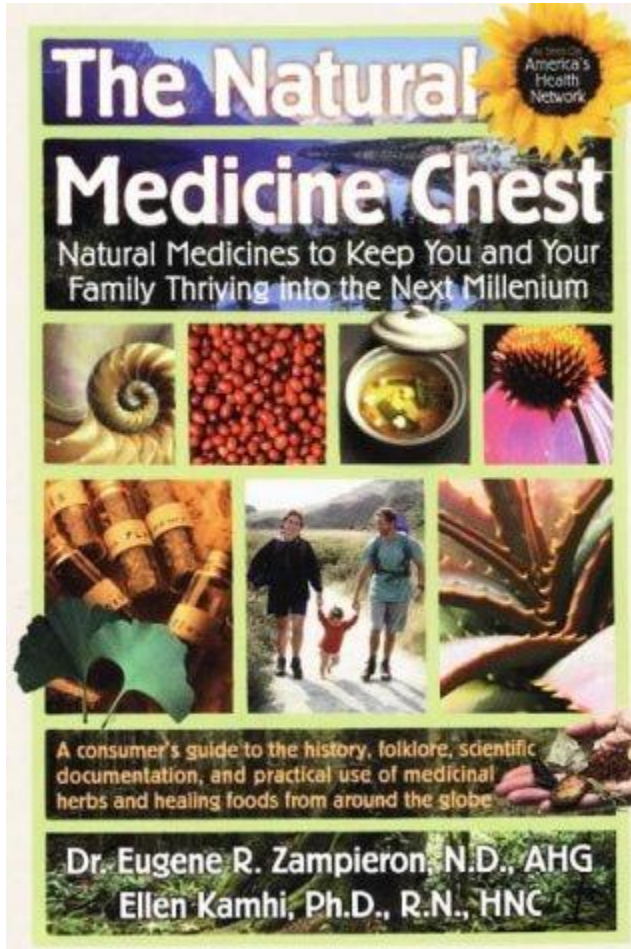


**THE NATURAL MEDICINE CHEST** by Dr.  
**Eugene Zampieron ND, AHG, and Ellen Kamhi PhD, RN,**  
**AHN-BC, RH(AHG)**



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EXCERPT:

# ***Chapter 1***

## ***A Brief History of Botanical Medicine***

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No historian really knows the exact time when our ancestors FIRST used herbs to heal themselves from a sickness or injury. Archaeologists have discovered in a Neanderthal's grave site in Iraq, pollen from several species of plants which were dated to be over 80,000 years old!.Hemp seeds were also found at an ancient birth site from over 10,000 years ago.. It is presumed that herbal medicine is as old as humanity itself! But how did all of the knowledge on plants co-evolve with humanity? How did people know which herb(s) to take, and which one(s) were toxic?

The ancient people used many other techniques to ascertain and develop their repertoire of medicinal plants. Presumably, trial and error played a major role in discovering medicines. This information was recorded and remembered, usually by the oldest and most experienced community members.

It is well established that many species of animals are instinctively drawn to graze upon a particular plant to soothe their ills. Many of us have personally observed our cats and dogs, feeling under the weather, eating grass to induce vomiting. Chimpanzees (whom biologists believe are a close relative to *Homo sapiens*) are known to eat certain species of plants only when they are ill with a particular malady. This information is taught to others, handed down through generations, until a huge body of information is amassed on healing. Perhaps, our primordial ancestors observed this in other animals and emulated this practice, known as *instinctual dowsing*.

Many Shaman's and healers with knowledge of the ancient ways report that the information was originally obtained through communication with the Divine, in a dream state, a vision, or during the Shaman's communion with the spirit world.

Others report that the creator left clues, hints, or a 'holy signature' on the plant creations; a type of spiritual instruction manual which indicated the plants medicinal or other value for humanity. This is known by herbalists even today as *The Doctrine Of Signatures*. An example of this is Ginkgo biloba. Both its leaves and a cross section of the fruit resemble a human brain. Scientific research has proven that Ginkgo can help brain function (see Ginkgo section)

Medicine seemed to undergo a convergent evolution, developing simultaneously in many of the five cradles of civilization ( Along the Nile in Africa, the Euphrates-Tigris, the Indus Valley, the Mayan/Peruvian and in China). Along with the development of medicine came the genesis of the written word, which was a better means of preserving information and transmitting information to other cultures and times.

