

# Vineyard Labourer Bible College

## Health and Hygiene Module 8

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” 3 John 1:2

“Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones.”  
Proverbs 3:5-8

“Since the mind and the soul find expression through the body, both mental and spiritual vigor are in great degree dependent upon physical strength and activity; whatever promotes physical health, promotes the development of a strong mind and a well-balanced character. Without health no one can as distinctly understand or as completely fulfill his obligations to himself, to his fellow beings, or to his Creator. Therefore the health should be as faithfully guarded as the character. A knowledge of physiology and hygiene should be the basis of all educational effort.”

Education by E. White, page 195 para. 1.

“When properly conducted, the health work is an entering wedge, making a way for other truths to reach the heart. When the third angel's message is received in its fullness, health reform will be given its place in the councils of the conference, in the work of the church, in the home, at the table, and in all the household arrangements. Then the right arm will serve and protect the body.”

Vol. 6 Testimonies For The Church by E. White, page 327 para. 2.

“Never should the Bible be studied without prayer. Before opening its pages we should ask for the enlightenment of the Holy Spirit, and it will be given.”

Steps to Christ by E. White, page 91 para 1.

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***Vineyard Labourer Bible College Training for the Christian Walk***

## 8a - Immune For Life

by Arnold Fox, M.D. with Barry Fox  
Printed 1986 by Medallion Books.

This book review is mostly compiled of quotes from this book by S. Goeldner. Although this book is written by a medical doctor many of the things he says lines up with the counsel given us by Ellen G. White. Therefore this book review is included in our college as it gives practical, easy to understand guidelines for a healthier and happier lifestyle.

### **"Your 'Doctor Within': The Key to Health and Happiness**

"Despite the self-imposed odds against our doing so, we manage to struggle along, living in fair or poor health into our 60's and 70's; some of us to our 80's and 90's. That we do live - and sometimes flourish - for so long is a tribute to our 'internal physician.'

"Your 'doctor within' is an amazing collection of cells, proteins, glands and organs inside your body, genetically programmed to keep you vibrantly healthy and happy. In a sense, the 'doctor within' you is *you*. The heart that pumps fresh blood to all the billions of cells in your body is part of your 'doctor within.' So are the kidneys that filter out waste products; the endorphin hormones that block certain pain signals and lift your mood; the white blood cells that attack invading germs. Everything in your body that contributes to and fights for your health, happiness and longevity is part of your 'doctor within.'" p. 6.

### **"The Immune System: Your Built-in Department of Defense**

"The immune system is one of the major components of your 'doctor within.' To be immune is to be protected, to have resistance, to be exempt. That's what your immune system is designed to do - protect you and give you resistance against disease. Your immune system is responsible for fighting off bacteria, viruses, fungi, cancer cells and other antigens (anything that challenges the immune system). It's genetically programmed to swing into action as soon as disease rears its ugly head." p. 6.

### **"A Cold, or Cancer?**

"Which signs and symptoms suggest immune system malfunction? They are varied and often very subtle. Fatigue, cough, malaise, fever, insomnia, skin problems, muscle wasting, muscle pain, unusual hair loss, eye problems, stomach problems, loss of taste, bleeding gums, enlargement of the neck glands, urinary tract infections, pains and swelling of the legs and feet, bone pains, numbness and tingling of the extremities and difficulty in walking can all point to immune problems. So can depression, irritability, blues, difficulty staying asleep, inability to concentrate, disorientation, dementia and other disorders.

"The point is that various problems, which often seem minor in themselves, can signal any number of immune-system disorders from a cold to cancer. ..." p. 8.

## **"Your Mind: The Immune System's Partner in Your Health.**

"The immune system, however, is only one part of your 'doctor within.' And the immune-system diseases, scary as they are, are only one type of disorder that may strike us. Millions of Americans are suffering from depression, unhappiness, anxiety, irritability, and other emotional problems. Research is proving what we've suspected for years - that the thoughts you think have a profound impact on your physical health. And many of us have minds filled with the kind of unhappy thoughts that invite disease.

"Recent studies have demonstrated the existence of physical and chemical links between the mind and the immune system. The connection, and the effect one has on the other, is sometimes called neuroimmunomodulation. That's a fancy word for a simple concept. 'Nero' refers to the brains and its nerve attachments, 'immuno' indicates the immune system and 'modulation' points to the effect of one on the other.

"Don't worry about the ten-dollar words. The key point is that the brain greatly influences the levels of various chemicals throughout your body. Not enough of some chemicals, or too much of others, can incite all kinds of problems, including depression, heart attacks and even cancer. Your thoughts change your biochemistry, and your biochemistry affects you health and happiness. So it behooves us to keep our thoughts as happy and positive as we possibly can." p. 9.

## **"Stress Your 'Doctor Within'"**

"There's more to stress than being yelled at by your boss or being stuck in traffic. Stress results any time your body is called upon to adapt to different circumstances, and there are 'good' and 'bad' stresses. Anger, negative thoughts and depression are stressors that harm your 'doctor within.' I'll talk more about stress later, but for now let me say that stress is a major health problem.

"Stress contributes to disease. And disease, in turn, is a very stressful event. You must protect your 'doctor within' by learning how to avoid the dangerous stress-disease, more-stress-more-disease cycle." p. 10-11.

To weaken any part of the body will in turn weaken the immune system. Your body is one big mechanism that works together, e.g. if one part of your car is not working properly then it is no longer safe to drive it and needs fixing. If you don't fix it you could end up writing off the whole car. If minor problems are not fixed with our health, then major disease can strike and, well, write us off.

## **"Assaulting Your 'Doctor Within'"**

"'But Arnold,' some of my patients say, 'If my 'doctor within' is so great, how come I'm always sick? What happened?'"

"The details and ramifications of the answer are complex, but the answer itself is simple: every day we inflict more and more punishment on our 'doctor within.' We get in the way. We disrupt the doctor's working conditions. With our diet, our outlook on life and our daily habits, we unknowingly do just about everything we can to stop our 'doctor within' from taking care of us.

## **"Disease From The Dinner Plate**

"You are what you eat, in the sense that food is the raw material with which your body - and your 'doctor within' - work. Like any craftsperson, your 'doctor within' needs the right tools and materials to do a good job. These include complex carbohydrates, vitamins, minerals, fiber and water. Adequate supplies of protein, plus a small amount of fat, are also necessary." p. 12-13.

## **"Poisoning Your 'Doctor Within'**

"Our 'doctor within' is also forced to deal with the multitude of environmental pollutants that abound in our chemical world. When I taught a class in Physical Diagnosis to a group of medical students, I used to paraphrase Hippocrates: 'When you go to patients' houses, you should ask them what sort of pains they have, what brought them on, how many days they have been ill, are their bowels working and what sort of food do they eat?' Today we have to ask an additional question: What toxins (poisons) are you exposed to in your home and workplace? We live in an environment saturated with man-made chemicals, many of them very dangerous to our health. They're in our food, our air, our water, our home, our clothes, our cars, our offices.

"I see more and more people who are complaining of vague symptoms and recurrent illnesses that can be traced to the chemical poisoning of our immune system. Laboratory test results often show high levels of pesticides, solvents and other toxic chemicals in patients. Lead, mercury, chloroform, DDT, DDE and many other substances have a depressing effect upon the 'doctor within.' Quite often the symptoms - fatigue, loss of energy, forgetfulness, personality changes, depression - give us only general clues as to the identity of the culprit.

"How much is too much? When it comes to chemical poisoning of the body, we just don't know. New chemical compounds are being introduced at a fast and furious pace. If scientists were to start conducting the rigorous tests they should have been doing all along, they would probably never catch up with the new chemicals.

"Government and industry claim that there are 'safe' levels for various toxins in the body. That idea is patently absurd. Five to 40 years may pass before chemicals and particles you were exposed to at work, home or school are expressed as a disease. To be safe, I say that *any* amount is too much. Any risk we take is harming our 'doctor within' is too great." p. 15-16.

## **"Your Doctor Verses Your 'Doctor Within'**

"I was describing the 'doctor within' and the immune system recently to a friend of mine. He said, 'What's the problem, Arnie? If I get sick, I go to my doctor and he'll give me a shot to fix my immune system.'

"Unfortunately, our medical system is not the answer. You see, we don't have a health-care system in this country, we have a disease-care system. Disease is fussed over. People suffering from obscure and 'glamorous' diseases are given the medical red-carpet treatment. Millions of dollars, hundreds of journals and some of the best minds in this country are devoted to disease. Medical students spend most of their time studying rare diseases and practicing crisis medicine, instead of learning to *prevent* disease by protecting the 'doctor within.' And health? It gets lost in the shuffle." p. 17-18.

## **"Medical Fallacy #1: Disease As Either/Or**

"To make matters worse, thanks to at least medical fallacies, our physicians often harm our 'doctor within.' One of these is the idea that health is an either/or situation, with nothing in between.

"We physicians tend to see a patient as either healthy or diseased. If a person is sick, treat the disease. If there is no recognizable disease, then there is nothing to treat. It seems so very simple, but it's not.

"Health isn't an either/or state. It ranges from the best to the worst of health. Imagine a HEALTH LADDER. If you're standing on the top of the ladder, you have vibrant health. Standing on the lowest rung, you have a serious disease, such as cancer. We don't jump from the top of the ladder to the bottom, or the bottom to the top. Health and disease do not appear out of thin air. We climb up or down, step by step, passing through the various stages of disease and health.

"With VIBRANT HEALTH you feel great at any and every age. Not only do you feel physically fit, you're happy as well. Your emotional and spiritual health are excellent.

"One rung down is FAIR HEALTH. In this condition you don't feel bad, but you don't feel great either. You're a little tired, and perhaps you have a vaguely dissatisfied feeling about life. Still, you're not sick, so your doctor usually can't help you.

"Next comes the SYMPTOMS rung. Symptoms are the problems you begin to notice, such as shortness of breath, fatigue, headaches, backaches and chest pain. Standing on the symptoms rung, you feel run down and unenthusiastic about life.

"A step below symptoms is the SIGNS rung. Signs are the changes in your health and/or body that we doctors can actually measure. Elevated blood pressure, irregular heart rhythms and abnormal blood counts are signs. Now you have something your doctor can treat, often with pills and injections. From the SIGNS rung, it is possible to scramble back up the HEALTH LADDER.

"When you're down to the MEASURABLE ILLNESS rung, you have an easily identifiable illness such as colitis, tumors, ulcers or diabetes. Now your physician is excited, he or she can bring out a full arsenal of drugs, surgeries, CAT scans, angiograms, nuclear magnetic resonance scans and dialysis.

"SERIOUS ILLNESS is the next rung down the ladder. By now your health is nearly gone, and your life is in danger. Serious illness include heart disease, cancer, uncontrolled diabetes and strokes. These are the kinds of problems the medical system is geared to deal with. But even if a doctor manages to 'cure' you, chances are you'll never be really healthy again.

"Below SERIOUS ILLNESS rung is DEATH.

"If you view health and disease as an either/or situation, you're operating under a serious misconception.

"Where do we stand on the HEALTH LADDER? Well, most of us are in average health. That puts us on the SYMPTOMS or SIGNS rungs, bad places to be.

## **"Medical Fallacy #2: Ignoring the Real Disease**

"The second medical fallacy is our habit of looking at symptoms and labeling them as diseases. This approach ignores the real disease altogether.

"Medical students aren't trained to look beyond the immediate problem. If the patient has a cold, they are taught, deal with the cold. If the patient has cancer, provide the appropriate treatment. What's wrong with this approach? Why wouldn't you want to treat the cold or cancer?"

"Treating the obvious ailment is a good idea, but it's only the first step. Most diseases, whether colds or cancers, are really symptoms of a deeper problem. If you treat the symptoms and gloss over the underlying crisis, the problem will come back again and again. Sure, we can try to radiate a cancer or remove it surgically. We might even be successful in the attempt. But what's to prevent the cancer from reoccurring?"

"We patch people up, running from one problem to the next, until the entire system breaks down. When that happens, all our expensive surgeries and machines aren't worth a hill of beans."

### **"Medical Fallacy #3: Being 'Mugged' by Germs**

"A patient once said to me, 'I don't know why I keep getting colds. I guess a bunch of germs have decided to keep mugging me.'"

"I told this man that a painter cannot paint until the palette has been prepared: Neither can a builder build until the foundation has been laid nor an airplane land until a landing strip has been built. *Disease cannot 'strike' until and unless you allow it to.*

"Yes, we unknowingly invite disease by handicapping, even destroying, our natural defenses. And we're doing ourselves more and more damage all the time. If we were to reverse this dangerous trend, if we would work instead to bolster our natural defenses, we could practically wipe out heart disease, eliminate much of the cancer striking us down and greatly reduce the incidence of arthritis, strokes, diabetes, colds, flues, depression, fatigue and many other problems that plague us. We could save billions of dollars in medical costs and increase our work productivity. We could add years to our lives and happiness to our years."

"But as long as we think of disease as something that 'just happens' to us because we're unlucky, or because we get 'mugged' by some germs, we will never take the necessary steps to prevent disease by strengthening our natural defenses. Instead, we'll continue the many health-destructive habits that most of us unknowingly practice."

### **"Dancing the Deadly Disease Dance**

"Thanks to all these medical fallacies, the average American spends the last year of life dancing the horrible 'disease dance.' What is the disease dance? It's the frantic stumbling from doctor to doctor, disease to disease, pill to pill and surgery to surgery. The disease dance is a frenzied search for names and solutions to our problems. For most of us, it's a horrid dance that goes on and on, ending only when we die."

"There is a word, 'iatrogenic,' to describe disease caused by doctors. The drugs we prescribe can cause iatrogenic diseases; so can the different regimens we recommend, as well as the procedures and surgeries we perform. Medical journal articles suggest that unnecessary surgery causes thousands of deaths a year, plus an unknown number of cases of injury and misery. I remember going to the hospitals some years ago and looking at the surgical schedules. Whole families of kids were having T&As (tonsillectomy and adenoidectomies). More than 90 percent of T&As were unnecessary; in fact, they were downright dangerous, because they removed parts of the children's immune system (tonsils and adenoids). How many of these kids later suffered from compromised immune function? How many suffered from unnecessary disease? Doctors also used

to radiate enlarged thymus glands in children, in order to shrink them. Today we know that the thymus gland is where the T-cells of the immune system receive their programming. How many people are walking around with shrunken thymus, and reduced immune ability?

"There's another fancy word physicians use to disguise doctor-caused diseases: nosocomial infections. Nosocomial infections are hospital acquired infections, which are very serious because our hospitals can be the breeding grounds for virulent germs that have evolved to resist the latest superantibiotics we use.

"It might even be fair to say that some doctors are at their worst when it comes to prescribing drugs. Our pharmacies are filled with drugs, from simple aspirin to immunosuppressants for transplant patients. Drugs are ubiquitous; medicine chests are full of them. Doctors are busy prescribing common and exotic medication for everything from acne and insomnia to high blood pressure and depression. *We doctors act as if we believe that disease is caused by a shortage of prescription drugs in the body.*

"We tend to look upon drugs as our saviors. But every drug, even the common aspirin tablet, has side effects. No medicine is absolutely safe - not one. I don't know how many patients I've seen who were suffering more from the side effects of their medicines that they were from the original problem. The benefits and risks of each and every drug must be weighed by both doctor and patient before medications are prescribed and taken." p. 18-22.

## **"Become Immune For Life**

"Take care of your 'doctor within' and your immune system - starting now. Don't wait for the trouble signs to appear, because by then it may be too late. The road to long life immunity starts right here, right now, with the Immune For Life program.

"The Immune For Life program begins by acknowledging the importance of your 'doctor within.' I designed the program to, first, stop harming the good doctor, and second, to begin strengthening this ally. Whatever your immune status, you can begin - right now - to make the changes in your habits and life-style to stop harming your 'doctor within' and put you on the road to vibrant health and happiness. Here are the basics of the Immune For Life program.

1. Do you know if your diet is sabotaging your 'doctor within'? Or how many health-destructive negative thoughts pass through your mind every day? Knowledge is power. Find out whether your life-style and daily habits are helping or harming your 'doctor within'. In the Immune For Life Workbook that starts on page 149, you'll find a series of quizzes that will help you evaluate your daily habits and thoughts. Taking the quizzes will teach you a great deal about yourself and will point to potential trouble spots for your 'doctor within.'
2. Stop harming your 'doctor within' and immune system with the dangerous Standard American Diet. Instead, add years to your life and live to your years by switching to the Super Food diet. Find out which foods are the Super Foods, with extra power to protect you against cancer, heart disease, strokes, diabetes, depression and other diseases.
3. Make sure your 'doctor within' is getting all the vitamins and minerals it needs by adopting a Nutri-Prevention program of supplements best suited to your needs. Your program may include DLPA - dl-phenylalanine - a natural and safe nutrient that bolsters the immune system, blocks chronic pain and relieves certain types of depression by protecting and enhancing the endorphin hormones.
4. Meld your mind and body into an invincible barrier against depression, negative thinking, physical and emotional disease. Learn how not to be a stress seeker who risks heart disease and other problems by trying to take on the world single-handed. Find out whether you're a stress phobic, with depressed, unhappy thoughts that increase your risk of cancer

and other diseases. Learn to make affirmations and visualizations a part of your everyday Immune For Life program.

5. Discover how brisk walking and other simple exercises can strengthen your 'doctor within,' bolster your immune system and fight depression.
6. Soothe and simultaneously energize your 'doctor within' with Meditative Relaxation. This is an excellent way to dispose of the stress, anger and frustration that are so destructive to your health and happiness.

