis	worse before menses and at menopause
mercurius	pale and transparent skin, aggressive acne
silica	pimples slowly reabsorb, leaving a pitting scar
sulphur	acne rosacea, large pimples, hot
thuja	acne with very oily skin

Acne vulgaris

Drugs

Accutane	vitamin E analog, hepatotoxic, teratogenic
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Alopecia

Botanicals

Horsetail		contains silica
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Vitamins

biotin		deficiency causes hair loss, dermatitis
paba		beneficial for autoimmune disease

Minerals

copper		deficiency causes kinky hair, hypotonia
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Amino Acids

arginine		deficiency causes hair loss, poor wound healing
cysteine		component of hair, deficiency causes psoriasis
glutathione		deficiency causes hair loss, psoriasis

Nutrition

flax oil		beneficial for autoimmune disease
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Diet Additions

silicon foods	alfalfa, comfrey, horse tail, nettles, onion, kelp
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Homeopathy

baryta carbonica	baldness of the crown in young people, sensitive scalp
calc carb	hair falls out when combing, dry scalp, white or yellow scales, coldness
lycopodium	early greying, falls out after abdominal problems
phosphoric acid	hair turns grey after grief
phosphorous	patches of hair fall out in bundles, white and smooth patches, dandruff
staphisagria	hair falls out around ears and occiput
silica	premature baldness, itching of scalp before menses

Toxicity

selenium	toxicity causes hair loss, fingernail damage, emotional instability
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Burns

Homeopathy

cantharus	raw burning pains, burning urination
causticum	ill effects of burns, contraction of tendons
urtica urens	extensive superficial burns, stinging sensation

Eczema, Dermatitis

Botanicals

Burdock	60 gtt tid	inulin normalizes inflammation
Dandelion	60 gtt tid	strengthens the liver, improves bile
Grindelia	topical	application
Licorice	60 gtt tid	inhibits excess histamine release
Oats	60 gtt tid	bath
Yellow Dock	30 gtt tid	blood purifier

Vitamins

A	25,000 iu qd	strengthen epithelium, reduce sebum production
C	5,000 mg qd	anti-inflammatory, stabilize cell membranes
E	800 iu qd	often deficient in skin disorders

Minerals

selenium	200 mcg qd	synergist with E
zinc	50 mg qd sl	cofactor for delta-6-desaturase

Nutrition

essential fatty acids	1 tbsp tid	often deficient in eczema
evening primrose oil	1 g tid	omega-6 EFA, forms PGE2, anti-inflammatory
glucosamine		GAG's are building blocks of collagen
PABA	200 mg tid	improves symptoms when due to gluten allergy

Miscellaneous

Fels naptha soap	old remedy, toxic	
hair dryer	dries the lesion, depletes histamine	
soap and water	cold water keeps the skin pores closed	

Drugs

steroids	shuts down the process entirely	
TechNu	breaks the poison oak toxin into pieces	

Eczema, Dermatitis

Homeopathy

alumina	dry and itchy skin, constipation
arsenicum album	eczema with dry skin, intense burning and itching
graphites	thick cracked skin, skin eruptions, thick yellow "honey-like" pus
hepar sulph	sensitive and easily infected skin, chilly and worse cold
juglans cinerea	cracking of the hands and fingers
manganum	itching on perspiring parts, eczema worse bathing in the sea
mezereum	eczema of the scalp, thick crusts, purulent discharge
petroleum	deep skin cracks
psorinum	eruptions in the folds of joints, tremendous itching, dirty looking skin
sulphur	red rough hot skin, morning diarrhea
tuberculinum	tinea or eczema often starting at birth, alopecia

Fungal Infections

Botanicals

Calendula	topical	anti-septic, anti-fungal, astringent, vulnerary
Tea Tree Oil	topical	anti-fungal
Oregano oil	topical	broad spectrum anti-fungal

Nutrition

DMSO	topical	used to carry supplements under nails
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Herpes Simplex 2

Botanicals

Licorice	60 gtt tid	glycyrrhizin is effective against HSV-1
Pongamia pinnata		anti-viral against HSV-1 and HSV-2 in vitro
St John's Wort	30 gtt tid	anti-viral against HSV-1 and 2
Witch Hazel		anti-viral activity against HSV-1

Amino Acids

Lysine	500 mg	decreases rate of recurrence
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Vitamins

A	25,000 iu	reduces the severity of epithelial lesions
C	1 g qd	decreases symptom time

Minerals

lithium	oral and topical	inhibits herpes virus replication
selenium		inhibits herpes virus replication
zinc	30 mg qd	prevents recurrence, alleviates symptoms

Nutrition

glutathione	150 mg	inhibits viral replication
quercetin	1 g tid	inhibits viral replication

Diet Restrictions

arginine foods	can trigger outbreaks, especially if lysine levels are low chicken, lamb, pork, tuna, beef, salmon, shrimp, peanuts, almonds
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Homeopathy

aethusa	eruptions on tip of nose, herpetic lesions on face
dulcamara	herpes about the lips, flat smooth warts on face, diarrhea
lycopodium	herpes extending down right thigh, cracks on heel, wakes to eat
nat mur	herpes of the lips, cracks of the lips
nitric acid	eruptions about the lips and corners of the mouth
petroleum	dry eczema with deep bloody cracks, genital herpes

Herpes Simplex 2

ranunculus	herpes zoster of the back, pain around inner left scapula
sepia	genital and anal herpes, genital warts, uterine prolapse
thuja	herpes, genital condyloma, forked stream of urine

Psoriasis

Botanicals

Bitter Mellon	90 gtt bid	inhibit guanylate cyclase, decreases proliferation
Chickweed	topical salve	reduces itching and irritation
Coleus forskohlii	60 gtt tid	balances cAMP and cGMP

Vitamins

A	25,000 iu qd	boosts skin tissue regeneration
B12	100 mcg qd	may be helpful in treating psoriasis
C	1 g qd	free radical scavenger
D	topical	faulty metabolism is linked to psoriasis
E	400 iu qd	inhibits lipoxygenase, promotes PGE1
folic acid	400 mcg qd	deficiency linked to psoriasis

Minerals

zinc picolinate	30 mg qd	promote PGE1, inhibits calmodulin receptors
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Nutrition

essential fatty acids	1 tbsp tid	corrects faulty lipid metabolism
fumarate (Psorex)	500 mg tid	Krebs cycle intermediate
glycosaminoglycans		component of collagen
lecithin	1 g tid	choline aids lipid metabolism
lipoic acid		makes available vitamin E, C and glutathione

Homeopathy

arsenicum	violent itching, burns on scratching and bleeds
graphites	thick cracked skin, skin eruptions, thick yellow "honey-like" pus
mezereum	psoriasis of the scalp, thick crusts, purulent discharge
sepia	thickening of the skin, dryness
staphysagria	psoriasis after grief or suppression of anger
sulphur	psoriatic arthritis, moist lesions, hot

Scar Tissue

Minerals

iodine	up to 10 gtt qd	anti-fibrotic, monitor T3 and T4
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Nutrition

putrescine	topical 0.8%	interferes with transglutaminase which crosslinks Type III collagen
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Scleroderma

Botanicals

Gotu Kola		triterpenoids build connective tissue
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Shingles, Varicella Zoster

Botanicals

oregano oil	10-20 gtt topically	anti-viral
Sepium sebiferum		methyl gallate is a potent anti-herpetic compound
Echinacea		has interferon-like activity against viruses stimulates white blood cells that fight infection
Leonurus sibericus	bath	relieves the discomfort and itching of shingles
Ganoderma luc.	topical	sedative and analgesic properties, benefits skin

Vitamins

A	25,000 iu qd	enhances immunity, aids in healing tissue
B12	1,000 mcg sl bid	beneficial for shingles
C	10 g qd	high doses dry lesions
E	800 iu qd	promotes healing, oxygenates cells, anti-oxidant

Amino Acids

L-lysine	1,000 mg ic	facilitates healing, inhibits spread
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Nutrition

chlorophyll	100 mg tid	purifies the blood
lauric acid	20-25 g qd	precursor of monolaurin (antiviral)
Grapefruit seed		broad-spectrum antimicrobial activity
Green tea extract		antiviral, anti-inflammatory, and antioxidant catechins inhibit reverse transcriptase

Diet Additions

coconut oil	monolaurin disrupts lipid membranes of envelope viruses
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Homeopathy

apis	burning, stinging pain with redness and swelling
arsenicum	burning pain, restlessness, prostration, anxiety
rhus tox	local eruption with redness, itching, vesicles
urtica	swelling and large vesicle formation

Squamous Cell Carcinoma

Botanicals

Aloe vera gel		inhibits mast cell granulation
Cleavers		useful in healing ulcers, burns and suppurations
Ginkgo biloba	0.5 ml tid	inhibits mast cell granulation
Yellow Dock		keratolytic activity
Feverfew		inhibits mast cell granulation

Vitamins

A	25,000 iu qd	retinoids inhibit chemical induced skin cancer
C	10 g qd	anti-oxidant

Varicose Veins

Botanicals

Butcher's Broom		ruscogenins are vasoconstrictive
Gotu Kola		stimulates GAG synthesis
Horse Chestnut		venous tonic, decreases capillary permeability

Nutrition

flavenoids		reduce capillary fragility, increase integrity
bromelain		aids breakdown of fibrin deposits
fiber		keeps feces soft which reduces straining

Homeopathy

belladonna	skin is hot, red and tender
carbo veg	blue, ice cold, perspiring hands and feet
flouricum acidum	varicose veins, hot feet, excess sexual desire, promiscuity
hamamelis	weak veins, varicosities, epistaxis, bleeding hemorrhoids
lachesis	blue, cold extremities
pulsatilla	varicose veins, thirstless, intolerant of heat

Immune

Immune System Botanicals
Botanicals for the Immune System
Immune System Products
AIDS
Allergies
Antimicrobials
Autoimmune Disease
Chicken Pox
The Common Cold and Flu
Lupus
Measles
Mumps

Immune System Botanicals

Actions

tonics	Astragalus, Baptisia, Echinacea, Hydrastis, Larix, Lentinus
anti-microbial	Larrea, Ligusticum, Lomatium, Melaleuca, Tabebuia, Usnea