## ***Traditional Herbal Medicine in China ...***

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In around 2,737 BC the Chinese emperor, shaman and scholar *Shen Nong*, (Sung Dynasty) published his ***Pen-ts'ao Ching Ben Cao, or Shen Nong Ben Cao Jing***, which translates as, **The Great Native Herbal** . This was later translated by Tao Hung Jing into *The Divine Husbandman's Classic of the Materia Medica* one of the first Materia Medica. It is a list of 365 chapters (one per day of the year) of approximately 253 botanicals, 45 minerals and 67 zoological medicaments from a wide area of China. Shen Nong gained empirical knowledge of the plants actions, tastes and sensations by reportedly trying them himself and recording the data. He is credited with "discovering" many plants which are still used today, such as Ginseng (*Panax ginseng*), Ma Huang (*Ephedra sinica*), Huang Chi (*Radix Astragalus* ) and Chinese Rhubarb (*Rheum spp.*)

Later on in Chinese History other ancient texts, such as the *Classic of the Mountains and the Seas (Shan Hai Ling)*{Between 403-221 BC} and the *Prescriptions/Formula's for the 52 ailments (Wu Shi Er Bing Fang)*, {403 BC}, were composed, but it was not until the writing of the *Yellow Emperor's Inner Classic (Huang Di Nei Jing)* somewhere between 200-100 BC, that Chinese Medicine became an advanced discourse and systematic methodology of prescribing herbal medicines.

The culmination of the ancient Chinese Materia Medica was the *Ben Cao Gang Mu*, compiled by Li Shi-Zhen in 1590 A.D. The book describes 1,892 herbal drugs and almost 12,000 Chinese herbal prescriptions. The most complete, *Modern day Encyclopedia of Chinese Materia Medica* published in 1977, describes 5,767 drugs, 4,800 of plant origin. Herbal information has certainly grown by leaps and bounds since antiquity!

## ***The Ancient Babylonians, Assyrians & Sumarians' Contributions to Herbal Medicine...***

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The Babylonians, an ancient Mesopotamian civilization which thrived near the Eupharates and Tigris River, were on a convergent medical-evolutionary path with the Chinese. Medical documents written in cuneiform, (a type of block writing on clay tablets) around 2,600 BC recorded many diseases along with precise treatments. The Babylonians wrote treatises on herbal prescriptions compounded with such botanicals as poppy (*Papaver somniferum*), cedar (*Cedrus spp*), and Licorice root (*Glycyrrhiza glabra*). These tablets are now housed in London's *Wellcome Historical Medical Museum*. The Code of Hammurabi (circa 1700 B.C.), carved under the request of the King Of Babylon, mentions among many herbs, henbane, licorice and mint as potent medicinals.

At the museum of the *University of Pennsylvannia* there is another display of one of the oldest known prescription pads. These are clay tablets inscribed around 2,000 BC by a physician of the Sumerian empire from the ancient city of Nippur. The Sumarians referred to opium as the "joyplant" and had drawings of the poppy. The tablets also describe the use of herbs such as myrtle, figs, thyme and mustard.

King Ashurbanipal of Assyria (668 BC) recorded on marble tablets over 250 pictures of herbs and their cultivation from the royal gardens.

## ***Egyptian Medicine Recorded on The Codex Ebers***

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The *Codex Ebers* or *Ebers Papyrus*, written about 1,500 BC, is said to actually be a recording of ancient Egyptian medical knowledge which chronicles healing from prior to 3,000 BC. The Codex Ebers is a 66 foot long scroll made out of papyrus, an ancient type of paper.

It is inscribed in Egyptian hieroglyphics and was rediscovered in 1862 in a tomb in Thebes by professor George Ebers. It is now on display in the *Karl Marx University Library* in Leipzig, Germany. It contains more than 800 medical recipes; these included combining herbs and other medical substances for ointments and lotions, salves, snuffs and even enemas. For instances, heart trouble were treated with the juice of the Mediterranean Sea Cucumber, now known to contain strong heart stimulants. Over 700 of the medicinal compounds were botanical (plant) drugs.

The interest in herbs spread like wildfire and the herb and spice trade routes were

formed between Egypt, Arabia and the Middle East around 1100 BC, continuing far into the Middle ages. It was the impetus to establish new herb and spice routes by Columbus to the Orient which led to the discovery of the "new world" referred to by Columbus as the West Indies. This prompted the 'rediscovery' of the Americas by explorers who brought a new selection of herbs and spices to the European palate, like allspice and cayenne pepper, from the new world.

## ***The Vedas of India***

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One of the five cradles of civilization was the Indus River Valley (now India). From this area arose a highly civilized culture. Around 2,000 B.C.-1,500 BC hordes of Indo-European tribes came and brought with them a collection of hymns, songs and poems called *The Veda*, which means *The Ultimate Knowledge*.

