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THE BENEFITS OF THE USE OF LOBELIA IN HERBAL PERPARATIONS

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A. A HISTORY OF LOBELIA

According to Dr. Andrew Weil, MD (www.drweil.com/drw/u/QAA400815/Is-Lobelia-Safe-to-Use.html, *Question & Answer*, 10/14/2010), with regard to Lobelia, “high doses cause serious effects: nausea, vomiting, diarrhea, profuse sweating, tremors, rapid heartbeat, mental confusion, convulsions, hypothermia, coma, and possibly death.”

This North American plant gained its common name from the local tradition of smoking it to relieve chest infections and asthma. Native American Indians used it for poultices for body aches, as a relaxant during labor, for intestinal worms, to induce perspiration and/or vomiting, and in religious ceremonies. The Iroquois in the North used it to treat syphilis. Seeing its effectiveness by the Indians, it was enthusiastically adopted by early settlers as a cure-all for a wide variety of complaints, including syphilis.

Lobelia was strongly promoted in the early 19th century by the herbalist Samuel Thomson (1769-1843), who was charged with murder after one of his patients, Ezra Lovett, Jr., reportedly died from its effects. The trial took place at the Supreme Court in Salem, Massachusetts, in December, 1809. Seeing the evidence did not support the indictment and no deaths had ever been confirmed with the use of Lobelia, Thomson was acquitted. Lobelia became the key to Thomson’s patented medicine along with steam baths, and he formed the Friendly Botanic Society.

The generic name Lobelia (there are over 350 species) is named after the early English botanist Matthias de L’Obel (1538-1616). He was born at Lisle in the north of France and educated at Montpellier in south France. He was a physician, at one time doctor to William,

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Prince of Orange, but is primarily known as a botanist. The specific name *Lobelia inflata* is in reference to the inflation of the seed capsule as it ripens. As its other common name “Indian tobacco” suggests, it was originally smoked by Native Americans in the New England region as an alternative to tobacco, and used in native medicine as a relaxing remedy. Interestingly, it is cultivated in Russia and India. It is native to Massachusetts, Georgia, Kansas, Arkansas, and parts of Canada.

Various early botanists referred to *Lobelia* by various names including Vomitwort, Bladder Pod, Indian tobacco, Puke weed, Gag root, Eyebright, Asthma weed, etc. *Lobelia* was fairly abundant in growth in the eastern United States until the early 1800’s. Its extensive gathering, sales and use over the years made it mostly impossible to secure the seed for medicinal purposes. Fortunately, today it can still be purchased for planting in the garden, so it is available to informed herbalists enthused with its many properties.

Lobelia won its place in the annals of herbal writers due to Dr. Samuel Thomson, whose medical system was “based on herbs and hot baths, inspired by European herbalism and mineral baths, and by Indian herbalism and sweat lodges. His favorite herb was lobelia.” (*Castleman*, pg. 15). Thomson made known *Lobelia*’s many great uses for cough, asthma, bronchitis, etc. Still, the allopathic schools called *Lobelia* a poison and, to this day, strong allopathic views keep it banned from general use as one of our better medicinal herbs.

Dr. A. I. Coffin, a British doctor, used *Lobelia* in combination with red raspberry leaf tea quite regularly in his obstetrics practice in the 1850’s. The herbs would encourage productive

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labor and delivery during difficult times. “He called Lobelia and red-raspberry leaf tea the greatest midwife in the world.” (*Christopher CD-ROM, Herb Syllabus*, Herb 51, pg. 9 of 17). Dr. Coffin also used Lobelia for lung remedies and it became part of the British pharmacopeia.

In March, 1838, respected and noted Professor W. Tully, of Yale College, sent a letter to Dr. H. Lee, of Middletown, Connecticut, asserting the safety of Lobelia as used in his practices successfully for 27 years, even in large quantities, without any negative effect. Further, he had witnessed extensive smoking of the herb in tobacco pipes without negative results.

In the United States, the main active constituent of Lobelia, lobeline, was once thought to be similar to nicotine, so it was used in smoking cessation products. However, in 1993, the FDA banned their sale for this purpose on the grounds that they were not effective in helping with smoking cessation or reduction in tobacco use.

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B. LOCATION OF LOBELIA

Lobelia, *Lobelia inflata*, also called Indian tobacco, asthma weed, emetic weed, gag root, vomitwort, eyebright, wild tobacco, bladder pod and pukeweed, is an annual herb of the Dicotyledon class in the Campanulaceae (including lobeliaceae) – Harbell Family. In its own subfamily, it is native to North America.