"The Immune For Life program is relatively simple. But it all depends on your making, here and now, a firm and irrevocable commitment to zestful health, happiness and longevity." p. 23-4.

### **Super foods include those with:**

- Complex carbohydrates - found in whole grain foods such as whole-wheat pasta, brown rice, wholemeal bread and rolls, other whole grains, and vegetables.
- Vitamins and Minerals.
- Protein - we need some, but not too much.
- Fat - a little fat is necessary and can be found in seeds, nuts, and some vegetables like olives and avocados.

### **Foods not to have:**

- Anything that contains caffeine - coffee, tea, chocolate, soft drinks, etc.
- Refined carbohydrates - breads and pasta made with white flour, cakes, pies, sugar, fast foods, lollies, soft drinks, and most canned foods.
- Additives - some may be necessary for the preservation of certain foods, but most are harmful and cause many allergies.
- Alcohol.

### **Super Food Diet:**

"Fresh vegetables and fruits, whole grains, plus small amounts of low-fat fish, poultry, dairy products, nuts and seeds.

Fat:	About 20% of the calories come from fat.
Protein:	About 10% of the calories come from protein.
Carbohydrates:	About 70% of the calories come from carbohydrates.
Complex Carbohydrates:	Almost all the carbohydrates are complex (little or no refined carbohydrates).
Processed Foods:	Less than 10% of our total food intake is processed.
Cholesterol:	Less than 300 mg a day.
Salt:	300-500 mg a day.
Additives:	As few as possible.
Caffeine:	None.

" p. 32-3.



**Fruit and vegetables high in Bete Carotene are good for the immune system:**

- |                                    |            |
|------------------------------------|------------|
| Carrot                             | Apricots   |
| Pumpkin                            | Tomatoes   |
| Sweet Potato                       | Plums      |
| Spinach                            | Rock melon |
| Beet, turnip and dandelion greens. | Paw Paw    |
|                                    | Peaches    |

**Brassicas are cancer-fighting Super foods that are full of complex carbohydrates:-**

- |          |                  |
|----------|------------------|
| Broccoli | Brussels sprouts |
| Cabbage  | Cauliflower      |
| Kohlrabi | Kale             |

Parsley contains large amounts of beta carotene, calcium, potassium and Vit. C.

Garlic is a Super Food that works against heart disease helping to prevent dangerous blood clots from occurring. It also help break up blood clots that have already formed. If you don't like garlic, try onions, and green onions (leeks, shallots, spring onions).

Fibrous legumes (all peas, beans and legumes, except soybeans which are high in fat), whole grains (wheat, rye, millet, brown rice, barley, buckwheat, etc.) and oat bran are Super Foods that help us fight both cancer and heart disease. Popcorn without added butter and salt, is a good fibre source.

Water - pure, sweet water. At least eight 8 oz. glasses each day.

**"What To Eat?"**

"I tell my patients to fill their kitchens with these Super Foods and other healthy foods (Super Foods are \* Starred):

**Vegetables**

- |                          |           |                 |
|--------------------------|-----------|-----------------|
| Artichokes               | Chard     | *Parsley        |
| Asparagus                | Cucumbers | Parsnips        |
| *Beet Greens             | Eggplant  | Potatoes        |
| Beets                    | *Garlic   | Radishes        |
| *Black Chinese Mushrooms | Jicama    | Rutabagas       |
| *Broccoli                | Kohlrabi  | *Scallions      |
| *Brussel Sprouts         | Leeks     | Spinach         |
| *Cabbage                 | Lettuce   | Squash          |
| *Carrots                 | Mushrooms | *Sweet Potatoes |
| *Cauliflower             | *Onions   | Watercress      |
| Celery                   |           | Zucchini        |

1. Vegetables are low in fat, sugar and sodium, and contain no cholesterol. Vegetables provide you with complex carbohydrates, fiber, vitamins, minerals and enzymes.
2. Eat more raw than cooked vegetables. Cooking destroys many nutrients.
3. Instead of boiling or baking vegetables, steam them - just until they are tender, yet crisp. Steamed vegetables are tasty and nutritious.

### **Fruits**

Apples	Figs	*Peaches
Apricots	Grapes	Pears
Bananas	Guavas	Persimmons
Berries	Mangoes	Pineapples
*Rockmelons	Melons	Plums
Cherries	Oranges	Pomegranates
Citrus Fruits	*Paw Paws	Tomatoes

1. Fruits are low in fat and sodium and contain no cholesterol. Fruits provide vitamins, minerals and sweetness.
2. Uncooked, unprocessed, fresh fruit should be your first choice, rather than canned, cooked or frozen.

### **Whole Grains**

*Barley	*Millet	*Whole-Grain Rye
*Brown Rice	*Oat Bran	*Whole-Grain Wheat
*Buckwheat	*Whole-Grain Oats	*Wild Rice

1. Whole grains are low in fat, sugar and sodium, and contain no cholesterol. Whole grains give you complex carbohydrates, fiber, B vitamins, minerals and low-fat protein.
2. Make sure you eat unprocessed whole grains rather than processed grains such as white rice and white bread.
3. Oat bran is not a whole grain. I've listed it with the whole grains because of its cholesterol-lowering effects, plus its high fiber content.

### **Legumes**

*Black Beans	*Kidney Beans	*Pinto Beans
*English Peas	*Lentils	*Red Beans
*Garbanzo Beans	*Lima Beans	*Snow Peas
(Chick Peas)	*Navy Beans	*White Beans
*Green Beans	*Peas	

1. Legumes are low in fat, sugar and sodium, and contain no cholesterol. Legumes provide you complex carbohydrates, fiber, low-fat protein, vitamin B1, B6, calcium, iron, plus other vitamins and minerals." pages 46 - 7.

Dr. Fox then goes through different fish, fowl, dairy products, nuts and seeds, and herbs and spices that he states should be eaten in small amounts.

## **"What About Supplements?"**

"Well, eating Super Foods makes sense to me, but what about vitamins and minerals? Should I take supplements?' Some people claim that we don't need to take vitamin and mineral supplements if we're eating a 'good' diet that supplies all the RDAs (Recommended Dietary Allowances).

"Unfortunately, relatively few of us eat a 'good' diet. Studies have shown that most people aren't taking in all the RDAs. But even consuming all the RDAs won't guarantee good health. Why? Because the RDAs are set much too low. They're based on the dangerous either/or approach to health: you're either sick or you're healthy. If you don't have scurvy or another of the classic vitamin-deficiency diseases, then you're getting all the vitamins you need. As we've seen, however, the either/or approach to health is an invitation to trouble." page 52-3.

## **"Nutrition For Your Immune System**

"Is the deficit of a vitamin or two all that harmful? After all, you never hear of anyone in this country dying from a lack of vitamin C or iron. Death certificates rarely state that the cause of death was nutrient deficiency. But as a physician I can tell you that many illnesses and deaths are caused by, or related to, nutrient imbalances. It may be lack of certain vitamins and minerals, or it may be excess fat, cholesterol or sugar that's the culprit. A shortage or excess of even one nutrient can knock your immune system off balance. While your immune system totters, you're more susceptible to disease. I've treated thousands of patients whose problems were related to a nutrient-starved immune system.

## **"Bs on the Brain**

"Nutritional deficiencies can attack your immune system directly, or they can launch a two-stage attack by way of the mind. Lack of nutrients, especially the B vitamins, can lead to such personality changes a depression, irritability, nervousness, anxiety and moodiness. As a group, the B vitamins are especially important for the maintaining a positive outlook on life.

"As we learned earlier, there are physical and chemical links between mind and body. What kind of thoughts will an anxious, depressed, irritable mind generate? The kind that harm the 'doctor within' and the immune system. That's why it's important to take in plenty of the nutrients that will keep you happy.

"Nutrition profoundly influences your immune system, both by direct action and by way of the mind.

## **"Many Factors Affect Your Nutrient Requirements**

"Let's suppose you eat an abundance of Super Foods, that your diet is filled with vitamins and minerals significantly above the RDAs. Do you need to take supplements? Absolutely!

"How many vitamins and minerals you consume is only one side of the equation; your nutrient requirements is the other. There are many factors that increase your need for vitamins and minerals. Alcohol, coffee, tea, tobacco, marijuana, refined foods and radiation, for example, lower the blood levels of one or more B vitamins. Premenstrual tension lowers the blood level of vitamin E. Physical and emotional stress increases with your need for vitamin C, the B vitamins and zinc. Air pollution increases your need for vitamin C.

"Many common medicines interfere with the absorption of the vitamins and minerals you eat or prevent your body from utilizing them properly. Aspirin, mineral oil, antacids, oral contraceptives, antibiotics, diuretics, pain medications and heart medications can increase your nutrient requirements.

## **"Nutri-Prevention**

"I feel that almost everyone could benefit from a program of supplements. I call the supplement programs I've developed for my patients Nutri-Prevention - the use of nutrients to prevent disease.

"I'm not advocating vitamin and mineral pills as the cure for any and all problems. In conjunction with the Super Food diet and the rest of the Immune For Life program, however, Nutri-Prevention can add a great deal to your health and happiness.

"Don't rush out to a health food store and buy a shopping bag full of vitamins and minerals. In the Immune For Live Workbook section that follows on page 149, you will be taking three quizzes. Your scores on these quizzes will indicate which of the four Nutri-Prevention supplement programs in Chapter Eight may be best suited to your needs.

"The Immune For Life menus and recipes in the next chapter, meanwhile, will show you how to make Super Foods and other healthy foods the basis of a delicious daily diet." p. 53-5.

## **REMEMBER THE GENERAL RULE:-**

### **DID NATURE MAKE IT OR MAN?**

**(If man, best to leave it alone or eat only in very limited amounts.)**

#### **Questions on the lesson.**

1. What is your 'doctor within'?
2. Why are you what you eat?
3. Due to medical fallacies what do physicians often do?
4. List the rungs on the health ladder.
5. What are most diseases really symptoms of?
6. What is the frantic disease dance?
7. What is the super food diet?
8. List the 'super food' types of vegetables, fruits, grains and legumes.
9. Is the RDA for vitamins and minerals set too high or too low?
10. What is rarely stated on a death certificate?

## 8b - HERBS AND SPICES

During her life, Ellen White was given much information about health and how to live a healthier life. One area where she differs from nearly every other authority of health is in the area of herbs and spices. Here is some of what she has to say about them.

### Herbs

"God has caused to grow out of the ground herbs for the use of man, and if we understand the nature of these roots and herbs, and make a right use of them, there would not be a necessity of running for the doctor so frequently, and people would be in much better health than they are today." M. M. p. 230 para. 3.

"There are simple herbs that can be used for the recovery of the sick, whose effect upon the system is very different from that of those drugs that poison the blood and endanger life." 2 S. M. p. 288 para. 1.

"He can use water and sunshine and the herbs which He [God] has caused to grow, in healing maladies brought on by indiscretion or accident." 2 S. M. p. 289 para. 2.

"There are herbs that are harmless, the use of which will tide over many apparently serious difficulties." 2 S. M. p. 290 para. 2.

"It would have been better if, from the first, all drugs had been kept out of our sanitariums, and use had been made of such simple remedies as are found in pure water, pure air, sunlight, and some of the simple herbs growing in the field." 2 S. M. p. 291 para. 2.

"The Lord has given some simple herbs of the field that at times are beneficial; and if every family were educated in how to use these herbs in case of sickness, much suffering might be prevented, and no doctor need be called. These old-fashioned, simple herbs, used intelligently, would have recovered many sick who have died under drug medication." 2 S. M. p. 294 para. 1.

### Spices

"The tables of Christian parents should not be loaded down with food containing condiments and spices." C. G. p. 364 para. 1.

"Nothing should be taken to camp meeting except the most healthful articles, cooked in a simple manner, free from all spices and grease." C. D. p. 85 para. 3.

"Proper regulation of their diet, abstinence from tea, coffee, and all spices and flesh meats, gaining an intelligent knowledge of temperance, would be medicine above all drugs." 20 M. R. p. 373 para. 2.

"This might be correct if the appetite had never been perverted. There is a natural and a depraved appetite. Parents who have taught their children to eat unhealthful, stimulating food all their lives--until the taste is perverted, and they crave clay, slate pencils, burned coffee, tea grounds, cinnamon, cloves, and spices--cannot claim that the appetite demands what the system requires. The appetite has been falsely educated, until it is depraved. The fine organs of the stomach have been stimulated and burned, until they have lost their delicate sensitiveness. Simple, healthful food

seems to them insipid. The abused stomach will not perform the work given it, unless urged to it by the most stimulating substances. If these children had been trained from their infancy to take only healthful food, prepared in the most simple manner, preserving its natural properties as much as possible, and avoiding flesh meats, grease, and all spices, the taste and appetite would be unimpaired. In its natural state, it might indicate, in a great degree, the food best adapted to the wants of the system." C. G. p. 381 para. 2.

"Meat was plentifully served, and then a delicate, nervous girl called for pickles. A bottle of chow-chow, fiery with mustard and pungent with spices, was handed her, from which she helped herself freely. The child was proverbial for her nervousness and irritability of temper, and these fiery condiments were well calculated to produce such a condition." C. E. p. 163 para. 3.

"You have perhaps seen a picture of the stomach of one who is addicted to strong drink. A similar condition is produced under the irritating influence of fiery spices. With the stomach in such a state, there is a craving for something more to meet the demands of the appetite, something stronger, and still stronger." C. T. B. H. p. 17 para. 3.

"Flesh-meats, butter, cheese, rich pastry, spiced foods, and condiments are freely partaken of by both old and young. These things do their work in deranging the stomach, exciting the nerves, and enfeebling the intellect. The blood-making organs cannot convert such things into good blood. ... Spices at first irritate the tender coating of the stomach, but finally destroy the natural sensitiveness of this delicate membrane. The blood becomes fevered, the animal propensities are aroused, while the moral and intellectual powers are weakened, and become servants to the baser passions. The mother should study to set a simple yet nutritious diet before her family." C. T. B. H. p. 46 para. 3.  
"Condiments, so frequently used by those of the world, are ruinous to the digestion." C. D. p. 339 para. 1.

"Under the head of stimulants and narcotics is classed a great variety of articles that, altogether, used as food or drink irritate the stomach, poison the blood, and excite the nerves. Their use is a positive evil. Men seek the excitement of stimulants, because, for the time, the results are agreeable. But there is always a reaction. The use of unnatural stimulants always tends to excess, and it is an active agent in promoting physical degeneration and decay.  
"In this fast age, the less exciting the food, the better. Condiments are injurious in their nature. Mustard, pepper, spices, pickles, and other things of a like character, irritate the stomach and make the blood feverish and impure. The inflamed condition of the drunkard's stomach is often pictured as illustrating the effect of alcoholic liquors. A similarly inflamed condition is produced by the use of irritating condiments. Soon ordinary food does not satisfy the appetite. The system feels a want, a craving, for something more stimulating." C. D. p. 339 para. 2 & 3.

"Condiments and spices used in the preparation of food for the table aid in digestion in the same way that tea, coffee, and liquor are supposed to help the laboring man perform his tasks. After the immediate effects are gone, they drop as correspondingly below par as they were elevated above par by these stimulating substances. The system is weakened. The blood is contaminated, and inflammation is the sure result." C. D. p. 339 para. 4.

"Spices at first irritate the tender coating of the stomach, but finally destroy the natural sensitiveness of this delicate membrane. The blood becomes fevered, the animal propensities are aroused, while the moral and intellectual powers are weakened, and become servants to the baser passions. The mother should study to set a simple yet nutritious diet before her family." C. D. p. 341 para. 2.

With counsels like these it behooves us to use herbs in place of drugs, and discontinue the use of condiments and spices if we use them. However, in recent years there has been some issue as to an alleged scientific find that there are some good spices and some bad spices, and what really is a spice or a herb.

From all the quotes found in Ellen White nowhere does she mention that there are any good spices. She clearly states in C. G. p. 381 para. 2 and C. D. p. 85 para. 3, that we are to avoid ALL spices and that our food should be free from ALL spices. The idea that there are some good and some bad spices is purely a man-made idea, which clearly contradicts what God has revealed to us through Ellen White and is therefore not correct and should be disregarded.

The next question as to what really is a spice or a herb can easily be explained by looking up an encyclopedia. The information about herbs and spices below is from **Compton's Interactive Encyclopedia**. Copyright © 1994, 1995 Compton's NewMedia, Inc.

## HERBS

Herbs grow in temperate regions. They are the aromatic leaves of such plants as marjoram, mint, rosemary, and thyme. Today herbs are used primarily as seasonings to flavor and enhance food. Other food seasonings are spices, such as black pepper or cinnamon, and aromatic seeds, such as dill or sesame.

