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## HOLISTIC HEALING SECRETS (INTERVIEW)!

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### Introduction

Q- We are going to be discussing holistic healing on a general basis. Can you tell us how long you have been involved in holistic healing?

A- Since about 1961, I had just finished what they call my right of passage, in my tribe on my 12<sup>th</sup> birthday that is when I made my declaration to my elders that I would accept the passing of the mantle so to speak of the family Shaman from my Great Uncle Jacob to me.

Q- What does that entail or are you allowed to say?

A- Well I am here to demystify the mystical and they're a lot of various practices and modalities around the world that have a hallmark of your either coming into womanhood or manhood and that is usually your 12<sup>th</sup> birthday.

The morning of my birthday my uncle Jake showed up at like 7 in the morning and we started walking and we didn't stop walking till that night. This is a feat considering I grew up in Pittsburgh and we just started walking and eventually wound up heading over the bridge that connected you to downtown. Then through downtown off over another bridge and up into the mountains which were then populated but it was like the

suburbs. We walked through there and back through another set of bridges back into town, crossed town and back into the mountains so to speak in the area in which we were living and then back down to the house where everyone was waiting with birthday cake and all this other stuff.

So it was a combination between Western society and with the regular birthday and doing tribal things. My background is African, Seminole and Cherokee.

Q- What do you actually find the most satisfying in your work or do you want to call it your mischief?

A- Well it is a little bit of both. People ask me what do I do to relax. . .I practice my craft. You are a forever student. If someone says they have learned everything and they are just sitting here waiting to leave then run.

I think what I find most satisfying is how every case can be the same but different. You are pressed the task of ferreting out the cause of whatever the dis-easement is in order to get this person back in balance and then looking at the transformations that take place as they incorporate what you prescribe as lifestyle changes. You get them back on their feet and back to their life.

It would be like two people came to you, either two women or two men, and they both had a headache and it was both on the right side of the head. Through the process of elimination, you help them determine what do they do or what might tick them

off or sleep patterns. You may find out that one person's ache is caused from grinding and gnashing their teeth either during the day or at night when they are sleeping. Or another one always sits hunched over and the ache always comes from the cervical or thoracic area of their back. You can't treat them both the same.

However "Allopathic" or western medicine does. It wasn't until the mid 80's that we sanctioned an approved chiropractic. At the same time most Americans don't know that there was a huge amount of conferences that went on.

They did specific things the beginnings to outlaw all holistic therapies. You name it hypochondria, radiotherapy, aromatherapy, avionics, chiropractic, massage therapy, magnetic therapies, crystal and stone therapies, there was even a therapy developed by Tesla that literally realigned the spine by putting a low voltage of DC currents through the body. They outlawed all this. That was the beginning of what became the AMA.

Q- Why do you think they outlawed the information?

A- They didn't want the competition. That is the rock bottom of it because there were too many, quote unquote doctors, physicians metaphysicians out there that were healing people and less people were coming to the modern doctors. So we are now starting to turn away from the holistic side of medicine, which is where they grew out of, but you see the drug companies became their push.

The guy that started the Bayer Aspirin Company was one who started this whole thing going downhill because he went to one of the reservations and researched everything that the medicine men and women were doing and one of the main plants that they were working with was the bark of the willow tree.

Willow is natural aspirin. . .unadulterated pure aspirin. However he took these samples back to his lab and gave it to his chemists, told them write this thing down and give me the components so I can sell it because you can't patent and market an herb. It is already in existence and thus came Bayer aspirin.

Here comes the problem. Every medicine, and I use that term loosely, that is being produced by the drug companies have no buffers or restraints on them. And the reason being, they have broken down all the chemical components of the plants and gotten all of these elixirs and serums. They are recombining them as a chemical and when they do that it doesn't have any of the buffers built into it to make it safe.

So what comes out of it is, you will get gastric upsets in the colon and the stomach and you will get kidney problems, liver problems, liver failure, adrenal glands going haywire, and destruction of the pancreas because the herbs have a natural buffer in them just because they are a natural element.

Now, when you take that restraint off then the trouble begins. So instead of making the magic bullet that helps someone, you

end up having medicines that you have to prescribe another medicine to come up for the shortfalls that this one is causing.

Let's say it causes seizures and now you have to prescribe a medicine that stops seizures. And this isn't funny because I know a health care practitioner who is now going through grand mal seizures. She was prescribed for postpartum four antidepressants and three of them the first thing as a contraindication causes tremors or seizures. They opened that door, her brain chemistry has been screwed up and now they can't close the door. This is going to be a lawsuit the likes of the pharmaceutical companies have never seen when she finally gets to where she can walk, talk and chew bubble gum at the same time.

This is a woman who is the mother of five children and she has seizures. She can't walk any more and she can't drive. What is the quality of life for these children who are newborn to four years old?

So when this bombshell hits and considering the Bush administration has just passed to put a cap on the amount of what lawsuits can be on a corporation and he is padding the courts to make sure that it stays that way, but this one is going to be a bombshell. She is a client of mine and I have been working on her the last six months and she has a better quality of life. She is now able to walk, talk and chew gum at the same time.

Q- Let's go ahead and dig into some of this normal stuff. We are going to discuss some key studies if you don't mind doing that as we move along.

A- Okay do the readers need to know what my credentials are? Well I am one of these people that because of the new age titles will want to call us Indigos.

Q- Would you define Indigos?

A- Well they are wired a little different than most people. When my elders noticed that there was something a little peculiar about me, they noticed that I was doing something called a laying on of hands and then later with crystals and stones things like this starting at four years old. When they decided after my great-great grandmother kept saying, "When are you going to start teaching this child," they finally got the cue and started training me.

They found out that was learning beyond what they were teaching me. They were training me one, two, three and I was already past four, five, six, seven and eight. It was a good thing though. Because they were way up there in years and a few of them told me later before their passing that I was reinforcing the teachings because they knew that they were valid because here I was showing them things before they even got a chance to teach me.

In the interim after my 12<sup>th</sup> birthday, going into college and then

the military I had a chance to travel around the world and I was approached by other elders around the planet. This thing where they say spirit recognizes spirit, we knew who we were and that is the thing about Indigos.

It's like you know what this person is all about. You know by looking at them and I picked up things from them that included things like pressure point therapy and massage techniques, energy techniques like Reiki. I practice Reiki and it's the one that has all of it's symbols but it is not the only one. They will tell you in all of the books that you don't touch the person. Uou have your hands above them and so on and so forth but that is western mentality. The way Reiki first started was hands on. You were working on the person, but because this society is so gosh awful happy about suing people you can't touch anybody. So that is why they are calling it the ultimate hands off healing. It is a bunch of malarkey.

