

## Herbal Teas and Cures

Passed on to us by email and word of mouth.



### The Way of the Most High

“Exalting belief in our Father, the Most High יְהוָה (YaHUAH), through His Turah, the 5 scrolls of M'shih (Moses).”

<http://www.thewayofthemosthigh.ca>  
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The following deals with herbal solutions that we can make, by obtaining vegetable gel capsules and herbs from local herb stores. You can use a mortar and pestle to crush down some of these, in order to put them in capsules. Or you can use the herbs in a tea-bag container for teas. The following information is not by us, and we are not making any medical claims herein. People have sworn by these things as helpful to their bodily needs, fighting diseases such as A.I.D.S. and helpful with problems that affect the kidney, liver and other ailments. These were passed on to us by word of mouth. We pray that this will be helpful to promoting healthy bodies/tents for the Most High to dwell in. Needless to say, this is a disclaimer.

Shalom,

Sha'ul bayn Yahukhenun

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#### HOW TO MAKE TEAS

Mix equal parts of herbs and use 1 tsp. Per cup of hot water. Place 1 tsp. of tea into 1 cup of hot water, let stand for 15-20mins., stirring occasionally.

#### HOW TO MAKE CAPSULES

The usual cap size is "0" and there are two types. One is made from vegetables the other from animals, sometimes pig. Mix equal parts of the herbs and blend evenly. Place an amount in a bowl then separate a capsule and dab the long part eight times in the powder then reconnect the two pieces. Unless you have a manufacturing facility specializing in capsules manual capping is the best bang for the buck.

#### LUNG TEA

Cat's claw, wild cherry bark, cottsfoot, fenugreek, lobelia, lungwort, marshmallow, mullien, nettles, Pau' d' arco, pleurisy root, witch hazel.

#### KIDNEY FLUSH TEA

Celery seed, hydrangea, parsley seed, dandelion, root, juniper, queen of meadow, marshmallow.

#### CALCIUM CAPS OR TEA

Alfalfa, burdock, hops, horsetail, kelp, lemon grass, mullien, nettles, oat straw, plantain, red clover, rosehips, yellow dock.

#### IMMUNE BOOST

Red clover, ginseng, golden seal, Echinacea, aug, cat's claw, astragalus, plantain, pau' d' Arco.

## KIDNEY FAILURE AND BLADDER TEA

Queen of meadow, hydrangea, dandelion root, juniper, red clover marshmallow root, nettles, uva ursula, (2) X's ginkgo bilboa.

## HEAVY METAL

Alfalfa, red clover, burdock, yellow dock, golden seal, licorice root, milk thistle, St. John's wort, marshmallow root.

## CHRONIC TEA

Burdock, yellow dock, Echinacea, marshmallow root, slippery elm, milk thistle, peppermint, pau'd'arco.

## CIRCULATION TEA

Ginkgo Bilboa, Butcher Broom, Cat's Claw, Celery Seed, Gotacola, Plantain, Red Clover, Juniper, Broom Tops.

## PANCREATIC TEA

Burdock, milk thistle, red clover, Echinacea, gentain root, dandelion root, olive leaf.

## RADIATION TEA

Chaparral, plantain, red clover, nettles, burdock, Echinacea, cat's claw, apple pectin, beta-carotene, selenium, calcium, B-complex.

## LEAKY GUT TEA

Alfalfa, black cohosh, comfrey, devil's claw, yarrow, marshmallow, white willow bark, yucca.

## BREAST OR OVARIAN CANCER

Astragalus root, echinacea, burdock, red clover, black cohosh, mild thistle, dandelion root, chaste tree.

## BLOOD PURIFIER TEA

Burdock, Cat's Claw, Red Clover, Plantain, Nettles, Mullien, Pau 'D 'Arco, Milkthistle, Dandelion Root, Alfalfa.

## LIVER CLEANSE

Combine equal amounts of: Milk Thistle, Dandelion Root and Beet Root. Take 2 capsules in the morning and two in the evening for 21 days. To be taken with the Parasite Cleanse.

## PARASITE CLEANSE

Combine equal amounts of Black walnut, Cloves and Wormwood encapsulate and take 2 capsules in the morning and 2 capsules in the evening. Take this and Liver Cleanse for 21 days.

## APPENDIX CLEANSE

Drink juice only for three days. The appendix holds toxins that the colon cannot expel and expels them when it can. Toxic appendixes eventually rupture. Use Ning Xia red or natural squeezed oranges or grapes.

## A.I.D.S.

One litre of aloe vera GEL a day for six months.

## TOOTH PASTE

Supposedly contains marble dust, sugar, fluoride and mint. Brush with dilute apple cider vinegar. To whiten teeth use baking soda. Do not use vinegar and baking soda together as there will be a reaction with those two elements.

## BALDING SCALP

Brush scalp 100 strokes per day and add several drops of lavender oil. This stimulates hair growth.

## HEARTBURN

Toxic gall bladder. The gall bladder is located on the round of the lower right rib cage. To detoxify drink one litre of apple juice per day and one cup of peppermint tea at night for 7-14 days.

## BONE FRACTURES

Set bone then wrap area of the break with gauze bandages AFTER applying comfrey cream. The bone should be repaired within three days and not the months and months the “traditional” methods take. For stiffness, like rotator cuff, try mullien oil.

To make mullien oil, obtain 200 gms. Of fresh mullien herb (grows along train tracks) and bake in 1 litre of olive oil at LESS than 117 degrees Fahrenheit for three days then strain. To make comfrey cream perform the same steps but strain the warm liquid into one pound of pure bees wax. This will mix itself.

## DETOXIFICATION OF WATER

To detoxify water, submerge one aloe vera leaf (2 inch by 3 inch, slit lengthwise) into 5 gallons of water for 24 hours.

## VACCINES

Vaccines are highly toxic and should be avoided at all costs. The heavy metal and liver cleanses work well against vaccines. Vaccines are also suspected of causing mad cow disease and work against the liver.

## HAIR GEL

After washing your hair apply a few table spoons of aloe vera gel into the hair and work into the scalp. Do not rinse out. As the hair dries, style to suit. The hair will stiffen somewhat and will hold the style ... chemical free. Aloe vera gel also promotes highlights on lighter coloured hair.

## FLU CONTROL

As soon as you feel the flue coming on take 1 tablespoon of apple cider vinegar and one tablespoon of honey. Mix in 8oz. of hot or cool water. Drink several cups at the on-set and several more each day until the flue passes.

## DAILY MAINTENANCE

½ teaspoon of cinnamon and ½ teaspoon cloves in the morning and evening, daily.

## E-COLI POISONING

1 tablespoon of cinnamon every second day.

## GOUT

Lots of success with the liver cleanse.

## TEA (MAY HELP NICOTINE ADDITION)

Bugleweed, calamus, goldenseal leaf, guarana, kava kava, lobelia, mugwort, peppermint, saffras, skullcap, basil, cloves.

## NICOTINE ADDICTION

Angelica, black cohosh, peppermint, skull cap, valerian root, vervain. Mix equal parts, make tea and drink when smoking cravings occur.

The rule of thumb is “three solids in ... three solids out per day”. If the back door isn’t functioning properly the waste sits in the intestines and rots. To promote regularity you eat lots of salads, fruits and vegetables. Cascara herb, two caps in the morning and evening with food. Also, ¼ cup of aloe vera gel per day helps.