

Buhner Remedies Chart

Buhner has great treatment summaries in his books:

February 3, 2017

* For bacterial infections pp. 43-78 in "Herbal Antibiotics"

* For viral infections in Chapters. 2 & 3 of "Herbal Antivirals"

HERB ¹	GOOD FOR / AGAINST	NOTES ON PREP / USE
Antibiotics		
THE SYSTEMICS	Pass through the GI tract and into bloodstream	
1 <i>Cryptolepis sanguinolenta</i> ² * tropical * ordered CSA from Woodland Essence ³	<u>Antibacterial</u> , anti-inflammatory, antimicrobial, antimalarial, anti-parasitic, antiviral (mild), hypothermic (lowers body temp during fevers) etc. <u>Active against</u> : MRSA ⁴ , strep, babesia, urinary tract infections, TB, wound sepsis, campylobacter; gram negative infections E.coli, klebsiella, salmonella, shigella, others.	91-2. Roots as powder, tincture, tea, capsules. Use with <u>acidic water</u> to release alkaloids. Tropical, so purchase. <u>SE, CI</u> : (Side Effects, Contra-Indications): none.
2 <i>Sida rhombifolia</i> * annual, peren, bienn * can grow in PA. ⁵ * have seeds * ordered CSA from Woodland Essence	106. <u>Active against</u> : E. coli, candida, salmonella, staph, etc. <i>Sida acuta</i> active against others. <u>Use to treat</u> : anemia, cancers, diarrhea ⁶ , eye infections, infected wounds, rashes, systemic staph, TB, hemorrhoids (Sri Lanka)	103-4. Use all parts, but as root really tough, people use leaves, but stems and seeds also strong. Make powder, capsules, tincture, tea. Use w. <u>acidic H₂O</u> to release alkaloids. Leaves high in protein (16-25%). Tincture delicious. <u>SE,CI</u> : Tiny amounts of ephedra, hypoglycemic, prevents pregnancy.
3 <i>Alchornea</i> * a shrub/tree to 25' in Africa. Acid soils. * ordered CSA from Woodland Essence	122.. <u>Anti-amoebic</u> , antibacterial, anti-diarrheal, antifungal, anti-inflammatory, antimalarial, antioxidant, antiseptic, antitumor, antiviral, bronchial relaxant, smooth muscle relaxant, etc. <u>Active against</u> babesia, candida, E. coli, helicobacter pylori, klibsiella, salmonella, shigella, staph aureus and pyogenes.	119. Mostly leaves used, but stem bark, pith, root bark, roots and fruits are used. Tea, tincture, powder. Every 4 hrs to keep in bloodstream. 8am, 12, 4, 8pm.

