

MEDICAL MEDIUM® ANTHONY WILLIAM

# TOP 10 HEALING HERBS



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# 1. Nettle Leaves

Nettle leaves are a powerful herbal medicine that grow abundantly in the wild. They are rich in chlorophyll and minerals such as iron, chromium, zinc, copper, magnesium, silicon, cobalt, and calcium. Nettles are also high in vitamins A, E, D, C, & K. Nettle leaves contain a potent anti-inflammatory agent which help to curb the action of cytokines, one of the key components to inflammation in the body. Nettle leaves are also very helpful in preventing chronic headaches, sore throats, sinus infections, and fatigue and are beneficial for diabetics as it is known to lower blood sugar levels. They are known to help relief bronchial ailments such as chronic coughing, chest congestion, COPD, and TB. Nettles are also powerful enough to help to eliminate viral and bacterial infections and aid in removing excess fluids in the body by acting as a natural diuretic. Nettle leaves can provide relief for digestive issues such as nausea, flatulence, acid reflux, and colitis. Nettle leaves support the endocrine system including the spleen, thyroid, and pancreas. They are also beneficial in boosting liver and heart health and help to prevent urinary tract infections as well as bladder and kidney stones. Nettles can also help stop frequent nighttime urination, which may be beneficial for those who need to sleep soundly without interruption. Fresh wild nettle can be found growing as weeds in garden beds, in empty lots, and meadows & fields and can be juiced, steeped as a tea, or steamed like spinach. Dried nettles leaves can be found online or at your local health food store in capsules, tincture, tea, cream, & salve form.





## 2. Calendula

Calendula is a medicinal flower that has several health benefits. Taken internally as a tea, tincture, or extract, calendula is highly beneficial and soothing for ulcers, indigestion, colitis, heartburn, gall-bladder problems, liver problems, menstrual cramps, and chronic inflammation. Calendula's antiviral properties also makes it a great support for the immune system and lymphatic system. Calendula extracts even have anti-cancer properties and have been known to benefit leukemia, breast, prostate, cervix, lung, pancreas, and colon cancer. Topically, calendula can be applied as a cream, salve, lotion, or oil and works wonders for skin problems such as eczema, psoriasis, boils, shingles, athlete's foot, sunburn, chickenpox, measles, bee stings, diaper rash, yeast infections, warts, and acne. It is also a good eye wash for conjunctivitis and dry itchy eyes. A few drops of calendula oil can be applied directly into the ear to help ease the pain of an earache. The carotenoids contained in calendula reduce the signs of aging by decreasing the appearance of wrinkles and provide moisture and tone to the skin. On a cellular level, calendula also has the ability to help heal the after-effects of radioactive exposure, such as chemotherapy. As an anti-microbial, calendula is effective against ringworm and scabies. Calendula cream is also good to use for broken bones, sprains, bruises, and varicose veins as it will help to decrease swelling in bodily tissues. Calendula tea & creams can be found online or at your local health food store, but these brightly colored flowers can also be easily grown at home too. Use the fresh petals as a beautiful addition to your salad or dry the flowers and use as a delicious tea that you can enjoy anytime.



