

Top Ten Herbs for Medical Emergencies
by Dr. Richard Schulze

I recommend we have some of these herbs premade and stored for emergency use before and after the PS. I think the following herbs should defiantly be on the seed teams save list so we can continue to use them well after the PS. I recommend purchasing the tape and listening to it to get the full story.

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1) Cayenne (stimulant and circulation stimulant): Best is Habanero, African Bird, Serrano, Jalapeno, Cayenne.

Uses: Stops bleeding (internal or external), heart attack, stroke, or shock.

Use tincture liberally a wound to stop blood loss in seconds. The tincture is best for flushing a wound (the alcohol is a disinfectant), but the powder works also. Just pack it in. For hemorrhage after childbirth, squirt 15-20 dropperfuls (a dropperful is approximately 30 drops) into the vagina. The bleeding will stop in seconds. Use several drops of strong cayenne tincture diluted half and half with water on newborn babies tongues to save their lives when going into respiratory failure. Heart attacks (1-10 dropperfuls): start at 5 dropperfuls. For Severe congestive heart failure, use 1 heaping tablespoon (powder) in glass of warm water every hour.

For Gangrene: Fill a large tub with hot water, add 4 ounces of cayenne pepper, 4 ounces of ginger root powder, and 4 ounces of mustard seed powder. Put these herbs in a dish towel, tie it closed, and put it in the bath like a big tea bag. You will see the water turn Orange. Then, fill a large bucket with cold water plus 10 pounds or more of ice in it. Plastic garbage bins and wastebaskets work

well for this. Put the leg, or whatever, into the very hot bath for 5 to 10 minutes and then immediately into the cold for at least 2 minutes, but 5 to 8 minutes is much better. Do at least 5 repetitions of this.

2) Lobelia: Best is "Lobelia inflata" a weed that has inflated seed pods.

Uses: seizures, fits, convulsions, spasms, asthma, bronchial dilator, cramps, nervousness, restlessness. In large dosages it is a whole body cathartic, diaphoretic, diuretic, and emetic.

Emergency Internal Dosage for Tincture: 1 to 5 Dropperfuls. "I had a man who was dying of asthma and supposed to be dead by morning. I gave him a tablespoon every ten minutes. When that didn't work, I gave him an entire 2 oz. Bottle at once. Within a few minutes, his eyes got wide, he leaned over and vomited (the desired result of this process) multi-colored puss and blood clots from his lungs. Fourteen years later, he is still alive."

Maintenance: Start with 5 drops in water or juice 3 times daily.

When in doubt as to what herb to use, alternate Cayenne and Lobelia with one-half hour in between. Lobelia contains 14 different high-powered chemicals called alkaloids. Try lobelia when up against a wall, even if it doesn't seem to fit the case.

3) Raw Garlic and Echinacea Roots: Best is Echinacea Angustifolia root for immune system functions and organically-grown Garlic any type for anti-bacterial, anti-viral, antifungal. Do Not use elephant garlic, it is a weakened hybrid. Can use Echinacea Purpurea or Echinacea Pallida but this is not as strong.

Uses: All Infections, all acute and chronic disease from cancer to AIDs. Can be used for colds, flu, fevers, insect bites and stings, allergic reactions, hives.

To get results in severe cases, you must use in large quantities. Schulze's tincture blend has 75% Echinacea Angustifolia root, 20% Echinacea Purpurea seed,

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1%-5% Garlic bulb and 1%-5% Habanero juice. Emergency internal tincture dosage of 2 to 4 dropperfuls per hour. Maintenance dose of 2 to 4 dropperfuls 3 times daily for 1 to 3 weeks. Then take a week or two off.

Garlic for Infections: Start with 6 whole cloves a day and work up. Garlic oil can be made by filling a shallow bowl or soup dish with finely chopped raw Garlic cloves. Pour organic extra virgin olive oil over the garlic just enough to cover it. Cover with cloth to keep the dust out. Let sit 3 to 4 days if not 2 weeks. Strain by squeezing through clean cloth and bottle. You now have a wonderful, mild garlic oil that you can use internally or externally to destroy anything that is bothering you from athlete's foot to ear infections and everything in between.

Eat raw garlic for maintenance and prevention. Start with 1/2 to 1 clove, 2 to 3 times a day. Take your time to become a garlic eater.

4) Bowel cleansers - Bitter Aloes, Senna and Cascara Sagrada. Best is dried leaf gel for Cape Aloes/leaves and pods for Senna/aged bark for Cascara Sagrada.