	<u>Used to treat:</u> gram positive and gram negative infections, systemic or of the GI tract. Infected wounds, sickle cell anemia, resistant respiratory infections, conjunctivitis, UTIs	
<p>4 Bidens pilosa. <u>Annual.</u> 8-20" tall</p> <p>* I have seeds for Bidens frondosa ⁷</p> <p>* Following green note card, am stratifying in fridge. Buhner: soak 1-2 days, scatter, cover with bit of soil (131). But on 134 he says bury 4 cm deep!</p>	<p>130. <u>Antimicrobial</u>, antidiabetic, antidysenteric, anti-inflammatory, antimalarial, antimicrobial, antiseptic, blood tonic, immunomodulant, mucous membrane tonic, etc.</p> <p><u>Active against:</u> bacillus cereus, candida, cytomegalovirus, E. coli, herpes 1 & 2, gonorrhoeae, salmonella, shigella, staph aureus, staph epidermidis, etc.</p> <p><u>Used to treat:</u> (1) any systemic infection of mucous membranes; (2) systemic staph; (3) malaria, babesia, leishmanial; (4) other resistant organisms.</p>	<p>127-9. All parts used, but fresh leaves and juice of the plant most antimicrobial. As an antimicrobial, harvest leaves before flowering and tincture fresh. Deadhead to extend production of leaves! Drying plant reduces antimicrobial activity considerably, but retains other good properties.</p> <p><u>Tincture best</u>, esp if use piperine as synergist. See notes under piperine – want to take 20 mg piperine 15-30 minute BEFORE taking herbs, so piperine can prepare intestinal wall to absorb herbs.</p>
<p>5 Artemisia annua. ⁸</p> <p>* seeds from Strictly Medicinals. For growing see 148 and video ⁹</p>	<p>141. <u>Especially good</u> against blood parasites (will clear malaria), liver parasites, and antitumor agents against systemic cancers. Also great for GI tract infections. Antibacterial, but not systemic.</p> <p><u>Also used to treat:</u> dermatophytis – infectious fungi in hair, skin, nails.</p>	<p>140-3. Aerial parts, esp. flowers.</p> <p><u>SE,CI:</u> 147</p>
Antibiotics		
THE LOCALIZED NON-SYSTEMICS		
<p>6 Berberines</p> <p>* Transplant seedlings to 3rd burdock cage?</p>	<p>163. <u>Antibacterial</u>, antidiarrheal, antifungal, antiseptic, mucosal anti-inflammatory</p> <p><u>Active against</u> a wide range of micro-organisms.</p> <p><u>Used to treat:</u> e. coli, herpes 1 & 2, mycobacterium TB, staph aureus and epidermis, strep, West Nile virus, conjunctivitis and other eye infections. Also used for pain relief, esp. Corydalis. ¹⁰</p>	<p>168-70. Buhner recommends 3 plants – 1 tree and 2 shrubs. We have Berberis thunbergii (Japanese barberry). Harvest in autumn. Roots best, lower branches next.</p> <p>161-2. <u>Powder & tincture.</u></p>

7 Juniper ¹¹	180. <u>Antibacterial</u> , antifungal, anti-inflammatory, antioxidant, antiviral, radical scavenger, etc. <u>Active against</u> a wide range of micro-organisms <u>Used to treat.</u> Berries for UTIs, berries or needles for upper respiratory tract or GI infections, needles for skin infections and infectious dysentery.	179-80. Berries, needles; but bark, wood, root also. Tinctures, infusions, etc.
8 Honey	188. <u>Potent antibiotic</u> . Also antianemic, antifungal, anti-inflammatory, immune stimulant, laxative, antiviral (Epstein-Barr) <u>Active against</u> wide range of micro-organisms <u>Used to treat</u> skin wounds, cuts, abrasions, ulcers, necrotizing infections	191. Applied directly to wound, or internally for immune stimulation, and treatment of colds, flu, respiratory infections. Wildflower better than single plant honeys. Avoid supermarket brands: may contain corn syrup, ag poison residue
9 Usnea (lichen) ¹² * ordered Fungal Fighter from Amazon	197. <u>Antibacterial</u> , antifungal, andiprotozoal, antiparasitic, antioxidant, etc. <u>Active against</u> primarily gram-positive bacteria, and a few gram-negative. Active against Epstein-Barr.	199-200. Tincture best , also wound powder. Found on conifers and hardwoods. 204. Test for identifying
FACILITATIVE OR SYNERGISTS	All used in combination with other herbs, though may have other medicinal properties	
10 Licorice ¹³ * Ordered from Amazon	<u>Adrenal tonic</u> , antibacterial, anti-inflammatory, antiviral, estrogenic, immunostimulant, protects from effects of radiation exposure, etc. <u>Active against</u> gram negative bacteria, Epstein-Barr, Hepatitis B&C, wide range of others. <u>Used to treat:</u> systemic bacterial infections! <u>Increases action</u> of other herbs and pharmaceuticals. Add to mixture prior to tincturing (221)	217. Root. In tea, capsules, tincture. Limit to 10 days or less to avoid harmful side effects. Do not use long term. Reaches peak in 4 hrs, subsides slowly over 72 hrs. <u>Add to mixture prior to tincturing</u> of other herbs to enhance extraction! <u>SE,CI:</u> Not for use in large doses or over 4-6 weeks. See 212-3 for side effects and drug interactions. Estrogenic!
11 Ginger	<u>Analgesic</u> , antibacterial, antidiarrheal, antifungal, anti-inflammatory, immune stimulant, etc. <u>Active against:</u> candida, coliform, e. coli, hep C, HIV-1, influenza A, listeria, salmonella, staph, etc. <u>Used to treat</u> many conditions by enhancing the properties of other agents.	227-8. (1) Best use is juice in hot tea. Takes 30 minutes to enter bloodstream, peaks in 60, declines. So drink every 2-3 hrs in acute conditions. (2) Stabilize with alcohol and then add to herbal blends as synergist.

