

*Wonderful, careful, and so much needed. Women have needed to do it ourselves from the beginning, and I'm grateful that the word is out!*

-Dianne Stein  
Herbalist and Author

*This important work is another strong thread in the reweaving of our Wise Woman Ways.*

-Susun Weed  
Herbalist, Author, and  
Founder of the  
Wise Woman Center

At last, an empowering guide to help all women take herbal fertility regulation safely back into their own hands. *Herbal Abortion: The Fruit of the Tree of Knowledge* extensively documents over twenty abortive herbs grown in North America:

- Illustrations
- Descriptions
- Chemical Components
- Scientific studies and research
- Herbal lore
- Goddess lore
- Propagation
- Cultivation
- Gathering
- Herbal Preparations and Combinations
- Dosage Guidelines
- Safety Precautions

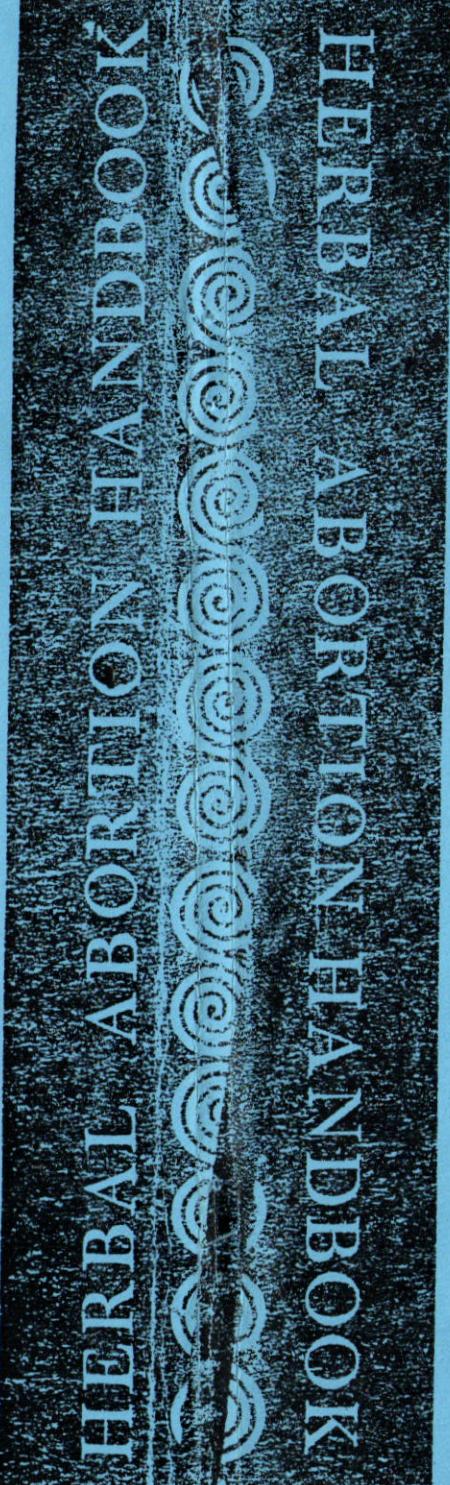
Also:

- How abortive herbs work in a woman's body.
- What a woman can expect during an herbal abortion.
- Classification of herbal abortives according to their properties.
- Pro's and Con's of herbal abortion.
- An extensive Resource List on herbal abortion and related topics.
- And much more!

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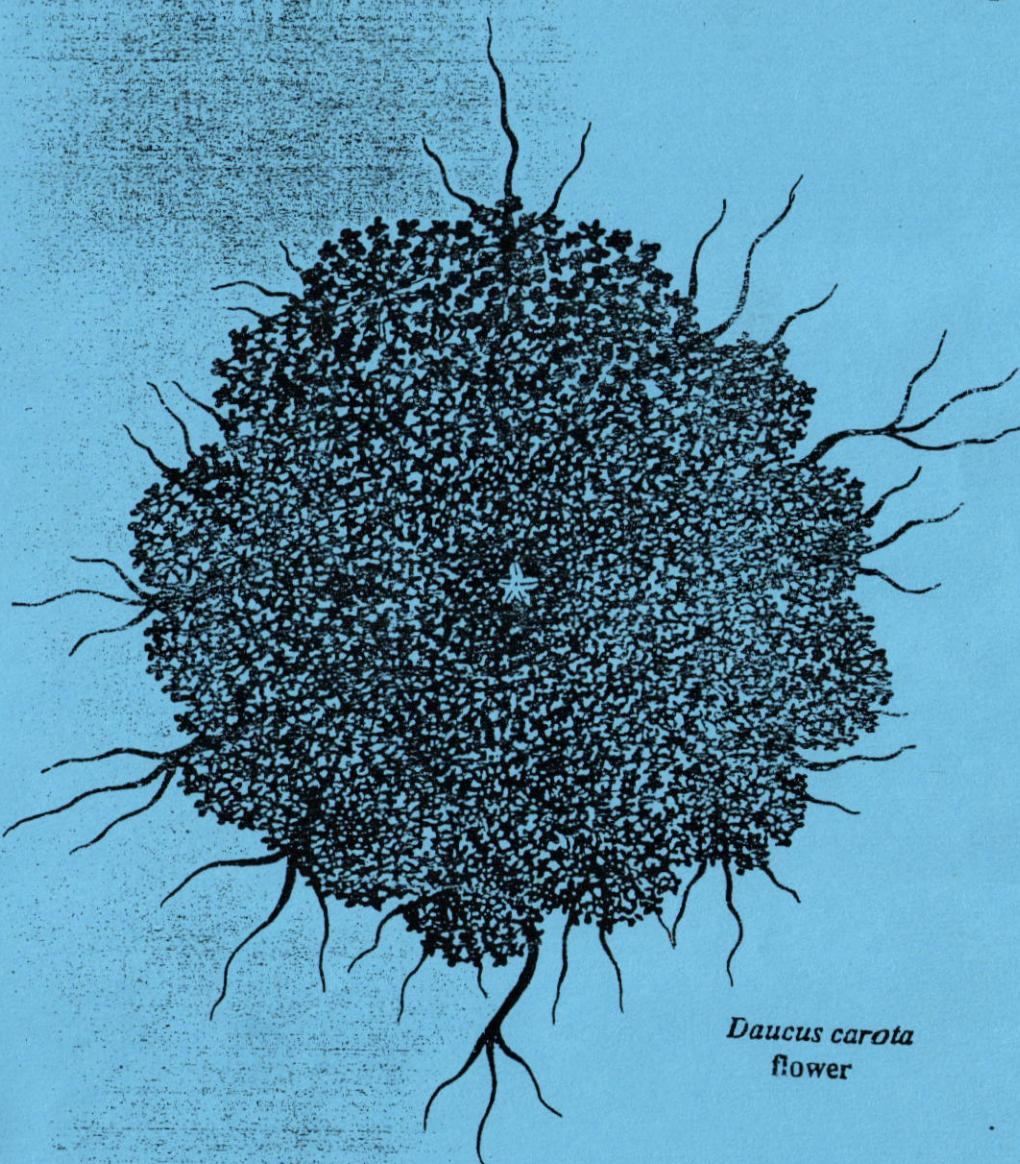
USA \$16.95

ISBN 0-964520-3-7



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## The Fruit of the Tree of Knowledge



UNI M. TIAMAT

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# Herbal Abortion

## The Fruit of the Tree of Knowledge

uni Münster

## DEDICATION

*To all women; past, present, and future: who, impassioned by love of the earth mother and the life that abounds here, fight to protect freedom for herself, her sisters, and all those abused by patriarchal domination.*

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**Important Notice to All Readers:** This herbal health book is not intended to endorse, prescribe or diagnose in anyway. All information within is shared in the understanding that each individual reader is solely responsible for their decisions and actions. The author and the publisher are not responsible for any adverse effects or consequences resulting from the use of any remedies, procedures, or preparations included in this *Herbal Abortion* handbook. Do to the fact that there are little to no controlled studies of herbal remedies, readers are advised to exercise caution; to consult with knowledgeable trained healers, midwives, herbalists, and wise-women; and to follow their own common sense and best judgement in deciding whether to employ any of the treatments and suggestions in this book. Women should be aware that many herbal abortifacients are suspected of being teratogens. If a woman uses herbal abortifacients and then carries the pregnancy to term, there is a risk that the resulting child may have physical or developmental deformities. For this reason, a clinical abortion is suggested if herbal methods are not successful at the end of two weeks.

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Excessive dosages of herbal medications often cause intoxication (Signs of Toxicity).  
Signs of Toxicity are valuable signals from one's body that the dosage of a medication is too high.  
To decrease the chances of over dosage of herbal medications:

1. Work with the assistance of those wise in the ways of herbs.
2. Personalize dosage ranges to suit your body size.
3. With every new plant or herbal preparation, always begin at the lowest dosage in your personalized dosage range. Test for individual plant strength and personal sensitivity, then increase or decrease dosage as needed.
4. Always reduce dosage at first sign of toxicity.
5. Herbs are medicines. Keep herbs and herbal preparations in a safe place out of reach of children.

## General Signs of Toxicity

Reduce dosage at first sign of toxicity. Boldly printed signs are extreme signs of toxicity and deserve immediate medical attention.	Quesiness.	Headache.	Sweating.	Restlessness.	Shock.	Tremors.	Hallucination.	Confusion.	Racing pulse.
	Nausea.	Dizziness.	Chills.	Sleepiness.	Falling blood pressure.	Convulsions.	Collapsing.		
	Vomiting.	Ears ringing.	Fever.	Exhaustion.		Mania.			
						Coma.			

## FIRST-AID MEASURES IN POISONING

### SKIN CONTAMINATION

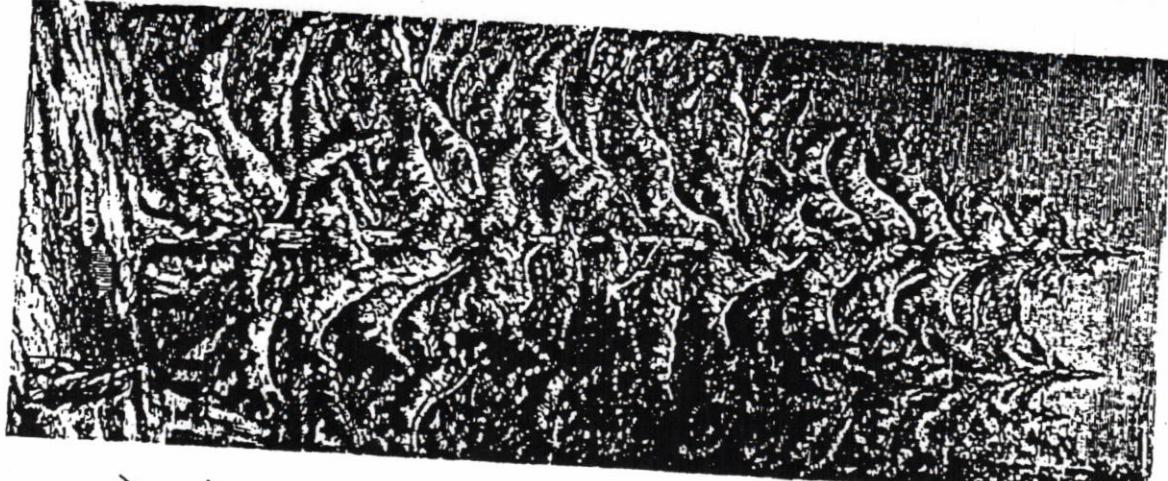
1. Drench the affected area immediately with lots of running water, and wash with soap if available.
2. Remove and thoroughly wash all contaminated clothing.
3. If you were out in the sun when an irritation occurred, take shaded cover immediately. Some of the herbs in this book are phototoxic, meaning they can cause severe blistering and reddening of the skin in people who take them and subsequently expose themselves to sunlight.