## Overview

Q- Obviously holistic healing is a very, very broad subject. What we are going to do is give a broad definition of some of the different holistic therapies. Many people don't even know what "holistic" is so could you explain it to us?

A- This is a mouth full. Let's just say first that it is an umbrella term. This is crossing over into territory that can make people with peculiar sensibilities become angry because this is the middle ground between the physical on one hand and the

metaphysical on the other.

It is combining them all and it is everything that is not connected to the analytical paradigm. Where in the whole is viewed as being greater than the sum of its parts.

In holistic thinking you see the full inner dependency of things. When the rappers on the street say that "everything is everything" they have no idea how profound that statement is because we are all connected in a spiritual sense, not a religious sense.

Everything on this planet is connected. Every time you draw down a species you hurt us all. When they harvest a rain forest to the point where they obliterate a species or plant that can be used as medicine, that action diminishes us all.

Holistic medicine is a system of health care that fosters a cooperative relationship between everything that is involved. You are talking about the mental, physical, emotional and spiritual aspects of somebody's health. Because every last one of those things I mentioned impacts your health and with this stress driven society where the stresses aren't official, it's only built in there to keep you off balance. While you are off balance, you are destroying your health because you are trying to meet an artificial standard.

It is artificial for a purpose to keep you off balance. To keep you from being able to say: "wait a minute, why are you doing this when we did this last year?" We don't have to recreate

something, just plug in the new figures. Well we have a new way for plugging in those figures.

So there are many alternative practices that pay attention to the mental, physical, emotional and spiritual aspects of your health. Like, how you can change your physical condition through mental intervention or plant intervention, massage, using hypnosis, all of these various things fall under holistic healing.

Basically it means to make the person whole and it requires a lot of self-care. Darn it, it's your life and that practitioner doesn't live your life so there are certain things that you are given that cause lifestyle changes to correct the problem.

So in other words you get out of the back of the bus and kick that person out and start driving the bus. It is your life but we have this pill popping society that says don't worry I'll take care of everything for you. Society that condones that if you pop a pill everything will be good and no it isn't. You still have the same root cause and the dis-easement is still happening.

Q- Why do you think that holistic medicine is necessary in today's world?

A- It's needed because its main drive is to create a system of true "wellness." Where a natural and harmonious balance is achieved and you have a disciplined regimen to maintain this harmony. I've already said it, it makes you look at the whole person. It does an analysis of the physical, nutritional, emotional,

environmental, social lifestyle values.

It keys into making your conscious and subconscious mind work together because your subconscious mind is carrying a lot of baggage like fears, anxieties and things like this. So in holistic medicine you go through the process of digging up the mine field.

You know you lay those mines to trip yourself up or to trip somebody else up and then you forgot where they were and one day you step on them and there goes your mental state down the tubes. Let's say a person has an anxiety attack, a fear of this or that or some kind of psychoses. They give you some kind of drug to dull the pain but it isn't addressing the pain.

So instead of popping a pill you go through trying to address the problem. You go through that person's emotional makeup and try to find those triggers, work on those triggers and try to diffuse them and then the person doesn't need the drugs anymore.

Basically true wellness means correct health for that person and not a shotgun effect thinking that it is going to cure everything because no it isn't. It isn't because those drugs are chemicals and all it does is dull it, it doesn't work on rebuilding.

How are you going to rebuild it? You are going to have to roll up your sleeves and pick up your pick axe and shovel and crawl on your belly through the mine fields but that is too much work.

Instead, let's talk society into this pill or taking that to make everything go away. In other words dull it enough so when they step on a mine they don't feel it as much but it's still there.

So we are talking about doing a combination of therapy slash treatment coupled with lifestyle changes in order to get one's subconscious mind in balance and healed. In allopathic or conventional medicine the main interest is in sickness and prescribing certain chemicals to address the symptoms which is really just putting on a band aid. That usually leads to prescribing more drugs to offset the debilitating effects of another drug and that just leads to just taking care of this one then that one.

Where at any time does this give the body a chance to reach a balanced state? It doesn't get rid of the root problem and that is where holistic medicine comes in, it goes after the root problem and this takes time.

How holistic medicine works it that is focuses on preventing illness and maintains health, viewing health as a balance of the bodies system mental both physical and spiritual.

All of these aspects are interrelated. Holistic comes out of a term called holism which meant a state of wholeness. Any disharmony is a stress to the body and perhaps leads to illness or sickness. So to fight the dis-ease, you have a wide range of therapies that boosters the body's mechanisms. This is what happens when you take an herb.

I may be jumping ahead but to give somebody an idea of what your body's built in mechanism is about: The mouth has all the receptors that are hard wired to the brain which produces endorphins or the brain may make certain glands in the body like the thyroid, the parathyroid, pituitary, thymes, adrenals the kidneys, in women the ovaries in men the testicles these all part of our immune system and drug factory.

When you take an herb today you can even pop an herbal pill because herbs come in capsules. Well, when you pop that herbal capsule you are bypassing the main entry point.

What you do is break the capsule and sprinkle it on your tongue. The receptors on your tongue are hardwired to your brain and then it goes to all the various glands in your body. By holding that herb on your tongue your body is starting to produce endorphins.

But when you take capsule, the chemical doesn't affect the tongue or anything else, it works through your stomach, bypassing the main area that needs to be addressed first.

No, they don't teach that anymore. There is a whole line of therapy that deals with just the tongue. They taught doctors through Hypocrites until the 1900's what part of the tongue addresses what part of the body and they read your tongue.

The Chinese and in India they read your tongue and the inside of your nose and the iris of your eye. Those three points would

determine what was going wrong with the person and they are dead on.

Nowadays a doctor looks at your tongue and they look for cracks or something like this they don't touch on the whole thing that is going on with your tongue. If there is one part of your tongue that is bad it is directly aligned with your liver and they need to prescribe herbs that treat your liver. Your kidneys the same thing all of these things have gone along the wayside but the truth is they are starting to come back because it will not be denied.

Look at it this way, holistically speaking when something goes wrong with somebody and they have incredible back pain, conventional medicine will prescribe Valium. Knock the puppy down so you have fatigue, lack of coordination or even your heart could stop.

Now holistic medicine we go to the root of the problem. Okay it may hurt a little but you need to do this exercise to pull back this muscle into place and while you are doing that I am going to manipulate this and slip this back into place.

