



THE SOVEREIGN INDIVIDUAL: YOUR HEALTH PART 2

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email your request to info@westlake912.net

TAKING CONTROL: SUMMARY

- Understand YOUR body (Especially allergies)
- Eat well; read and understand labels
- Exercise
- Rest and relax
- Be an active participant in your healthcare
- Find resources, research, and learn more
- Consider natural solutions
- Associate with like-minded people



LEGAL STUFF...

- Statements made herein have not been evaluated by the FDA and are not intended to diagnose, prescribe, recommend, treat, cure, or offer medical advice.
- Please see your health care practitioner for help regarding choices and to avoid actions that may have negative impacts on any of your medical conditions or treatments.



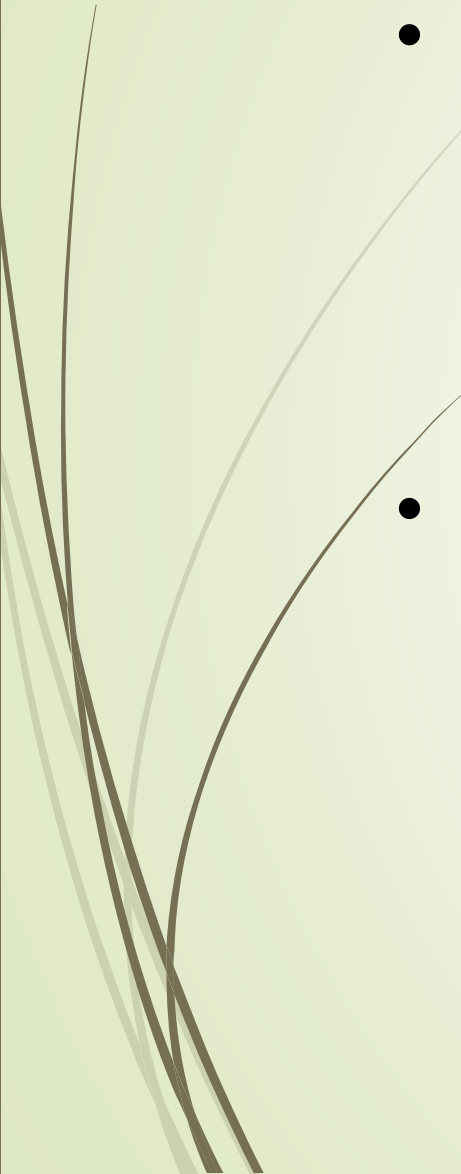
LEGAL STUFF...

- Medicinal herbs affect each individual differently. Use caution when using a medicinal herb for the first time to avoid any potential allergic reaction.
- The advice of a professional is strongly recommended until you become familiar with medicinal herbs, their identification, and their actions.

GOD HAS PROVIDED US WITH ALL WE NEED,
IT IS UP TO US TO USE IT PROPERLY.



- There is an undeniable link between man and nature.
 - This relationship has been variously ascribed to evolution, intelligent design, or creation.
- Scientists are continually learning more about how specific chemicals in the body regulate how it functions.

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- Some scientists are learning (re-discovering) more about how plants can provide chemicals that facilitate effective physiological functions.
 - Plants (“wild things”), if used properly, can support our health and enhance our lives.

“MEDICINE” AND “MEDICINAL”

- The term “medicine” is generally used to describe a chemical compound that is used to treat and/or cure a disease or medical condition.
- The term “medicinal” is generally used to describe a chemical compound that has properties that aid, promote, or facilitate the body’s ability to heal itself.

PHARMACEUTICAL MEDICINES

- Most pharmaceuticals have originated from the chemical compounds of plants. (*phytochemicals*).
- The extraction, isolation, and purification of phytochemicals has been used to increase their strength and their effects.
- Synthesis of individual chemicals has become the norm for pharmaceuticals; natural products can't be patented: synthetic compounds can be.
- Patents = profits: Their income supersedes your best interest.

HOW DO MEDICINAL HERBS WORK?