### EYE CONTAMINATION

1. Wash the eye with a continuous gentle stream of luke warm water from a faucet or hose for 15 minutes.

### INGESTED POISON

1. Lay persons should not attempt treatment if the patient is drowsy, in shock, convulsing, or unconscious. Seek emergency medical treatment. If the person has ingested petroleum products (gasoline, paint thinner, lighter fluid, etc.) or corrosives (acid or alkali) do not induce vomiting.
2. Identify poison. Do not panic, keep as comfortable as possible. Alleviate fear. Be rest assured that there are actually few serious poisonings from plants and even fewer fatalities. If you have access to a telephone, immediately call the nearest Poison Information/Control Center for instructions.
3. Induce Vomiting - Vomiting is only effective for expelling ingested substances that are still in the stomach. If vomiting occurs within 30min. of poison ingestion, 30-50% of the poison may be expelled. If vomiting occurs one hour after ingestion, 10-20% of the ingested poison may be expelled. Ipecac syrup or household detergent in water are all effective emetics.
4. Administer Activated Charcoal after a person has vomited. - Activated charcoal, the substance used in water filters to absorb toxic substances, can absorb toxic substances in the body as well. Activated charcoal Dosage: 1Tbs. of activated charcoal for every 17 pounds of body weight. Stir into a slurry in water and drink. Each gram of charcoal will absorb 10-100mg of poison. For extreme cases of poisoning, activated charcoal is given every 5 hours for 24 hours. Vomiting is induced after each ingestion. Dosages are repeated until a total of 100g of charcoal is introduced and recovered.



May you stand tall,  
like a tall tree, swing far,  
understanding, and at peace,

May your roots dig deep into the sediment of old  
held to the heart of the Mother Earth,

May your hardened veins pour love to  
the land's lungs,

May you dance freely in the colored winds of autumn and  
hold fast to your center in the violent storms of spring,

May your leaves grow, seeking warm vibrations from the sun  
and shelter with the swirling mountain skies  
as the free fly fairies celebrate the night.

May the rain wash away your inhibitions  
and swing the rainbow around you of your freedom.

May no one ever cut you down, use you, abuse you.

May you stand tall and live down to no man.



## How to Use this Book

This booklet is made up of three distinct sections: the Preparatory section, the Herbal section, and the Informational Appendices. The first section, the Preparatory section, is an informational introduction to herbal abortion and herbal medicines. The second Herbal section, in alphabetical order by common name, thoroughly describes 20 abortive herbs commonly available in the United States. The third Appendix section includes valuable sources for more information.

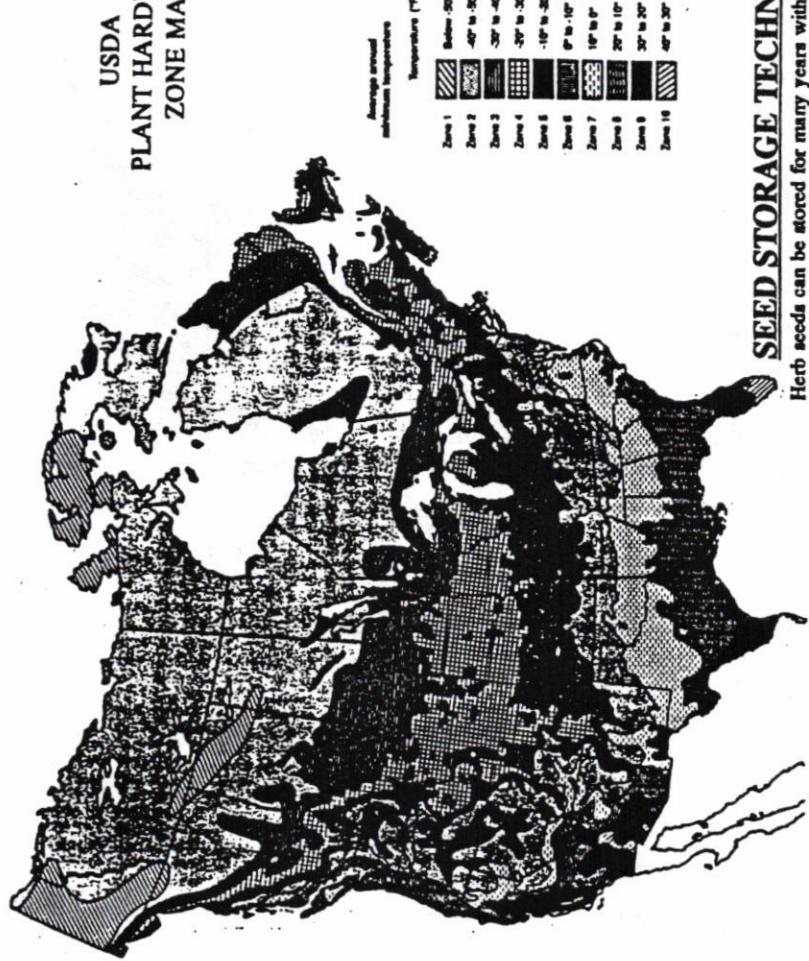
### THE PREPARATORY SECTION includes:

- Review of Options - reviews the many options available to a pregnant woman.
- Pros and Cons of Herbal Abortion - some advantages and disadvantages of Herbal Abortion.
- Forming a Back-Up plan in case the herbal abortion is not successful.
- Classification of Abortifacient Herbs - groups the abortifacient herbs according to how they work in the body.
- Nan Koehler's 'Herbal Abortion' - an excellent example of a safe, efficient, and wise herbal implantation inhibiting method.
- Menstrual Regulation and Herbal Abortion - describes how to wisely use herbal menstrual regulation/abortion during the first two weeks of pregnancy by avoiding unprotected intercourse around the fertile ovulation time.
- Pregnancy Testing - when your period is late to make sure you are pregnant.
- Calculating Gestational Age - to help one make decisions and have some idea of what to expect.
- Pregnancy and Herbal Abortion: Week by Week - describes in detail what is happening in the body week by week.
- Incomplete Abortions - characteristics of and what to do in the event of.
- General Characteristics of Normal Herbal Abortions - what happens, what you might see and experience.
- When Attempting an Herbal Abortion: how to help insure your psychological, emotional, spiritual, and physical well-being during an herbal abortion. Includes section on Rh- women, Abortion, and Rhogam.
- Finding Advice, Support, and Assistance - finding knowledgeable people to advise, assist, and support you in your herbal abortion.
- Preparing for the Future - preparations that can help to insure safe, efficient, and successful herbal abortions in the future.
- Gathering Herbs - Gathering, drying, and storing herbs. Tips on avoiding dermatitis and phototoxicity.
- Purchasing Herbs
- Herbal Preparation - How to prepare Infusions, Decoctions, Syrups, Tinctures, Powdered herbs, Capsules, Vaginal Suppositories, Poultices, and Plasters. Information on Simples and Combinations included.
- Doses - Adjusting dosage ranges to your own personal characteristics, dosage discipline, and tips on taking herbal preparations.
- Weights and Measures

THE HERBAL SECTION lists (in alphabetical order by common name) and describes in detail 20 herbal abortifacients common to the U.S. Descriptions are organized in the following manner:

1. Popular common name.
2. Illustration.
3. Biological Family.
4. Scientific name: Genus and species.
5. Alias: Also known as: additional common names.
6. Parts used: Medicinal parts of the herb.
7. Medicinal Properties: Special powers and virtues of the particular herbs. To decipher go to, the center of the fold in this pamphlet, if you were to open the book in the exact middle you will find the Glossary. The Glossary is placed here so that you can bend the staples and lift the list out for use when you go through the herbal sections in the book. The Glossary contains definitions of the properties of herbs. One can have some idea of the possible natural side-effects for a specific herb with knowledge of meanings of medicinal properties. For example, the herb Pennyroyal, also has the medicinal properties of being Diaphoretic (causing increased sweating) and Diuretic (causing increased urination). When one takes Pennyroyal preparations, one may experience urination and sweaty rushes of energy as part of the natural effects of the herb.
8. Effects body: Major actions particular herb has on the body.
9. Contains: Chemical components.
10. Vit + Min: Vitamins and minerals in the herb.
11. Description: Physical appearance of the stem, leaves, and flowers. Range of the herb in the United States.
12. Herbal Lore and Medicinal Uses of Herb: Accumulation of significant facts, traditions, beliefs and the herb's use as an abortifacient.

## USDA PLANT HARDINESS ZONE MAP



## SEED STORAGE TECHNIQUES

Herb seeds can be stored for many years without much loss in germination rates, if they are dried thoroughly, sealed into an airtight container, and frozen or refrigerated.

1. Place the seeds from each herb into small paper envelopes.
2. Label the envelope with the plant name, date, where collected, etc.
3. Fill remaining space with color-indicating silica gel (see sources).

## STARTING SEEDS

The most consistent results come from sowing seed in containers.

1. For small seeds, sow seed on the surface of the soil, do not bury, just gently tamp down with fingertip into soil.
2. For larger seeds, press pencil eraser or small dowel rod into the soil to a depth of a little over the seed's diameter. Cover seeds with a fine layer of soil.
3. Keep seeds moist with a mister or spray bottle until they germinate (1-4 weeks).
4. Cover containers with clear plastic wrap to create a mini greenhouse effect: locking in moisture and insuring that your seeds don't dry out - one of the main causes of non-germination.
5. For optimal seed starting, seeds like warm moist soil and cool air. The soil of the forest is the warmest of the year in early to mid spring, when there is no shade from the ground cover and tree leaves. It is during early to mid spring when most seeds sprout on the forest floor. To simulate the warm soil of the seed's natural environment, setting the covered greenhouse seed containers on the dryer, or the top of the refrigerator will help to warm the soil. Adjustable heating pads are available at garden stores for starting plants.
6. Place seed containers in freezer or refrigerator.
7. Let sit 4-5 days for small tiny seeds or up to one week for larger seeds. At this point seeds will be thoroughly dried. A good test is to place pressure on the seed and if it breaks in半 of bending, the seeds are dried sufficiently.
8. Immediately place dried seed packets into other airtight container/s, and
9. Separate seeds from silica gel.
10. Place seed containers in freezer or refrigerator.
11. When you are ready to plant, remove seeds from the freezer. DO NOT OPEN. Let unopened jar reach room temperature before opening. (If the jar is opened before it reaches room temperature, the moisture in the air will condense on the cold seeds and cause them to absorb moisture.) Before planting, expose the room temperature seeds to the air for a few days so the seeds can gradually adjust to humidity levels.

## READING LIST

## MEKAL ABUTION

Love is an ancient symbol of the spirit, of the soul, of love - in flight from one state of being to another. Doves are associated with the sacred Great Mother's circular cycle of life, death, and rebirth.



## INFORMATIONAL APPENDICES Contains • Reading View • Summary • Glossary • Bibliography • Index

**Spirit, P.O. Box 893, Great Barrington, MA 01230. ISBN 0-96236-0-0**

**Susan Weed's Wise Woman Herbal.** 1986. Ash Tree Publishing, P.O. Box 64, Woodstock, NY 12498. Excellent resource for women's herbal health. Contains a Herbal Birth Control section which notes some of the safest and most effective herbal emmenagogues, including a valuable implantation inhibiting herb not mentioned in this booklet, Smartweed *Polygonum hydropiper*. ISBN 0-9614620-0-0

**MENSTRUAL EXTRACTION (and other abortion options)**

**When Birth Control Fails...** by Suzanne Gage, re-released by Federation of Feminist Women's Health Centers. Order from: WBCF, 1043 University Ave #169, San Diego, CA 92103. Informational guide to self-abortion techniques, including menstrual extraction, also has step by step instructions and illustrations for practicing self-examination with a speculum. (For speculum purchasing information, see Mail Order Sources.)

**A Woman's Book of Choices: Abortion, Menstrual Extraction, RU486.** by Rebecca Chalker and Carol Downer. 1992. Four Walls Eight Windows, New York. Covers the many abortion options available to women. Detailed, illustrated section on menstrual extraction.

**WOMEN'S HEALTH INFORMATION**

**HOW TO STAY OUT OF THE GYNECOLOGIST'S OFFICE.** 1981. Federation of Feminist Women's Health Centers. Peacock Press. Order from: WBCF, 1043 University, #169, San Diego, CA 92103. Empowering guidebook provides essential women's health information.

