A scenic landscape featuring a vibrant green field in the foreground, a line of trees in the middle ground, and a bright blue sky with scattered white clouds. The scene is captured from a low angle, with long shadows cast across the grass. The overall atmosphere is peaceful and natural.

Sage Advice

Herbals and Alternative Medicines
and their effects in and on the Field

Disclosures

- Who am I?
- Where on Earth did you come from?
- Whatdaya know?
- Will work for...



Thnx 4 ...

- The McGoran Family of Cleine, Ireland
- 4 Ur Health
- Mike Stein, Yorktown Waterman's Museum
- Friends and family
- [NIH Online](#) and end bibliography

Medicines from tropical plants

One-fourth of all prescription medications used in the United States are produced from plants. Seventy percent of plants with anti-cancer properties are found only in rain forests.



A native healer gives valuable information to a scientist. Tribal groups have generations of knowledge about medicines from tropical plants.

Looking to plants for cures



Leaves from Madagascar's rosy periwinkle yield drugs that treat Hodgkin's disease and childhood leukemia.



Quinine from a tree in South America has saved thousands from malaria. Many other species will disappear before we discover their potential.





Pop Quiz

- Just a few poll questions:
 - Why are you here?
 - What do you know?
 - What do you want?



My Wish List

- I'll tell ya what I want
 - Everyone up to a relative same level
 - Understand the logics behind alternative therapy
 - Walk away with an appreciation for the users of alternative therapies



Rumors

- Can we agree on a few things?
 - Telephone
 - Hippocrates wasn't stupid
 - Let your food be your medicine and let your medicine be your food
 - Neither of us knows everything about anything



Methods

- Toastmasters
- Dr. Corey Slovis

Annatto

Bixa orellana

Size: 6.1 m (20 ft)

The red seeds of the annatto bush were used by native South Americans to make body paints. Today, they are used for the orange coloring in cheddar cheese.



What am I going to say?

- What does it mean to be an alternative therapy?
- How did we get here?
- Who uses alternative therapies and why?
- What can they tell us?
- How can they affect us?





What it is, Yo?

- Alternative Medicine
- Herb
- Herbal Medicine





Witches Brew?

- Think again
 - Foretelling in China and Achilles
 - Herbs against witches:
 - Anglo-Saxons used Betony
 - Angelica and renaissance doctors
 - Rosemary and Mary's cloak
 - Milk Thistle (Blessed Thistle)
 - Aromatherapy in WWII



