

The below list of “terms” is real, but many herbs have multiple properties. You can take single herbs and self-explore and experience all of the below properties of individual herbs. It is real and why long ago they used herbs as their “medicines”. Dr. John R. Christopher believed there are probably 1,000 unknown properties of every herb.

The reason an herb is known for this is that is because herbal doctors recognized it enough to know to use which herb for their desired affect. If you take allot of 1 herb or 1 food or 1 of anything, it forces your stomach, liver, blood to “deal” with it and floods the blood stream with allot of specific minerals that the blood stream then must use or get rid of and this knowledge of herbal properties enabled herb doctors to prescribe herbs. It is all real and will work in general for all who try it.

In 1957 the Co0-Q10 Scientist believed the human liver collected what it needed from what we ate until it could make what they called Co-Q10 back then. They believed the blood stream then uses the Co-Q10 to do all the work and body’s needs of every day. They believed everything not required to make Co-Q10 went down the toilet, or should have.

In 1957 they made the first Co-Q10 out of beef liver and sold it to the wealthy for \$1,000 per gram. They quickly gave the theory to Japan to mass produce and they to this very day, make Co-Q10 out of tobacco plant because the narcotic has a huge assortment of elements. I personally believe every successful herbal doctor always ended up with 1 or a few very large herbal formulas that they relied upon. Often called Anti-Plague Formulas. I believe the larger the herbal formula; follows the theory of the 1957 Co-Q10 Scientist and I believe they came up with the best description about how humans make use of what we eat.

Often herbal doctors blended “like” herbs together when they were treating their patients. Dr. John R. Christopher had at least 63+ of these types of herbal formulas and they all do, as he believed when the person followed his diet and habit corrections.

I think people should self-explore single herbs and discover how their blood stream makes use of each one and I have to assume that if we read that something should result when we do this and that and our brain believes it enough, the brain surely will make sure we experience what we read.

I personally have seen individual herbs do exactly as they have been written in general to expect and if you mix all of the herbs together, dozens or hundreds, I believe they are in fact, just foods and the 1957 Scientist just may have explained it best. I would not call the commercial co-q10 made from tobacco a True Co-Q10 food. Tobacco is an herb, but Dr. Christopher (my best teacher) did not believe the narcotic herbs or toxic herbs were of any value and should never be used for human health and I agree.

Dr. Christopher said he had to learn the use of over 2,000 herbs, but believed he could do anything with 200 of the most safe herbs and they actually have a list of 100 that they used most and his top 63 formulas were made out of far less than 100 different herbs.

The reason I like the Dr. John R. Christopher Herbal Education via his books, is the fact he believed the herbs he trusted the most, were harmless and just foods. What Dr. John R. Christopher wrote about each herb, I rely on the most as the best correct description and use. He wrote his books because he knew way back then that the world was getting rid of all the great herbs. He had no clue then that the internet would be created and many of the herbs he loved the best, today are condemned by those that control the internet or just made obsolete so no one will ever know about them.

The Dr. Christopher School of Natural Healing Book I believe is the best American Source and the German Blue Book of Herbs the best European Source to study each herb.

One herb, several or a dozen; they should always be just foods and used in moderation as you self-explore.

To enlighten those not too advanced in the knowledge and/or use of Herbology, we will define some of the terms and describe the desired properties of each herb.

Absorbents: Herbs used to produce absorption of exudates or diseased tissues.

Alteratives: Herbs used to alter the existing nutritive and excretory processes and gradually restore normal body functions.

Analgesics: Herbs used to allay pain when administered orally. See also "Anodynes".

Anaphrodisiacs: Herbs used to lessen sexual functions and desires.

Anodynes: Herbs used to relieve pain when applied externally.

Antacids: Herbs used to neutralize acid in the stomach and intestinal tract.

Anthelmintics: Herbs used to expel or destroy intestinal worms.

Antiabortives: Herbs used to counteract abortive tendencies.

Antiarthritic: Herbs used to relieve and heal arthritic conditions.

Antiasthmatics: Herbs used to relieve asthma.

Antibillious: Herbs used to eliminate a biliary or jaundice condition in the body.

Anticatarrhal: Herbs which treat catarrhal conditions in the body.

Antiemetics: Herbs used to relieve malarial-type fevers and chills.

Antiphlogistics: Herbs used to reduce inflammation or swelling.

Antipyretics: Herbs used to reduce temperature in fevers.