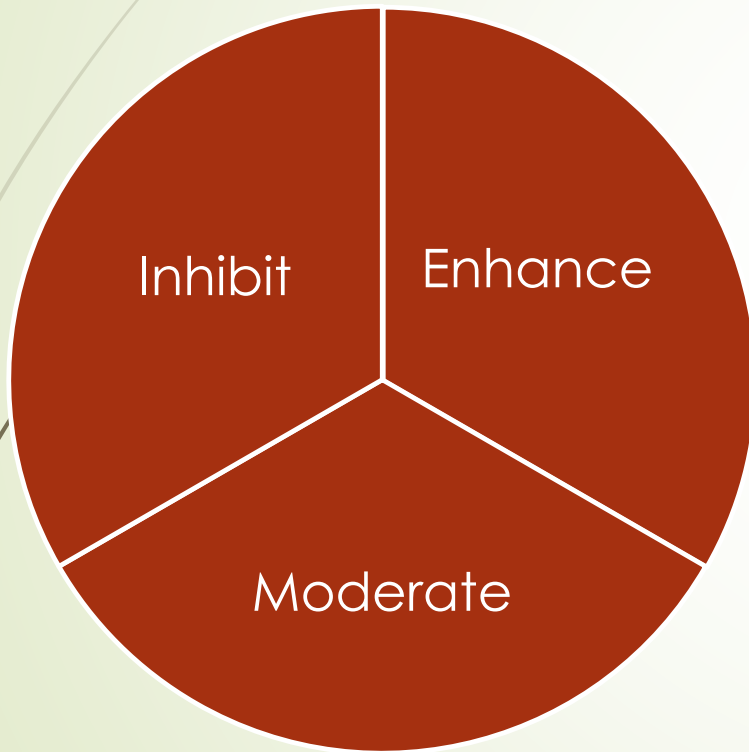
- The body is designed for perfect functioning, using chemical building blocks to create a dynamic internal equilibrium (*homeostasis*).
- The body is self-correcting and adaptive to even previously-unknown agents.
- Medicinal herbs can provide building blocks that your body can use.

HOW DO MEDICINAL HERBS WORK?

- Without adequate chemical building blocks, or in the presence of excessive harmful chemicals, the body can begin to weaken, as a wall will weaken if bricks are removed or damaged.



HOW DO MEDICINAL HERBS WORK?



- They **Inhibit** the actions of chemicals that are harmful to effective functioning (e.g. free radicals)
- They **Enhance** the actions of chemicals that are beneficial to effective functioning (e.g. anti-inflammatory compounds)
- They **Moderate** the balance between beneficial vs. harmful chemicals (e.g. immuno-modulators)

WINTER HEALTH TIPS FOR THE SOVEREIGN INDIVIDUAL

- Do what is appropriate to stay healthy.
 - Nutrition, hygiene, fitness, and limiting exposure.
- Do what is helpful to address symptoms.
 - Relieve discomfort naturally.
- Support your body's ability to heal itself.
 - Good nutrition
 - Supportive phytonutrients

PREVENTIVE ACTIONS

- Free radicals damage cells and cause inflammation, which results in symptoms.
- Antioxidants inhibit the actions of free radicals
 - Free radicals are molecules or parts of molecules that carry an electrical charge. (e.g. H^+ , OH^- , H_2O_2).
 - Free radicals can create “oxidative stress” that weakens or damages cellular functions.
 - Free radicals can be formed by metabolic processes.
 - Free radicals can be formed by environmental stressors (pollution, radiation, food additives)

PREVENTIVE ACTIONS

- Antioxidant Spices

- Allspice *Pimenta dioica*
- Clove *Syzygium aromaticum*
- Garlic *Allium sativum*
- Ginger *Zingiber officinale*
- Sumac *Rhus typhina*
- Turmeric *Curcuma longa*

PREVENTIVE ACTIONS

- Antioxidant Herbs
 - Oregano *Origanum vulgare*
 - Peppermint *Mentha x piperita*
 - Rosemary *Salvia rosmarinus*
 - Sage *Salvia officinalis*
 - Thyme *Thymus vulgaris*
 - Basil *Ocimum basilicum*

PREVENTIVE ACTIONS

- Antioxidant Plants

- Lemon balm *Melissa officinalis*
- Licorice root *Glycyrrhiza uralensis*
- Milk thistle *Silybum marianum*
- Purple coneflower *Echinacea purpurea*
- Purple loosestrife *Lithrum salicaria*
- Purslane *Portulaca oleracea*
- Saint John's Wort *Hypericum perforatum*
- Willow, white *Salix alba*