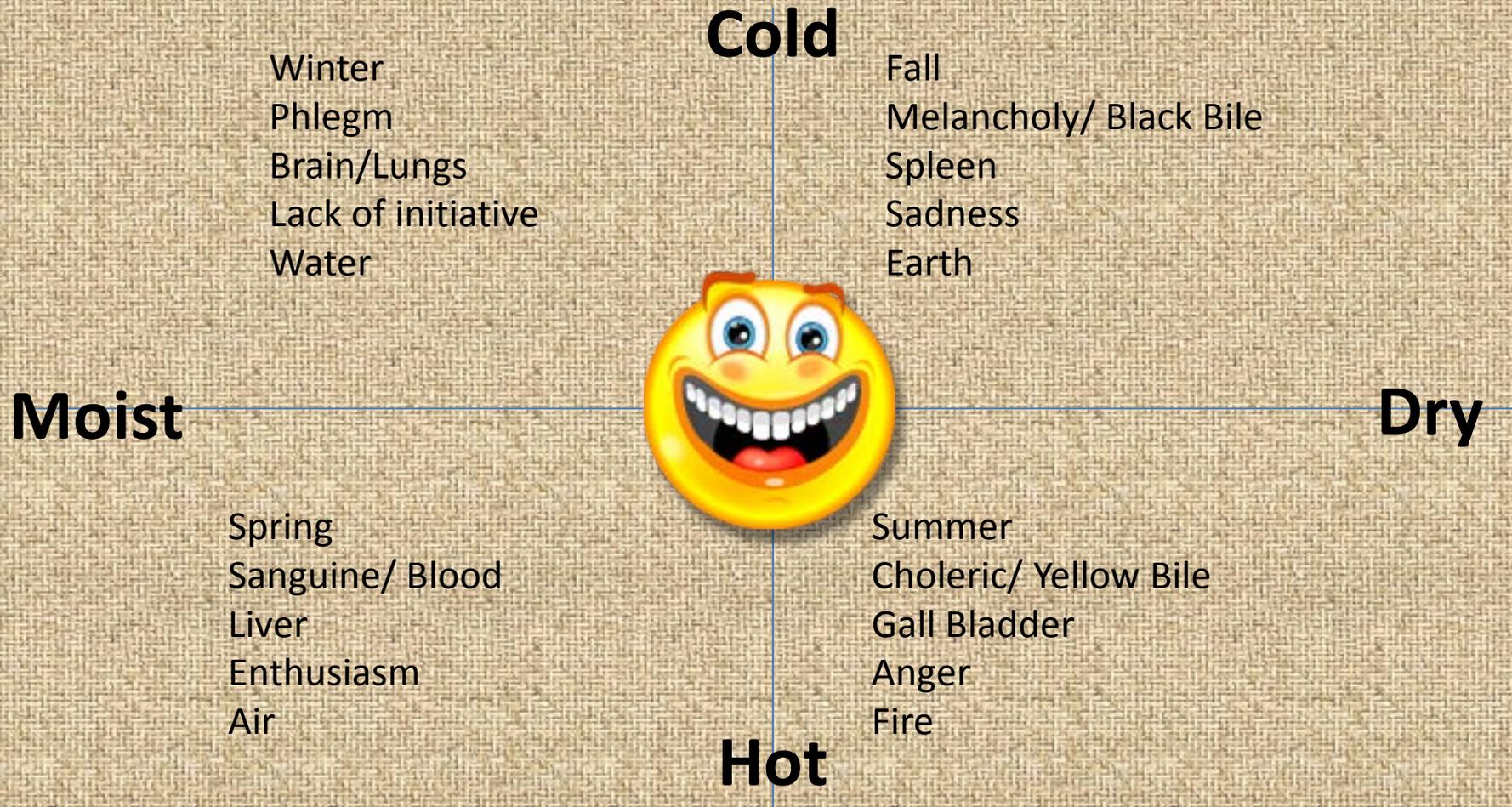
In the beginning..

- Animals are smart
- Nature has a way of working things out..
- *Achillea millefolium* and *Althaea officinalis* walk into a bar...





Humor Theory



Oh, I wonder Why?

- People and plants
 - Cultures
 - Ancient Egypt (1500 BC)
 - Roman Medicine philosophy (300 BC)
 - China (206 BC- AD 220)
 - St. Benedict emphasized importance of a garden in the monastery Circa AD 530
 - Islamic Cultures- paradise is a garden
 - Physic gardens at Pisa in 1543
 - Oxford Botanic Garden 1673
 - Koishikawa Botanical Garden in 1684

People and Plants Continued

– Objectives

- Decorative
- Culinary
- House Husbandry
- Spiritual
- Medicinal

Mexican breadfruit

Monstera deliciosa

Size: 9.1 m (30 ft)

The fruit of the Mexican breadfruit plant tastes like a combination of banana, pineapple and mango. Except for the ripe fruit, all parts of the plant are poisonous.



Users

- Animals
- Chirurgeons of all types throughout the ages
- Those people you think are different..
- ..and so do you! (sorta)



Animals

- As an indicator of:
 - Safety
 - Qualities
 - Location of food and water



Briefly, through the ages...

