



Mike Casey

Herbal Remedies Class One:

Introduction to Herbal Medicine & Adaptogenic Herbs for Stress and Anxiety

History Of Herbal Medicine

- A. -And God said, "See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food." (Genesis 1:29)
-He causes the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth (Psalm 104:14)
-But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor the wine which he drank....Daniel said "Please test your servants for ten days, and let them give us vegetables ("pulse" in other translations) to eat and water to drink. Then let our appearance be examined before you...And at the end of ten days their features appeared better and fatter in flesh than all the young men who ate the portion of the king's delicacies. (Daniel 1:8-16)
- B. God's perfect design from the beginning was that our food would be the herb and the fruit of the tree that yields seed. **Are we eating to live or living to eat!?**
- C. **Herbal medicine has a written history dating back more than 5,000 yrs.** Plants and herbs have been used for medicinal purposes long before recorded history. Ancient Chinese and Egyptian papyrus writings describe medicinal uses for plants as early as 3,000 BC. Recently the WHO (World Health Organization) estimated that 80% of people worldwide rely on herbal medicines for some part of their primary healthcare, and in Africa it is said it is up to 90%.
- D. The use of herbs in America has been overshadowed by dependence on modern medication the last 100 yrs. We have strayed from God's design. One stat says that the total number of deaths caused by conventional medicine is 783,936 per year, and says that the American Medical System is now the leading cause of death and injury in the US. The deaths attributable to heart disease were 699,697 per year and the deaths attributable to cancer were 553,251 per year.
- E. **Herbal Medicine and Natural Health should not be considered alternative medicine, they are traditional medicine.** Eastern Herbalism mainly comes from the traditions of Ayurveda and TCM (traditional Chinese medicine), which have been around for thousands of years. These two medicinal systems use herbs to bring the body back in balance so it can heal itself.

- F. **God intelligently designed our bodies to heal themselves.** This is one of the main philosophies of Natural Health: that the body will heal and regenerate any cells in the body if treated properly and given the right environment. We have strayed from God's design and people are more sick today than ever before in history.
- G. Simplistically, we are all made up of a bunch of cells (over 75 trillion) that are bathed in fluid (extracellular). Each cell consumes and eliminates just as we do on a larger scale, and this comes from and goes to the extracellular fluid around each cell. **The quality of this extracellular fluid, and thus the quality of our cells and internal environment is determined by the choices we make: What we eat, drink, the air we breathe and what we put on our skin.** If a nutrient needed by a cell is not in the diet, and is not produced by the body, it will not be available to the cell. The cell will not be able to perform its job properly and our health will suffer. Most people in America eat fast food, drink soda, processed sugars and white flour products with synthetic and artificial ingredients, microwave their meals, breathe stagnant air in an office most of the day, use chemical laden products as cleansers, lotions, colognes, perfumes, sunscreens, and makeup, take synthetic drugs and don't exercise very much. Is it any wonder why people are so sick? What do you think the quality of their extracellular fluid and cells is? **Almost all tissue failure begins with acidosis and toxicity.**
- H. **There is no such thing as "disease", only weakened and failing cells.** "Disease" is only a word used by the medical community and associated with a set of symptoms that the body displays. Nothing is mysterious when you understand the truth behind it. "Disease" is simply a natural process, an effect that the body experiences when its cells begin to fail: mainly from acidosis, toxicity and deficiency.
- I. The medical community seems primarily focused on using pharmaceutical drugs to mask and cover up symptoms without addressing the root cause of what is going on. This of course does not fix the problem, but merely covers it up temporarily, letting the root of the problem continue and get worse, and a lot of times their drugs will cause even more issues. **Never treat the symptoms; cure the cause.**

Using Herbs To Heal And Regenerate

- A. It's common for people to approach the use of herbs with the same mentality that the medical community uses pharmaceuticals, to cover up symptoms. We need a "paradigm shift." Again, never treat symptoms, cure the cause: weakened and failing cells. This requires alkalizing, detoxifying, nourishing and strengthening at the cellular level. **For best results, herbs should be used as part of a complete nutritional program, including lifestyle changes, designed to improve overall health. The whole individual is treated (we are body, soul and spirit so this means on all levels; physically, mentally, emotionally and spiritually).** TCM doctors have known this for thousands of years and have practiced this way.
- B. In order to get maximum results from herbs and natural health, and to regain control over our health, I believe it's absolutely essential that we embrace this new health paradigm; the paradigm in which

prevention is considered better than a “cure”; in which the innate healing power that God designed in the human body is recognized and supported.

