

# Herbs for Life

A Reference for the Modern Herbalist

From the Journals of

K.J. Daoud



Herbs for Life

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## **Dedication**

I dedicate this book to all of the herbalists and naturalists of the world who use herbalism to help others, to heal the sick and to grow closer to our earth in all its wonder.

Special thanks to those who have supported me in my quest to learn about herbal medicine, tutored me in the workings of the herbs, and convinced me to publish my journals as a book: Jim S., Wilma T. and the members of Annwn.

To my husband, George, for his support throughout the process of all of the re-writes, as well as hair pulling, red-eyed sleepless nights of research and a couple of lost vacations due to me writing constantly. This book was long in the making and two incredible men, George and Brent, helped me with research, travel and the testing of usages of herbs for this book, each putting in several years of help. (Not to mention being my guinea pigs for some of the recipes.) I am grateful to them both.

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## Foreword

This book is not intended to replace the advice and care of a qualified physician and is merely a guide for seasoned herbalists who already have a working knowledge and respect of the herbs. This is not intended for beginners or those who would use herbs in a dangerous or abusive manner. Herbs are medicine and can harm people and animals. Use caution when purchasing and using herbs. Also use common sense and gather as much information as possible on each herb before using them on yourself or anyone else. This book is not all-inclusive nor does it claim to cure any health problems, make diagnoses, or recommendations for cures or health issues.

The entries in this book are gathered from both old and new resources and reflect both old and new thoughts on using the herbs listed. The herbs are not reviewed in depth in this book and it is recommended that the reader already have an extensive prior working knowledge of herbal medicine before using this reference.

Various poisons have been listed to show why they should be avoided, along with possible remedies, if any. Use of these particular herbs is not recommended and, in many locations, is illegal. Use of this information to knowingly harm yourself, other persons, or animals may be punishable by law. The author and the publisher accept no responsibility for the misuse of this information.

Dosages listed are average, common dosages for healthy adults of an average weight. They must be adjusted properly for age, weight and circumstance. Dosages are based on use of the whole herb and not extracts or standardizations, unless otherwise noted.

Habitats listed are both indigenous and cultivated in the spirit of listing where the herbs may be found today.

Information about each herb is listed in the order of warnings, indications, and then any other helpful information, such as recipes.



# Part One

Herbs Listed Alphabetically



## Agrimony

*Agrimonia Eupatoria*

Rose Family

**Part Used:** Herb, harvested after flower

**Habitat:** England, throughout as a weed;  
southern Scotland

**Also known as:** Dog Burr; Church Steeples;  
Cockeburr; Garclive; Liverwort;  
Philanthropos; Sticklewort; Stickwort

**Dosage:** 30 - 60 grains

- Do not take with pectin fibers (apples, prunes, etc.) - may cause intestinal blockage.
- May aggravate constipation.

### Primary Uses:

Antibacterial (expels staphylococcus, E. coli, typhoid, dysentery)

Astringent

Bedwetting

Bladder, stones

Cirrhosis

Cough

Diarrhea

Digestion - promotes

Diuretic

Fever

Gout

Healing by stimulating cell growth

Jaundice - tea with honey 3x a day

Kidneys, stones

Liver problems, all

Parasites - expels



### Secondary Uses:

Arthritis

Blood clotting - promotes

Cancer, leukemia, ovarian, breast – helps  
produce “B” cells

Colitis

Detox

Diabetes - lowers sugars in blood

Typhoid Fever

Ulcers, peptic

### External Uses:

Antibacterial

Athlete’s foot

Bleeding

Bruises

Inflammation, throat - gargle

Pimples

Skin, itchy

Snakebite

Sores

Sprains

Wounds - heals

- Safe for children.

## Alfalfa

*Medicago sativa*

Legume Family

**Part Used:** Whole herb in flower

**Habitat:** Worldwide, grasslands

**Also known as:** Buffalo Herb; Cultivated Lucern; Lucerne; Purple Medicle

**Dosage:** 60 grains

- May aggravate lupus and other autoimmune disorders.
- Do not use during pregnancy.
- Do not use with Premenstrual Syndrome.
- Do not use in presence of a fever.
- Never use unsprouted seeds. They contain high levels of the toxic amino acid canavanine.
- Contains vitamin K, a blood clotter.