In the eastern United States, *Lobelia* can be found growing along roadsides. It grows in dry fields, rich moist soil, pasturelands and woodland fields, in full sun or partial shade. This hardy herb grows up to 3 ft. in height, with lance-shaped leaves with serrated edges. Historically, *Lobelia*'s optimal growth is seen on heavy clay soils with slight acidity. It is an attractive annual or sometimes biennial herb with an upright, hairy stem. It ranges from across southern Canada, south to Georgia, west to Arkansas and eastern Kansas, and is also seen in Russia's Kamchatka Peninsula.

Its slightly hairy stems may be simple or branched and have several tiny lavender or blue-violet flowers in terminal, leafy, elongated clusters. *Lobelia* flowers in August and continues until frost. Flowers 1/4" long, 2-lipped, lower lip bearded, with 2 petal lobes up and 3 down. The stamens are united at the anthers, while other Harebell Family members' are separate. After flowering, calyx surrounding fruit becomes noticeably inflated and balloon-like, up to 1/3" across. Leaves 1" – 2-1/2" long, thin, light green, alternate, ovate, wavy toothed, have a sharp taste and a slightly irritating odor. Fruit is a ribbed capsule enclosed in swollen calyx.

Jethro Kloss noted, "When ripe, the flowers change into small pods containing numerous black or dark brown seeds. It is an annual in warm latitudes, but bi-annual in moderate and

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northern latitudes.” (*Kloss*, Pg. 255).

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C. CHEMICAL CONSTITUENT OF LOBELIA

Lobelia has a milky sap containing pyridine alkaloids that pervade all parts of the plant. They are mostly captured from the seed and are known as lobeline, isolobinine, lobelanidine, and lobinaline. There is also present a bitter glycoside (lobelacrin), a pungent volatile oil (labelianin), chlorophyll, resin, gum, fats, and chelidonic acid.

An extensive list of chemical constituents is shown on the “Global Information Hub on Integrative Medicine” (<http://globinmed.com>). Lobelia’s chemical constituents include ascorbic acid, beta-carotene, calcium, iron, magnesium, niacin and potassium.

The piperidine alkaloid lobeline was isolated as the main active component of Lobelia in 1921. Its absolute stereochemistry was determined in 1965. Lobeline stimulates the nervous system, and then depresses it. Isolobinine, on the other hand, is a respiratory relaxant. Lobeline is the most important alkaloid present in the plant.

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D. MEDICINAL QUALITIES OF LOBELIA

Its therapeutic actions are anti-spasmodic, anti-emetic in small doses, emetic in larger doses. It is a stimulant in frequent small doses and a relaxant in larger doses, generally followed by a stimulant such as capsicum. It is also an expectorant.

It is used as “(a) Stimulant, (b) Diaphoretic, (c) Expectorant, (d) Antispasmodic, (e) Emetic” (*Materia Medica*, www.herbaltransitions.com/materiamedica/Lobelia.html).

Targeted ailments for internal use of lobelia include “asthma, bronchitis, whooping cough, fevers, and nicotine withdrawal.” (www.natural-herbal-remedies.net/lobelia-plant.html). It is also applied externally for muscle sprains, bruises, insect bites, poison ivy, and fungus infections. In small doses, it dilates the bronchioles and is used for conditions such as bronchitis. It is combined with Pleurisy root for its relaxing effect.

“Lobelia is a powerful antispasmodic, acting on the nerve centers and respiratory centers, thereby improving oxygenation of the blood.” (*Kloss*, pg. 264). It is a first remedy for all congestive conditions of the lungs and respiratory system, including pneumonia and emphysema. It relaxes the chest and opens constricted bronchial passages, so it promotes deeper and stronger breathing and is an excellent remedy for spastic or dry coughing and wheezing.

It has been said that “Lobelia is a selective herb. It is truly a ‘thinking’ herb.” (*Christopher*, pg. 362). When added to other herbal remedies, Lobelia acts as a catalyst directing the other herbs in where to go to hasten relief in the area needed. By itself, it is known to remove obstructions and congestion anywhere in the body and blood vessels to provide needed treatment. Because it is easily diffused and assimilated by the system, it will help to correct the entire system.

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D. MEDICINAL QUALITIES OF LOBELIA

Lobelia is specific to the relief of pain. Applied externally to a seriously injured and/or acutely painful area resulting from an accident, Lobelia offers immediate relief. When combined with Mullein and applied as a fomentation to swollen and infected glands (3 parts Mullein, 1 part Lobelia), it immediately addresses the pain and, within minutes begins the healing process, which may be resolved within just a few hours depending upon the severity of the condition.

Lobelia plasters and liniments are used to treat sprains, muscle spasms and bruises as well as backaches because of the plant's relaxing and stimulating effect. It is also good for insect bites, poison-ivy irritation and ringworm.

