

# YOUR HEALTH MATTERS

Vol. 2, No. 2

Sep 29, 2006

It does! To me, and especially to you.

These notes will help you with your health matters.

\*\*\*Again, a quick reminder to do the MAR (contact me with questions, instructions). Get a real handle on where your health really is, and discover what to do about it. Solutions specific for you.

\*\*\*Second, as we are still getting the technology straightened out, to make sure you will still get these health notes, go to the HTML version (<http://www.goodheartgroupinc.com/news/archive.html>) and click on "Subscribe" in the box in the upper right hand corner. Thanks.

-----Feature Article-----

## LET'S GET SERIOUS

How is life working for you? Do you have goals and dreams? Are there bigger causes and projects you would like to be involved in?

If not, why not? Are you caught in the mentality that life is just about paying the bills, going to work, getting the kids through college,, getting to retirement and hoping things work out all right? We know that model doesn't work any more. Look at all the people getting laid off from Ford Motor Company. We hear horror stories about pension plans gone awry and jobs lost to outsourcing.

Let's get serious, and honest with ourselves.

If you do have dreams and goals, are you seeing them being accomplished? I hope so. I trust you are blowing the top off your goals and dreams and big causes and projects.

But you know what? The numbers would indicate otherwise for most of us. 97% of us by the age of 65 are either dead or dead broke. That doesn't sound like achievement of goals, does it?

Now, let's back up a minute,

you say. Dr Jon, you are talking about finances, right?

Wrong. This certainly applies to finances, but we are talking about the big picture. Goals include

- money, sure (kind of an important part of life) but also
- physical health
- emotional health,
- spiritual health, involvement in projects and ministries.
- relationships,
- family
- career, and
- hobbies((?)
- 

Basically every category of life.

But we are not talking just about having goals and writing them down, as important as that is.

What we want to share with you is some information that will help you **achieve** the goals you have, financial, emotional, relational. For that we point you to a young lady physician. Smart, educated, broke, depressed, not getting in life what she wanted or thought she should.

Find out here what helped her make serious changes:

<http://www.succeed4sure.com>

She figured out what it took to turn her life around and is sharing it with the rest of us. Download her information/techniques and see if it helps.

She has put together an interesting combination of approaches, including the energetic approach using EFT which we talked about in previous issues of this newsletter.

Let us now what you think and how it helps.

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## **THE HERBAL SHOP**

We recently discovered an old text that teaches how to use herbs for what ails us. This is an old, fascinating thome. Over time we will put excerpts here. This issue let's see what they tell about St. John's Wort.

### **JOHN'S WORT.**

The wild Saint John's Wort (Hypericum peiforatum) is a frequent plant in our woods and hedgebanks, having leaves studded with minute translucent vesicles, which seem to perforate their structure, and which contain a terebinthinate oil of fragrant medicinal virtues.

The name Hypericum is derived from the two Greek words, huper eikon, "over an apparition," because of its supposed power to exorcise evil spirits, or influences; whence it was also formerly

called *\_Fuga doemoniorum\_*, "the Devil's Scourge," "the Grace of God," "the Lord God's Wonder Plant." and some other names of a like import, probably too, because found to be of curative use against insanity. Again, it used to be entitled *\_Hexenkraut\_*, and "Witch's Herb," on account of its reputed magical powers. Matthioli said, *\_Scripsere quidam Hypericum adeo odisse doemones, ut ejus suffitu statim avolent\_*, "Certain writers have said that the St. John's Wort is so detested by evil spirits that they fly off at a whiff of its odour."

Further names of the herb are "Amber," "Hundred Holes," and *\_Sol terrestris\_*, the "Terrestrial Sun," because it was believed that all the spirits of darkness vanish in its presence, as at the rising of the sun.

For children troubled with incontinence of urine at night, and who wet their beds, an infusion, or tea, of the St. John's Wort is an admirable preventive medicine, which will stop this untoward infirmity.

The title St. John's Wort is given, either because the plant blossoms about St. John's day, June 24th, or because the red-coloured sap which it furnishes was thought to resemble and signalise the blood of St. John the Baptist. Ancient writers certainly attributed a host of virtues to this plant, especially for the cure of hypochondriasis, and insanity. The red juice, or "red [288] oil," of *\_Hypericum\_* made effective by hanging for some months in a glass vessel exposed to the sun, is esteemed as one of the most popular and curative applications in Europe for excoriations, wounds, and bruises.

The flowers also when rubbed together between the fingers yield a red juice, so that the plant has obtained the title of *\_Sanguis hominis\_*, human blood. Furthermore, this herb is *\_Medicamentum in mansa intus sumptum\_*, "to be chewed for its curative effects."