### Primary Uses:

Arthritis  
Colon disorders  
Constipation  
Detox  
Digestive disorders  
Diuretic  
Immune system - stimulates  
Joints, tissue  
Liver disorders  
Nosebleed - clots blood  
Nutritive  
Rheumatism  
Ulcers, peptic, intestinal

### Secondary Uses:

Anti-fungal  
Appetite stimulant - tea  
Bladder inflammation  
Diabetes with manganese  
Endometriosis  
Inflammation, bladder  
Menopause, symptoms  
Nausea  
Osteoporosis  
Pituitary gland function - promotes  
Urinary tract infections

- Infusion: 1 ounce to 1 pint in 1 cupful doses.



### Other Possible Uses:

Alcoholism - helps stop  
Anemia  
Asthma  
Cancer - counteract effects of chemotherapy  
Cystitis  
Dropsy - relieves  
Hemorrhoids  
High blood pressure  
High cholesterol  
Hormonal balance - helps  
Narcotic addiction - stops  
Nursing - good for mothers  
Pregnancy - beneficial  
Weight, increases - infusion

### External Uses:

Athlete's foot  
Bleeding gums  
Breath odor  
Burns  
Decayed teeth - helps rebuild  
Skin disorders  
Increases production of white blood cells.  
Increases cow's milk.

## Aloe Vera

*Aloe barbadensis*

Lily Family

**Part Used:** Leaves

**Habitat:** East and South Africa;  
Mediterranean; tropical countries; West  
Indies

**Also known as:** Cape Aloe

**Dosage:** 1 - 5 grains or 1 - 3 tbsp. Drink  
between meals only.

- May deplete potassium.
- Abuse may damage colon.
- Do not use while nursing.
- If rash develops, discontinue use.
- Do not take with oral contraceptives.
- Do not use during pregnancy - triggers uterine contractions.
- Do not use during menstruation or if you normally have excessive menstrual flow.
- Do not use with heart medications - produces dangerous heart rhythm abnormalities.
- Do not use in presence of Crohn's disease, ulcerative colitis or appendicitis.
- May increase risk of toxic calcium buildup if taken with calcium carbonate.
- Affects absorption speed of prescription drugs.



### Primary Uses:

Constipation  
Laxative  
Stimulant  
Stomach irritation  
Worms

### Secondary Uses:

AIDS  
Anti-inflammatory  
Blood sugar - normalizes  
Cancer, all  
Diabetes (without weight gain) - leaves  
Hangover  
HIV  
Kidney stones - prevents  
Ulcers, peptic

### External Uses:

Anesthetic - mild

Antibacterial  
Anti-fungal  
Anti-inflammatory  
Antiviral  
Bug bites  
Eczema  
Frostbite  
Hemorrhoids  
Itching  
Pain  
Poison ivy  
Psoriasis  
Radiation exposure  
Scarring - prevents  
Skin disorders  
Surgical incisions  
Swelling  
Wounds - accelerates healing  
Wrinkles

- When buying aloe vera juice, get it without added sugars, etc. The additives may make it taste better, but generally defeat the purpose of drinking the juice in the first place.
- Make sure any gel is not made from aloe latex. If cramps or diarrhea develop, it could be due to aloe latex. Throw out and obtain a new source.
- Leaves may be removed without damage to the plant once they are one inch long.

## Angelica

*Angelica Archangelica*

Parsley Family

**Parts Used:** Roots, Leaves, Seeds

**Habitat:** Iceland; Scotland; Syria native;  
cold, wet northern areas

**Also known as:** Angel Root; Archangel;  
Garden Angelica; Wild Parsnip

**Dosage:** 10 - 30 grains

- Potentially toxic.
- Do not use in presence of diabetes - causes an increase of sugar in urine.
- Do not use during pregnancy.
- Large doses may affect blood pressure, heart action and respiration.
- Causes photosensitivity.