### 3. Olive Leaf

Olive Leaf is a powerful and effective medicinal that contains tremendous healing properties for the immune, cardiovascular, circulatory, respiratory, digestive, and lymphatic system. It is particularly beneficial in fighting viruses and bacteria in the body such as Shingles, Herpes, E. coli, Salmonella, Staphylococcus, and Klebsiella pneumonia and can help to wipe out colds & flu viruses faster than most medications. Olive Leaf also has the ability to significantly lower blood pressure and maintain it at a healthy level. It contains a compound called Oleuropein which helps to prevent the constriction of arteries, increase blood flow, and improve functioning of the heart. It also helps to lower LDL (bad) cholesterol and prevent the risk of strokes and heart disease. Olive leaf has been known to benefit those suffering with diabetes, high cholesterol, bronchitis, gastritis, and auto-immune disorders such as chronic fatigue syndrome, fibromyalgia, Addison disease, Guillain-Barre syndrome, arthritis, colitis, lupus, celiac disease, eczema, scleroderma, psoriasis, cardiomyopathy, Graves disease, and HIV. Olive leaf contains powerful anti-inflammatory properties which helps to improve circulation, reduce swelling, and increase energy and flexibility in the body. It is also a great digestive aid and helps to remove excess acidity from the body. Olive Leaf extract can be found online or at your local health food store in liquid, tincture, cream, and phyto-cap form. Dried olive leaf can be found in tea and capsule form. Consider adding olive leaf to your medicine cabinet for a potent natural remedy and an incredible immune booster.



## 4. Horsetail

Horsetail, also known as shavegrass, is a wonderful medicinal herb that grows wild throughout much of the world. It is packed with vitamin C & B-complex as well as minerals such as silica, calcium, magnesium, iron, and manganese. Horsetail contains powerful antimicrobial, anti-inflammatory, antibacterial, and astringent properties that are known to benefit multiple health concerns. It is excellent for strengthening brittle bones, teeth, hair, and nails and it can improve bone density, enhance bone flexibility, and heal fractured bones, pulled hamstrings, and dislocated joints. It has also been shown to aid those with type 2 diabetes by significantly lowering their blood glucose levels within 1.5-2 hours. Horsetail contains natural diuretic properties that can reduce edema, bloat, swelling, water retention, and kidney stones. It is a great source of silica which has been shown to strengthen the connective tissues of the brain, nerve cells, and spinal cord thereby improving memory and helping to prevent memory loss. Horsetail has also been shown to be effective against incontinence, bladder weakness, and urinary tract infections. It is also well known for its anti-aging, anti-wrinkle properties due to its ability to help form collagen and repair damaged skin to produce a more youthful glow. Horsetail is commonly used as a mouthwash as a natural remedy for tonsillitis, gingivitis, canker sores, and bleeding gums. It also works incredibly well to help heal foot infections such as athlete's foot and to help treat frostbite, boils, carbuncles, cracked and blistered feet. Horsetail can be found in tincture, capsule, tea, extract, and cream form online or at your local health food store.





## 5. Oregano

Oregano is an ancient medicinal and culinary herb that contains some of the highest antioxidant properties in the plant kingdom. It is an excellent source of vitamin A, vitamin C, vitamin K, B-complex, potassium, calcium, iron, and magnesium. Oregano has powerful antiseptic, antibacterial, antiviral, and antifungal properties that have been shown to be highly beneficial in the treatment of colds, flu, viral infections, respiratory ailments, indigestion, stomach problems, and painful menstruation. Oregano is known to remove poisons from the body and detox the entire lymphatic system. It can also help to strengthen the digestive tract and expel trapped gas from the intestines easing the effects of bloating and abdominal discomfort. Oregano is also known to help balance the metabolism and strengthen the core organs of the body. Essential oil of Oregano is one of the most potent antimicrobial oils available and does an incredible job at disinfecting your home and office air. Place a few drops of essential oil in a aromatherapy diffuser to help protect yourself from contagious cold and viral infections. Oregano's phenomenal anti-viral abilities have been shown in laboratory to produce a 99% kill rate against *Streptococcus pneumoniae* which is behind many kinds of lung and throat infections. Oil of oregano is also an excellent toothache remedy. Oregano added to your bath water is highly beneficial to the skin and can help to treat rheumatic pains as well as skin infections. Fresh oregano is an easy herb to grow indoors during the winter. Try adding fresh chopped oregano to your salads, soups, and pasta sauce. It can also be made into an herbal tea to be sipped on throughout the day. Oregano oil can also be found as a tincture, extract, or capsule form online or at your local health food store.