Antirheumatics: Herbs used to prevent, relieve and cure rheumatism.

Antiscorbutics: Herbs used to prevent and cure scurvy.

Antiscrofulous: Herbs used to heal scrofula (tubercular condition of the lymph nodes).

Antiseptics: Herbs used to prevent, resist and counteract putrefaction (decay of cells and formation of pus).

Antispasmodics: Herbs used to relieve nervous irritability and reduce or prevent excessive involuntary muscular contractions (spasms).

Antisymphilitics: Herbs used to relieve and cure syphilis and other venereal disease.

Antivenomous: Herbs used as antidotes to animals, vegetables and mineral poisons.

Antizymotics: Herbs used to destroy or arrest the action of bacterial organisms.

Aperients: Herbs used as mild evacuants or laxatives to bowels.

Aromatics: Herbs that are odoriferous, having a fragrant, pungent and spicy taste, and which stimulate the gastrointestinal mucous membranes.

Astringents: Herbs that influence the vital contractility of cell walls, condense the tissues, make them denser and firmer, and arrest discharges.

Aphrodisiacs: Herbs to correct conditions of impotence and strengthen sexual power.

Balsamic: Herbs that mitigate, soothe and heal inflamed parts.

Bitters: Herbs having a bitter taste and serving as stimulant tonic to the gastro-intestinal mucous membranes.

Blisters: Herbs that cause inflammatory exudation (blistering) of serum from the skin when applied locally.

Calefacients: Herbal agents used as diffusive stimulants and which cause increased capillary circulation, giving an external sense of warmth.

Cardiac Depressant: Herbs that lessen and are sedative to the heart's action.

Cardiac Stimulant: Herbs used to increase and give greater power to the heart's action.

Carminatives: Herbs containing a volatile oil that excites intestinal peristalsis, and relieves and promotes the expulsion of flatus or gas from the gastro intestinal tract.

Cathartics: Herbs that are active purgatives to the intestinal tract, exciting peristalsis and stimulating glandular secretions, producing semi-fluid bowel movements with some irritation and griping.

Caustics: Herbs that burn or destroy living tissue.

Cell Proliferants: Herbs that promote rapid healing and restoration.

Cephalics: Herbs that are particularly healing to cerebral conditions and diseases.

Cholagogues: Herbs used to promote a flow and discharge of bile into the duodenum by contracting the bile ducts and to produce purgation of the bowels.

Condiments: Herbs used to flavor or season foods.

Coloring Agents: Herbs used for coloring or dying purposes.

Cordials: Herbs that combine the properties of a warm stomach and a cardiac stimulant.

Correctives: Herbs used to alter and lessen the severity of action of other herbs, especially cathartics or purgatives.

Cosmetics: Herbs which are skin tonics and are used to improve the complexion and beauty of the skin. See also "emollients".

Counter-irritants: Herbs that cause irritation by local application in one part and therapeutically relieve pain in another more deep-seated part.

Demulcents: Herbs having mucilaginous properties that are soothing and protective internally to irritated and inflamed surfaces and tissues,

Dental Anodynes: Herbs used locally to relieve pain from an exposed nerve filament in the tooth (toothache).

Deobstruents: Herbs that remove alimentary and other body obstructions.

Deodorants: Herbs that eliminate foul odors.

Depresso-Motors: Herbs that diminish muscular movements by action on spinal centers.

Depurants: Herbs that clean and purify the blood by promoting eliminative functions.

Desiccants: Herbs which are able to dry surfaces by absorbing moisture.

Detergents: Herbs that are cleansing to wounds, ulcers, etc., or the skin itself.

Diaphoretics: Herbs that produce insensible perspiration and increased elimination through the skin.

Digestants: Herbs that contain ferments and acids, that aid in the solution and digestion of food.

Diluents: Herbs that dilute secretions and excretions.

Discussants: Herbs that dispel or resolve (dissolve) tumors and abnormal growths.

Disinfectants: Herbs that eliminate or destroy the noxious properties of decaying organic matter and thereby prevent spreading or transfer of toxic matter or infections.

Diuretics: Herbs that increase the secretion and flow of urine.

Drastics: Herbs that are hyperactive cathartics, producing violent peristalsis, watery stools and much gripping pain.

Emetics: Herbs that induce vomiting and cause an evacuation of stomach contents.

Emmenagogues: Herbs that are female correctives to the reproductive organs, which stimulate and promote a normal menstrual function, flow and discharge.