<p>12 Black pepper/ Piperine ¹⁴</p> <p>* Ordered from Vita-Cost</p>	<p><u>Piperine</u> is 15x as strong as pepper, so in treating bacterial infections, use this rather than pepper. <u>Actions</u>. Broad. Potent free radical scavenger, <u>immunostimulant</u>. <u>Active</u> against gram negative bacteria. DO NOT USE against severe infections of the intestinal wall (e. coli, cholera) as piperine will allow the bacteria to move across the wall and get more deeply into your system.</p>	<p>236-8. Take 20 mg piperine 15-30 minute BEFORE taking herbs, so piperine can prepare intestinal wall to absorb herbs. So, take piperine 2x/day, as stays in body about 6 hrs. Take herbs at their own intervals. Do not exceed 7 days.</p> <p><u>SE,CI</u>: 239. Is a testosterone antagonist.</p>
STRENGTHENING IMMUNE SYSTEM		
<p>13 Ashwagandha ¹⁵</p> <p>* have in garden</p>	<p><u>Actions</u>. Root most used: anti-fatigue, anti-inflammatory. <u>Root, fruit</u> immune tonic; <u>root, leaves</u> nervine, antitumor. <u>Leaves</u> also analgesic.</p>	<p>250. Tinctures using root primarily, but also fresh leaf, fresh fruit, dry seed. Cut roots in pieces to store. Hmm. Doesn't mention tea/decoction. Another source suggested 1t powder/cup tea</p>
<p>14 Astragalus ¹⁶</p>	<p><u>Antibacterial</u>, antiviral, immune enhancer, <u>immune tonic</u>. Great fatigue fighter to aid fatigue and increase fatigue threshold. Treats Lyme carditis symptoms (261) <u>Synergistic</u> with Echinacea and licorice in stimulating immune function.</p>	<p>257. Tea, tincture, powder. Great in soups, broth, making rice.</p> <p><u>SE,CI</u>: Avoid in treating Lyme</p>
<p>15 Boneset</p> <p>* have in garden</p>	<p><u>Strongly Anticancer</u> anti-inflammatory, immunostimulant (increases phagocytosis 4x better than Echinacea), smooth muscle relaxant, mucous membrane tonic.</p>	<p>265-6 Tea or tincture. Aerial parts. For acute and chronic conditions. HOT tea for fever & active infections (& chills); COLD tea as tonic for mucous membrane, liver. Tincture in HOT water for acute, chronic conditions.</p>
<p>16 Echinacea</p> <p>* have in garden</p>	<p><u>Analgesic</u>, antibacterial, anti-inflammatory, antiviral, immune modulator, immune stimulant, stimulates antibody production. <u>Used to treat</u> colds, flu (enhance with licorice, red root). Use with astragalus to stimulate immune function.</p>	<p>270-2. Fresh juice of aerial parts or tincture (purpurea), tincture roots Angustifolia.</p>
<p>17 Eleuthero (Siberian ginseng)</p>	<p><u>Adrenal tonic</u>, antidepressant, antifatigue, immune tonic. Supplanted by rhodiola.</p>	<p>282-6. root (commonly), bark from woody stem (most potent), fruits and leaves</p>