### Some Common Herbs

- Basil (*Ocimum basilicum*) is a tropical Old World plant that grows to 24 inches (61 centimeters) in height. Its bushy, egg-shaped leaves curl inward. Whorls of white flowers form at the ends of the stems. The leaves are sweet and fragrant.
- Bay (*Laurus nobilis*) is a large tree native to the Mediterranean. In cultivation it is a shrub that grows from 3 to 10 feet (91 to 305 centimeters) tall. The dark green, glossy, lance-shaped leaves are used as a very spicy and pungent seasoning.
- Chervil (*Anthriscus cerefolium*), native to Eurasia, grows to a height of 24 inches (61 centimeters). Its leaves resemble parsley in shape but are finer. White flowers bloom in umbrella-shaped clusters. Chervil tastes somewhat like parsley but has a slight anise flavor that intensifies the taste of other herbs when used in cooking.
- Marjoram (*Origanum majorana*) is native to North Africa and Asia. It reaches a height of 2 feet (61 centimeters). The slightly fuzzy leaves are oval in shape and are easily confused with those of the oregano. They are mild and sweet.
- Mint, in botany, includes members of the genus *Mentha*, such as peppermint and spearmint. It is native to Europe and grows to a height of 3 feet (91 centimeters). It is a rapidly spreading plant with lance-shaped leaves, square stems, and spikes of violet flowers. The taste is cooling and is a popular flavoring. The plant has a long history of medicinal applications for many ailments.
- Oregano (*Origanum vulgare*) is a native of Eurasia and grows to a height of 2 1/2 feet (76 centimeters). It is a hardy plant with hairy, oval leaves that are a dull, gray-green in color. Oregano's strong taste and fragrance make it a popular seasoning.
- Parsley (*Petroselinum crispum*) has two varieties native to Eurasia. They grow to a height of 3 feet (91 centimeters). Both are used for seasoning. Curly parsley, with its tightly curled foliage, is used as a garnish. Italian parsley has flat leaves and a stronger flavor.
- Rosemary (*Rosmarinus officinalis*) is an evergreen shrub native to the Mediterranean that reaches a height of 2 to 4 feet (61 to 122 centimeters). The narrow leaves have a very fragrant scent that, in the wild, is detectable at great distances. It has many uses medicinally or as a seasoning.

- Sage (*Salvia officinalis*) is a shrub native to southern Europe. It grows to a height of 2 feet (61 centimeters). The oval, gray-green leaves have a wrinkled surface covered with short, white hairs. Spikes of violet flowers bloom in the summer. Its leaves have a strong flavor.
- Savory. Summer savory (*Satureia hortensis*) and winter savory (*S. montana*) are native to the Mediterranean. Summer savory grows to a height of 18 inches (46 centimeters) and has narrow, hairy leaves that grow sparsely along the stem. It has a sweet, peppery taste and smell. Winter savory is smaller and wider than summer savory and reaches a height of 12 inches (30 centimeters). The narrow leaves have a sharp, peppery taste.
- Tarragon (*Artemisia dracunculus*), a shrubby plant native to Eurasia, can reach heights of up to 5 feet (152 centimeters). It has narrow, lance-shaped leaves with white hairs and tiny, round, whitish flowers. Tarragon has a strong, somewhat bitter flavor.
- Thyme (*Thymus vulgaris*) is native to the Mediterranean and grows to 6 to 15 inches (15 to 38 centimeters) high. It has small, hairy, oval leaves and whorls of lavender flowers along the end of the stem. Thyme is very aromatic and has a sharp, bitter taste.

There are numerous other herbal plants. They include anise, caraway, chamomile, chicory, cumin, dill, fennel, and licorice.

Herbs grow in dry, exposed, and well-drained soil with a lot of sun and low humidity. Manure or compost are often used to promote the formation of oils essential to the cultivation of fragrant and flavorful herbs. Chemical fertilizers, which require a great amount of water, hinder the formation of these oils. Herbs are also grown indoors.

## **SPICES.**

For centuries people have made bland foods more flavorful by adding spices the dried parts of various plants cultivated for their aromatic or pungent properties. Although the terms spices, spice seeds, and herbs are often used interchangeably, the differences between them are clearly defined. Spices are the fragrant or pungent parts of plants grown in tropical and subtropical regions. These parts may include rhizomes (underground stems), bulbs, barks, flower buds, stigmas, fruits, seeds, and leaves. Spice seeds are the tiny aromatic fruits and oily seeds of herbaceous plants, including anise, caraway, cumin, fennel, and sesame. Herbs are the fragrant leaves of plants grown in temperate regions and include marjoram, mint, rosemary, and thyme (see Herbs).

In ancient times, spices were used in medicine and to preserve foods. Today, though they may still serve these purposes, they are used primarily as adjuncts in cooking to impart flavor, aroma, or piquancy to foods. In the small quantities used to prepare culinary dishes, spices have little or no nutritive value, but they stimulate the appetite, taste buds, and gastric juices, add zest to food, and delight the gourmet. They have many other uses as well. In the food industry they are used in the preparation of processed meats, sauces and vinegars, pickles, preserves, cakes, cookies, and beverages. They also go into the preparation of a number of liqueurs, extracts, and perfumes.

### **Some Common Spices**

- Allspice (*Pimenta dioica*) is a tropical evergreen tree native to the West Indies and Central America. The tree was named allspice because the flavor of its dried berries resembles a combination of cloves, cinnamon, and nutmeg. The globular fruits are picked before they are fully ripe. As they are dried in the sun, they turn from green to a dull reddish brown. The spice prepared from the dried berries is aromatic and pungent. It is widely used in baking and is usually present in mincemeat and mixed pickling spice.



- Cardamom (*Elettaria cardamomum*) is a herbaceous plant of the ginger family, native to moist forests of southern India. The spice consists of the dried fruit of the plant, either whole or ground, or just its seeds. The fruit may be collected from wild plants, but most is cultivated in India, Sri Lanka, and Guatemala. The whole fruit is a green, three-sided oval capsule containing 15 to 20 dark, reddish brown to brownish black, hard, angular seeds. The fruits are picked or clipped from the stems just before maturity, cleaned, and dried in the sun or in a heated curing chamber. After curing and drying, the small stems of the capsules are removed. Decorticated cardamom consists of husked dried seeds. Cardamom spice has a warm, slightly pungent, and highly aromatic flavor somewhat reminiscent of camphor.
- Cassia is the aromatic bark of the *Cinnamomum cassia* plant and is grown in China, Indonesia, and Vietnam. The bark is peeled or scraped from stems and branches and set aside to dry. As it dries, the bark curls into quills. Its color varies from light reddish brown to gray. Cassia bark, also known as Chinese cinnamon, has a flavor similar to that of true cinnamon, but is more pungent. Cassia bark or ground cassia is used as a flavoring, particularly in liqueurs and chocolate. Cassia from China is less aromatic than that from Vietnam and Indonesia. Vietnamese, or Saigon, cassia is particularly highly esteemed. Cassia buds, the dried, unripe fruits of *C. cassia* and *C. loureirii*, have a cinnamonlike aroma and a warm, sweet, pungent taste similar to that of cassia bark. The whole buds are added to foods for flavoring.
- Cayenne is a name applied to a number of small-fruited species of garden peppers (*Capsicum*), particularly of the Longum variety (see Peppers). Cayenne pepper is said to have originated in Cayenne in French Guiana and is now produced in many parts of the world. The spice is very pungent and is produced by drying and grinding the orange to deep-red fruits of these pepper plants.  
 ["*Longum Group (cayenne peppers, chili peppers)* - fruits are usually drooping, very pungent and the source of chili pepper, cayenne pepper and hot paprika. . . . CAUTION. Hot chili peppers may cause inflammation and irritation to skin and eyes, so wear gloves when handling them. If taken internally to excess, they may cause digestive disorders." *The Ultimate Book Of Herbs & Herb Gardening* by J. Houdret page 124.]  
 {Note:- According to *The Oxford Interactive Encyclopedia* "the genus *Capsicum* includes ten species native to tropical America and the West Indies. Although capsicums are commonly referred to as peppers (for example, red, paprika, chili, green, cayenne, and sweet peppers), the true pepper is a completely different plant which is native to India." All capsicum or peppers are a variety of *Capsicum annuum* genus which vary in pungency and hotness depending on the variety, and all belong to the same genus of plant making them all spices. They are also part of the nightshade family - see note at the end of the history section of spices.}
- Cinnamon (*Cinnamomum zeylanicum*) is a bushy evergreen tree of the laurel family. It is native to Sri Lanka, the neighboring Malabar Coast of India, and Myanmar and is also cultivated in South America and the West Indies. The spice consists of the tree's dried inner bark. It is light brown and has a delicately fragrant aroma and warm, sweet flavor. It is used to flavor a variety of foods, from confections to curries.
- Cloves are the small, reddish brown flower buds of the tropical evergreen tree *Syzygium aromaticum*, believed to be native to the Moluccas, or Spice Islands, of Indonesia. The tree grows to a height of 25 to 40 feet (8 to 12 meters) and yields up to 75 pounds (34 kilograms) of dried buds. The buds have a strong aroma and are hot and pungent in taste. Cloves are used to flavor many foods, particularly meats and bakery products.
- Curry is actually a blend of ground herbs and spices adapted by British settlers in India from the traditional spice mixtures of Indian cuisine. The basic ingredients of commercial curry powder are turmeric (which imparts the characteristic yellow color), cumin, coriander, and cayenne pepper.

Other ingredients may include chilies, cloves, cinnamon, fenugreek, nutmeg, ginger, mace, mustard seed, fennel, poppy seed, allspice, anise, bay leaf, and black or white pepper. The curries of southern India, commonly used to season vegetarian dishes, are the most pungent and often contain hot chilies. The milder curries of northern India are often used in lamb and poultry dishes.

- Ginger (*Zingiber officinale*) is a herbaceous plant probably native to Southeastern Asia and now widely cultivated in tropical and warm temperate lands. The spice is made from the plant's rhizome, or underground stem. Harvesting is done simply by taking the rhizomes from the soil, cleaning them, and drying them in the sun. The dried ginger rhizomes are irregular in shape, and their color varies from dark yellow through light brown to pale buff. They are usually ground to produce the spice commonly known as ginger. The spice has a slightly biting taste and is used to flavor breads, sauces, confections, pickles, and ginger ale.
- Mace is a spice consisting of the dried aril, or lacy covering, of the nutmeg fruit of the tropical evergreen tree *Myristica fragrans*. In processing mace, the crimson-colored aril is removed from the nutmeg that it envelops and is flattened and dried. Its color changes to pale yellow, orange, or tan. Mace has a slightly warm taste and a fragrance similar to that of nutmeg. It is used to flavor bakery products, meat and fish dishes, sauces and vegetables, and in preserving and pickling.
- Nutmeg is the seed of the *Myristica fragrans*, a tropical evergreen tree native to the Moluccas, or Spice Islands, of Indonesia and cultivated principally there and in the West Indies. The tree may reach a height of about 65 feet (20 meters). The nutmeg fruit is a pendulous drupe, similar in appearance to an apricot. When fully mature it splits in two, exposing a crimson-colored aril, the mace, surrounding a single, shiny, brown seed, the nutmeg. After collection, the mace is removed and the nutmegs are dried gradually in the sun. When the kernels can be rattled in their shells, the shells are broken and the nutmegs are picked out. Dried nutmegs are grayish brown ovals with furrowed surfaces. Nutmeg has a distinctive, pungent fragrance and a warm, slightly sweet taste. It is used to flavor many kinds of baked goods, confections, puddings, meats, sausages, sauces, vegetables, and such beverages as eggnog.
- Paprika is made from the pods of the annual garden pepper shrub *Capsicum annuum* (see Peppers). The plant is native to tropical areas of the Western Hemisphere and is cultivated throughout the world. Depending on the variety, the pods may be 1/2 inch to 1 foot (1.3 centimeters to 0.3 meter) in length, with a long, round, or conical shape, and yellow, brown, purple, or red color. The pods are harvested when ripe and are dried and ground to produce paprika. When mild paprikas are made, the central core, which contains the seeds, is first removed. A sharper Hungarian variety, Koenigspaprika, or king's paprika, is made from the whole pepper. Paprika is frequently used in the cooking of Spain, Mexico, and the countries of the Balkan Peninsula. It is especially associated with Hungarian cuisine.
- Pepper (*Piper nigrum*) is a climbing vine native to the Malabar Coast of India and widely cultivated throughout the East Indies. The spice known as black pepper is made from the plant's berrylike fruits, or peppercorns, which become yellowish red at maturity and bear a single seed. The odor of the berries is penetrating and aromatic, and the taste is hot, biting, and very pungent. The collected berries are immersed in boiling water then are dried in the sun. The whole peppercorns, when ground, yield the hotly pungent black pepper probably the most widely used spice in the world today. White pepper is obtained from peppercorns from which the dark outer coating has been removed. The flavor is less pungent than that of black pepper.
- Poppy seeds are the tiny dried seeds of the opium poppy, *Papaver somniferum*, a herbaceous annual plant native to Greece and Asia (see Poppy). The tiny seeds are kidney-shaped and grayish blue to dark blue in color. They have no narcotic properties because the

fluid from which opium is derived is present only before the seeds form. Poppy seeds have a mild, nutty taste and are especially popular in breads and baked goods.

- Turmeric is made from the rhizomes of the turmeric plant, *Curcuma domestica*. The plant is native to southern India and Indonesia and is cultivated on the mainland and islands of the Indian Ocean. The rhizomes are boiled, dried in the sun, and then polished. Dried rhizomes vary in length from about 1 to 3 inches (2.5 to 7.6 centimeters). They have a pepperlike aroma and a somewhat bitter, warm taste. The spice is usually sold in ground form. Turmeric is mixed with ground mustard seed to add color and flavor to prepared mustard. It is also used in curry powder, relishes, pickles, fish and egg dishes, and with poultry, rice, and pork.

## History

Cinnamon, cassia, cardamom, ginger, and turmeric were known to Eastern peoples thousands of years ago. Arab traders artfully withheld the true source of these spices, however, and they became valuable items of commerce early in the evolution of the spice trade. To satisfy the curious, to protect their market, and to discourage competitors, the traders spread fantastic tales to the effect that cassia grew in shallow lakes guarded by winged animals and that cinnamon grew in deep glens infested with poisonous snakes.

As the spice trade grew, other peoples were introduced to spices, and they developed new uses for them. The most notable uses of spices in very early times were in medicine, in the making of holy oils and unguents, and as aphrodisiacs. Belief in the healing power of spices filtered down, in a moderated form, into the Middle Ages and even into early modern times.

It is not known when spices were first used in food. Certainly by the time of the ancient Greeks and Romans many spices had come into use to flavor food and beverages. Spices helped to preserve foods, mask the flavor of partially spoiled meats, and brought a welcome change of flavor. For centuries, however, only the wealthy could afford to indulge in the use of imported aromatic spices. Marco Polo observed, in 13th-century Cathay, that the higher classes of people ate meat that had been preserved in several spices, but the poor had to be content with meat steeped in garlic juice.

Knowledge of the use of spices to preserve and flavor food slowly spread through Europe. Finally, in the last third of the 15th century, the Europeans determined to build ships and venture abroad in search of a route to the spice-producing countries. So began the famed voyages of discovery, which included the travels of Christopher Columbus, John Cabot, Ferdinand Magellan, and Sir Francis Drake. As the Western European nations gained ascendancy in the Oriental spice trade, spices at last came into general use by rich and poor alike. By the 20th century the world had come to know an orderly and stable pattern of trade in spices.

Note:- Some people have argued that because capsicums or peppers are part of the capsicum genus or species which are spices, that we should not use tomatoes, potatoes, etc., because they are all part of the nightshade family. The nightshade family includes over 2,800 genus or species of plants which have a similar structure of flower which is one of the main ways to identify which family plants belong to, and range from tomatoes, potatoes, eggplant, capsicums, tobacco, morning glory to name a few. Being part of the same family of plant is very different from being the same genus of plant. You can cross plants of the same genus, but it would take an extremely intelligent scientist with a lot of equipment to cross plants of the same family if it was possible at all. Keep in mind that God commanded that plants reproduce after their own kind. How often have you seen tomato plants produce potatoes, or potato plants produce capsicums? Why not? Because they are different kinds of plants.

Now that herbs and spices have been clearly defined and identified, let us as true Christians eliminate all condiments and spices from our diet, and use herbs in place of dangerous drugs.

**Questions on the Lesson.**

1. What did God cause to grow for man's use, and how are we to use it?
2. Who should be educated in the use of herbs in case of sickness?
3. What should food for camp meetings be free from?
4. Can we trust appetite to know what our body needs?
5. List the 6 things that happen when spices are eaten?
6. What are condiments ruinous for?
7. How does the Crompton's Interactive Encyclopedia define the difference between herbs and spices.
8. List a least 10 common herbs.
9. List at least 12 common spices.

**MEMORISE:**

C. D. P. 339 para. 3. "Condiments are injurious in their nature. Mustard, pepper, spices, pickles, and other things of a like character, irritate the stomach and make the blood feverish and impure."

## 8c - VACCINATION / IMMUNISATION

There is a lot of controversy over whether parents should or should not give their children vaccinations; whether vaccinations are safe; whether vaccinations improve or retard our immune systems; etc. In this study we will be looking at both sides of the argument so that you can make an educated decision about this subject yourself.

However, before we start looking at what people say today we will have a look at what a very famous lady said about childhood diseases years ago. This very famous lady, Florence Nightingale, was quoted by Ellen White giving this quote additional significance.

"It is with pleasure that I copy the following good words from a large volume entitled, "Eminent Women of this Age." The historical sketch of Florence Nightingale is given by James Parton. . . . 'why must a child have measles? if you believed in, and observed, the laws for preserving the health of houses, which inculcate cleanliness, ventilation, white-washing, and other means (and which, by the way, are law), as implicitly as you believe the popular opinion (for it is nothing more than an opinion) that your child must have children's epidemics, don't you think that, upon the whole, your child would be more likely to escape altogether?' H. R. July 1, 1871 par. 1 & 5.

