

# Celandine, Yerba Santa and Plantain

For Hemorrhoids, Infections, Warts, Uterine Fibroids and Cataracts

Also, info on their uses for energetic and Spiritual Healing

The information included in this document is not intended nor implied to be a substitute for professional medical advice. The reader should always consult his or her healthcare provider to determine the appropriateness of the information for their own situation or if they have any questions regarding a medical condition or treatment plan.

If you don't have the knowledge or access to the plants, I recommend Tinctures from "Herb Pharm". It should be available at a local health store. If not, all three are available at <http://www.herb-pharm.com>

**Poultice:** a poultice can be made by mixing some of the tincture with a binding agent.

**Infusion:** Water with 30 to 40 drops of tincture can be used instead of a tea infusion.

**Fresh Juice:** Use a diluted tincture or make your own juice from the plant.

The information below is from several books and web sites.

## Physical

### *Celandine*

#### **Hemorrhoids:**

(infusion or water with Herb Pharm tincture):

Two or three cups total per day. A little at a time throughout the day.

Scientific studies have shown Celandine to be effective in stimulating the appetite and in treating liver and gallbladder problems, though it has also been used for other ailments such as stomach spasms, cramps, intestinal polyps, gout, and water retention. This herb is sometimes used in treating chest pain (angina), asthma, and hardening of the arteries. Though there is no scientific evidence to support its effectiveness, the root of this plant has been chewed for relief from a toothache and the powder from the root applied to the gum to ease tooth extraction. Celandine is used topically for treating skin rashes, scabies, and warts. This plant is said to inhibit the growth of cancers, combat infections, boost the immune system, reduce blood pressure, and ease muscle tension

#### **Regenerates hepatic cells:**

(Syrup or water with Herb Pharm tincture mixed with 200g of honey, until the honey dissolves completely)

Ten times a day, a spoonful every hour. A wooden spoon is to be used. The treatment should only be repeated after a pause of six months.

#### **Icterus, biliary dyskinesias, biliary calculosis, bladder atony, spleen and intestinal diseases:**

Tincture as it comes from Herb Pharm.

#### **Warts, callosities, skin irritations, keratitis or skin cancer, uterine fibroids:**

Poultice will be applied on the affected area.

In cases of uterine fibroids, the tincture poultice will be applied on the lower abdominal area.

#### **Warts:**

Tincture several times per day.

#### **Cataracts, cornea spots, or retinal bleedings, weak sight, overstressed eyes:**

Use a diluted tincture. The liquid is spread out on the eye lid with the eye closed. It is best to keep the eye closed for several minutes to allow the celandine to work.

Warning: When using internally, overdoses are not recommended since they can trigger toxic reactions.

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## *Yerba Santa*

**Used to treat coughs and congestion. Aids in loosening and expelling phlegm. Dilates bronchial tubes. Used to ease asthma, allergy attacks and chronic respiratory ailments. Also use as an expectorant.** Coats the mucous membranes and holds the aqueous component in contact with the cells reestablishing mucopolysaccharides.

Tincture or infusion

## *Plantain*

**Scratches, cuts, wounds, rashes, infections, catarrh, bronchitis, soothe irritation in the mucous membranes, poison ivy, draw out thorns and splinters, dry or cracked skin.**

**Toothaches and abscesses.**

It will help draw out any infection and will reduce inflammation in the gums.

**Spider bites.**

Covered and then changed every 15 minutes in the beginning. This works best if the bite is found and treated right away

Poultice

NOTE: The root (not in Herb Pharm's tincture) has been used in folk medicine as an anti-venom for rattlesnake bites..

For the Native Americans and settlers plantain had more medicinal functions than can ever be listed. In some Native American languages its name meant "Life Medicine" and it was used for almost everything. Its use in snakebite treatment was so well known to the pioneers and settlers that plantain was commonly known as "snakeweed". These days we know that plantain is full of a chemical called Aucubin, which is a powerful anti- toxin.

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## **Energetic/Spirit**

### *Celandine Leaf*

From "*The Space of Love*" by Vladimir Megre, book 3 in the Anastasia series. Explanations and answers are given by Anastasia.

"Every Man, Vladimir, is so constructed that he has access to the whole Universe - both visible and invisible. Every Man may communicate with anything or anyone he wishes. It works pretty much the same as through your radio receiver. There are so many stations broadcasting all kinds of information, out of which the owner of the receiver must select what he is going to listen to.

"Man is both the receiver and its owner. And which source finds a reception in his thought depends on his conscious awareness, his feelings and purity. As a rule, a Man receives directly information he is able to make sense of, understand and use. And all this must take place calmly and quietly, without intrusive attention drawn to greatness.

"When voices draw attention to their own greatness, they try to appeal to one's sense of self-importance: 'Look here, I'm so great, yet I have chosen only you out of everyone - you shall be my pupil, and you too shall be greater than everyone else.' As a rule, this is what you would hear from inferior, soulless creatures. They are not granted a bodily existence, so they attempt to oppress the human soul and occupy another's body. They act on Man's mind, his sense of self-importance and his fear of the unknown."

"'But how do we save ourselves from such creatures?', many readers are asking."

"It's really very simple - they themselves are cowards, rather primitive cowards at that. You need to give them an ultimatum: 'Get out of here, and if you do not, I shall bum you with my thought!' They know very well that Man's thought is many times stronger than they are."

"Another thing you can do is chew a celandine leaf, but first you should put the leaf in the palm of your hand and say to it mentally: 'Save me, little leaf, from all impurities!'"

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### *Yerba Santa*

From and unknown web site.

Soul imbalance, acknowledge and release stored emotional experience. The process of awakening, and claiming deep soul experience leads to the indwelling Temple of the Spiritual Self. It is often in those places where the soul retains the most profound pain or trauma, that the strongest teachings of the Spiritual Self can also be realized. Speaks to a process of descent into the deepest parts of the soul temple.

The inner spaces defined by the body lining are "sanctuaries," from which impurities must be kept. Perhaps it was an intuitive recognition of this which gave the plant its name: Yerba Santa ... the internal body linings correspond with "psychic body linings." Sanctity of psychic space is the internal property which Yerba Santa guards.

Helps with grief, melancholy, depression or despair and addiction to tobacco: