

## **Combining Herbs and Essential Oils**

### **Part 1**

**3/5/2019**

**David Crow, L.Ac.**

## **Formulas for the Digestive System**

### ***Dyspepsia and Indigestion***

#### Formula 1

Herbs: Mix 1 tablespoon each of chamomile flowers, peppermint leaves, fennel seeds, cardamom seeds and chopped fresh ginger. Put in a French press, or a tea pot and pour 2 cups hot water over it. Let it steep for 15 minutes, press it out or strain it, take  $\frac{1}{2}$  cup 2 – 4x day.

Oils: equal parts ginger and tulsi, used in a diffuser

Oils: equal parts sweet basil and orange, diluted in carrier oil and applied to the abdomen.

#### Formula 2

Herbs: equal parts coriander, cumin and fennel seeds. 2 teaspoon of mixture, simmer in 2 cups water 10 minutes with lid. Take  $\frac{1}{2}$  - 1 cup 2x day.

Oils: Equal parts coriander, cumin and fennel; use in abdominal massage or warm compress.

Alternately: add caraway seeds to CCF tea blend, equal parts, and caraway oil to the CCF oil blend.

#### Formula 3

Herbs: Mix equal parts caraway, anise, fennel, mint and lemon balm. Use 1 tablespoon of the mixture per cup hot water, steeped 10 – 15 minutes. Drink 1 cup 3 – 4x day hot.

Oils: Equal parts myrtle and lavender, diluted in carrier oil for abdominal massage or used in diffuser.

#### Formula 4

Herbs: equal parts of caraway seeds, fennel seeds, yarrow herb and leaf; steep 1 teaspoon of the mixture in 1 cup hot water for 10 – 15 minutes; take  $\frac{1}{2}$  - 1 cup hot, adding 5 drops of wormwood or gentian tincture.

Oils: Caraway oil in carrier oil, massaged on belly, 2 – 3 times a day

#### Formula 5

Herbs: 1 teaspoon each fennel seeds and catnip herb, steeped in 2 cups hot water at least 15 minutes. Take  $\frac{1}{2}$  cup 2 – 4x day hot with  $\frac{1}{2}$  dropper licorice tincture 1x day, or 1 DGL tablet up to 3x day.

Oils: equal parts clary sage and fennel, for abdominal application and diffuser.

#### Formula 6

Herbs: Equal parts caraway, fennel and chamomile; 1 – 2 tablespoon steeped in hot water at least 15 minutes.  $\frac{1}{2}$  dropper licorice tincture can be added optionally 1 – 2 x day, or DGL can be used.

Oils: Equal parts lavender, geranium, and Roman chamomile, used in carrier oil for abdominal

compress or massaged.

#### Formula 7

Herbs: 1 cup peppermint tea, with 1 dropper linden tincture, 2 – 3x day.

Oils: 1 – 2 drops neroli in carrier oil applied to the abdomen, and for direct inhalation as single note perfume.

#### Formula 8

Herbs: Equal parts peppermint, anise, lemon balm, infuse 1 tablespoon per cup in hot water as usual. Take  $\frac{1}{2}$  - 1 cup 2 – 3x day hot, before meals, with optional 5 drops wormwood tincture.

Oils: 2 parts bergamot, 1 part ginger for use in diffuser, direct inhalation, or properly diluted for abdominal massage

#### Formula 9

Herbs: Equal parts peppermint, lemon grass and and lemon balm; steep 1 teaspoon mixture in 1 cup hot water at least 10 minutes. Take  $\frac{1}{2}$  cup 2 – 4x day, with one dropper tincture of licorice 1 – 2x day for short durations, or 1 tablet DGL each time.

Oils: Equal parts of two or three of your favorite citrus oils, diluted properly in carrier oil, for abdominal massage or in diffuser.

#### Formula 10

Herbs: Make mild ginger tea using 1 teaspoon chopped fresh root per two cups water, simmered 5 – 10 minutes. Mix equal parts fennel, chamomile, and peppermint, and infuse 1 tablespoon mixture per cup ginger tea. Take  $\frac{1}{2}$  - 1 cup, optionally adding 5 -10 drops of angelica tincture.

Oils: Equal parts marjoram and geranium, diluted for abdominal massage, compress or in diffuser.

### ***Formulas for Hydrochloric Acid Imbalances and Esophageal Reflux***

#### Formula 1

Herbs: 1 cup chamomile tea, with  $\frac{1}{2}$  dropper each of licorice and goldenseal tincture and  $\frac{1}{4}$  teaspoon slippery elm or marshmallow root powder, 2 – 3x day, before meals.

Oils: equal parts lavender and geranium, for abdominal applications or in diffuser

#### Formula 2

Herbs: Prepare fennel tea infusing 1 teaspoon per cup hot water as usual. Take  $\frac{1}{2}$  - 1 cup warm 2 – 3x day between meals, adding  $\frac{1}{4}$  teaspoon licorice root powder and  $\frac{1}{4}$  teaspoon marshmallow root powder or slippery elm powder

Oils: Use 1 drop Roman chamomile in carrier oil for abdominal massage or on compress

#### Formula 3

Herbs: 2 tablespoons ground flax seed in 1 liter water; bring to a boil, let it simmer 5 minutes, strain liquid. Use the liquid to make teas of fennel, chamomile, peppermint and or lemon balm.