## **MENSTRUAL EXTRACTION (and other abortion options)**

journaling 17 days of one woman's spiritual, emotional and physical experience with herbal abortion. 24 page pamphlet Spirit, P.O. Box 893, Great Barrington, MA 01230. ISBN 0-96236-0-0

WOMEN'S HEALTH INFORMATION

Walls Eight Windows, New York. Covers the many abortion options available to women. Detailed, illustrated section on menstrual extraction.

health information.

## **WOMEN'S HEALTH INFORMATION**

*HOW TO STAY OUT OF THE GYNECOLOGIST'S OFFICE.* 1981. Federation of Feminist Women's Health Centers. *Peace*  
Book Fund, Women's Health Information Project, 1981.

Freedom breeds freedom. Nothing else does.

-Anne Koë, *The Making of a Scientist* (1952)

## Review of Options

Pregnancy is one natural healthy outcome of a woman's sexuality. If you are now pregnant, you may celebrate the fact that your body is functioning in perfect harmony and balance. As a healthy woman you have the capacity to create and nurture new life within yourself. One obvious option available to you is to carry the pregnancy to term. You may keep and love the baby or give the baby to a loving family to adopt.

Sometimes pregnancy comes at a time when a woman does not want to be pregnant. Women pregnant, at a time they do not wish to be, may feel stress, anxiety, fear, and maybe even panic. Slow down, take some relaxing deep breaths. Most all women, past, present, and future, become pregnant at some time in their lives and have to make a decision regarding what they want to do. This is a powerful time physically, emotionally, and spiritually. Take time for yourself so you can think. Take a relaxing bath. Go for a walk in a favorite place where you will have little distractions. Talk to trusted friends. Value how you are feeling, and respect your own process on making a decision regarding your fate. You have many options available to you. You need not feel helpless and powerless. Realize you have ultimate power over what your future will be, right now. Options available to women who do not wish to carry a pregnancy to term:

- Clinical Abortions are the most common form of abortion. Clinical abortion is done in a clinic or hospital setting by trained health care professionals. A clinical abortion consists of the scraping of the uterine wall and suction to remove the placenta and the embryo. Clinical abortion has been proven physically safe and usually without physical complications. Many women feel the clinical hospital environment lacks the convenience and dignity of the following alternative self-help abortion options.
- Menstrual Extraction is a menss regulating option available to women who are in women's self-help groups, called 'friendship groups.' Women in friendship groups share a close community of women who educate each other on proper sterile techniques, share skills, and train by seeing and doing. Menstrual extraction is a process in which a simple device called a D&E-EM, consisting of a suction syringe, tubing, a mason jar, and a sterile flexible cannula, is used by the friendship group to gently suck the menstrual fluids from the uterus. A woman whose period is late and decides to have the menstrual extraction done is in charge of the entire menstrual extraction. She instructs her women-friends assisting her in the procedure when to insert the cannula, if the cannula should be moved, if the amount of suction needs to be changed, etc., and she can stop the procedure at any time she wishes. Through the careful use of this method by trained women's self-help groups, many women are finding menstrual extraction to be a proven safe menstrual regulating option. Long range effects of menstrual extraction are unknown, however. Unfortunately, every woman in need does not necessarily have immediate access to a self-help friendship group, but getting into a friendship group may be a future option for women to look into. (see Reading List)
- Herbal Abortion, detailed in this handbook, is another self-help option available to women. Herbal abortion consists of taking medicinal preparations of reliable menstrual promoting herbs that have been used successfully since ancient times for emmenagogal (menstrual promoting) and abortifacient (abortive) purposes. The object of this *Herbal/Abortion handbook* is to bring vital information on emmenagogal and abortifacient herbs into a convenient and usable resource format. Thus, women who decide upon herbal abortion will have a basic foundation of knowledge from which to draw and with the assistance and support of herbalists, healers, and wise-women, have more successful and safe herbal abortion experiences.

If you are considering herbal abortion solely on a financial basis, and would choose other options if you had more money — Stop! You deserve what you consider to be the best medical care for you. There are a few organizations that can provide direct financial assistance or low to no interest loans for clinical abortions. The National Abortion Federation Hotline 1-800-772-9100 (hours Mon.-Sat. 9:30-5:30pm) can provide information on possible sources of funds and assistance programs in your area. Call Woman's Health Projects, Planned Parenthood, and any other women's health groups you can find. Ask for help. If they cannot help you, ask for a referral to other groups that might be able to. Be persistent, and think positive. Things will eventually go your way.

wise-woman, Hildegard was chosen to represent her convent as the abys. In the abys position "she stood in face to face encounters with the emperor, Frederick Barbarossa, and she even challenged the papacy."<sup>2</sup> Hildegard's achievements include *Scrib., 26* of her visions about the relationship between God, man, and creation; two books of medicine and natural history; hymns and canicles of which she wrote both words and music; a play; and a language of her own composed of 900 words and an alphabet of 23 letters. Hildegard regularly traveled throughout Germany and parts of Gaul speaking to people of all classes and walks of life. Hildegard was endeared to the people, many of whom still refer to her as Saint Hildegard. To this day, Tansy is used throughout Europe to induce menstruation.

### CULTIVATION

Tansy, a hardy perennial, may be propagated by dividing the old clumps in the spring or fall or by seed sown in spring into well-prepared beds of nitrogen-rich loamy soil (PH 5.6-5.7) in full sun to partial shade. Tansy tolerates average to poor soil and will grow in most locations as long as they are not constantly wet. Tansy, in a good location, will spread rapidly, and if Tansy is not controlled, it can take over. Tansy is best grown on a piece of land where it can be allowed to run wild.

### GATHERING

Gather leaves and flowers of Tansy when in full bloom. The root may be gathered when the above-ground portions of the plant begin to die back in late fall. Gather seeds when mature. Immediately process gathered material into tinctures or dry in the shade. Store in airtight containers. Do not confuse Tansy *Thacetum vulgare* with Tansy Ragwort *Senecio jacobaea*, found in the Northeastern United States and known to produce irreversible liver damage when taken internally.

### PREPARATION AND DOSAGE

**Words to the Wise:** Compared to other abortifacient herbs, Tansy is a relatively young abortifacient herb, meaning it has been used for abortifacient and emmenagogal purposes only in the recent past. Tansy is a very strong herb and can cause side-effects even at therapeutic doses. Use caution. Tansy has been known to cause temporary lumps in the breasts of women who use it to promote menstruation, and Tansy can cause hemorrhage in women who normally menstruate heavy.<sup>3</sup> Tansy contains the uterine contracting and possibly toxic thujone (see 'Thujone'). The amount of thujone in Tansy is "highly variable, some chemical races contain no thujone, others have up to 95% in their oil."<sup>4</sup> Because of Tansy's chemical variability, it is essential to follow safe dosage discipline: With every new herb plant, every new preparation bought or home-made, always start out at the lowest dosage to test for preparation strength and individual sensitivity, then decrease or increase as necessary. Stay out of the sun when taking Tansy. Tansy is phototoxic, meaning it can produce a skin rash or blistering in individuals who have taken it and then expose themselves to sunlight. Tansy's essential oil is very concentrated. As little as 4ml (less than 1tsp) of the oil has caused death. Watch for Signs of Toxicity Specific to Tansy: Nausea, vomiting, inflammation of the stomach lining, dilated pupils, weakened and/or rapid pulse, convulsions, coma.

**Preparation:** Tansy's emmenagogal and abortifacient properties are mainly derived from the infusion or tincture. Tansy is taken as a simple or sometimes with Blue Cohosh and Pennyroyal.

### DOSAGE-TANSY

**Standard Infusion (leaves and flowers):** Steep 30min., 1/2-1tsp., 3-4X a day.  
**Standard Tincture:** 1/4-1/4 tsp. (@ 20-45 drops), 3-4X a day.  
**Powdered leaves and flowers:** 3-8 #0 capsules (20-60 grains), 3-4X a day.

1.Ridle 116-117. 2.Ridle, 116-117. 3.Weed, 8. 4.Turner, 140.

It's just as hard for man to break the habit of thinking of himself as central to the species as it was to break the habit of thinking of himself as central to the universe. He sees himself quite unconsciously as the main line of evolution, with a female satellite revolving around him as the moon revolves around the earth. This not only causes him to overlook valuable cues to our ancestry, but sometimes leads him to making statements that are arrant and demonstrable nonsense.

Elaine Moran. *The Descent of Woman* (1972)



## PREPARATION AND DOSAGE - SAFFRON

**Words to the Wise:** Saffron is estrogenic. Estrogenic herbs may encourage estrogen-dependent tumors, liver problems, and abnormal blood clotting. (see Estrogenic) The crocetin in Saffron stigmas is toxic in large amounts.

Some women have died attempting abortion with Saffron. A dose of  $\frac{1}{4}$  ounce (0 grams) or more can be toxic.<sup>3</sup> Overdoses of Saffron are narcotic, causing changes in personality, often excessive gaiety and laughter. It is no joke that in an overdose of Saffron one could die laughing. Have an attendant with you at all times when taking Saffron for abortifacient purposes.

**Watch for Signs of Toxicity Specific to Saffron:** Flush of redness to the skin; nosebleed; heaviness in the head; changes in personality: stupor, excessive gaiety, convulsive laughter; sleepiness; vertigo; vomiting; loss of muscular control; and loss of consciousness. As always, reduce dosage at first sign of toxicity.

**Preparation:** Saffron stigmas have strong emmenagogic and abortifacient qualities in early pregnancy, but because Saffron stigmas are so expensive to purchase, Saffron is usually only used for abortifacient purposes when the woman is able to cultivate the Saffron and gather the stigmas herself.

**DOSAGE - SAFFRON**  
Infusion: 20-30 stigmas per pint of boiling water. Steep 10-20min. Take in 1sp. doses, frequently.

1.Rusch, 144. 2.Dale, 148. 3.Kowalski, 457.

## TANSY



### Compositae (Composite Family)

#### *Tanacetum vulgare*

**Aka:** *Tansy*, *Bitter-buttons*, *Hindhead*, *Ginger Plant*, and *Parsley Fern*.

**Parts used:** Flowers, leaves, seeds, and root.

**Medicinal Properties:** Abortifacient, Anthelmintic,

*Eructans* sanguine, Stimulant, Tonic.

**Effects body:** Uterine stimulant, menstrual regulator, and expels worms.

**Contains:** The essential oil *tanacetone*, which is identical to *thujone* with trace amounts of camphor and borneol; sterine; tanin with gallic acid and tanacetic acid.

#### DESCRIPTION

Tansy is an aromatic perennial with strong erect stems reaching 2-3 ft. in height. Alternate 3-4in. long leaves, deep-green, lance-shaped, with alternate deeply-toothed leaflets, give tansy a feathery appearance. Golden-yellow flower 'buttons', late summer to mid-autumn, appear tightly grouped together in flat-topped flower-clusters. Found on wastelands, wood clearing, and undisturbed nitrogen-rich soils in North America from Ontario to British Columbia south through Minnesota to North Carolina and Missouri. Tansy also grows in the west in Nova Scotia south to Oregon and Nevada.

#### TANSY HERBAL LORE AND MEDICINAL USE

Tansy has been known since ancient times as a meat preservative and insect repellent. The leaves and flowers were rubbed on meats to help preserve them, and people strew their floors, mattresses, and pillows with Tansy to keep bugs away. Compared with most of the herbs featured in this book, it has only been relatively recently that Tansy has been used as an emmenagogue. Hildegard of Bingen (1098-1117), a remarkable mystic and pioneer in science, sometimes mentioned as the first European woman doctor, was the first to mention Tansy as having emmenagogic powers. A strong

## Advantages

- The chemical components in herbs occur naturally, and are believed by many to have fewer side-effects than synthetic pharmaceutical products.
- Empowering to exercise one's own inherent control over own body and fate.
- Herbal abortion can be done at home privately in a loving peaceful atmosphere.
- Most abortive herbs are readily accessible from nature, health food stores, or mail order.
- Monetary cost minimal to virtually nothing depending on whether you purchase or grow and gather the herbs yourself.
- Herbal abortion avoids the possible risks of clinical surgical abortion: infection, perforation of the uterus, or reactions to anesthesia.