### **Let us now have a look at what those who promote immunisation have to say.**

In a one page 'Fact Sheet' the *Fraser Coast Regional Council* state that there are two reasons for immunising everyone in Australia.

1. Immunisation is the safest and most effective way of giving protection against the disease. After immunisation, your child is far less likely to catch the disease if there are cases in the community. The benefit of protection against the disease far outweighs the very small risks of immunisation.
2. If enough people in the community are immunised, the infection can no longer be spread from person to person and the disease dies out altogether. This is how smallpox was eliminated from the world, and polio has disappeared from many countries.

The 'Fact Sheet' then goes on to give a list of times and places where you can have your children immunised.

The [Australian Government Department Of Health & Ageing](#) has an Internet page dedicated to immunisation. On this web pages last updated 15 February, 2019, it states:-

- Every day you come into contact with germs, including bacteria and viruses. A healthy immune system stops you getting sick from these germs.
- The immune response is the way your body defends itself. It recognises harmful bacteria, viruses and any other substances, also known as antigens, when they enter your body.
- Immunisation is a safe and effective way to protect you and your children from harmful, contagious diseases. It also safeguards the health of other people, now and for future generations.
- Vaccines are a safe and clever way of producing an immune response in the body without causing illness.

- Vaccines use dead or severely weakened viruses to trick our bodies into thinking we have already had the disease.
- When you get a vaccine, your immune system responds to these weakened 'invaders' and creates antibodies to protect you against future infection. It has special 'memory' cells that remember and recognise specific germs or viruses.
- Vaccines strengthen your immune system by training it to recognise and fight against specific germs.
- If enough people in the community get immunised against a disease, the infection can no longer spread from person to person. The disease can die out altogether.
- Vaccine ingredients vary depending on what the vaccine is for. They may contain:
  - a very small dose of a live (but weakened) virus
  - killed viruses
  - killed bacteria
  - small parts of bacteria
  - a small dose of a modified toxin produced by bacteria
  - a small amount of preservative
  - a small amount of an antibiotic to preserve the vaccine
- You may experience minor side effects following vaccination. Most side effects last no more than a couple of days and you will recover without any problems. .... Serious reactions like allergic reactions are extremely rare. If your body reacts in an unexpected way, seek medical advice straight away.
- The most commonly used adjuvants (help strengthen the immune system's response to the antigens in vaccines) are salts called aluminium hydroxide, aluminium sulphate and potassium aluminium sulphate. They are commonly referred to as 'alum'.

This all sounds very good, thoroughly researched, and backed up by science. But - and this is a big but - when we look a little further some of these facts and research seems to be on shaky ground.

### **Let us now have a look at what those who do not promote immunisation have to say.**

In the book *Natural Remedies Encyclopedia* Vance Ferrell states:-

The underlying problem is simple enough: We normally take substances into our body through our stomach, where harmful bacteria are generally destroyed.

But a vaccine is injected into a muscle or directly into the bloodstream, thus bypassing the normal protections. This is highly dangerous!

The problem is that it is impossible to purify the vaccines properly. It would require too much time and expense to try to examine every microscopic portion, identify every toxin, poison, and microbe, and eliminate the bad ones. It simply cannot be done.

So monkey pus and horse urine is 'purified' somewhat, and then injected into your child. The solution is to live right, eat right, and avoid vaccinations.

This author has written a book entitled *The Vaccination Crisis* which can be purchased online, if you wish to read more about what he has to say about vaccinations.

[Dispelling Vaccination Myths](#) - by Alan Phillips looks at a range of vaccination myths and this site is well worth reading. Here is some of what you will find there:-

Health authorities credit vaccines for disease declines, and assure us of their safety and effectiveness. Yet these seemingly rock-solid assumptions are directly contradicted by government statistics, medical studies, Food and Drug Administration (FDA) and Centers for Disease Control (CDC) reports, and reputable research scientists from around the world. In fact, infectious diseases declined steadily for decades prior to vaccinations, U.S. doctors report thousands of serious vaccine reactions each year including hundreds of deaths and permanent disabilities, fully vaccinated populations have experienced epidemics, and researchers attribute dozens of chronic immunological and neurological conditions to mass immunization programs.

There are hundreds of published medical studies documenting vaccine failure and adverse effects, and dozens of books written by doctors, researchers, and independent investigators that reveal serious flaws in immunization theory and practice. Ironically, most pediatricians and parents are completely unaware of these findings. However, this has begun to change in recent years, as a growing number of parents and healthcare providers around the world are becoming aware of the problems and starting to question the use of widespread, mandatory vaccinations.

My point is not to tell anyone whether or not to vaccinate, but rather, with the utmost urgency, to point out some very good reasons why everyone should examine the facts before deciding whether or not to submit to the procedure.

#### **VACCINATION MYTH #1:**

'Vaccines are completely safe...'

The FDA's VAERS (Vaccine Adverse Effects Reporting System) receives about 11,000 reports of serious adverse reactions to vaccination annually, some 1% (112+) of which are deaths from vaccine reactions. The majority of these reports are made by doctors, and the majority of deaths are attributed to the pertussis (whooping cough) vaccine, the "P" in DPT. This figure alone is alarming, yet it is only the "tip of the iceberg." The FDA estimates that only about 10% of adverse reactions are reported, a figure supported by two National Vaccine Information Center (NVIC) investigations. In fact, the NVIC reported that "In New York, only one out of 40 doctor's offices [2.5%] confirmed that they report a death or injury following vaccination," -- 97.5% of vaccine related deaths and disabilities go unreported there. Implications about the integrity of medical professionals aside (doctors are to report serious adverse events), these findings suggest that vaccine deaths actually occurring each year may be well over 1,000.

With pertussis, . . . Simply put, the vaccine is 100 times more deadly than the disease.

Unfortunately, the vaccine-related-deaths story doesn't end here. Both national and international studies have shown vaccination to be a cause of SIDS (SIDS is "Sudden Infant Death Syndrome," a "catch-all" diagnosis given when the specific cause of death is unknown; estimates range from 5 - 10,000 cases each year in the U.S.).

Low adverse event reporting also suggests that the total number of adverse reactions actually occurring each year may be more than 100,000. Due to doctors' failure to report, no one knows how many of these are permanent disabilities, but statistics suggest that it is several times the number of deaths.

It is interesting to note that insurance companies (who do the best liability studies) refuse to cover vaccine adverse reactions. Profits appear to dictate both the pharmaceutical and insurance companies' positions.

### **VACCINATION MYTH #2:**

'Vaccines are very effective...'

The medical literature has a surprising number of studies documenting vaccine failure. Measles, mumps, small pox, polio and Hib outbreaks have all occurred in vaccinated populations. . . . The CDC even reported a measles outbreak in a documented 100 percent vaccinated population. A study examining this phenomenon concluded, "The apparent paradox is that as measles immunization rates rise to high levels in a population, measles becomes a disease of immunized persons." A more recent study found that measles vaccination "produces immune suppression which contributes to an increased susceptibility to other infections." These studies suggests that the goal of complete immunization is actually counterproductive, a notion underscored by instances in which epidemics followed complete immunization of entire countries.

### **VACCINATION MYTH #3:**

'Vaccines are the main reason for low disease rates in the U.S. today...'

According to the British Association for the Advancement of Science, childhood diseases decreased 90% between 1850 and 1940, paralleling improved sanitation and hygienic practices, well before mandatory vaccination programs. Infectious disease deaths in the U.S. and England declined steadily by an average of about 80% during this century (measles mortality declined over 97%) prior to vaccinations. In Great Britain, the polio epidemics peaked in 1950, and had declined 82% by the time the vaccine was introduced there in 1956. Thus, at best, vaccinations can be credited with only a small percentage of the overall decline in disease related deaths this century. Yet even this small portion is questionable, as the rate of decline remained virtually the same after vaccines were introduced. Furthermore, European countries that refused immunization for small pox and polio saw the epidemics end along with those countries that mandated it.

Underscoring this conclusion was a recent World Health Organization report which found that the disease and mortality rates in third world countries have no direct correlation with immunization procedures or medical treatment, but are closely related to the standard of hygiene and diet.

### **VACCINATION MYTH #4:**

'Vaccination is based on sound immunization theory and practice...'

The clinical evidence for vaccinations is their ability to stimulate antibody production in the recipient, a fact which is not disputed. What is not clear, however, is whether or not such antibody production constitutes immunity. For example, agamma globulin-anemic children are incapable of producing antibodies, yet they recover from infectious diseases almost as quickly as other children. Furthermore, a study published by the British Medical Council in 1950 during a diphtheria epidemic concluded that there was no relationship between antibody count and disease incidence; researchers found resistant people with extremely low antibody counts and sick people with high counts. Natural immunization is a complex phenomenon involving many organs and systems; it cannot be fully replicated by the artificial stimulation of antibody production.



Research also indicates that vaccination commits immune cells to the specific antigens involved in the vaccine, rendering them incapable of reacting to other infections. Our immunological reserve may thus actually be reduced, causing a generally lowered resistance.

Carefully selected epidemiological studies are yet another justification for vaccination programs. However, many of these may not be legitimate sources from which to draw conclusions about vaccine effectiveness. For example, if 100 people are vaccinated and 5 contract the disease, the vaccine is declared to be 95% effective. But if only 10 of the 100 were actually exposed to the disease, then the vaccine was really only 50% effective. Since no one is willing to directly expose an entire population to disease--even a fully vaccinated one--vaccine effectiveness rates may not indicate a vaccine's true effectiveness.

Yet another surprising concern about immunization practice is its assumption that all children, regardless of age, are virtually the same. An 8 pound 2 month old receives the same dosage as a 40 pound five year old. Infants with immature, undeveloped immune systems may receive five or more times the dosage (relative to body weight) as older children. Furthermore, the number of "units" within doses has been found upon random testing to range from 1/2 to 3 times what the label indicates; manufacturing quality controls appear to tolerate a rather large margin of error. "Hot Lots"--vaccine lots with disproportionately high death and disability rates--have been identified repeatedly by the NVIC, but the FDA refuses to intervene to prevent further unnecessary injury and deaths. In fact, they have never recalled a vaccine lot due to adverse reactions. Some would call this infanticide.

Finally, vaccination practice assumes that all recipients, regardless of race, culture, diet, geographic location, or any other circumstances, will respond the same. This was perhaps never more dramatically disproved than an instance a few years ago in Australia's Northern Territory, where stepped-up immunization campaigns resulted in an incredible infant mortality rate in the native aborigines.

## **VACCINATION MYTH #5:**

'Childhood diseases are extremely dangerous...'

Most childhood infectious diseases have few serious consequences in today's modern world. Even conservative CDC statistics for pertussis during 1992-94 indicate a 99.8% recovery rate. In fact, when hundreds of pertussis cases occurred in Ohio and Chicago in the fall 1993 outbreak, an infectious disease expert from Cincinnati Children's Hospital said, *"The disease was very mild, no one died, and no one went to the intensive care unit."*

The vast majority of the time, childhood infectious diseases are benign and self-limiting. They may also impart lifelong immunity, whereas vaccine-induced immunity is only temporary. In fact, the temporary nature of vaccine immunity can create a more dangerous situation in a child's future. For example, the new chicken pox vaccine has an effectiveness estimated at 6 - 10 years. If effective, it will postpone the child's vulnerability until adulthood, when death from the disease is 20 times more likely.

Not only are most infectious diseases rarely dangerous, but they can actually play a vital role in the development of a strong, healthy immune system. Persons who have not had measles have a higher incidence of certain skin diseases, degenerative diseases of bone and cartilage, and certain tumors, while absence of mumps has been linked to higher risks of ovarian cancer.

## **VACCINATION MYTH #6:**

'Polio was one of the clearly great vaccination success stories...'

Six New England states reported increases in polio one year after the Salk vaccine was introduced, ranging from more than doubling in Vermont to Massachusetts' astounding increase of 642%; other states reported increases as well. The incidence in Wisconsin increased by a factor of five. Idaho and Utah actually halted vaccination due to the increased incidence and death rate. In 1959, 77.5% of Massachusetts' paralytic cases had received 3 doses of IPV (injected polio vaccine). During 1962 U.S. Congressional hearings, Dr. Bernard Greenberg, head of the Dept. of Biostatistics for the University of North Carolina School of Public Health, testified that not only did the cases of polio increase substantially after mandatory vaccinations—a 50% increase from 1957 to 1958, and an 80% increase from 1958 to 1959—but that the statistics were deliberately manipulated by the Public Health Service to give the opposite impression.<sup>(52)</sup> It is important to understand that the polio vaccine was not universally accepted, at least initially. Despite this, polio declined both in European countries that refused mass vaccination as well as in those that employed it.

According to researcher-author Dr. Viera Scheibner, 90% of polio cases were eliminated from statistics by health authorities' redefinition of the disease when the vaccine was introduced, while in reality the Salk vaccine was continuing to cause paralytic polio in several countries at a time when there were no epidemics being caused by the wild virus. For example, cases of viral and aseptic meningitis, which have symptoms similar to polio, were routinely diagnosed and recorded as polio before the vaccine, but were distinguished and removed from polio statistics after the vaccine. Also, the number of cases needed to declare an epidemic was raised from 20 to 35, and the requirement for inclusion in paralysis statistics was changed from symptoms that lasted for 24 hours to symptoms lasting 60 days (many polio victims' paralysis was temporary). It is no wonder that polio decreased radically after vaccines—at least on paper. In 1985, the CDC reported that 87% of the cases of polio in the U.S. between 1973 and 1983 were caused by the vaccine, and later declared that all but a few imported cases since were caused by the vaccine—and most of the imported cases occurred in fully vaccinated individuals.

To be sure, polio as it was known in the first half of the 20th century does not exist today. However, declines following polio peaks in the late 1940's and early 1950's had been underway again for a period of years by the time the vaccine was introduced.

## **VACCINATION MYTH #7:**

'My child had no short-term reaction to vaccination, so there is nothing to worry about...'

The documented long term adverse effects of vaccines include chronic immunological and neurological disorders such as autism, hyperactivity, attention deficit disorders, dyslexia, allergies, cancer, and other conditions, many of which barely existed 30 years ago before mass vaccination programs. Vaccine components include known carcinogens such as thimersol, aluminum phosphate, and formaldehyde (the Poisons Information Centre in Australia claims there is acceptable safe amount of formaldehyde which can be injected into a living human body).

A German study found correlations between vaccinations and 22 neurological conditions including attention deficit and epilepsy. The dilemma is that viral elements in vaccines may persist and mutate in the human body for years, with unknown consequences. Millions of children are partaking in an enormous, crude experiment; and no sincere, organized effort is being made by the medical community to track the negative side-effects or to determine the long term consequences.

## VACCINATION MYTH #8

'Vaccines are the only disease prevention option available...'

Most parents feel compelled to take some disease-preventing action for their children. While there is no 100% guarantee anywhere, there are viable alternatives. Historically, homeopathy has been more effective than "mainstream" allopathic medicine in treating and preventing disease. In a U.S. cholera outbreak in 1849, allopathic medicine saw a 48-60% death rate, while homeopathic hospitals had a documented death rate of only 3%. Roughly similar statistics still hold true for cholera today.

The [Australian Vaccination Network](#) - is another web site with a lot of information about this topic. On their "leaflet" page they ask and answer many questions. Here are some of the questions:-

- You research your baby's car seat, cot and pram – what about their vaccines? Vaccines contain toxic additives and heavy metals.
- Have you looked at the ingredients, side effects and contraindications listed on vaccine package inserts to consider if these shots are right for you and your family?
- Did you know that doctors who question vaccine safety, effectiveness or necessity can face disciplinary action?
- Did you know that the rich and well-educated have some of the lowest vaccination rates?
- Did you know that babies are given the Hepatitis B shot on day of birth, when there is negligible risk for this sexually transmitted disease?
- Did you know that vaccines may be contaminated with a large number of animal viruses and bacteria, some of which have been linked with cancer and other chronic diseases?
- Did you know that the media considers it to be 'false balance' to report anything about vaccination that is not completely positive?
- Did you know that vaccines do not undergo the same rigorous scientific testing for safety or effectiveness which other drugs must go through?
- and many more.

Dr. Mercola - <http://www.mercola.com/> - has quite a few articles about immunisation two of which I found very interesting - *Dr. Palevsky on Vaccination Issues* and *In Memoriam: Infant Deaths and Vaccination*. These make for very interesting reading.

The Daily Dose - <https://jacksdailydose.com/about/> - by Dr. William Campbell Douglass, II, M.D. has this to say in an article entitled, *5 Vaccines You Should Never Get*:-

Whooping cough, rubella, chicken pox, measles, flu, tuberculosis, cervical cancer, you name it... If it's a disease, pharmaceutical companies are breaking the bank trying to develop a vaccine for it.

Sounds good, until you realize that millions of us are lining up every year to avoid illnesses we have almost no chance of catching... or diseases that are often very easy to prevent and treat.

Vaccinations have become a billion-dollar money game, plain and simple. Drug companies have used scare tactics to convince people to be injected with junk concoctions that, in some cases, are causing far more health problems than they are preventing.

In fact, I've uncovered five vaccinations that I believe no one should ever get. Forget their failure to prevent disease - these vaccinations are downright dangerous.

Besides these sites there are a large number of internet sites that contain the same or similar information that can easily be found by searching for two words 'vaccination' and 'death'. I would recommend that everyone do this, and read much of the information available.