PREVENTIVE ACTIONS

- Antioxidant Foods

- Bilberries
- Walnuts
- Espresso
- Chocolate, dark
- Pecans
- Sunflower seeds
- Chestnuts
- Okra
- Artichoke
- Blueberry
- Plum
- Apricot
- Kale
- Coffee

PREVENTIVE ACTIONS

Antioxidant Ratings

| | | | |
|-------------|--------|------------|-------|
| Clove | 277.30 | Rosemary | 44.80 |
| Mint leaves | 116.40 | Saffron | 44.50 |
| Allspice | 100.40 | Sage | 44.30 |
| Cinnamon | 77.00 | Bay leaves | 27.80 |
| Oregano | 63.20 | Cinnamon | 26.50 |
| Thyme | 56.30 | Nutmeg | 26.40 |
| Bilberries | 48.30 | Walnuts | 21.90 |

CORRECTIVE ACTIONS

- **Congestion** is caused by a reaction of the mucus membranes of the airways (nose, sinuses, and lungs) to foreign agents (irritants, germs).
 - When in balance, the mucus membranes protect sensitive cells lining the airways.
 - Dry congestion is the swelling of those membranes.
 - Wet congestion is the over-secretion of mucus.
 - The correct chemicals enable the body to achieve balance.

CORRECTIVE ACTIONS

- **Astringent:** Produces contraction in living tissue, reducing the flow of secretions and discharges of blood, mucus, etc.
- **Demulcent:** Soothes, lubricates and softens irritated tissues, especially the mucous membranes.

CORRECTIVE ACTIONS

ASTRINGENT

| | |
|--------------------|------------------------------|
| Chickweed | <i>Stellaria media</i> |
| Coltsfoot | <i>Tussilago farfara</i> |
| Ground-ivy | <i>Glechoma hederacea</i> |
| Marigold | <i>Calendula officinalis</i> |
| Mullein | <i>Verbascum thapsus</i> |
| Plantain | <i>Plantago major</i> |
| Purple loosestrife | <i>Lithrum salicaria</i> |
| Self-heal | <i>Prunella vulgaris</i> |
| Spicebush | <i>Lindera benzoin</i> |
| Willow, white | <i>Salix alba</i> |
| Yarrow | <i>Achillea millefolium</i> |

DEMULCENT

| | |
|--------------------|------------------------------|
| Boxwood | <i>Tilia americana</i> |
| Chickweed | <i>Stellaria media</i> |
| Coltsfoot | <i>Tussilago farfara</i> |
| Comfrey | <i>Symphytum officinale</i> |
| Flaxseed | <i>Linum usitatissimum</i> |
| Grape | <i>Vitis vinifera</i> |
| Licorice root | <i>Glycyrrhiza uralensis</i> |
| Mullein | <i>Verbascum thapsus</i> |
| Plantain | <i>Plantago major</i> |
| Purple loosestrife | <i>Lithrum salicaria</i> |
| Slippery Elm | <i>Ulmus rubra</i> |

CORRECTIVE ACTIONS

- **Coughing** is the body's mechanism for forcing irritants out of the body, including mucus.
 - When in balance, coughing is occasional, non-remarkable, and not noticeably productive.
 - Dry coughing is an attempt to remove irritants not captured by mucus. Mucus production generally follows.
 - Wet coughing is the expulsion of the mucus that is produced to capture irritants.
 - The correct chemicals enable the body to achieve balance.

CORRECTIVE ACTIONS

EXPECTORANT

Chickweed

Coltsfoot

Elderberry

Garlic

Ginger

Horehound

Licorice root

Mullein

Plantain, common

Slippery Elm

Thyme

Stellaria media

Tussilago farfara

Sambucus nigra

Allium sativum

Zingiber officinale

Marrubium vulgare

Glycyrrhiza uralensis

Verbascum thapsus

Plantago major

Ulmus rubra

Thymus vulgaris

ANTITUSSIVE

Coltsfoot

Ginger

Horehound

Licorice

Slippery Elm

Flaxseed

Tussilago farfara

Zingiber officinale

Marrubium vulgare

Glycyrrhiza uralensis

Ulmus rubra

Linum usitatissimum

CORRECTIVE ACTIONS

- **Fever** is one of the body's defenses against microorganisms.
 - Viruses and bacteria require normal body temperature to be able to reproduce efficiently.
 - Raising or lowering the body temperature slows down the rate of reproduction.
 - Slowing the rate of reproduction allows the body time to destroy the invading microorganism.