Emollients: Herbs that are softening, soothing and protective to external surfaces.

Errhines: Herbs that increase nasal secretions from the sinuses.

Exanthematous: Herbs that are healing to skin eruptions or to skin diseases of an eruptive nature.

Excito-Motors: Herbs that increase motor reflex and spinal activity.

Expectorants: Herbs that promote and facilitate discharge of mucus secretions from broncho pulmonary passages.

Febrifuges: Herbs that reduce fever.

Galactagogues: Herbs that increase the secretion of milk.

Galactophyga: Herbs that diminish or arrest the secretion of milk.

Hemostatics: Herbs that are generally internally astringents and arrest hemorrhaging or internal bleeding.

Hematics: Herbs rich in iron and manganese and which augment and enrich the red corpuscles of the blood (blood-builder).

Hepatics: Herbs used to strengthen, tone and stimulate the secretive functions of the liver, causing an increased flow of the bile.

Herpetics: Herbs that are healing to skin eruption and scaling diseases (such as ringworm, etc.).

Hypnotics: Herbs that are powerful nervine relaxants and sedatives that induce sleep.

Insecticides: Herbs that are used to destroy insects.

Irritants: Herbs that produce a greater or lesser degree of vascular excitement when applied to the epidermis or skin surface.

Lithotriptics: Herbs that dissolve or discharge urinary and biliary concretions (gravel or stones) when formed in excretory passages.

Local Anaesthetics: Herbs that produce anesthesia (loss of sensation) where applied locally to a surface.

Maturing: Herbs that promote the maturation or ripening of tumors, boils, ulcers, etc.

Mucilages: Herbs having mucilaginous properties,

Mydriatics: Herbs that cause dilation of the pupil (eye).

Myotics: Herbs that cause contraction of the ciliary muscles of the pupil (eye).

Narcotics: Herbs that are powerful anodyne-hypnotics.

Nauseants: Herbs that produce nausea or an inclination to vomit.

Nephritics: Herbs that influence the kidneys and are healing in the kidney complaints.

Nervines: Herbs that are tonic and healing to the nerves.

Nutritives: Herbs that are nourishing and building to body tissues.

Ophthalmics: Herbs that are healing to disorders and diseases of the eyes.

Parasitocides: Herbs that kill or destroy animal and vegetable parasites within the body.

Parturients: Herbs that stimulate uterine contractions, which induce and assist labor, and promote and hasten childbirth.

Pectorals: Herbs that are healing to complaints of affections of the broncho-pulmonary area.

Peristaltics: Herbs that stimulate and increase peristalsis, or muscular contractions (as in the bowels).

Protectives: Herbs that serve as protective covering to abraded, inflamed, or injured parts when applied locally to a surface.

Pungents: Herbs that cause a pricking, acrid, and penetrating sensation to a sense organ.

Refrigerants: Herbs having cooling properties, lower the body temperature and relieve thirst.

Resolvents: Herbs that promote the dispersion of inflammatory deposits, and their absorption into excretory channels.

Rubefacients: Herbs that, upon local application, stimulate capillary dilation and action, and cause the skin redness (drawing blood from deeper tissues and organs and thereby relieving congestion and inflammation).

Sedatives: Herbs that lower the functional activity of an organ or part of the body, thereby tending to calm, moderate or tranquilize.

Sialagogues: Herbs that promote the secretion and flow of saliva and buccal mucus.

Soporifics: Herbs that induce a relaxing sleep.

Sternutatories: Herbs that are irritating to the mucous membranes in the nasal passages which causes sneezing.

Stimulants: Herbs that increase functional activity and energy in the body.

Stomachics: Herbs that are stimulating tonics to the stomach.

Styptics: Herbs that astringe the blood vessels when applied to an external surface, and thereby arrest local bleeding or hemorrhaging.

Sudorifics: Herbs that stimulate the sudoriferous glands and produce visible and profuse perspiration when taken hot and act as tonics when taken cold,

Taeniafuges and Taeniocides: Herbs that expel (Taeniafuges) or kill (Taeniocides) tapeworms in the intestinal tract.

Tonics: Herbs that stimulate nutrition and permanently increase tone.

Vulneraries: Herbs that promote healing of fresh cuts, wounds, etc. What we have given you here is a brief discussion on how to aid the body for better and faster healing by the use of blood purifiers (alteratives). Use this information as a start and add to your knowledge by further study to help yourself, family, and sincere friends. May God be with you in reaching your goal.