The *Rig Veda* was the oldest of the 4 vedic texts (Rig Veda, Sama Veda, Yajur Veda & the Atharva Veda). The fundamentals of Yoga, Meditation, Mantra, and Ayurveda (the indigenous medicine of India) are contained in this first of the Vedic texts.

The Rig Veda teaches the use of herbs in 1,000 Sanskrit poetic hymns, which the ancient physicians would learn to recite in order to master the herbs medicinal use. This Vedic scripture also refers to *The Doctrine of Signatures*, where a plant is believed to cure a part of the body it resembles in color or shape. For example in the Vedas, Lotus root is used to treat jaundice because of its yellow color.

In the *Atharva Veda* and in later texts written on Ayurvedic medicine by the wise and holy men of India, (*The Charaka Samhita* and *The Sushruta Samhita*), the use of herbs

was said to be revealed to the sages through both the wisdom of the ancients and directly from the God Indra, overseer of health and healing. Ayurvedic medicine, one of the most ancient and complete systems of holistic healing practiced today, is based on individualizing health programs and promoting the patient's balance and harmony with that of the universe. It relies on many herbs in its healing repertoire. These are prescribed based on an individual's mind-body constitution, or *Dosha*. The goal in Ayurveda is to achieve optimum balance of the constitutions, which manifests as health, happiness and longevity.

## ***Herbs of the Bible***

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In both the New and Old Testament of the *Bible*, many references are made to the use of medicinal plants. In Genesis, Psalms, Exodus, Numbers, Jeremiah, Leviticus and Revelations, to name a few, we can find mentions of herbs. Around 1,500 BC, during their sojourn in the desert, the Hebrews lamented missing onions, garlic and many of the plants they used for foods and medicines in Egypt.

Aloe, Sweet Calamus, Almond, Artemesia, Mallows, Frankincense, Myrrh, Cedar, Chickory, Thistle, Garlic, Onions, Coriander, Castor Beans, Henna, Olives and a host of others are specifically mentioned as Biblical medicaments.

### ***Greek Renaissance of Herbal Medicine: Hippocrates (460 - 377 B.C.), Theophrastus of Eresus (372 - 286 B.C.) and Dioscorides (First Century, A.D.)***

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The "Father of Western Medicine", *Hippocrates* was also an accomplished medical botanist. Hippocrates catalogued hundreds of herbs and their effects, but it was his student, *Theophrastus of Eresus* (372 - 286 B.C.) who earned the title "The Father of Western Botany".

Theophrastus authored *The History of Plants*, and *De Causis Plantarum*, and was responsible in part for an impressive materia medica of over 500 plants, as well as scholarly ideas such as the selective breeding of wild plants to augment their medicinal properties.

The most famous of the Greek botanical physicians and early pharmacognocists was *Pedanius Dioscorides* (First Century, A.D.) Although Greek by birth, Dioscorides was the chief of medicine to the Roman Army. By traveling to the corners of the Roman Empire with the Roman Army, Dioscorides was able to incorporate hundreds of new herbs into the *Materia Medica*, which became a standard medical text in European medical training for over 1,000 years after his death!.

Dioscorides was rigorously disciplined in his recording, classification and keen observance of herbal properties; he often dismissed the "unscientific" practices and views of his contemporaries, bringing herbalism and botany into a systematized science.

### ***Galen (130 -200 A.D.)***

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*Galen* was Greek by birth and rose to become the chief of pharmacy and personal physician to the Emperor Marcus Aurelius medicine in Rome.

Galen springboarded on the work of his early Greek influences, but was the first in the Greco-Western herbal tradition to develop a system of medicine to rationally apply his ***Galenicals***, special, complex mixtures and formulas of botanicals. He established pharmaceutical protocols which are still used today by the herbal industry.

Galen formulated his botanicals according to the Hippocratic idea of the four humours: phlegm, blood, cholera and bile. The four humours were based on the four temperaments or constitutional types: phlegmatic, choleric, sanguine, and melancholy. Galen also classified herbs, (like the Chinese and Ayurvedic systems) into energetics, properties and tastes.

While Galen contributed much to herbal medicine, he also set progress back by hundreds of years. His complex herbal system limited medical botanical knowledge to an elite class which studied his dogma of herbal medicine. Because of his political power and prestige, he managed to squelch other competing herbal theories, philosophies and thoughts. The Galenical model created a schism in medicine between the idea of "a schooled, medical professional" and the "lay herbalist". Galen's approach created a paradigm which continued past the fall of the Greek and Roman Empires and through the Dark Ages of Medieval Europe until the alchemist Paracelsus challenged the Galenical paradigm.

