

HERBAL MEDICINE

Treatments & Remedies

(alternative method to prescription drugs and over-the-counter medications)

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BRAIN HEALTH

Ginkgo Biloba (neuronal regeneration, repairs and restores brain cells, stimulating mental alertness and improves vision; triggering an auto-immune response within the brain, a cerebral effort to fight against neurodegeneration, and inflammatory glial cell activation, cells that protect and feed neurons)

DOSAGE: One 60 milligram or 120 milligram capsule or tablet per week for four months each year

RECOMMENDATION: Nature's Bounty, Natrol or GNC brands. Take Ginkgo Biloba with a beverage that has NO caffeine or 35 milligrams or less, and with One IRON 60 milligrams capsule or tablet, and on a full stomach/with a meal; don't take with aspirin. After taking, read the internet, a book or newspaper, create art ie: work your mind while Ginkgo Biloba is in the bloodstream for full effectiveness. You should be sleepy 8 hours after taking, a normal reaction. Sleep peacefully till the next morning while the Ginkgo Biloba still works in your body.

Organic Reduced Fat milk with (DHA) docosahexaenoic acid & (EPA) eicosapentaenoic acid Omega-3 (38% less fat than whole milk with 50mg DHA Omega-3) or DHA Omega-3 organic reduced fat milk (2% milkfat with 32mg DHA Omega-3)

DOSAGE: four 12oz glasses per week for four months each year

RECOMMENDATION: Horizon Organic Dairy brand or Ahold Delhaize brand Nature's Promise or Kroger brand Simple Truth Organic

Meditation

HEART HEALTH

Pu-erh Tea (naturally caffeinated, aged oxidized medicinal Chinese black tea reduces serum cholesterol and triglycerides/blood fats, for maintaining normal blood cholesterol levels)

DOSAGE: two cups of Tea per week for four months each year

RECOMMENDATION: Ten Ren of Taiwan or (Cholesterid - Pu-erh Tea) -Triple Leaf Tea brands. Leave the one or two tea bags in the mug of hot water. Steep the bag with a spoon for the tea to mix into the water fully. Drink plain after cooling a little, no milk nor sugar. Take on a full stomach/with a meal, and don't take any other beverages that have caffeine or more than 35 milligrams of caffeine for the rest of the day.

Omega-3 natural intake from salmon, tuna, and granola consumed occasionally each week.

POM Wonderful brand 100% pomegranate juice consumed occasionally each week.

Edamame dry roasted green soy beans heart healthy protein and fiber rich consumed occasionally each year. RECOMMENDATION: Seapoint Farms brand

LIVER HEALTH

Dandelion Detox Cleansing Tea (caffeine free tea with organic dandelion root, organic milk thistle seed and organic lemon peel for stimulating liver function and a healthy metabolism)

DOSAGE: two or three cups of Tea per week for four months each year

RECOMMENDATION: (Dandy Liver Detox) - Lifestyle Awareness brand; or (Roasted Dandelion Root) or (EveryDay Detox - Lemon [organic]) - Traditional Medicinal brands. Leave the one or two tea bags in the mug of hot water. Steep the bag with a spoon for the tea to mix into the water fully. Drink plain after cooling a little, no milk nor sugar.

Apple Cider Vinegar Tonic: Turmeric Ginger (cleansing probiotic beverage) KeVita brand three times each year.

Water or tea with a slice of lemon to stimulate liver function consumed occasionally each week.

PAIN RELIEF

Coenzyme-10 [CoQ10] or Ubiquinol (repairs and restores muscle cells from damage by enhancing blood flow, with neuroprotective effects increasing brain mitochondrial concentrations; alleviates muscle weakness and pain, and potent antioxidant for heart health)

DOSAGE: Two 100 milligram capsules or softgels per week for four months each year

RECOMMENDATION: Qunol best brand. Take on a full stomach/with a meal. DON'T do vigorous exercise or lift heavy objects, which will cause microscopic tears and damage to muscle fibers in the heart.