CORRECTIVE ACTIONS

- **Febrifuge/Antipyretic:** Reduces fever.
 - Antipyretics cause the hypothalamus to override a prostaglandin-induced increase in temperature.
- **Anti-inflammatory:** Reduces inflammation.

CORRECTIVE ACTIONS

FEBRIFUGE/ANTIPYRETIC

| | |
|---------------|-------------------------------|
| Boneset | <i>Eupatorium perfoliatum</i> |
| Cat's claw | <i>Uncaria tomentosa</i> |
| Garlic | <i>Allium sativum</i> |
| Ground-ivy | <i>Glechoma hederacea</i> |
| Lemon balm | <i>Melissa officinalis</i> |
| Purslane | <i>Portulaca oleracea</i> |
| Self-heal | <i>Prunella vulgaris</i> |
| Spicebush | Lindera benzoin |
| Willow, white | <i>Salix alba</i> |

ANTI-INFLAMMATORY

| | |
|-------------------|------------------------------|
| Goldenrod, Canada | <i>Solidago canadensis</i> |
| Licorice, chinese | <i>Glycyrrhiza uralensis</i> |
| Marigold | <i>Calendula officinalis</i> |
| Mullein | <i>Verbascum thapsus</i> |
| Willow, weeping | <i>Salix babylonica</i> |
| Willow, white | <i>Salix alba</i> |
| Yarrow | <i>Achillea millefolium</i> |

CORRECTIVE ACTIONS

- **Aches and pains** are the result of inflammation caused by chemical and/or biological irritants.
 - Addressing the cause of irritation will reduce the rate of inflammation.
 - Irritants enter the body through openings (lungs, digestive system) or through mucus membranes (eyes).

CORRECTIVE ACTIONS

- **Analgesic:** Relieves pain.
- **Anodyne:** Relieves pain, it is milder than an analgesic.

CORRECTIVE ACTIONS

ANALGESIC

| | |
|-----------------|------------------------------|
| Flaxseed | <i>Linum usitatissimum</i> |
| Grape | <i>Vitis vinifera</i> |
| St John's Wort | <i>Hypericum perforatum</i> |
| Verbena | <i>Verbena officinalis</i> |
| Willow, weeping | <i>Salix babylonica</i> |
| Wintergreen | <i>Gaultheria procumbens</i> |

ANODYNE

| | |
|---------------|-----------------------------|
| Alfalfa | <i>Medicago sativa</i> |
| Black Walnut | <i>Juglans nigra</i> |
| Chamomile | <i>Matricaria recutita</i> |
| Comfrey | <i>Symphytum officinale</i> |
| Ground-ivy | <i>Glechoma hederacea</i> |
| Mullein | <i>Verbascum thapsus</i> |
| Willow, white | <i>Salix alba</i> |

PREPARATIONS

- **Infusions:**
 - Extracting chemical compounds from plant material in a solvent, such as hot water. Meant to be drunk, as in a tea.
- **Decoctions:**
 - Extracting by boiling plant material to dissolve the chemicals of the material.
 - Similar to an infusion, but the material is boiled in the solvent for a longer time.

PREPARATIONS

- **Tinctures:**
 - An extract of plant material dissolved in ethanol (ethyl alcohol), or in glycerin.
- **Salves, ointments, creams, poultices:**
 - Soothing or healing substances applied to the skin to relieve symptoms or to promote healing.
 - The different terms relate to the method of preparation and application.

BEGINNERS SHOPPING LIST

- Coltsfoot
- Plantain
- Turmeric
- Flaxseed
- Licorice root
- Red wine
- Coffee
- Dark chocolate

Tussalago farfara

Plantago spp.

Curcuma longa

Linum usitatissimum

Glycyrrhiza uralensis

Vitis vinifera

Coffea spp.