Take  $\frac{1}{2}$  cup 2 – 4x day

Oils: Combine with equal parts coriander and a citrus, for abdominal applications or for the diffuser

## ***Formulas for Anorexia***

### Formula 1

Herbs: 5 drops each of gentian, angelica, cardamom and bayberry tinctures, in ½ cup hot water or ginger or peppermint or ginger/peppermint tea, 2x day 15 minutes before lunch and dinner.

Oils: Equal parts orange and tulsi, use in diffuser.

### Formula 2

Herbs: Take ¼ - ½ teaspoon of amla powder with ½ cup ginger tea, 2x day, before breakfast and dinner.

Oils: Equal parts of cardamom, rosemary and ginger, diluted in a carrier oil for abdominal applications, or used for direct inhalation or in diffuser.

### Formula 3

Herbs: ¼ - ½ teaspoon trikatu powder, taken with warm water 2x day before breakfast and dinner.

Oils: equal parts ginger and oregano, highly diluted in carrier oil for abdominal applications or used for direct inhalation and in diffuser.

### Formula 4

Herbs: Prepare ginger tea as usual. Steep one teaspoon each of peppermint and yarrow in two cups ginger tea. Take ½ cup 2 – 3x day, 30 minutes before meals.

Additions: 5 – 10 drops total of one or more of tinctures of wormwood, gentian and/or angelica.

Oils: Equal parts bergamot, anise, and tulsi, diluted in a carrier oil for abdominal applications or used for direct inhalation from perfume strip or in diffuser.

## ***Formulas for Treating Constipation***

### Formula 1

Herbs: Chamomile and peppermint, 1 teaspoon each steeped in 2 cups hot water. Take ½ - 1 cup 3x day before meals, adding 1 dropper of dandelion root tincture.

Oils: equal parts fennel, chamomile and lavender, diluted in carrier oil for abdominal massage.

### Formula 2

Herbs: ¼ - ½ teaspoon triphala powder in ½ cup warm water or ginger tea, in the evening between dinner and bed.

Oils: 2 parts fennel and 1 part ginger oil, diluted in carrier oil; warm the oil and use for abdominal massage in morning before eating or last at night.

### Formula 3

Herbs: ½ - 1 teaspoon ground flax seed or psyllium or slippery elm powder, mixed well in a large glass of water, taken first in the morning.

Oils: equal parts of marjoram and sweet orange, diluted in carrier oil for abdominal massage after drinking mixture, and for diffuser.

Formula 4

Herbs: mix equal parts cascara, Oregon grape root and rhubarb root powders. Take 1/8 - 1/4 teaspoon with ginger tea first in the morning and last at night.

Oils: blend equal parts fennel, lemon, and clary sage, use diluted in carrier oil and in diffuser.

***Formulas for Food Poisoning and Bacterial Infections***

Formula 1

Herbs: 1/4 cup strong ginger tea, 4 – 6x day, with 1/4 teaspoon golden seal powder or 1/2 dropper goldenseal tincture.

Alternately: ginger tea can be replaced with shot of fresh ginger root, 2 – 3x day

Oils: Oils: 2 parts cardamom and orange, 1 part peppermint, use in carrier oil for abdominal massage, compress or in diffuser.

Formula 2

Herbs: Infuse 2 teaspoons dry peppermint and/or chamomile in 1 cup hot water at least 10 minutes. Take 1/2 cup 3 – 6x day, with 1/2 dropper goldenseal tincture, alternating with 1/2 dropper licorice tincture, maximum 2x day for 1 week. Tincture of coptis can be substituted or alternated with the goldenseal.

Oils: equal parts peppermint, chamomile and lavender, diluted in carrier oil, for compress or diffuser.

Formula 3

Herbs: infuse 1 teaspoon dry oregano in 1 cup hot water at least 10 minutes. Take 1/2 cup 3 – 6x day, with 1/2 dropper each of coptis and licorice each time. Add 1 capsule turmeric extract 2 – 3x day.

Oils: equal parts thyme and lemon, diluted in carrier oil for abdominal massage, in compress, or in diffuser.

Formula 4

Herbs: Infuse 1 teaspoon each of meadowsweet and peppermint in one cup hot water at least ten minutes. Optionally add tincture of coptis and/or goldenseal, and/or licorice, as per doses in previous formulas.

Oils: Equal parts frankincense, lavender, and neroli, diluted in carrier oil for abdominal massage, in compress or in diffuser.

**Formulas for Enhancing Natural Detoxification Through the Respiratory, Digestive, Urinary and Lymphatic Systems**

***Respiratory***

Formula 1

Herbs: Prepare tulsi tea as usual, steeping 1 teaspoon per cup hot water 10 – 15 minutes. Take 1/2 cup 2 – 4x week, between meals. Add 1/2 dropper tincture of yerba santa to each dose; after drinking each dose of tea and tincture, chew 1/4 teaspoon cardamom seeds.