## Forming a Back-up Plan

Any woman who uses abortive herbs, fails to miscarry, and continues her pregnancy to term should be aware of the possibility that the resulting child may have a wide range of mental and/or physical deformities. Herbal abortive herbs are suspected of being teratogens. Teratogens cause the development of abnormal structures in an embryo resulting in a severely deformed fetus. The first 8 weeks of fetal growth is characterized by rapid cell division and is the most crucial time period in the development of an individual. All of the embryo's bodily organs and systems are forming and are highly vulnerable to teratogenic agents (medicines, viruses, radiation, or infection) during the first eight weeks of pregnancy. Estrogenic substances (all Estrogenic herbs) are teratogens, and can cause vaginal adenocarcinoma in female babies in later years. Male embryos exposed to estrogenic substances in utero and as babies have developed lower sperm count as adults. Progestogen in pregnancy can cause teratogens can also cause low implantation of the placenta, possibly causing dangerous complications in labor. After eight weeks of embryonic life, natural modifications evolve but are not as fundamental as in the previous eight weeks. Fetuses are less vulnerable to teratogens after eight weeks, but noxious agents may arrest normal functional growth of vital organs, especially the brain.

Strongly consider having a clinical abortion back-up plan if the herbal abortion by chance does not work. Plan out what you want to do if abortive herbs are not successful after 2 weeks. Write down your feelings, your back-up plan, as well as personal supportive words of encouragement. Ask your friends and assistants to also write down words of encouragement and support. Place all information in a packet and place in a safe place where in two weeks if the herbal abortives do not work, you can access the information to reaffirm your Back-up plan.

[I have heard some rumors of abortive herbs that do not cause birth defects, but I am very skeptical. Seek the advice of knowledgeable herbalists and doctors educated in women's herbal medicine.]

## Pros and Cons of Herbal Abortion

### Disadvantages

- Although women have been using abortive herbs for over 4000 years, there are very few scientific studies documenting possible side-effects of using abortive herbs.
- Effects of abortive herbs on the growing fetus and pregnancy are unknown. If pregnancy is carried to term after using abortive herbs, the resulting child may possibly have birth defects and/or the labor may possibly have complications.
- Herbal abortion is safest and most effective in early pregnancy, before eight weeks. After eight weeks, the chance of having an incomplete abortion increases.
- For women who have an incomplete abortion, a clinical surgical abortion is required, with its associated risks.

## CLASSIFICATION OF ABORTIFACIENT HERBS

## SAFFRON

Iridaceae (Iris Family)

### *Crocus sativus*



Alas: Saffron Crocus, Keshar, True Saffron, and Spanish Saffron.

Part used: Dried stigmas.

Medicinal Properties: Anodyne, Antiseptic, Antispasmodic, Aphrodisiac, Balsamic, Cardiotonic, Condiment, Diaphoretic, Diuretic, Emetic, Emmenagogue, Expectorant, Laxative, Nervine, Sedative, Stimulant, Stomachic, and Sudorific.

Effects body: Soothes pains, releases toxins through sweat and urine, regulates menses, excites sexual instinct, soothes digestive and uterine muscle, soothes nerves, and stimulates the heart.

Contains: Essential oil, a-crocine (the yellow dye), picrocrocin, and safranal.

Vit. + Min.: Considered to be the richest source known of Vitamin B2 (Riboflavin), also has Vitamins A and B12, potassium, phosphorous, and calcium.

#### DESCRIPTION

Perennial Saffron grows from a corm and reaches a height of  $1\frac{1}{2}$  - 2 ft. (0.17-0.5m). At the top of Saffron's stem-like corollas, flowers bloom briefly in the early spring or early fall. Lily-like flowers have six violet petals with three dark orange to red stigmas and a pistil. The three-pronged dark orange stigmas have been collected by hand for centuries for their medicinal, culinary, as well as color-dye properties. Saffron is grown in gardens throughout the United States.

#### SAFFRON HERBAL LORE AND MEDICINAL USE

Saffron, with its deep yellow dye properties, was named the Herb of the Sun. Ancient Egyptian and Greek Goddesses and Gods were often described as clothed in deep yellow flowing robes dyed with Saffron. Worn as an amulet, Saffron protected against evil spirits and disease, and Saffron was mixed into incense used spiritually and medicinally. Saffron was used to soothe the nerves, as a kidney and liver remedy, a menstruation promoter, and an aphrodisiac. As an aphrodisiac, Saffron was said to excite "sexual desire especially in women and it was used in love magic..." Saffron stigmas are often enlisted in folk medicine in the treatment of tumors and cancer.<sup>2</sup> Saffron is commercially grown in Spain. Each Saffron stigma must be hand picked, and it takes over 70,000 flowers to produce one pound of Saffron. The 'Golden Spice,' is literally worth its weight in gold; 1lb. of Saffron stigmas sells for a retail price of around \$8000.00.

**CULTIVATION**  
Saffron corms, Zones 6-9, are planted in spring or fall 3in. (7.5cm) deep, root side down, into light rich well-draining soil in full sun to partial shade. Allow 6in. (15cm) between each plant. Saffron reproduces new seedling-corms every year. In the summer of the fourth year of growth, when Saffrons' foliage has died back, dig up corms, gently separate, and plant each corm individually. Saffron corms can also be grown inside. Plant corms in a shallow pot, using rich potting soil with a little sand added. Place Saffrons on a sunny windowsill, and water them when their soil feels dry to your finger one inch down from the surface.

#### GATHERING

Carefully gather Saffron stigmas with a tweezers when the plant is in full bloom. Dry stigmas thoroughly and store in an airtight container.

**IMPLANTATION INHIBITORS** Implantation inhibitors, used for short periods in early pregnancy, are believed to be the safest and most effective of the herbal abortifacients. Implantation inhibitors contain substances that interfere in the normal production of the hormone progesterone by the corpus luteum, and cause the endometrium (uterine lining) to be unsupportive to the growth of the fertilized egg. Depending on how far along the pregnancy is, the egg does not implant in the endometrium or the already implanted embryo detaches from the unsupportive endometrium, and menstruation occurs. After studying the chemical compounds in ancient implantation inhibiting herbs, pharmaceutical companies have created synthetic chemical compounds with actions equivalent to many of the following ancient wise-woman implantation inhibiting herbs. The synthetic antiprogesterone RU486 is used to block progesterone and interfere with the implantation of the ovum in the uterine lining, just like the following herbs which have been used by wise-women for thousands of years to regulate their fertility and fate.

- Cotton, root bark (anti-progesterone and anti-corporus luteum effect)
- Juniper, root (possible implantation inhibitor?)
- Queen Anne's Lace, seed (blocks progesterone synthesis)
- Rue, leaves and flowers (contains Rutin - crystalline glucoside, also called Vitamin P of the bioflavonoids)
- Rutin, vitamin found in plants like Rue and also in capsule form in health food stores (interferes in uterine capillary permeability)
- Vitamin C (600-1000mg an hour, a total of 6,000 - 10,000mg a day, for up to six days, inhibits implantation.)

**ESTROGENIC** Estrogenic herbs contain estrogen-like substances, which act to produce the effects of the female sex hormone called estrogen. Produced by the ovary, estrogen is the hormone responsible for the cyclical ovulation: increase of uterine mucus, rapid cell division of the vaginal lining, and increased sexual desire. Estrogen is the substance in the birth control pill that provides contraception against pregnancy. Estrogenic herbs can cause estrogenic-like side-effects: abnormal blood clotting, liver problems, and estrogen-dependent tumors. Estrogenic herbs should not be used by anyone taking birth control pills, other estrogen medications, or blood pressure medications.<sup>1</sup> If you have been advised against taking estrogenic drugs, like the Pill, consult with your health care provider or herbalist before taking any estrogenic herbs.

- Black Cohosh, root (also Antispasmodic)
- Blue Cohosh, root (also Uterine Contracting)
- Garlic, cloves (also Uterine Contracting)
- Queen Anne's Lace, seed (also Implantation Inhibitor)
- Saffron, stigmas (also Antispasmodic)
- Pomegranate, seeds (contain estrone)

**ANTISPASMODICS** The abortive properties of the following herbs are believed to possibly result from their relaxant action on the uterus, causing inhibition of movement to such an extent that an abortion occurs.

• Black Cohosh, root (also Estrogenic)

• Juniper, berries (Also Uterine Contracting—Thujone)

• European Mistletoe, leaves

## CULTIVATION

Rue, Zones 4-9, prefers full sun, a partially sheltered location, and well-drained soil, but will grow almost anywhere. It is said that the Rue stolen from a friend's garden will grow the best!<sup>11</sup> Rue will live much longer and is less liable to be injured by frost in winter when grown in poor dry rubbly soil than in good ground.<sup>12</sup> Rue is propagated by seed or cuttings. Broadcast Rue seed in spring into partially shaded well prepared beds of neutral clay loam. When seedlings are 2 in. (5cm) high transplant to fresh beds in full sun allowing a 1 1/2 ft. (0.5m) circle of growing room around each plant. Cuttings are made in spring and rooted in water before transplanting as above. Rue likes to grow in the company of Sage, but dislikes Basil.

## GATHERING

A mature Rue plant may be harvested several times a year if each time you harvest the leaves or shoots, you top-dress with rich compost to stimulate new growth.<sup>13</sup> The best time to gather Rue's green shoots is right before the flowers open. Gather in the morning after the dew has dried. Immediately process into tinctures or dry in the shade. Store dry Rue in airtight containers.

## PREPARATION AND DOSAGE - RUE

**Words to the Wise:** Anyone with heart, kidney, or liver damage or on heart medications should not take Rue. Rue, in excess, can cause kidney irritation and liver degeneration.<sup>14</sup> Rue is known to cause contact dermatitis in susceptible individuals. Rue is also phototoxic, meaning Rue can cause rashes and blistering in people who take Rue and subsequently expose themselves to sunlight. (Ruein - see below)

**Watch for Signs of Toxicity Specific to Rue essential oil:** Rue essential oil is toxic in excess producing confusion, exhaustion, severe stomach pain, vomiting, convulsions, and fainting. As always, reduce dosage at the first sign of toxicity. Preparation: Rue and Rutin have strong implantation inhibiting abilities. Rue should not be taken before eating, for Rue has a tendency to cause vomiting due to its emetic properties. Rue is used as a simple or in combination with other herbs, like Sage and Rosemary. Do not boil Rue.

## DOSAGE - RUE

Standard Infusion (leaves, flowers): Sleep 10min., 1-3Tbs., 3-4 times a day.

Standard Tincture: 5-15 drops, 3-4 times a day.

Oil: 1-4 drops, 3-4 times a day.

Powdered leaves and flowers: 1-4 #10 capsules, (5-20 grains) 3-4 times a day.

## RUTIN

**Words to the Wise:** Rutin, because it prolongs the action of the 'fight or flight' hormone adrenaline, may cause the physiological expression of anxiety or fear. Rutin, available in capsule form in the vitamin section at most health food stores, is usually taken as a single. Dosage - Rutin: Take Rutin in tablet doses of at least 500mg several days before and after ovulation, or starting the day after coitus and continuing up to the beginning of menstruation.<sup>13</sup>

<sup>11</sup>Reisch, 143. <sup>12</sup>Walker, 233. <sup>13</sup>Pelton, 218-221. <sup>14</sup>Pelton, 188. <sup>15</sup>Conway and Stomach 247-248. <sup>16</sup>Gutierrez and Andrade, 191-199. <sup>17</sup>Fawcett, 376. <sup>18</sup>Spicer, 152. <sup>19</sup>Kong, Xie, Biu, 4. <sup>20</sup>Northcote, 192. <sup>21</sup>Northcote, 192. <sup>22</sup>Grieve, 695. <sup>23</sup>Kowalchik, 435. <sup>24</sup>Spicer, 152. <sup>25</sup>Wedd, 6-7.

## UTERINE CONTRACTING HERBS I've grouped the herbs that cause uterine contraction into two major groups, Oxytocic and those containing Thujone. The last miscellaneous group contains the remainder of the uterine contracting herbs.

**Oxytocic** Oxytocic herbs induce uterine contractions by simulating oxytocin and encouraging the production of prostaglandins causing contraction of the uterus. (oxytocin is a pituitary hormone that stimulates uterine contractions.)