It's going to hurt but it is going to work. Then you lay on the table awhile and take a nap and I am going to put a hot compress on it and I am going to give you some white willow bark which is going to work better than aspirin and guess what you are going to get up and walk out of the office feeling pretty good but you are still going to have to do these exercises and it is going to hurt for a while but you are re-patterning your body.

We are taught to take this pill to dull the pain. No, the pain is there for a reason, to tell you to make corrections. That is how your body balances itself out and when the pain is so bad you can't move then you don't but there are other things you can do while you are immobile to alleviate it that will work.

Q- We pretty much covered how holistic medicine works but is there a name for that study that you mentioned with the tongue?

A- I have forgotten the name of it; all I know is that everywhere I have been around the world everyone practices the same thing.

Q- Why should a person adopt a holistic lifestyle?

A- Well, in the long run or the final analysis you will live a healthier and more balanced life. I am not saying that it will be worry slash maintenance free. We have to adopt a way of looking at degrees of wellness. These machines break down because we are not maintaining them right. Rather you are going to be averting serious illnesses by addressing them in the early stages.

I call it the fireman/fire hose to the rescue mode. In conventional medicine they put things off, saying that's nothing critical we will keep an eye on it. Crash and burn now you have to be rushed to emergency and let's see, it is \$1000 a day and don't forget all the tests and the meds. Stop waiting for a breakdown. Our society is being talked out of that.

It used to be that when somebody got a twinge and that twinge turned into an ache they went to the mother or the head of the family. They were well versed in these matters and they did specific things. If that didn't take care of it you went to the medicine man and that is when they pulled out all of the hardcore stuff that STILL works.

We are now eating food that has no nutritional value because they are grown for speed and color and size and not for their nutritional content. That is what I meant when I said that everything is related and intertwined.

Everything on this planet is grown for the upkeep and the well being of everyone on this planet. We are taking it out of the equation by doing gene splicing so you can patent this plant and then you get rid of this plant instead of keeping them on file.

One of the things that was kept out of the news was that they produced a new strain of corn in 1982. It was a corn that produced its own insecticide. Guess what that insecticide did?

It killed off the very insect that cross-pollinated the corn! They had a million dead monarch butterflies. They hushed that up quick and they also burned a million bushels of corn. Here in the United States, Africa and South America you wonder why the world is up in arms and won't accept any bio-engineered food from the United States? They will not accept it. We ship a lot of things overseas but we had to change the way we were doing it especially with the corn incident. There are a lot of things that

are being kept out of the news especially with things that happened in foreign countries and I was flabbergasted about it. We had terrorist attack in Sicily in the 80's that never made the news here.

Q- How does someone go about determining which one of the natural methods is best for their situations?

A- Read. It is really that simple because now you are going to have to become the driver of the bus. It is your life and you are going to have to start getting hands on, something that we are talked out of. It takes diligent research and asking good questions of your practitioner and if they have open mind which will be a plus, if they don't I would recommend that you find another provider. There are enough treatment options out there that have a proven track record and when I say a proven track record I'm talking over 5,000 years. Some of the modalities that are working today have been here for over 5,000 years, back before recorded history.

What is really flabbergasting modern medicine is that the Mayans and the Egyptians were performing brain surgery and this was all holistic medicine.

They did surgical procedures, but the main thing is they used holistic methods before they cut. Cutting is the last option, but when they did they had the means and they did it right. They found bones and things that had been wrapped with wire and they even had dentistry.

The first thing that modern man started doing to control everything took place in what we call the burning times. This was when anyone was considered a witch if they worked with herbs. Do you know that it is a proven fact that the plague that devastated Europe would have been stopped in its tracks if they hadn't done the most stupid things that you can ever hear of.

Let's see, witches work with cats so cats are their minions so we will kill all the cats and they will have no power over us. The cats ate the rats; the cats were immune to the plague so if you knock down the rat population then you had no fleas, which carried the plague. We wouldn't have had the black plague if they hadn't gone out and killed all the cats. Then the dogs got the fleas and the dogs got sick and the people got sick from the dogs.

## Acupuncture

Q- Let's look at defining some of these holistic methodologies or modalities and let's begin with acupuncture. What is acupuncture?

A- Let's start off with the fact that it is one of the ancient methodologies for over 5,000 years; it is a primary health care function in China. It is used extensively and I mean that anything can be addressed with acupuncture. A variety of medical purposes starting with prevention and treating to relieving pain or getting patients ready for surgery. Its main thing is on prevention but once something does happen to you, like a broken bone, things in combination with it can help you

heal better. Muscles that has atrophied and that have started to exercise again there are various layouts that they use to gain their potency back.

Q- How is it that they do this?

A- They use the chakra system that exists in each human being. There are seven main ones. It starts at the top of the head and goes to the groin area. Then if you look at the arms and the hands and the elbows and the shoulders that is a nerve juncture, look at the body, hips, knees and feet, the hands and the feet have pressure points on them for every organ in the body, every function in the body can be found there. The needles would then go in there.

Throughout the body are what are called meridians, let's say that you were an electrician and you ran a line and made a join an then you made two or three off of that junction that would be called a meridian. Where those meridians are, and in various combinations, is where you would stick the needle. And it will be painless. The only time when you may feel something is when there is an imbalance in the body in the specific meridian. The pain and the pressure that you are feeling is the pressure being released and normalcy being replaced. No pain, no gain and when the needle goes in and you feel the pressure the pain is being released.

You can use it for diet or weight control, either gaining or losing weight, repairing vision or hearing, stopping smoking, getting off drugs, it can be used to treat alcoholism and your body is a map

and you can take an addicted person and there is something that is missing in their makeup and makes them need this and you can take this an override their own flight or fight mode even to overeat.

Q- Are you saying that people are born predisposed to certain illnesses or addictions?

A- Yes they are. It is a proven fact.

Q- How is that, I have heard of crack babies but we are talking about regular, normal folks who are not involved in drug abuse?

A- Well when the mother is incubating the child and she gets on certain drugs it has a certain impact on the fetus. However, the mother herself had something wrong in her physiological makeup that craves drugs. It's a sad thing but it has been brought on in the last 100 or so years by our lifestyles. This has nothing to do with religion or anything else like this. This is something that has been happening in our society through the way that we are living, the way we are eating and not eating and the various things we are doing that have caused this switch in our physical makeup.