## 6. Thyme

Thyme has a powerful ability to kill off bacteria and viruses and should be taken at first signs of a cold or illness. It is a rich source of several essential vitamins such as vitamins A, E, C, K, B-complex and folic acid and it is also one of the best sources of calcium, iron, manganese, selenium, and potassium. Thyme contains antiseptic, antiviral, antibacterial, carminative, diaphoretic, and expectorant properties which supports healing throughout the entire body. Thyme is vital to help stimulate memory, prevent nightmares and melancholy, ease headache and muscle tension, soothe coughs, relieve fevers, and fight colds and infections. It also contains a compound called carvacrol which is an excellent natural tranquilizer and has a tonic effect on the entire nervous system. Thyme is a good source of pyridoxine which is known to play an important role in manufacturing GABA levels in the brain, aid in regulating sleep patterns, and benefit neurotransmitter function in the brain. GABA is also one of the best natural defenses against stress damage. Thyme is a great purifying herb for the digestive tract and has been found to destroy certain intestinal hookworms and roundworms and aid in the digestion of rich or fatty foods. Thyme has some of the highest antioxidant levels among herbs. It is packed with bioflavonoids such as lutein, zeaxanthin, and naringenin which have all been shown to have powerful effects on eliminating free-radicals and other disease producing substances from the body. Thyme oil has been used as a local antiseptic and antimicrobial since ancient times and is highly beneficial in supporting the immune system and for easing fatigue and weakness after illness. Thyme oil can also help to stop hair loss by improving blood flow to the scalp and feeding the roots of the hair. Consider using more fresh thyme in your food by adding it to soups, salads, guacamole, vegetables, potatoes, rice, etc... Fresh thyme also makes a powerful and very healing tea. Steep a handful of fresh sprigs in hot water for at least 10 minutes or it can be soaked overnight in a pitcher of water and sipped throughout the day. Add honey or lemon, if desired.





## 7. Mullein flowers

Mullein flowers and leaves contain powerful anti-bacterial and expectorant properties that have the ability to substantially remove phlegm from the lungs and mucous from the body. This makes it a highly effective remedy for individuals who are suffering from bronchitis, lung congestion, colds, flu, asthma, emphysema, whopping cough, or any other respiratory ailment. Historically, mullein was used as a treatment for tuberculosis as far back as the 16th century and some believed that if mullein was taken in the early stages of the disease that it could bring about a full recovery. Mullein's strong anti-viral abilities also make it a potent remedy for the flu virus, the shingles virus, the herpes virus, the Epstein Barr virus, and Staph infections. Mullein contains a compound called verbascoside which is an anti-inflammatory and particularly useful in helping to ease the pain associated with joint or muscle pain. Mullein is excellent for aiding a number of digestive problems including diarrhea, constipation, indigestion, hemorrhoids, and intestinal worms. Mullein also contains anti-spasmodic properties which makes its helpful for reducing both menstrual and stomach cramps. It is also known to be highly beneficial in providing migraine relief. Mullein has natural sedative properties and has been used to help treat both insomnia and anxiety. Mullein oil (mullein extract in an olive oil base) is a highly effective remedy for ear infections and ear aches and can be safely used with children and adults alike. Mullein oil is also very helpful for skin conditions such as rashes, burns, wounds, blisters, eczema, and psoriasis. Mullein tea, extract, tincture, capsules, oil, and cream can all be found online or at your local health food store.





