

THE  
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PHYSICIAN

OR A

PHYSICAL DISCOURSE OF  
THE MEDICAL HERBS  
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# Aquilegia Formosa

Commonly known as Western or Scarlet Columbine.

The plant stems grow to an average of sixty centimeters. The flower grows to about five centimeters. The middle is yellow surrounded by large, pointed petals of red color. Flowers between the months of April and August.

Good for healing various diseases of the heart. The four open chambers of the ~~plant~~ are able to heal the four chambers of the heart. Opens up congested blood within the heart by expanding the chambers and allowing freer blood flow. Plant flows through and unclogs arteries and capillaries throughout the body both the blood humor and pneuma to start easily flowing through body again. Blood clots are immediately broken down and swept away by the re-established flow.

Seep the red petals and the yellow chambers in wine and drink before bed every night until heartache resides. Avoid the yellow seeds as they are incredibly poisonous.

Flower cannot be stored for later use, must be used fresh



# Abronia Latifolia

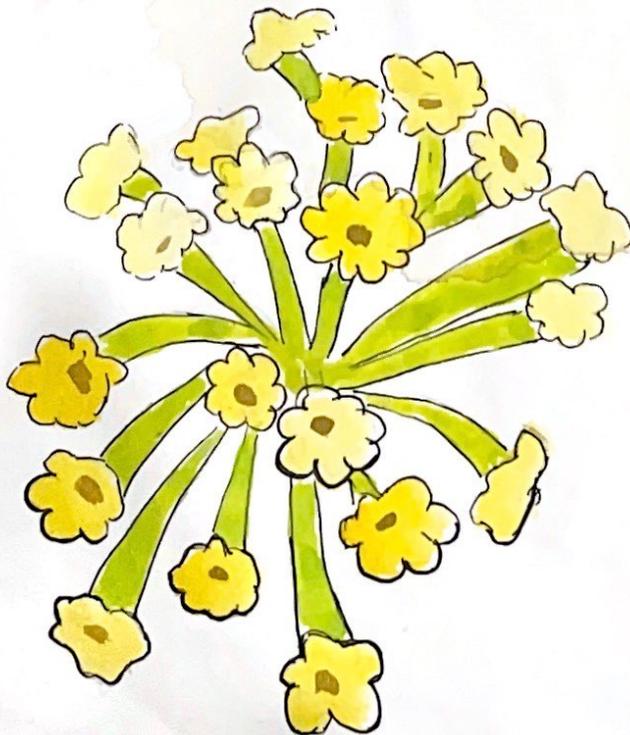
Commonly known as Yellow Sand Verbena

Flowers produced are bright and golden. Flowers do not have petals. They are composed of yellow bracts that form a trumpet-shaped calyx. Flowers between the months of May and October.

Heals diseases of the throat, specifically congestion of the throat when no speech is able to be produced. When ingested, the tube-like shape of the bottom of the flower helps open the throat. Creates opening throughout the throat through which speech is able to escape once again.

To use, cut the tops and bottoms of stem to create one hollow tube. Brew the hollow tubes in boiled water. Swallow water and tubes once every morning. Patient should regain ability of speech in five to seven days.

Although plant flowers only for a short time, flowers can be dried and stored for use throughout the months in which they cannot be found in the wild.



# Phoradendron Macrophyllum

Commonly known as Big Leaf Mistletoe.

A shrub producing many erect green branches that grow to be a meter long. The stems are lined with pairs of oppositely arranged leaves. The leaves are oval shaped and with a pointed tip and wide bottom. Each leaf is three to four centimeters long and very thickly fleshed. In between leaves grow textured stems with small, white berries growing at end.

Good for restoring the liver after alcohol poisoning. After a night of heavy drinking, ingest the plant to help the liver detox and get rid of the poison within the liver. Will also relieve pain of head that is involved with the removal of toxins from the body.

To create the remedy, burn the leaves. Collect the ashes and mix with vinegar. Drink before bed when having consumed alcohol.

The ashes of the plant will flow through the blood, into the liver, collecting the alcohol and expelling it back out.