There was a physicist that I knew in the real Area 51, he said if you can't pronounce it don't put it in your bodies. It has caused a trickle down affect in our gene pool. What people don't understand is that you can have chemical deformations caused on a very slight level, not like agent orange did or DDT did. He

said that all you need is a microscopic pinprick in your DNA ladder and you have an imbalance and that imbalance will come out with people having ADD, ADHD, a proclivity towards certain drugs a proclivity towards adrenaline junkies which is good on one level but has gone overboard and they don't know why.

Q- what are some of the other things that are common or average everyday things that can be helped with an acupuncture procedure?

A- If there is something wrong with their liver they can address certain meridians that will aid in cirrhosis of the liver, backed up with an herbal regime of milk thistle. Milk thistle is the one herb that is darn near target specific for the liver. People that have had bad jaundice and cirrhosis of the liver turn it around in three months and heal what part of the liver can be healed and push on from there.

Other countries like Canada and Japan have figured out how to culture live cells that were left of somebody's pancreas or liver and re-inject it into the person's pancreas or liver and start new cells growing.

Q- You said they could turn around diabetes?

A- Yes, depending on how far along the person's pancreas has gone. Do you know what some of the main things are that cause adult onset of diabetes? Hydrogenated oils, where they have taken hydrogenated gas and pumped it through the oil, like the ones they use to make margarine and when you introduce

that into the body it sends out a radical that then goes through every organ in your body. When it gets to your pancreas it minutely, with a film, covers some of the jets so to speak that help it produce insulin. For other people it causes hypertension, which is the excess of production of adrenalines, which if you produce enough adrenaline it then in turn produces insulin and if there is more insulin produced in the body it starts drawing down your energy reserves and the person collapses.

Q- Back to the hydrogenated oil, other than margarine is it also used in your cooking oil?

A- Yes, you have to look at the labels and if it says hydrogenated or partially hydrogenated, it is so they will last longer on the shelf. It is a preservative. For the people out there that want to stop using margarine there is a new product that is totally un-hydrogenated. It is called Smart Balance. It is better to err on the side of caution.

## Reiki

Q- How about Reiki, what is Reiki?

A- Reiki is a system that was re-discovered by Dr. Mikao Usui, a Japanese Christian Minister Japan. One day a student hit him with the question "do you believe in miracles" and he said, "yes I believe in miracles," and the student said, "well show us a miracle." This threw his life in a tailspin for awhile and he went out on a quest. This quest led him to various monasteries and

he went to Tibet and Nepal and this is where Reiki started out, in Tibet and Nepal and Burma and what most people don't understand is that this is a shamanism practice.

It still has its symbols thanks to Usui. He wound up fasting and not even drinking any water for like 22 days up on a mountain in Japan and on the last day when he was about dead he finally went into a shamanistic ecstasy and these symbols came to him. He felt he was lifted off the ground and these symbols were burned through his body, and when the whole thing is over he felt like he could take on the world.

When he turned around and started to walk off he kicked a rock and busted up his toe. It started bleeding profusely and something came to him to take his hands and put them on his feet and the bleeding stopped.

The pain went away so he walked down the mountain and he got to an inn and decided to get something to eat. The innkeeper came out to wait on him and he noticed that her face was bandaged up because she had a bad tooth. He ate his meal and to repay the innkeeper he put his hands on her jaw and they got so warm they almost burned her, but when she took off the bandage her jaw was fine.

He went on and that is how Reiki was re-discovered. Now the thing about Reiki they channel energy in a particular pattern because of the symbols to heal someone and restore harmony. Now, Reiki works on restoring harmony to the body. That is

energy that has become imbalanced. It can be used to get rid of energy blocks; it can detoxify your system. It can bring about deep relaxation so a person can sleep. It does this by introducing universal life energy and that meets with the vibrational energy of each person and helps to bring that into balance.

So it falls under the same auspices of any hands on healing modality. Now I know people aren't going to want to hear this but some people will get a Reiki treatment and they walk away feeling worse or feel like they have something attached to them.

Mainly, this is because the person treating you had "stuff" and they weren't being a clear and open channel and their "stuff" got on you. Now I say this in all sincerity I pull no punches I've seen the best these things can do and I have seen the worse. Ignorance gets us into trouble and it's our ego that keeps us there. If you can't get yourself out of the way it is a disservice to anyone that you are working on and I have seen this. I am 56 years old and I haven't seen it all but I see enough. You have to get yourself out of the way and truly be that open clear channel for spirit to move through.

## Aromatherapy

Q- I would really like to know more about aromatherapy. What is it, what are the benefits, what are some of the things that could be detrimental or harmful?

A- Aromatherapy is something that has been used since way back, I would say 10,000 years. Our whole existence is based on aromas. If we disconnect our societal hang-ups and ourselves and went with just odors we would see how important it is in everything we do.

Our olfactory system is the fastest next to thought that happens in our body. It is less than a millisecond that it registers. It registers on a level below conscious thought; we go into flight or fight even before we consciously recognize the odor. Our body is already reacting because this is what kept us alive. There are some people on this planet that are as sensitive as dogs at hunting other people. There is a tribe in the Philippines that can literally hunt a man by his scent. I've seen it and I have done it, I have been hunted. It is scary because everybody is different and everybody has their own scent so does every animal and every plant. So aromatherapy means treatment-using scents. It is a holistic practice dealing with the body using pleasant smelling botanical oils.

Q- Is it used for the treatment of any specific illness or is it merely maintenance?

A- No, it can be used for addressing certain illnesses of the body. You can use it for relieving pain or caring for your skin. Here's the thing, the biggest organ in your body is your skin. Everything that touched your skin gets metabolized in your body. It feeds and causes specific endorphins to be produced and floods through the body and they will either stimulate, relax,

cause digestion improvements, be a diuretic getting rid of headaches and so on, all of these things can be done with aromatherapy.

They have even started in a cancer hospital back east where they have started treating the whole body holistically. They will use aromatherapy to offset problems with chemotherapy and cardiac patients.

Q- How does it work with cancer patients?

A- Offsets the toxic effects of the chemotherapy. Here is the thing you need to understand, the synthetic oils that you find in some of the boutiques do not work because they are not from a plant.

I went into the various things about relaxation, oils can reduce anxiety, and they can alleviate fatigue and affect moods.

Someone who might be going through mood swings like with menopause.

Aromatherapy is being used to help men and women invigorate getting over impotence because that is in men and women. It can be used now to help you in the offset of your effects that you still have from taking chemo. This can be used as a flush, remember that everything that has happened to you is interred in the cells. So you still have a chemical membrane of everything that has happened to you and it can still be relieved. It is like peeling an onion.