Theobroma cacao

RECIPES

- Morning tea: pour hot water over...
 - Green tea (1 Tsp. matcha powder)
 - 1 Tbsp. apple cider vinegar
 - 1 Tbsp. dark brown sugar
 - 1 Tsp. chickweed
 - Optional:
 - Elderberry syrup
 - Blueberry syrup
 - Coltsfoot, Plantain, or Mullein
 - Cloves, cinnamon, and/or nutmeg
 - Willow bark

RECIPES

- Morning coffee: brew coffee (through filter) with ...
 - 2 Tbsp. dark brown sugar
 - 1 Tbsp. Mullein
 - 2 Tbsp. Cocoa powder
 - 2 Tbsp. Coconut milk
 - 1 Tbsp. Licorice root

RECIPES

- Cold relief
 - Brew black tea (your choice of type/flavor)
 - Pour over (one or more);
 - Purple loosestrife
 - Chickweed
 - Plantain
 - Add sweetener to taste;
 - Brown sugar
 - Licorice root
 - Optional: Add wine or other alcoholic beverage

RECIPES

- Aches and pain relief
 - Brew tea (your choice of type/flavor)
 - Pour over (one or more);
 - Willow bark
 - Chickweed
 - Chamomile
 - Add sweetener to taste;
 - Brown sugar
 - Licorice root
 - Optional: Add wine or other alcoholic beverage

ACTION PLANS

- Nutritional
 - Cook at home, using healthy foods and antioxidant herbs and spices.
- Physical
 - Move in a way that is pleasurable and exposes you to God's perfect creation (without man's pollution).
- Herbal
 - Develop a routine to use herbal ingredients to enhance your immune system.

RESOURCES: TRADITIONS

- Legends of America, Native American medicine:
<https://www.legendsofamerica.com/na-medicine/>
- Botanical.com, A Modern Herbal (Home of the electronic version of "A Modern Herbal" by Maud Grieve, originally published in 1931):
<https://botanical.com/>
- Medicinal plants used by ancient greek physicians:
<https://uniquedestination.mitsishotels.com/articles/medicinal-plants-used-by-ancient-greek-physicians/>

RESOURCES: HERBAL INFORMATION

- Eat the Planet (a blog about wild edibles and medicinals):
<https://eattheplanet.org/>
- Medicinal herbs - Information about more than 4000 herbs:
<http://www.naturalmedicinalherbs.net/>
- Plants for a Future (researching and providing information on ecologically sustainable horticulture):
<https://pfaf.org/user/Default.aspx>
- The Herbal Resource (demystify both the tradition and the science of natural solutions to health ailments): <https://www.herbal-supplement-resource.com/>

RESOURCES: HERBAL INFORMATION

- The World Flora Online (An online listing of all known plants, but not a resource for uses): <http://www.worldfloraonline.org/>
- The Lost Herbs (References, recipes, articles, and information about herbals): <https://thelostherbs.com/>
- Practical self reliance (Practical guide to self reliant living): <https://practicalselfreliance.com/medicinal-plants/>
- One of the web pages of Thomas J. Elpel that deals with edible and medicinal plants: <https://www.wildflowers-and-weeds.com/>

RESOURCES: HERBAL SCIENCE

- The European Medicines Agency (European regulatory agency): <https://www.ema.europa.eu/en/human-regulatory/herbal-medicinal-products>
- ND Health Facts (the wiki of the Naturopathic Medicine Profession): https://www.ndhealthfacts.org/wiki/Main_Page
- Evidence-Based Complementary and Alternative Medicine: <https://www.hindawi.com/journals/ecam/>
- Journal of Ethnopharmacology (an Interdisciplinary Journal Devoted to Indigenous Drugs): <https://www.sciencedirect.com/journal/journal-of-ethnopharmacology>

RESOURCES: HERBAL SCIENCE

- National Center for Complementary and Integrative Health (U.S. Department of Health and Human Services):
<https://www.nccih.nih.gov/>
- Environmental Working Group (Research to make informed choices and live a healthy life in a healthy environment):
<https://www.ewg.org/>
- Children's Health Defense (Childhood health):
<https://childrenshealthdefense.org/>

RESOURCES: HERBAL PRODUCTS

- Traditional Medicinals (Herbal products site with reference information): <https://www.traditionalmedicinals.com/>
- Nature's Warehouse (Ohio-based herbal supply store): <https://natureswarehouse.net/>
- Gaia garden (Herbal products; Canada): <https://www.gaiagarden.com/>
- Sun God Medicinals (Herbal products; U.S.): <https://sungodmedicinals.com/>
- Sage Consulting and Apothecary (Herbal products, materials, and advice; U.S.): <https://www.sagewomanherbs.com/>