Lobelia is an excellent herb for treating poisoning, whether ingested or inflicted from the outside as in hydrophobia or tetanus. In addressing exterior injuries, it is given by mouth as a tincture, by enema as a tea, and rubbed externally over the wounded area.

Other uses for Lobelia include abscesses, blood poisoning, blood circulation problems, constipation, convulsions, cramps, digestive problems, hysteria, insect stings and various fevers. The presence of lobeline may perhaps explain the use of this herb in treating both hangovers and alcoholism.

Lobelia's flower essence reportedly helps heal shame-based issues (sexual, moral, and psychological): sexual molestation, slander, family-of-origin issues regarding self-worth.

It uplifts self-appreciation and lessons learned.

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E. CONTRA-INDICATIONS OF LOBELIA

Lobelia is a powerful and potent herb and needs to be used with insight. It should be administered by a person who is well aware of the strength and value of the herb. When a dosage of Lobelia produces nausea and vomiting, it should be cut down, unless it is being administered specifically for that purpose. In treating for pain, it should be noted that the pain should be of an acute nature. Minor irritations can be easily alleviated with a less potent herb such as Catnip. Dr. Christopher said that the herb simply won't work unless a person is at a crisis.

Its use is noted as "RESTRICTED: may be fatal" (*Mabey*, pg. 36). A warning stating, "CAUTION: Poisonous and can cause fatalities" (*Houdret*, pg. 186) may cause concern to the average person about the safety of its use. The University of Maryland Medical Center cautions the use of Lobelia, stating, "It can cause serious side effects, such as profuse sweating, nausea, vomiting, diarrhea, tremors, rapid heartbeat, mental confusion, convulsions, hypothermia, coma, and possibly even death" (www.umm.edu/altmed/articles/lobelia-000264.htm). It doesn't take much delving into this herb to find extensive warnings and cautions as to its use.

Different herbs act differently upon different people. Lobelia is no exception to this rule. Because of its potency, caution should be taken in administering this herb for whatever condition is being treated. It is a good therapy to administer a stimulant before giving Lobelia. In treating cases of irritable stomachs, it should be given in small doses. This will arrest spasmodic or sympathetic vomiting. Doses for small children should be cut down for body weight.

The University of Maryland Medical Center states, under Possible Interactions:

Few studies have looked at the effects of lobelia, so scientists aren't clear about which

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E. CONTRA-INDICATIONS OF LOBELIA

medications might interact with this herb. Based on some of the chemicals contained in lobelia, use caution with the following medications: psychiatric medications – including antidepressants, Lithium, anti-anxiety agents, and stimulants (such as those taken for attention deficit hyperactivity disorder), Nicotine substitutes – such as nicotine patches or gum, Chantix (varenicline) - Chantix, a stop smoking medication, also affects dopamine levels in the brain. Tobacco – including cigarettes and smokeless tobacco.

(www.umm.edu/altmed/articles/lobelia-000264.htm).

Due to its alpha adrenergic hypertensive effect, Lobelia should not be used in individuals with hypertension, or in cases of decompensation (failure of compensation in the counterbalancing of defect of structure or function), or in hydrothorax individuals where there is effused fluid in the pleural cavity of the lung.

Extensive research points out there are no known or proven interactions with Lobelia and prescription medications. However, Lobelia from drug stores should not be used as it is extracted with etheric menstrum from distillation of ethyl alcohol with sulfuric acid, formerly used as an anesthetic.

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F. KNOWN HERBAL FORMULAS OF LOBELIA

Dr. Andrew Weil, MD, recommends lobelia in a formula for a mild asthma attack. Three parts of Lobelia tincture are mixed with one part of cayenne tincture and then 20 drops of the mixture are taken in water at the start of an asthma attack. This can be repeated every 30 minutes for a total of 3-4 times.

An external asthma formula was given regularly by Dr. H. Nowell. He combined 2 oz. of Lobelia herb with 2 oz. of Lobelia seed in 1 pint of malt vinegar, and macerated it for ten days to two weeks, shaking every day, and then straining it. This formula was rubbed between the shoulders and on the chest and was found to offer relief.

Dr. Nowell's internal tincture for asthma was 2 oz. crushed Lobelia seed, ½ oz. Lobelia herb, and 1 tsp. Cayenne macerated for 10-14 days in raspberry vinegar. It was useful in cough syrups and also to drink with water added.

For whooping cough, Jethro Kloss combined 2 oz. Lobelia herb, 2 oz. crushed Lobelia seed with 1 pint apple cider vinegar, and macerated it for two weeks. He used it both internally and externally.