- The most ancient peoples
 - Animal Study
 - Personal experimentation
 - Lore passed on
 - How long is med school?
 - Start early! It took twenty years in training in many cultures

Medieval and Renaissance

- Decor
- Scent
- Medicine
- Cleaning
- Food
- Cosmetics
- Capitulare de Villis- basis of modern pharmacopeia



Colonial Period

- “Dr. Mom”
- Fevers meant too much blood
- What Germs?
- Cures tended to be in the area
 - Gout weed loves damp areas
- Receipt books
- Importance: Money, Faith, Pop Culture



Algonquian Nation Indians

- Local Area
- Rappahannock Indian
- Ever see these in Cold treatments?
 - Lemon
 - Honey
 - Sugar

Famous Medicine Chests

- Benjamin Rush (1745-1813)
 - Whiskey, Paregoric, Brandy, Calomel, Black Sand, Yellow Basilicon, Mercurial Ointment, Dovers Powder, Emetic Tartar, Fryars Balsam, James' Powder, Extract of Lead
 - Tools: Glass beaker, Glass rod (possibly as a medicine dropper), Thread waxing kit, wood handled spatula, ceramic pill tile

Joseph Hartshorne, MD

1779- 1850

- Cinnamon, Paregoric, Cantharides, Balsam of Tolic, Carul, Mentholatum, iron filings, Terra Japonical
- Ivory syringe, glass pestle, apothecary weights



William Shippen Sr., MD

1712-1801

- Lavendar, Oil of Pepermint, Extract of Lead, Tincture of Valerian, Ether, Minibarb Wine, Myrrh, Calomel
- Blown glass cupping cups, Glazed pot, pill tile, blown glass bottles, needles (stuck in a corncob), wooden box, unknown black pills, Oval tin case, apothecary weights, scarifying instrument, apothecary scales

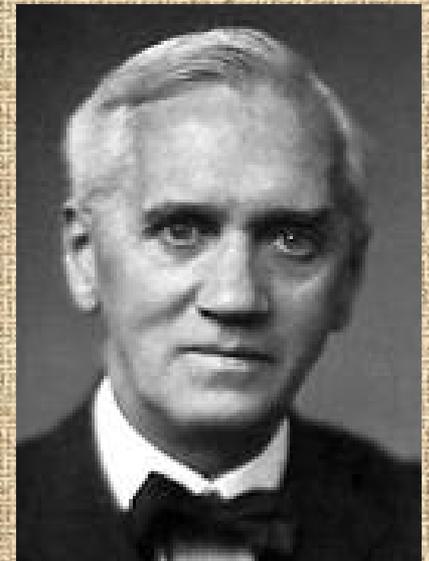
William Shippen Jr., MD

1736-1808

- Lavender, Jalap, Calomel, Tartar emetic, Cantharid, Rhubarb, Sulphur, yellow bark, “Dr. Mean’s Stomach pills”
- Glass bottles, tin containers, ivory handled tooth key, apothecary scale and weights

Recent History

- 1800s Priests many times were the “doctors”
- WWII shortages responsible for western revival
 - Dr. Jean Valnet (ARMY) used aromatherapy
 - Disinfect
 - Treat infections
 - Age old tactics revive old knowledge
- 1929 vs 1945





You Do It, Too!

- Aloe
- Anthole (oil of Anise)
- Atropine
- Aspirin
- Belladonna
- Castor Oil
- Chamomile
- Digitalis (Foxglove)
- Echinacea
- Garlic
- Olive Oil (Sweet Oil)
- Opium
- Mint
- Quinine
- St. John's Wort
- Strychnine
- Penicillin
- Cocaine
- Curare

Squirrel!

- A couple of nut jobs



What can alternative treatments tell you?