## 8. Cilantro

Cilantro is a phenomenal herb that is packed with vitamins A, K, & C, minerals such as iron, calcium, and magnesium, and has more antioxidants than most fruits or vegetables. Cilantro is a remarkable heavy-metal detoxifier and is able to remove mercury and aluminum from where it is stored in the adipose (fat) tissues. Cilantro is also able to mobilize mercury rapidly from the brain and central nervous system by separating it from the fat tissue and moving into the blood & lymph where when combined with a blue green algae such as spirulina it can be removed safely and effectively from the body. Cilantro & blue green algae used together is a winning combination and a natural miracle that has given tremendous relief to those suffering from mercury poisoning & toxicity. Cilantro also contains an anti-bacterial compound called dodecenal which has the ability to kill salmonella bacteria and prevent salmonella poisoning. Cilantro is highly beneficial for Alzheimer's disease, Parkinson's disease, Arthritis, Diabetes, Viral and Bacterial Infections, Hepatitis, Colitis, Obsessive-Compulsive Disorders, Autism, Tourette Syndrome, Infertility, and Bell's Palsy. Cilantro is also very helpful with autoimmune disorders such as Fibromyalgia, Addison's Disease, Guillain-Barre syndrome, IBS, Multiple Sclerosis, and Chronic Fatigue Syndrome. Cilantro is known to support the stomach, spleen, adrenals, thyroid, pancreas, bladder, and lungs. It is also highly beneficial in reducing LDL (bad) cholesterol and raising HDL (good) cholesterol. Cilantro is often juiced with celery and apples for a medicinal and healing drink. Juicing cilantro is one of the most effective ways to get at least one bunch or more of cilantro in you a day. Cilantro can also be added to smoothies, salsas, salads, guacamole, soups, pesto, tomatoes, beans, and veggie dishes. If the green flavor of cilantro does not appeal to you, yet you still want to receive its health benefits, consider using cilantro tincture or extract which can be found online or at your local health food store.



## 9. Oatstraw

Oatstraw is a wonderful healing herb that is rich in vitamins A, C, E, K, & B-complex and minerals such as iron, calcium, magnesium, silica, and zinc. It is a sweet, mild herb that has tremendous benefits for the nervous system and is an effective remedy for anxiety, depression, stress, nervous tension, and insomnia. Oatstraw is known to be particularly beneficial for the endocrine system and for supporting and balancing the adrenal glands. It has also been shown to aid cognitive abilities and sharpen memory, focus, and concentration skills as well as help reduce brain fog. Oatstraw is highly beneficial for strengthening bones, healing breaks & fractures, and preventing osteoporosis. It has also been shown to strengthen teeth, blood vessels, and nerve sheaths making it an important herb for the skeletal, circulatory, and neurological systems. Oatstraw is also great for easing the effects of a menstrual cycle and for relieving cramps and bloating. It contains diuretic properties which is helpful for reducing inflammation, kidney stones, urinary tract infections, water retention, edema, and lymphatic swelling. Oatstraw can also be used topically by adding to bath water or as an ingredient to a cream or salve to help soothe skin ailments such as eczema, acne, bee stings, poison ivy, sun burn, and dry itchy skin. It is also helpful for strengthening hair and nails and is often found in beauty products for this effect. Oat straw can be found online or at your local health food store in tea, capsule, tincture, extract, cream, and salve form.