Noted Master Herbalist Dr. John Christopher offered about 26 formulas containing the Lobelia herb. Some are listed below. His antispasmodic tincture consists of:

1 oz. Lobelia seed, crushed (*Lobelia inflata*)

1 oz. Skullcap (*Scutellaria lateriflora*)

1 oz. Skunk cabbage (*Symplocarpus foetidus*)

1 oz. Gum myrrh (*Commiphora myrrha*, var. *molmo*)

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1 oz. Black cohosh (*Cimicifuga racemosa*)

½ oz. Cayenne (*Capsicum frutescens*; *C. minimum*)

After macerating in at least 1 pint of grain alcohol in a tightly capped jar (shaken well at least once a day) for 10-14 days, the tincture is strained and placed in a labeled dark bottle (or bottles) for use at 1 to several drops depending up the severity of the condition.

For liver problems or jaundiced skin, Dr. Christopher offers the following tea formula:

1 part Lobelia (*Lobelia inflata*)

1 part Pleurisy root (*Asclepias tuberosa*)

1 part Catnip (*Nepeta cataria*)

1 part Bitter root (*Apocynum androsaemifolium*)

The herbs are combined and mixed well. 1 tsp. of the combination is steeped in 1 cup of boiling distilled water for 15-20 minutes. Once strained, it is administered hot at a dose of 2 Tbsp. every two hours.

Dr. Christopher's Tincture of Lobelia is prepared as:

4 oz. Lobelia herb, stem flowers & leaves (*Lobelia inflata*)

1 Pint Apple-cider vinegar

Apple cider vinegar is the preferred menstrum over alcohol with this herb, as the extract is more effective in drawing out its valuable principles. If the Lobelia seed can be found, the tincture would consist of 2 oz. Lobelia herb and 2 oz. of Lobelia seed. The ingredients are macerated in a tightly capped bottle, shaken at least one time a day for a period of 10-14

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F. KNOWN HERBAL FORMULAS OF LOBELIA

days. Once strained and bottled, it is labeled and used. Jethro Kloss used the same formula which he used for external applications for sprains, bruises, ringworm, erysipelas (severe bacterial skin infection), insect stings and poison ivy.

Dr. Christopher's Acid tincture of Lobelia is prepared as:

- 2 oz. Crushed Lobelia seed (*Lobelia inflata*)
- ½ oz. Lobelia herb (stems, flowers & leaves) (*Lobelia inflata*)
- 1 tsp. Cayenne (*Capsicum frutescens*; *C. minimum*)
- 1 Pint Apple-cider vinegar

Acid tincture is very suitable for exterior applications as well as internal. It is prepared the same as the tincture of Lobelia.

A Syrup of Lobelia by Dr. Christopher treats coughs as well as serving as an emetic:

- 2-1/2 oz. Lobelia herb (*Lobelia inflata*)
- 2 Pints Distilled water

The mixture is simmered down to 1 pint. After straining, dissolve into it 2 lbs. raw sugar or 1 lb. honey. The dosage is 1 tsp. for coughs; ½ to 1 Cup as an emetic.

For puerperal (during or after childbirth) convulsions, Dr. Christopher offers the following combination:

- 2 tsp. Lobelia fluid extract (*Lobelia inflata*)
- 4 tsp. Ladies Slipper fluid extract (*Cypripedium calceolus*)
- ½ tsp. Cayenne tincture (*Capsicum frutescens*; *C. minimum*)

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6 oz. Honey water or simple syrup

This preparation is given at 1 tsp. every ½ hour.

Compound Lobelia capsules are offered by Dr. Christopher for dyspepsia, rheumatism, inflammation, asthma, consumption, chills, jaundice and fevers:

1 oz. Lobelia herb powder (*Lobelia inflata*)

1 oz. Lobelia seed powder (*Lobelia inflata*)

1 oz. Cayenne powder (*Capsicum frutescens*; *C. minimum*)

2 oz. Acacia vera or Gum Arabic powder (*Acacia Senegal*)

1 oz. Anise seed, powdered (*Pimpinella anisum*)

The herbs are mixed together and filled into #0 capsules. The dosage is 2-6 capsules per day, as required in each case.

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G. DOSAGE AND APPLICATIONS OF LOBELIA

Lobelia can be used in acid tincture, as a powdered herb in capsules or pills, syrup for coughs, as decoctions, and as a poultice or ointment for pain, swelling and infection. It can be included with other dried herbs for smoking to relieve lung problems.

Press firmly 1 part dried Lobelia herb with 3 parts dried Mullein herb into the bowl of a glass pipe for smoking 1-3 times per day every other day, 3 times per week.