The Bubonic plague eventually changed the way that Europe practiced medicine, the Black plague decimated 33% of the European population! Finally, another plague enveloped Europe, the disease which we now know as SYPHILLUS, spread via sexual transmission. The once popular Galenicals were useless to stop these two scourges. The use of toxic metals such as mercury were embraced by the medical profession. The two plagues spelt doom to the Galenical system of herbal medicine.

## ***Monks and Witches: Herbalists through the 'Dark Ages'...***

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Herbalism continued to decline in Europe, and throughout the DARK ages, Catholic Monks maintained the true herbal knowledge in Europe. They grew their physic gardens in the monastery and kept excellent records (they were one of the few literate individuals), preserving many of the great botanical works, rewriting them by hand in the scriptoria.

It was the wise weed women and midwives who also kept the non-Galenical herbal traditions intact, passing them from generation to generation. Actually, one of the most famous

of the women healers of this era was granted sainthood by the Roman Catholic Church!. **St. Hildegard of Bingen** (1098 - 1179) was a gifted herbalist who authored a treatise on healing entitled *Liber Simplicis Medicine*, where she discussed hundreds of botanical medicaments. Unfortunately, she as well as millions of women were executed for this and actually burned alive at the stake as 'witches'.

The wise women were usually the only resource for the poor people to get health care. However, this did not go un-noticed. The elite, male dominated, medical aristocracy coerced the church to turn against the wise women tradition on the grounds that women who honored natures and healing using natural herbs were actually working with Lucifer. The church rallied in support of the medical profession who accused the women of cohortion with the devil and political subversion. In the later part of 15th century, a written guide to identifying and hunting down witches was even sanctioned, called *Malleus*. A horrific genocide occured where hundreds of thousands of women were killed as witches. The Wise Women traditions continue today, despite the medieval and modern day 'witch hunts.'

### ***Avicenna (980 - 1037 A.D.) and the Arabian Age of Herbalism...***

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While Europe suffered throught the Dark ages, herbal medicine thrived in the Middle East. One of the great herbalists of the Arabian age was **Avicenna** (980-1037 AD.) He was physician to the Sultans and rulers of that time period. He authored over 200 books on medicine, including his *Canon Medicinae*. In this great work, Avicenna combined the wisdom of many botanical systems of medicine, including Greco-Roman, Persian, Arabic and even Indian and Chinese medicaments, which were obtained through the spice trade. As Islam spread, so did herbalism, especially in Spain and present day Moracco and Tunesia.

### ***Paracelsus (1493-1541)***

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A Swiss alchemist, physician and expert herbalist, Phillipus Aureolus Theophrastus Bombastus von Hohemhein (better known as **Paracelsus**), continued to develope botanical medicine, but also was instrumental in changing medicine for the worst:

One of the more admirable influences Paracelsus had on European medicine was to eradicate the mental slavery of the Galenian paradigm, replacing it with more ancient traditional philosophies, such as The Doctrine of Signatures.



However, Paracelsus also championed the abuse of heavy metals in treating maladies, such as the use of mercury, sulphur and arsenic. He also combined the field of medicine with alchemy. The toxic mercury salt known as *Calomel*, caused many more health problems than it cured. {mercury is still used today in dental medicine in the guise of the 'amalgam' filling}.

These toxic, invasive techniques created an even further rift between those who wished to practice true herbalism, such as *Louis Hebert*, a herbalist in the New World who respected the Native American knowledge of the local flora and fauna and those who wanted to embrace the more heroic radical approaches, such as the use of blood letting, toxic metals and chemicals to eradicate or conquer disease.

### ***Nicholas Culpepper's Herbal (1616-1654)*** ***Physicians vs. Herbalists***

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The British pharmacist *Nicholas Culpepper* further polarized the world of medicine by writing his book, *Culpepper's Herbal*. Culpepper was a staunch believer in granting everyone access to the medical use of plants, which up to this time was controlled by the medical elite under the system perpetuated by Galen.

Culpepper published his book in the common people's English, not Latin, the language of the physician aristocracy. This struggle echoes current times, as the Food and Drug Administration has repeatedly attempted to limit the access of botanicals to the general public; we are reinventing the wheel with these grave matters of liberty and personal freedoms!

Culpepper's book became an overnight success. He discussed herbs, agriculture and their relationship to the cosmos for all 'backyard herbalists' He was an avid astrologer, and amalgamated the wisdom of the cyclic nature of the heavens with herbology, which further infuriated the medical establishment, who sought to tightly control this knowledge.

The classifications of plants by *Linnaeus* into a binomial classification of Latin genus and species enabled people of many cultures to discuss plants in a common language, which energized the botanical medicine movement which had been losing its stature in the wake of the orthodox wave of blood-letting and toxic mineral based drugs.