Uses: Constipation, the biggest destroyer of health that exists and the hidden cause behind 80% of all disease and illness. Appendicitis, Liver and Gall Bladder congestion.

Emergency internal dosage of 5 to 10 capsules, (single 0) or more. For maintenance use one capsule with or just after dinner. Increase by only one capsule per day until you achieve a soft easy bowel movement 15 to 30 minutes after each major meal.

These herbs must be mixed with herbs that relieve and move gas, such as Ginger root, Peppermint leaf and Fennel seed. Schulze's formula 1: By volume, Cape Aloe 1 part, Curacao Aloe 1 part, Cascara Sagrada bark 2 parts, Senna leaf 1 part, Senna pod 1 part, Oregon Grape root 1 part, Jamaican Ginger root 1 part, Garlic Bulb 1 part and Habanero cayenne pepper 1 part.

Adjusting the formula for the case: If there is stuck liver/gall bladder, add more Oregon Grape root. If there is gripping, cramping or indigestion, add more Jamaican Ginger root. If there is intestinal infection, add more garlic bulb, and if there is any stomach, or intestinal bleeding, add more Habanero pepper.

For Poisoning: Use activated charcoal, which absorbs up to 2,000 different poisons. Take one to six rounded tablespoons in a glass of water. Use Lobelia to vomit it up when indicated.

5) Digestive Herbs, Ginger, Peppermint and Fennel. Latin name and genus: *Zingiber officinallis*, *Mentha piperita*, and *Foeniculum vulgare*. Use the root for ginger, the leaf for peppermint, and the seed for fennel.

Uses: Relieve gas, digestive cramps, colic, heartburn, nausea, and vomiting. They are also a wonderful aid to digestion. This is where the idea of "after dinner mint" came from.

Few people may think that digestive herbs would not make the top ten, but digestive distress is one of the most common reasons people go to hospital emergency rooms. It can lead to diseases such as stomach ulcers, colitis, intestinal bleeding and cause severe lack of nutrient assimilation, which causes all disease. It can also KILL.

Emergency internal dosage: For tincture and tea blend use 33% ginger root, 33% peppermint leaf, and 33% fennel seed, although you can use the herbs individually by themselves. For tincture use 1 to 5 dropperfuls mixed with water.

Maintenance dose: 1 dropperful mixed with 2 ounces of water 3 times daily.

Tea: To 16 ounces of water add one of the following herbs or mix. If used by themselves, then use the following amounts: Ginger root, 1 tablespoon fresh or 1 teaspoon dried root and simmer 15 minutes. Fennel seed, 1 tablespoon of seed and simmer 15 minutes. Peppermint leaf, 1 heaping tablespoon of dried leaf or 2

tablespoons of fresh leaf.

6) The Heart Herb: Fresh Hawthorne Berries. Latin name and genus is *Crataegus oxyacantha*. Use the berry, flower and leaf. Many species exist, find the one that grows closest to you. My experience tells me the berry is best, but the flower and leaf also have great healing properties. Berries should be harvested at peak of ripeness, by picking them off the tree.

Uses: With the number one killer in America being heart attack and heart disease, I can't think of a better herb to have around and use daily. Hawthorne contains phytochemicals that have been proven in medical research worldwide to protect and heal the heart.

Emergency Dosage: For patients in danger, take ten cups of strong Hawthorne tea a day, along with several teaspoons per day of strong cayenne powder.

Maintenance Dosage: For tincture use 1 dropperful 3 to 4 times daily; double if there is heart damage. For tea pour 16 ounces of boiling water over 1 tablespoon of crushed berries. Let steep 15 minutes.

For nervous or racing heart, Lobelia can be used along with Hawthorne.

7) Liver and Gall Bladder Herbs: Milk Thistle and Barberry. Use seed of Milk Thistle and the bark of root or root for Barberry. Latin name and genus is *Silybum marianum* and *Berberis vulgaris*.

Uses: Protects you from liver damage, hepatitis, liver inflammation, liver disease and liver degeneration. I have had patients that were scheduled for liver transplants and did not have them because of this great healing herb. The late Dr. John Christopher always said that whenever you have cancer anywhere in the body, you have a toxic liver that isn't doing its job.

Bitter herbs stimulate the digestion, stimulate the liver, and promote the secretion of bile, thus flushing the gall bladder. Although I only mentioned

barbarry, its next-of-kin, Oregon Grape root, can be used in place of it. Other favorites of mine are Chaparral, Wormwood leaf, Dandelion leaf and root, Artichoke leaf (not flower), Gentian root.