A spray of essential oils of Eucalyptus, Grapefruit, Lime, Lemon and Orange combined with Lobelia tincture can be an effective relief for lungs when administered several times per day as needed.

Acid tincture of Lobelia can be massaged into sore muscles or painful areas. It can be combined with other stimulants such as Cayenne, Ginger or Peppermint to rub onto chest or sinus areas for breaking up congestion and relaxing and relieving the areas.

A few drops of the warmed Lobelia tincture in the ear and plugged with cotton relieves earache. Pouring a small amount into the mouth of a person with lockjaw will offer relief.

The acid tincture can also be used effectively for ringworm, asthma, croup, and emphysema. Dosage varies depending upon the severity of the condition. Generally, it is best to start small and increase the dosage as needed (5-10 drops 3 times per day in distilled water or juice and increasing as needed).

An acute condition (convulsions or seizures) would call for direct and repeated small applications (a few drops) just inside the mouth. For an asthma attack, give large doses together with warm peppermint tea to encourage throwing up and expelling phlegm and mucus. Further, an eyedropper of Lobelia tea placed in a nebulizer helps to ease breathing.

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Lobelia is also very effective when combined with other herbal tinctures in a ratio of generally 1 to 10. It directs the other herbs and hastens their effectiveness in addressing the compromised area.

Powdered dosages of the dried herb in capsules or pills also vary. Two capsules of “0” size vegan capsule taken 3 times per day is a conservative dose for chronic bronchitis or asthma.

Dosages need to be adjusted proportionately in all cases for adults, children and animals. Dr. Christopher calculated dosages for adults on the basis of 150 lbs, children at 50 lbs. for 1/3 the dosage.

A Lobelia tea enema can be used for conditions of meningitis, pleurisy, nephritis, hepatitis, fever or pneumonia. 1 quart inserted into the rectum is held as long as possible (10 to 20 minutes) before releasing. A catnip enema with lobelia added is also helpful and can be used for seizures or convulsions.

For hydrophobia, Lobelia tincture is given by the teaspoonful and also rubbed over the wound while the tea is given as an enema. Vomiting may occur in eliminating the poison from the system. This same process can be followed for tetanus. Lobelia is also administered for any ingested poison.

“For liver problems, Lobelia is mixed in equal parts with pleurisy root, catnip, and bitter root; these herbs are made into tea and taken by tablespoon every couple of hours.” (*Christopher, CD-ROM, Page 12*).

For swollen glands, a fomentation of 3 parts of mullein and one part Lobelia applied to

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the affected area is very effective. This same process would be used for mastitis of the breast.

In the case of miscarriage, offering one-half cup of Lobelia tea every half hour will be productive in expelling a dead or fatally weakened fetus. Alternatively, with a healthy fetus, it will sustain the pregnancy and the mother to a healthy delivery.

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Its use is noted as “RESTRICTED: may be fatal” (*Mabey*, pg. 36). A warning stating “CAUTION: Poisonous and can cause fatalities” (*Houdret*, pg. 186) may cause concern to the average person about the safety of its use. The University of Maryland Medical Center cautions the use of Lobelia, stating “It can cause serious side effects, such as profuse sweating, nausea, vomiting, diarrhea, tremors, rapid heartbeat, mental confusion, convulsions, hypothermia, coma, and possibly even death” (<http://www.umm.edu/altmed/articles/lobelia-000264.htm>).

I have personally done extensive research on this herb. I have more than three years’ repeated use of it in herbal formulas, tinctures and preparations administered to myself, my husband, my three grown daughters and four small grandchildren. I have shared this positive information with our local herb shop, friends and acquaintances who have asked for my input about its use. Those who have used it have experienced absolutely no negative reactions or side effects whatsoever to date. Historically, there have been no known deaths from using Lobelia.

Because of weakened lungs due to my cigarette smoking some 20+ years ago, I chose a formulation and preparations specific to that area of my body, giving it the name of *Lung Ease* in each preparation. Dr. Christopher’s statements about Lobelia being near to a miraculous herb and one of the greatest herbs in the world because of its seeming “thinking” ability struck me deeply. So, I used it in my *Lung Ease* tincture, in the glycerite preparation, and in the salve for exterior application.

My *Lung Ease* formula contains *Astragalus membranaceus* (*Astragalus*), *Stellaria media* (*Chickweed*), *Verbascum thapsus* (*Mullein*), *Inula helenium* (*Elcampane*), and *Elettaria cardamomum* (*Cardamom*). *Lobelia inflata* (*Lobelia*) is also included in the formula

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for its properties of being an antispasmodic, nervine and expectorant. Of course, I also wanted to include it because of its ability to direct the other herbs in telling them where to go.