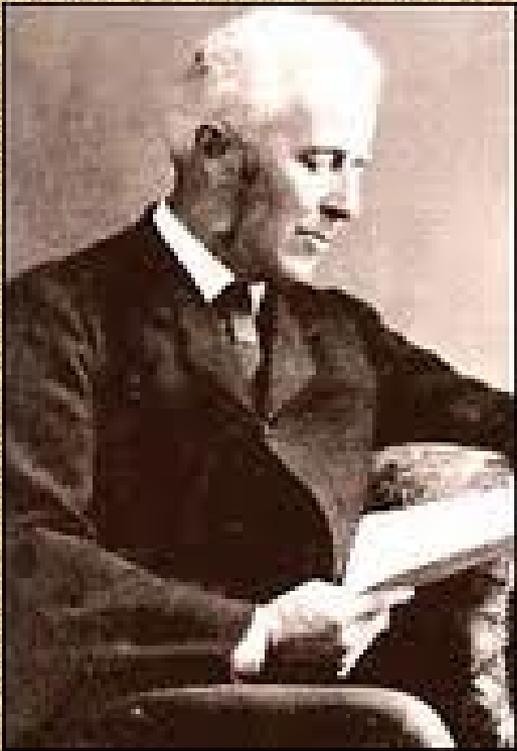
- Is it a first try or a desperate last grasp?
- What ailments bother them most?
 - Breathing treatments, joint pain
- Could poor use of these therapies be causing more problems?
 - Allergies
 - Toxicity
 - Interactions



What does it look like?

- Well stored:
 - Labels
 - Less than a year old
 - Smoking and drying can change chemical properties
 - What parts are they using?





Joseph Bell/ Sherlock Holmes

CLUES

Magnetic Therapy

- Patients suffer chronic pain: use not scientifically proven
- Questionable placebo effect
- Not safe for:
 - Insulin Pumps
 - Pacemakers
- Few studies showing any impact
 - Small, not well controlled, too short, small samples
- Rigorous studies show no benefit

Acupuncture

- Large phase three trials show promise for joint pain relief



Stress/ Insomnia

- Valerian, Skullcap, Angelica, Chamomile, Catnip, Hops, Kava Kava, Lavender, Lemon Balm, Passionflower, Wild Lettuce, Vervain, Rosemary, Black Cohosh, Ginko, Ginseng, Reishi, Yerba Mate, California Poppy, Linden, Willow Bark, Cayenne, Ginger, Feverfew, Wood Betony
 - Sedatives, Nervine Your patient is dealing with issues such as sleeplessness and irritability/excitability

Cancer

- Astragalus, Black Cumin, Cat's Claw, Celandine, Garlic, Ginseng, Goldenseal, Green Tea, Maitake, Mistletoe, Poke Root, Red Clover, Reishi, Rosemary, Shiitake
 - Some are antioxidant rich, Immune boosters, growth inhibitory, some are specific to a type of cancer
 - Some of these are only effective in certain forms (I.E. Injectables of certain derivatives of the herbs)

Asthma

- Ephedra, Ginkgo, Grindella, Mullein, Khella
 - Antispasmodic, expectorant, bronchodilator or dry secretions



Arteriosclerosis

- Cayenne, Shiitake, Hawthorn, Grape Seed Extract, Ginkgo, Ginger, Garlic, turmeric, Cumin
 - Antioxidants, Mostly preventatives not fixes, or help lower cholesterol



Bladder Infection

- Cranberry, Uva Ursi, Marshmallow, Sarsaparilla, Goldenseal
 - Prevent bacteria from adhering, reduce inflammation, acidify the urine (kill alkaline bacteria like E. Coli), diuretics



Colds and Flu

- Astragalus, Andrographis, Cayenne, Catnip, Chamomile, Echinacea, Elder, Eucalyptus, Garlic, Ginger, Goldenseal, Peppermint, Siberian Ginseng, St. John's Wort, Yarrow
 - Fever reduction, immune system stimulation, pain reliever, preventative

Heart Conditions

- Arjuna, Bromelain, Turmeric, Reishi, Hawthorn, Coleus
 - Lowers Cholesterol, Arteriodilatory, reduce Platlet Aggregation, Antidysrhythmic, anti inflammatory



Weight Loss

- Bitter Orange, Cayenne, Dandelion, Ephedra, Yerba Mate, Guggul, Yohimbe
 - Cerebral stimulant, Thyroid stimulant, boost metabolism, potassium sparing diuretic

Parasites

- Wormwood, Black Walnut, Garlic, Grapefruit Seed Extract
 - Antiviral, Fungicidal, Destroy candida, intestinal worms, laxatives, Pin worm/giardia/amoebas poison

Squirrel!