# Heteromeles Arbutifolia

Commonly known as Toyon.

Grow up to five meter bushes with rounded tops. Leaves are evergreen, sharp, and small. The white flowers have five petals. Fruit produced from flower is a small, bright, red, round berry which is produced in vast quantities. Plant starts to flower in early summer and the red berries are produced in early fall and survive well throughout the winter.

Cures uveitis, inflammation and redness of eye. The red within the berry is able to balance the humors within the body, specifically the blood. Elements of the berry collect the excess blood humor in the eye and expels from the body through purging-if fluid leaving body is red, the toyon has worked and the eye will be healed.

Berries must first be dried for two weeks and then cooked into any common grain. By mashing the berry in, the grain must become a red color for the remedy to successively cure the disease. Incorporate grain into all meals for three days.

Cooking must be done thoroughly as raw berries are poisonous and will cause immediate death.

Birds feast on this berry excessively so must be determined to fight off the animals to harvest.



# Foxtail

Cluster of grass that has bushy spikes at the tip. The spikelets contain seeds. These seeds are easily distributed around as the foxtail's only purpose is to disperse seeds as a unit. Mainly adapted to animal dispersal as wild animals will disrupt the grass causing the seeds to break away from the grass and either are carried by the animal or the wind to a new location. Foxtail multiply easily and spread throughout fields and ecosystems.

Good for helping women in becoming pregnant. If woman is constantly trying and is unsuccessful in producing offspring, the foxtail seeds will help her multiply.

Take out the seed from twenty individual spikes and boil them.

With half of the liquid, make a balm. With the other half, create a tea. Every night before bed, lather the balm onto the entire stomach at the same time as drinking the tea. Together, the seeds will be able to heal and strengthen the female reproductive organs and female will produce offspring in three weeks.