\*Cotton, root bark (also inhibits implantation)

\*American Mistletoe, leaves

\*Blue Cohosh, root

Thujone Thujone is a volatile oil shown to be a uterine stimulant in laboratory animals.<sup>2</sup> There are possible dangers associated with consumption of thujone. Thujone was the mind altering element in the liqueur called Absinthe, made by adding the essential oils of Wormwood, Anise, Fennel, and Coriander seed to high strength neutral spirits. Absinthe's narcotic qualities caused the drink to be declared illegal in the early 1900's. The thujone in absinthe has been likened by scientists to Marijuana in its effects on the mind.<sup>3</sup> If used for long periods of time, thujone has been reported to cause serious personality changes, and if used in large quantities or concentrated form, thujone can cause delirium, hallucinations, convulsions, and brain cortex lesions.<sup>4</sup> Thujone has been known to trigger epileptic seizures, for this reason, anyone with a tendency toward epileptic seizures should not use herbs containing Thujone.

Arbor Vitae, young twigs and bark (also Gastrointestinal Irritant)  
Chamomile (significant amounts in the essential oil)  
Juniper, berries, leaves, root, and essential oil.  
Mugwort, leaves and flowers.  
Tansy, flower tops

## Miscellaneous Uterine Contracting Herbs Many herbs that are known to cause uterine contraction are not Oxytocic and do not contain Thujone. Each contains unique chemical components of their own that cause contractions of the uterus. This miscellaneous grouping of uterine stimulants contains some well known abortifacient herbs, such as Angelica, Blue Cohosh, and Pennyroyal.

\*Angelica, root  
\*Blue Cohosh, root (Caulosaponin causes uterine contractions, also Estrogenic)

Garlic, clove (as a vaginal suppository, also Estrogenic)  
\*Ginger, root

\*Parsley, fresh leaf (as a vaginal suppository, more info in Prep. section of Garlic)

\*Pennyroyal, leaf  
Rosemary, leaves and flowers



## GASTROINTESTINAL IRRITATION The following herbs abortive action is related to their primary purgative and cathartic properties. The abortive action is believed to result from the irritation of the inferior hemorrhoidal plexus, which in turn transmits stimuli to the posterior lobe of the pituitary gland causing the secretion of oxytocin into the bloodstream, and thus causing uterine contractions. Of all the groupings of abortifacient herbs, I believe this purgative group causes the most stress to the systems of the body. Because gastrointestinal irritating herbs abortive action is dependent upon the irritation of the inferior hemorrhoidal plexus, and so on, and so on, the following herbs are also considered the most unreliable of the herbal abortifacients.

Aloe Vera, extract or juice  
Arbor Vitae, young twigs (also Uterine Contracting-Thujone)  
Male Fern, root and rhizome  
Pomegranate, root bark

<sup>1</sup>Catellman, 16. <sup>2</sup>Spicer, 168. <sup>3</sup>Tunstall, 141. <sup>4</sup>Turner, 24 and 261.

Nan Koehler's 'Herbal Abortion' how-to guide is an excellant example of a safe, efficient, and wise herbal abortion method. Easily accessible apricot kernels or Vitamin C's are safely used to inhibit implantation in early pregnancy. This herbal abortion method is especially sound because by using implantation inhibitors (the safest of all abortifacients) and vaginal suppositories in the first two weeks of pregnancy, Koehler produces abortion while avoiding large amounts of herbal medicines, and the side-effects associated with them.

## Herbal Abortion

November 10, 1981

Nan Ulrike Koehler

What follows is a how-to guide to doing an herbal abortion. I and several of my friends have used this method and know it to be safe and effective.

### Prerequisites for using this method:

1. Keep a chart of your monthly cycle in some reliable way (ovulation method, mucus, basal temperature, etc.). You need to be aware of your rhythm so that you can accurately predict your fertile and menstrual times each month.
2. Procedures for an herbal abortion must be started before you expect to bleed. If you wait until you have missed your period, it will be too late to use this method effectively.

If you made love with a man during your fertile time (for example on days 10-16 in a 28 day cycle), and you do not wish to be pregnant, here is what you do:

1. After unprotected intercourse on a potentially fertile day, begin eating 5-10 apricot kernels 3 times a day. Continue this until your period comes. This prevents implantation. (The same effect can be achieved with high levels of Vitamin C in this way. Use more than 10 grams a day.)
2. Three to five days before you expect your period, do a fast or a semi-fast (eat lightly, aiming for an alkaline diet, and eliminating all animal proteins). Also make an effort to be extra physically active during this time. This will give your body the direct message that this is not a time to foster the growth of a baby.
3. Do herbal teas. Choose from the emmenagogues: Bay, Black Cohosh, Cotton Root, Pennyroyal, Rue, Squaw Vine, Taney, Yarrow, etc. To make the tea: Pour one quart of boiling water over one teaspoon of the herb or herbs in a glass quart jar. Do not let the tea come in contact with metal. Sip this tea throughout the day. The idea is not to poison yourself, but rather to keep the level of tea constant in your body. Again, you are giving your body the message that this is not an appropriate time for growing a baby. Continue with the tea until your period comes.
4. Insert fresh parsley into your vagina. Wash the parsley, cut off the stems and place the parsley high up in your vagina. The herb is irritating to the uterus, and it will help encourage the period to come.

An additional method may be used in conjunction with the above steps. I have not tried this method, but my friend Jeanine Rose has reported success with it: Take one capsule of Evening Primrose oil (prostaglandins) 3-4 times a day. Theoretically, this will help soften the cervix, which opens to release the menstrual flow. The oil may also be applied directly to your cervix. In summary, this regime is simple, easy, and safe. Chart your cycle, chew apricot kernels, sip teas, work hard and take positive action to achieve your goal of self mastery.

(Reprinted, by permission, from Nan Koehler, "Herbal Abortion," Artemis Speaks: *Vaginal Birth After Cesarean Stories and Natural Childbirth Information*, 496-497.)

## RUE



Rutaceae (Rue Family)

### Ruta graveolens

Aka: Rue, Herb of Grace, Herbygrass, Southern Countryman's Treacle, and Garden Rue.

Parts used: Leaves and new shoots

Medicinal Properties: Abortifacient, Anthelmintic, Antispasmodic, Aromatic, Emetic, Emmenagogue, Rubefacient, Stimulant, and Tonic.

Effects body: Improves appetite and digestion, stimulates nervous and uterine systems, expels worms, and used as an antidote to poisonous snakes and insect bites.

Contains: The alkaloids arborinine and pilocarpine, skimmianine, hokusagine, griseoline, y-fagarine, dictamine, ribaline, and harmaline; caprinic, caprylic, caprylic, and oenanthidic acids; phenols, methyketones, and terpenes.

Vit. + Min.: Rutin (Vitamin P).

### DESCRIPTION

Rue is a bush-like aromatic perennial shrub that reaches heights of 2-3 ft. (0.6-1m). Rue's stem is woody in its lower section. Aromatic bluish green leaves are alternate and pinnately divided, 3-5 in. (7.5-12.5cm) long, often having a whitish bluish. Yellow flowers, 1/4 in. (1.3cm) wide, with yellow toothed petals and green centers, appear in summer to early autumn, forming in loose clusters at the top of the plant. Naturalized from Europe, Rue is found in North America in old fields, roadsides and wastelands from Newfoundland south to Virginia and west to Missouri.

### RUE HERBAL LORE AND MEDICINAL USE

Rue, 'herb of grace,' was the model of the suit of clubs. The symbol of the suit of clubs is not a club but a trefoil, meaning a plant that has compound leaves with three leaflets. Trefoil Rue has long been associated with the three-fold Roman goddess Diana. Diana was the Triple Goddess: Virgin Moon, Mother of all Creatures, and the Crone Destroyer as well. The name Rue is thought to be derived from the Greek *reuo*, meaning 'to set free.' The orgiastic followers of Diana are known to have used the abortifacient Rue as a love charm! Respect and worship of the triple feminine aspect of the Earth Mother was so widespread, the Christians saw the Roman goddess Diana as their competitor and called her the "Queen of Witches."<sup>2</sup> Rue, anciently used as a powerful gynecological medicine, was associated with the wise-woman midwives who were brutally harassed by Christians as witches and declared "to use Rue to brew magical drinks for causing harm."<sup>2</sup>

In the North American Voodoo religion, Rue is sacred to Erzilie, Ioa (goddess) of love.<sup>1</sup> Sensual, pleasure loving, and a protector of women, Erzilie (sometimes compared to Aphrodite) represents the power of seduction and fertility.<sup>3</sup> Rue, when carried in a red flannel bag, is believed by the Voodoo worshippers of Erzilie to "help protect the virginity of a female and protect the wearer against all poisons."<sup>4</sup> Rue is a traditional abortifacient of the Hispanic people of New Mexico,<sup>5</sup> and Rue infusion has been documented as being used as an abortifacient throughout Latin America.<sup>6</sup> Rue contains a chemical substance called phiocarpine, which is used in veterinary medicine as an abortifacient for horses.<sup>7</sup> Rue also contains a substance called Rutin, or Vitamin P. Rutin, present in many plants, is one of the essential bioflavonoids that serves to help the body strengthen arteries and veins and harden bones and teeth. Rue is also known to have the power to prevent pregnancy. In large doses, Rue prolongs the action of the adrenal hormone adrenaline and decreases capillary permeability in the uterine tissues.<sup>8</sup> Decreased capillary permeability in the uterine tissues causes the endometrium to become non-nutritive to the fertilized egg. The egg does not implant and abortion occurs. Chinese research on a related species in the Rutaceae family, *Murraya paniculata*, has shown the active substance, named yuehukukene, at a dose of 3mg/ per kg of body weight on the day after coitus, to be 100% successful in preventing pregnancies in female rats. The yuehukukene extract of this Rue-sister is said to look promising as a future postcoital interceptor.<sup>9</sup> [As if Rue had not existed as an effective postcoital interceptor for thousands of years!] Rue has long been known to counter the effects of poisons and evil spirits. "The weasel, with grand knowledge of counter-poisons, arms herself with eating of Rue, before fighting a serpent."<sup>10</sup> [We can learn from the wise weasel and arm ourselves with the ancient wise-woman knowledge of Rue in the fight against patriarchal dominance.]

**DESCRIPTION - ROSEMARY**

Perennial aromatic Rosemary grows in the form of a shrub, usually around 3 ft. (1 m) tall. Branches become woody as they mature. Leaves: evergreen, needle-like, simple, opposite, leathery,  $\frac{1}{4}$  - 1 in. (1.3-2.5cm) long, are smooth dark green on top and have tiny soft silvery-green hairs underneath. Small flowers, late spring to early summer, are pale blue, occasionally pink or white. In North America, Rosemary is cultivated gardens in mild regions.

**ROSEMARY HISTORY AND MEDICINAL USE**

Rosemary, in the French language of flowers represents the power of rekindling lost energy. The French name for Rosemary, 'l'encensier,' indicates the common French use of Rosemary as an incense when expensive imported incenses were not available. Spiritually, shamans have inhaled the burning Rosemary smoke or chewed on the root to produce trances in which they prophesy and heal the sick.<sup>1</sup> The people of Spain held that Rosemary was one of the bushes that sheltered and protected the Virgin Mary on her flight into Egypt.<sup>2</sup> The Sicilian belief that young fairies, taking the form of snakes, are found lying in branches of Rosemary, is reminiscent of the Biblical myth of the snake in the tree of knowledge. To the Europeans, Rosemary's aromatic enduring scent was equated with remembrance. Rosemary was valued for its protective powers against insects, evil spirits, and sickness. Rosemary branches were burnt or steamed as an antibacterial vapor in sick rooms or carried at funerals. Rosemary has long been held as having protective powers against evil. For protection, Rosemary was planted around one's home, used in spells to ward off black magic, worn as a charm against the evil eye, or placed in a pillow to dispel bad dreams. As a love charm during the Middle Ages, if a person tapped someone with a Rosemary twig containing an open blossom, it was believed they would fall in love. In European weddings, Rosemary was traditionally worn in the bride's wreath, and the bridal bed was decked with flowering Rosemary twigs.<sup>3</sup> In Europe during the Middle Ages, protective emmenagogic Rosemary became symbolic of the powers of women and came to be despised by patriarchy. People said, "Where Rosemary flourishes, the lady rules." During the 1500's, men were known to tear out Rosemary bushes around the home to prove that they, not the women ruled.<sup>4</sup> The French historian L. Ruetier, reported in 1923, that a decoction of Rosemary leaves, 10-20 grams in 200 grams of water, was administered in Mexico as a carminative and an abortive.<sup>5</sup> James A. Duke in *Handbook of Medicinal Plants* notes Central American folk healers used Rosemary and *Artemisia maritima* (which contains thujone) in combination for fertility control. The author notes that this combo might possibly cause temporary sterility, prevent implantation of the ovum, and affect menstruation. Rosemary oil is also noted as being used to promote menstruation.<sup>6</sup>

**CULTIVATION**

Rosemary is considered a tender perennial, being sensitive to extreme cold. For this reason, Rosemary is often grown in containers and brought inside and placed in a sunny window during the colder seasons. Rosemary, Zones 8-10, will tolerate cold temperatures to 0°F. Rosemary is easiest to grow from cutting taken in August. Plant 2/3rds of the cutting down into sandy soil, allowing 1/4 of each cutting to peek out above the soil surface. Mulch over winter. In the next autumn the young Rosemary plants will be ready to transplant to a permanent location. Rosemary grows best in a sunny sheltered location, like at the base of a rock wall, in sandy, stony, or chalky well-draining soil (pH 6.5-7.0). Rosemary, native to the salt spray of the sandy, rocky coastal regions of the Mediterranean, must never be allowed to dry out completely.