Contraindications

pregnancy	Hydrastis, Salvia
hypothyroid	Cochlearia

Tonics

Astragalus	Astragalus	adaptogen, diuretic, anhydrotic; night sweats
Baptisia	Wild indigo	anti-microbial; tonsillitis, lymph cong.
Bryonia alba	White bryony	purgative, febrifuge, anti-inflammatory; 5 gtt
Echinacea	Purple coneflower	anti-inflammatory, alterative, anti-catarrhal
Hydrastis canadensis	Golden seal	anti-catarrhal; infections, excess mucous
Larix occidentalis	Western larch	recurrent otitis media and asthma
Lentinus edodes	Shiitake	anti-cancer, anti-tumor; HIV, AIDS, cancer

Anti-microbial

Larrea tridentata	Chapparal	anti-cancer, anti-microbial, anti-inflammatory
Ligusticum porteri	Osha root	diaphoretic, expectorant, anti-virus, sore throats
Lomatium dissectum	Desert parsley	anti-viral; EBV, herpes; may cause skin rash
Melaleuca alternifolia	Tea tree	anti-fungal, anti-viral; athlete's foot, ringworm
Tabebuia	Pau dArco	anti-tumor; viral, fungal & bacterial infections
Usnea longissima	Old mans beard	anti-fungal, bitter; increases resistance

Fevers

Achillea millefolium	Yarrow	diaphoretic, febrifuge, hemostatic, hypotensive
Borago officinalis	Borage	adrenal tonic, anti-inflammatory; pleurisy
Populus tremuloides	White poplar	anti-septic, anodyne, febrifuge, lowers fevers
Salvia officinalis	Sage	diaphoretic; hot flashes, gingivitis, canker sores

Immune System Botanicals

Lymph

Galium aparine	Cleavers	lymph tonic, blood purifier, anti-neoplastic
Phytolacca	Poke root	lymph alterative; hard swollen glands, mastitis

Flu

Eupatorium perf.	Boneset	flu with muscle ache
Sambucus nigra	Elder flower	colds, flu, fever, allergy, sinusitis

Eyes

Euphrasia officinalis	Eyebright	anti-catarrhal; conjunctivitis, HIV
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Allergies

Urtica dioica	Stinging nettle	contains histamine; allergies, hayfever
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Immune System Botanicals

Constituents

Echinacea	alkamides	anti-microbial agent
Echinacea	polysaccharides	anti-hyaluronidase action against viruses
Hydrastis	berberine	inhibits adherence of bacteria
Hydrastis	hydrastine	Constricts blood vessels
Hydrastus	canadine	uterine stimulant
Larix	arabingalactan	enhances NK cell activity
Larrea	NDGA	anti-cancer agent
Lomatium	coumarins	anti-microbial agent
Melaleuca	cineol	skin irritant
Melaleuca	terpinen-4-ol	anti-septic
Phytolacca	trypinoid saponins	anti-inflammatory
Salvia off.	thujone	anti-septic agent
Shiitake	KS-2	anti-cancer agents
Shiitake	lentinin	anti-cancer agents
Tabebuia	lapachol	anti-tumor agent
Thymus vulgaris	thymol	anti-septic agent
Urtica	histamine	allergenic
Usnea	usnic acid	prevents ATP formation in bacteria

Botanicals for the Immune System

Blood

increase T cell count	Asparagus, Atractylodes, Coriolis, Ganoderma, Lentinus, Panax
increase WBC's	Astragalus, Cinnamon, Codonopsis, Ganoderma, Ligustrum, Panax
increase platelets	Glycyrrhiza
increase RBC's	Ginseng

Immunoglobulins

promote IgG	Lentinus, Astragalus
promote IgA	Astragalus, Ganoderma
promote IgM	Astragalus, Coriolus
promote IgE	Astragalus

Allergic Reactions

type III	Astragalus, Glycyrrhiza
type IV	Angelica, Glycyrrhiza

Actions

increase macrophages	Coriolus, Glycyrrhiza, Lentinus
promote phagocytosis	Angelica, Astragalus, Atractylodes, Ganoderma, Lentinus
interferon production	Astragalus
anti-complement	Cinnamon, Lentinus
increase antibody	Astragalus, Coriolus, Lentinus
supress antibody	Angelica, Glycyrrhiza
suppress histamine	Ganoderma
prevent hemolysis	Glycyrrhiza

HIV and AIDS

Botanicals

Bitter Mellon		anti-viral, map-30 kills HIV in vitro
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Minerals

zinc	30 mg qd	essential cofactor of thymic hormone thymulin
selenium	500 mcg qd	selenoprotein inhibits viral replication inhibits reverse transcriptase

Nutritional

N acetyl cysteine	5 g qd	replenishes glutathione
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Homeopathy

bryonia	stitching pain, worse motion, better pressure, very dry and thirsty
kali group	chilly, overweight, perspires, debility, muscle weakness, 1-5 am, LBP
kali carb	short necked, stitching pain, upper eyelids swollen, 2 am, right-sided
kali sulph	rattling mucous, diarrhea, debility, irritability

Allergies

Botanicals

Feverfew	250 mg qd	significantly reduces the inflammatory response
Nettles	2-4 ml tid	irritates mucous membranes to increase BF

Vitamins

C, ascorbate	5,000 mg qd	maintain cell integrity, reduce histamine
B5, pantothen	25 mg qd	reduces excess mucous production
B12, cobalamin	200 mg sl	improves allergic asthma and contact dermatitis
B3, niacin	25 mg qd	slows histamine release

Minerals

zinc	25 mg qd	inhibits release of histamine from mast cells
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Amino Acids

tyrosine	7 g qd	treats allergies from hay fever and grass pollens
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Nutrition

quercetin	2 g tid	stabilizes mast cells
bromelain	100 mg qd	inhibits histamine response
catechin		inhibits conversion of histidine to histamine
EFA's	1 tbsp qd	inhibit the inflammatory response
acidophilus	as per label	helpful for food allergies

Antimicrobials

bacteria

broad spectrum	Allium sativum
Gram negative	Humulus lupulus
tuberculosis	Humulus lupulus
H. pylori	Glycyrrhiza, Hydrastis
Mycobacterium	Centella

virus

HIV	Arctium lappa, Hypericum, Scutellaria
hepatitis B	Hypericum
HSV-1	Glycyrrhiza, Hamamelis, Hypericum, Pongamia pinnata
HSV-2	Hypericum, Pongamia pinnata
parainfluenza	Hypericum
CMV and EBV	Hypericum
Herpes zoster	Glycyrrhiza

protozoa

amoeba	Allium sativum
trichomona	Allium sativum
malaria	Artemesia annua

fungus

anti-fungal	Echinacea, Spilanthes, Tabebuia
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Autoimmune Disease

Nutrition

Betain HCl	2 caps cc	deficiency common with autoimmune dz
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Diet Restrictions

gluten, gliaden	anti-bodies commonly found in autoimmune disease
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Chicken Pox

Homeopathy

aconite	fever, anxiety, fear, thirst, dry heat, rapid full pulse
antimonium tart	helps the development of the vesicle
apis	excessive itching
belladonna	headache, flushing, sore throat, fever
gelsimium	fever is slow to fall, weak, dizzy, drowsy
mercurius	vesicles
pulsatilla	mild, tearful, thirstless
rhus tox	early stages, restlessness
sulphur	hungry yet eats little, very thirsty

Chronic Fatigue Syndrome

Botanicals

Mate	tea	boosts energy, contains caffeine
Astragalus	500 mg qd	enhances immunity
Licorice	tea	supports the adrenal glands

Vitamins

C	4 g qd	highest concentrations are in the adrenal glands
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Minerals

magnesium	600 mg qd	necessary for energy metabolism
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Amino Acids

phenylalanine	1500 mg qd	neurotransmitter precursor (EPI and NE)
tyrosine	1500 mg qd	neurotransmitter precursor (EPI and NE)
5-HTP	150 mg hs	serotonin precursor, aids sleep

Nutrition

alpha lipoic acid	500 mg qd	improves energy, free radical scavenger
coenzyme Q10	200 mg qd	improves mitochondrial energy in muscle cells
DHEA	5 mg qd	hormone precursor

Chronic Fatigue Syndrome

Homeopathy

ammonium carb	right-sided, chilly, worse 3 AM, bleeding gums or nose, sadness
antimonium crud	irritable, peevish, hot, averse to touch, craves pickles, foot pain
argentum nitricum	very hot, craves and worse sweets (sugar), hoarseness, flatulence
aurum	serious, melancholic, suicidal, better evenings and music
calc carb	overworked, works to exhaustion, obesity, chilly, craves eggs
calc phos	discontent, bored, craves bacon, salami, abdominal pain in school
carbo animalis	cold, swollen lymph nodes, weakness, malignancy
carbo veg	indifference, irritable, cold, collapse, flatulence, desires to be fanned
carcinosin	passionate, intense, loves thunderstorms, worse since mono, diabetes
cocculus	vertigo, motion sickness, time passes slowly, worse night-watching
ferrum	headaches last for days, anemia, flushes of heat, averse eggs
gelsemium	stage fright, trembling in anticipation, headache, heavy eyelids
ignatia	sighing, fear of birds, lump in throat, craves cheese, dreams of water
kali phos	mental fatigue, chilly, aggravation from coition, headache
lilium tigrinum	previous mono or EBV infection, throbbing in veins, pain in small spots
lycopodium	craves sweets, wakes to eat, right-sided, worse 4 PM, cracks on heel
magnesia carb	peacemakers, anxiety during the day, sour odors, craves bread and butter
magnesia mur	peacemakers, anxiety at night, worse on waking, craves vegetables
muriatic acid	physical weakness and collapse, worse sea bathing
nat mur	worse 10 AM, headache, worse sun, craves salt and sour, back pain
nux vomica	irritable, angry, impatient, chilly, insomnia
opium	blissful dream-like states, hot, narcolepsy, constipation, snoring
phosphorous	suggestible, sympathetic, bleeding, craves chocolate, thirst for cold drink
picric acidum	mental weakness, dull headache, burning pains in spine
selenium	weakness, worse over-heating, constipation, dribbling of semen
sepia	weeping, sarcastic, indifferent to family, averse company, better exercise
silica	lack of self-confidence, worse drafts, constipation, abscess
stannum	weakness in chest, dyspnea, sweet or salty expectoration
sulphur	hot, worse 11 AM, headache on weekends, averse eggs
thuja	worthlessness, mumbles last words, warts or skin tags, falling dreams