Oils: mix equal parts eucalyptus, cardamom and lemongrass, for use in diffuser.

#### Formula 2

Herbs: prepare tea of dry thyme leaves in the usual ratio of 1 teaspoon per cup hot water steeped 10 – 15 minutes. Take ½ cup 2 – 4x week between meals, adding ½ dropper each tincture of licorice and mullein; after drinking each dose of tea and tincture, chew ¼ teaspoon fennel seeds. Oils: equal parts silver fir, pinon pine and juniper. Dilute in carrier oil for application to chest 1-2x week, dilute for bath 1 – 2x week, and/or use in diffuser.

### ***Digestive***

#### Formula 1

Herbs: mix ¼ teaspoon triphala powder and ¼ teaspoon slippery elm powder into a cup of mild ginger tea, first in the morning 2x week. Wait at least ½ hour before eating. Oils: mix equal parts fennel, cardamom and caraway oils. Dilute in carrier oil, apply to abdomen 1 – 2x week.

#### Formula 2

Herbs: prepare peppermint tea in the usual way, steeping 1 teaspoon per cup hot water 10 – 15 minutes. Take ½ cup 4x week, before meals. 2x a week add 5 drops tincture of gentian to each dose of tea, and 2x week on alternating days take one capsule of milk thistle seed with a standardized level of silymarin, which would be in the range of 140 mg. Oils: mix 5 drops each of lavender and geranium in a cup of mineral salts and disperse in the bath.

#### Formula 3

Herbs: prepare tea of schisandra berries, simmering 1 tablespoon per cup water for 15 minutes. Take ½ cup 3x week. Add the following to each dose on a rotating basis, one per dose: 5 drops of tincture of andrographis, 1 capsule high quality turmeric extract, 1 capsule milk thistle standardized extract. Oils: equal parts caraway and fennel essential oils, diluted in a carrier and massaged on the abdomen 2 – 3x week.

### ***Urinary***

#### Formula 1

Herbs: prepare tea of nettles in the usual way, steeping 1 teaspoon per cup hot water for 10 – 15 minutes. Take ½ cup 2 – 4x week, each time adding 1 dropper of corn silk tincture. Oils: mix equal parts of conifer oils such as spruce, pine, fir and juniper; blend with carrier oil, and apply a few drops to lumbar area.

#### Formula 2

Herbs: Simmer a small handful of corn silk in 2 cups water for 10 – 15 minutes, then add 1 tsp each chamomile and hibiscus flowers; steep for 10 minutes more. Take ½ cup tea 2 – 4x week, adding 1 dropper of goldenrod tincture to each dose. Oils: use juniper essential oil diluted in carrier for application over lower abdomen, 1 – 2x week.

#### Formula 3

Herbs: prepare tea of nettles in the usual way, steeping 1 teaspoon per cup hot water for 10 – 15 minutes. Take ½ cup 2 – 4x week, each time adding 1 dropper each tincture of alfalfa and red clover. An additional ½ dropper tincture of pipsissewa can be added 1 – 2x week.

Oils: blend 2 parts each lavender and geranium, 1 part chamomile essential oils. Dilute in carrier oil and use for abdominal massage 2x week.

### ***Lymphatic***

#### Formula 1

Herbs: prepare tea of burdock root, using 1 tablespoon chopped dry or fresh root simmered in 3 cups water for 30 minutes. Take ½ cup, 2 – 4x week, between meals, adding 5 – 10 drops of tincture of red root.

Oils: aromatic bath with 1 teaspoon ginger powder and 1 cup burdock tea.

#### Formula 2

Herbs: prepare mild ginger tea, simmering 1 teaspoon chopped fresh ginger in 2 cups water for 10 – 15 minutes. Take ½ cup 2x week between meals, adding 10 drops tincture of wild indigo root root and 1 dropper tincture of echinace to each dose.

Oils: add 5 drops juniper and 5 drops lentisque essential oils to 1 ounce of poke root oil, apply over congested lymph glands 2 – 3x week.

#### Formula 3

Herbs: 1 – 2 tablespoons Essiac tea in ½ cup water. Take 2 – 3x week between meals, each time adding ½ dropper each tinctures of cleavers and calendula.

Oils: add 5 drops each tea tree and lemon essential oils to 1 ounce of poke root oil, apply over congested lymph glands 2 – 3x week.

### ***General***

Herbs: Essiac

8 oz sheep sorrel dry herb, 8 oz burdock root chopped fresh or dry, 2 oz slippery elm powder, 1 oz turkey rhubarb. Add herb mix to 1 gallon water. Bring to a boil for ten minutes and stir frequently. Let it stand for six hours. Strain the herbs out of the tea and bring to boil again. Store refrigerated in glass jars. Take 1 – 2 tablespoons diluted in ½ cup water, 1 – 2x day before meals.