**GATHERING**

Gather the sprigs or leaves of Rosemary off well-established plants ideally when they are just about to flower or during flowering. Immediately process into tinctures or dry in the shade.

**PREPARATION AND DOSAGE**

Words to the Wiser: Rosemary's essential oil can cause psychoactive, inebriated effects. Caution: Essential oils are very concentrated; death from ingestion of Rosemary essential oil is possible.

Watch for Signs of Toxicity Specific to (Rosemary essential oil): Changes in personality, stupor, gastrointestinal irritation, nausea, and vomiting. Watch for General Signs of Toxicity on back cover, too.

Preparation: Rosemary's abortifacient properties are historically derived from ingestion of Rosemary's decoction or essential oil. Rosemary can be used as a simple or with other herbs like Sage and Rue, or as a carminative with Aloe. One source suggests Rosemary with a few Lavender flowers, and maybe a slice of lemon and some honey.<sup>7</sup> A vacuum thermos is great for steeping infusions long periods. Electric crockpots with lids are great for long simmering herbal decoctions.

**DOSAGE-ROSEMARY**

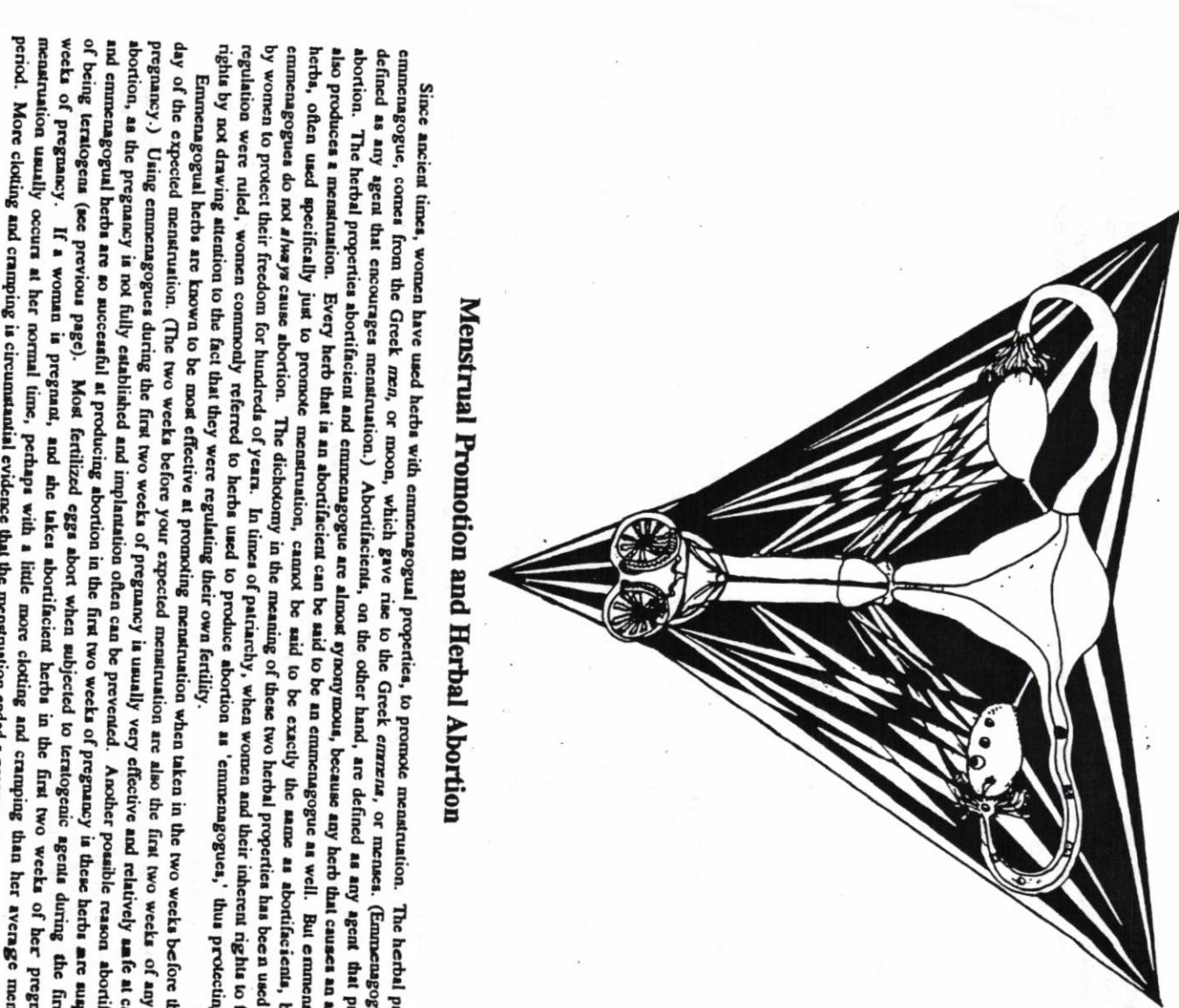
Standard Infusion (leaves): Steep overnight, 2-3Tbs, 3-4 times a day.

Standard Decoction (leaves): Simmer at least 1hr., 2-3Tbs, 3-4 times a day.

Standard Tincture (leaves): 5-15 drops, 3-4 times a day.

Oil:  $\frac{1}{2}$  - 2 drops, 3-4 times a day.

Powder: 4-10 100 capsules, 3-4 times a day.

**Menstrual Promotion and Herbal Abortion**

Since ancient times, women have used herbs with emmenagogic properties, to promote menstruation. The herbal property, emmenagogue, comes from the Greek *men*, or moon, which gave rise to the Greek *emmena*, or menses. (Emmenagogues are defined as any agent that encourages menstruation.) Abortifacients, on the other hand, are defined as any agent that produces also produces a menstruation. Every herb that is an abortifacient can be said to be an emmenagogue as well. But emmenagogues, often used specifically just to promote menstruation, cannot be said to be exactly the same as abortifacients, because emmenagogues do not always cause abortion. The dichotomy in the meaning of these two herbal properties has been used wisely by women to protect their freedom for hundreds of years. In times of patriarchy, when women and their inherent rights to fertility regulation were ruled, women commonly referred to herbs used to produce abortion as 'emmenagogues,' thus protecting their rights by not drawing attention to the fact that they were regulating their own fertility.

Emmenagogic herbs are known to be most effective at promoting menstruation when taken in the two weeks before the day of the expected menstruation. (The two weeks before your expected menstruation are also the first two weeks of any given pregnancy.) Using emmenagogues during the first two weeks of pregnancy is usually very effective and relatively safe at causing abortion, as the pregnancy is not fully established and implantation often can be prevented. Another possible reason abortifacient herbs are so successful at producing abortion in the first two weeks of pregnancy is these herbs are suspected of being teratogens (see previous page). Most fertilized eggs abort when subjected to teratogenic agents during the first two weeks of pregnancy. If a woman is pregnant, and she takes abortifacient herbs in the first two weeks of her pregnancy, menstruation usually occurs at her normal time, perhaps with a little more cramping and cramping than her average menstrual period. More cramping and cramping is circumstantial evidence that the menstruation ended a pregnancy.

<sup>1</sup> Ruetier, 175. <sup>2</sup> Plautius, 242. <sup>3</sup> Meyer, 230. <sup>4</sup> Caulfield, 311. <sup>5</sup> Ruetier, 232. <sup>6</sup> Duke, 412. <sup>7</sup> Meyer, 175.

Using emmenagogic and abortifacient herbs in the **first two weeks** of pregnancy is most effective, but pregnancy tests are only accurate **after** the beginning of the **third week** of pregnancy. Women who use abortive methods in the first two weeks of pregnancy are unable to use pregnancy testing to confirm whether or not they are pregnant. This can be a disadvantage. If a woman is not pregnant but believes she might be and uses abortifacient herbs to cause abortion, she uses herbs when they **not** needed. Using **herbal abortifacients** when they are not needed should be avoided, as the long term side-effects from repeated use of abortifacient and emmenagogic herbs are unknown. Unnecessary use of abortifacient and emmenagogic herbs can be prevented by using the contraceptive method of avoiding unprotected intercourse during the most fertile time of the monthly cycle, ovulation. By avoiding unprotected intercourse during ovulation, most women are consistently able to avoid pregnancy. The only time these wise-women use emmenagogic herbs is when they believe they might be pregnant because they happen to have unprotected sex during their fertile time of ovulation.

Accurate prediction of the monthly fertile time of ovulation is **essential** to wise use of abortifacients. Ovulation can be predicted with knowledge of your length of cycle and the day you expect to menstruate. The **average length of cycle from the first day of one period to the first day of the next** is 28 days. Be aware that the 28 day cycle is only an average. Many women regularly have cycles of a few days over or under 28 days. Record the day you begin to menstruate every month. Count the number of days from the beginning of one period to the beginning of the next. This is the length of cycle you can anticipate for your next period. Many women do not regularly cycle the same number of days every month, but have a cyclic range within their period comes. To calculate your **average length of cycle**, figure your length of cycle for at least six months and average.

Ovulation occurs 14 days before the first day of the next menstrual cycle or (less accurately) 10-16 days after the first day of the last menstrual cycle. Ovulation, the time when an egg is released from the ovary, is characterized by body basal temperature fluctuation, increased vaginal mucous (long stringy, stretchy mucous) and often increased sexual desire. By recording resting body temperature every day in the morning before one gets out of bed, ovulation can be seen by an fluctuation of body temperature around ovulation. Many women, who do not want to become pregnant, make sure they use protection if they have intercourse around their fertile time of ovulation. For contraceptive purposes, it is necessary to be protected at least 3 days before and after (a total of 6 days) expected ovulation time, a longer range can be used for more protection. Sperm can live in the body for three days, and the exact time of ovulation can vary month to month. Some women, who wish to avoid pregnancy, avoid intercourse completely for at least 3 days prior and 3 days post their expected ovulation.

Like all contraceptive methods, avoiding unprotected intercourse around ovulation is not always fool-proof. One day when I was just starting my period, just a bit of pink mucous starting, I thought for sure I was not at a fertile time. After unprotected intercourse, my period stopped, and I began to feel some physical signs of pregnancy in the next week, tender breasts, etc. I couldn't believe it - I became pregnant at the beginning of my period! If you find you are very fertile, and you do not want to become pregnant, it may be best to avoid sex without some form of contraception. Remember, because the long term side-effects of using abortifacients and emmenagogues are unknown, the use of emmenagogues and abortifacients should never be habituated as a primary means of contraception.