18 Red root (Ceanothus) ¹⁷	<u>Lymph stimulant and tonic</u> . Anti-inflammatory, for liver and spleen, strong blood coagulant.	293. root or inner bark > frost. Tincture, tea, decoction, gargle. Poke root stronger, cleavers weaker.
19 Reishi	<u>Analgesic</u> , antibacterial, anti-inflammatory, antitumor, antiviral, cytotoxic, immune stimulant, spleen and thymus tonic.	300. Tablets, tincture, syrup decoction, powder.
20 Rhodiola rosea ¹⁸	<u>Adaptogen</u> , adrenal protectant, anticancer, antifatigue, antioxidant (strong), immune tonic, mental stimulant, mitochondrial tonic and protectant, muscular stimulant, nervous system tonic, neural protectant. <u>Used to treat</u> : brain fog, CFS, chronic diseases, recurrent infections. Leaves high in vitamin C	307-8. Roots as tincture or capsules. 309-10. Tricky to grow. Can divide and plant root cuttings, like potatoes. Harvest after 5 years in fall! <u>SE&CI</u> : jitteriness, so do not take at night.
HERB	GOOD FOR / AGAINST	NOTES ON PREP / USE
Antivirals ¹⁹		
TOP 7 ANTIVIRALS		
1 Chinese skullcap * have in garden	<u>A broad spectrum antiviral</u> (133-4), e.g., herpes, flu, polio, SARS, Hep A,B,C, pneumonia, infections of CNS (viral or bacterial), meningitis, Lyme, fevers, GI inflammation. . <u>Also good antibacterial</u> (134), e.g., E. coli, salmonella, staph, strep. <u>A synergist</u> as good as licorice, ginger, piperine. Anodyne, antifungal	128: Harvest root > 3 yrs, <u>in spring</u> . Roots bright yellow. <u>Tincture</u> from dried root; powder. Batch in 1a ready spring 2018, Can tincture leaves as tonic. <u>SE,CI</u> : Pregnancy, type 1 diabetes, may interfere with blood pressure lowering drugs.
2 Elder * have in garden	<u>Narrow spectrum antiviral</u> (156-61), e.g., herpes, flu, HIV, hepatitis B,C,D,E. West Nile, polio, rhinoviruses, SARS, shingles, chicken pox, dengue, Ebola, GI tract infections, measles, diphtheria, mumps, in particular enveloped viruses. <u>Nervine</u> (relaxes nervous system), reduces arthritic & internal inflammations. Leaf tincture in small doses as analgesic.	146-51: Berry, flowers weakest; leaf, stems, bark, root strongest in <u>tincture, decoction</u> . Berries more antioxidant than vit. C, E. Best decoction contains all parts Best effect is at onset of flu, respiratory infections. Reaches peak presence in body within 30-60 minutes. Half-life 2 hrs, so keep taking. <u>SE,CI</u> : Diarrhea, nausea, vomiting esp if eat raw fruit.

<p>3 Ginger</p>	<p><u>Broad action:</u> antiviral, antifungal, antidiarrheal, anti-inflammatory, immune stimulant. Good against colds, flu, hepatitis, herpes, measles, chicken pox, enterovirus <u>Good antibacterial:</u> candida, e. coli, listeria salmonella, staph aureaus, strep <u>Skin infections</u>—antibacterial and antifungal. Apply juice topically. <u>Pain relief</u> as good as ibuprofen. <u>Synergist</u> with antibiotics, esp. against resistant strains. Potentiates antibiotic drugs.</p>	<p>168-70. Fresh juice best. Infusion works. Tincture just ok. Takes 30 minutes to enter bloodstream, peak in 60 and then decline. <u>Take at onset</u> of colds or flu, acute conditions, every 2-3 hrs. Pickled and candied ginger great. Dried root water extracts potently anti-inflammatory. <u>SE,CI:</u> Pregnancy, gallstones</p>
<p>4 Houttuynia</p> <p>* have in garden</p>	<p><u>Moderately broad spectrum antiviral</u>, prevents viral infections if taken prophylactically. Also antifungal, antibacterial, anti-inflammatory, anti-microbial, anti-cancer, antioxidant. <u>Good against</u> flu, SARS, dengue, enterovirus, herpes, any bacterial diarrhea, staph, strep, bacterial diseases of the eye (fresh juice or tea applied), urinary infections, bartonella of Lyme ²⁰</p>	<p>178-9: Aerial parts picked at flowering, fresh, in tincture; <u>SE,CI:</u> fishy smell, pregnancy</p>
<p>5 Isatis</p> <p>* have in garden</p>	<p><u>Broad spectrum and potent antiviral</u>, and prophylactic. Potentiates viral vaccines, anti-inflammatory, antibacterial, antiparasitic, antitumor. <u>Good against</u> flu, rubella, respiratory viruses, measles, mumps, staph, leukemic and liver cancer, salmonella, salmonella, SARS, clostridium difficile, viral pneumonia, sore throat, bacterial conjunctivitis, shingles, chicken pox, encephalitis, gastroenteritis. <u>Immune stimulant.</u></p>	<p>193-5: Roots (chronic), leaves (acute). Pick roots fall of first year, spring of second. Harvest leaves first, second year prior to flowering. Leaves most antiviral. Best tincture is 1 part root: 2 parts leaves. Tincture, decoction. Used with other herbs (lomatium, licorice) 202. Harvesting details <u>SE,CI:</u> 196. Do not take longer than 3 weeks. Not if kidney failure</p>
<p>6 Licorice</p> <p>* From Amazon (Herb Pharm)</p>	<p><u>Major broad spectrum antiviral</u>. Strongly virustatic and somewhat virucidal. Analgesic, antibacterial, anti-inflammatory, smooth muscle relaxant, thymus stimulant, an immunostimulant. Active against enveloped viruses especially (herpes, corona, hep D, retroviruses). Effective against influenza A, SARS, encephalitis, West Nile, dengue, viral pneumonia, bronchitis, herpes 1 & 2, Hep</p>	<p>209-11: Roots in tincture, tea, capsules. Aim for roots tested at 40 mg/gm of root of glycyrrhizin (at least 4%). Get from 1stChineseherbs.com. Roots at least 3 years old. www.pacificbotanicals.com is organic, but no way to determine glycyrrhizin content. Takes 4-8 hrs for</p>