There is a downside to aromatherapy and there is a bunch of oils

that cannot be used under any circumstance for aromatherapy. There is a huge list, and I believe it is over 50. There are some that will cause abortions, as well as some herbs out there. That is what they were used for. I'll send you a list of those hazardous oils.

SIDEBAR: See resources for this important list.

## Ayurveda

Q- What is Ayurveda?

A- It is one of the most meticulous forms when you talk about the modalities. I am not that great on it but I can give the basics of it. Ayurveda is from India and it is applicable to every living thing. It is the science of life, plain and simple. It is air, wind, fire, the earth the planets, the stars all possess a consciousness like all living things. They stress this emphatically just like the Native American does. The premises are that the macrocosm verses the microcosm. We live in the macro, the whole universe, however everything in this mass that we look at every day is represented inside us, the microcosm.

The human body is made up of over 100 to 200 million cells to the best of our knowledge and we are trying to keep it healthy and in harmony. So mankind is considered the epitome of the universe because everything that is in the universe is in us. All human beings are a living microcosm of the universe and the universe is a living macrocosm of us, on a cellular level because we are star stuff. Everything that is out there is here. Everyone

is looking for a magic bullet of an element that is nowhere else and it is all here. It is just that our technology hasn't seen it yet.

## Yoga

Q- Okay let's talk about yoga, just four simple letters/

A- I know a lot of people who practice on a daily basis and it is known to be one of the best things for self-improvement and reaching ones full potential. It pushes you into an area they call super conscious, bliss slash ecstasy and you get this super rush of energy but are at peace at the same time.

That is why we have this pill popping society. Nobody wants to put in the time to treat themselves naturally. We have been geared into instant gratification. I want it now and if I don't get it I will push you till I do. Our society is driven into this don't touch me or I'll sue you and if I don't see it, it doesn't exist.

Yoga has been practiced for numerous centuries. It has been practiced as long as Tai Chi and Tai Chi is the grandfather of all the martial arts. It is before Kung Fu so we are talking very old. Perfected by philosophers and mystics in India it is a method that you can use to increase the body's supply of energy and remove any interference of energy throughout the body. The mystics in India that they call yogi's specialized in this for thousands of years. It has been streamlined into what we have today but it is no where near what they practice over there but it is a beginning.

Q- How would someone be able to connect with or study with someone from India?

A- You do your research and look for someone who is practicing the art purely. One of the things about yoga is that it is a meditative practice that is right up there for therapies. Many wellness centers who were skeptical about alternative medicine have wound up supporting yoga with a passion. They have found out that yoga in clinical studies show the effectiveness of it and what it has done for people.

Q- What is massage therapy?

A- This is a system of systemized manipulation for your soft tissues of your body to get them into a balanced state. You can apply various forms using physical movements fixed, moveable pressure, holding causing movement in the body without the person actually moving with the person either lying on a table on their back or on their stomach or in a chair.

The Swedish massage uses impact by implementing a chopping motion moving up and down the body. You are forcing movement on both a physical level and a fluid level. They do these in different rhythms across the body to accomplish the moving of energy and the breaking up of different fluids.

The enemy to the body is lactic acid, which is caused by a strain or a blunt trauma or a broken bone. It is a literal and physical

block. It works on your physical, emotional and spiritual being and once it is there it will not move and you have to go in after it. It affects your glands and all of your meridians that I talked about. You have got your regular massage therapy Swedish massage therapy and a therapy they called Rolfing.

Q- What can you tell us about Rolfing?

A- Rolfing does both the manipulation of joints and massage. It's almost along the lines of chiropractic although it involves massage. It is extremely grueling and it will bring tears to your eyes. Sometimes the pain is so bad that you have to resort to this to get limbs moving properly or to free a locked joint.

It is the deepest of the deep tissue massage. It sometimes employs appliances to roll over the skin and break up adhesions. The lactic acid has been in there so long that it has become an integral part of the body that you have to go in there and free it up out from between the layers.

Q- How does that one differ from the Shiatsu?

A- Shiatsu is a form of oriental therapy that has been around for about 5,000 years. It combines pressure and assisted stretching. There is pressure being applied while the limb is being stretched. It can be grueling as well. It is like combining massage, physiotherapy, acupuncture and lymphatic stretching all in one procedure.

I would say that Shiatsu that is a parallel with Rolfing. One was developed in Germany and along on the same lines and western and one is oriental. Shiatsu emphasizes more of the things of life force and the auras and the meridians and the chakras, the Shiatsu, the eastern.

## Herbal Therapy

Q- What is herbal therapy and should a person undertake it as a self-help therapy?

A- NO. Herbal therapy or herbalism is basically botanical medicine. It is the use of herbs and remember I said our food is also our medicine so in their natural state and used properly. The fruits and vegetables that we eat day to day when they have their full nutritional content and not this bastardization that they are putting on the market today is for healing and not just for their diet.

It is using them for their therapeutic or medicinal value. An herb is a plant or part of a plant for either medicinal, aromatic or savory or eating the your food. Your body takes in the chemical substances from these plants not only to aid in your diet but to you aid you in times of dis-ease. When did this all start? It began when man started eating shrubs and how certain plants helped when certain things were going on.

This "database" was built up and passed on by word of mouth and training all the way up to modern day, despite corporate

memory being destroyed during the burning times. It went underground and they still kept practicing it for the barons, earls, kings and queens who knew the importance of this information. They provided a safe haven for these people from the church. So primitive man appreciated the plants because they provided food, clothing, shelter and all of this was done through observation of animals, through trial and error but as time went by the medicinal power of the herbs in specific areas built up a knowledge base of that area that took care of all of the people that lived there.

That database was almost destroyed. Did you know that companies like Monsanto, Libby, and Del Monte and others are starting to genetically manipulate certain plants in different countries so that they have a patent on it. They are trying to deny the various medicine people in those areas because they now own the rights to it.

If aspirin were introduced today you would have to have a prescription to get it because it would be considered a controlled substance. Just like now they are trying to do an inroad around things so that vitamins, amino acids and things like this are to be considered a drug.

Thus, they can be controlled by the pharmaceuticals so that they can put the holistic markets out of business. This is a good thing for them because if we don't have the use of the herbs then we have to use their medicines.

They are trying their best to cut us off from our natural pharmacopoeia. They have already done some things overseas to make some herbs unavailable, and you need a prescription. Money is at the bottom of all of it.

Now, get this. The world health organization estimates that about half the world's population use some form of herbal treatment. On top of that, the pharmaceutical companies are working hard on 110-130 plants that they are making their medicines out of in some form or another. One of the frontline heart medicines comes from foxglove. They found out that you cannot break down digitalis to make something else from it or you will kill somebody. If they try to manipulate it then you are dead.

