





Frankincense (*Boswellia* sp.)

- One of the gifts the wise men brought to Jesus
- Resin from a tree used in perfumery, aromatherapy and medicine
- Used in religious rites (temple incense)
- Several species are used:
 - *B. sacra*
 - *B. carteri*
 - *B. frereana*
 - *B. bhaw-dajana*



Photo from Wikipedia

Frankincense Essential Oil

- **Properties**
 - Anticancer
 - Antidepressant
 - Antiseptic
 - Anti-inflammatory
 - Expectorant
 - Sedative
- **Uses**
 - Respiratory problems
 - Colds
 - Coughs
 - Pneumonia
 - Tuberculosis
 - Cancer
 - Infections
 - High blood pressure
 - Spiritual awareness
 - Stimulates pineal and pituitary

Boswellia (*B. serrata*)

- **Properties**
 - Anti-inflammatory
 - Sedative
 - Antiarthritic
 - Antiseptic
 - Astringent
- **Uses**
 - Arthritis
 - Ulcerative colitis
 - Sore throats
 - Canker sores
 - Pain relief
 - Autoimmune disorders
 - Cancer



Photo from Wikipedia

Frankincense Incense

- Frankincense was burned in ancient Hebrew temples
- Johns Hopkins University and the Hebrew University of Jerusalem have determined that frankincense smoke is a psychoactive drug that relieves depression and anxiety in mice
- The researchers found that the chemical compound incensole acetate is responsible for the effects



Photo from Wikipedia

Myrrh (*Commiphora molmol*)

- One of the gifts brought to the infant Jesus
- Gum or resin from a tree native to Africa
- Closely related to guggul (*C. mukul*)
- Used in many modern Christian rituals



Photo from Wikipedia

Myrrh Properties and Uses

<ul style="list-style-type: none"> • Properties <ul style="list-style-type: none"> - Stimulant - Antiseptic - Anti-inflammatory - Expectorant - Carminative - Digestive Tonic 	<ul style="list-style-type: none"> • Uses <ul style="list-style-type: none"> - Gargle for sore throats - Digestive tonic - Topically for skin infections
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Myrrh Essential Oil

- **Properties**
 - Anti-inflammatory
 - Antiseptic
 - Astringent
 - Bitter
- **Uses**
 - Poor digestion and appetite
 - Canker sores
 - Coughs
 - Infections
 - Ulcerations
 - Respiratory congestion and infection

Guggul (*Commiphora-wightii*)

- Helps lower cholesterol
- Lowers LDL and raises HDL
- Lowers triglycerides
- Decreases stickiness of blood platelets to reduce risk of clotting
- Helps thyroid absorb iodine
- Aids weight loss
- Myrrh likely has similar properties



Photo from Wikipedia

The Evergreens



Mistletoe (*Viscum album*)

- Entrusted to the Norse god of love, which is why kissing under the mistletoe is traditional
- According to Christmas custom, any two people who meet under a hanging of mistletoe are obliged to kiss
- According to custom, the mistletoe must not touch the ground between its cutting and its removal as the last of Christmas greens



Photo from Wikipedia

European vs. American Mistletoe

- *Viscum album* or European Mistletoe is commonly used in herbal medicine. It's actions are more mild and quite different than American Mistletoe, *Phoradendron flavescen*
- Both varieties are poisonous in high doses with children especially being prone to severe reactions



Photo from Wikipedia

Mistletoe

- Nervine, antispasmodic, vasodilator, sedative
- Lowers blood pressure and heart rate
- Relieves anxiety and panic attacks
- Promotes sleep
- Epilepsy
- Tinnitus (ringing in the ears)
- Contains anticancer compounds



Photo from Wikipedia

European Mistletoe and the Nerves

- Has been used for:
 - Convulsions
 - Delirium
 - Hysteria
 - Neuralgia
 - Nervous debility
 - Heart disease
 - Many other complaints arising from a weakened and disordered state of the nervous system



European Mistletoe for Epilepsy

- In a French work on domestic remedies, 1682, Mistletoe (gui de chêne) was considered of great curative power in epilepsy.
- Sir John Colbatch published in 1720 a pamphlet on The Treatment of Epilepsy by Mistletoe, regarding it as a specific for this disease.
- He was followed in this treatment by others who have testified to its efficacy as a tonic in nervous disorders, considering it the specific herb for St. Vitus's Dance (epilepsy).