	A,B,C,E, varicella zoster, poliovirus (wild and vaccine types 1,2,3; measles. See 225-6 for specific studies. <u>Important synergist</u> . Potentiates anti-tuberculosis drugs, resistant influenza, rheumatoid arthritis, increases immune stimulating action of Echinacea purpurea. Best to use with Chinese skullcap . <u>Antimicrobial</u> against wide range, including candida, bacterial pneumonia, salmonella, staph aureus, strep, oral bacterial problems, GI and respiratory tract infections especially if there is cramping or ulceration. (p. 219)	glycyrrhizin to reach maximum serum concentration, and is eliminated slowly over 72 hrs. Most gone > 24 hours. Best to use with Chinese skullcap . For viral diseases, take at high levels every 3-4 hrs to keep body bathed in beneficial compounds – several weeks to remove all viral particles. Important for encephalitis infections.
7 Lomatium	A systemic antiviral, especially against respiratory diseases. 235: Excellent against debilitating flu, avian flu, swine flu, West Nile, pneumonia.	230: tincture, but also infusion, decoction. Best to use with other herbs: red root, licorice, pleurisy root (which allows you to avoid rash), though it is potent by itself <u>SE,CI</u> : 232: Nasty rash (1% of users, but without itching or pain), pregnancy.
TWO HONORABLE MENTIONS		
8 forsythia * have in garden	Antiviral (against flu, avian infectious bronchitis, respiratory syncytial virus), anti-inflammatory, antioxidant, antibacterial a (against staph, E. coli, Helicobacter pylori), diuretic.	245: unripe fruit strongest, but when I picked these, they were quite small. Pick later in fall, when still green but larger, before turning yellow. I ground it and made a tincture using 190 proof alcohol.
9 boneset * have in garden	250: Good for acute viral or bacterial upper respiratory infections. Good for intermittent fevers (hot then cold and hot again), aches and pains associated with fevers. Makes you sweat. Not a primary botanical.	247-8: leaves just before or in flowering to make tincture. If dry for tea, dry before goes to flower. Tincture (bitter), tea better. <u>SE,CI</u> : Emetic in large doses. Generally, the cooler the tea, the less nausea. However, for fevers must take tea hot.
ANTIVIRAL SUPPLEMENTS	253: zinc and coconut oil.	
IMMUNE BUILDERS		