Emergency liver formula: Mix 50% milk thistle, and 50% bitter Aloes. Make a tea with one tablespoon each herb per 16 ounces of water, and take 2 cups. Do a liver flush or add 2-3 cloves raw garlic if not immediately doing a liver flush. Otherwise, use milk thistle tea with garlic and the emergency herb bitter aloes as given above. Emergency liver problems are usually gall bladder attacks, colic, or cramping.

For severe gallbladder attacks, do immediate liver/gallbladder flush as follows: 2-3 tablespoons olive oil blended with 2-3 cloves of garlic and a big chunk of ginger. Swallow.

Fifteen minutes later, take 2 cups of DeTox Tea (formula to follow) or use grated ginger root tea or mint tea. If no results, repeat in an hour from first olive oil dose. You can repeat this every hour until the pain subsides. Dr. Schulze has never had a patient do this more than twice for total pain relief, even when patients were doubled over in tears. No patient ever needed emergency surgery after doing this.

Right after flush, you can put an ice bag on the liver, just below right rib cage. Do this for ten minutes on, then hot water bottle for ten minutes, then do ice bag again. If person hasn't pooped recently, give an enema to relieve any pressure from the colon.

Repeat liver flush next morning. Then repeat every morning for a week to heal the liver.

In a gall bladder attack, remember to work the bottom of the feet HARD, for it will help spasms to let go. Dig in and search for painful points. Work the entire bottom of the foot, as much as the person can tolerate.

Also, in a liver emergency, a person can always add a castor oil pack. Soak a piece of wool or cotton flannel in warm castor oil and place over the liver. Cover with plastic to keep in the castor oil, and place a heating pad over the castor oil to drive the castor oil into the body through the skin. The castor oil acts like a transdermal patch to purify the liver.

Daily castor oil packs along with milk thistle tea (6 to 10 cups/day) can also help drive down dangerously-high cholesterol, since the liver is where cholesterol is processed.

Dr. Schulze's Complete Liver/Gall Bladder Tonic: Milk Thistle seed 40%, Oregon Grape root, 10%, Dandelion root 10%, Gentian root 5%, Wormwood leaf 10%, Chaparral leaf 5%, Black Walnut inner hulls 5%, Ginger root 5%, Garlic bulb 5% and Fennel seed 5%.

Emergency Dosage for Complete Liver tonic: Do Liver/Gall Bladder flush. Take 5 to 10 Dropperfuls of the Liver/Gall Bladder Tonic (formula below). Fifteen minutes later drink 2 cups of DeTox Tea. If you don't have any DeTox formula already made-up, use what you have, such as grated fresh ginger, or crushed mint leaves. One tablespoon per 16 ounces water.

Dr. Schulze's DeTox Blend (by volume): Dandelion root 2 parts and equal parts of all the rest: Burdock root, Cardamom seed, Ginger root, Pau d' Arco inner bark, Cinnamon bark, Clove bud, Fennel seed, Licorice root, Juniper berry, Black peppercorns, Uva Ursi leaf, Horsetail herb, Parsley leaf and root and Orange Peel. If missing an ingredient, do your best. This is always the rule in emergencies: use what you have. It is better than standing by and doing nothing.

Whenever the Liver or Gall Bladder is sick, you must adhere to vegan vegetarian diet at least until you recover. If there is serious liver disease present, do a vegan vegetarian diet for at least three months.

8) The Kidney and Bladder Herb: Juniper berries. Latin name-genus is Juniperus communis. Use the fruit, berry. Whatever the species, the berries should be

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blue to purple in color, and when chewed or squashed it should smell like gin. Many berries sold are brown, dried-up and "dead" and will not be either diuretic or disinfectant. Other favorites include Uva Ursi leaf (Latin name is *Arctostaphylos uva ursi*), Corn silk (Latin name is *Zea mays*.)

Uses: Diuretic (makes you pee) and Urinary Disinfectant. These herbs increase the flow of urine and destroy bacteria in the kidneys and bladder. To dissolve stones, see the formula which follows at the end of this section.

Dosage internal: Take one tablespoon of juniper berries for every 20 ounces water. Crush the berries, and simmer for 15 minutes, and you end up with 16 ounces of tea. Take 3-4 times per day in an emergency.

Also, when there are kidney stones, or difficulty urinating, or a blocked gall bladder, use foot reflexology. Work the bottom of the feet real hard. Work the entire bottom of the foot. This promotes the flow of downward energy and can unblock whatever is blocked in the elimination channels.