RESOURCES: RAW MATERIALS

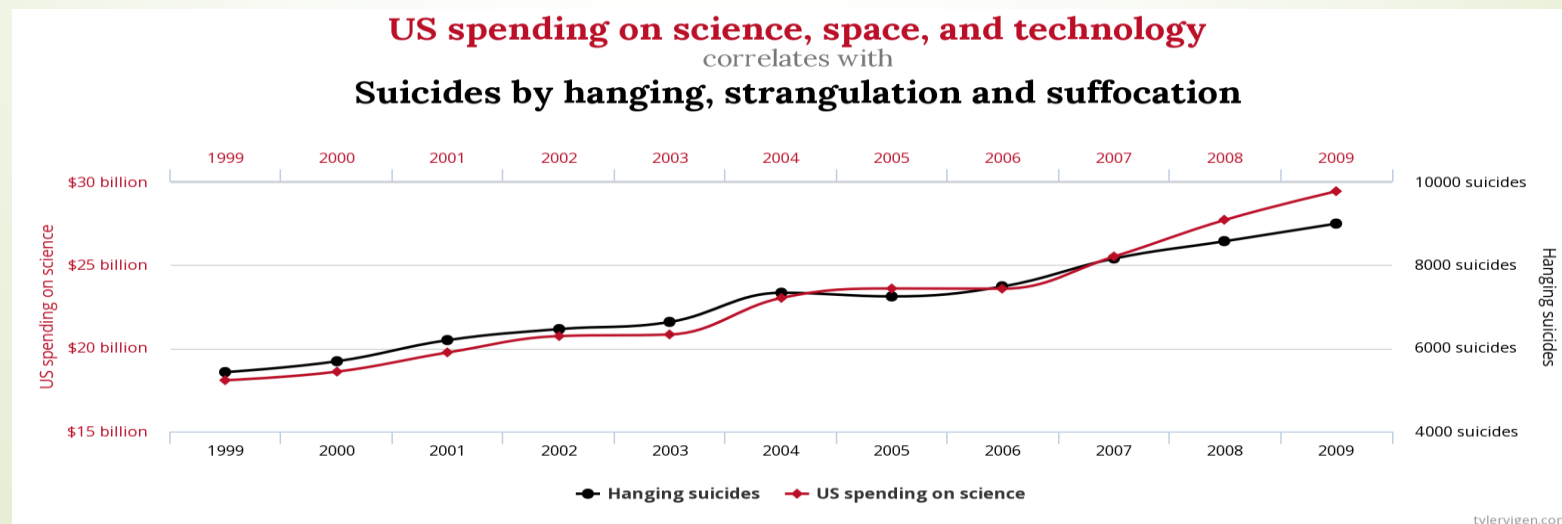
- Health Embassy (Herbal materials; UK):
<https://healthembassy.co.uk/en/>
- Mountain Rose Herbs (Broad range of herbal materials and products; U.S.): <https://mountainroseherbs.com/>
- Herb wholesalers (Currently Australia only):
<https://www.herbwholesalers.com/>
- Grassroots herbal supply (Herbal materials; U.S.):
<https://grassrootsherbsupply.com/>
- Ecuadorian rainforest (Herbal products; U.S.):
<https://www.intotherainforest.com/>

RESOURCES: SUPPLIES

- Strictly medicinal seeds (Seeds, live plants, herbs, books, supplies; U.S.): <https://strictlymedicalseeds.com/>
- Sheffield's Seed Company (Broad range of plant seeds; U.S.): <https://sheffields.com/>
- Premium Vials (Containers; U.S.): <https://www.premiumvials.com/>
- Hobacare, The original jojoba company (Jojoba oil; U.S.): <https://jojobacompany.com/>

RESOURCES: GENERAL

- Amazon: <https://www.amazon.com/>
- Walmart: <https://www.walmart.com/>
- Just for fun:
 - Charts the demonstrate that you can develop a correlation between almost any two unrelated statistics: <http://tylervigen.com/spurious-correlations>





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