### Primary Uses:

Bronchitis, chronic

Colds - hot tea

Colic

Coughs

Emmenagogue, strong - tea

Expectorant - also facilitates other  
expectorants

Gas - infusion, very fast and gentle for  
children

Heartburn

Indigestion

Phlegm buildup

Stimulant - aromatic

Stomachic

### Secondary Uses:

Anemia, cold hands and feet

Angina

Antiseptic, internal

Bladder infection

Circulation - promotes to the extremities

Diuretic - mild

Fever

High blood pressure

Perspiration - produces

Pleurisy - tonic, infusion

- Use freshly cut stalks in the garden to trap earwigs.
- Infusion: 1 pint boiling water, poured over 1 ounce herb. Take 2 tbls. 3 times a day.
- Drink: 1 quart boiling water poured over 6 ounce cut up root, 4 ounces honey, juice of 2 lemons and ½ cup brandy. Infuse for ½ hour.



Spasms, stomach & bowels

Urinary organ disease

Warming

### Other Possible Uses:

Afterbirth - expels, tea

Alcohol - stops cravings

Bites

Digestion problems

Fasting - eat 30 grains powder to guard  
against infection

Gout - dried stem juice

Menstrual cramps

Rheumatism - dried stem juice

Typhoid

### External Uses:

Aromatic

Baths

Eyes - poultice

Gout - compress

Lice - kills and helps itching

Lung & chest disease - poultice of fresh  
leaves

Perfume

Rheumatism

## Herbs for Life

### Anise

*Pimpinella anisum*

Parsley Family

**Part Used:** Seeds

**Habitat:** Asia Minor; central Europe; Crete; Egypt; Greece

**Also known as:** Anise Cultive; Aniseed; Anneys; Pimpinel Seed; Sweet Anise; Sweet Cumin

**Dosage:** 10 - 30 grains or 4 - 20 drops essential oil



- Large doses are narcotic and slow down circulation.
- Do not take during pregnancy until ready to deliver - stimulates childbirth.

#### Primary Uses:

Bronchitis - oil mixed with wine

Chest complaints, all

Colds

Coughs, hard and dry

Digestion, languid - normalizes

Expectorant

Flu

Gas -especially with caraway

Griping - helps diminish

Milk, nursing - promotes

Mucous - clears from passages

Secretagogue

#### Secondary Uses:

Asthma, spasmodic - oil mixed with wine in hot water

Colic - infusion

Indigestion

Nausea

Stimulant

#### Other Possible Uses:

Antiseptic

Aphrodisiac

Catarrh, infantile - tea (1-3 tsp. frequently)

Childbirth - facilitates

Convulsions - safe to use

Emmenagogue

Epilepsy

Fat breakdown

Hiccups

Infection

Insomnia - a few drops with hot milk

Menopause, symptoms

Sinusitis

#### External Uses:

Aromatic

Bad breath

Expectorant - smoke seeds

Eyewash - soothing

Facial packs

Insects - oil with saffras and carbolic oils

- Used to flavor liqueurs.
- Infusion: 10 - 30 grains infused in distilled water. Wineglassful doses.
- Oil: 4 - 20 drops essential oil on a sugar cube.
- Tea: ½ pint boiling water poured over 2 tsp. bruised seeds.
- Mouthwash: A few tsp. seeds boiled in 1 cup of water.
- Shock Treatment: Macerate with cloves, cinnamon, ginger and 1-1/2 cups vodka for 6 weeks. Strain and bottle.

**Anise, Star**

*Illicium verum*

Magnolia Family

**Parts Used:** Seeds, Oil

**Habitat:** China; the East; Japan

**Also known as:** Aniseed Stars; Badiana;  
Chinese Anise

**Dosage:** 15 - 30 grains



**Primary Uses:**

Spice

**Secondary Uses:**

Gas

Stimulant

**Other Possible Uses:**

Colic

Diuretic

Rheumatism

**External Uses:**

Aromatic

## Arnica

*Arnica montana*

Composite Family

**Parts Used:** Flower, Root

**Habitat:** Central Europe, woods and mountain pastures; England; Scotland

**Also known as:** Leopard's Bane; Mountain Tobacco

**Dosage:** 1 - 2 grains

- Large doses are poisonous.
- Repeated external applications may cause severe inflammation.
- Never use on broken skin or open wounds.
- Irritating to the stomach - best kept external.
- Only use for two weeks at a time. If rash develops, discontinue use.
- There have been numerous cases of severe poisoning and many people are especially sensitive to it. May be fatal.
- Do not use in any form during pregnancy - it contains a compound that induces labor.