### **So what is in vaccinations that makes them so dangerous.**

This is a short article by Harris L. Coulter, Ph.D. taken from *Pilgrims Rest*  
<http://www.sdadefend.com/MINDEX-U-Z/Vaccine-M.pdf>, published in March, 2005:-

*It is said that vaccines contain "monkey pus." While it is true that some do, vaccines contain a lot more than just mare' urine or fluid from animal pistules. When you take your small child in for his "shots" this is a sampling of what will be injected into him:*

- Formaldehyde — Also known as formalin, this is a major constituent of embalming fluid. It is a powerful killer of living cells and is poisonous to the nervous, reproductive, immune, and respiratory systems. It also damages the liver. It is a carcinogen and linked to leukemia and cancer of the brain, colon, and lymph.
- Tri (n) butylphosphate — A suspected nerve and kidney poison.
- Polysorbate 80 — This absorbent is known to cause cancer in test animals.
- Ammonium sulfate — This poisonous salt damages the gastrointesinal tract, the liver, and nerve and respiratory systems.
- Animal, bacterial, and viral DNA — Taken into the human body, these substances are absorbed by the DNA, resulting in genetic mutations.
- Mercury — In the form of Thimerosal, it is included in vaccines to kill some of the dangerous bacteria and viruses in vaccine fluid. But thimerosal is, itself, one of the most poisonous substances known to mankind. It especially affects the brain, intestines, liver, kidneys, and bone marrow. Extremely small amounts can cause nerve damage, paralysis, and death. It is a major cause of autism in children; even in extremely small amounts, it is one of the most dangerous substances in this list.
- Beta-propiolactone — This preservant is known to cause cancer; it is poison to the liver, respiratory organs, skin, sense organs, and alimentary tract.
- Latex rubber — Minute amounts of this can cause life-threatening allergic reactions.
- Monosodium glutamate — Also known as MSG, glutamate, and glutamic acid, this substance is mutagenic and teratogenic; that is, it is known to cause developmental malformation and monstrosities. This is because it is a neurotoxin, producing allergic reactions ranging from mild to severe.
- Gentamicin sulfate — This antibiotic causes mild to life threatening allergic reactions.
- Aluminum — A cause of brain damage and a suspected factor in Alzheimer' disease, dementia, seizures, and comas. Allergic reactions can occur on the skin.
- Microorganisms — These include both live and dead viruses, bacteria, and toxins emitted by them. For example, the polio vaccine was contaminated with a monkey virus which is now being found in the bones, lung lining (mesothelioma), brain tumors, and lymphomas of

humans.

- Neomycin sulfate — This antibiotic interferes with vitamin B6 absorption. When B6 is not properly absorbed, a rare form of epilepsy and mental retardation can occur. Allergic reactions can vary from mild to life threatening.
- Polymyxin B — A powerful antibiotic which can produce dangerous allergic reactions.
- Genetically modified yeast — Absorbed by the recipient' DNA, it causes genetic mutations.
- Glutaraldehyde — Poisonous, if ingested. It causes birth defects in experimental animals.
- Gelatin — This is produced from pig' feet and skins, calf and cattle skins, and demineralized cattle bones. Allergic reactions have been reported.
- Phenol — Also known as phenoxyethanol (2-PE), this substance is also used as antifreeze. When animals drink antifreeze, they die a horrible death. Phenol is toxic to all cells and capable of disabling the immune system' primary response mechanism.
- Human cells — These are taken from aborted fetal (human baby) tissue and human albumin.
- Animal cells — Also included in vaccines will be found a variety of the following substances: pig blood, horse blood, and calf serum. Pieces of guinea pigs, rabbit brain, dog kidney, cow heart, monkey kidney, chick embryo, and eggs of chickens and ducks. No check is made to guarantee that these included animal parts will not be diseased. The vaccine manufacturer hopes that all the various poisonous chemicals included in the vaccine will kill the bacteria and viruses.

"A major cause of the Roman Empire' decline, after six centuries of world dominance was its replacement of stone aqueducts by lead pipes for the transport and supply of drinking water. Roman engineers, the best in the world, turned their fellow citizens into neurological cripples. Today our own 'best and brightest,' with the best of intentions, achieve the same end through childhood vaccination programs yielding the modern scourges of hyperactivity, learning disabilities, autism, appetite disorders, and impulsive violence."

## **Conclusion**

Are vaccinations safe? Do they reduce the risk of disease or increase it? These and many more questions we leave up to you to decide.

However, we are admonished in Scripture "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." 1 Cor. 10:31.

Putting things into our body that are dangerous and potentially fatal does not bring glory to God. As vaccinations contain so many dangerous and potentially fatal ingredients, I believe, that it would be well for all Christians not to receive them.

*Due to the fact that this is a very controversial subject of which we are presenting both sides, there will be no questions for this lesson.*

## 8d - HERBAL PREPARATIONS AND USES

Herbs can be used in a variety of ways from simply eating them in or with our food, drunk as a tea, applied in a poultice, or when massaging, or used as essential oil either internally or externally depending on which plant the oil came from, and it's quality.

The first method requires no explanation of how, but we may well ask which ones are good for us. To gain some of this information you will have to complete the next lesson, and/or look up some good herbs books.

Always keep in mind with all herbs books that they don't readily differentiate between herbs or spices. Sometimes it is given in the description of the herb/spice, other times you have to rely on the encyclopedia definition of herbs and spices to see where the plant originated to determine if it is safe for internal use - that is a herb. Only ever use herbs, spices may have good qualities but the bad usually outweighs the good.

### Harvesting

Herbs are best harvested just prior to flowering and by midmorning when leaves are dry, but before the hot midday sun. To dry herbs for teas, infusions and decoctions, simply tie their root ends together and hang them upside down in a dark, cool breezy place until completely dry. Most other herbal preparations call for fresh herbs. Herbs used to treat chronic illness and disorders need to be used in small amounts daily and consistently, usually for a period of three to six months.

### Internal Herbal Preparations

- **Herbal Teas**  
Steep 1 - 2 teaspoons dried herb (leaves and/or flowers) in 1 cup boiling water for five minutes or more (the longer the herb steep, the stronger the tea will be). Strain, add honey or other sugar substitute to taste and drink 1 cup every four hours or three times daily.
- **Infusions**  
Steep 2 tablespoons dried herb (bark, roots and/or stems) in 2 cups boiling water for 15 minutes to several hours. Strain, add honey or other sugar substitute to taste and drink 1 cup every four hours or three times daily.
- **Decoctions**  
Simmer 2 tablespoons fresh, packed herb (bark, roots and/or stems) in 2 cups water for 30 minutes. Strain, add honey or other sugar substitute to taste and drink ½ to 1 cup every four hours or three times daily.
- **Gargles and mouth washes**  
Gargles are particularly beneficial for sore throats, respiratory problems and loss of voice. After dental surgery gargling can help to relieve pains and inflammation, reduce blood flow and speed up the healing process. Gargle twice daily, although if the problem is acute then you can garble every two hours. Put 2 drops of essential oil into half a glass of water. Stir well, gargle and spit it out. Do not swallow. Stir again and repeat. Antiseptic oils such as tea tree, sage, lemon and thyme are excellent for treating sore throats. Roman chamomile, geranium and sandalwood will also soothe inflammation. Myrrh and tea tree combined are invaluable for treating mouth ulcers.

- Capsules  
Empty capsules can be found at almost any health food store and are made simply by filling the chosen size capsules with dried, powdered herbs.

## External Herbal Preparations

*Note:-* Oils - wherever oil is called for in the preparations, use either almond, olive, primrose or apricot kernel oil - these are also called carrier oils. Most other oils will go rancid after some time, unless alcohol is added as a preservative.

*Note:-* Stored oils (used internally) containing any parts of any food or herb can cause botulism is not refrigerated and used within three days, unless vinegar or alcohol is also present.

- Bath  
Helpful for overall absorption into the body, boosting immunity, skin conditions and general relaxation. Place 5 - 10 drops of your chosen essential oil or oil blend or some previously made infusion or decoction in a warm bath, close the door to keep the vapours in, and soak for about 20 minutes. Pat dry so as not to rub off the oils.
- Candles  
Wax candles can be bought ready-impregnated with essential oils and are a delightful way of fragancing a room. Or you can add a few drops of essential oil to an oil lamp for the same effect.
- Compresses  
These are effective for sprains, bruising, headaches - use cold water; skin treatment - use warm water; and pain relief, boils, arthritis, and rheumatism - use hot water. Fill a basin with one litre of water (at appropriate temperature) adding 3 - 5 drops of your chosen essential oil or oil blend; or heat up previously prepared infusion or decoction. Soak towel in warmed liquid, wring it out and apply to the affected area. Repeat the process for about 30 minutes, or until skin is flushed.
- Direct application  
Some essential oils can be used directly as they are as they are already diluted. Check your bottle label to see if already diluted. Essential oils that don't usually need diluting are:- cedarwood, cypress, fennel, frankincense, geranium, jasmine, lavender, lemon balm, myrrh, roman chamomile, rose, rosewood, sandalwood, tea tree, ylang ylang.
- Essential oils - How To Make Simple  
Place fresh flowers or herbs in glass jars or bottles and cover completely with oil; cover and seal with lids leaving about ¼ inch head space. Allow to steep, shaking vigorously a few times every day for up to three weeks, or until herbs/flowers begin to wilt. Strain out the herbs and repeat the process two to four times, using the same oil. Strain out the herbs and store in dark coloured, sealed glass bottles. Oils made in this way are very potent, containing the nutritional and medicinal properties of a plant which are fat soluble and may be diluted with oil, water or other liquid before use.
- Essential Oils - How Much To Use For Different Ages  
Babies (0 - 2 years) - use 1 drop of lavender, rose, chamomile, or mandarin diluted in 1 teaspoon carrier oil for massage or bathing.  
Infants (2 - 5 years) - use 1 - 2 drops of 'safe' essential oils (non-toxic and non-irritant to the skin), diluted in 1 teaspoon carrier oil for massage or bathing.  
Children and Elderly (6 - 12 years) - use 1 - 3 drops of recommended oil.  
Adults (13 years and over) - use as recommended.

- **Foot and hand bath**  
Foot and Hand baths are highly beneficial in situations where it is impractical to enjoy a full aromatherapy bath - perhaps if you are elderly or have a disability. Footbaths in particular, are incredibly relaxing at the end of a long, hard day. They are excellent for foot conditions such as athlete's foot and pain and swelling in the feet. Hand baths help to relieve the pain, stiffness and swelling of arthritis. Add four drops of oil or oil blend, or ½ cup infusion or decoction to a bowl of hand-hot water just before you immerse your feet or hands and soak for about 10-15 minutes.
- **Handkerchief**  
The most portable way of using essential oils is to add 3 - 4 drops to a handkerchief and inhale. Useful for treating colds or headaches.
- **Herbal oils**  
Pack ¼ cup washed, chopped fresh herbs into hot, sterilized jars. Heat oil just until warm, and pour into jar with herbs. Let cool, then cover, strain (optional), seal and refrigerate. Use within three days. Herbal oils can be used in the bath tub, and in cooking recipes.
- **Inhalations**  
These are used particularly in the case of upper respiratory issues, such as colds, coughs and sore throats. Simply smell an essential oil in the bottle, or place a drop or two on a piece of cloth and hold near nose so that you can smell it. Another way is to fill a basin with 1 litre of steaming hot water. Place 6 - 10 drops of your chosen essential oil or blend in the water. Lean over and cover your head and the basin with a towel. Breathe in the aroma for 10 minutes or longer.
- **Massage**  
Great for stress relief, immunity, muscle aches, detoxifying, etc. For a full body massage: add 15 drops of your chosen essential oil or oil blend to 1 ounce of carrier oil or vegetable oil.
- **Pillow talk**  
Perfume your pillow with 2 - 3 drops of essential oil. Choose a relaxing oil to unwind or one for insomnia if you have sleep problems.
- **Plasters and Poultices**  
Mix powdered herb with just enough warm water to make a thick paste. Smear paste about ¼ inch thick on a piece of thin cloth, and apply to afflicted area (cloth side down), covering with plastic. When the poultice cools off, immediately remove the cloth and wash thoroughly areas where it was applied.
- **Pomanders**  
Hang porous corked bottles in the wardrobe which have a little essential oil in them. The essential oil is absorbed by the clay and released slowly.
- **Potpourri**  
Add a few drops of an appropriate flowery or spicy essential oil to refresh tired potpourri, or make your own.
- **Room spray**  
Place 10 drops of essential oil in seven tablespoons of water. One tablespoon of vodka or pure alcohol added to the solution will act as a preservative but this is optional. Shake well before spraying around.



- Shoe rack  
Freshen the cupboard with lemongrass. Deodorise shoes with two drops of pine or parsley oil.
- Skin lotion  
Add a few drops of essential oil to a bland cream or lotion, and apply to the skin.
- Vaporisation  
Use an oil burner, aromatic diffuser, or a few drops of oil can be placed on a light bulb ring or added to a small bowl of water placed on a radiator. If essential oils are over heated their therapeutic properties are often destroyed. With a ceramic oil burner nearly fill the saucer with warm water and top us if necessary; place 6 - 8 drops of essential oil on top of the water; light candle outside oil warmer then place inside it. Always keep all types of vaporisers out of the reach of children, never leave them unattended or when sleeping.
- Wood fires  
Sprinkle drops of cypress, cedarwood, pine or sandalwood oil over the logs to be used about an hour before lighting the fire and then burn them to release your favourite aroma.

Information for this page was gathered from :-

- *Herbs: The Healing Nature* by PowerPublications
- *Oil Garden Aromatherapy* (theoilgarden.com.au) pamphlet
- *How Can I Use Herbs In My Daily Life?* by Isabell Shipard
- *The Encyclopedia of Essential Oils* by Julia Lawless
- *Back To Basics the natural way* by Margaret Hall
- *Beyond the Basics of Aromatherapy* by Margaret Hall, Marilyn Harrison, & Bea Myers
- and information I have gathered from personal experience.

*This subject is being covered to give you information that you can refer to now and in the future, not as something that is right, doctrinal, or given by inspiration. Therefore there will be no question for this lesson.*

## 8e - DANGEROUS AND USEFUL HERBS

### DANGEROUS HERBS

Herbs are like any other food source that is available to humans - some people have adverse reactions to them, while still others may be allergic to them. "Not all can eat the same things. Foods that are palatable and wholesome to one person may be distasteful, and even harmful, to another." (C.D. P. 198 para. 3.) For example, common things like garlic, echinacea, and Vitamin C are excellent for colds for most people, but there are some people who become far worse and/or violently ill if they use them.

So you need to test out what herbs are good for you and use them. Always start off a new herb/s with a small quantity of one herb increasing the amount slowly over a few days. If you have no reaction then you can add another herb if necessary. Never commence several new herbs at one time, and use caution as some herbs do not go well together.

It is advisable for anyone who is interested in helping their health with herbs to search out information on the Internet or to buy a couple of good herb books which includes lots of information about the benefits, uses, and safety information.

A few good books which I have and use regularly in regards to herbs are:-

- *The Ultimate Book of Herbs and Herb Gardening*  
by Jessica Houdret, published by *Hermes House*  
ISBN 1-84309-022-8
- *How Can I Use Herbs In My Daily Life?*  
By Isabell Shipard, published by *David Steward*  
ISBN 0-646-42248-0
- *The Encyclopedia of Essential Oils*  
*The Complete Guide To The Use of Aromatic Oils in Aromatherapy, Herbalism, Health & Well-being*  
By Julia Lawless, published by *Thorsons, of Harper Collins Publishers Ltd.*  
ISBN 0-00-714518-7
- *The Family Guide To Alternative Health Care*  
By Professor Patrick Pietroni, published by *The Book Company International Pty. Ltd.*  
ISBN 1-85833-484-5
- *Natural Remedies Encyclopedia*  
By Vance Ferrell, published by *Harvestime Books*  
Can be read online at:- [http://www.pathlights.com/nr\\_encyclopedia/index.htm](http://www.pathlights.com/nr_encyclopedia/index.htm)

### **Safety Information:**

Always check with specific safety information before using a new herb or it's oil, especially in regard to toxicity levels, phototoxicity, dermal irritation and sensitization. Unless specifically directed never take essential oils internally, simply rub them on the skin where they will be absorbed readily and the nutrients taken into your system.

### **Contra-indications:**

Take note of any contra-indications when using particular herbs and their oils. For example, fennel, hyssop, rosemary, and sage should be avoided by epileptics, clary sage should not be used while drinking alcohol, hops should not be used by anyone suffering from depression.

**High Blood Pressure:**

Avoid the following herbs and their oils in cases of high blood pressure - cypress, hyssop, rosemary, sage (all types), and thyme.

**Pregnancy:**

During pregnancy use herbs and essential oils in half the usual stated amounts. Take note of those essential oils which are contra-indicated in pregnancy especially basil, cedarwood, cypress, sage, marjoram, rosemary, thyme and more. All essential oils should be avoided during the first trimester.

**Burning Sensation:**

If an essential oil leaves the skin feeling too hot or a burning sensation, rub olive oil over the area for immediate relief.

**USEFUL HERBS**

I have here compiled a list of ailments/sicknesses and the herbs, their essential oils (Oil), as well as some foods that can be used to help alleviate them and their symptoms. This list is by no means comprehensive although is it rather large.

*Note:* All care has been taken when compiling this list to exclude all spices, however some may be included in error - except for essential oils which are used externally.