I remember on case my teacher Dr. Christopher had where the man could not urinate due to a large kidney stone. The stone dissolving program given latter did not work. So, Dr. Christopher worked on the man's foot, digging in so hard the man's screams could be heard down a long hall. Immediately afterward, the stone passed.

Dr. Schulze's Kidney/Bladder tonic formula: Uva Ursi leaf 20%, Juniper berry 40%, Corn silk 20%, Horsetail herb 5%, Burdock root and seed 10%, Goldenrod flowers 5%.

Emergency Internal Dosage for Tincture: 5 to 10 dropperfuls of the Kidney/bladder Tonic, or make strong juniper berry tea. Do the Kidney and Bladder Flush, then 5 minutes later drink two cups of Kidney/Bladder Tea.

The Kidney Bladder flush: Juice of one lemon and one lime, 16 to 32 ounces of distilled water, A pinch of cayenne pepper, and maple syrup to taste (optional).

Dr. Schulze's Kidney and Bladder Tea, plus stone dissolving herbs (for those who need them): 60% by volume an equal blend of Juniper berry, Uva Ursi leaf, Parsley root and leaf, Corn silk, Horsetail herb, Dandelion leaf and Marshmallow root. Then, add 20% by volume of Hydrangea root and 20% by volume Gravel root. These are stone dissolving herbs.

Soak 4 ounces in 2 quarts of fresh apple juice for 2 days, then bring up to a simmer. Let cool and drink 4 ounces an hour all day long. Also, drink an additional 32 ounces of distilled water.

I had patients with kidneys full of stones who dissolved them with this formula. If the stones are real large, it may take 3-4 times of using this program to get them to pass. If the stones are small like gravel, they may depart immediately.

9) The Miracle Healer: Aloe Vera. Latin name-genus is Aloe vera. Use the fresh gel inside of the leaf. All the miracles I've witnessed have been with the fresh plant only. Best species is Aloe vera, but I have seen other species in Spain, India, Costa Rica, Mexico. I have used them all and they all work in the same miraculous way. I believe that the healing chemicals in Aloe, especially allantoin, are more concentrated, thus more effective, in the older plants. In a pinch, use any plant you can get. Aloe plants 7 years old and older are the most healing.

Therapeutic Benefits: Miracle healer, repairs tissue inside and outside the body, even in third degree burns, Aloe vera is indeed a miracle plant. I have seen it heal tissue that was dead and gone, right in front of my eyes. Tissue that the doctors would say is dead, gone, and cut it away, Aloe can bring back to life.

I have seen Aloe when put immediately on a severe burn or wound, create miracles on tissue that is severely damaged, or so damaged, it was gray and dead.

I have never in hundreds of cases seen Aloe cause infection when packed into the

most serious burns. I have never seen antibiotics be necessary. I burned my own hand right to the bone in a laboratory fire, and doctors warned me that the infection would kill me. I was terrified. But I never used antibiotics, and neither did any of my patients.

There must be something in Aloe that kill infection. I also believe that the infection doctors see is coming from the inside of the patient. It is the internal filth that is finally expressing itself through an open wound. that is why it is so important to cleanse the colon thoroughly.

When a patient is severely burned, they should stop all solid food and go to juices immediately. This is mandatory. The patient cannot afford to waste energy digesting food. Juices are like a natural healing transfusion.

Dosage, Internal: Pick a fresh leaf of Aloe vera. This is done by just slicing the leaf off near the base of the plant with a sharp paring knife. The oldest leaves are at the base. These are the strongest. Take the leaf into the house and place on a cutting board. Trim off the leaf edges and then filet off the top and bottom skin until you are left only with a slab of clear gel. Place the slab of gel into a blender. You may add flax seeds, slippery elm inner bark, and other mucilaginous herbs, and a little water or fresh juice. Blend and drink. Or insert into the rectum or vagina as needed.

Dosage, external: Place a slab of the gel, at least 1/4 inch thick and not more than 1/2 inch thick, directly over the wound and hold it in place with cotton gauze. Aloe can also be mixed with the herb slippery elm and it will stick to any body part. Change the 1 or 2 times during the day and put on a fresh piece before bed. For burns, do this only for at least 2 if not 3 days before considering any other treatment. For wounds with debris in them, they should first be flushed with an anti-infection herbal tincture (see body glue under #10).

For first and second degree burns, young Aloe may be okay. But for third and fourth degree burns you are better off with old Aloe plants, 7 years old or more.

for severe burns, dress with slabs of Aloe gel cut from an Aloe leaf, then cover with gauze. You can mix in slippery elm into gel you mash up, but it is not necessary.