The Common Cold and Flu

The Common Cold

aconite	sudden onset, aborts colds in first few hours
allium cepa	acid nasal drip watery, better air
arsenicum album	nasal drip that burns the lip, colds at weather changes
belladonna	sudden big headaches, fever, red, hot, nerves
bryonia	slow onset, dry, stitching pain in lungs (kali carb)
chamomilla	oversensitive (hepar), red and pale cheeks, capricious
eupatorium	ache in bones, cough better on hands and knees
euphrasia	cough better lying down
ferrum phos	few symptoms, tired
gelsimium	droopy, drowsy, yellow tongue
hepar	cold, dry weather, sticking pain, ropey, yellow & green
mercurius	corrosive sweat and saliva, better lying
nat mur	sneezing, clear mucous, lower lip cracked
nux vomica	irritable and demanding, sneezing, running nose, shivers
pulsatilla	profuse, thick, yellow & green discharges, better air
sulphur	lingering colds, dirty clothes, hungry at 11am

The Flu

arnica	"I'm fine, leave me alone"
arsenicum	chilly better heat, thirsty for small sips, worse midnight
baptista	septic, ill, confused, drunken look
bryonia	slow onset, dry, worse any movement, "I want to go home"
eupatorium	aches, chilly, cold, relapses
gelsimium	droopy, drowsy, headache better urinating, trembling
mercurius	offensive sweat and saliva, worse at night, swollen tongue
pyrogenium	high fever, slow pulse, talkative
rhus tox	stiff, restless, hoarse, red triangle on tip on tongue

Lupus

Botanicals

Devil's Claw	1-2 ml qd	anti-inflammatory, anti-rheumatic
Sarsaparilla	3 ml tid	anti-rheumatic
Tripterygium wilfordi		herbal compound found to be effective

Vitamins

A	25,000 iu qd	boosts immunity, promotes tissue regeneration
B6	500 mg tid	drugs that induce lupus also inhibit B-6
beta-carotene		may reduce sun sensitivity in discoid lupus
E	800 iu qd	effects levels of glutathione reductase in the skin
PABA	1 g tid	found to be beneficial for autoimmune disease
pantothenic acid	6 g qd	found to be effective in very high doses

Minerals

magnesium		beneficial for associated myalgia
selenium	200 mcg qd	synergist with E

Amino Acids

cysteine	200 mg tid	beneficial for the skin
lysine	1 g qd	beneficial for the skin
methionine	1 g qd	beneficial for the skin

Nutrition

cetyl myristolate		fatty acid derivative, anti-inflammatory
chondroitin		promotes cartilage and collagen repair
DHEA	100 mg qd	typically low in SLE patients
essential fatty acids	1 tbsp tid	inhibit prostaglandins, anti-inflammatory
glucosamine		promotes cartilage and collagen repair
grape seed extract		anti-oxidant, anti-inflammatory

Diet Restrictions

aspartame	can trigger symptoms by release of arachadonic acid and leukotrienes
beef and dairy	contain phenylalanine and tyrosine which appear to aggravate the dz

Lupus

chicken	type B blood groups can produce high levels of antibodies
milk	milk allergy can cause symptoms

Contraindications

alfalfa sprouts	L-canavanine can exacerbate autoimmune disease
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Measles

Vitamins

A, retinol		Vitamin A-deficient children appear to be particularly susceptible to the complications of measles.
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Homeopathy

aconite	high fever, full pulse, dry cough, constipation
bryonia	dry hacking cough
euphrasia	streaming nose and eyes, photophobia, sore eyes
ferrum phos	skin is hot and burning, throat is painful and swollen, chilly
gelsimium	high fever and suppressed eruptions, thirsty, constipation
morbillimum	prophylactic
pulsatilla	thirstless, restless, irritable, cough worse in the evening

Mumps

Homeopathy

aconite	fever, restlessness, thirst, pain
belladonna	right-sided parotitis, fever, redness, swelling
hepar sulph	suppuration and severe infection
parotidinum	preventative
pulsatilla	when the testicles or breasts are involved
rhus tox	left-sided parotitis, swelling, erythema
trifolium repens	prophylactic against mumps, congested salivary glands

Musculoskeletal

Musculoskeletal Botanicals

Musculoskeletal Products

Arthritis

Back Pain

Bursitis

Carpal Tunnel Syndrome

Fibromyalgia

Gout

Muscle Cramps

Osteoporosis

Osteoarthritis

Musculoskeletal Botanicals

Actions

anti-inflammatory	Boswellia, Harpagophytum, Salix, Uncaria, Yucca
anodyne	Gaulthera
analgesic	Harpagophytum, Salix
anti-gout	Colchicum
anti-rheumatic	Salix, Uncaria

Contraindications

pregnancy	Colchicum (teratogenic, mitotic poison)
toxic oils	Arnica, Gaulthera

Topical

Arnica montana	Arnica	topical for bruises, sprains, myalgia
Gaultheria proc.	Wintergreen	oil used topically for back pain, sciatica

Anti-inflammatory

Boswellia serrata	Boswellin	inhibit inflammation and C3 convertase
Harpagophytum	Devil's Claw	reduces BP, anti-arrythmic; arthritis, DJD, RA
Salix	White Willow	salicylic acid inhibits prostaglandin synthesis
Yucca filamentosa	Yucca	arthritis, RA

Anti-gout

Colchicum autumnale	Meadow Saffron	inhibit uric acid crystal phagocytosis, poison
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Muscle Relaxant

Uncaria tomentosa	Una de Gato	smooth muscle relaxant and anesthetic
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Musculoskeletal Botanicals

Constituents

Boswellia	boswellic acid	inhibits 5-lipoxygenase and C3 convertase
Colchicum	colchicine	inhibits phagocytosis of uric acid crystals
Harpagophytum	harpagoside	reduces BP and HR, and is anti-arrhythmic
Harpagophytum	harpagoside	reduces BP, decreases HR, anti-arrhythmic
Salix	salicylic acid	inhibits prostaglandin synthesis
Uncaria tomentosa	pteropodine	immune stimulating
Uncaria tomentosa	rhynchophylline	anti-hypertensive
Uncaria tomentosa	myrtraphylline	diuretic
Uncaria tomentosa	hirsutine	smooth muscle relaxant and anesthetic
Uncaria tomentosa	glycosides	anti-inflammatory

Back Pain

Botanicals

Cayenne		capsaicin reduces pain perception salicylates trigger release of endorphins
Willow		contains salicylates which aspirin is made from
Peppermint	topical	menthols reduce muscle tightness

Homeopathy

aesculus	weakness, unable to support lower back, uses arms to raise from a chair
agaricus muscaris	feels beaten up, dislocated neck and spine
arnica	back pain following blows or injuries
belladonna	sudden onset, severe pain, worse motion, right-sided
bellis	low back pain from lifting weights
calc carb	back pain worse lifting or exertion, cold, worse damp weather
calc flour	flabby, constipated, hot, bones involved
cimifuga	lumbosacral pain extends into abdomen, psoas spasms, better heat
kali carb	pains drive him out of bed at night, worse 2-3 am
kali iodatum	worse lying on painful side, better open air, left-sided
nux vomica	worse staying in bed, sits up to turn in bed, better heat, angry, irritable
phytolacca	better elevating legs above her head, perspires, feels nothing will cure
plumbum	sciatic pain going to the knee, heel and foot
rhus tox	morning stiffness better motion, worse cold damp, better heat
ruta	complex symptoms, affects periosteum, deep pain

Bursitis

Botanicals

Devil's Claw	1-2 ml qd	anti-rheumatic
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Vitamins

A	15,000 iu qd	promotes tissue repair
C	5,000 mg qd	promotes healing and regeneration of collagen
B12	1,000 mcg qd	analgesic

Minerals

calcium	1,000 mg qd	essential for bone and collagen repair
magnesium	500 mg qd	deficiency may cause joint and muscle pain

Amino Acids

phenylalanine	75-1,500 mg qd	helps control pain
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Nutrition

bromelain		reduces swelling and inflammation
chondroitin sulfate	5 g qd	provide building blocks for cartilage
EFA's	1 tbsp tid	anti-inflammatory, prostaglandin mediators
glucosamine sulfate	500 mg tid	provide building blocks for cartilage
proteolytic enzymes		speeds the healing of soft tissue
quercetin	400 mg tid	anti-inflammatory, inhibits histamine release
superoxide dismutase		reduces joint pain, inhibits synovial thickening

Homeopathy

bryonia	stitching pains, worse very slight motion
chelidonium	right-sided, scapular pain, poor liver function, abdominal pain
kalmia	bursitis of the shoulders, pain spreads down
phytolacca	pain and inflammation at the attachment of tendon to bone
ruta	inflammation of tendons from overuse, tremendous stiffness
sanguinaria	acute bursitis of the shoulder, worse turning in bed
sticta	acute inflammation of the knee joint, stiff neck and shoulders

Carpal Tunnel Syndrome

Botanicals

St. John's wort	300 mg tid	helps nerves recover when they are inflamed
Turmeric	500 mg bid	anti-inflammatory

Vitamins

B6, pyridoxine	200 mg qd	shown to be effective
B2, riboflavin	200 mg qd	improves effectiveness of pyrodoxine

Nutrition

bromelain	1 g tid ic	anti-inflammatory enzyme from pineapple
flaxseed oil	1 tbsp tid	anti-inflammatory

Homeopathy

actea spicata	rheumatism of the small joints of the hand, swelling from slight fatigue
calc phos	cervical pain and stiffness, chronic stomach pain, overweight, discontent
causticum	paralysis of flexor muscles, right sided, arthritis of hands and fingers
guaiacum	left wrist pain, arthritis better cold applications, craves apples
viola odorata	marked pain and numbness of the right wrist, averse music and violins

Dupuytren's Contracture

Vitamins

E	2000 iu bid	results in 6 mos, resolution in 1 yr
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Minerals

potassium iodide	topical	anti-fibrotic
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Nutrition

essential fatty acids		omega-3 EPA to supplement series 2 PG's
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Homeopathics

argentum met	contracture of tendons
causticum	contracture of tendons
cyclamen	contracture of tendons
nat phos	specific
plumbum	contracture of tendons

Associations

alcoholism	alcoholic hepatitis
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Fibromyalgia

Botanicals

Devil's Claw	1-2 ml qd	analgesic, anti-inflammatory
Sarsaparilla root	3 ml tid	anti-rheumatic, anti-inflammatory, diuretic

Minerals

magnesium	500 mg qd	support muscles, synergist with malic acid
manganese	5-15 mg qd	deficiency common with inflammatory disease

Nutrition

malic acid		used in glucose metabolism, part of Kreb's cycle
5-HTP	20 mg tid	studies show that it decreases symptoms
EFA's	1 tbsp tid	anti-inflammatory, inhibits prostaglandins
alpha lipoic acid		anti-oxidant