*Note:* For essential oils it is best to combine no more than three oils and use in the following ways:-  
M - Skin application/Massage; B - Bath; I - Inhalation; V - Vaporisation; D - Direct Application; C - Compress; L - Skin Lotion.

**A****ABSSESSES**

Alehoof, Borage, Fenugreek, Fig, Flax, Mugwort, Nettle, Walnut.

(Oil - C, B, P, L.) Bergamot, Chamomile, Eucalyptus, Lavender, Lemon, Niaouli, Clary Sage, Tea Tree.

**ACNE**

Alehoof, Aloe Vera, Burdock, Chaste Tree, Flax, Garlic, Geraniums, Yarrow.

(Oil - M, B, I, L.) Bergamot, Chamomile, Cedarwood, Geranium, Lavender, Lemon Grass, Rosemary, Rosewood, Sandalwood, Tea Tree, Thyme.

**ALKALINE, ALKALISING**

Alfalfa, Aloe Vera, Burdock, Carob, Corn, Dandelion, Globe artichoke, Jerusalem artichoke, Meadowsweet, Red clover, Strawberry, Watercress, Wheat.

**ALLERGIES**

Brahmi, Lemon Balm, Licorice, Peppermint, Stevia.

(Oil - M, L, B, I.) Lemon Balm, Chamomile, Lavender, Peppermint, Spikenard.

**ALZHEIMER'S DISEASE**

Brahmi, Ginkgo, Sage.

**AMNESIA**

Agrimony, Aloe Vera, Comfrey, Fenugreek, Lemon Balm Licorice, Onion Chives, Strawberry.

**ANEMIA**

Agrimony, Aloe Vera, Angelica, Comfrey, Elderberry, Fenugreek, Licorice, Onion, Onion Chives, Red Clover, Strawberry, Thyme, Yellow Dock.

- mix a raw egg in a glass of red grape juice, and drink daily for a week or two until condition improved. Reduce to once or twice a week until completely well.

#### ANOREXIA NERVOSA

Angelica, Burdock, Celery, Fenugreek, Oats, Onion, Red Clover, Wormwood.

#### ANTIBIOTIC

Burdock, Echinacea, Garlic, Lovage, Nasturtium.

(Oil - M, B, I, V, L.) Chamomile (German), Clary Sage, Lemon, Lemon Grass, Marjoram, Oregano, Tea Tree, Thyme.

#### ANTI-EMETIC (reduces nausea or vomiting)

Peppermint, Quince.

(Oil - M, V.) Basil (French), Chamomile, Fennel, Frankincense, Ginger, Lavender, Lemon Balm, Peppermint.

#### ANTI-INFLAMMATORY

Barley, Carob, Chamomile, Chickweed, Corn, Golden Rod, Gotu Kola, Licorice, Mallow, Nettle, Rosemary, Willow, Yarrow.

(Oil - M, B, L.) Cedarwood, Chamomile, Geranium, Lavender, Sage, Sandalwood.

#### ANTIOXIDANT

Alfalfa, Brahmi, Herb Robert, Nettle, Rosemary, Sage, Sesame, Sheep Sorrel.

#### ANTISEPTICS

Eucalyptus, Lavender, Olive, Oregano, Rosemary, Thyme.

(Oil - B, C.) Eucalyptus, Lavender, Lemon, Lemon Grass, Pine, Rosemary, Sage, Tea Tree.

#### ANTISPASMODICS (prevents and eases spasms or convulsions)

Chamomile, Lemon Balm, Licorice.

(Oil - M, B, V, I.) Basil, Cedarwood, Chamomile, Cypress, Eucalyptus, Fennel, Frankincense, Lavender, Marjoram, Rosemary, Sandalwood.

#### ANXIETY

Hawthorn, Sage, St John's Wort (use with caution).

(Oil - M, B, V.) Basil, Bergamot, Cedarwood, Cypress, Frankincense, Hyssop, Jasmine, Lavender, Lemon Balm, Orange, Rose, Rosewood, Sandalwood, Ylang Ylang.

#### APPETITE LOSS

Basil, Celery, Cherry, Chestnut, Chicory, Dill, Milk Thistle, Oregano, Yellow Dock.

(Oil - I, M, B, V.) Basil, Bergamot, Ginger, Grapefruit, Myrrh, Orange, Palmarosa.

#### ARTERIOSCLEROSIS

Garlic, Hawthorn, Meadowsweet, Sunflower.

#### ARTHRITIS

Agrimony, Alehoof, Alfalfa, Angelica, Barley, Buckbean, Celery, Chamomile, Chestnut, Chickweed, Chicory, Dandelion, Eucalyptus, Fenugreek, Gotu Kola, Grapefruit, Herb Robert, Laurel Bay, Lemon, Nettle, Oregano, Parsley, Rosemary, Sunflower, Thyme, Watermelon, Willow.

(Oil - M, B, C.) Basil, Chamomile, Eucalyptus, Fennel, Ginger, Juniper, Lavender, Lemon, Marjoram, Peppermint, Pine, Rosemary.

- Place whole lemons in a large glass jar and cover with Methylated Spirits. Cover with a lid and place in a dark place. Shake everyday. After 5 weeks pour off liquid and throw away lemons. Rub liquid onto affected areas where there is unbroken skin, making sure you are away from naked flames.

## ASTHMA

Alfalfa, Aloe Vera, Brahmi, Chamomile (German), Comfrey, Cherry, Dandelion, Eucalyptus, Fenugreek, Garlic, Lavender, Licorice, Nettle, Oregano, Water Cress.

(Oil - V, I, M, B.) Basil, Cedarwood, Chamomile, Clary Sage, Cypress, Eucalyptus, Frankincense, Lavender, Lemon, Lemon Balm, Marjoram, Myrtle, Peppermint, Rose, Rosemary, Sandalwood, Sage.

(CAUTION: Do not use steam inhalations during attacks, only as prevention.)

## B

### BACKACHE / PAIN

Alfalfa, Asparagus, Chaste Tree, Comfrey, Horseradish, Nettle, Willow.

(Oil - M, C.) Basil, Eucalyptus, Lavender, Marjoram, Peppermint, Pine, Juniper, Rosemary.

### BAD JOINTS

Buckbean, Chamomile.

(Oil - M, C, L.) Basil, Chamomile, Eucalyptus, Lavender, Peppermint, Pine, Marjoram, Rosemary, Sage.

### BED SORES

Aloe Vera, Calendula, Chamomile, Comfrey.

(Oil - M, C, L.) Chamomile, Eucalyptus, Lavender, Lemon, Sage.

### BED WETTING

Catnip, Corn, Fennel.

### BLEEDING

Blackberry, Broad Leafed Plantain, Lady's Mantle, Nettle, Oak Tree, Shepherds Purse.

### BLOOD CIRCULATION

Artichoke, Cherry, Rosemary, Thyme.

### BLOOD CLEANSERS / PURIFIERS

Agrimony, Apple, Broad Leaf Plantain, Burdock, Comfrey, Echinacea, Fennel, Fenugreek, Gotu Kola, Herb Robert, Neem Tree, Nettle, Onion, Onion Chives, Pomegranate, Red Clover, Rocket, Sage, Sesame, Sorrel, Strawberry, wheat, Yellow Dock, Yucca.

### BOILS / BLISTERS

Alehoof, Burdock, Comfrey, Fenugreek, Figs, Neem Tree, Nettle.

(Oil - C, B, P, L.) Bergamot, Chamomile, Eucalyptus, Lavender, Lemon, Niaouli, Clary Sage, Tea Tree.

### BONE DENSITY

Oats.

### BRAIN STIMULATION

Lemon Balm, Rosemary.

### BRONCHITIS

Agrimony Angelica, Brahmi, Borage, Broad Leafed plantain, Cherry, Cabbage, Garlic, Lavender, Licorice, Mallow, Marshmallow, Nettle, Oregano, Pine, Red Clover, Sunflower, Thyme, Watercress.

(Oil - M, I, V.) Aniseed, Basil, Cedarwood, Eucalyptus, Fennel, Frankincense, Grapefruit, Jasmine, Lavender, Lemon, Lemon Balm, Lime, Marjoram, Myrrh, Peppermint, Pine, Rosemary, Sandalwood, Thyme.

### BRUISES

Agrimony, Buckbean, Bugle, Chamomile (German), Comfrey, Fennel, Laurel Bay, Marjoram, Pine,

Rosemary.

(Oil - M, C.) Arnica, Cypress, Fennel, Geranium, Hyssop, Lavender, Marjoram, Rose, Rosemary.

## BURNS

Aloe Vera, Fennel, Flax, Lavender, Mother Of Herbs, Pomegranate, Raspberry.

(Oil - C.) Chamomile, Lavender, Marigold, Tea Tree, Yarrow.

- Cover a small burn generously with *Lucas' Papaw Ointment* made in Acacia Ridge, Brisbane.

(CAUTION - Burns should be treated with cool running water for about 20 minutes first. If the burn is large seek urgent medical assistance.)

## C

### CALLUSES

Chamomile.

### CANCER

Aloe Vera, Asparagus, Basil, Burdock, Carrot, Chestnut, Chickweed, Comfrey, Dandelion, Echinacea, Fenugreek, Garlic, Gotu Kola, Grapefruit, Herb Robert, Licorice, Mallows, Milk Thistle, Nettle, Parsley, Red Clover, Sage.

### CATARACTS

Aloe Vera, Celandine (Greater), Chervil.

CATARRH (Inflammation of the mucous membranes, especially of the nose and throat.)

Alfalfa, Fenugreek, Forget-me-not, Licorice, Lovage, Nettle, Okra.

(Oil - M, I, V.) Cedarwood, Chamomile, Eucalyptus, Frankincense, Ginger, Lavender, Lemon, Myrtle, Peppermint, Pine, Rosemary, Sandalwood, Thyme, Tea Tree.

### CHICKEN POX

(Oil - B, C, L, V.) Bergamot, Chamomile, Eucalyptus, Lavender, Niaouli, Palmarosa, Peppermint, Tea Tree.

### CHILBLAIN

Quince.

(Oil - L.) Chamomile, Lemon, Lime, Marjoram.

### CHOLESTEROL

Alfalfa, Artichoke, Broad Leafed Plantain, Buckwheat, Chicory, Comfrey, Corn, Dandelion, Fenugreek, Garlic, Gotu Kola, Grapefruit, Milk Thistle, Neem Tree, Oats, Olive, Sunflower.

### CHRONIC FATIGUE SYNDROME

Asparagus, Herb Robert, Neem Tree, Olive, Willow.

### CIRCULATION - PERIPHERAL

Alehoof, Angelica, Borage, Buckwheat, Burdock, Chamomile, Chicory, Dandelion, Garlic, Gotu Kola, Hyssop, Lavender, Licorice, Marjoram, Neem Tree, Nettle, Oats, Onions, Pomegranate, Raspberry, Rosemary, Sage, Strawberry, Thyme.

(Oil - M, B.) Cypress, Eucalyptus, Ginger, Lemon, Lemon Grass, Marjoram, Peppermint, Pine, Rosemary, Spanish Sage, Thyme.

### COLD

Agrimony, Aloe Vera, Angelica, Borage, Chamomile, Echinacea, Elderberry, Eucalyptus, Fenugreek, Flax, Garlic, Hyssop, Licorice, Marjoram, Mint, Nasturtium, Peppermint, Raspberry, Stevia, Sweet Basil, Sunflower, Willow, Yarrow.

(Oil - M, I, V.) Aniseed, Basil, Citronella, Eucalyptus, Frankincense, Geranium, Grapefruit, Juniper, Lavender, Lemon, Lime, Marjoram, Myrrh, Orange, Peppermint, Pine, Rosemary, Tea Tree, Thyme.

## COLD SORES

(Oil - D, M, L.) Bergamot, Eucalyptus, Geranium, Lavender, Lemon, Tea Tree.

## COLIC

Alehoof, Carrot, Chamomile, Dill, Fennel, Lettuce, Marjoram, Parsley, Peppermint, Walnut.

(Oil - M, C.) Chamomile, Lavender, Lemon Balm, Geranium, Marjoram.

## COLON

Aloe Vera, Catnip, Chickweed, Comfrey, Fennel, Leeks, Mint, Sage, Yarrow.

## CONJUNCTIVITIS

Calendula, Chamomile, Chervil, Licorice, Olive, Parsley.

- Dampen a cloth or piece of cotton wool with cooled Chamomile tea and gently wipe from the middle of the eye to the outside. Never use the same part of the cloth or wool twice. Continue till puss is gone. Repeat three times a day. This also works for animals.

## CONSTIPATION

Aloe Vera, Apple, Arbutus, Buckbean, Chickweed, Chicory, Corn, Flax, Mallows, Oats, Olive, Peach, Pumpkin, Quince, Strawberry.

(Oil - M, C, B.) Bergamot, Cedarwood, Fennel, Lavender, Mandarin, Marjoram, Rose, Rosemary, Sandalwood, Sweet Orange.

## CORNS

Celandine (Greater).

(Oil - M.) Lemon.

## COUGH

Agrimony, Basil, Bergamot, Broad Leafed Plantain, Cherry, Comfrey, Elderberry, Eucalyptus, Fennel, Feverfew, Flax, Lemon, Licorice, Mallow, Marshmallow, Mother Of Herbs, Nasturtium, Onion, Pine, Quince, Red Clover, Rocket, Rosella.

Bronchial - (Oil - M, I, V.) Basil, Bergamot, Eucalyptus, Frankincense, Ginger, Hyssop, Marjoram, Myrtle, Peppermint, Rosemary, Sandalwood.

Dry - (Oil - I, B, V, M.) Basil, Cedarwood, Clary Sage, Cypress, Eucalyptus, Frankincense, Ginger, Marjoram, Myrtle, Peppermint, Pine, Rosemary, Sandalwood, Tea Tree.

## CRADLE CAP

(Oil - M.) Eucalyptus, Geranium.

## CRAMPS / MUSCLE SPASM

Chamomile, Fennel, Marjoram, Raspberry.

(Oil - M, C, B.) Basil, Cedarwood, Cypress, Geranium, Ginger, Juniper, Lavender, Marjoram Pine, Rosemary.

## CUTS, MINOR BURNS, & ABRASIONS

(Oil - M, B, C, L.) Chamomile (D), Eucalyptus, Geranium, Hyssop, Lavender, Lemon, Marigold, Myrrh, Rosewood, Tea Tree, Thyme, Yarrow. - Cover a small burn generously with *Lucas' Papaw Ointment* made in Acacia Ridge, Brisbane.

(CAUTION - Burns should be treated with cool running water for about 20 minutes first. If the burn is large seek urgent medical assistance.)

## CYST

Apple, Carrot, Corn.

## CYSTITIS AND URINARY INFECTIONS

Agrimony, Apples, Arbutus, Burdock, Celery, Chamomile, Chickweed, Corn, Eucalyptus, Lavender,

Mallows, Nettle, Pine, Sage, Sheep Sorrel, Yarrow.  
- 250 ml Cranberry juice daily until infections is gone.

## D

### DANDRUFF

Alfalfa, Chickweed, Neem Tree, Sage, Yarrow.  
(Oil - M.) Cedarwood, Eucalyptus, Jojoba, Lemon, Rosemary, Sage, Tea Tree.

### DEPRESSION

Alehoof, Alfalfa, Basil, Borage, Chaste Tree, Lavender, Lemon Balm, Oats, Passionflower, Pine, Rosemary, Sage, Thyme.  
(Oil - M, B, V.) Basil, Bergamot, Chamomile, Clary Sage, Geranium, Grapefruit, Jasmine, Lavender, Lemon Grass, Neroli, Rose, Rosewood, Sandalwood, Ylang Ylang.

### DERMATITIS

(Oil - M, B, C, L.) Cedarwood, Chamomile, Clary Sage, Geranium, Hyssop, Juniper, Lavender, Palmarosa, Peppermint, Rosemary, Spanish Sage, Thyme.  
- Olive oil is a good moisturiser on dry dermatitis.

### DIABETES

Agrimony, Alfalfa, Almond, Apple, Bitter Melon, Blackberry, Cherry, Chickweed, Chicory, Corn, Dandelion, Gotu Kola, Herb Robert, Licorice, Milk Thistle, Oats, Olive, Onion, Rosemary, Yellow Dock.  
- A low fat vegetarian diet helps relieve symptoms.

### DIARRHOEA

Apples, Basil, Blackberry, Carob, Carrot, Chamomile, Chestnut, Mint, Oregano, Raspberry, Rosemary, Yellow Dock.  
- 1 teaspoon of ground charcoal in ½ glass of water. If your child finds this hard to take try mixing the charcoal with icecream or yoghurt.

### DIGESTIVE SYSTEM

Aloe Vera, Carob, Chamomile, Chickweed, Herb Robert, Lemon Balm, Lemon Verbena, Stevia, Thyme.

### DIURETIC

Board Leafed Plantain, Carob, Dandelion, Sheep Sorrel, Stevia.

### DIZZINESS

Lavender, Lemon Balm, Lemon Grass.

## E

### EAR INFECTION

(Oil - D - place 1 - 2 drops externally, or into the ear canal as long as the ear drum is not burst.)  
Lavender, Tea Tree Oil.

### ECZEMA

Agrimony, Chamomile, Dandelion, Lavender, Licorice, Nettle, Red Clover, Yarrow, Yellow Dock.  
(Oil - M, B, C, L.) Avocado, Bergamot, Cedarwood, Chamomile, Geranium, Jojoba, Lavender, Lemon Balm, Myrrh, Patchouli, Rose, Rosemary, Thyme.