### A. Pregnancy Test

For women who have missed their period and suspect they might be pregnant, the first step in making a decision regarding pregnancy is to find out whether or not they are pregnant. Home pregnancy tests are available at any pharmacy for under \$20.00, and are usually accurate on the day of your expected menstruation, approximately 14 days after conception. The most important thing is **do not procrastinate**. Find out whether you are pregnant or not, so that you can make a decision regarding the pregnancy. If you have missed your period, you are most likely already in your third week of pregnancy. The ancients commented, as herbalists do today, that herbal abortion is relatively easy in the first month of pregnancy but becomes progressively more and more difficult as the pregnancy becomes established, so time is of the essence.

### Calculating Gestational Age

Woman can have some idea of what she might expect in her herbal abortion if she calculates the gestational age, the time in weeks that the pregnancy has progressed. Therefore time of ovulation is the time the majority of women conceive pregnancy. To calculate the gestational age figure out the day you ovulated and conceived: count back 14 days from the day you expected to get your period, or figure (less accurately) the beginning date of your Last Normal Menstrual Period (LNMP) and count forward 10-16 days. Record the date you ovulated, and note how many weeks the pregnancy has progressed (the Gestational Age.) Knowing the gestational age of the pregnancy and fetus is a valuable tool when making decisions and knowing what to expect regarding herbal abortion.

cities in the uterine lining, depriving them of the progestrone needed to make a nutritive bed for the fertilized ovum, preventing implantation, and thus inducing menstruation. Queen Anne's Lace's seed terpenoids are recorded as having been studied as a promising substance in the development of a postcoital antifertility agent.<sup>3</sup> Pharmaceutical companies strive to create unique chemical compounds in order to obtain a patent, so that they have sole rights for distribution and profiting off their unique compound. Natural medicines, even if easily available and naturally forming, are not profitable to patent for they grow everywhere. Synthetic medicines often cause more side-effects than the time-tested natural remedies. RU486, a synthetic pharmaceutical antiprogestin, has caused on occasion heavy bleeding requiring blood transfusions, and in one instance, RU486 when combined with progestin caused a heart attack and death in one French woman who was a heavy smoker. Queen Anne's Lace seed, a naturally forming antiprogestin, has a history of having been used with no noted side-effects as an antifertility agent, for thousands of years by women around the world. Time-tested proven safe and effective, when used the day after to prevent implantation. Queen Anne's Lace seed is natural and free, growing prolifically in the temperate zones of nearly every continent in the world. Queen Anne's Lace seed brings the inherent right to freedom of choice that is every woman's birthright. No woman, as long as the Queen Anne's Lace grows, must be tied to a government or a pharmaceutical company to safely regulate her fertility.

### CULTIVATION

Queen Anne's Lace likes to grow in sunny open areas in semi-dry sandy soils and is often found in rocky soils near the sea. To grow Queen Anne's Lace, collect mature seeds off the plant in the fall and sow into well prepared beds of sandy well-draining soils in full sun to partial shade.

### GATHERING

Always use an accurate field guide when gathering Queen Anne's Lace; many poisonous look-alikes exist in the carrot family. Gather Queen Anne's Lace's mature seeds when ripe in the fall. The leaves of Queen Anne's Lace are used, usually in combination with other antilithics, in the treatment of urinary stones. Leaves are traditionally gathered prior to flowering. Dry both seeds and leaves thoroughly, out of direct sunlight and not by artificial heat. Store in airtight containers.

### PREPARATION AND DOSAGE

**Words to the Wise:** Queen Anne's Lace is estrogenic (see Estrogenic). If you purchase Queen Anne's Lace seed make sure the seeds are organic and are not treated with any chemicals to increase germination rates.

### Watch for General Signs of Toxicity listed on back cover.

**Preparation:** Queen Anne's Lace seed prevents implantation and interferes with proper development of the endometrium (uterine lining), thus causing abortion. Queen Anne's Lace is usually used as a simple.

**DOSAGE—QUEEN ANNE'S LACE**  
Eat 1 tsp. Queen Anne's Lace seeds or drink them down in a cup of water the day after unprotected sex to inhibit implantation. One teaspoon can also be taken daily during ovulation or for up to one week to inhibit implantation.<sup>4</sup>

1. Parroti, 77. 2. Kong, Xie, and Bu, 18-19; see also Kaliwal, Ahmad, and Rao, 74. 3. Kari, Jacob, and Lohia, 36-41. 4. Wood, 6.

## ROSEMARY

### *Rosmarinus officinalis*

**Also:** Rosemary, Rosemary, Polar Plant, Compass Plant, and Incensier (Old French).

**Parts used:** Leaves and flowers.

**Medicinal Properties:** Antispasmodic, Aromatic, Astringent, Carmomative, Cephalic, Chalagogue, Diaphoretic,

Emmenagogue, Expectorant, Nervine, Stimulant, and Tonic. Effects body: Soothing to digestive and respiratory systems, stimulating to heart and uterus, strengthens nervous system, promotes liver function and the production of bile.

**Contains:** Essential oil linalole, hyperoside, arbutin, myrcene, quercetin, and several alkaloids.

**Yin + Min:** High in calcium, also contains magnesium, phosphorous, iron, potassium, sodium, zinc, and Vitamins A and C.



## GATHERING

Pomegranate trees usually fruit after 5-7 years of growth and continue for at least 30 years. Fruit should be snipped from the stem with clippers so not to damage the fruit bearing nodes which have the capacity to bear fruit for many years. Harvest Pomegranate fruit when the rind becomes yellow to red brown. "Experienced growers slightly press the fruit and if it gives the sound of grains crackling inside they know that it is ready for picking."<sup>1</sup> Root bark is best gathered at the end of the fruiting season, just after the leaves turn brilliant yellow.

### PREPARATION AND DOSAGE

**Words to the Wise:** Pomegranate roots have caused blindness in some people who have used them medicinally. The blindness caused by Pomegranate roots, usually temporary but occasionally permanent, is thought to be due to inflammation of the optic nerve.<sup>9</sup> Use Caution.

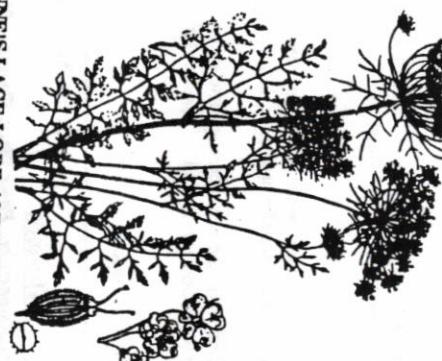
**Watch for Specific Signs of Toxicity for Pomegranate Root Bark:** muscle weakness, dizziness, nausea, vomiting, prolonged and abnormal dilation of the eye, dimness of vision, and loss of vision. Also, as always, watch for General Signs of Toxicity listed on the back cover.

**Preparation:** Pomegranate fruit rind have been used since ancient times as an antifertility agent. Unfortunately, I have yet to find any dosage references for Pomegranate rind. Please seek the advice of knowledgeable herbalists and healers specializing in women's herbal medicine. Pomegranate root bark is noted as having been used as a emmenagogue;<sup>10</sup> please note above cautionary information on Pomegranate Root Bark before using.

**DOSAGE-POMEGRANATE Infusion (root bark):** Pour 1 cup boiling water over 1tsp root bark (cut small), Sleep covered 20min., take cold 3-4Tbs. frequently, up to max. 1 cup a day.

1. 2 Kings 5:18. 2.Walter, 646. 3.Walter, 201-202. 4.Walter, 218-220. 5.Walter, 786. 6.Walter, 366. 8.Simmons, 284. 9.Spoerle, 143. 10.Saari, 121.

## QUEEN ANNE'S LACE



Umbelliferae (Carrot Family)

### Daucus carota

**Aka:** Queen Anne's Lace, Wild Carrot, Bird's or Crow's Nest, Lace Flower, Devil's-plague, Parasnip, and Renipole.

**Part used:** Seed.

**Medicinal Properties:** Antifertility agent, Emmenagogue, and Estrogenic.

### DESCRIPTION

Queen Anne's Lace, biennial, has erect, 1-3ft. (0.3-1m) high, hollow, ridged, bristly stems which bear alternate or basal leaves made up of feather-like segments with many lobes (5mm long), somewhat hairy. Tiny flowers, white to pinkish, (June to September) in 2-4in. (5-10cm) wide in flowering flat-tops umbels maturing to concave seed-covered umbels. One tiny flower in the center of the umbel is deeper colored than all the rest usually deep pink to purple. Introduced from Eurasia, Queen Anne's Lace has spread to every state in the continental United States, with the possible exception of North Dakota. Queen Anne's Lace is a very common weed found in dry fields, old meadows, pastures, and waste places.

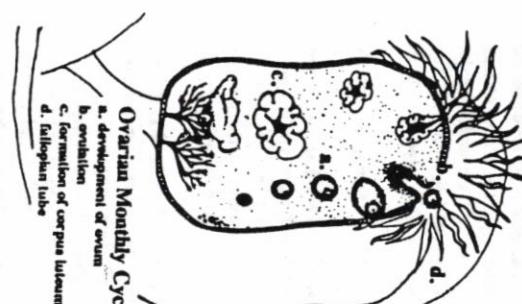
### QUEEN ANNE'S LACE LORE AND MEDICINAL USE

Queen Anne's Lace's abortifacient powers have been known since ancient times. Dioscorides (1st or 2nd century A.D.) noted in his *Materia Medica* that Queen Anne's Lace *Daucus carota* had emmenagogic and abortifacient powers, "To bring forth the menes and abort the embryo, take Queen Anne's Lace seed." The ancient Greeks called Queen Anne's Lace "Phileon" and noted a connection with "affairs of love". In North America, women living in the Appalachian Mountains have used Queen Anne's Lace seeds to regulate their fertility for hundreds of years. In the autumn when the seeds are ripe, Appalachian women gather enough for their use throughout the following year. The day after sexual intercourse, women who do not want to be pregnant take 1tsp. of the dried seeds in a glass of water and drink the mixture. In India, women in Rajasthan, take the same seeds have been shown in Chinese laboratory tests to block progesterone synthesis in pregnant animals.<sup>1</sup> The RU486 pill, a synthetic antiprogestin, has the same action as the natural Queen Anne's Lace seed terpenoids, blocking the progesterone receptor

## Pregnancy and Herbal Abortion: Week by Week\*

\*Age in weeks refers to the Gestational Age, the time in weeks since ovulation/conception.

### Pregnancy Week 1 Ovulation and Conception

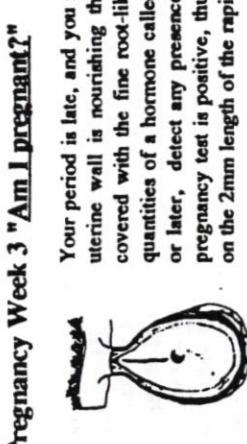


### Pregnancy Week 2 Embedding of the Embryo

The rapidly dividing fertilized egg, is floating around in your uterus at the beginning of Week 2. With the corpus luteum's secretion of progesterone, your endometrial lining is becoming rich and nutritive. During the first two to three days of Week 2, the endometrium is prepared, and the fertilized egg implants. The cells of the fertilized egg that touch the endometrium, begin to divide rapidly to form a spongy network and reach an increasing number of maternal blood vessels. Your blood begins to flow freely through this thick spongy layer of cells, called the chorionic villi. The chorionic villi begin to absorb nourishment from your blood to support the growing ovum and chorionic shell, which at the end of this week has a 2.5mm diameter (about the size of this O). The progesterone secreted by the corpus luteum also causes growth of the milk ducts in the breasts. Some women may begin to notice a tingling sensation in their breasts at this time.

### Herbal Abortion Weeks 1 + 2 Implantation Inhibitors and Emmenagogues

Herbal abortion is easiest and safest to accomplish during the first two weeks. The use of implantation inhibiting herbs like Queen Anne's Lace, Rue/Rutin, Coton Root Bark, or Vitamin C block, alter, or interfere in the production of progesterone which forms the nutritive lining of the uterus. Thus, the lining of the uterus does not grow to be supportive to the fertilized egg; the fertilized egg does not implant; and a woman menstruates as usual on her moon cycle. Other emmenagogic herbs used during the first two weeks of pregnancy are often successful at producing menstruation. Many emmenagogic herbs are believed to be teratogens, substances that cause the development of abnormal structures in the embryo. Teratogens in the woman's system during the first two weeks of pregnancy usually cause the pregnancy to terminate. The appearance of the menstrual blood is usually normal to heavy, possibly with more clotting than usual. The very tiny ovum usually passes unnoticed amidst the menstrual blood.