- C. Part of this new paradigm is the concept of holism, which holds that nothing in the body occurs in a vacuum, everything is related to everything else. Holistic methods attempt to treat the whole person, not just the disease or the diseased organ. **We need to work with the innate healing ability of the human body, recognizing that all healing is ultimately performed by God, through the way he designed our bodies and/or supernaturally, not the physician.**

“God heals and the doctor takes the fees” (Benjamin Franklin)

- D. **Herbs are vital to detoxification, regeneration and restoration of cells and the body.** Their power to invoke the cleansing and regeneration process can’t be equaled by manufactured supplements or chemical medications. Where chemical medications suppress and hold toxins in the body, herbs pull and cleanse these toxins out as well as strengthen the cells. Because herbs haven’t been hybridized they haven’t lost their powerful nutritive and electrical properties God designed them with. Herbs carry the “original awareness” and design that God created them with.
- E. **When foods that have not been altered by man and still carry the original design that God created in them unite with the consciousness God put in our human cells, this empowers the cell to function as it was originally created.** As DNA and cellular activity changes, this yields greater vitality to cells, tissues, or glands. With their powerful cleansing actions, herbs empower the body to clean itself out of all obstructions, thereby enhancing blood, lymph, and neuro (energy) flow to the cells.
- F. Herbs have been used for ages by humans and animals for the treatment of disease as well as for nutrition. Herbs are non-hybrid vegetables. Their nutritional, electrical, and medicinal content is much greater than most hybrid, garden vegetables. The uniqueness and superiority of herbs lies in their strong medicinal compounds, or what is called their restorative properties, which include acids, alkaloids, saponins, flavonoids, coumarins (clotting factors), tannins, (astringent properties), antioxidants (immune), bitter principles and much more.

“Let your foods be your medicines and your medicines your food” (Quote from Hippocrates: He is known as the “Father of Western Medicine”)

Stress and Anxiety

- A. We live in a fast-paced, high stress world that is always on the go, which is far from the way God designed life to be. From waking up to alarms, rushing everywhere, thousands of thoughts and worries on our minds all day, driving around in traffic, eating processed and “dead” food, being inside most of the day, using stimulants to keep us going all day, technology stimulating us, and so on. We are not resting properly, connecting with God, outside in creation, eating the foods designed for us, or simply having a quiet enough mind among other things. This is a big reason for high stress and anxiety.

- B. **Fixing the root issues of stress and anxiety first rest upon total lifestyle changes: proper diet, rest, exercise, less artificial stimulation (caffeine, technology...), proper spiritual connection with God (He is our strength), proper attitudes and mindsets, and spending some time outside in the sun and in nature, God's creation.**

- C. **Anxiety and stress are usually always linked to Adrenal gland weakness.** All the above mentioned stressors of today's lifestyles weaken the adrenal glands, which are one of the most important glands in the bodies. One of their main jobs, among many others, is producing neurotransmitters, which are essential for brain and nerve function. These neurotransmitters include epinephrine (adrenaline), norepinephrine and dopamine, which affect the sympathetic and parasympathetic nervous system, turning nerve responses on or off.

- D. Some symptoms of Adrenal gland weakness can be: low energy, low endurance, anxieties and emotional sensitivities, sleep disorders, memory problems, "itis's" (all inflammatory conditions), fibrocystic conditions, ovarian cysts, excessive bleeding, prostatitis, prostate cancer, cholesterol placquing, tremors, M.S. and Parkinson's Disease. **Low blood pressure (systolic under 118) is always an indicator of adrenal weakness, but can manifest as high blood pressure too.** A healthy blood pressure is 120-130 systolic (top number) over 60-70 diastolic (bottom number).

Adaptogenic Herbs For Combating Anxiety and Stress

- A. The term adaptogen was first defined by Lazarev, a Russian pharmacologist, in 1947. He defined "adaptogens" as agents which help and to counteract any adverse effects of a physical, chemical or biological stressor by generating nonspecific resistance. This means helping your body adapt during stressful times (physically, mentally and emotionally). They strengthen the body, organs and glands, down to the cellular level. **In many studies adaptogens have been shown to: increase physical and mental performance, help resist and adapt to stress, protect cell membranes and DNA while increasing cardiovascular function and oxygen efficiency and increase levels of ATP (energy).** Most of the herbs below are chosen also for their adaptogenic nature and effect on the adrenal glands. They strengthen and help the adrenal glands function more efficiently and balance the stress hormones.

- B. **Holy Basil:** Holy basil is not to be confused with sweet basil people use as a cooking spice. Holy basil is a member of the mint family and considered an "adaptogenic herb" used to counter life's stresses. In the past decade, a number of scientific studies have focused on the effects of holy basil. **The most compelling data suggests that holy basil possesses its greatest potential in the areas of stress relief and relaxation.** Being an adaptogen, it does not alter mood, but rather, it helps the body function optimally during times of stress. Many scientific studies have found that holy basil decreases stress hormone levels, corticosterone in particular. It enhances cerebral circulation and improves memory. It reduces unclear thinking and mental fog. It helps balance hormones and maintain healthy cortisol levels and has anti-inflammatory properties. It is helpful in maintaining normal blood sugar levels too and has high antioxidant properties.

- C. Licorice Root:** Licorice Root is a definite power herb for the adrenal glands and for all the endocrine glands. It can also help cleanse the colon, support lung health, treat ulcers, help relieve rheumatism and arthritis and regulate blood sugar. Hundreds of potentially healing substances have been identified in licorice. **It helps balance cortisol levels by preventing the breakdown of the adrenal hormones such as cortisol (the primary stress-fighting hormone), making these hormones more available to the body.** It acts as a natural anti-inflammatory steroid without inhibiting the adrenal production of steroids. It increases neurotransmitters and steroid production, and also has great blood cleansing, detoxifying and healing properties.
- D. Siberian Ginseng (Eleuthero):** Siberian Ginseng is **one of the great endocrine gland herbs, especially for the adrenal glands.** It is a cellular proliferator (strengthens cells), increases neurotransmitter and steroid production, improves vitality and stamina, used for chronic fatigue or loss of energy, strengthens the immune system, increases circulation by helping to reduce cholesterol and helps relieve emotional, mental and physical stress. Siberian Ginseng became popular in the West in the 1950's, when a Russian scientist found that it had great power as a stress reducer. Men and women taking this herb had much better physical ability and resistance to disease and increased mental clarity.
- E. Rhodiola Root:** Rhodiola is a remarkable herb that has a wide and varied history of uses and has long been known as a potent adaptogen. Rhodiola has a legendary history dating back thousands of years. The Vikings depended on the herb to enhance their physical strength and endurance, while Chinese emperors sent expeditions to Siberia to bring back "the golden root" for medicinal preparations. It's used to strengthen the nervous system, fight depression, enhance immunity, elevate the capacity for exercise, enhance memory, increase sexual function and improve energy levels. **Its most promising application, however, is in the treatment of depression and anxiety disorders. It is thought to alleviate these conditions by targeting and inhibiting the enzymes responsible for decreasing the brain's levels of serotonin, norepinephrine, and dopamine.**
- F. Astragalus Root:** Astragalus is a **tremendous cellular proliferator (strengthens cells), and strengthens the adrenal glands, nervous system and the whole endocrine system.** It is most popular for stimulating the immune system by increasing the activity of the white blood cell count. It boosts energy levels, increases stamina and is safe for long term use; making it ideal for chronic fatigue, or for those who just need a little boost of energy. Astragalus is also thought to increase cardiac output and strengthen the cardiovascular system.
- G. Ashwagandha Root:** Ashwagandha is known as "Indian Ginseng" for its adaptogenic effect. It provides adrenal and immune support, increases resistance to stresses, increases energy, immune boosting (significantly increases white blood cell counts) and shows a positive effect on the endocrine, cardio and central nervous systems. Studies indicate that the herb helps to reduce the negative effects of stress, slow tumor growth, treat anxiety and insomnia and reduce cholesterol. **Part of its antistressor effect appears to be from suppressing stress induced increases in dopamine receptors in the brain and its ability to significantly reduce cortisol levels.**

- H. **St John's Wort:** St John's Wort gets its name from its propensity to bloom on or near June 24th, or St John's Day. **It is one of the great herbs for the nervous system and is used highly for depression, anxiety and irritability.** The current popularity that it is enjoying as an anti-depressant and mood elevating remedy is reflected in its ancient roots (some studies show it's more effective than Prozac). The herb has a sedative and pain reducing effect, which is used in the treatment of neuralgia, anxiety and tension.