Gout

Botanicals

Turmeric	400 mg tid	anti-inflammatory
Boswellia	150 mg tid	anti-inflammatory

Vitamins

C	3,000 mg tid	increases renal secretion of uric acid
E	400 iu qd	decreases leukotriene production

Minerals

selenium	200 mcg qd	synergist with E
lithium		dissolves uric acid crystals

Nutrition

quercetin	1 g tid	inhibits uric acid production
pycnogenol		proanthocyanidins are anti-inflammatory
folic acid	200 mg qd	inhibits xanthine oxidase (produces uric acid)
glucosamine	500 mg tid	anti-inflammatory, protects joint cartilage
chondroitin	5 g bid	anti-inflammatory, protects joint cartilage
cetyl myristolate		anti-inflammatory fatty acid
fish oils	1 tbsp tid	inhibits production of inflammatory agents

Diet Additions

raw potato juice	4-6 oz	increases the excretion of uric acid
black cherry juice	8 oz qd	decreases levels of uric acid

Diet Restrictions

homogenized milk	source of xanthine oxidase
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Gout

Homeopathics

belladonna	burning throbbing pain, red, thirsty and hot
benzoic acid	offensive urine, spongy tongue, gout
calc flour	stabbing pain, swollen deformed joints, better warmth and movement
colchicum	extreme pain worse slightest movement, tired and chilly
nux vomica	acid stomach and constipation, irritable, sensitive to noise and odors
rhus tox	hot swollen joints, better movement
urtica urens	acute gout, rheumatism associated with urticaria, sx's appear annually

Muscle Cramps

Minerals

magnesium	500 mg qd	deficiency results in cramping and constipation
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Homeopathy

causticum	drawing pain as if leg is shortening
chamomilla	thighs and legs
cuprum met	cramping in the legs and feet
gelsimium	burning pains in arms and legs, writers cramp
verat album	calf muscles, better massage, worse walking

Osteoarthritis

Botanicals

Devil's Claw		anti-inflammatory and analgesic
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Minerals

boron	3 mg qd	decreased levels found in osteoarthritis
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Vitamins

B5, pantothenic acid		deficiency may cause failure of cartilage growth
B6, pyridoxine		required for the synthesis of collagen
C		important in collagen & connective tissue repair
E	600 iu qd	required for the synthesis of collagen

Minerals

copper		required for the synthesis of collagen
zinc		required for the synthesis of collagen

Amino Acids

methionine		important in the maintenance of cartilage
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Nutrition

anthrocyanadins		enhance collagen matrix integrity and structure
glucosamine		precursor of articular joint cartilage shown to be more effective than ibuprofen

Osteoporosis

Botanicals

Wild Yam		diosgenin
Horsetail		contains silica & manganese for calcium uptake

Vitamins

A	20,000 iu qd	involved in bone matrix formation
B12	1,000 mcg qd	involved in metabolism of proteins used in bone
B6	100 mg qd	homocysteinuria causes osteoporosis
C	3,000 mg qd	deficiency can contribute to osteoporosis
folic acid	5 mg	coenzyme for homocysteine to methionine
K	1 mg qd	activates glutamic acid to form osteocalcin

Minerals

boron	2 mg	hydroxylation of 17--estradiol & 1,25 DH vit D
calcium	1 g qd hs	deficiency causes osteoporosis
copper	1-3 mg qd	cross linking of collagen with lysyl oxidase
magnesium	500 mg	regulates PTH secretion and tissue sensitivity
manganese	15 mg qd	stimulate mucopolysaccharide production
phosphorous		structural part of teeth and bones
silica	1 mg qd	important in bone matrix
strontium		part of bone crystals, makes bone harder
zinc	20-40 mg qd	important in bone matrix

Nutrition

glucosamine	500 mg tid	component of collagen
chondroitin	5 g bid	component of collagen
ipriflavone	200 mg bid	inhibits osteoclast, stimulates osteoblast activity

Toxicity

lead	blocks calcium absorption in organs and bone
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Osteoporosis

Hormones

estrogen	decreases osteoplast activity, which causes osteoporosis
progesterone	increases osteoblast activity
parathyroid hormone	increases serum calcium
calcitonin	increases calcium in bone

Restless Leg Syndrome

Botanicals

Horse chestnut	400 mg bid	stabilizes membranes to improve circulation
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Minerals

calcium	1000 mg	relaxes muscle contractions
magnesium	500 mg	relaxes muscle contractions
potassium	300 mg	relaxes muscle contractions

Homeopathy

causticum	restless legs at night, arthritis of hands and fingers, chilly
medorrhinum	hot feet, uncovers feet in bed, sensitive soles, craves oranges
rhus tox	restless legs, bursitis, rheumatism, eczema, craves cold milk
sulphur	burning hot feet, offensive foot odor, insomnia
tarantula	restless legs, chorea, twitching and jerking, loves dancing
zincum	constantly moves legs and feet, restlessness, twitching, worse wine

Rheumatoid Arthritis

Botanicals

Devil's Claw	1-2 ml qd	anti-rheumatic
Feverfew		inhibits inflammation and fever
Ginger	4-6 g qd	inhibits prostaglandin synthesis
Turmeric		anti-inflammatory, inhibit leukotriene formation
Wild Yam		diosgenin converts to cortisone (controversial)

Vitamins

C	10,000 mg qd	antioxidant, increases SOD activity
E	1,200 iu qd	antioxidant, inhibits prostaglandin synthesis
pantothenic acid	500 mg qd	deficiency causes a failure of cartilage growth

Minerals

copper	1 mg qd	decreased levels found in arthritis
manganese		used with superoxide dismutase
selenium	200 mg qd	cofactor for glutathione peroxidase
zinc	25 mg qd	antioxidant, used with superoxide dismutase

Amino Acids

cysteine	200 mg tid	decreased levels found in arthritis
methionine		component of proteoglycans and GAGs
phenylalanine		appears to inhibit breakdown of endorphins
tryptophan		precursor of serotonin, dampens pain perception

Nutrition

betaine HCl	2 caps cc	aids protein digestion
bromelain	500 mg tid	anti-inflammatory, reduces swelling
chondroitin sulfate	5 g qd	proteoglycan, building blocks of cartilage
essential fatty acids	1 tbsp tid	anti-inflammatory
glucosamine sulfate	1 g tid	proteoglycan, building blocks of cartilage
glucosaminoglycans		inhibits joint destruction
pycnogenol		free radical scavenger
quercetin	500 mg tid pc	inhibits leukotriene production

Rheumatoid Arthritis

superoxide dismutase		inhibits joint inflammation
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Homeopathy

actea spicata	acute rheumatism of the hands, worse slight exertion, even walking
apis	red hot swollen inflamed joints, better cold, right-sided
bryonia	pain worse movement, better lying on injured part, worse 9 pm
chamomilla	violent rheumatic pains drive him out of bed to walk
ledum	begins in feet and moves up, cold all the time, puncture wounds
medorrhinum	hot hands and feet, pains worse during the day
phytolacca	intense low back pain, sore throat, worse movement, mastitis
rhus tox	stiffness and pain better first motion, affects small joints
ruta	tremendous stiffness, worse cold damp, injured part “gives out”

Blood Disorders

Anemia

Pernicious Anemia

B12	1000 mcg qd	deficiency causes pernicious anemia
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Sickle Cell Anemia

E	450 iu qd	decreases number of irreversibly sickled cells
zinc	25 mg qd	increases oxygen carrying capacity of RBC's

Folate Deficiency Anemia

folate	1-5 mg qd	symptomatic treatment
C	1 g qd	cofactor for folic acid folinic acid

Iron Deficiency Anemia

ferrous sulfate	100 mg qd	component of heme
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Anemia of Chronic Disease

C	1 g qd	helps keep iron reduced
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Hemolytic Anemia

narigin		bioflavonoid, can protect RBC's from hemolysis
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Copper Deficiency Anemia

copper		part of cerruloplasm
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Thrombocytopenia

shark liver oil	1 g qd x 1 month	restores healthy platelet production
B6	100 mg tid	cofactor for Succinyl CoA Heme
B12	1000 mcg qd	cofactor for making Heme

Toxicology

lead		blocks hemoglobin formation
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Anemia

Diet Additions

enhance absorption	vitamin C, fructose, citric acid, protein, lysine, histadine, cysteine methionine, meat, fish, poultry
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Diet Restrictions

inhibit absorption	oxalates, tannins, phytates, carbonate, phosphate fiber (but not cellulose)
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Anemia

Associations

reduced absorption	hypochlorhydria, protein deficiency, infection or inflammation excess metal ions - cobalt, copper, zinc, cadmium, manganese
Blood type O	tend to have fewer blood clotting factors they should supplement with vitamin K and B complex (found in liver)
Blood type A	tend to have lower levels of intrinsic factor and stomach acids they should supplement with B12 orally or IM

Side Effects

deplete iron	tricyclic anti-depressants, thyroxine, ciprofloxacin allopurinol, cimetidine, indomethacin penicillamine chelates heavy metals including iron
deplete B vitamins	allopurinol, antacids, aspirin, clonidine
deplete B6	corticosteroids, digoxin, estrogen, glutethimide, guanethidine hydralazine, isonazid, penicillin, phenobarbital, prednisone reserpine
deplete folic acid	estrogen, glutethimide, phenobarbital, phnylbutazone, phenytoin spironolactone, triamterene, trimethoprim

Homeopathy

arsenicum album	burning pains, better heat, gastritis, thirsty for sips, wakes at 1 AM
carbo veg	pale, cold blue skin, desires fanning, flatulence, complete collapse
china	worse fluid loss, periodic complaints, fear of dogs, flatus
ferrum	headaches for days, craves sweets, averse eggs, best walking slowly
ferrum phos	low platelet count, high fever, GI and respiratory problems
helonias	anemic women, worn out from hard work, prolapse, melancholy
kali carb	blood lacks RBC corpuscles, milky white skin, wakes 2-4 AM, rigid
lachesis	purple or blue skin, great weakness, worse menopause
phosphorous	bleeds easily, burning pains, chilly, constipation, cough
plumbum	paralysis of extensors - wrist and ankle drop, spasm, constipation

Psychology

Bach Flower Remedies
Psychology and Homeopathy

Attention Deficit Disorder
Remedies for ADD
Anxiety
Autism
Depression
Homeopathy for Fear