The botanical movement in America endured major schisms and separated into three sub-disciplines: The Thomsonians, the Eclectics, and the Physio-medicalists.

## ***Samuel Thomson (1797 -1843)***

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Even among herbalists, radical differences of opinion as to the application of botanical medicine continued. One of the radical herbalists was ***Samuel Thomson***, a lay herbalist who spearheaded a grass roots medical movement which attracted millions of converts in the early 1800's. As a child, Thomson learned herbalism from a woman herbalist in his native New Hampshire who had apprenticed with Native American Healers. Thomson lost his mother and wife due to the therapies of heroic, allopathic medicine. Thomson, an embittered man, fought the medical establishment vehemently and often scored great victories to return medical treatment and knowledge to the commoner. He published a book entitled ***A New Guide to Health***, which eventually reached a circulation of over 3 million, a phenomenal best seller, especially for the times!

Thomson and the **Thomsonian Movement** he founded was based on the idea of using harsh emetics (herbs which cause vomiting), purgatives (herbs which purge the body, causing one to sweat profusely, as well as cause violent intestinal cleansing), and steam therapy to cleanse and purify the body. Thomson also developed his own line of products to accomplish the purging, which included such drastic botanicals as lobelia (*Lobelia inflata*), also known as Indian tobacco or Puke weed, Cayene pepper (*Capsicum annum*) to induce sweating, and other herbs for their harsh laxative effect.

The allopathic community dubbed him the "*Steam, Puke and Purge Charlatan*", and claimed that his system was only a botanical imitation of what allopathic doctors were doing by using mercury and blood-letting. Although harsh, Thomson's concepts of healing are now being scientifically validated, as modern researchers have illustrated that heavy metals, toxic chemicals and drug residues can be eliminated from the body via heavy sweating,(sauna therapy). In addition, intestinal parasites, pathogenic microbes, and other toxins can be eliminated via the bowels. Perhaps, those which participated in the Thomsonian "Steam, Puke and Purge" method were really eliminating lead, mercury, arsenic and other impurities through their pores, put their by allopathic healing methods!

In addition, modern Naturopathic researchers know that the toxic contents of the intestines can lead to many diseases, such as psoriasis, colitis, bowel cancer, breast cancer and rheumatoid arthritis, to name a few. In essence, the bile, a substance which contains

the liver's breakdown chemicals and toxic byproducts, eventually become part of the stool. By "purging the bowels" with herbal cathartics, the Thomsonians were actually purging stool and bile, which can create or contribute to illness. Perhaps this is why Thomson's protocols achieved remarkable success, despite their harshness.

## ***Wooster Beach (1794 - 1868)***

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**Dr. Wooster Beach** was schooled as an allopathic physician, yet grew critical of its harsh treatment of patients. Many people, including George Washington, were killed as a result of the blood-letting approaches of the early allopathic physicians. Washington was a victim of the dominant medicine practiced by Dr. Benjamin Rush, one of the signers of the U.S. Constitution.

Dr. Wooster Beach formed one of the first medical colleges, which he dubbed ***The Reformed Medical System***, due to his conflict with his own heroic profession. The school eventually became known as *The Eclectic Medical Institute of Cincinnati*. The **Eclectics**, according to Dr. Beach, would use whatever worked from a diversity of medical thought, philosophies and disciplines, including Native American and global herbal knowledge. The Eclectic movement was thus born out of the Reformed Medical System and became a dominant system of American botanical medicine practiced by Medical Doctors until the advent of modern petrochemically-based pharmaceuticals.

## ***The Eclectic Movement***

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The ***Eclectic physicians*** strived to create an improved type of botanical medicine, in which each batch was prepared in a similar manner as the next (a form of standardization). The most famous of the Eclectic physicians were ***John King, M.D.*** (1813 -1893), ***John Scudder, M.D.*** (1829- 1894), ***Harvey W. Felter, M.D.***, (1865 -1927) and pharmacist ***John Uri Lloyd*** (1849 - 1936).

Of notable mention was John Uri Lloyd, who taught pharmacy and chemistry at the *Eclectic Medical College* in Cincinnati and eventually purchased a large and successful pharmacy which he named *The Lloyd Brothers Pharmacy*.

Here, Lloyd and several of the Eclectic physicians, (especially Drs. King and Scudder), perfected extraction and standardization techniques which were eventually discussed in Dr. Scudder's landmark books *Specific Medication and Specific Medications* (1870) and *Specific Diagnosis* (1874). Lloyd's chemical wizardry was responsible for creating the Eclectic profession's own 'herbal personifications', called **SPECIFIC MEDICINES**, which helped make herbal medicine and their physiological effects on illness reproducible.