Q- What are some of the typical things that people can use herbal therapy for?

A- For controlling pain, asthma, high blood pressure, low blood pressure and respiratory problems. There are several things, colds, skin conditions and stomach problems. If you are having a lot of problems with your stomach you can use peppermint and spearmint. You can use cinnamon for diarrhea; peppermint can be used for clearing your nasal passages, peppermint oil. If you are having problems with asthma you can use true camphor will open up your passages and lungs like Vicks vapor rub like menthol. Menthol can also be used on your arthritic joints because it blocks the pores and causes heat to build up to that part of the body your body increases the blood flow thereby

dilating all the veins and with all the blood flowing there helps to cool it down but also more blood flow brings in more oxygen and that is what breaks down the lactic acid.

Q- What should someone look for when they go shopping for herbs?

A- Try not to get too exotic and ask questions. State what it is that is going on with your body, and ask what herb can help for that malady. And, people get the hell off Prozac! Prozac is the last line you draw in taking care of mild depression. Since before the Crusades, the plant that became known as St. Johns Wart has been used for depression and it was used to help wounds heal and getting over trauma and stopping bleeding.

Q- So you are saying that Prozac is comprised of St. Johns Wart.

A- Prozac is the chemical copy with no buffers attached as St. John's Wart. Herbs have their own peculiar side effects but they are things that you learn to live with while you are getting over whatever your ailment is.

St. Johns Wart will make you sensitive to sunlight. So that means if you are on it you don't go to the beach. Here is another thing that it will do, if you are on any type of psychotropic drug like drugs for stopping seizures. You can't take St. Johns Wart while taking Prozac because it will do unbelievable things to your body besides kill you.

There a lot of things that happen in your body when it is caused

undo pressure that can throw your body in a tailspin. They will put you on high doses of Ibuprophen and if you went to a chiropractor in just three manipulations your body will recover. St. Johns Wart will metabolize certain drugs out of you. There is a lot of data out there but just like regular medicines there numerous things to know. Now, the thing that can not be stressed enough is that if you are on certain medications and you decide to go to the herbal remedies you have to get your chemical medications out of your system at least a week before you begin herbal medicine because there are herbs out there that go after specific ailments.

For example there is a medicine that is called Lanoxin and this is for people with heart ailments. If you are going to take hawthorn berry, which lowers your blood cholesterol level, you cannot take it and the medicine because it will cause heart failure.

Q- It sounds like herbal therapy is not something that someone should attempt on their own.

A- That is what I said earlier. You have to ask. If you are going to self-medicate and do the herbal remedies then you need to do your homework. If someone is suffering from low blood pressure or they have anemia and they are down they will prescribe ginseng.

If someone is on Cumadin it can thin the linings of your veins and arteries and if you get increased blood pressure from taking ginseng or garlic or ginger you could blow out a vein. Ginseng

can over stimulate you and keep you from sleeping. So you don't want to drink a lot of coffee and take ginseng. There are also some herbs that shouldn't be taken by women for long periods of time.

You need to be aware of a garlic and Cumadin mix because Cumadin actually came from the industry that created rat poison and because of their little body structure it would make their veins burst and they would bleed out and then they found out the Cumadin could make your blood thin out to where it acts as rubbing up against clots or build up in the vein walls, it will work on fatty deposits.

However garlic does the same thing. Pure garlic or the capsules but if you take Cumadin, garlic cannot be in your diet. Err on the side of caution and eliminate all garlic.

Garlic has anti-clotting properties on it's own, however vitamin K is what causes your blood to coagulate, Cumadin destroys vitamin K. That is what causes people to bleed out and they have to inject you with things that are going to force your blood to clot. Now garlic, which is a natural component, will work along with vitamin K by staving it off it doesn't destroy it from your system.

Q- What is vitamin K responsible for in your body?

A- Vitamin K is what helps your blood coagulate. It is what helps your blood to clot so you don't bleed out.

Q- what should someone look for if they are looking for an herbalist?

A- First you need to check out their credentials then the next important thing is to see how “people orientated” they are.

Q- What kind of credentials should a potential herbalist be able to share with them?

A- There are various naturopathic schools around the country. Again how people orientated this person is and what their views are on homeopathy.

### Imagery

Q- What about imagery?

A- Another one that isn't simple. In imagery everything in your body is governed by imagery, this is what your brain uses to communicate to all of the organs in the body. Concepts, forms and images and so on and so forth drive everything in the mind. Imagery can relieve pain and it can speed healing and subdue various fears, depression, and impotency things like this.

So the minds ability to influence the body is remarkable because your brain is the most dangerous system ever developed and the most potent. Imagery can be used about 90% of the times with the problems that people bring to their doctors.

I am going to back this up with a story. Dwight David Eisenhower, before he went off the West Point, this is like two to three weeks before he was supposed to report there, he grew up on a farm and there was a columbine accident that almost took his leg off at the hip.

They got him in the house and the doctor was looking him over and he has a mangled knee and ankle and the hip is pulled out of the joint. They were getting ready to amputate and he told them to get out of his room and leave his leg bandaged the way it is and I just want my mom and dad to come and give me fresh bandages and take care of me. He was in there for a week and the only thing he did was focus on that leg. He just used mind over matter and in a week and a half he walked out of that room. When he left for West Point he was in his late teens or early twenties.

It was the character and the intestinal fortitude that he was not going to give up and die. It's just like we believe in a higher power but we put human attributes to the various gods because they are more believable because they have a conscious just like us. It's like trying to put a governor on spirit when spirit just is. It doesn't have a conscious.

We use imagery every day like I said before, the images and the other senses are the means that the brain uses to communicate to our other organs.

Let's take Eisenhower for instance when that accident happened

and he is laying there unconscious and what was left of a skunk that got hit by it and he is smelling it and then years later when he is driving down the road and somebody had hit a skunk and he locked up the brakes and ran off the road. Why did he do that? In the subconscious state in all of that pain your brain got imprinted by that smell and later on in life it triggers a lock up.

So how do you unlock that trigger? You have to go through an aversion therapy where you have this odor while the person is sitting there and bring up the odor and the images that it has over you and you start recompiling the images that it has over you. Hypnotherapy works with imagery, it goes hand in hand and so does meditation.

## Meditation

Q- That is where we are going now. What is meditation and what can it do for me and what are some of the misconceptions?

A- Meditation is one of the proven alternative therapies classified in the mind over body medicine. More doubting Thomas doctors are starting to apply meditation more and more because they for giving your physical and mental health.