Bach Flower Remedies

fear

aspen	irrational fear and paranoia of imaginary things, panic
cherry plum	afraid of losing control, going crazy, losing their mind, what they'll do
larch	lack self confidence, insecure, inferior, doubt, afraid of failure
mimulus	anxious, sensitive, fear everything, paralyzed with fear

anger

holly	anger, rage, unsatisfied, complains, resentful, jealous, envy
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fatigue

elm	overwhelmed or burned out by a large task
hornbeam	overwhelmed by life, overworked, drained, exhausted, eyes burn
olive	exhausted, life is a struggle or battle, no energy reserves left

sadness

agrimony	cheerful on surface but agonized underneath, hide their problems
gorse	deep despair arising after many failures and suffering, loss of faith
mustard	deep sadness or depression without reason, melancholy
star of bethlehem	unresolved injury or shock that leaves a deep emotional wound
sweet chestnut	despair, hopeless, forsaken, abandoned by God
wild rose	gave up, unhappy, apathetic, feels empty, drained, no desire to live
willow	victims, feel unfairly treated, full of self pity, bitter, unhappy
wild oat	on a quest, starts many things, can't find fulfillment, unsatisfied

friendly

centaury	good natured, weak willed, can't say no, afraid of rejection
chicory	friendly, helpful, lives for others, afraid to be alone, easily hurt
heather	needy, needs an audience, love, affection, listeners

thinkers

clematis	daydreamers, absent-minded, fantasy, lost in thought, forgetful
white chestnut	can't stop thinking, talk to themselves, insomnia from thinking
honeysuckle	live in the past, nostalgic, homesick, dreams of the good old days

Bach Flower Remedies

complainers

beech	complainers, criticizers, nags, put others down, ironic, satirists, proud
gentian	pessimists, doubters, skeptics, can't trust, disappointed by life

obsessive-compulsive

crab apple	conscientious, tidy, perfect, fanatical about cleanliness
scleranthus	versatile, intelligent, neurotic, manic, checks and rechecks

workers

impatiens	impatient, hectic, busy, rushed, other people move too slow
oak	responsible, reliable, duty, workaholics, never complain
cerato	curious, industrious, read alot, unsure, dependant

idealistic

rock water	idealistic, moralistic, unappreciated, vegetarians, non-smokers
vervain	likes to convince or persuade others, strong ideals

confident

vine	confident, never gives in, strict, dominant, unyielding, merciless
water violet	independant, arrogant, superior, distinguished, feel isolated

guilt

pine	guilty, blame and criticize themselves, sexual guilt, insomnia
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worry

red chestnut	worry about other people - something bad will happen
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miscellaneous

chestnut bud	make the same mistakes again and again, avoids problems, always late
rock rose	crisis, panic, terror, horror, scared to death, paralyzed, powerless
walnut	change, moving, new career, retirement, midlife crisis, puberty

Psychology and Homeopathy

guilt

arsenicum album	suffer extreme anguish if they believe they caused an injury
aurum metallicum	prone to feeling guilty, may be self-destructive or suicidal
belladonna	forgotten wrongs flood the mind causing intense guilt
causticum	thinking of their own problems makes them feel guilty
cocculus	feel guilty because they caused problems for other people
coffea	agonize over their guilt and can't sleep because of it

grief

ignatia	grief, romantic, idealistic, spasms, lump in throat, jerking of legs
nat mur	melancholia, migraines, clear coryza, sighing, palpitations
phosphoric acid	chronic effects of grief, grey hair, painless diarrhea, listless, apathetic

hypochondria

arsenicum album	despair about not ever getting better, medicines don't work
calc carb	fear of mental collapse or losing their sanity

obsessive behavior

anacardium	bizarre fixations, OCD, believe they are two people
argentum nitricum	compelled for reasons they are embarrassed to talk about
arsenicum album	like everything in it's proper place and neatly organized
hyoscyamus	ritualistic hand-washing
pulsatilla	develops rituals about touching wood, etc
silicea	collects and counts small things like pins
tarentula hispania	destroys things
veratrum album	tears or cuts things up

Psychology and Homeopathy

panic

arsenicum	terrifying fear from sudden trauma or shock
gelsimium	"trembling with fear", stage fright
kali phos	panic attacks in nervous types, night terrors
opium	"frozen with terror" or "petrified with fear"

religious ideas

anacardium	religious delusions, "devil on one shoulder angel on the other"
lachesis	religious or philisophical fixations

violence

anacardium	unbearable inner conflict, swearing, band sensation, religious
hyoscyamus	hyper-sexual, shameless behavior, exhibitionism, public masturbation
staphysagria	suppressed anger, throws things, worse napping, masturbation
strammonium	rage, violence, fears, night terrors, stammers, jerks head, escape
veratrum album	hyperactive disobedient children, religious, projectile vomiting

Homeopathy for Fear

fear of open places

aconite	feel certain that death or injury is going to happen
arnica	because of a memory of a prior accident or trauma
arsenicum album	restless, annoyed if anyone tries to get them to go out
lycopodium	general fear of crowds, makes up excuses not to go
nat mur	dislikes company, hate sympathy

fear of closed spaces

argentum nitricum	the prospect causes diarrhea, need fresh air
carbo veg	feels they may faint or collapse, cold sweat
pulsatilla	hate stuffy places, better outdoors and fresh air
sulphur	dislikes being hemmed in
valerian	reacts hysterically

fear of animals

causticum	children who hate to go to bed alone, better distracted
china	fears "creepy crawlies", worse at night
hyoscyamus	children who giggle, argue and mumble; fear being bitten
stramonium	children who stammer, fear being eaten

fear of insects or spiders

argentum nitricum	get diarrhea when frightened, also fear closed spaces
gelsinium	fly into a panic and shake like a leaf, need to lie down
nux vomica	irritable if anyone suggests they are frightened of anything

fear of burglars

arsenicum album	fear people might break in, tend to hide under the covers
lachesis	furious at the thought of someone breaking in
mercurius solubilis	distrustful of people
nat mur	melancholic types worse sympathy
phosphorous	hear bumps in the night they believe are burglars

Homeopathy for Fear

fear of the dark

calc carb	thinks people are looking at him
causticum	horror stories make them worse, they worry too much

fear of heights

argentum nitricum	fear they might jump off a cliff or out a window
pulsatilla	feels sure they could get dizzy and fall off
sulphur	embarrassed about their fear

fear of thunderstorms

nat mur	better hiding under the table
phosphorous	can't stand the noise of thunder, become ill during the storm

Attention Deficit Hyperactivity Disorder

Botanicals

Gotu Kola	20 ml tid	improves mental abilities
Valeriana	5 ml hs	beneficial for childhood behavioral disorders

Vitamins

B6	50 mg tid cc	cofactor for 5-HTP Serotonin helps in dream recall
niacinamide	250 mg tid	reduces anxiety

Minerals

multi-mineral	as per label	multiple deficiencies are common with ADD
calcium		indicated if there is a craving for milk
magnesium		indicated if there is extreme ticklishness

Nutrition

5-HTP	50 mg bid	5-HTP Serotonin
GABA	1500 mg tid	natural tranquilizer
oligomeric proantho's		OPCs decrease the inattentive theta brain waves

Diet Restrictions

diet soda	contains aspartame which may cause problems	
food allergies	very common cause	

Remedies for ADD

violence

Anacardium	isolated, seperated from the world, put down, antagonizes himself two wills - devil and angel on shoulders, Jeckyl and Hyde malicious, cruel, lack of conscience, swearing
Lyssin (Rabies nosode)	tormented, abandoned, has been abused, injured, or suffered wrong animal-like behaviors - bites, growls, scratches, dreams he is a dog fits of rage, strikes out at tormentors, anger with quick repentance
Stramonium	terror of being abandoned or alone, clings to mother night terrors - fears dark, dogs, water, ghosts violent and aggressive - bites, kicks, strikes, threatens, fits of rage
Hydrogen	FHx of bipolar dz, exalted or depressed wants to be left alone, isolated, seperated from family thinks about space, fire, explosions, stars
Chocolate	abandoned, seperated, "I miss my mother", desires to be a baby animals - barking, biting, licking, scratching, holds stuffed animals loves or hates lizards, fears cockroaches, loves white and red food

Spiders

Characteristic	feel like an outcast
Tarentula	loves music, dancing, jumping, singing - restless, wild, frenzied delusions - sees faces with eyes closed, is insulted, stranger is in room mischievous - sneaky, hides, teases, cuts, destructive
Latrodectus (Black Widow)	palpitations, angina, acute MI, fear of sudden death anguish, laments, feels something is wrong

Remedies for ADD

Frustrated

Calc phos	frustrated, dissatisfied, fussy, peevish dreams - he is away from home and must get back tuberculinum sxs - athletic, love travel and change, growing pains
Sulphur	egotism, theorizes, daydreams, absent-minded, spacey rags are beautiful, she is disgraced, has visions mechanically oriented, reading, computers, limited social skills, loner
Tuberculinum	must be free, seeks change, desire to travel, dissatisfied not enough time, burns candle at both ends, fears cats and dogs everything is strange, he can fly, someone is behind him, violence - tantrums, breaks things, malicious, torments animals

Isolated

Cannabis	isolated, disconnected, anguished, terror, ecstasy fears will become insane, familiar things seem strange - as if in a dream confused, dreamy, time and space lost, off in space, can't pay attention absent-minded, drugged look
Phosphorous	unloved, isolated, friendless dreams - on a distant island, has incurable disease, sees ghosts or spirits sweet and spacey, compassionate, kind, gregarious, good-natured

Mania

Hyoscyamus	must be center of attention, sexual overtones, kisses everyone jealous, calculatingly breaks others favorite things, coldly malicious being watched, injured by surroundings, pursued by enemies foolish, silly, childish, talks nonsense, inappropriate laughter, giddy
Veratrum album	pretends, liars, tears things, inconsolable after fancied misfortune racing mind, must act on impulses, impulse to kiss or touch religious mania - in communication with God, he is Jesus delusion - he is a great person, distinguished, dreams - animals, dogs fruitlessly busy, fidgets, pokes, very hurried, restless, precocious