The Eclectic M.D.'s and their SPECIFIC MEDICINES were a far cry from the 'snake oil' and the deceitful, sham remedies of the time. Lloyd's specific medicines were said to be eight to ten times stronger than the strength of other tinctures. Lloyd's treatise and specific extraction procedures on *Hydrastis canadensis* (Golden Seal root) in 1908 and other botanicals, including Echinacea, Black Cohosh and many others won him international acclaim as a pharmacist and pharmacognocist. He was elected president of the American Pharmacy Association in 1887 and given its highest honor. He invented and patented 16 inventions to extract his specific medicines, including his most famous, *The Cold Still*, which allowed Lloyd to extract the alcohol from his medicines (used as a solvent to remove the medicinal ingredients) *without heating* and concentrate them in the form of glycerine (a sweet, syrup like compound similar to alcohol); boiling herbs and tinctures often destroys fragile, medicinal components.

Lloyd also founded *The Lloyd Library*, in Cincinnati, Ohio, which houses an unprecedented 200,000 volumes dedicated to botanical medicine!

## ***Naturopathic Medicine: The Varied Approach to Healthcare***

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It was **Dr. Benedict Lust** (pronounced Loost) who established Naturopathic medicine in America in the early 1900's. Lust was of German decent and he immigrated to the United States with the specific goal of "spreading Nature Cure", which was what he called his practice before the term *Naturopathy* was coined. Lust was a student of Father Sebastian Kneipp, a Catholic priest who became Europe's greatest HYDROPATH{ A hydro path is a practitioner who uses water in all of its physical manifestations (steam, ice, cold, and hot applications) to

cure illness and restore health}. Lust, blended his lay water healing art with other natural health approaches to form *Naturopathy*, later named *Naturopathic medicine*. He combined the use of nature's forces... water, sunlight, air, magnetism, electricity, exercise, rest, fasting/cleansing and physical medicine, including manipulation of soft and bony tissue, into a new healing art.

Lust received his Doctor of Osteopathic Medicine (D.O.) degree in 1898, and his Medical Doctor (M.D.) degree at the New York Homeopathic Medical College in 1902. In 1905, he was granted a Doctorate in Naturopathic Medicine and Chiropractic (N.D., D.C.) from the American School of Naturopathy. Lust was one of the few individuals in history who graduated from institutions representing of all of the major American philosophies of health care; Naturopathic, Chiropractic, Allopathic, Eclectic and Homeopathic medicines! He was indeed the 'complete physician'.

In 1913, he graduated from the *Eclectic Medical College of New York*. He then blended botanical medicine into Naturopathic medicine. This is important because today, Naturopathic physicians are the *only primary health care physicians in America* who are extensively trained {and must pass certification on their national and state board examinations} in botanical medicine, pharmacognosy, and phytotherapy during their four year medical education.

## ***The Suppression of Natural Medicine***

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Many important events led to the decline of herbal and natural forms of medicine in the United States between the late 1800's and World War II.

By the end of the 1800's, medical doctors who used heroic methods were called Allopathic physicians and all other healers were lumped into a group known as "medical irregulars". This included the well trained Eclectic physicians, M.D. Homeopathic physicians, along with Thompsonians, lay herbalists and other healers. The A.M.A (American Medical Association) in an attempt to separate themselves from the "irregulars" published a code of ethics (1847) which prohibited women and "negroes" from being part of their association, and also disallowed members from consulting with the medical irregulars, even though the irregulars were often more successful at treating ailments (such as cholera and scarlet fever) than the AMA sanctioned treatments of leeching and poisoning with mercury.

Certain American medical institutions adopted the European/ German research of Rudolf Virchow, Ph.D., based the idea of the scientific, laboratory based model of medicine taught in European medical schools.

The European model included training students in the scientific germ theories developed by Koch and Pasteur. The apprenticeship based medical training of the old allopathic schools was replaced by the 4 year medical curriculum, hospital training, instruction in clinical laboratory sciences and research. Until this time, all doctors visited their patients at home. Hospitals (from the word hospitable or charitable) were wards for the poor. John's Hopkins University became the model for medical schools.

Licensing, which had been repealed by President Andrew Jackson's free democratic philosophy, became in vogue again. New licensing standards were often prejudicial against the 'medical irregulars'. The American Medical Association (founded originally in direct opposition to the American Homeopathic Association) began to amass tremendous political influence and power. In 1904, *The Council on American Medical Education* and the *Council of Pharmacy and Chemistry* were formed to begin the process of reforming the entirety of American medical education.