The above ingredients were measured at 1 oz. each and placed into a glass jar for the tincture solution. They were covered with about 10 oz. of 80-proof vodka. The jar was placed in a dark room in my basement and shaken at least twice daily for 15 days. The contents were then strained through a screen strainer and then through cheesecloth into a 12-oz. amber bottle. Finally, it was poured into 1-oz. amber tincture bottles and identification labels were affixed to each, using a Dymo LabelWriter 400.

For the *Lung Ease* glycerite, the same ingredients were measured at ½ oz. each and placed into a glass jar, covered with 15 oz. vegetable glycerin and 10 oz. distilled water. The jar was placed in a dark room in my basement. It was shaken twice daily for 15 days and then strained through a screen strainer and then through cheesecloth into an amber bottle. From the amber bottle, the contents were poured into 1-oz. amber tincture bottles and labeled using a Dymo LabelWriter 400.

For the *Lung Ease* salve, the same ingredients were measured at ½ oz. each, and then placed into a small stainless steel double boiler. The herbs were covered with about 6 oz. organic olive oil, and heated at about 90 degrees for 16 hours. The contents were then strained through a screen strainer, and then twice through cheesecloth. The triple-strained oil was placed into a somewhat smaller stainless steel pan into which 5 oz. grated beeswax was added. 4 drops of tincture of benzoin was stirred in as well as 6 drops of oil of eucalyptus. The salve was placed in

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jars and labeled, using a Dymo LabelWriter 400.

I gave long and intense contemplation to the *Lung Ease* formula before proceeding with its creation. Consideration was given to the seriousness of my condition and its diagnosis of emphysema, also categorized as COPD (coronary obstructive pulmonary disorder). The attending physician at that time (20 years earlier) had stated it was “progressive disease” that could become much worse over time, likely disabling. It was suggested that I cease smoking cigarettes.

According to the free internet encyclopedia, Wikipedia, emphysema is a condition where airflow is impeded in the lungs and the air becomes trapped due to the constriction of air passages. Emphysemic lungs do not get enough oxygen and cannot eradicate the carbon dioxide, so there is always a shortage of breath. There is destruction to and degeneration of the alveoli, which are tiny sacs surrounded by capillaries. Alveoli absorb oxygen and then transfer it into the blood. Decrease of the alveoli results in the body’s inability to maintain high enough oxygen levels in the blood. Conventional medical prognosis of emphysema is that it is an irreversible degenerative condition. Albuterol (albuterol sulfate) treatments via a nebulizer and/or portable inhalers (puffers) and oxygen administration are typically prescribed. Such prescribed administrations merely help manage the condition, offering some comfort and temporary breathing relief to the emphysemic patient. However, in personally using it, the temporary relief was short-lived, followed by a sort of “suffocation” until it was administered again. The dismaying aspect of the diagnosed COPD condition lies in the hopeless and frightening

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allopathic prognosis its of being a progressive disease for which there is no known cure.

Fortunately, this lung problem only presented me with minor signs of shortness of breath over the years. It did not really begin to inflict noticeable compromised breathing until the winter of 2009, where shortness of breath became extreme after a winter flu episode where upper respiratory ailments began to plague my body. There was an inability to cough up phlegm accompanied by extremely debilitating physical and mental fatigue, likely due to decreased oxygen levels in my system.

Believing there are no incurable diseases, I viewed my condition as a health challenge and determined it was an opportunity for self-resolve via natural means through herbs, food management, fresh air and sunshine, and physical exercise.

Each of the herbs in the *Lung Ease* formula recipe is specific for treating lung ailments and/or working with the other herbs in the recipe to reinforce one another's strengths. Low levels of oxygen in the system leaves the body greatly compromised, fatigued both physically and mentally, and requiring excessive sleep and rest on a daily basis. With *Astragalus membranaceus* treating long-term infections and energizing the body, I believed I was really onto an herb that would offer protection against infections while giving my body much needed energy.

Stellaria media seemed to be an absolutely necessary addition to the formula due to its soothing and healing abilities, specifically in the bronco-pulmonary area. It "soothes the lungs and bronchial tubes" (*Kloss*, pg. 231).

Verbascum thapsus research presented it as an herb offering anticatarrhal properties so needed for such a serious lung condition as mine.

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Inula helenium is purported to offer protective benefits to the lung, so needed for a condition of COPD and/or emphysema, so it seemed a wise addition to the formula.

Elettaria cardamomum's potent expectorant properties clearly brought it into the formula for its ability to offer strong support as another herbal soothing agent for ailed lungs.