10 Astragalus	262-3. <u>Synergist</u> (particularly with Echinacea and licorice) and adaptogen. A good immune tonic. <u>Good against</u> flu, herpes 1, hep B; e. coli, staph aureus, salmonella, streptococcus pneumoniae, candida	264-6: tincture, tea, powder, broth. <u>SE,CI</u> : May exacerbate autoimmune response in Lyme disease.
11 Cordyceps sinensis, militaris * Have in drawer from Z Natural Foods	An <u>immunoadaptogen</u> – a systemic tonic and adaptogen. <u>Good against</u> flu, herpes 1, hep B, bacterial TB, clostridium, staph aureus (resistant and non-resistant), candida, cancers. Protective against bacterial infections rather than actively killing bacteria. Used to treat: inflammation of the brain & CNS, esp. encephalitis and meningitis; fatigue and weakness; poor mitochondrial function; joint inflammation, mental fog and confusion, lung infections, kidney infections, low energy, poor libido, etc. (282).	277-8. Use as <u>food</u> , in larger quantities than medicines. For <u>acute viral conditions</u> 3-4 T in water or juice 3x/day. Can make a <u>tincture</u> and use as a tonic, ¼ - ½ t 3x/day, or acute conditions, ½-1 t 3-6x/day.
12 Rhodiola rosea	An <u>adaptogenic stimulant</u> . Used against flu, hep C, staph aureus, mycobacterium TB. Used to treat long-term fatigue, recurrent infections, exhaustion, CFS, low immune function. Very high in vit. C (33mg/gm of plant). Strong antioxidant, potent cardiogenic, muscular stimulant, nervous system tonic.	294-5. Root in tincture or capsules. If <u>tincture</u> as tonic, 30-40 drops 3x-4x/day in water. Tincture for acute: ½-1 t 3x/day for 20-30 days, then back to tonic dose. If <u>capsules</u> , 1-2 100 mg capsules/day. For acute, up to 1,000 mg/day. Take before meals. Takes five years. Harvest roots in fall, but preferably in spring just as coming up. <u>SE,CI</u> : May cause jitteriness, so check to determine if this means you.

ENDNOTES

¹ Good sources of herbal tinctures at:

(a) Montana Farmacy by the case of 12-1 oz bottles for \$105 (<https://www.farmacywholesale.com/collections/tinctures>). Also, singly in 1oz bottles for \$12.50 https://www.amazon.com/s/ref=bl_dp_s_web_0?ie=UTF8&search-alias=aps&field-keywords=Montana+Farmacy

(b) Excellent selection in 1,2,4 and 8 oz bottles at <http://www.woodlandessence.com/herbal.htm#Extracts>

² Cynthia Jevons recommends C.S.A. (Cryptolepis, Sida, Alchornea) available at Woodland Essence (above).

³ CSA tincture from <http://www.woodlandessence.com/herbal.htm#Extracts>

⁴ Get lemongrass plant. An important MRSA synergist (Herbal Antibiotics, p. 214).

⁵ Sida rhombifolia seeds from Rincon Plant Preservation and Introduction Garden. \$1/packet + 1.50 shipping.

<http://home.windstream.net/jeromewall/wall1.htm> Ordered seeds 2-9-17. Sida acuta from Belize, \$4.95 + shipping for 30 seeds.: http://www.especies-seeds.com/catalog.php/especiesbotanics/dt69500/pd1792718/Sida_acuta_-

[Unusual Tropical Medicine Plant 30 seeds Copy](#) Growing instructions in Buhner, p. 111, on seed package, and here:

(a) "Seed can be sown in late autumn/spring/summer. Either sow directly into ground or in a pot. Lightly cover with soil and keep moist until they begin to germinate. Techniques used to enhance germination include; alternating hot and cold treatments (freezing and heating); scarification (hot water treatment or mechanical scarification); and alternating temperatures for intact untreated seeds (ie; high day and low night temperatures). Plants have a very strong and deep taproot, it can be almost impossible to uproot a young plant!" 50 seeds, \$4.50. <http://herbalistics.com.au/product/sida-cordifolia-bala-seed/>

(b) Seed source, temporarily out of stock, sent email to alert us to availability. <http://www.botanicalspirit.com/sida-cordifolia-seeds>

(c) <http://www.southernhabitats.com/sweet-tea-sida-acuta-seed-plants/> Does not like limestone soil or clays. Readily germinates in fresh organic matter, leaf litter or pine straw. If inside, start 3-4 seeds/plug in warm, moist soil. Transplant 6"-2' apart. Likes potassium, fertilizer. Try different spots. Can grow to 6' if use manure, compost. Usually, 4' tall, 3' wide after a couple years. Great deer browse! Mow to 12" for deer habitat. Seedling plugs: \$35/dozen.

