

HERB BASICS

1. medicinal purposes, 25%
2. aspirin
3. asplia :: anti-fungal/parasitic/bacterial
4. Taxol
5. Opium, wild yam
6. Materia Medica
7. doctrine of signatures
8. medical education in the US and Canada report :: 1938
9. insure safety, efficiency, quality, and dosage of phytomedicines
10. herbs must have warning labels and cannot claim any medical value
11. 80%
12. highly concentrated extract
13. herb mixed with an alcohol solvent
14. bandage soaked in herbs and wrapped around affected area with pressure applied :: Compress
15. moistened herb placed directly contacting patient
16. dried/powdered herbs that may be consumed
17. Tea
18. licorice and elderberry :: sweeten bitter formulas
19. tea from a thicker part of a plant requiring aggressive extraction
20. a tincture
21. gently & gradually :: HOMEOSTASIS (not overcome symptoms)
22. cats claw, Sunil, Ginger (acute usage is ok), ginseng, St. John's wort, Sage

HERBS A-M

23. leaf pulp :: anti-fungal/bacterial, Burns, cell regeneration, reduction of radiation inflammation
24. as fresh sprouts :: most concentrated and obtain all photochemicals and vitamins
25. free radical damage of LDL's :: insulin
26. anemia (due to the chlorophyll)
27. Echinacea
28. roots & rhizomes :: BP & cholesterol, ↓ Mucus product, stimulate labor, menstrual cramps, snakebites
29. Tannin
30. Black
31. US and Canada :: Echinacea purpurea
32. WBCs :: T-cell & Killer T-cell
33. Antiviral/bacterial/carcinogenic



34. Anti-rejection drugs (acrolimus, cyclosporine) & corticosteroids
35. Echinacea, saw Palmetto, ginkgo, milk thistle
36. wasting diseases
37. diuretic, sleep aid, pro-digestive
38. with sedatives or alcohol, or those allergic to ragweed
39. Cayenne
40. liver detoxifier, diuretic, antioxidant
41. Essiac
42. glucose & fat metabolism, anti-fungal/yeast
43. catnip
44. inflammatory/oxidant :: pregnant women
45. Anthocyanins & hippuric acid
46. inhibits mannose – resistant fimbrial adhesion associated with E. coli
47. diarrhea and possibly uric acid kidney stones
48. dandelion
49. hormone homeostasis, estrogen
50. those taking prescription diuretics or patients with gallstones or biliary obstruction
51. anti-spasmodic pain reliever, diuretic, laxative, mild sedative
52. fennel
53. mucus production
54. is a uterine stimulant
55. Allicin & diallyl disulfide
56. ↓ BP, ↓ LDL, improved circulation, stabilizes blood glucose
57. Ginger (also anti-inflammatory/infective/oxidant)
58. patients with gallstones or on anticoagulants, pregnancy (may use but not for extended periods)
59. radiation, fertility, healing in diabetics
60. the man root
61. Pterocarpus, Green Tea
62. Dairy, inhibits absorption of photochemicals
63. dilate coronary arteries, lower BP & LDL, strengthen/build heart muscle
64. may result in water retention thus raising BP
65. bacterial, viral, parasitic
66. ulcers
67. silymarin
68. hepatitis C
69. St. John's wort



KRS STUDY GUIDES : Quiz Answers : 05-Aug 07 : Holtzman : "No, Coke is not water!"

70. eliminates excess testosterone (which would lead to cell growth and hyperplasia)
71. L-tryptophan and S-adenosyl-methionine (so you get sleeeeeeeeeeeeeepy)
72. antidepressant, MAOIs, and digitalis
73. essential oil, melaleuca plant
74. disinfectant, wound healing, rashes, skin irritations, fungal infections, warts, bites, herpes
75. release gas, freshens breath
76. vitamin C, juiced
77. incontinence, ↑ BP, indigestion, prostate disorders :: The Grand-Pa-rsley herb!
78. Liver detox and hair growth
79. stimulate CNS and digestion, reduces sweating/salivation, estrogenic
80. Seizure patients, pregnant & nursing women (dries breast milk)
81. iron absorption
82. skin infections, eczema, asthma, athlete's blood, insect stings. (FYI, also helps with menstrual irregularity)

VITAMINS

83. recommended daily allowance (nutrients needed for a 40-year-old healthy person)
84. reference daily intakes (to replace RDA)
85. daily reference values (essential nutrient values of protein, fat, fiber, carbs, K, Na, and cholesterol)
86. zinc.
87. Calcium, synergy
88. vitamin A
89. respiratory problems (asthma), and weight loss
90. most to hashmark Echinacea xic vitamin
91. pregnant women
92. beta-carotene
93. vitamin D
94. ↓ Appetite, burning mouth and throat, diarrhea, insomnia, visual problems, **rickets**
95. Thiazide Diuretics
96. In cases of sarcoidosis or hyperparathyroidism
97. anti-inflammatory/oxidant/aging, maintains male fertility
98. d-alpha-tocopherol :: dl-alpha-tocopherol (synthetic, 67% bioactive)
99. inorganic iron (ferrous sulfate), zinc, vitamin C
100. fat soluble, with food
101. diabetics, hyperthyroid or rheumatic heart patients
102. prothrombin, calcium in intestines
103. morning sickness



MINERALS

104. chelated
105. fiber
106. Aching joints, muscle cramps, Rheumatoid arthritis, osteopenia
107. Oxalic acid
108. In absence of Mg & K
109. Spinach, soy, rhubarb, cocoa, almonds, cashews
110. Calcium citrate, Calcium phosphate or calcium carbonate (tums)
111. Bedtime (improves sound sleep)
112. Diuretics & phenonarnitol
113. Verapamil, tetracycline, thyroid hormones, anti-convulsants, & steroids
114. Enzyme activation, neurotransmission
115. PMS, premature labor, birth defects, osteoporosis, calcification of soft tissues, CA-kidney stones (w/ B6)
116. B6
117. Diuretics, alcohol, fluoride, ↑ levels of zinc/vitamin D
118. Licorice, BP
119. Prevent stroke, ↓ BP, prevent calcium-oxalate stones (w/ Mg), control water balance (w/ Na)
120. Edema, ↑ BP, K deficiency, liver & kidney disease
121. Chromium
122. A rash
123. 10%, Chromium picolate
124. Magnesium
125. Thin nails with white spots :: Zn 10 to 1 Cu
126. 40 mg/day
127. Glucose metabolism
128. Liver chemical damage, acne, poor prostate/reproductive health
129. Taste & smell
130. Is necessary for superoxidase dismutase
131. Bone, hemoglobin, RBCs
132. Those with visual pathologies :: fructose
133. Hair brittle/loss, spoon shaped nails, nails w/ vertical ridges, nervousness, slowed mind
134. Excessive Zinc & Vit E :: only when deficient (30mg)
135. Formation of bone & cartilage, healthy nervous system
136. B1 & E
137. Selenium, Glutathione peroxidase