Mistletoe and Cancer

- Use of mistletoe extract in the treatment of cancer originated with Rudolf Steiner, founder of Anthroposophy.
- Steiner compared the parasitic nature of mistletoe to cancer and believed cancer was due to faltering spiritual defenses
- Extracts of mistletoe have been shown to kill cancer cells and to boost the immune system
- Mistletoe extract is sold under trade names such as Iscador.
- American interest in mistletoe was spurred when Suzanne Somers' decided to use Iscador in lieu of chemotherapy following surgery and radiation therapy for breast cancer
- Mistletoe extracts are used in Europe for cancer of the cervix, ovaries, breast, stomach, colon and lung, and as a treatment for leukemia, sarcoma, and lymphoma

Using European Mistletoe

- Dose: 20-40 drops, 3 x day
- Specific Indications: Arterial hypertension, vasoconstrictive headaches, petit mal seizures, tinnitus
- Can be mixed in small amounts with other nervines to amplify potency of sedative formulas.
- Contraindications: Not for use with pharmaceutical hypotensives, during pregnancy or while lactating.

Using American Mistletoe

- Dose: 1 to 30 drops of tincture
- Specific Indications : Determination of blood to the brain, flushed face and oft-recurring headache; a sudden attack of tearing, rending neuralgic or rheumatic pains; weak, irregular heart-action, with cardiac hypertrophy, valvular insufficiency and shortness of breath. (Felters Materia medica).

Holly (*Ilex aquifolium*)

- Evergreen European shrubs
- Used by European people to decorate their homes at the time of the winter solstice
- Was considered to protect against spells and witchcraft



Holly (*Ilex aquifolium*)

- Holly has been traditionally connected to Christmas & festivals associated with it for centuries.
- Another part of its symbolic significance is related to the crucifixion of Christ who wore a crown of thorns that caused him to bleed from his head.
- The holly may merely be viewed by some as a great decorative piece in homes or for use in festivals its history is significant in the grand tradition of religions and pagan belief systems.



Photo from Wikipedia

Uses of Holly

- **Leaves**
 - Astringent
 - Expectorant
 - Diuretic
 - Diaphoretic
 - Used for persistent cough, asthma, bronchitis
- **Berries**
 - Purgative and emetic
 - Mildly toxic
 - Some species contain caffeine
- **Homeopathic (Ilex)**
 - Conjunctivitis and other eye diseases
 - Pain in the spleen
 - Diarrhea with mucus
 - Catarrh
 - Symptoms better in winter

Holly Flower Essence

- For feeling cut off from love
- Jealousy, envy, suspicion
- Opens heart to love and compassion for others
- Helps one express gratitude



Photo from FES Services

English Ivy (*Hedera helix*)

- Leaves and berries used as an expectorant
- Used for coughs or bronchitis
- Toxic botanical for professional use only



Photo from Wikipedia

Pine (*Pinus strobus* & other sp.)

- One of the trees used as Christmas trees and decorations, along with spruce and fir trees
- Pines have nettles in bundles



Photo from Wikipedia

Other Evergreens

Spruce (*Picea pungens*) Fir (*Abies concolor*)



Photos from Wikipedia

White Pine Bark

- Expectorant and decongestant
- Antiseptic and disinfectant
- Great remedy for coughs and congestion
- Works well with wild cherry bark



Pine Flower Essence

- Used for guilt, self-criticism and blame
- Inability to accept oneself
- Helps with acceptance of self and self-forgiveness
- Frees one from inappropriate guilt and blame
-



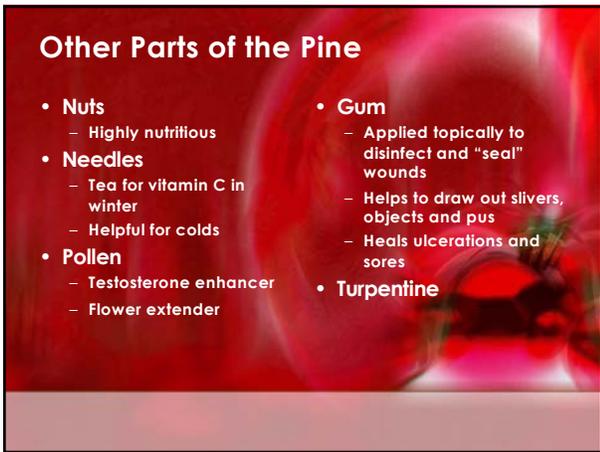
Pine Essential Oil

- Invigorating
- Disinfecting to lungs,
- Helpful for lung infections and asthma
- Fights the flu



Other Parts of the Pine

- **Nuts**
 - Highly nutritious
- **Needles**
 - Tea for vitamin C in winter
 - Helpful for colds
- **Pollen**
 - Testosterone enhancer
 - Flower extender
- **Gum**
 - Applied topically to disinfect and "seal" wounds
 - Helps to draw out slivers, objects and pus
 - Heals ulcerations and sores
- **Turpentine**



Christmas Spices



Vanilla

- Derived from the bean pods of orchids native to Mexico
- Aztecs started using it in 1500s