Leave the Aloe on all night so the patient can sleep, and change the dressing perhaps 2 to 3 times during the day with additional fresh slabs of Aloe. It will just soak into the wound.

If there is a gig hole or deep wound, not just a burn, slippery elm is an additional accelerator in regrowing the lost tissue. See the section on the emergency herb slippery elm.

Note: Dr. John Christopher got similar results to Aloe and slippery elm with Comfery leaf and root.

10) The Unknown Emergency Herb: Slippery Elm Bark. Latin name-genus is Ulmus fulva. Use the inner bark.

Therapeutic Benefits: Slippery Elm bark is one of the most versatile herbs you can have. Every home should have some of this amazing plant.

Slippery Elm inner bark powder can be used to reduce inflammation, smooth irritated mucous membranes and absorb poisons in the intestinal tract. It is a grate friend to the stomach, small intestine and colon. A blessing for ulcers, especially if used with the digestive herbs.

I returned from one of my trips to India in the early 1980's with severe dysentery. I was having up to 30 watery bowel evacuations a day. I used every herb to help, the power herbs, Garlic, Echinacea, Goldenseal, Liver Herbs, Colon Herbs, Digestive Herbs. I even used Charcoal and Bentonite Clay, and still was pooping 30 times a day.

One day, in complete exhaustion and dehydration, I made myself a cup of Slippery

Elm Tea. That was it, my dysentery stopped immediately. What is my point? Never underestimate the power of this herb.

Emergency Internal Dosage for Powder:

Strong: Pour 8 ounces of boiling water over 2, 3, 4 or more tablespoons of the powdered bark. It will make a glop, a slimy brown substance that may not seem very appealing, but once you get it down, you will have a smile on your face.

Medium: Pour 8 ounces of boiling water over 1 tablespoon of powdered bark.

Mild: Pour 8 ounces of boiling water over 1 teaspoon of powdered bark.

Inability to keep anything down: When a person can't keep anything down, they often tolerate a teaspoon of slippery elm gruel at a time. Mix slippery elm into water, stirring to eliminate lumps and mix into a soft, jelly-like mixture. This can nourish someone too sick to eat.

Dosage External: Slippery Elm inner bark powder is the best kept herbal secret for making an herbal poultice (applying herbs to the surface of the body). Make 1/3 of your poultice mixture Slippery Elm inner bark, then blend all the herbs by hand or in a blender. Add enough hot water to make a gummy, gluey consistency and apply to the body. Besides being a glue, Slippery Elm will draw out poisons, soothe the skin, and reduce inflammation.

Slippery Elm inner bark works so well that once it dries, it will take a lot of effort to remove it. Other herbs to add: Goldenseal root to disinfect, a little garlic can go a long way. Lots of Cayenne to stop bleeding, Plantain and Echinacea for bites, stings and blood poisoning, Aloe vera gel to promote healing.

There is no end to the herbs you can put in to handle the healing task at hand. If you are covering a deep wound or cut, expect this poultice to stay for a few days, 3 or 4 is okay. Adding a layer or tow of cotton gauze over the poultice

and pressing it in will make a cast even an orthopedic surgeon will admire.

Always flush open wounds first with an Anti-infection tincture. This formula is so strong at healing wounds, I call it body glue. If you do not have some of the ingredients, use what you have. It will be far better than nothing. A home formula for this tincture is equal parts of garlic; goldenseal; echinacea; tea tree oil; kelp (high in iodine); black walnut inner hulls (the inner goo just inside the outer shell); myrthh gum or any tree sap (more on this in a moment.)

Mix with Baccardi's 151 Rum. You will need alcohol this strong to dissolve the tree sap. It will not dissolve unless you have 75% alcohol.

The tree sap in the formula seals the wound, just like it seals a tree. Use the sap from any tree. Get it from any injured tree where the sap is flowing. Or cut a tree, unless it is winter or late fall, and collect some sap. Even dried and crystallized sap will work, because it will dissolve into the Baccardi's 151 Rum, and soften again.

A good idea: collect sap for emergencies. Get in the spring or summer, and let it get hard, but have it on hand. The tree sap is part of the tree's immune system. When the tree is cut, the tree uses the sap to seal the wound and kill bacteria. It works the same when you use it.

A nurse in England who worked with Dr. Schulze said this formula was better for wounds than anything she had seen in 30 years of being an emergency room nurse in Northern Ireland. If you tape shut the wound for 12 hours, it totally seals the wound better than stitches and you won't need anything for infection.