And for making a medicinal infusion, an ounce of the herb should be used to a pint of boiling water. This may be given beneficially for chronic catarrhs of the lungs, the bowels, or the urinary passages, Dr. Tuthill Massy considered the St. John's Wort, by virtue of its healing properties for injuries of the spinal cord, and its dependencies, the vulnerary "arnica" of the organic nervous system. On the doctrine of signatures, because of its perforated leaves, and because of the blood-red juice contained in the capsules which it bears, this plant was formerly deemed a most excellent specific for

healing wounds, and for stopping a flow of blood:--

"Hypericon was there--the herb of war,  
Pierced through with wounds, and seamed with many a scar."

For lacerated nerves, and injuries by violence to the spinal cord, a warm lotion should be employed, made with one part of the tincture to twenty parts of water, comfortably hot. A salve compounded from the flowers, and known as St. John's Wort Salve, is still much used and valued in English villages. And in several countries the dew which has fallen on vegetation before daybreak on St. John's morning, is gathered with great care. It is thought to protect the eyes from all harm throughout the ensuing year, and the Venetians [289] say it renews the roots of the hair on the baldest of heads. Peasants in the Isle of Man, are wont to think that if anyone treads on the St. John's Wort after sunset, a fairy horse will arise from the earth, and will carry him about all night, leaving him at sunrise wherever he may chance to be.

The plant has a somewhat aromatic odour; and from the leaves and flowers, when crushed, a lemon-like scent is exhaled, whilst their taste is bitter and astringent. The flowers furnish for fabrics of silk or wool a dye of deep yellow. Those parts of the plant were alone ordered by the London Pharmacopoeia to be used for supplying in chief the medicinal, oily, resinous extractive of the plant.

The juice gives a red colour to the spirit of wine with which it is mixed, and to expressed oils, being then known as the Hypericum "red oil" mentioned above. The flowers contain tannin, and "Hypericum red."

Moreover, this Hypericum oil made from the tops is highly useful for healing bed sores, and is commended as excellent for ulcers. A medicinal tincture (H.) is prepared with spirit of wine from the entire fresh plant, collected when flowering, or in seed, and this proves of capital service for remedying injuries to the spinal cord, both by being given internally, and by its external use. It has been employed in like manner with benefit for lock-jaw. The dose of the tincture is from five to eight drops with a spoonful of water two or three times a day.

This plant may be readily distinguished from others of the Hypericaceous order by its decidedly two edged stem. Sprigs of it are stuck at the present time in Wales over every outer door on the

eve of St. John's day; [290] and in Scotland, milking is done on the herb to dispel the malignant enchantments which cause ropy milk.

Among the Christian saints St. John represents light; and the flowers of this plant were taken as a reminder of the beneficent sun.

Tutsan is a large flowered variety (*Hypericum androsoemum*) of the St. John's Wort, named from the French *toute saine*, or "heal all," because of its many curative virtues; and is common in Devon and Cornwall. It possesses the same properties as the perforate sort, but yields a stronger and more camphoraceous odour when the flowers and the seed vessels are bruised. A tincture made from this plant, as well as that made from the perforate St. John's Wort, has been used with success to cure melancholia, and its allied forms of insanity. The seed-capsules of the Tutsan are glossy and berry-like; the leaves retain their strong resinous odour after being dried.

Tutsan is called also provincially "Woman's Tongue," once set g(r)owing it never stops; and by country folk in Ireland the "Rose of Sharon." Its botanical name *Androsoemum*, *andros aima*, man's blood, derived from the red juice and oil, probably suggested the popular title of Tutsan, "heal all," often corrupted to "Touchen leaf."

Gerard gives a receipt, as a great secret, for making a compound oil of *Hypericum*, "than which," he says, "I know that in the world there is no better; no, not the natural balsam itself." "The plant," he adds, "is a singular remedy for the sciatica, provided that the patient drink water for a day or two after purging." "The leaves laid upon broken shins and scabbed legs do heal them."

The whole plant is of a special value for healing [291] punctured wounds; and its leaves are diuretic. It is handsome and shrubby, growing to a height of two or three feet.

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### **SO LONG FOR NOW**

That will do for now. So many good things my head is spinning! LOTS more to talk and write about in future issues. Stay tuned.

Check out the sponsor links on the Resource page.

Your questions and feedback are always encouraged and welcomed.

Have a healthy, glorious, grateful, day!

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## RESOURCE PAGE

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I would have some around just in case.

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For more information on Juice Plus+ please contact Jamie Groff-Kuenzie OTR/L, LMT at 1-866-210-0977 or 314-276-4489. Or check out her [web site](#).

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**START YOUR OWN BUSINESS**

Interested in finding a way to accomplish your dreams and "WHY"?

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Over time we will include information from many, if not all, of the various modalities which together comprise "alternative" or "complementary" medicine: diet/food, nutritional therapy, herbs, homeopathy, energy modalities, chiropractic and manipulative therapies, and of course massage/bodywork.

You are encouraged to forward it to your friends who would be interested.

Don't forget to click on the links of our sponsors!

Previous issues can be found [here](#). \_