Vanilla as Medicine

- Vanilla is a great remedy for burns
- In old medicinal literature, vanilla is described as an aphrodisiac
- Vanilla increases levels of catecholamines (including adrenaline)
- It may be mildly addictive
- Vanilla may also have fever-reducing properties and digestive effects



Cinnamon (*Cinnamomum verum*)

- Common spice used in cookies, pies, pastries, hot apple cider, hot cocoa, etc.
- Has great medicinal uses as an herb and essential oil



Properties of Cinnamon

- Carminative
- Astringent
- Circulatory stimulant
- Antiseptic
- Carminative
- Lowers blood sugar



Cinnamon Uses

- German Commission E approves of cinnamon bark for mild gastrointestinal spasms, stimulating appetite and relieving indigestion.
- Cinnamon warms and stimulates the digestive system and is useful with reoccurring or chronic pain in the upper abdomen, gas, feelings of fullness before eating or before after a small amount of food, nausea, and digestive weakness associated with cold conditions.
- The tannins found in cinnamon have an astringent action helping to resolve diarrhea.

More Cinnamon Uses

- Cinnamon increases peripheral circulation, making it useful for Raynaud's disease, spider veins and peripheral artery disease.
- Unlike other circulatory stimulants, cinnamon's astringency helps in bleeding issues like nosebleeds, heavy menstrual flow and renal bleeding.
- Cinnamon also increases the pancreas' ability to utilize insulin, making it useful for hyperinsulinemia.

Still More Cinnamon Uses

- Cinnamon is an effective remedy for common cold because of it's warming and antiseptic actions
- Coarsely powdered and boiled in a glass of water with a pinch of pepper powder and honey, it can be a great remedy for flu and sore throat
- Cinnamon oil (1 drop), mixed with honey, gives relief from cold
- Cinnamon extracted in olive oil can be used to relieve earaches

Cacao (*Theobroma cacao*)

- Cacao was named *Theobroma* by Linnaeus, the word meaning "food of the gods"
- It was considered the food of the gods by the ancient Aztecs
- It was also viewed as a powerful medicine



Cacao History

- In Central America during the time of the Aztec the small seeds were utilized as coins for small transactions
- In 1529, Cortes wrote to King Carlos I of Spain that he had found a "drink that builds up resistance and fights fatigue."
- After Cortes returned to Europe with trunk loads of cacao beans chocolate swept Europe because of its reputed medicinal qualities.

Chocolate and Health

- A drink of chocolate was viewed as a cure-all, a restorative, and vital for treating everything from anemia to digestion problems.
- According to Dr. William Hughes, an English physician in 1672, "Chocolate nourishes and preserves health entire, yet causes a pleasant and natural sleep and rest. Drunk twice a day, a man may very well subsist therewith, not taking anything else at all."

Historical Uses of Cacao

- Manuscripts dating from the 16th to 20th century Europe reported more than 100 medicinal uses for chocolate.
- Three consistent uses can be identified
 - Treating emaciated patients to gain weight
 - Stimulating the nervous systems of exhausted or feeble patients
 - Improving digestion and elimination where cacao/chocolate countered the effects of stagnant or weak stomachs, stimulated kidneys and improved bowel function.

Additional complaints treated with cacao have included

- Anemia
- Poor appetite
- Mental fatigue
- Poor breast milk production
- Consumption/tuberculosis
- Fever
- Gout
- Kidney stones
- Low virility
- In addition to cacao beans, preparations of cacao bark, oil (cacao butter), leaves and flowers have been used to treat
 - Burns
 - Bowel dysfunction
 - Cuts
 - Skin irritations.

Americans and Cacao

- America's founding fathers were also captivated by chocolate. Thomas Jefferson is quoted as saying: "The superiority of chocolate, both for health and nourishment, will soon give it the preference over tea and coffee in America which it has in Spain."
- Milton Hershey, founder of Hershey Chocolate Company, knew full well the health value of the bars he made famous. "Hershey's: More Sustaining Than Meat." read one of his early advertisements for a milk chocolate bar.
- As sugar and milk were added to chocolate in later centuries, much of its medicinal value was forgotten.

Cacao is Antioxidant King

- The kinds of antioxidants found in chocolate are called polyphenols, a large class of molecules found in fruits and vegetables like oranges, soybeans and berries.
- Dark chocolate and cocoa are particularly high in a sub-class of those compounds called flavanols, which are also found in red grapes and tea, hence the well-known benefits of red wine and green tea.
- The reason dark chocolate and cocoa rank so high is that the antioxidants are very concentrated. More than 10 percent of the weight of the dry raw cacao beans consists of polyphenols alone.