Finally, *Lobelia inflata* is a wonderful respiratory relaxant that dilates the bronchioles while also offering expectorant support so needed for emphysemic lungs that are absent sufficient air to expel cumbersome phlegm.

Astragalus membranaceus has no known side effects and works well with other herbs, as does *Stellaria media*. *Verbascum thapsus* is synergistic with other herbs and its large soft leaves have also been known to serve as foot warmers. *Inula helenium* offers its stimulating expectorant benefits to the lungs with antibacterial properties while working well to support the attributes of the other herbs. *Elettaria cardamomum*'s antitarrhal properties are an effective respiratory tonic that combines well with other herbs (also is a common spice used in baking). *Lobelia inflata* is a wonderful complement to the other herbs individually and to the formula specifically as a whole, as well as to the entire body whenever and wherever treatment is needed.

Probably the one herb which could have been added to the formula to boost its measure of performance would have been *Capsicum annuum* (Cayenne). However, since it is an herb that I take daily (1 capsule 3 times a day) for six days of most every week, it is present and working in my system anyway.

Administration of the Lung Ease Tincture is one dropperful 3 x per day, as needed, to

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support lung complaints. Administration to support a chronic lung problem would be two droppersful 3-5 x per day.

Administration of the Lung Ease Glycerite is one dropperful 3 x per day, as needed, to support lung complaints. Administration to support a chronic lung problem would be two droppersful 3-5 x per day.

Administration of the Lung Ease Salve is to massage it into the chest area 3 x daily (morning, noon and bedtime), as needed, to support lung complaints, or 5-6 x daily (morning, mid-morning, noon and mid-afternoon, evening and bedtime), as needed, to support chronic lung problems.

I had been following Dr. Christopher's mucusless diet fairly closely because I wanted to be as clean as possible internally before beginning herbal treatment of my lung condition.

I wondered if using Lobelia as an emetic might help expel irritating phlegm and toxins from my stomach and lungs, so I embarked on that process first. I went ahead and drank 1 cup of peppermint tea. 10 minutes later I took a teaspoon of Lobelia Tincture. 10 minutes later I took another teaspoon of Lobelia Tincture. I continued taking the Lobelia for about four hours until I had exhausted my supply, but did not throw up. Oddly, my breathing ability had improved for several hours. A family member brought me another bottle of Lobelia Tincture the next day. I drank a cup of peppermint tea and waited 10 minutes. I then took a teaspoon of Lobelia Tincture and waited 10 minutes before taking another teaspoon. After about three hours of repeating the process, I threw up fairly heavily once and only a small amount a second time, expelling everything from my stomach. I was still queasy, but not able to continue throwing up

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so I went to bed and finally slept it off. When I awoke, improved lung function was only minimal. I concluded that my lungs were free of toxic phlegm and mucus and needed to be rebuilt from damage caused from tobacco smoke.

I began treating myself with my Lung Ease Tincture at the chronic lung problem dose, alternating with the glycerite preparation. Also, I administered the Lung Ease Salve on the front of my chest and on my upper back. I was anxious for improvement. After 10 days, there was indeed some noticeable improvement in ease of breathing. The chest was more relaxed during inhalation and exhalation. It felt as though the lungs were opening up and drawing in a greater quantity of air. They were also able to expel the carbon dioxide with greater ease, although still not able to expel everything. The results were rewarding, but they were not dynamic, as shortness of breath was not totally resolved. Still, use of the formula was enabling me to become more physically active both inside my home and outside in my gardens. It also was allowing greater mobility away from my property in running errands and grocery shopping, tending to family needs, continuing my studies in natural healing, and easing the discomforts of mental fatigue.

Desiring greater results, I began massaging the Lung Ease Salve into the bottoms of my feet, covering them with socks, at bedtime each night. After six months' treatment, I experienced somewhat greater ease of breathing, although shortness of breath was still not totally resolved. I decided to add 10 drops of Lung Ease Tincture to my nebulizer and inhale it one time each day. At the end of six days, there was only minor improvement in lung function. I then added the

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Lung Ease Glycerite to my nebulizer and inhaled it one time each day for six days. There may have been some improvement, but it was not as noticeable as desired. I added 10 drops of Lobelia Tincture to my nebulizer and inhaled it one time each day, with some noted improvement, although it was short lived.

Additionally, I did Dr. Christopher's three-day cleanse one time per month, at the same time each month, for six months. Thereafter, I have been doing it one time per month every other month.