All medical schools in the country were rated according to their adherence to the scientific model in their educational programs. The 1904 report of the 'horrid state' of medical education in America was read by the Reverend Fredrick Gates, then a chief advisor to the wealthy Rockefeller family. Gates produced a scathing report of the state of medicine to Rockefeller and discussed how medicine would be an excellent philanthropic venture which at the same time, would further the Rockefeller interests. The Rockefeller Institute for Medical Research was formed. Ironically, Rockefeller was a staunch supporter of Homeopathy, going to Homeopathic physicians his entire life. He even considered himself a lay homeopathist!

Gates first sought to unify medicine. To accommodate Rockefeller's feeling towards Homeopathy, MD's who were Eclectics or Homeopaths were offered an "olive branch" and were invited to be grandfathered or 'assimilated' into the AMA. Financial support was poured into John Hopkins, and other "approved" institutions and denied to any school which trained "medical irregulars." Those that resisted the olive branch were castigated.

The publishing of the *Flexnor Report* (1910) acted as the final 'judge, jury, and executioner' of the resistant 'medical irregulars' and led to the demise of the Homeopathic and Eclectic (herbal) profession, *as practiced by M.D.'s*. Interestingly, it was the profession of Naturopathic medicine, the lay herbal movement and factions of the Chiropractic profession which kept the natural medical arts intact. Led by pioneers such as Dr. John Bastyr, N.D.,D.C., the flame of truth in these natural approaches was not extinguished, but has ignited into the present day resurgence.

***Carnegie's 'medical thug'...Abraham Flexnor***

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The Flexner Report heralded the rise of 'white male, Germanic based medicine'. Driving the 'coffin nails' into natural medicine even deeper was a young Harvard and Johns Hopkins educated man named *Abraham Flexner*.

Flexner was enthralled by the Germanic-based, scientific medical model and European style University educational system which he witnessed first hand in his sojourns to Germany. Flexner published his book entitled, *The American College*, where he described standards that he believed should be applied to medical education. Simultaneously, the AMA's *Council on Medical Education* had received a grant from wealthy business tycoon Andrew Carnegie to commission a 'non-biased' study to evaluate American Medicine. Carnegie and his foundation directors knew just the man for the job...Abraham Flexner

Flexner visited the 162 medical schools in existence, evaluating them according to the standards he developed in *The American College*. Those schools which followed his model were given an "A" rating, while those who were remiss were given "B's and C's". A rating of "B and C" spelled financial doom for those schools, since they were not eligible for Carnegie and Rockefeller monetary rewards which were funneled into the "A" rated schools.

This factor, coupled with the AMA's new alliance with the world wide pharmaceutical industry, including the German-American company I.G. Farben, which began to synthesize drugs out of petrochemicals (Rockefeller had massive oil holdings and began to develop a huge cartel between medicine, big oil, and pharmaceuticals). By 1922, the last of the Eclectic Schools closed its doors. The lay herbal movement and medical irregulars continued, but kept a low profile due to the threat of persecution by the AMA.

### ***Morris Fishbein...The QUACK BUSTER vs. Harry Hoxey...***

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In 1924, the sights of the powerful AMA, under the leadership of *Morris Fishbein*, editor of *The Journal of The American Medical Association*, were fixated on destroying the new 'medical irregulars', Chiropractors, Naturopathic physicians and Osteopathic physicians.

Fishbein waged war with what he termed 'quackery'. His fight with Benedict Lust, and many Chiropractic leaders was a 'bloody one', resulting in many of these practitioners being imprisoned for practicing their healing art without a license. One of the most famous battles was with lay herbalist *Harry Hoxey*.

Hoxey was a layman who as a child witnesses his grandfather, a farmer, heal his animals of cancer and many degenerative diseases with a diet of special plants. His grandfather would often observe the afflicted animals consuming certain plants in an effort to heal themselves, which was often successful. His grandfather put together a special formula out of the healing plants. The grandfather passed the formula onto his son, John Hoxey, a veterinarian, who had such incredible success with the HOXEY FORMULA on animals that he began to treat his friends, relatives, and associates with a internal version and external salves. He treated all people for free. In 1919, John, on his death bed, passed the herbal formula onto Harry, making him swear that it would remain a free treatment and never be sold for profit.

Harry began to open up herbal clinics throughout Illinois and treated many people successfully. The medical establishment and the F.D.A. became enraged and harrassed and prosecuted Hoxey for decades. After many court battles, including one where the AMA's Morris Fishbein admitted under oath that the Hoxey Formula did CURE several types of cancer, Hoxey was finally forced close many of his clinics and to move to Mexico.