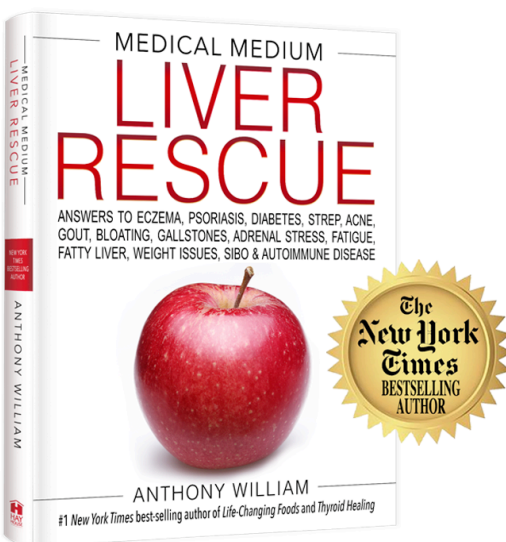
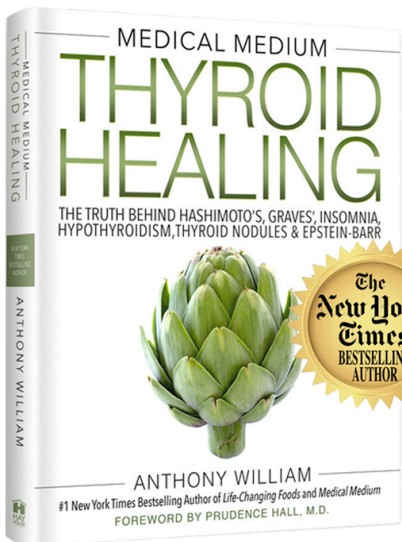
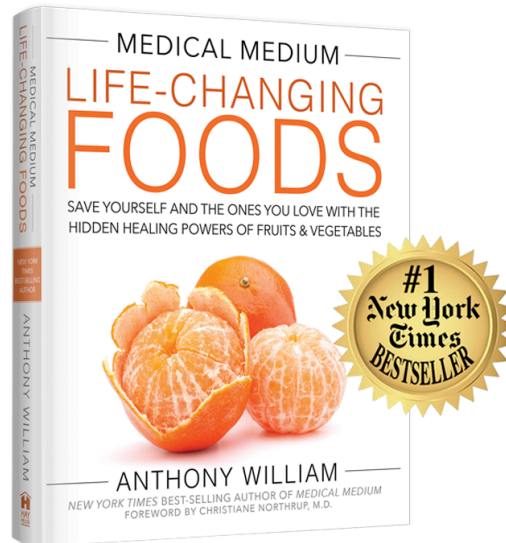
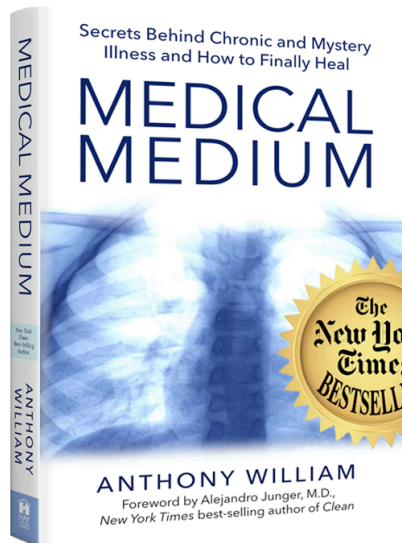




## 10. Meadowsweet

Meadowsweet is a wild herb and flower that is rich in vitamin C, antioxidants, and bioflavonoids and works as a natural digestive aid and pain reliever. It has been found to decrease the amount of acid build up in the stomach by soothing the mucous membranes and digestive tract which makes it an excellent remedy for digestive issues such as nausea, ulcers, heartburn, gastritis, indigestion, ibs, and diarrhea. Meadowsweet contains salicylic acid, which is commonly used as the active ingredient in aspirin and can provide similar pain relief from headaches, fevers, and various aches and pains. Meadowsweet also contains potent anti-inflammatory properties and can help reduce swelling associated with arthritis, rheumatism, fibromyalgia, bursitis, sinusitis, allergies, migraines, and chronic illnesses. Meadowsweet is a gentle, yet effective herb for urinary tract, bladder, and kidney infections and can safely be used on children and adults alike. Meadowsweet also contains sedative properties that help to relax the nervous system and reduce muscle tension throughout the body. Topically, meadowsweet can be used as compress for neuralgia, painful arthritis, rheumatic joints, hemorrhoids, cellulite, acne, and edema. It is also an excellent eyewash for conjunctivitis and other eye related problems. If you find the herb growing locally in the wild the flowers can be added to fruit salads, ice tea, jams, and sorbets for a subtly sweet almond flavor. Meadowsweet can also be found online or at your local health food store in tea, tincture, extract, capsule, and cream form.

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