### Primary Uses:

Diuretic  
Stimulant

### Secondary Uses:

Antibiotic  
Anti-inflammatory

### Other Possible Uses:

Cell growth - stimulates  
Coughs  
Expectorant

### External Uses:

Arthritis  
Bath

Bruises - reduce  
Carpal Tunnel Syndrome  
Feet, tender - hot footbath  
Fractures  
Hair, growth - applied to scalp  
Inflammation, joint  
Irritation, nasal passage - ointment  
Lips, chapped - ointment  
Muscle soreness - stops  
Pain - one of the best  
Skin irritation  
Sprains  
Swelling - reduces  
Rheumatic pain  
Wounds - heals

- Ointment: Heat 1 ounce of arnica with 1 ounce olive oil in water over a low flame for several hours. Strain through several layers of cheesecloth.

## Arrowroot

*Maranta arundinaceae*

Prayer Plant (Marantaceae) Family

**Part Used:** Starch of the rhizome

**Habitat:** Bengal; Central America; Java; Mauritius; Natal; Philippines; west Africa; West Indian Islands

**Also known as:** Araruta; Bermuta Arrowroot; East or West Indian Arrowroot; Indian Arrowroot; Maranta Indica; Maranta ramosissima; Maranta Starch

**Dosage:** 20 - 60 grains



### Primary Uses:

Bowel inflammation

Inflammation, internal

Infant weaning - jelled

Nutritive, especially children & invalids (easy and pleasant)

### Other Possible Uses:

Plant poisons - fresh juice with water

### External Uses:

Bites and stings

Gangrene

- Nourishing and easily digested for convalescents.
- Jelled Arrowroot: Make into smooth paste with a bit of cold milk or water, then slowly stir in boiling milk. May add wine, honey, etc. for flavor.

## Astragalus

*Astragalus membranaceus*

Legume Family

**Part Used:** Root

**Habitat:** China; Manchuria; Mongolia;  
grassy hills and thickets

**Also known as:** Huang-Qi; Locoweed; Mill  
Vetch Root; Yellow Vetch

**Dosage:** No recommended dosage.

- Do not use in the presence of a fever.
- Do not use in the presence of acute infection.
- Do not use with medications like Warfarin, etc. Similar compounds may cause bleeding.
- May reduce effectiveness of beta-blockers.



### Primary Uses:

Cancer - prevents spread, increases white  
blood cell count

Colds

Digestion - strengthens

Diuretic

Fatigue

Flu

Immune deficiency

Immune system - increases

Immune system depression from cancer  
treatments

Lungs, weak

Metabolism - increases

Perspiration - produces

Stamina - increases

Swollen ankles (edema)

Tumors

### Secondary Uses:

AIDS

Angina, pain

Bladder infection

Burns

Diabetes & side effects, esp. with eyes

Heart - normalizes function

Heart attack - increases circulation after

Heart disease, all

Heart tissue - protects, especially after heart  
attack

High blood pressure

HIV

Infection, frequent

Infertility, male - helps motility

Kidneys - normalizes function

Rheumatoid arthritis

### External Uses:

Antibacterial

- The taste should be sweet.
- Non-toxic.

## **Balm of Gilead**

*Commiphora Opobalsamum*

Bursera Family

**Part Used:** Resinous Juice

**Habitat:** Countries around the Red Sea

**Also known as:** Balessan; Balsam of Gilead; Balsam Poplar; Balsam Tree; Baune de la Mecque; Bechan; Cottonwood; Dossemo; Judiacum; Mecca Balsam; Tacamahack

**Dosage:** 5 - 10 grains per day

### **Primary Uses:**

Chest complaints - tincture

Expectorant

Stimulant

### **Secondary Uses:**

Diuretic

Kidney complaints - tincture

Urinary tract diseases

### **Other Possible Uses:**

Antibiotic

Fever

Rheumatism

Scurvy

Stomach complaints - tincture

Tonic

### **External Uses:**

Antiseptic

Bruises - with lard or oil

Burns - simmered with oil

Colds - shortens, ointment

Flu - shortens - ointment

Nasal salve - simmered with oil

Rheumatism, pain - simmered with oil

Sunburn - simmered with oil

Swelling - with lard or oil

Ulcers, skin, chronic

Wounds, infected