Remedies for ADD

Insecurity

Baryta carb	self-conscious, incapable, self-limitation fear of being laughed at, criticized, mocked or being watched timid, dares not look up, walks on knees childish, immature, delayed development, backward, behind
Lycopodium	insecurity, fear to try anything new, fear of looking bad, many fears sees images or phantoms, delusion - will receive injury, is a great person fear and bravado, dyslexia, prefers younger friends
Calc carb	unsafe, cautious, protective, fears robbers, dogs, height, airplanes fears others think she is insane, everything is horrible obstinate, strong will, slow, sluggish, chunky
Medorrhinum	must hide herself, has a defect or flaw, things feel unreal racing mind, hurried actions, anticipation anxiety, obsessive-compulsive delusion - someone behind him, dreadful has happened fears she will become insane, night person memory terrible, fitful, unstable, impulsive, reckless, rigidity
Calc sulph	jealous of siblings, doesn't feel appreciated by parents, insecurity quarrelsome, argumentative, bossy, fear of birds

Alcoholism

Botanicals

Kudzu extract		beneficial
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Vitamins

inositol hex.		reduces cravings
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Nutrition

glutamine	high doses	detoxification, reduces craving
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Minerals

lithium		reduces recidivism, lowers temper and depression
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Homeopathy

lachesis	craves alcohol (beer), hot, talkative, purple discolorations	
nux vomica	craves alcohol, coffee and other stimulants, impatient, competitive	
syphilinum	desires alcohol, FHx, compulsive, worse at night, bone pains	

Anxiety

Botanicals

Ginkgo biloba	0.5 ml tid	improves brain cell oxygenation, anti-depressant
Kava Kava	1-3 ml tid	kavain reduces anxiety
Valarian	5 ml hs	tranquilizing

Vitamins

B complex	as per label	vital to CNS function
B6	50 mg tid cc	cofactor for 5-HTP Serotonin
C	1,000 mg cc	supports the adrenal glands
niacinamide	1 g tid	activates vallium receptors in the brain

Minerals

magnesium	100 mg tid	calming, reduces spasm
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Amino Acids

tyrosine	2 g tid	alleviates symptoms of stress, promotes sleep
5-HTP	100 mg tid	precursor of serotonin

Nutrition

NADH		normalizes brain chemistry
GABA		natural tranquilizer
melatonin	2 mg hs	promotes better sleep
essential fatty acids	2 tbsp tid	provides nutrients for nerve sheaths

Anxiety

Homeopathy

argentum nitricum	causing diarrhea, very hot
arsenicum	anxiety, palpitations
bryonia	cannot keep still yet worse motion
calc carb	feels people are looking at him, wrings hands
gelsimium	causing frequent urination and insomnia
iodum	have to keep busy, compelled to act on impulse
kali phos	before meeting new people
lycopodium	insecurity even though they are very capable

Miscellaneous

Brownwyn Fox	http://www.paems.com.au/
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Autism

Vitamins

B12		may increase tryptophan hydroxylase
B6		aids decarboxylation and kynurenine metabolism
C		may increase tryptophan hydroxylase
folic acid		may increase tryptophan hydroxylase

Depression

Botanicals

Damiana	2-3 ml tid	anti-depressant, aphrodisiac
Kava Kava	1-3 ml tid	anti-anxiety, muscle relaxant
St John's Wort	1-2 ml tid	shown to be effective in treating depression

Vitamins

B6	100 mg tid	cofactor for tryptophan serotonin
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Amino Acids

5-HTP	100 mg tid	precursor of serotonin
tyrosine	2 g tid	precursor of ephedrine
phenylalanine	500 mg qd	precursor of ephedrine

Nutrition

essential fatty acids	1 tbsp tid	60% of the brain is fat
evening primrose oil	5 g qd	PGE1 is commonly deficient
inositol	12 g qd	component of CNS cell membranes

Diet Restrictions

nutrasweet	increases CNS tyrosine and phenylalanine
methylxanthines	caffeine, coffee, chocolate
simple sugars	triggers hypoglycemic reactions
tyramine	cheese, chicken, liver, sardines, red wine, beer, sour cream, eggplant
food allergies	very common cause

Dietary Additions

bananas, plums figs	high in serotonin, use caution with SSRI's
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Depression

Homeopathy

arsenicum album	deep anguish, paces the floor
aurum metallica	sudden depression, feels despondent and disgusted with life
belladonna	sudden depression and extreme restlessness
cimicifuga	hysterical outbursts, self-destructive gestures, talking
iodum	the future is dim, wants to run away and do destructive things
lilium tigrinum	has to keep busy, but without any real aim
lithium carbonicum	lithium use, depression, rheumatism, cardiac pain, better eating
nitricum acidum	can become vindictive and very sensitive
rhus tox	extreme restlessness, cannot stay in bed at night

Oncology

Cancer

Cancer, Specific Treatments

Cancer Homeopathics

Cancer

acetic acidum	stomach cancer, intense thirst, burning in throat, retching, sour rising
arsenicum	burning pains
asterias rubens	red hot face, lancinating pain in breast, sexual excitement (ddx sepia)
calc arsenicum	Pancreatic disease (cancer), with burning pain and albuminuria.

Breast Cancer

Vitamins

D, cholecalciferol	400 iu qd	inhibits growth of breast and skin cancer cells
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Nutrition

melatonin	1-3 mg hs	blocks estrogen receptors on breast cells
co Q10	100 mg qd	studies show that it can reverse breast cancer
calcium-D-glucurate	1000 mg tid	detoxificant that prevents breast cancer
flavenoids		help reduce lymphedema, strengthen vessels

Hormones

progesterone	decreases risk of breast cancer, increases bone density
progestins	synthetic progesterone, no protection from breast cancer

Diet

phytoestrogens	have weak estrogenic activity, lowers risk of breast cancer
genestein	anti-cancer isoflavone found in soy beans
isoflavones	blocks cancer effects of estrogen in breast tissue
indole-3-carbinol	prevent breast and prostate cancer
blood type A	Blood type A women have a higher incidence of breast cancer
snails	agglutinates onto breast cancer cells in blood type A women

Homeopathy

conium	breasts sore, hard and painful during menstrual period
graphites	keloids, breast cancer after surgery

Leukemia

Botanicals

Curcumin	2000 mg cc	may induce cancer cell death in promyelocytic leukemia
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Vitamins

folic acid		deficiency linked with leukemia
D3	100,000 iu	helps differentiate cancer cells into normal cells
A	1-300,000 iu qd	Vesanoid (A analogue) is used in CML

Nutrition

soy	genistein is an inhibitor of protein tyrosine kinase, the enzyme that cancer cells require in order to replicate particularly useful for patients positive for mutant p53 oncogenes	
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Hormones

DHEA	favorably modulates immune dysfunction (mice) prevents loss of cytokines interleukin-2 and interferon-gamma (mice)	
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Lymphoma

Botanicals

Scutellaria nodosa		beneficial for Hodgkin's disease
Aconitum lycoton.		beneficial for Hodgkin's disease

Cancer, Specific Treatments

Botanicals

Crotalaria sessiflora	nonjieli	effective in cervical, penile and rectal cancers
Sarcandra glabra	zhongjiefeng	stomach, pancreatic and esophageal cancer

Vitamins

D	400 iu qd	inhibits growth of breast and skin cancer cells low levels increase the risk of colon cancer
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Minerals

calcium	2,000 mg qd	prevents and treats colon cancer
magnesium	1,000 mg qd	synergist with calcium

Nutrition

co Q10	25,000 iu qd	may reduce toxicity from chemotherapy
bromelain		inhibits proliferation of lung cancer cells
acidophilus	as per label	may help prevent colon cancer
chlorella		beneficial for treating brain tumors

Diet Additions

isoflavones	inhibits enzymes that promote cancer growth	
indole-3-carbinol	prevent breast and prostate cancer	
azelaic acid	inhibits the growth of melanoma	
olive oil	contains oleic acid which forms azelaic acid with ozone	

Specialty Items

perillyl alcohol	increase mannose-6-phosphate/insulin-like growth factor II receptors increase tissue growth factor beta receptors, increase Bak decrease Ras protein prenylation, decrease ubiquinone synthesis induce Phase I and Phase II detoxification systems.
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Cancer, Specific Treatments

Homeopathics

carbo animalis	great weakness, axillary gland swelling, hard breast nodules
conium	cancer of the breast caused by an injury or blow
iodium	uterine cancer, always hungry, hypertrophy of glands
kreosotum	uterine cancer, bleeds easily, leucorrhea, black gums, tooth decay
lachesis	cancer of the left ovary, cancers that turn black and bleed easily
lapis	uterine fibroids and cancer
phosphorous	easy bleeding, necrosis of bones, general emaciation
ruta	anal cancer
sepia	chronic congestion of pelvic organs, hot flushes, weakness

Homeopathy

Remedy Groupings
Homeopathic Keynotes
Common Homeopathic Remedies
Homeopathic Miasms

Remedy Groupings

Acid Group

characteristic	weakness
remedies	phos acid, nitric acid, picric acid, muriatic acid, sulphuric acid
phosphoric acid	indifference, debility, thirst, polyuria, begins after shock

Kali group

characteristic	chilly, overweight, perspires, debility, muscle weakness, 1-5 am
kali bich	pains in small spots, sinusitis, asthma, thick stringy mucous, conformists
kali brom	religious paranoia, wringing of the hands, sighing
kali carb	conservative, stitching pains, swollen eyelids, low back pain

Homeopathic Keynotes

abrotanum	metastasis, marasmus of the lower extremities only
aconite	sudden shock or trauma, great anxiety, terror of death
actea spicata	rheumatic pains and swelling in the small joints, wrists especially
aesculus	hemorrhoids, venous congestion, sciatica, "rectum is full of sticks"
aethusa	devoted to pets, collects pets in great numbers, worse milk
agaricus muscarius	twitching, spasms, epilepsy, convulsions, extreme fear of cancer
agnus castus	collapse after alcohol, drugs or sex abuse, complete impotence
allium cepa	tears, burning nasal drip, hay fever
aloe	AM diarrhea, hemorrhoids "like grapes", stools with a gob of mucous
alumina	dryness, constipation, mental dullness, averse potatoes
ambra grisea	senility, silly talk, does not wait for answers, memory impaired
ammonium carb	chronic fatigue, cardiac and respiratory weakness
amylum nitros.	after glonoinum fails in heart disease, intollerant of tight collars
anacardium	unbearable inner conflict, swearing, band sensation, religious delusions
anagallis	eruptions and itching on palms, poison ivy
angustura vera	irresistible desire to drink coffee, cheek spasms
antimonium crud.	irritable, peevish children, GI problems, white coated tongue
antimonium tart	rattling sounds, can't cough it up, suffocation and cyanosis
apis, honey bee	red hot puffy stinging pains, edema, busy
apocynum	renal failure, edema, ascites, vomits liquids immediately
argentum metall.	electric sensations, vertigo, testicle pain, inflammation of cartilage
argentum nitricum	frightening impulses, fear of heights and jumping, can't control emotions
arnica	trauma, bruises, sore, denies injury, after surgery
arsenicum album	insecure, anxious, fastidious, conservative, GI problems
arsenicum iodatum	hyperactive children, restlessness, warm
arum triphilum	raw bloody lips, picks at lips till they bleed, laryngitis
asafoetida	hysteria, lump or bubble in stomach rising to throat
asarum	over-sensitive to noise, hysteria, wrings hands, floating sensation
aurum mur	depression, suicidal, ailments from grief or disappointed love
aurum mur nat	depression, uterine cancer, fibroids
badiaga	spasmodic cough with ejects viscid mucous
baptisia	infections, drunken expression, putrid stools, painless, feels broken