- A couple of nut jobs



Cautionary Tails

- Interactions
- Adverse effects
- misuse

Echinacea

- Increases the likelihood of respiratory depression with benzodiazepine administration

Alfalfa

- And blood thinners don't mix. Seeds can be toxic

Angelica

- Hemophiliacs and this don't mix
- Stimulates Uterine Contractions
- Early indications show possible sun sensitivity

Artichoke

- Blood clotting disorders or taking anticoagulation therapy
- Allergic to daisy family

Wild Carrot

- Indications as a contraceptive
- Avoid during pregnancy



Blue Cohosh

- Contains alkaloids and caulosaponin glycosides (constrict coronary blood vessels)
- Miscarriage

Bloodroot

- Contraindicated in pregnancy, breast feeding

Boneset

- Toxic in high doses

Castor Oil

- Seeds and leaves are toxic
- Commercially prepared oil should be fine

Elderberry

- Unripe berries, bark, leaves and root contain cyanide

Eucalyptus

- As little as one teaspoon can be fatal if taken internally
- Consider that it is used decoratively so curious pets or children may eat it

Evening Primrose

- Seizures threshold lowered when combined with schizophrenia medicine phenothiazine

Hawthorn

- May strengthen other cardiac glycosides (i.e. Digitalis)



Parsley Seed

- Abortifacient

Kava Kava

- Not for use with alcohol or other tranquilizers
- Avoid use in Parkinson's disease

Lavender

- Emmenagogue

Rhubarb

- Leaves are poisonous

Sarsaparilla

- Steroid like effects
- Increases the absorption of many medicines

Sage

- Emmenagogue
- Reduce milk flow

St. John's Wort

- Not for use with prescription anti-depressants, Indinavir (HIV)