Cacao Makes You Feel Great

- Eating chocolate stimulates the release of mood-affecting chemicals such as endorphins and serotonin.
- These feel good chemicals may also explain why women crave chocolate when they are suffering from PMS. Serotonin levels often drop in the days before menstruation begins, so eating chocolate can help boost those levels and improve one's mood



Cacao Lowers Your Blood Pressure

- Researchers compared the blood pressure-lowering effects of cocoa and tea in previously published studies and found eating cocoa-rich foods was associated with an average 4.7-point lower systolic blood pressure (the top number in a blood pressure reading) and 2.8-point lower diastolic blood pressure (the bottom number).
- Eating about 3 1/2 ounces of dark chocolate helped relax people's blood vessels in a recent study

Effect of dark chocolate on arterial function in healthy individuals. Vlachopoulos, C., Aznaouridis, K., Alexopoulos, N., Economou, E., Andreadou, I., Stefanadis, C., American Journal of Hypertension 2005 Jun;18(6):785-791.

Theobromine versus Caffeine

<p>Theobromine</p> <ul style="list-style-type: none"> • Gentle, mild effect with very slow onset • Long lasting (50% in bloodstream after 6 to 10 hours) • Increases feeling of well being • Mild antidepressant • Smooth, sensual stimulation • Mild effect on central nervous system • Not addictive • No withdrawal symptoms • Mild diuretic 	<p>Caffeine</p> <ul style="list-style-type: none"> • Intense, strong effect and fast acting • Rapid dissipation (50% in bloodstream after 2 to 5 hours) • Increases alertness • Increases emotional stress • Jagged, nervous stimulation • Strong effect on CNS • Physically addictive with many proven withdrawal symptoms • Extreme diuretic (requires large intake of fluids to balance the diuretic effect)
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Theobromine VS. Caffeine

- Serious health problems associated with caffeine, most of which have not been associated with theobromine:
 - Large quantities of caffeine have shown decreased sperm counts in rats
 - Well controlled studies have suggested that 2% of miscarriages could be due to caffeine in coffee.
 - Dehydration headaches: Most headaches (estimates range from 50% to 90%) are caused by dehydration, and one of the primary causes of dehydration in the USA is the large quantity of caffeine that most people consume.

Cacao is Nutritious



- 3oz of 80% Cacao Contains
- Calcium 73.7mg, 7% RDA
- Iron 12.0mg, 67% RDA
- Magnesium 230mg, 58% RDA
- Phosphorus 311mg, 31% RDA
- Potassium 722mg, 21% RDA
- Sodium 20.2mg, 1% RDA
- Zinc 3.3mg, 22% RDA
- Copper 1.8mg, 89% RDA
- Manganese 2.0mg, 98% RDA
- Selenium 6.9mcg, 10% RDA
- Plus small amounts of Vitamin A, B1, B2

Using Chocolate for Health

- The chocolate should have only minimal amounts of added sugar, and it should have as much cocoa in it as possible.
- Many of the dark chocolates that are on the market today specify the content of cocoa on the label. You should aim for at least 70 percent cocoa content.
- In addition, keep in mind that even this special kind of dark chocolate should be eaten in moderation, about two to three ounces a day
- You can also try cocoa nibs -- roasted, unprocessed, whole cocoa beans. They are crunchy, delicious, and full of polyphenols and OEA, a special fat that helps you burn fat.

Cacao Recipes

- For a quick chocolate fix, mix 1 teaspoon cocoa (or to taste) with yogurt and sliced fruit.
- Stir up a smoothie by blending cocoa with fruit and milk, almond milk, or frozen yogurt.
- Brew up a chocolate coffee substitute, using coarsely ground, roasted cocoa beans. Using approximately the same amount of ground cocoa as you would coffee, brew in a drip coffee maker for a bitter beverage much like modern coffee.

Try This Modern Twist on a Classic Drink

1/4 cup unsweetened cocoa
 1/4 cup granulated sugar
 1/2 teaspoon ground cinnamon
 dash salt
 1/2 quart milk (2 cups)
 1 cup half-and-half
 1/4 teaspoon pure vanilla extract
 1 pinch of cayenne pepper

Preparation:
 In a small bowl, combine cocoa, sugar, cinnamon, and salt. Heat 1 cup of half and half in a saucepan until bubbling. Stir in cocoa mixture and whisk until smooth. Bring to a boil over low heat, stirring constantly. Stir in remaining milk and return to boiling. Before stirring, whisk until frothy; stir in cream and vanilla then heat through.
 Serves 2 to 4.





Advanced Herbal Training

- Free Preview Webinar January 4, 2011
- Register at www.treelite.com
- or www.ModernHerbalEducation.com
- Each module will consist of five 2-hour webinars
 - Module 1 – Immune Herbs (Jan-Feb)
 - Module 2 – Cardiovascular Herbs (Mar-Apr)