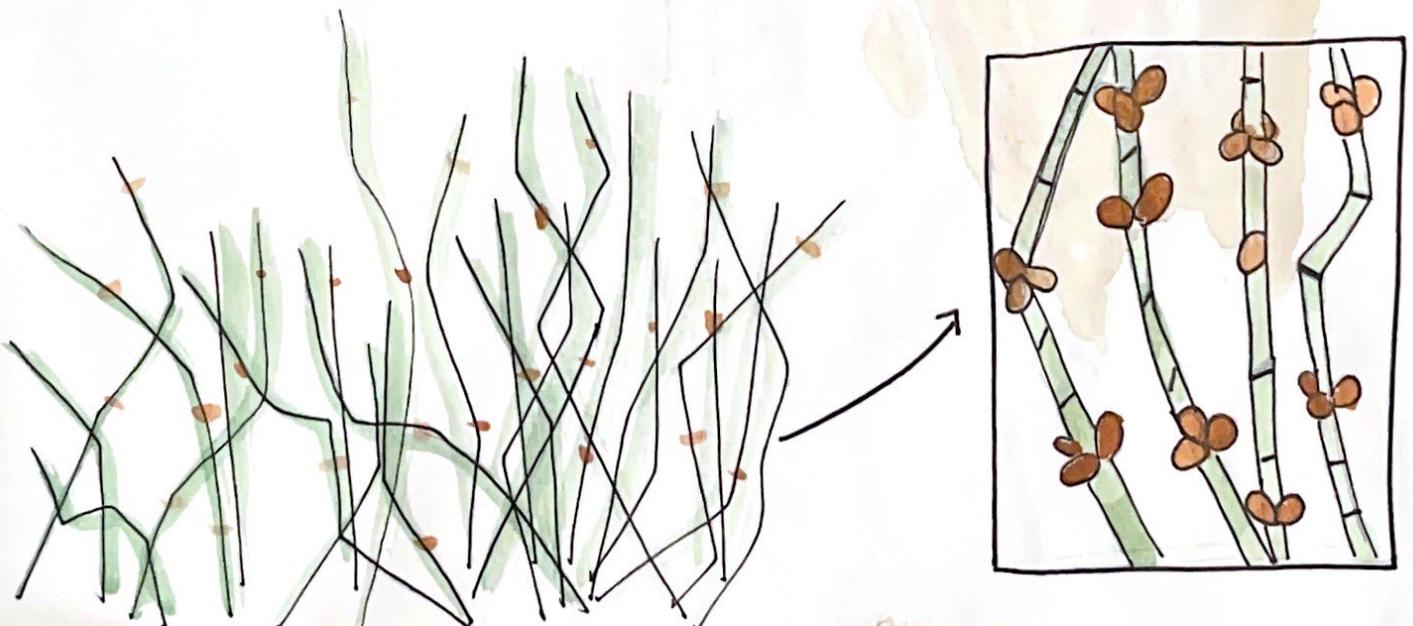
# Ephedra Californica

Commonly known as California Ephedra.

Shrubs made up of many twigs that grow up to three feet. The twigs have fine, longitudinal grooves along the entire surface. Twigs are greenish-yellow when young, then become yellowish-grey, and then brown.

Very important to harvest when yellow color is most prominent, about a year into life, and use right when needed before turns brown.

Use to extract excess phlegm in body and balance the humor. Boil the twigs with liquor, let cool completely, and then serve to the sick three times a day. Is a very strong purgative and will have severe effects of continuous expelling of various substances from the body. These effects will only last until plant is being used for healing. Once the humors are back in balance and the phlegm has been expelled from the body, the plant will no longer be needed to be ingested, and the side effects will stop immediately.



# Anaphalis Margaritacea

Commonly known as Pearly Everlasting.

Grows up to four feet. The underside of the leaves are covered in tiny hairs, giving them a woolly feel and look. The stems are very dry and easily breakable. The yellow flower grows inside a cluster of white petals. Yellow flowers emerge from the white capsule starting in the month of June and show until September.

Must pick the flower before the yellow inside emerges. When the flower is still encapsulated within the white petals, it is good for healing headaches. The plant is able to relax the brain and release the tensions held within as the rounded pattern of the white petals resemble the brain and the many convolutions.

Dry the white buds and then grind them up into a powder.

When headache arises, incorporate a large amount of the powder into a meal. A plentiful amount of food is needed with the powder to heal the aching in the head.

Can also relieve tension in muscles throughout the body and help with relaxation.

When picking, beware of caterpillars and butterflies that live on the flower.



# Muhlenbergia Rigens

Commonly known as Deergrass

Grows in the warmer seasons. Grow together in clumps of bushes. These bushes have dense foliage with narrow pointed leaves that can grow up to four feet. Range in color from light silver-green to a darker purple. Very strong and durable plant. Can grow in any type of soil and is resistant to drought.

The long growing leaves will assist bed ridden people out of bed. The grass goes straight like the spine and will support the strength needed so patient can walk again. Make sure to harvest full-length leaf; cure will not work if leaf is ripped in the middle. Roll up the leaf into a small sphere and immediately swallow without chewing or breaking up the leaf in any way. The leaf will then uncurl along the spine and give the spine the support and strength it needs to hold the body upwards.



# Carpenteria Californica

Commonly known as California Bush Anemone. Evergreen shrub but flowers only between the months of May and July. The shrub grows to twelve feet wide with an eight inch trunk. Flowers have five white petals with a green middle that produces yellow seeds creating a perfectly round center. The flower has a strong fragrance.

Flower is good for use as a purgative, especially for restoring the yellow bile humor. The flowers open up to a yellow center and will assist the stomach to open up and expel the yellow bile built up and will restore body from a hot and dry condition. Purging will occur for exactly one week after ingestion and afterwards the patient will be healed.

When collected, wrap the yellow seeds within the white petals and secure capsule with twine. Place into hot syrup and stir. Patient must consume a full bowl once, and then the purgative will immediately start working.

Because the flower grows for a short period of time and deer like to consume the flower, it is difficult to find in nature. If flower cannot be found, leaves of the plant can be used as well in the syrup, although the effects will not be as strong and might not be as effective.