Homeopathic Keynotes

baryta carbonica	delayed mental development, childish, shy, bites nails, swollen tonsils
baryta muriatica	swollen tonsils, glands like ropes, aneurysm, erotic insanity in old men
belladonna	red, hot, migraines, sensitive and irritable children, healthy, robust
bellis perenis	bruising after surgery, tumours after contusion
benzoic acid	gout, strong urine odor, urine sediment, rheumatism worse wine
berberis	radiating pains, kidney stones, cystitis, sciatica
bismuthium	violent stomach pain, anxiety, desires company, vomits cold drinks
borax	easily startled, sensitive to noise, worse descending, mouth ulcers
bryonia	worse any motion, dry, slow, stitching pain, "I want to go home"
bovista	awkward, drops things, diarrhea with menses
bromium	swollen glands, worse heat or summer, tickling cough
bryonia	worse motion, business oriented, fear of poverty, hates being disturbed
bufo rana	retardation, convulsions, gaunt face, protruded tongue, masturbation
cactus grand	severe constricting pains, chest pain "grasped by an iron fist"
caladium	impotence with a relaxed penis, desire for tobacco
calc carb	flabby, perspires on head, responsible, overwhelmed, fears insanity
calc phos	deep discontent, complains, bored, desire to travel, thin, intelligent
calc sulph	anal fistulas, thick yellow discharge, craves unripe fruit, jealous
calc flour	flabby, stone hardness, restless, insomnia, without tiredness
calc ars	anxiety, restless, chilly, palpitations, pancreatic CA, varicose veins
calc silicate	chilly, offensive perspiration, emaciation, lymphadenopathy
calc iodatum	flabby, excoriating discharges, thyroid disorders, goitre
camphora	collapse with chills, cold but can't tolerate covering
cannabis indica	panic, fear of insanity, confusion, theorizing, delusions, floating feeling
cannabis sativa	GU complaints, feels drops of water in urethra
cantharis	burning pains, mucous membranes, bladder infection, violence
capsicum	depression, obesity, flabby, red face with red blood vessels, pepper
causticum	burning pain, serious, intense, sensitive, checks and rechecks
carbo animalis	cancer and painful glands with discharge
carbo veg	fainting, lifeless, cold and desires fanning, apathy, flatulence
carbolic acidum	stomach cancer, vomiting, stimulant use, frontal headache
carcinisin	strong, passionate, intense, driven, restless, loves thunderstorms

Homeopathic Keynotes

caulophyllum	delayed labor, rheumatism in women, frequent miscarriages
causticum	serious, intense, sensitive, overly sympathetic, can't tolerate injustice
chamomilla	hysterical, hyper-sensitive, capricious, uncivil words from a good lady
chelidonium	domineering, right sided, liver problems
china, cinchona	loss of body fluids, introverted, sensitive, touchy, worse milk or fruit
chininum sulph.	history of quinine use, Meniere's syndrome
cicuta	violent convulsions and contortions, childishness, craves dirt
cimifuga	talkative, hysterical, mental dullness during headache, neck spasms
cina	pinworms, pinching, convulsions from being scolded, blue lips
clematis erecta	chronic prostatitis or BPH, forked stream, difficult urination
cocculus	vertigo, restlessness, dizziness, agitation, anxiety, romantic
coccus cacti	paroxysmal cough that ends in vomiting of ropey mucous
coffea	sensitive, nervous, over-reactive, insomnia
colchicum	nausea from cooked food, abdominal distension like it will explode
colocynthus	agonizing abdominal pain, suppressed anger
colocynthis	colic, pain better heat and bending over, strong opinions, easily angered
conium	ascending paralysis, emotionally closed, "brain fog", tumors
crocus sativa	stringy long black hemorrhages, extreme alternating moods
crotalus cascavella	metrorrhagia with tremendous fear of being alone
crotalus horidus	hemorrhages from every outlet of the body, prostate cancer
croton tiglium	yellow watery stool that comes out all at once, worse from food or drink
cuprum	convulsions, cramps, spasms, closed emotionally, clenched fists
digitalis	very slow pulse, CHF, sensation that the heart will stop
dioscorea	abdominal cramps better bending backward
drosera	violent spasms of coughing, pertussis, muscle cramps
dulcamara	worse cold damp weather, hayfever, sinusitis, warts
eupatorium	tremendous bone pain "as if they are broken", fever
euphrasia	hay fever affecting the eyes
ferrum	anemia, headaches lasting for days, blushes easily
flouricum acidum	preoccupied with sex, materialistic, hot blooded, watery discharge
gelsimium	stage fright, fear of public speaking, droopy eyelids, trembling
glonium	headaches, worse sun, "lost in well known places"

Homeopathic Keynotes

graphites	basic, earthy, unrefined, slow thinking, otitis, thick skin with cracks
hamamelis	varicose veins, hemorrhoids
helleborus	stupefaction, slow thinking, blank mind, answers slowly
hepar	shrieks, sensitive to pain, chilly, infections, pharyngitis
hydrastis	sinus infections with thick and ropey discharges
hydrophobinum	many fears, rabies vaccine or animal bites, hates running water
hyoscamus	hyper-sexual, shameless behavior, exhibitionism, public masturbation
ignatia	grief, romantic, idealistic, spasms, lump in throat, jerking of legs
iodum	accelerated metabolism, hurried, nervous, restless, better eating
ipecacuanha	nausea and vomiting, asthma in children
kali bich	thick ropey discharges, pain in small spots, sticks to rules
kali brom	religious paranoia and fear of God's wrath, wringing hands
kali carb	rigid adherence to ethics and rules, duty bound, worse drafts
kali phos	mental and physical exhaustion after over-exertion
kali sulph	snoring, chronic otitis, asthma
kalmia	severe pain radiating downward, heart disease
kreosotum	putrid leukorrhea, PMS, tooth decay
lac caninum	fear of snakes, pains move from side to side, sleeps with foot on knee
lachesis	passionate, sexual, jealous, warm, hormonal problems, tight collars
ledum	bites, stings and puncture wounds
lilium tigrinum	irritability and rage, conflict between religion and sex
lycopodium	inferiority, cowardice, bullies, flatulence, wakes to eat, hates oysters
magnesia muriatica	spasms, peacemaker, wakes unrefreshed
mancinella	fear of evil, devils and demonic possession
medorrhinum	extremist, up late, bites nails, clears throat, sensitive soles of feet
mercurius	corrosive sweat and saliva, swollen tongue, worse temperature changes
moschus	anger, fits of rage, intense complaining, sudden asthma
naja	left sided, angina, palpitations, cardiac murmors
nat carb	sunstroke, milk intolerance, averse to certain people
nat mur	melancholia, migraines, clear coryza, sighing, palpitations
nat sulph	headache after trauma, head injuries, suicidal but stops for family
nitric acidum	pessimism about life and health, holds grudges, strong urine odor

Homeopathic Keynotes

nux moschata	confusion, drowsiness, feels "spaced out", dry mouth and tongue
nux vomica	ambitious, aggressive, craves stimulants, chilly, dry heaves
opium	blissful dreamy states, painlessness, narcolepsy, snoring
palladium	needs approval and praise, easily offended or insulted, band headache
petroleum	motion or sea sickness, dry eczema with cracks
phosphorous	trusting, open, bright red blood, bruises, ice cold drinks, chocolate
platinum	delusion of royal birth, extreme passion, sexual perversion
plumbum	advanced atherosclerosis, drawing sensation in abdomen, paralysis
podophyllum	profuse explosive watery diarrhea
psorinum	poverty, hopeless about future, wears hat in summer
pulsatilla	changeable, weeps, "do you love me?", PMS, craves butter, thirstless
ranunculus	worse cold and damp, worse alcohol, stiff neck, herpes zoster
rhus tox	"Rusty Hinge", stiff, red triangle on tongue, restless, hoarse
rumex	coughs, worse undressing or uncovering, tickle in throat
ruta	stiffness in muscles and tendons, anxiety, panic
sanguinaria	right sided migraine starting in neck, headache better vomiting
sanicula	irritable, peevish, stubborn children, fishy odor, smelly feet
secale	burning hot, worse heat and better cold, hemorrhage
selenium	weakness or collapse with sexual excess, worse heat or sun
sepia	excitability, exhaustion and irritability, sarcasm, worse sex
silica	refined, tires easily, chilly, weak bones, epilepsy after vaccine
spigelia	left sided, migraines, worse smoke, piercing sharp pains
spongia tosta	dry, sawing cough better eating and drinking
stannum	weak respiration, hollow feeling in chest
staphysagria	suppressed anger, throws things, worse napping, masturbation
stramonium	rage, violence, mania, fears, nightmares, stammering, jerks head, escape
sulphur	interested, excited, thinkers, messy, hot, morning diarrhea
symphytum	fractures, trauma to the eye
syphilinum	destructive, compulsive checking and hand washing, alcoholism
tabacum	headache with deathly nausea, worse smoke
tarentula hispanica	hurried, intense, excited, cunning, loves music and dancing
theridion	over-sensitive to noise, vertigo, insomnia, craves bananas

Homeopathic Keynotes

thuja	worthless, unattractive, empty inside, mumbles, smallpox vaccine, warts
tuberculinum	desires travel, hyperactive disobedient children, fears cats
veratrum album	liars, pretends, cold sweat, religious delusions, projectile vomiting
zincum	restless, twitching, tremendous complaining, worse wine