According to Root Doctor, Tis Mal Crow, Native American of Cherokee and Hitchiti descent, "The antismoking campaign against cigarettes has made it very difficult to convince people that smoking some things can improve your health. Smoking dried Mullein leaf can indeed help to clear up your lungs and improve breathing problems, including asthma and emphysema" (*Crow*, pg. 37). Tis Mal is an internationally known root doctor and herbalist, and has been teaching classes and workshops for over 20 years, working with other indigenous healers and herbal groups to promote the medicinal uses of herbs. His input seemed worthy and viable in smoking herbs. It was another approach toward healing I decided to try.

I dried some Mullein herb (*Verbascum thapsus*), crumbled it and packed it inside a glass pipe and began smoking it one to two times a day for three days a week. There was noticeable lung improvement after two weeks, but shortness of breath was not totally resolved. I continued smoking for several more weeks and then decided to add dried Lobelia herb to the Mullein. The mix was pleasant and the outcome was rewarding. Shortness of breath improved even more so. I

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was able to begin exercising again for short time intervals. I would first do five minutes' breathing and stretching, 10 jumping jacks, then 10 minutes' floor exercises of leg lifts, sit-ups and push-ups, followed by more stretches. I alternated the 10 minutes of floor exercises with 10 minutes of hand-weight lifting two to three days a week.

Tis Mal Crow also suggests cutting herbal doses back on the first generation tincture, since less is sometimes better. With that thought in mind, I decreased my formula's dosage from the chronic amount down to the regular dose of 1 dropperful 3 x per day for four weeks.

Seeing no noted improvement in lung function, I decreased it again to 18 drops 3 x per day with 6 drops of Lobelia tincture 3 x per day and found noticeable improvement in lung function. There was also a very noteworthy decrease in shortness of breath.

It has been 18 months since commencement of my personal herbal lung treatment. It began during a phase where breathing in air was like trying to suck it through a straw. It continues, as we speak, with great improvement in lung capacity and elasticity in both inhalation and exhalation, greater physical energy, stronger mental ability and far less over all body fatigue.

This is contrary to the allopathic diagnosis and prognosis for emphysemic individuals where it is said the condition is progressive and worsens over time, with no cure. Further, allopathy views senior citizens as having compromised immune systems that are spent and thus not able to heal and/or fully recover from illness and disease. My continued improvement is contrary to those views as well.

I am the mother of 32-year old twin daughters, 5 minutes apart at birth, each of whom has

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given me two grandchildren. My oldest twin daughter has stopped immunizations on her two boys, follows Dr. Christopher's mucusless diet closely for her family, drinks only distilled water and fresh-juiced organic juices, has been conventional medical doctor-free for over three years (unheard of by her childrens' pediatrician) and leads a fantastically healthy life with her family. Her youngest son has febrile seizures which she has kept in check with herbal tinctures and administration of Lobelia tincture solely during times of seizure crises. Her experience has shown that adding a few drops of Lobelia tincture to any of her herbal remedies produces faster and more gratifying results in herbal care of her and her family.

On the other hand, my youngest twin daughter and her family lead a regular allopathic lifestyle. Her husband and children reflect compromised immune systems where they are frequenting their doctors' offices, needing surgeries and/or prescription drug therapies and over all lead less-than-healthy lives in fear of "catching" contagious diseases and viruses.

10 months ago my husband showed me a hot, red, swollen knot on his front upper thigh. It appeared to be an infected pore or sweat gland. It was very painful to the touch and he was resistant to putting anything on it. He allowed me to treat it after his shower. I placed six drops of Mullein tincture and two drops of Lobelia tincture onto a band aid and affixed over the lump. Within 10 minutes, the severe heat and pain had subsided. That evening, I removed the band aid and applied a fresh one containing the same tinctures. The following morning, my husband got out of bed and removed the band aid, which was followed by an infectious core of pus and then blood. The heat was gone along with most of the swelling. I applied a clean tinctured band aid

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that morning and again that evening. Thereafter, the condition healed.

Rarely do I have a migraine headache. When one occurs, I take 30 drops of feverfew and 8-10 drops of Lobelia in a full glass of distilled water with one Cayenne capsule. Then, I take my shoes off, pull the drapes closed, lie down and close my eyes, feet up, with soft music playing. Within 10-15 minutes, the condition is resolved and I am back in action again.

I still needed a preparation to offer more instant relief when shortness of breath overwhelmed me and pondered about Dr. Richard Schulze's air detox spray. I put together a combination of distilled water, essential oils of eucalyptus and citrus that offered some relief, but it was not as fast-acting as I had hoped. So, I added Lobelia tincture with the thought that it would increase its speed. It improved the speed of action noticeably and I continue to use the spray on an as-needed basis.

Lobelia, in my varied personal experiences, is indeed a very safe and blessed herb that I would absolutely NOT be without.

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