Yohimbe

- Short term MAOI
- Not for use with liver or kidney disease

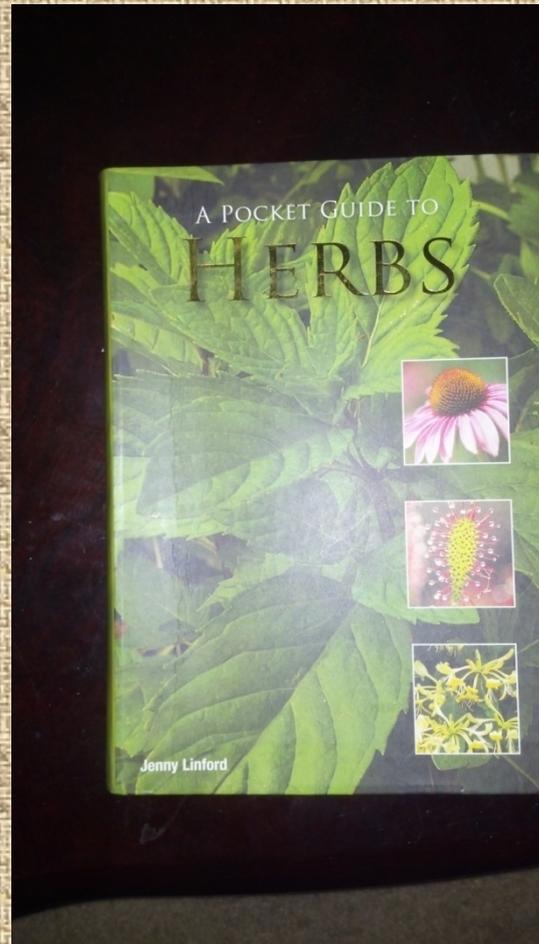
White Cedar

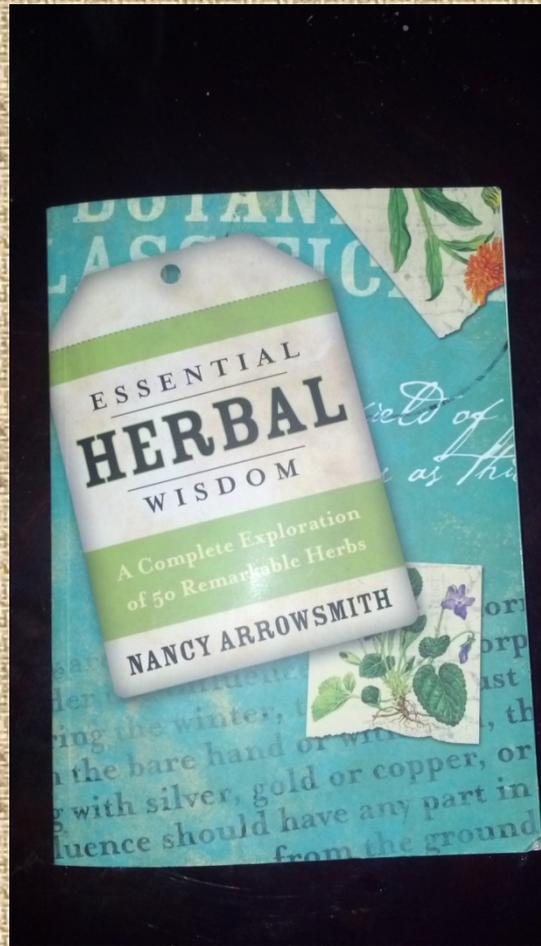
- Deaths have been reported where used as an abortifacient
- Normal dose expectorant, external wart remedy

Questions?



Thank You!





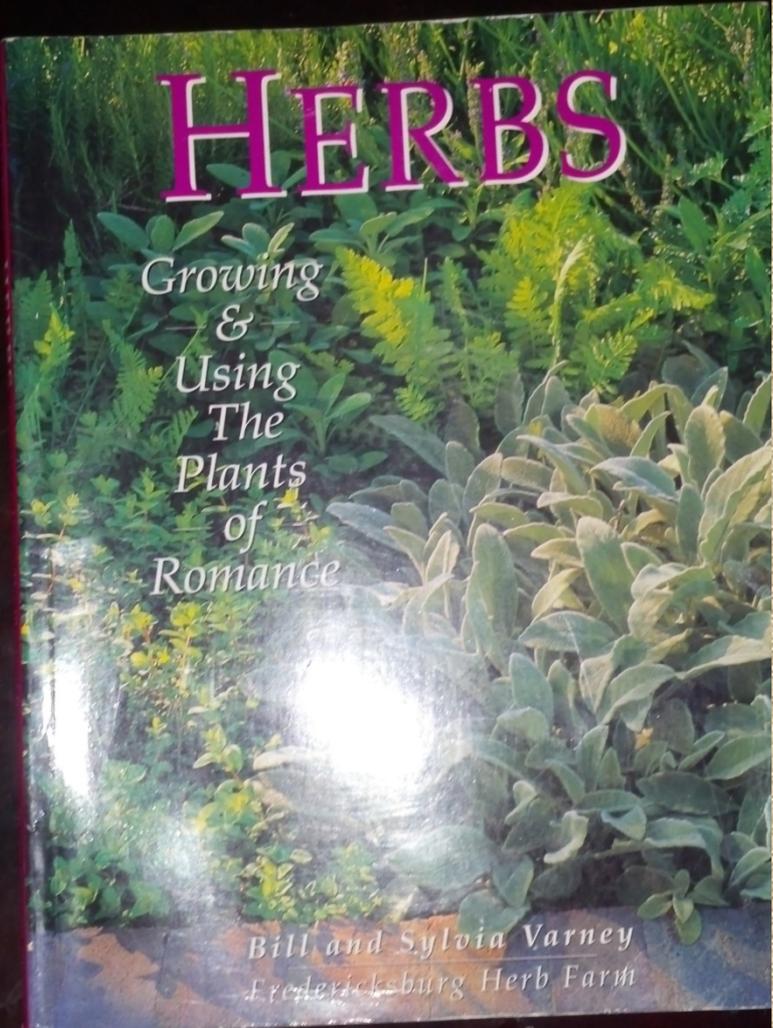
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DILATES BLOOD
VESSELS