It can be used as a way to lower blood pressure and to improve exercise performance for people who have angina, people with asthma, relieving insomnia, relaxing us from everyday stress. It is a way to balance a person's physical, emotional and spiritual state and everybody can benefit. It has been used forever and

we don't know when it started. So whenever you are praying you are meditating. Anytime you are running or exercising you are performing a moving form of meditation.

Meditation is a way of getting you separated of the frills and calms yourself to be at peace and to get away from the stress. You are finding a way to calm the mind and being focused in the present, being in the here and now.

### Acupressure

Q- This next topic is pretty close to acupuncture but different. Let's talk about Acupressure, what is it and how does it work and can people use it on themselves?

A- Acupressure is an ancient Chinese healing method going back past 2,000 years and it works off the same meridians that acupuncture does. It still also works with the person as a whole, the mind, and the body the emotions and the spirit is one not separate. It helps to balance the vital life forces of the body. Working along the same meridians as this you would use fingers, knuckles both hands together working on various parts of the body.

The human body they say has 14 main meridians that carry the life force or energy throughout the body and the meridians start at the fingertips and then they connect with the brain and then they connect to the organs associated with the certain areas of the body. This is heading into another one, which is Reflexology.

Q- Doesn't Reflexology concern either the hands or the feet?

A- The hands and the feet and the ears and the tongue. Reflexology can be used to relax the mind and the body. It can be used to improve circulation, and the removal of toxic waste from the body, relieve stress and tensions, relieve head and muscle aches and improve your energy levels. It can bring back an overall feeling of well being and it can also aid in delivering babies.

It is not invasive and is relatively gentle. Let's say an organ in the body that is out of balance and may be afflicted with disease. Once it is hit it will bring you right up off the table. It is going to become less and less acute or sensitive. In other words this requires a number of treatments. You don't pop a pill.

Let's say you have insomnia and you have to get to the root of it. Here is a way of putting this into a picture that the layperson can grasp. Let's say you are adding pressure that would correspond to a certain area in the body. Look at it like a water hose and you have an obstruction in it. If you were to apply pressure above where the obstruction were and kinked it off and held it till sufficient pressure would build up behind it that when you released it the water would come through ten times the pressure it normally would, and it would push along that blockage till normal flow had resumed.

That is like acupuncture works except that it is a localized pinpoint massage. Now some of the things that it has been used

to address are renal failure, diabetes, asthma, breast cancer, intestinal problems, back aches, pms, and this is all documented. The problem with allopathic medicine is the things that they don't see they just don't get. That doesn't mean that they aren't there.

## Homeopathy

Q- What is homeopathy and is it good for treating illnesses?

A- History wise, Hypocrites the father of modern medicine, observed back in the 4<sup>th</sup> century the relationship with plants and dealing with dis-eases. Homeopathy is based on the principal that substances are poisonous in large doses and they can be very beneficial in small doses. It is a form of medicine that treats the body as a whole also and helps to heal it using the plant realm and getting you back into balance.

Homeopathy is the basis for our vaccination programs. How do you cure smallpox? By introducing a low level of the smallpox itself into the persons body which helps them develop antibodies to help them fight them fight the full blown dis-ease.

Q- So what I am hearing you saying is that homeopathy is more of a preventive medicine as opposed to a reactionary one?

A- It can be reactionary as well. Here is a form of homeopathy. Let's say you live in the mountains like we do and you are constantly afflicted with allergies. If you take a tablespoon of

honey a day before the onset of the season from the local beekeepers of your area you are going to build up a immunity in your system. By ingesting the pollen materials that makes the honey in your system you are gradually building up doses to stave off an allergy attack and lessen the severity of it. You just vaccinated yourself.

This can be used for everything. What you are doing is potentiating the body by using ultra-diluted amounts of whatever toxics these are. You will wind up getting flu-like symptoms but each time your body will get stronger and stronger.

Properly used and in the right circumstances I believe it can take care of everything. Up until 1936 we used colloidal silver as an antibiotic and it is the most effective antibiotic on the planet.

That falls under homeopathy.

Your body flushes it out in about 14 days but while it is in your body in those minute quantities, everything in our bodies is in colloidal suspensions, our blood, our serum in the body, so if you introduce silver it does fantastic things to aid the body into getting back to what it was doing.

However you introduce bacteria or a virus and it is a hunter and seeker. It stops its ability to upgrade oxygen or food or anything else. It even works on cancer because when cells get out of balance they are no longer operating like other cells in your body.

Hypnotherapy

Q- We are ready to talk about hypnotherapy.

A- Well let's put it this way, everybody uses hypnotherapy every day or some form of it because it is imagery driven. Say you are getting yourself psyched up to go and apply for this job. You are hyping yourself up, you are hypnotizing yourself you are changing yourself from one state to another so you can present a better image. So it is changing the emotional and physical and mental image of yourself into another state. You are projecting yourself into another state.

### Reflexology

Q- Okay, Reflexology, don't you think it deserves it's own conversation?

A- This is another form of Chinese medicine or Chinese massage in which pressure is applied to certain areas of the feet and hands and the ears and the tongue. They don't want to get into that so much here in the West but it is still done because the various organs in your body have their position on the hands and arms, the feet ankles and up to the knees, the tongue and your ears.

The ears are hardwired directly into the brain as well as the tongue. That is why I brought up the way of taking in the herbs by sprinkled it directly on your tongue. The mouth is where you upload the program.

Reflexology is a science knowing that each part of the body is interconnected through the nervous system throughout the body, by stimulating these different points you bring quote unquote nutrients.

What are the nutrients? Let's see, energy, electrical levels, blood serums, endorphins and everything that is in the body system gets rerouted through the switchboard and into here and in doing this you help restore balance in the body.

Reflexology can be used for relaxing muscles, normalizing the ductless glands, which are pituitary glands the thyroid the thymus which is the main governor of the immune system, the spleen the pancreas and so on. That is your endocrine system.

It sends new energy throughout your body. It can be used to detect health problems before they become serious. Remember I said that when you press on these areas they are tender. It may correspond to a various organ in your body or a gland. Right then and there it is telling you that you have a problem with that area of your body because these areas get tender before they manifest as pure pain. You can relieve sinus congestion almost instantly.

Q- How can you help sinus drainage?

A- Well you can find the charts at some of the health food stores and study them and you will find the parts that correspond to your thymus your adrenal glands and your nasal areas and by

gently applying pressure in those areas, by process of elimination and by trial and error you can figure it out.