⁶ Diarrhea. Another remedy is oak p. 57 but Buhner does not discuss leaves. Oak bark or leaves can also be boiled into a tea and taken internally. They have the same astringent or squeezing action internally as they do externally. This astringent action, combined with its antiseptic action, makes oak great for diarrhea. Simply simmer a big handful of oak leaves or bark in a quart of water for 20 minutes. Strain the plant material out of the water and drink 1 cup of the tea every 1 to 3 hours for diarrhea. From <http://www.eclecticherbalist.com/five-emergency-medicinal-herbs/>

⁷ Bidens planting. Image: https://plants.usda.gov/gallery/pubs/bipi_003_pvp.jpg , <http://uswildflowers.com/detail.php?SName=Bidens%20pilosa>

seeds: <https://www.prairiemoon.com/seeds/wildflowers-forbs/bidens-frondosa-common-beggarticks.html> ordered 2-10-17, one packet for \$7.50 inc. shipping. Nice selection of seeds, bare root, and potted plants.

Found seeds at: http://www.agrecol.com/Common-Beggars-Tick-Bidens-frondosa--Seed_p_65.html but min order is \$20.

⁸ Seeds Artemisia annua from <https://strictlymedicalseeds.com/>

⁹ Artemisia annua. Cultivation video: <https://www.youtube.com/watch?v=SE9SVhxBKr4>

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- ¹⁰ For more on Corydalis as analgesic, see: <https://www.planetherbs.com/michaels-blog/treating-arthritis-lower-back-and-joint-pains.html> . The root is administered in 4.5 to 9 grams per dose in a divided decoction, Consider using with cannabis. Also, St. John's Wort good for neuropathic pain.
- ¹¹ Juniper. <http://www.clemson.edu/extension/hgic/plants/landscape/shrubs/hgic1068.html> describes common shrubs, columnar types, and trees (cedar). pic berries: <http://www.picsearch.com/Juniper-berry-pictures.html>
- ¹² Usnea tincture at: <https://strictlymedicinalseeds.com/product/usnea-extract/> . Herb Pharm produces Usnea and Fungal Fighter, which I got from Amazon. Tried two bottles for toenail fungus. Did nothing. Used along with DMSO and SSKI.
- ¹³ Licorice powder. <http://www.pacificbotanicals.com/store/Licorice1.html> 1# for \$13 + shipping. \$50 minimum order. Licorice tincture, 8 oz from Herb Pharm for \$67 at: https://www.amazon.com/Herb-Pharm-Licorice-8-oz/dp/B0058ABSBW/ref=sr_1_2_s_it?s=hpc&ie=UTF8&qid=1489683692&sr=1-2&keywords=herb+pharm+licorice
- ¹⁴ BioPerine by Source Naturals: got from <https://www.vitacost.com/source-naturals-bioperine> for \$11.10 (6.11+4.99 shipping)
- ¹⁵ Ashwaganda, powdered, from Strictly Medicinals, \$22.90/lb: <https://strictlymedicinalseeds.com/product-category/dried-herbs/>
- ¹⁶ Astragalus: root, sifted, powder, extract, <http://1stchineseherbs.com/bulk-herbs-spices/bulk-herbs/astragalus-root/>
- ¹⁷ Red Root tincture available at: <http://www.woodlandessence.com/herbal.htm#Extracts> and <https://strictlymedicinalseeds.com/product-category/herbal-extracts/single-herbal-extracts/page/5/>
- ¹⁸ Available through http://1stchineseherbs.com/search.php?search_query=rhodiola&Search=
- ¹⁹ See my file: HEALTH new 9-12/Herbal Antivirals
- ²⁰ General sources for Buhner Lyme: <http://buhnerhealinglyme.com/resources/herb-source-list/>