

# *Km* (by Matol)

## 14 Herbs -- Content & Function\*

"The following information was taken from several reference books dealing with Traditional Herbology, i.e., *The Herb Bible & Back to Eden*. These herbs have been used to treat the maladies of mankind for literally thousands of years. In these days of many dread diseases, people have a renewed interest in the therapeutic potential of these wonderful plants. When you discover the Vitamin, Organic Mineral, and Hormonal content of these herbs, you may understand why they can be so beneficial to mankind."

**CHAMOMILE:** This herb is a rich source of the organic minerals Calcium and Phosphorous. It can improve appetite and digestion, will ease upset stomach and help to retard the aging process. Chamomile has been effectively used in treating jaundice, headaches, bronchitis, dropsy, ague, typhoid, hysteria, bladder infections, colds, kidney and spleen disorders and is also used to expel worms.

**SAW PALMETTO BERRY:** This herb is useful in the treatment of asthma, throat problems, bronchitis, excessive discharge from the head and nose, La Grippe, whopping cough, Brights Disease and diabetes. It has also been used to treat all diseases of the reproductive organs (the ovaries, prostate, testes, etc.)

**CASCARA SAGRADA:** Known to the Indians as "Sacred Bark." One of the best natural remedies known for chronic constipation. It will increase the secretion of bile and is excellent for gall stones and liver problems (enlarged liver, etc.). This herb makes an excellent intestinal tonic.

**ANGELICA ROOT:** Also known as Archangel or Dead Nettle, this herb has been used as a remedy for stomach disorders, heartburn, gas, colic, colds, fevers, stoppage of urine, and suppressed menstruation. It has also been used to strengthen the heart, liver and spleen and is excellent for diseases of the lungs. Such wonderful results have been obtained from this plant that it has been given the name ARCHANGEL.

**THYME:** This herb contains Thymol, an ingredient with antiseptic qualities. It has been used since early times and is good for treating Dyspepsia, gas, stomach cramps, diarrhea, fever, whooping cough, asthma, leprosy, paralysis, anemia, bronchitis, influenza, colds, digestive problems, nightmares, headaches, suppressed menstruation, flatulence, urine blockage and exhaustion. Thyme is also an excellent appetite stimulator.

**PASSION FLOWER:** This herb is known as an anti-spasmodic, it has been used mainly to treat convulsions, neuralgia and spasms.

**GENTIAN ROOT:** This herb is a known blood purifier. It is useful in treating gout, fevers, colds, convulsions, scrofula, dyspepsia, scanty urine, suppressed menstruation, jaundice, dysentery, as well as liver and spleen disorders. Gentian will improve the appetite, strengthen the digestive organs and increase blood circulation. It is especially beneficial to the female organs and invigorates the entire system. Gentian is said to be as effective as Quinine.

**LICORICE ROOT:** This herb is rich in the organic mineral Phosphorous. It is a blood purifier and contains the valuable hormone required by the Adrenal glands to help maintain a proper blood sugar level. It is excellent for treating hypoglycemia, impotency, age spots, female complaints and coughs. This herb also enhances endurance and sex stimulation and has a "very mild laxative effect."

**HOREHOUND ROOT:** This herb has been used to treat dyspepsia, jaundice, asthma, hysteria, sore throats, pulmonary infections and consumptions. If the menses stop abnormally, it will bring them back. This herb is also known as an effective worm expeller.

**SENEGA ROOT:** This herb will promote salivation, making it desirable for the treatment of chronic catarrh, croup, asthma and other lung disorders; it is also good for sore throats.

**CELERY SEED:** An excellent source of the organic mineral Calcium and Iron. It also contains the B-complex vitamins, plus essential proteins. This herb has been used to treat the incontinence of urine, liver and respiratory dysfunctions. It is also good for treating dropsy, rheumatism, neuralgia and nervousness.

**SARSAPARILLA ROOT:** This herb is a rich source of the organic minerals Iodine, Sulphur, Magnesium, Calcium, Potassium, Iron and Chlorine. It also contains the valuable hormones Testosterone, Progesterone, and Cortin. This is also effective in treating gout, rheumatism, skin eruptions, ring worm, internal inflammation, colds, fevers, tetter, scrofula and hormone imbalances in both sexes. It is a powerful glandular balancer and restorer, will expel gas from stomach and bowels and increases the flow of urine.

**ALFALFA:** Alfalfa contains the organic minerals Calcium, Aluminum, Iron, Chlorine, Magnesium, Phosphorus, Sodium, Silicon, Sulphur, Molybdenum, Cobalt, Boron and Copper. Alfalfa is also rich in Vitamins A, B1, B2, B3, B12, C, D, E, and K. It also contains chlorophyll, biotin, inositol, pantothenic acid and folic acid. This very beneficial botanical can be used to treat arthritis, rheumatism, anemia, diabetes, pituitary and ulcer problems. It will enhance muscle tone and aids in developing strong teeth, nails, as well as healthy skin and hair. Alfalfa also works to detoxify the liver.

**DANDELION ROOT:** A rich source of the organic minerals Sodium, Calcium, Iron, Magnesium, Potassium, Chlorine and Phosphorous. This herb is very rich in Vitamins A, B1, B2, B3, C, E and Rutin. As one of the blood purifiers available, it is excellent for treating anemia, Skin disorders, scurvy, eczema, age spots, constipation, gall bladder infections, diabetes, hypoglycemia, jaundice, fatigue and cramps. As well as building endurance, this herb is a proven diuretic and an effective liver cleanser.

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\* This material has been excerpted from a fact sheet sent BDM by a *Kim* dealer in February of 1992.

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