Dried apricot
HELPS LOWER
HIGH BLOOD PRESSURE



Garlic
COMBATS
INFECTIONS



Parsley
PROVIDES
ANTIOXIDANT
PROTECTION



Onion
RELIEVES BRONCHIAL
CONGESTION



BY THE EDITORS OF CONSUMER GUIDE™
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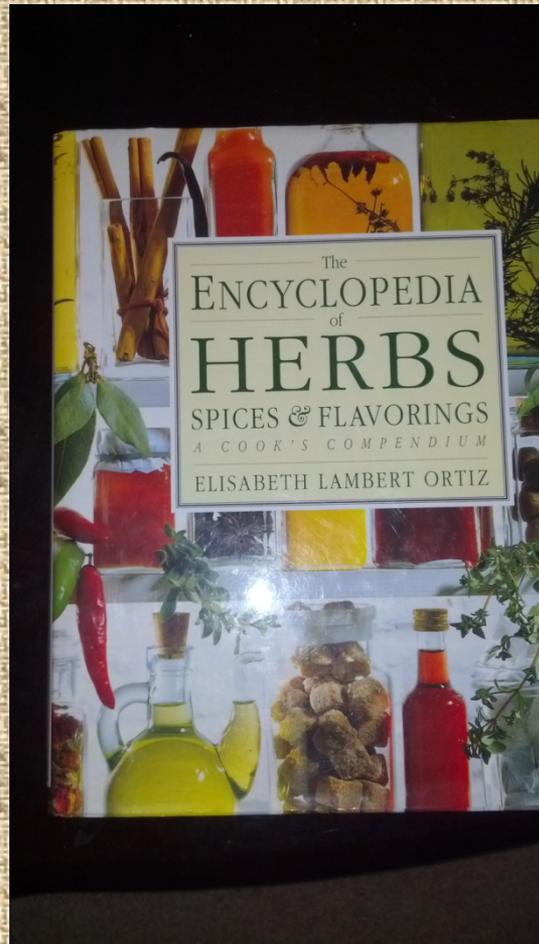
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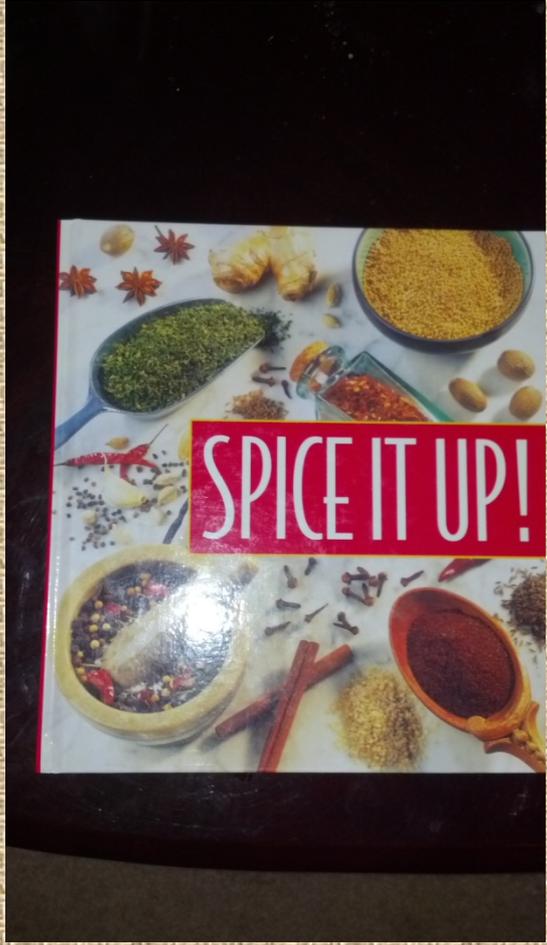
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