Common Homeopathic Remedies

Cold

Arsenicum	anxious, insecure, cautious, conservative, a compulsive saver concerned about health & money, fear of poverty, dying panic 12-2am, asthma, insomnia, watery diarrhea chilly, thirst for sips, desires lemons
Calc Carb	dependable, hard working, responsible, gets overwhelmed chilly, cold, clammy, perspires, pale, flabby, poor stamina fear of heights, craves eggs
Ignatia	romantic, idealistic, emotional, sighs grief and disappointment cause anger and bitterness trembling spasms, tics, legs jerk before sleep, lump in throat nausea, dreams of water, worse tobacco
Lycopodium	cowardice, inferiority, bullies, "arse kissers", used car salesmen impotence, worse 4-8pm, GI and liver problems hungry at night, ravenous but eats small portions, hates oysters bloated, flatus, constipation, premature greying, craves sweets
Nux Vomica	The Conqueror, competitive, aggressive, a terrible loser GI problems - dry heaves, spasms, cramping craves stimulants, wakes 3-4am, morning hayfever
Phosphorous	lack of boundaries, warm, open, imaginative, fearful, gullible bruises easily, long bleeding time, bright red blood worse fasting, better eating, prefers chocolate ice cream, ice cold drinks
Sepia	excitability leading to exhaustion, exhausted moms yell at kids hormonal problems, stasis, nausea, morning sickness, PMS better hard exercise, averse sex, touch, love thunderstorms and dancing
Thuja	feels ugly inside, worthless and unloveable, very lonely copies others behaviour, mumbles last words warts, sinusitis, old acne scars, better with a cold, left headache worse onions, smallpox vaccine
Nat Mur	emotional vulnerability, romantic, melancholic, serious, quiet migraines, hay fever, clear coryza, sighing, palpitations at night sensitive to music, fears robbers, curses during sex insomnia, thinks of the past, prefers ice cold drinks

Common Homeopathic Remedies

Hot

Lachesis	passionate, jealous, spiritual, talkative, competitive, energetic tongue trembles, PMS, hot flushes, high blood pressure sleeps on right, sleep apnea, nightmares fear of snakes or being poisoned worse tight collars, averse touching throat
Sulphur	interested & excited, disorganized outer appearance professors, philosophers, thinkers very hot & worse heat, burning pains, red lips, ears, etc itching, skin problems, dandruff insomnia, sticks feet out, 5am diarrhea, hates eggs

Neither

Medorrhinum	excess, extremes, intense, passionate, needs excitement wild thoughts, forgets in mid-sentence constantly clears throat, bites nails 2 am ulcers, sleeps knee-chest, much better at night hot feet with sensitive soles, cruel to animals
Mercurius	loners, destructive, dark, suspicious, feels different strange, wierd worse night, worse everything corrosive sweat and saliva, drools on pillow hand tremors, washes hands, craves bread and butter, impulse to stab
Pulsatilla	changeable, soft, dependent, affectionate, "Do you love me?", weeps hormonal problems, hot flashes, yellow & green discharges better gentle exercise, sleeps hands above, craves butter - will eat a cube
Tuberculinum	restless, discontent, bored, seeks excitement, has to travel frequent colds, weak lungs, night sweats w/o fever bangs head when angry, grinds teeth, fears cats, desires cold milk

Homeopathic Miasms

Psoric

symptoms	eczema, itching, eruptions, toxins
diseases	allergies, skin problems, nutritional disorders
remedies	calc carb, graphites, lycopodium, nux vomica, sulphur
nosode	psorinum

Sycotic

symptoms	warts, mucous, infections, better seashore, worse damp and day
diseases	allergies, sinusitis, gonorrhea, vaginitis, rheumatism, candida, herpes
remedies	nat sulf, thuja, pulsatilla, sepia, staph
nosode	medorrhinum

Syphilitic

symptoms	depression, suicide, ulcers, worse nights
diseases	alcoholism, heart disease, strokes, ulcers, insanity, syphilis
remedies	merc, arsenicum, aurum, fl-ac, kali-i, lachesis, nitric-ac
nosode	syphilinum

Tuberculosis

symptoms	night sweats, glands, weight loss, better mountains
diseases	colds, coughs, bronchitis, pneumonia, asthma
remedies	calc-phos, phos, phos-ac, silica
nosode	tuberculinum

Cancer

symptoms	change, insomnia, cancer
diseases	cancer, tumor, fatigue, AIDS, mono
remedies	arsenicum, cadm-s, conium, hydrast, phytolacca
nosode	carcinisin

Diet

Food Types

Glycemic Index and Protein Content

Summaries of Popular Diets

Food Types

General

Mucous forming foods	Dairy and flour
Starchy vegetables	Potato, yam, squash, and corn

Grains

Non-gluten grains	Rice, corn, millet, quinoa, amaranth
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Allergens

Main allergens	milk, wheat, egg, corn, peanut, banana, beef, cheese, OJ, soy
Other allergens	food additives, yellow dye #5, pollen, sugar, chocolate, yeast
Even more allergens	spices, avocado (asthmatics), onion, eggs (gallstones)

Fatty Acids

Long chain saturated	beef, mutton, pork and dairy
Short chain fatty acids	butter and milk fat, and some tropical oils
Monounsaturated fats	avocado, canola, lard, olive, peanut, poultry and vegetable shortening
Unsaturated fatty acids	plants and fish
Saturated fatty acids	butter, cheese, chocolate, coconut, meat, milk, and palm oil
Trans fatty acids	processed oils and margarine
omega-3 fatty acids	ALA EPA DHA Alpha Linolenic Acid, Eicosapentaenoic acid, Docosahexaenoic acid ALA - flax, walnut, chestnut, hemp and soy oil EPA - cod liver, salmon, mackerel, tuna, hering and sardine oil
omega-6 fatty acids	LA GLA DHGLA Linoleic acid, Gamma Linoleic Acid, Dihydro Gamma Linoleic Acid LA - safflower, sunflower, sesame, corn, cottonseed and soy GLA - black currant, evening primrose oil and borage oil
Oleic acid	olive oil
Arachadonic acid	meat, milk, eggs and shrimp

Food Types

Fiber

Insoluble fiber	wheat bran, and the lignans (flax seed, potato, and carrots)
Soluble fiber	pectin (fruit), gums (legumes) and mucilage (oats and legumes)
Inulin	Jerusalem artichoke and dandelion roots
Oligosaccharides	derived from soy or fruit; not digestible by humans.

Acid and Alkaline

Acid forming foods	barley, white bread, corn, white wheat flour, honey, lentils, macaroni oatmeal, peanuts, green peas, rice, rye, walnuts, meat, and eggs
Alkaline forming	fruits, vegetables (not legumes), seaweed, soy sauce, miso, potatoes

Glycemic Index and Protein Content

Glycemic Index

Very High	cornflakes, carrots, parsnips, instant potatoes, maltose and honey
High	bread, millet, rice, potato
Moderate	white bread, brown rice, muesli, shredded wheat, bananas, and raisins
Medium	buckwheat, spaghetti, porridge, sweet potato, navy beans, dried peas, oranges, OJ
Low	butter and haricot beans, blackeye and chick peas, apples, ice cream, milk, yogurt and tomato soup
Very Low	kidney beans, lentils, fructose soya beans, peanuts

Glycemic indexes:

Very High	80-90%	Medium	50-59%
High	70-79%	Low	30-39%
Moderate	60-69%	Very low	10-29%

Protein Content

Extremely High	soybeans, nori, chlorella, blue-green algae, spirullina yeast
Very High	sunflower seeds, aduki beans, dry peas, lentils, dulse, cheese, sardine tuna
High	amaranth, quinoa, almonds, sesame seeds, tempeh, kelp, alaria, herring, cod, bass, abalone, anchovy, mackarel, fowl, beef, red meat
Medium	buckwheat, oats, spelt, filberts, miso, wakame, cottage cheese, clam
Low	rice, barley, corn, rye, millet, soy sauce, tofu, sourdough bread, hikiji, kombu, oyster
Very Low	fruits, carrots, cabbage, cauliflower, broccoli, kale, parsley, brussel sprouts, pickles, amasake, agar agar, whole milk, yogurt, eggs

Grams of protein per 100 gram (3.5 ounce) edible portion:

extremely high	30-70	medium	11-15
very high	21-29	low	6-10
high	16-20	very low	1-5

Summaries of Popular Diets

Pritkin and Ornish

Characteristics	High complex carbohydrate, very low fat and protein
Supplements	No supplements except B12 for vegetarians

Hygienic

Characteristics	Remove toxins from the body
Food combining	Don't mix proteins, proteins with starches
Breakfast	Fruit (elimination)
Lunch	Vegetables
Dinner	Grains and meat (assimilation)

Hippocrates

Characteristics	Raw foods, elimination of toxins, enzymes from fresh foods
3 Phases	cleanse, maintenance, elimination

Dr. Christopher

Characteristics	Avoid mucous forming foods (dairy and flour)
Revitalizing agents	cayenne, kelp, molasses, wheat germ oil
Breakfast	No breakfast, or eat low-heated cereals
Lunch	Salads and greens
Dinner	vegetables & potato or squash

Atkin and Stillman

Characteristics	Low carbohydrate, high protein and fats
Ketosis	suppress appetite (may cause kidney damage and gout)
Acidity	causes calcium loss and osteoporosis
Saturated fats	cause heart disease, diabetes and possibly cancer
Proteins	allergenic

Elimination-Challenge

Characteristics	Eliminate all potential allergens for seven days
Food Challenge	add one new food per day, eliminate if it causes a reaction

Summaries of Popular Diets

Summaries of Popular Diets

Detoxification

Week 1	fruits only
Week 2	add non-starchy vegetables (fruits in the morning)
Week 3	add starchy vegetables and non-gluten grains
Week 4	add gluten grains

D'Adammo

lectins	antigenic molecules found on food breakdown products
sialic acid	primary components of mucous, found in blood group antigens
Blood Type O	the hunter - does best on simple meats and grains, lean beef, oils susceptible to hypothyroidism avoid wheat gluten, dairy, eggs supplement with kelp, vitamin B, K, calcium, manganese, licorice
Blood Type A	do best on vegetables, fruit, and grains avoid red meat, wheat, cabbage, eggplant, olives, potatoes, tomatoes susceptible to hypochlorhydria, stomach cancer, strep infections supplement with hawthorne, quercetin, milk thistle, enzymes
Blood Type B	do best on wild game and red meat, dairy avoid chicken, sunflower, sesame, corn, buckwheat, peanuts, wheat supplement with licorice, magnesium, ginseng, ginkgo, lecithin
Blood Type AB	do best on turkey, lamb and fish avoid beef, chicken, ham, peppers, bananas, oranges, pickles supplement with vitamin C, zinc, selenium, hawthorne, quercetin

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