### EPSTEIN BARR (Glandular Fever)

Comfrey, Milk Thistle, Olive.  
- Soak a good handful of chopped parsley in water in the fridge. Drink a glass twice a day, replacing the water when you do so. Replace all the water and parsley after a couple of days.



- 10 drops of citrus seed extract in a glass of milk once a day (up to three times a day for severe conditions) until symptoms cease.

#### EXHAUSTION

Ginseng, Onion, Sage, Strawberry.

#### EYE IRRITATION

Borage, Chamomile, Chickweed, Chicory, Fennel, Herb Robert, Lemon Balm, Lemon Grass, Nasturtium, Watermelon.

### F

#### FAINTING

Marjoram.

(Oil - M, B, I.) Lavender, Peppermint, Rosemary.

#### FALLING HAIR

Bay, Nettle, Olive, Rosemary, Yarrow.

#### FATIGUE - NERVOUS

Aloe Vera, Angelica, Licorice, Oats, Rosemary, Salad Mallow, Thyme.

(Oil - M, B, V.) Basil, Clary Sage, Eucalyptus, Jasmine, Juniper, Ginger, Grapefruit, Lavender, Lemon Grass, Myrtle, Palmarosa, Peppermint, Pine, Rosemary, Sage, Ylang Ylang.

#### FEVER

Basil, Borage, Chamomile, Chrysanthemum, Eucalyptus, Feverfew, Garlic, Laurel Bay, Lemon, Lemon Balm, Lemon Grass, Olive, Sage, Yarrow. (Oil - B, C.) Basil, Bergamot, Eucalyptus, Lemon, Lavender, Lemon Grass, Myrtle, Niaouli, Peppermint, Rosemary, Rosewood, Tea Tree, Thyme.

#### FLATULENCE

Lauren Bay, Oregano, Parsley, Peppermint, Rosemary.

(Oil - M, C.) Aniseed, Basil, Chamomile, Fennel, Ginger, Juniper, Lavender, Lemon, Lemon Grass, Marjoram, Petitgrain, Peppermint, Spearmint, Ylang Ylang.

#### FLU

Eucalyptus, Garlic, Lavender, Licorice, Nasturtium, Peppermint, Thyme.

(Oil - M, I, V.) Aniseed, Basil, Citronella, Eucalyptus, Frankincense, Grapefruit, Juniper, Lavender, Lemon, Lime, Marjoram, Myrrh, Orange, Peppermint, Pine, Tea Tree, Thyme.

- 10 drops of citrus seed extract in a glass of milk once a day (up to three times a day for very bad flu) until symptoms cease.

- mix 2 parts olive oil and 1 part eucalyptus oil and use as a chest, neck, and back rub on children and adults.

#### FLUID RETENTION

Alfalfa, Aloe Vera, Arrowroot, Chamomile, Chickweed, Chives, Leeks, Licorice, Onion, Parsley.

(Oil - M, C, B.) Cypress, Eucalyptus, Fennel, Geranium, Grapefruit, Juniper, Lavender, Lemon, Rosemary, Sandalwood, Sage.

### G

#### GALLSTONES

Borage, Chicory, Dandelion, Milk Thistle, Nettle, Olive, Parsley, Pine.

#### GASTRIC ULCER

Barley, Comfrey, Licorice.

## GINGIVITIS

Blackberry, Fennel, Fig Tree, Sage.

## GOITRE

Echinacea, Nettle.

## GOUT

Buckbean, Celery, Chervil, Chickweed, Comfrey, Dandelion, Red Clover.  
(Oil - M, L, B.) Basil, Juniper, Pine, Rosemary, Thyme.

## H

### HARDENING OF THE ARTERIES

Buckwheat, Chervil, Oats.

HAYFEVER - see SINUSITIS

### HEADACHE

Bay Leaf, Bergamot, Chamomile, Chrysanthemum, Lavender, Lemon Balm, Marjoram, Mint, Rosemary, Sage, Thyme.  
(Oil - M, V, C.) Basil, Chamomile, Clary Sage, Eucalyptus, Geranium, Lavender, Lemon, Lemon Grass, Marjoram, Peppermint, Rose, Rosemary, Rosewood.

### HEAD LICE

Neem Tree, Parsley, Tansy, Thyme.  
(Oil - M.) Eucalyptus, Geranium, Lavender, Parsley, Pine, Rosemary, Tea Tree.

### HEART

Alfalfa, Cherry, Chickweed, Fenugreek, Garlic, Lavender, Lemon Balm, Rosemary.

### HEARTBURN

Carob, Dandelion, Mint.

### HEAT RASH

(Oil - B.) Lavender.

### HEMORRHOIDS

Aloe Vera, Blackberry, Borage, Chamomile, Marshmallow, Nettle, Raspberry, Yarrow, Yellow Dock, Witch Hazel.  
(Oil - B, L.) Cypress, Geranium, Juniper, Lemon, Myrrh, Myrtle.

### HIGH TRIGLYCERIDES

Garlic, Olive.

### HYPERTENSION / HIGH BLOOD PRESSURE

Aloe Vera, Blackberry, Buckwheat, Chrysanthemum, Comfrey, Fenugreek, Garlic, Gotu Kola, Lavender, Lemon Balm, Nettle, Olive, Parsley, Raspberry, Yarrow.  
(Oil - B.) Clary Sage, Lavender, Lemon Balm, Lemon, Marjoram, Ylang Ylang.  
(CAUTION - High blood pressure should be treated by a medical professional.)

### HYPOTENSION / LOW BLOOD PRESSURE

Dandelion, Rosemary.  
(Oil - M, B.) Eucalyptus, Ginger, Lemon, Lemon Grass, Peppermint, Pine, Rose, Rosemary, Spanish Sage, Thyme.  
(CAUTION - Low blood pressure should be treated by a medical professional.)

## **I**

### **INDIGESTION**

Apple, Alehoof, Alfalfa, Arrowroot, Balm, Basil, Borage, Chamomile, Cherry, Chicory, Dill, Fennel, Grapefruit, Laurel Bay, Lemon, Parsley, Rosemary, Sage, Thyme, Yarrow, Yellow Dock.  
(Oil - M.) Basil, Bergamot, Chamomile, Fennel, Ginger, Lemon Grass, Mandarin, Marjoram, Peppermint, Rosemary.

### **INFECTED WOUNDS**

(Oil - B, C, L.) Chamomile, Frankincense, Lavender, Niaouli.

### **INFLAMMATION**

Aloe Vera, Chamomile, Chickweed, Dill, Herb Robert, Hyssop, Sage, Willow.  
(Oil - L, B, C.) Chamomile, Frankincense, Geranium, Lavender, Peppermint.

### **INSECT BITES**

Aloe Vera, Calendula, Forget-me-not, Lemon Tea Tree, Mint, Mother Of Herbs, Mulberry, Olive, Salad Mallow, Sweet Basil.  
(Oil - M, L.) Basil, Chamomile, Eucalyptus, Fennel, Lavender, Lemon Balm, Tea Tree.

### **INSECT REPELLENTS**

Basil, Eucalyptus, Lavender, Tea Tree.  
(Oil - L, V.) Basil, Bergamot, Cedarwood, Cypress, Eucalyptus, Geranium, Lavender, Lemon, Lemon Grass, Pine, Rosemary, Tea Tree.

### **INSOMNIA**

Alfalfa, Chamomile, Dill, Lavender, Lemon Balm, Marjoram, Mother of Herbs (3 in 1 or 5 in 1) Sage.  
(Oil - M, B, V.) Basil, Chamomile, Lavender, Mandarin, Marjoram, Orange, Neroli, Rose, Sandalwood, Tangerine, Ylang Ylang.

### **INTESTINAL SWELLING**

Dill, Fennel, Mallow, Oregano, Thyme.

### **INTESTINE ULCER**

Chamomile, Fennel, Marshmallow.

### **IRRITABLE BOWL SYNDROME**

Arrowroot, Broad Leaf Plantain, Chamomile, Mint, Wild Yam.

## **J**

### **JAUNDICE**

Borage, Chicory, Flax, Marshmallow, Parsley, Yellow Dock.

## **K**

### **KIDNEY DISEASE**

Alfalfa, Apple, Arrowroot, Borage, Chamomile, Chickweed, Fenugreek, Herb Robert, Lemon Balm, Neem Tree, Onion, Parsley, Sage.

### **KIDNEY STONES**

Apple, Borage, Carrot, Chamomile, Dill, Lettuce, Parsley, Peach, Rosemary, Watermelon.

## **L**

### **LARYNGITIS**

Echinacea, Mallow, Marshmallow, Rosemary, Sage.

(Oil - I, M.) Cedarwood, Clary Sage, Eucalyptus, Frankincense, Ginger, Lavender, Lemon, Sandalwood, Thyme.

- Place a little tea tree oil on the end of a finger, and then place it on the back of your tongue.

#### LAXATIVES

Buckbean, Elderberry, Figs, Flax, Licorice, Olive (especially olive oil mixed with Charcoal), Pumpkin.

#### LIVER

Agrimony, Aloe Vera, Arrowroot, Bay, Borage, Carrot, Chamomile, Chickweed, Chicory, Dandelion, Fennel, Fenugreek, Grapefruit, Lemon Balm, Lemon Grass, Licorice, Marshmallow, Milk Thistle, Mother of Herbs (3 in 1 or 5 in 1), Parsley, Strawberry, Yarrow.

- 1 tablespoon each of lemon juice and honey, mixed with 1 teaspoon olive oil, topping glass up with water. Stir well and drink.

#### LUNG DISEASE

Agrimony, Basil, Bay, Borage, Chamomile, Chickweed, Eucalyptus, Fenugreek, Nasturtium, Nettle, Oats, Parsley, Raspberry.

#### LYMPHATIC SYSTEM (Strengthening)

Alfalfa, Broad Leaf Plantain, Chickweed, Fenugreek, Jasmine, Lavender, Leeks, Mint, Red Clover, Yellow Dock.

### M

#### MALARIA

Eucalyptus, Neem Tree.

- 10 drops of citrus seed extract in a glass of milk once a day (up to three times a day for very bad flu) until symptoms cease. Then a maintenance dose of 3 drops a day.

#### MEASLES

Chamomile.

(OIL - B, C, L, V.) Bergamot, Chamomile, Eucalyptus, Lavender, Niaouli, Palmarosa, Peppermint, Tea Tree.

#### MEMORY

Brahmi, Gotu Kola, Lemon Balm, Rosemary, Sage.

#### MENOPAUSE

Frigidity / Impotence - (Oil - B, M, V.) Clary Sage, Jasmine, Neroli, Rose, Sandalwood, Ylang Ylang.

Excessive Sexual Impulses - (Oil - V, B.) Marjoram.

Hot Flushes - Chaste Tree, Red Clover.

(Oil - I, C, B, M.) Clary Sage, Fennel, Geranium, Jasmine, Lemon, Peppermint.

Nervous Tension - Basil, Rosemary, Yarrow.

(Oil - M, B, V.) Basil, Bergamot, Clary Sage, Cypress, Geranium, Lavender, Lemon, Neroli, Pine, Rose, Rosewood, Sandalwood, Ylang Ylang.

#### MENSTRUAL

Cramps/Pains - Chamomile, Lemon Balm, Parsley, Thyme.

(Oil - M, B, V.) Chamomile, Clary Sage, Cypress, Fennel, Geranium, Juniper, Marjoram, Neroli, Peppermint, Rose, Rosemary, Sage.

Emotional/Irritability - (Oil - M, I, V.) Bergamot, Chamomile, Cedarwood, Clary Sage,

Geranium, Lavender, Marjoram, Orange, Rose, Rosewood, Sandalwood, Ylang Ylang.

Headache - (Oil - V, I, C, M.) Bergamot, Clary Sage, Grapefruit, Lavender, Lemon, Marjoram, Peppermint, Orange, Rosemary, Rosewood.

Heavy Flow - (Oil - M, B.) Cypress, Frankincense, Geranium, Rose.

Scanty Flow - Celery, Chamomile, Fennel, Oregano.  
(Oil - M, B.) Basil, Cedarwood, Chamomile, Clary Sage, Fennel, Juniper, Lavender, Marjoram, Myrrh, Peppermint, Sage.

#### MIGRAINE

Feverfew, Lavender, Lemon Balm, Thyme.  
(Oil - C, B, V, I.) Basil, Chamomile, Clary Sage, Ginger, Grapefruit, Lavender, Marjoram, Peppermint.

#### MORNING SICKNESS

Chamomile, Fennel, Raspberry.

#### MOOD SWINGS

(Oil - M, I, B.) Clary Sage, Geranium, Lavender, Rosewood.

#### MOUTH INFECTIONS / ULCERS

Borage, Chamomile, Chickweed, Fennel, Herb Robert, Lavender, Nettle, Rose, Sage, Salt water.  
(Oil - D, C, Gargle/Mouthwash) Bergamot, Cypress, Fennel, Geranium, Lemon, Myrrh, Sweet Orange, Tea Tree, Thyme.  
- Stir ½ teaspoon salt in a glass of water, gargle, then spit out. Repeat 3 times a day until healed.

#### MUSCLE ACHES / PAINS

Gotu Kola, Peppermint, Rosemary, Yarrow.  
(Oil - M, B, C.) Aniseed, Basil, Chamomile, Cypress, Eucalyptus, Ginger, Lavender, Lemon Grass, Marjoram, Peppermint, Pine, Rosemary, Sage.  
- Soak in a warm to hot bath with a good hand full of Epsom salts for about 20 mins.

### **N**

#### NAPPY RASH

Chamomile, Chickweed.  
(Oil - L.) Lavender, Sandalwood.

#### NAUSEA / TRAVEL SICKNESS / VOMITING

Basil, Chamomile, Fennel, Marjoram, Rosemary, Yarrow.  
(Oil - M, V.) Basil, Chamomile, Fennel, Frankincense, Ginger, Mandarin, Lavender, Lemon, Lemon Balm, Orange, Peppermint, Rose, Rosewood, Spearmint.

#### NERVOUS SYSTEM - WEAKENED

Asparagus, Bay, Chamomile (German), Gotu Kola, Lavender, Lemon Balm, Marjoram, Oats, Parsley, Passionflower, Rosemary.  
(Oil - M, B, V.) Basil, Chamomile, Clary Sage, Cypress, Juniper, Lavender, Lemon Grass, Marjoram, Rosemary.

#### NIGHT SWEATS

Hyssop, Strawberry.

#### NOSE BLEED

(Oil - C.) Cypress, Lavender.

## **P**

### **PALPITATIONS**

Lavender, Lemon Balm, Parsley, Rosemary.

(Oil - M, I.) Chamomile, Lavender, Neroli, Orange, Petitgrain, Rose, Rosemary, Ylang Ylang.  
(CAUTION - If palpitations persist or are recurrent, seek medical advise.)

### **PHARYNGITIS**

Apple, Blackberry, Sage.

### **PNEUMONIA**

Borage, Flax, Pine.

### **POISONING**

Basil, Charcoal (with a little water), Fennel, Lavender.

### **PROSTATE**

Alfalfa, Almond, Corn, Grapefruit, Oats, Onion, Pumpkin, Raspberry, Watermelon.

### **PSORIASIS**

Broad Leafed Plantain, Chickweed, Nettle, Red Clover, Yellow Dock.

(Oil - M, B, L.) Angelica, Avocado, Bergamot, Chamomile, Lavender.

## **R**

### **RASHES**

(Oil - M, L, C, B.) Chamomile, Lavender, Marigold, Sandalwood, Tea Tree.

### **RHEUMATISM (Pain and inflammation of the muscles)**

Alfalfa, Almond, Apple, Borage, Celery, Chickweed, Corn, Eucalyptus, Fennel, Gotu Kola, Herb Robert, Laurel Bay, Lemon, Marjoram, Nettle, Onion, Oregano, Thyme.

(Oil - M, B, C.) Angelica, Basil, Chamomile, Cypress, Eucalyptus, Fennel, Ginger, Juniper, Lavender, Lemon, Marjoram, Peppermint, Pine, Rosemary.

### **RHEUMATOID ARTHRITIS**

Apples, Feverfew, Gotu Kola, Mint, Red Clover.

### **RINGWORM**

(Oil - L.) Geranium, Lavender, Myrrh, Peppermint, Tea Tree.

## **S**

### **SCABIES**

(Oil - L.) Bergamot, Lavender, Lemon Grass, Peppermint, Pine, Rosemary, Thyme.

### **SHINGLES (Herpes Zoster)**

Herb Robert, Licorice.

(OIL - B, C, L, V.) Bergamot, Chamomile, Eucalyptus, Lavender, Niaouli, Palmarosa, Peppermint.

### **SHOCK**

(Oil - M, I, B, V.) Frankincense, Lavender, Lemon Balm, Neroli, Peppermint, Rose, Ylang Ylang.

### **SINUSITIS / HAYFEVER / BLOCKED NOSE**

Alfalfa, Fenugreek, Mallows, Nettle.

(Oil - I, M, B, V.) Basil, Cedarwood, Chamomile, Eucalyptus, Geranium, Ginger, Lavender, Lemon, Peppermint, Pine, Rosemary, Tea Tree.

## SKIN CARE

Congested and dull (Oil - M, B, C.) Fennel, Geranium, Grapefruit, Lavender, Lemon, Lime, Rose, Rosemary, Rosewood.

Cracked and chapped - Olive (especially the oil), Red Clover. (Oil - L, B.) Myrrh, Patchouli, Sandalwood.