Calming and Soothing Herbs For Combating Stress and Anxiety

- A. **Valerian Root:** Valerian has been used to soothe a lot of nerves through the years. It is a strong nervine and non-narcotic sedative. **It aids in anxiety (supporting the adrenals), nervous tension, muscle spasms, epileptic seizures and depression.** It helps strengthen brain and nerve tissues, helps in hyperactivity and helps reduce high blood pressure from stress and tension.
- B. **Kava Kava Root:** Kava Kava is **one of the most powerful herbal antispasmodics, especially useful for relieving nervous tension throughout the mind and body. It is an anti-anxiety herb and powerful muscle relaxer** that will quickly almost instantly dissipate effects of the many fears and apprehensions that are so much a part of the hectic lifestyles we have. It is an effective diuretic with potent anti-spasmodic and anti-pathogenic properties and helps improve appetite and digestion. It is also great for treatment of arthritic and rheumatic conditions.
- C. **Succinylcholine:** Succinylcholine is **one of the greatest herbs for the brain, spine and nervous system.** It's a powerful nervine, sedative and anti-spasmodic and helps with spasms, cramping and convulsions. It strengthens the brain and nervous system, helps with insomnia and restlessness, strengthens the medulla, thus used for vertigo and dizziness and is great for calming the nerves and relieving anxiety.
- D. **Lavender Flowers:** Lavender is the most popular of all aromatic herbs and **has a wonderfully relaxing effect on the mind and body and makes a good remedy for anxiety, nervousness, and physical symptoms caused by stress** such as tension headaches, migraines, palpitations and insomnia. It also has a stimulating edge to it, acting as a tonic to the nervous system and restoring vitality to people suffering from nervous exhaustion.
- E. **Lemon Balm Leaf:** Lemon balm is widely used to treat anxiety and insomnia in Europe. **It reduces anxiety and stress, eases sleep disorders, has mild anti-depressive properties, helps relieve tension and stress, and lightens depression.** It has also been shown to greatly increase the ability to concentrate, improving memory and lengthen attention spans in individuals suffering from Alzheimer's disease. It has high antioxidant properties, protecting the body from oxidative stress.
- F. **Chamomile Flowers:** Chamomile flowers are best known for the delicious aromatic herbal teas that they produce. **They are widely used as a mild sedative, calming the nerves and good for insomnia.** They have antispasmodic, anti-inflammatory, nervine, sedating, muscle relaxant effects as well as helping aid digestion.

Taking Herbs

- A. **Herbs are mainly meant to be consumed raw and uncooked, or in a tincture form, whereby digestion is minimal and absorption is optimal.** However, the roots, barks, and tubers can be boiled and still have a great effect. Boiling, of course, destroys the water-soluble constituents such as the vitamin C-complexes (flavonoids), the B-vitamins, and the like, but it will still leave most of the active medicinal properties in-tact. In our world today getting herbs like these in their fresh raw state is fairly hard unless you grow them yourself. **Herbal formulas, consisting of combinations of herbs, can have a much stronger effect upon the body than single herbs.**
- B. **Herbal Tinctures:** Since people are rarely going to have access to the fresh raw herbs like these, the herbal tincture formulas are the best and most powerful in my opinion. A tincture is made by distilling herbs in alcohol, vinegar or glycerin. This extracts the active properties of the herbs into a liquid formula that is easily absorbed and utilized. This is especially helpful with people with poor digestion and malabsorption. Plus you can concentrate a lot of herb power into a liquid tincture.
- C. **Herbal Teas:** Another good way to take herbs is by making teas. Teas are simple to make. A general rule is for each cup of single-herb tea desired, place one heaping teaspoon of the herb and one cup of purified water. If the herb consists of leaves and flowers, boil them in the water for approximately 3-6 minutes, and let them steep for another 5-10 minutes. If the herbs are roots, boil them for 10-15 minutes and let them steep for 10-15 minutes. If the tea is too strong, add more water to your mixture. You can drink herbal teas up to several times per day.
- D. **Dried herbal powders or capsules:** You can also consume the whole herb in either powdered form or capsules. Although it's not as absorbable as in a tincture or tea form, one benefit in this form is you are consuming the entire herb without leaving any part of it out, getting the full benefit of the herb. Although if digestion and absorption are weak, as such is the case for most people that have compromised health, tinctures or teas would be a better option.