Christian Academy of Natural Health

HERBAL MEDICINE MAKING

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1: Introduction

"He causeth the grass to grow for the cattle, and herb for the service of man: that he may bring forth bread out of the earth; And wine that maketh glad the heart of man, and oil to make his face to shine, and bread which strengtheneth man's heart." (Psa 104:14-15)

The herb was created by God for the service of man. In God's mercy, He created certain herbs to be used as food (bread) and medicine ("glad the heart", "face to shine", and to "strengtheneth man's heart").

The substances used in the art of herbal medicine are obtained from every part of the known world and are selected from all departments of the plant kingdom. The collection and preparation of herbal medicine constitutes a very great and honorable task.

By far the greater number of substances used in medicine are of plant origin. Nearly every plant that grows has at one time or another played its part in the history of medicine, and newly discovered ones, with "wonderful virtues", are still being brought to light through clinical studies and on-going research. Part of your responsibility as a Christian Medical Herbalist is to know and understand the foundational art and science of herbal medicine making. This course will introduce you to the gathering and preparation of herbal medicines as it pertains to the art and clinical practice of Christian Medical Herbology.

Before learning how to make herbal medicines, it is important for the Christian Herbalist to have full confidence in the Biblical model of healing and that his or her herbal medicines truly do and will work. Before the sick can be truly healed - the healer and the patient must first have faith in God and in His whole health care plan of redemption and recovery.

God's Natural Health Care Plan Priorities

PRIORITY #1: Spiritual Health (spirit) = salvation.

PRIORITY #2: Emotional Health (mind) = sanctification.

PRIORITY #3: Physical Health (body) = diet/exercise/herbs.

It is important to note that medicinal herbs are not fully utilized until your client's spiritual and emotional health is evaluated. You will learn more about God's natural health care plan and priorities in the *Intro to Clinical Herbology* course later in this program.

2: Gathering and Parts

Not enough attention is given by modern herbalists to the gathering and preparation of their own herbal medicines; that branch of the healing ministry, which was in former time an important part of the ancient herbalist's responsibility, is now being given over to pre-made remedies and store bought solutions.

While it is not always possible to make your own medicines (due to cost, space, or time constraints on your ministry) - it is always a powerful blessing to be part of the "cultivator" of gathering, touching, smelling, preparing, and using what God has provided in nature to help heal yourself and others.

"For the earth which drinks in the rain that often comes upon it, and bears herbs useful for those by whom it is cultivated, receives blessing from God ..." (Heb 6:7)

Growing, gathering, and preparing you own herbal medicines will help you to better learn and appreciate each and every herb in your materia medica. This course will review the crude parts of herbal medicines and the methods employed for preparing them so that you will hopefully gain the confidence to make your *own* herbal medicines from scratch.

Parts of Medicinal Plants

Balsams: Many substances of quite different consistence and composition are classed as Balsams. They are generally gathered by puncturing pustular cells in the bark, or by making cuts or incisions in the bark or wood of certain trees or plants. They are liquid, semi-solid or solid.

Barks: Barks are gathered in the early spring just after the sap has started to flow. The bark may then be readily stripped from the branches, trunk or root, and it contains as much or more medicinal value than at any other season. The bark from twigs or small branches is easiest removed by heating them over a fire and then pounding them with a billet of wood. The trunk-bark of trees is generally removed in slabs or strips, the outer portion being shaved or hewed off and discarded, the inner bark only being used; the root-bark has usually to be shaved off. Barks are dried in the open air or by moderate heat in kilns, evaporators, or other heating apparatus, and come into use in the form of quills, small slabs, stripes, or broken in small pieces. They are then cut, crushed, ground, or powdered as desired for medicinal use.

This concludes this course lesson sample.