Dry and Sensitive (Oil - M, B, L.) Avocado, Chamomile, Frankincense, Geranium, Jasmine, Jojoba, Lavender, Neroli, Rose, Rose Hip, Rosewood, Sandalwood.

Excessive Perspiration (Oil - B, L.) Bergamot, Cypress, Grapefruit, Lavender, Lemon Grass, Pine, Spanish Sage.

Infections - (Oil - B, C.) Chamomile, Lavender, Pine, Tea Tree.

Inflamed (Oil - M, B, C.) Calendula, Chamomile, Jasmine, Lavender, Myrrh, Patchouli.

Mature (Oil - M, B, L.) Avocado, Cypress, Fennel, Frankincense, Geranium, Jasmine, Lavender, Rose, Sandalwood.

Normal (Oil - M, C.) Cedarwood, Geranium, Lavender, Rosemary Rosewood, Sweet Orange.

Oily (Oil - M, B, C, L.) Bergamot, Cedarwood, Clary Sage, Cypress, Geranium, Juniper, Lemon, Lemon Grass, Marigold, Myrtle, Rosemary, Sandalwood, Tea Tree, Ylang Ylang.

Scars/Stretch Marks (Oil - M, L.) Bergamot, Frankincense, Lavender, Neroli, Sandalwood.

Sensitive (Oil - M, B.) Cedarwood, Lavender, Sandalwood.

## SLEEPLESSNESS

Alfalfa, Chamomile, Dill, Lavender, Lemon Balm, Marjoram, Mother of Herbs (3 in 1 or 5 in 1) Sage. (Oil - M, B, I, V.) Basil, Chamomile, Geranium, Lavender, Mandarin, Marjoram, Orange, Neroli, Rose, Sandalwood, Tangerine, Ylang Ylang.

## SPLEEN

Agrimony, Alehoof, Chamomile (German), Chicory, Dandelion, Lemon Balm, Milk Thistle, Parsley, Rosemary, Yarrow.

## SPRAINS AND STRAINS

(Oil - Ice cold compress) Chamomile, Clove, Eucalyptus, Lavender, Marjoram, Rosemary.

## STOMACH GASES

Marjoram, Oregano, Peppermint.

## STOMACH PAIN / GASTRIC CRAMPS

Barley, Bay, Blackberry, Chicory, Dill, Oregano, Peppermint, Sage.

(Oil - M, C.) Basil, Bergamot, Cedarwood, Clary Sage, Chamomile, Ginger, Fennel, Lavender, Lemon, Marjoram, Peppermint, Sweet Orange, Sandalwood.

## STRESS AND NERVOUS TENSION

Chamomile, Frankincense, Gotu Kola, Lavender, Lemon Balm, Lemon Grass, Marjoram, Mint, Oats, Passionflower, Rosemary, Sage, Thyme.

(Oil - M, B, V.) Basil, Bergamot, Cedarwood, Chamomile, Cypress, Frankincense, Jasmine, Lavender, Lemon Balm, Lemon Grass, Mandarin, Marjoram, Neroli, Patchouli, Peppermint, Pine, Rose, Rosemary, Sandalwood, Tangerine, Ylang Ylang.

## SUNBURN

Aloe Vera.

## T

### TEETHING

Chamomile (German), Licorice.

(Oil - M - apply externally to cheeks and jaw line.) Lavender.

### THROAT - SORE / INFECTION

Broad Leafed Plantain, Chickweed, Eucalyptus, Fenugreek, Honey, Lemon, Mother of Herbs (3 in 1 or 5 in 1), Rosemary, Tea Tree, Sage.

(Oil - Gargle, I, M, V.) Bergamot, Cedarwood, Clary Sage, Eucalyptus, Geranium, Lavender, Lemon, Myrtle, Peppermint, Pine, Sandalwood, Tea Tree, Thyme.

- Place a little tea tree oil on the end of a finger, and then place it on the back of your tongue.

- ¼ cup sauerkraut can help to relieve a sore throat.

### THRUSH / CANDIDA

Alfalfa, Broad Leafed Plantain, Chamomile, Chickweed, Gotu Kola, Lemon Balm, Lemon Tea Tree, Licorice, Marjoram, Neem Tree, Oats, Olive, Stevia.

(Oil - B, L.) Bergamot, Geranium, Lavender, Myrrh, Patchouli, Tea Tree.

- 10 drops of citrus seed extract in a glass of milk once a day (up to three times a day for very bad flu) until symptoms cease.

### THYROID

Chickweed, Comfrey, Lemon Balm, Nettle, Parsley.

### TICKS

(Oil - L, D.) Marjoram.

### TINEA / ATHLETE'S FOOT

Aloe Vera, Lemon Tea Tree.

(Oil - M, L, Foot bath.) Clove, Eucalyptus, Lavender, Lemon, Lemon Grass, Myrrh, Tea Tree.

### TONSILLITIS

Agrimony, Bay, Rose, Rosemary, Sage, Sauerkraut.

(Oil - I.) Bay Laurel, Bergamot, Geranium, Hyssop, Myrtle, Sage, Thyme.

### TOOTHACHE

Farmers Friends (chew just opened flowers), Marjoram.

(Oil - D.) Clove, Chamomile, Myrrh, Peppermint, Tea Tree.

## U

### ULCERS

Comfrey, Dandelion, Eucalyptus, Mallows.

(Oil - D, C, Gargle/Mouthwash) Bergamot, Cypress, Fennel, Geranium, Lemon, Sweet Orange.

## V

### VARICOSE VEINS

Aloe Vera, Buckwheat, Witch Hazel.

(Oil - C, M.) Cypress, Geranium, Lemon, Neroli, Peppermint.

### VERTIGO

Alehoof, Lemon Balm, Sage.

(Oil - V, I.) Lemon Balm, Lavender, Peppermint.



## VOMITING

Basil, Charcoal in water, Fennel, Lemon Balm, Mint.

## W

### WARTS

Calendula, Dandelion.

(Oil - M.) Clove, Lavender, Lemon, Niaouli, Tea Tree.

### WEIGHT LOOSING

Alfalfa, Aloe Vera, Apple, Basil, Broad Leafed Plantain, Chickweed, Dandelion, Fennel, Grapefruit.

(Oil - M, B.) Fennel, Juniper, Lemon, Mandarin, Orange.

### WHOOPING COUGH

Mallows, Red Clover.

(Oil - M, I.) Hyssop, Lavender, Miaouli, Rosemary Sage, Tea Tree.

- 1 teaspoon olive oil in a little orange juice.

Information for this page was gathered from :-

- *Herbs: The Healing Nature* by PowerPublications
- *Oil Garden Aromatherapy* (theoilgarden.com.au) pamphlet
- *How Can I Use Herbs In My Daily Life?* by Isabell Shipard
- *The Encyclopedia of Essential Oils* by Julia Lawless
- *Back To Basics the natural way* by Margaret Hall
- *Beyond the Basics of Aromatherapy* by Margaret Hall, Marilyn Harrison, & Bea Myers
- and information I have gathered from personal experience.

*This subject is being covered to give you information that you can refer to now and in the future, not as something that is right, doctrinal, or given by inspiration. Therefore there will be no question for this lesson.*

## 8f - FOOD ADDITIVES – BEWARE

We only have one chance at life. Why not make the best choices in our diet and lifestyle so that we can enjoy it to the fullest?

God says, "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." 1 Cor. 10:31.

"If the habits of eating and drinking are kept intelligently under the control of the human agent, and he eats and drinks to the glory of God, his life will be lengthened. Eat to live; do not live to eat.-- Manuscript 53, April 24, 1896, 'A Knowledge of Physiology Necessary in Education.'" T. D. G. p. 123 para. 5.

"Although we may not be compelled to restrict our appetites, we should show that we do not live to eat, but eat to live. God demands a complete consecration of ourselves, soul, body, and spirit, to his service." The Home Missionary (Periodical), December 1, 1894 par. 4.

As good Christians we should always follow the instructions of the Lord, but as there are food additives in nearly all processed foods today we need information so that we can make good, informed choices in the small amount of processed foods we choose to eat.

In this study we will cover topics like:-

- What are food additives used for?
- What do food additives do?
- Food additive groups.
- Additives to avoid.
- Common animal derived additives.
- A numerical listing in both '.doc' and '.pdf' format, of food additives giving their name, and information about them.
- An alphabetical listing in both '.doc' and '.pdf' format, of food additives and their number.

### **What are food additives used for?**

According to 'Food Standards Australia New Zealand' "food additives are an important component of our food supply. They mean that we can enjoy a wide variety of foods throughout the year. They also have an important role in ensuring that our food lasts longer and is easier to use."

There are good reasons for the use of food additives. They can be used to:

- improve the keeping quality or stability of a food. For example, sorbitol - humectant (420) - may be added to mixed dried fruit to maintain the moisture level and softness of the fruit;
- preserve food when this is the most practical way of extending its storage life. For example, sulphur dioxide - preservative (220) - is added to some meat products such as sausage meat to prevent the bacteria that cause food spoilage from growing; and
- improve the taste or appearance of a processed food. For example, lecithin - emulsifier (322) - may be added to margarine to help maintain texture.

Additives are used in processed foods in relatively small quantities. Many substances used as additives also occur naturally, such as ascorbic acid (300) in fruit and lecithin (322) in eggs or soy beans.

## What do food additives do?

Food additives have various functions, some beneficial while others are just cosmetic. Some of these functions are:-

- **Acids / Acidity regulators / Alkalis** - helps to maintain a constant acid level in food. This is important for taste, as well as influencing the function of other substances in the food such as retarding the growth of micro-organisms.
- **Anti-caking agents** - reduces the tendency of individual food particles to adhere and clump, and to improve flow characteristics.
- **Anti-foaming agents** - prevents excessive frothing or scum forming when food is boiled.
- **Antioxidants** - retards or prevents the oxidative deterioration of foods, which can lead to rancidity and colour changes.
- **Bleaching agents** - used to whiten flours.
- **Bulking agents** - contributes to the volume of the food, without contributing significantly to its energy content. They are often used in low-kilojoule foods where sugar is being replaced.
- **Colourings** - adds or restore colour to foods.
- **Emulsifiers** - maintains oil and water mixtures from separating into layers.
- **Firming agents / Stabilisers** - maintains the uniform dispersion of substances in solid and semi-solid foods.
- **Flavour enhancers** - enhances the existing taste and/or odour of the food.
- **Flour-treatment agents** - improves the colour or baking quality of flour and stimulates yeast activity.
- **Foaming agents** - maintains the uniform dispersion of gases in aerated foods.
- **Gelling agents** - modifies the texture of the food through gel formation.
- **Glazing agents** - imparts a coating to the external surface of the food to give it a shiny appearance and/or protective coating.
- **Humectants** - reduces moisture loss in foods.
- **Mineral salts** - improves texture or water-holding capacity which increases plumpness and helps firmness.
- **Preservatives** - retards or prevents the deterioration of food by micro-organisms, this preventing spoilage of foods.
- **Propellants** - used in aerosol cans to expel the contents.
- **Raising agents** - liberates gases, thereby increasing the volume of a food and is often used in baked goods.
- **Sweeteners** - replaces the sweetness of normal sugar but have fewer kilojoules than sugar as less is used.
- **Thickeners** - increases the viscosity of a food.

- **Vegetable gums** - helps improve the texture of foods. All vegetable gums are derived from plant sources.

### **Food additive groups.**

Food additives of a similar nature are grouped together in number:-

- 100 - 181 Colourings
- 200 - 297 Preservatives
- 300 - 385 Antioxidants, mineral salts & food acids
- 400 - 586 Emulsifiers, vegetable gums, & anti-caking agents
- 620 - 641 Flavour Enhancers
- 900 - 1202 Sweeteners, bleaching and anti-foaming agents
- 1400 - 1450 Thickeners
- 1500 -1521 Sequestrants & Solvents

### **Additives to avoid.**

#### **Suspected carcinogens.**

These additives have proven or strongly suspected links to cancer in animals and/or humans.

102 104 110 122 123 124 127 129 132 133 143 151 153 155 173

210 211 213 216 249 250 251 252

310 319 320 321

407 407a 409 431 433 435 436 466 507 518 553

620 621 622 623 624 625

900a 903 905b 914 943a 950 951 952 954 967 1201

#### **Additives not recommended for children.**

Pregnant and breast feeding women may wish to avoid these also.

102 104 110 120 122 123 124 127 129 132 133 142 150a 150b 150c 150d 151 153 155 160b 162

200 201 202 203 211 212 216 220 221 222 223 224 225 228 249 250 251 252 264 280 281 282

283 290 296

310 311 312 319 320 321 349 355

405 407 407a 420 421 431 433 435 436 466 508 514 553 554 555 556

620 621 622 623 624 625 627 631 635 641

905b 914 943a 943b 944 950 951 952 954 955 956 957 961 966 967 1201

1520 1521

#### **Hyperactive or hypersensitive reaction possible.**

These should be avoided by children, especially those with ADD or ADHD, or anyone with known chemical sensitivities.

102 103 104 110 120 122 123 124 127 129 132 133 142 150a 150b 150c 150d 151 155 160b

200 201 202 210 211 220 228 250 251 252 280 281 282

319 320 321

421

620 621 622 623 624 627 631 635

951

#### **Linked to asthma.**

These additives have been known to trigger or exacerbate asthma attacks in sufferers. Asthmatics or anyone at risk of asthma may wish to avoid them.

102 104 110 120 122 123 124 127 129 132 133 142 151 155 160b 163

200 201 202 203 210 211 212 213 216 220 221 222 223 224 225 228 249 250 251 252 260 280

281 282 283

310 311 312 319 320 321  
407 407a 413 414 416 536  
620 621 622 623 624 625 627 631 635  
951  
1403 1404

**Safety suspect - adverse reaction possible**

These additives vary greatly in the severity of the associated health concerns. In some cases, the jury is still out about their long-term safety.

100 102 104 110 120 122 123 124 127 129 132 133 142 150a 150b 150c 150d 151 155 160b 171  
172 173 174 175 181  
200 201 202 203 210 211 212 213 216 218 220 221 222 223 224 225 228 235 249 250 251 252  
264 280 281 282 283 290 296  
310 311 312 319 320 321 330 337 338 339 340 349 355 385  
405 407 407a 409 413 414 416 420 421 422 431 433 435 436 445 466 472e477 450 461 463 465  
466 480 482 491 507 508 510 512 514 518 519 530 541 553 554 555 556 579  
620 621 622 623 624 625 627 631 635 641  
900a 903 905b 914 943a 943b 944 950 951 952 954 955 956 965 966 967 1201  
1422  
1520 1521

**Not recommended for those with salicylate intolerance.**

102 104 110 120 122 123 124 127 132 133 142 150 151 155  
211 212 213 216 218  
310 311 312 320 321  
621 623 627

**Not recommended for those with corn intolerance/allergy.**

150  
297  
300  
415 420 444 450a 464 465 466 471 473 575 579  
620 621  
965  
1400 1403 1404 1405 1412 1413 1420 1422 1440 1442 1450

**Not recommended for those with kidney or liver problems.**

172 181  
201 202 203 211 220 228 252 261  
310 320 336 337 380 385  
420 421 450 451 452 508 510 511 514 518 519 554 555 556  
622  
914 951 952 954 955 956 1201  
1520 1521

**Recently added to Australian standards**

Little information about safety is available for these additives.

143 150a 150b 150c 150d 160d 160e 164 173 174 175  
242  
342 354 359 363 368  
407a 431 472f 560 580 586  
943a 943b 944 946 953 968 1001

### **Banned in other countries.**

These additives are still permitted in Australia despite being banned in other countries, often because of their links to cancer, birth defects or other serious safety concerns.

102 104 110 120 122 123 124 127 129 132 133 142 151 153 155 173 174 175  
211 213 216  
320 385  
621 635  
950 952 954

### **Common animal derived additives.**

These additives possibly or are derived from animals.

101 120 160 161  
270  
322 325 326 327 328 329 341  
422 433 435 441 471 472a 472b 472c 472d 472e 475 476 481 482 491 492 542 570 572  
622 627 631  
901 904 920

### **A numerical listing in both '.doc' and '.pdf' format, of food additives giving their name, and information about them.**

To save a numerical listing of food additives document in Microsoft Word '.doc' format [right click here](#), then select 'save target as', and save to your computer.

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As you choose what you and your family will eat and drink, always check the additives and try to avoid anything that is harmful keeping in mind that not everyone will be affected or affected in the same way.

Information for this page was collected from:-

- 'Choosing the right stuff' by Food Standards Australia New Zealand - [www.foodstandards.gov.au](http://www.foodstandards.gov.au)
- 'Additive Alert' by Julie Eady - [www.additivealert.com.au](http://www.additivealert.com.au)
- Fed up with Food Additives - [www.fedupwithfoodadditives.info](http://www.fedupwithfoodadditives.info)
- Your TruHealth Newsletter - [www.yourtruhealth.com](http://www.yourtruhealth.com)
- Vegetarianaction - [www.vegetarianaction.org.au](http://www.vegetarianaction.org.au)
- Shed Your Weight - [www.shedyourweight.com](http://www.shedyourweight.com)
- Healthy Child - [www.healthychild.com](http://www.healthychild.com)
- Center For Science In The Public Interest - [www.cspinet.org/reports/chemcuisine.html](http://www.cspinet.org/reports/chemcuisine.html)
- E and E Productions - [www.eande.va.com.au](http://www.eande.va.com.au)

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