The individual herbs in his formula, consisting of Licorice root (Glycyrrhiza glabra), Red Clover (Trifolium pratense), Burdock root (Arctium lappa), Stillingia root (Stillingia sylvatica), Berberis root, (Berberis vulgaris), Poke root (Phytolacca americana), Cascara sagrada (Rhamnus purshiana), Prickly Ash bark (Zanthoxylum americanum) and Potassium iodide, have been the subject of intense scientific research. The National Cancer Institute has validated the anticancer effects of many of the botanicals in the formula. The Hoxey Clinic is still operating today in Tijuana, Mexico.

### ***Jethro Kloss (1863-1946)***

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***Jethro Kloss***, a farmer born in Wisconsin in 1863 published ***Back To Eden*** in 1939, which has sold over 3,000,000 copies. Kloss, an herbalist, food scientist, lecturer and writer, learned herbalism from his parents, who apprenticed with Native healers. He later studied at the Battle Creek Sanitarium with John Harvey Kellogg, M.D., who developed Kellogg's Corn Flakes as an original 'health food'. He also directed a large, 'health food' manufacturing plant in Tennessee where he invented many new health foods.

Kloss is very famous for perfecting the recipe for soymilk, which he learned from the Japanese; he developed a proprietary process for removing the strong 'beany' flavor. He



formed *'The Scientific Food and Benevolent Association'*, which acted as the public relations firm for his enterprises.

Kloss' *Back to Eden* was banned by the medical associations of various states on the grounds that people would take their health care into their own hands. It was one of the first health books that Dr. Zampieron and Dr. Kamhi ever read and kept the grassroots herbal and natural food movement active at a time when suppression and ignorance were at a peak..

## ***Modern Herbal Movement***

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By the end of the 1900's, interest in herbs as a source for medicine experienced a phenomenal resurgence. Loss of faith in drug based treatments precipitated this mainstream interest, while media coverage of the safety and efficacy of herbal medicines added fuel to the fire. Organizations and training programs for both professionals and lay herbalists are available nationally.[See Resource List for more Information]

## ***Finding a Good Herbalist in Your Neck of the Woods***

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The clinical practice of herbalism in this country is a 'legal grey area'. Many herbalists work under the supervision of another licensed medical practitioner, such as a N.D., M.D. D.O., D.C., or O.M.D. Some work under a constitutional right to practice their art or restraint of trade rights. Still others work in some capacity of the spiritual or healing ministry.

Herbalists should make it clear to their clients that they are not practicing medicine, but herbalism, and are not subject to the medical practice laws of the state. They do not cure, diagnose, prescribe or treat diseases. They balance the body, promote lifestyle changes and consult with the patient on how to balance and enhance health awareness. There are few laws regulating the practice of herbal medicine in the U.S.

In the United States, Naturopathic physicians are the most extensively trained, primary care physicians in botanical medicine, pharmacognosy (the biochemistry and pharmacology of plants) and the use of herbs in a clinical setting. They must pass a

rigorous exam on their state and national boards on the pharmacology and toxicology of botanical medicine. However, Naturopathic physicians are only licensed in a relatively small number of states.

Doctors of Oriental Medicine (O.M.D.) are trained not only in acupuncture, but in Traditional Chinese Herbal Medicine and use these herbal formulas in a clinical setting.

These physicians are also licensed in many, but not all 50 states.

Although licensees have usually passed rigorous exams and are certainly competent, this in no way implies that they are always a good healer; just that they passed a series of tests successfully. When attempting to locate an herbalist, ascertain their training. Ask about their patients, get references and do some follow up..

Consumers are leading the fight (as history illustrates that they always have) to have free access and proper education about the use of herbs. It is evident that many large interests would like to see herbs out of the hands of the common folk and only available by prescription from an elite class. Consumers must remain vigilant so that their medical freedom is never taken from them.

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The modern herbal movement is today growing phenomenally. Many organizations, such as the American Botanical Council (ABC) and the Herb Research Foundation, (HRF) are on the forefront of the herbal movement. ABC, under the leadership of Mark Blumenthal as editor in chief, and the HRF are the publishers of *HerbalGram*, a quarterly educational journal which discusses modern research reviews, national and international market research and trends, herbal education, global herbalism, and features cutting edge information on books, on-line information and consumer educational literature.

*The American Herbalist Guild* is a guild of herbalists which is striving to educate the public on botanical medicine. Dr. Kamhi and Dr. Zampieron are both professional members of this organization; The American Herb Association is striving to do the same thing.

Many schools offer correspondence courses, information, and some are professional and residential programs in herbalism. There has been an explosion of consumer interest and noteworthy media coverage of such herbs as Echinacea, St. John's Wort, and Kava-Kava to name a few.