<https://www.qunol.com/>

Tiger Balm (Camphor and Menthol topical analgesics, anti-inflammatory relieving ointment for minor aches and pains of muscles and joints)

Acupuncture (insertion of very thin needles through your skin at strategic points on your body, alleviating many forms of bodily pain)

IMMUNE SYSTEM

Matcha Tea (naturally caffeinated, phytonutrient green tea containing 350 milligrams of catechins)

DOSAGE: two cups of Tea per week for four months each year

RECOMMENDATION: Ito En brand of Japan. Leave the one or two tea bags in the mug of hot water. Steep the bag with a spoon for the tea to mix into the water fully. Drink plain after cooling a little, no milk nor sugar. Take on a full stomach/with a meal, and don't take any other beverages that have caffeine or more than 35 milligrams of caffeine for the rest of the day.

AriZona brand "Rx Energy Herbal Tonic" (healing and rejuvenating immune systems strengthening, boosts energy and metabolism. Ingredients: moderate level of caffeine, green tea, juices and critic acid, vitamins A, C and E, and guarana, schisandra, and panax ginseng [Korean ginseng]) occasional usage, such as one bottle each month for five fall/winter months each year.

Orange Juice for Vitamin C consumed occasionally each week.

DIGESTIVE HEALTH

Granola with hemp seeds and flax seeds and/or chia seeds with (alpha-linolenic acid) ALA Omega-3, consumed occasionally each month.

Greek yogurt (non-fat with probiotic lactobacillus organisms: bulgaricus, acidophilus, casei and streptococcus thermophilus and bifidus) Peach, Strawberry or Blueberry flavors, brand Chobani consumed occasionally each week.

IgG immunoglobulin concentrate derived from colostral whey peptides (supports immune function, healthy cytokine cell proteins activity, gut barrier function, and gastrointestinal health and tissue repair) occasional usage, consumed two times each year.

STRESS RELIEF

Sencha Tea (enriched with L-theanine (γ -Glutamylethylamide), an amino acid naturally found in the Camellia Sinensis (tea) plant that has been shown to affect brain functions by relieving stress disorders, reducing fatigue, improving mood, and maintaining normal sleep. Additionally, this premium Japanese green tea has Epigallocatechin Gallate (EGCG), a catechin which protects body cells against oxidation, heart disease, lowers cholesterol and prevents ageing, keeping skin young looking and promoting elastin production.)

DOSAGE: two cups of Tea per week for three months each year

RECOMMENDATION: Yamamotoyama brand. Leave the one or two tea bags in the mug of

hot water. Steep the bag with a spoon for the tea to mix into the water fully. Drink plain after cooling a little, no milk nor sugar. Take on a full stomach/with a meal, and don't take any other beverages that have caffeine or more than 35 milligrams of caffeine for the rest of the day.

WOMEN'S HEALTH

One multivitamin per week, such as Nature's Way brand Alive, with 100% daily value of nutrients: lutein, (docosahexaenoic acid) DHA Omega-3, L-carnitine, potassium, iron, vitamin K, vitamin B-12, vitamin D and vitamin E.

Regular intake of sodium from foods for healthy Thyroid function.

ADDITIONAL NOTES

- 1200 to 1500 calorie intake from 2 meals daily, no snacks
- products available at online and in stores Walmart, Target, Wegman's and Whole Foods.
- *BUY BRANDS THAT MANUFACTURE FULL POTENCY HERBS - NO "proprietary blend," which is a group of ingredients that may disclose every ingredient, but not the exact amount.

AVOID (REFRAIN FROM INGESTING)

- high fructose corn syrup
- maltodextrin
- monosodium glutamate
- azodicarbonamide
- acrylamide
- bisphenol
- tobacco

WARNING

Adhere to the Proposition 65 law of California which is in place to reduce and eliminate consumers' exposure to a list of approximately 900 chemicals known to cause cancer, birth defects or other reproductive harm.

REFERENCE

2003 edition of Kaiser Permanente Healthwise Handbook: A Self-Care Guide for You and Your Family