### Case Studies

Q- This has really been enlightening. I am certain our readers would like to hear examples. Would you be willing to share some with us?

A- There was an organization while I was in college called the Ahaus House that was run by the catholic dis-ease but this was the 60's so it was open to everyone. While I was associated with this place I considered it a cool place to hang out because it was away from the black panthers and all the anti-war stuff that was going on. I just needed a neutral place to get away. There were 15 of us that belonged to that place and we all went and joined the military at the same time.

While I was there I was practicing my craft and people would come in wiggled out on drugs, tensions and fights and injuries of all types and it quickly got out that I knew how to work on certain things. There was a priest that was assigned there. He came to me one day and asked me about some of the things that I was doing for the students there and how was I doing it.

What was my religious affiliation and how did I feel about what I was doing? We ended up talking off and on that whole day and the next day he came in and he had a nun with him. She had been afflicted with migraine pains and they had done everything they could. They had prayed and done everything they could

think of. I looked her over and I used a manipulating technique and even though she had on her habit I could grasp her at the base of her neck behind her ears at her temples and started pushing. I pushed this through her head and for a second there she almost passed out and he grabbed her and helped her up. I flushed out what was in her head. I don't have any control of it I just see the various forces that were going on and I realigned her neck and set a couple of vertebrae in her shoulders. She went and laid down and slept for a couple of hours because she hadn't been able to sleep. When she woke up her bloodshot eyes were gone and she didn't have the headache and it stayed that way.

He came back almost five months later and he didn't have his collar on. He was in his civilian clothes and she was with him in civilian clothes. He handed me his collar and told me that he was going to go on a journey, "for what you did for my friend because we are not getting the answers we need and we are going to find out what this is all about," and then he left.

Q- Any other case studies that you would like to share?

A- I was in a relationship with a woman many years back and she was diagnosed with breast cancer. They found an abnormality and she came home pretty devastated by it. I asked her if she would like me to do some work on it and she said by all means.

I work with crystals and stones. They were going to go in and do an exploratory surgery on it and take a biopsy on it to see if it

was a cancer or not. But, they were pretty sure that was because of the size of it, which was the size of a fifty cent piece. She asked them if they would please do another scan before the surgery and when they did they found that it was only the size of a pencil lead. So they didn't have to open up her breast and that is what happened with that case a little bit over 7 years ago.

There was a student of mine who got her elbow broken in a car accident. They had put a cast on it and told her that with the extent of the injury she wouldn't have much mobility of it when it healed. I worked on her for about two treatments while it was in the cast and two more treatments after the cast came off.

She hadn't even been to physical therapy yet and while she was on the treatment table in my office I bent her arm and she said wait a minute they said that my arm wasn't going to bend like that. I told her, "well it is" and it even still had pins in it. They took the pins out a few months later and she has a little arthritic trouble with it and I have her on a regime of cat's claw and glucosamin chondroitin and she hardly has any problems with it now.

The last one that I worked on was another cancer patient and she was a really good friend of mine. They diagnosed her with cervical cancer. She brought me the scan that showed the size of this thing and it covered the whole cervix. It was huge and thick and looked like someone had spray painted a sea sponge brown and placed it over her cervix. It was about 2 inches thick and 4-6 inches across. She came to me and asked me if I could do a

journey first of all to find out what in her life she had done to have this come down and it was a lot of really personal things and as she was in the journey it hit a lot of things dead on the head.

When it came time to work on this thing she was laying there and she said she was really uncomfortable but I told her in the long run it was really going to be worth it.

She said that she felt like she needed to go to the bathroom and before she could do anything she said that something had just exploded inside her and there was a pool of blood coming out of her vaginal area. She was laying on the ceremonial blanket that I had put out for her and I told her not to worry that we were still not done that there was some more that we had to do. When the whole thing was over with and she went to the bathroom and got herself cleaned up she saw that there was a discharge of some kind in the toilet and she went in three days later to get the biopsy done and they went in and were probing around looking for the mass.

What they did find of it they took a core of it and it was cancerous but it was dead. They told her that it was cancerous but they couldn't find any cells that were alive. It had literally disconnected from her cervix and there were only parts of it left. So they later checked her lymph glands and told her that the cancer had spread to her lymph glands. Lymph glands look a certain way when they have cancer in them but they told her that they could tell they had had cancer in them but they didn't

look normal. Normal as in what they would look like with cancer in them. So right now she is doing a combination of some chemo because she still has one foot in the allopathic but she is also doing a regime of herbal chemotherapy. The Sioux used 7 different herbs for fighting cancer. She got it in the early stages so I believe she is going to do well.

Q- Do you have any recommendations that you can leave our readers with?

A- Yes, become an informed individual because the true power is knowledge. There are many other books and resources out there to read and absorb and continue expanding your knowledge!

### **Hazardous Essential Oils**

<b>Oils That Should Not Be Used At All In Aromatherapy</b>	
Almond, Bitter	<i>Prunus amygdalis, var. amara</i>
Aniseed	<i>Pimpinella anisum</i>
Arnica	<i>Arnica montana</i>
Boldo Leaf	<i>Peumus boldus</i>
Calamus	<i>Acorus calamus-acorus</i>
Camphor	<i>Cinnamomum camphorus</i>
Cassia	<i>Cinnamomum cassia</i>
Cinnamon Bark	<i>Cinnamomum zeylanicum</i>
Costus	<i>Saussurea lappa</i>
Elecampane	<i>Inula helenium</i>
Fennel (Bitter)	<i>Foeniculum vulgare</i>
Horseradish	<i>Cochlearia armorica</i>
Jaborandi Leaf	<i>Pilocarpus jaborandi</i>

Mugwort (Armoise)	Artemisia vulgaris
Mustard	Brassica nigra
Origanum	Origanum vulgare
Origanum (Spanish)	Thymus capitatus
Pennyroyal (European)	Mentha pulegium
Pennyroyal (N. American)	Hedeoma pulegioides
Pine (Dwarf)	Pinus pumilio
Rue	Ruta graveolens
Sage	Salvia officinalis
Sassafras	Sassafras albidum
Sassafras (Brazilian)	Ocotea cymbarum
Savin	Juniperus sabina
Savory (Summer)	Satureia hortensis
Savory (Winter)	Satureia montana
Southernwood	Artemisia abrotanum
Tansy	Tanacetum vulgare
Thuja (Cedarleaf)	Thuja occidentalis
Thuja Plicata	Thuja plicata
Wintergreen	Gaultheria procumbens
Wormseed	Chenopodium anthelminticum
Wormwood	Artemisia absinthium