Your period is late, and you might be wondering if you are pregnant. During the third week,  $1\frac{1}{2}$  in. (3mm) in length and is uterine wall is nourishing the fertilized ovum which now measures about  $1\frac{1}{8}$  in. (3mm) in length and is covered with the fine root-like threads of the chorionic villi. The chorionic villi have begun to produce quantities of a hormone called human chorionic gonadotropin (CG). Pregnancy tests taken during Week 3 or later, detect any presence of the hormone CG in the urine. If there is any CG in the urine then the pregnancy test is positive, thus indicating that a woman is pregnant. No human characteristics can be seen on the 2mm length of the rapidly forming embryo.

#### Pregnancy Week 3 "I'm pregnant!"

After one week of not getting your period, you may have done a pregnancy test. The pregnancy test picked up traces of the human chorionic gonadotropin (CG) that the chorionic villi are producing, and you know now that you are pregnant. Physical signs are becoming evident. You may have morning nausea, your breasts may be feeling tender to the touch, and your vagina and cervix may be turning a bluish to violet color. Pressure on the bladder and increased urination may be noticeable now. The uterus has grown to about the size of a plum. The fast-growing embryo has a  $1\frac{1}{16}$  in. (4mm) length.

#### Herbal Abortion in Weeks 3+4

Implantation inhibiting (progesterone blocking) herbs like Queen Anne's Lace, Rue, Rutin, or Cotton Root Bark would probably prove successful during Weeks 3 and 4 as well. By using herbs that consistently block progesterone, the uterine lining would become un nourishing. The chorionic villi would separate from the uterine wall causing bleeding like a menstrual period. The on, the opening of the cervix, would dilate due to the body's hormonal system being stimulated. Then, the uterine contents would pass out the body through abortion. Women who have abortions at this time period note having basically a normal to heavy period, usually with more clotting and cramping than usual. Other common abortive herbs, like Blue Cohosh, Pennyroyal, and Tansy stimulate uterine contractions which help to expel the uterine contents. If you use a soft rubber menstrual cup to catch your blood (see Mail Order Sources), it is possible to observe the root-like chorionic villi (the beginning of the placenta). To observe the chorionic villi, with each time you empty the menstrual cup add the blood contents to a glass of water. With a magnifying glass, look from the side of the glass into the fluid. The chorionic villi will look yellowish with root-like structures. If the chorionic villi (primitive placenta) are visible, it is a sign that your menstruation ended a pregnancy.



beautiful. She felt swept toward it as the narcissus's fragrance enveloped her. As she came closer and closer, the flower became more and more entrancing. Instantly, the ground began to rumble, the earth fell away, and in shock, Persephone watched Hades ride out of a chariot driving his coal black horses. Hades grabbed Persephone and plunged down into the chasm from which he came into the black depths of the underworld. The earth's surface closed over them choking off Persephone's screams. Demeter, who had been away from Sicily when Hades kidnapped Persephone, had no idea what had become of her daughter. For nine days and nights Demeter (carrying a lighted torch, an ancient symbol of anger) combed the earth and fasted, taking no part in the pleasures of bathing or eating. Finally after combing the entire earth, Demeter went to the sun, and the sun, who had seen what had happened, told Demeter the whole story. Learning that Zeus was involved, Demeter withheld her gifts to the earth, and the land became barren, icebound, and lifeless. Demeter's tears turned into crystal snow, and the land was covered with a blanket of sadness. That year was the worst year for all the creatures of the earth. Nothing grew from the grieving soil, no seeds, no flowers. The earth was dry and lifeless. Zeus began to fear that the whole race of men would die of famine and sent god after god to Demeter to try to turn her from her anger, but she would listen to none of them. Never would she allow a single plant on the entire earth to bear fruit, until Persephone was returned to her. Zeus sent Hermes, messenger to the Gods, to the underworld to bid his brother Hades return Persephone. Before Persephone could leave, Hades made Persephone eat some Pomegranate. When Persephone appeared at the surface with Hermes, there was much rejoicing by all the people and creatures of the land. Demeter and Persephone were so happy to see one another again, but when Demeter heard of the Pomegranate Persephone was forced to eat, which would keep her daughter, the virgin Spring Goddess Persephone, infertile, she cried in anger fearing she would not be able to keep her daughter with her. Demeter, angry at the injustice done to the women of her family, retreated to her temple and wept. Rhea, the mother of Zeus (also known as Cybele), drove her winged chariot to Demeter's temple to comfort her:

"Come, my daughter....."

Come once again to where you will have your desire, your daughter Persephone, to comfort your sorrow. As each year is accomplished and bitter winter is ended,

For a third part only the kingdom of darkness shall hold her. For the rest, you will keep her, you and the happy immortals. Peace now:

Give men life which comes alone from your giving."<sup>1</sup>

Pomegranate can be seen as a key to freedom out of Persephone's male dominated oppression, but the fact that Hades has control in giving the Pomegranate to Persephone ties Persephone's fertility to Hades for all time. This can be likened to the current controversy over the RU486 pill, a pill that embodies the freedom so many women held down by the oppressive patriarchal system so desperately desire. Women's fertility has been controlled by a male dominated medical and governmental system which may or may not, depending on the interests of the male dominated state, 'allow' women to have a synthetic pill. Even if the pill that embodies freedom is 'allowed,' every time a woman wishes to regulate her fertility with the RU486 pill she must return to an 'authority' and thus becomes less in tune with inherent knowledge of control over her own body and fate. As the male-dominated medical and governmental system is not kind to women, whenever the system dictates, the regulation of her fertility and fate may be withheld or taken away. Pharmaceutical pills are not better than herbal remedies. Remember those pharmaceutical products and medical practices of the past that were declared to be safe for women: diethylstilbestrol (DES), I.U.D.'s, unnecessary episiotomy, hysterectomies, and caesarian sections; unnecessary chemical drugs in labor: Pitocin to speed labor up, etc., and forceps deliveries which can cause permanent brain damage to the baby. We must be cautious of all medicines, especially those regulated for our use. Herbal remedies are safer, less expensive, and more accessible than pharmaceutical products because the woman is rightfully in control of all aspects: growing, gathering, preparation, and dosage.

Note: "Taking of the spring virgin's freedom, stifles all life on the earth mother. Like Demeter, some women who choose abortion instinctually withhold giving of life to the earth because the maiden spring virgin has been wronged and women's freedom has been kidnapped through male dominated system of patriarchy.

#### CULTIVATION

Propagation by cuttings from a good quality Pomegranate tree will produce the best fruit. Take cuttings in late spring from one year old wood 10-12in. (25-30cm) long and about  $1\frac{1}{4}$  in. (7mm) diameter. Remove leaves, and plant in loose, well-draining soil in a warm shady spot. Water regularly. Protect with mulch over winter season, and in the spring, transplant young trees to a more permanent location. Pomegranates require continual warmth to fruit. In cooler areas, plant Pomegranate in a greenhouse or in well-draining soil in a sunny location against a wall for extra protection and warmth. Maturity in spring. Pomegranates tend to send up suckers around the base. Suckers rarely fruit and tend to sap energy from the other fruit, so many gardeners trim them back. Pomegranate trees grown for fruit are usually pruned; the goal of pruning being to build a sturdy, stocky framework with the weight of the branches evenly distributed on the trunk.

#### Pregnancy Weeks 5+6 Making Decisions

The majority of women who obtain clinical abortions do so during Weeks 5 and 6. During the 5th week, some physical signs of pregnancy may subside (like nausea) but other signs may become more noticeable to many women. The mucous plug begins to form in the cervical os during week 5. Vaginal secretions tend to be thick and acid. The embryo's arms and legs begin to form during the fifth week. From top of the head to tail bone, the fetus grows to a  $1\frac{1}{4}$  in. (5-8mm) in length during the fifth week. During the 6th week, the breasts become noticeably larger, and may feel tighter and tenser. The nipples may become more prominent, and small 'bumps' or nodules, called Montgomery's tubercles, may begin to develop around the nipple in the circular areolar area. The chorionic villi in the endometrium continue to proliferate and begin to beat in the  $1\frac{1}{4}$  -  $1\frac{1}{2}$  in (8-15mm) embryo during the sixth week.



opposite or alternate 2 in. (5 cm) long leaves: bright green, shiny, and lance-shaped. Out of the axils of some of the leaves arise short stalks and protective thick fleshy bell-shaped calyxes which give birth to Pomegranate's beautiful flowers. Large, up to 2 in. (5 cm) wide, scarlet to crimson blooms, up to 2 in. (5 cm) wide, have 5-7 petals surrounding a circle of very numerous slender stamens. Standing in the center of the numerous pollen covered stamens stands a single female stigma which leads to a complex many chambered ovary. The fruit, ripening 5-7 months after the appearance of the blossom, grows to a size of a large orange and has a hard yellow-red leathery rind. Inside, each of the many encapsulated seed-crystals are filled with the refreshing sweetish-acid pink Pomegranate juice. Pomegranates are now established in Florida and can sometimes be found on old southern homesteads, also grown commercially in California.

#### POMEGRANATE HERBAL LORE AND MEDICINAL USE

Pomegranate, anciently sacred to the worshippers of Cybele-Rhea - the Original Mother - Mother of all Gods - Mother of Zeus, embodies the power of woman and the power of the Mother Earth. From the earliest times, Pomegranate has been a symbol of fertility. With its infinite seed-crystals and its blood red color, Pomegranate's genital-fruit anciently symbolized the Goddess's sacred genital shrine.<sup>1</sup> Pomegranate was said to have formed from the union of the Great Mother's Yoni and the Babylonian phallic deity Nabu-Rimannu, who is credited with instituting the menstrual-lunar calendar.<sup>2</sup> Mohammed of Islam stated "Eat of the Pomegranate - for it purges the system of envy and hatred." Pomegranate's abortifacient powers, held in the fruit rind and root, have been used since ancient times. With Pomegranate's abortifacient and fertility powers, Pomegranate was held symbolic of the dual-fold cycle of life death of the Mother Earth. In one aspect, Pomegranate with its infinite seed crystals was the most fertile of all fruit, and in another aspect, Pomegranate had the power to take away pregnancy, bring back menstruation, and temporarily promote infertility. Abortifacient qualities of Pomegranate have been confirmed by scientific testing. Scientific tests on rats and guinea pigs with Pomegranate fruit rind have shown a 72% and 100% loss in fertility respectively. John M. Riddle in *Contraception and Abortion from the Ancient World to the Renaissance* concludes, "the coincidence is too great for this reference not to point to rational usage by rational people. The ancient's Pomegranate was, according to their world and ours, an antifertility agent." Pomegranate, with its strong powers of woman principle, may have been the forbidden apple in the garden of Eden. The early Latin name for Pomegranate was *malum punicum*, meaning 'the apple of Carthage.' Pomegranate's name evolved to *poma granata*, meaning apples with many seeds. The seed crystals of Pomegranate were the original symbol of the suit of diamonds or pinnacles in a deck of cards. The diamond suit, today, is believed to represent courage and energy.

One of the best known stories in mythology follows, indicating the symbolic significance of Pomegranate's abortive powers. In this patriarchal myth, the power and strength of female earth principle is exhibited along with devastation brought to her by patriarchal domination and oppression. Note: Many of the Goddesses in this late patriarchal myth, are Goddesses that existed long before any of the male figures. Cybele or Rhea was the original mother, Mother of all the gods, mother of Zeus.<sup>3</sup> Demeter was the triangular form of the Goddess: Virgin, Mother, and Crone. Demeter, Mother of all Creatures, was known to the oldest of the Egyptians and Sumerians.<sup>4</sup> Persephone was worshipped as the Queen of the Underworld, the crone aspect of Demeter, long before the patriarchal invention of the gods, Zeus and Hades.<sup>5</sup> Even Hades, also called Pluto, was originally a female whose riches poured out of her breasts onto the world.<sup>6</sup> Much of the information and the myths of the peaceful matriarchal cultures has been lost. With patriarchal domination, the myths were changed to suit the needs of the all-male state.

#### PERSEPHONE AND HADES

Zeus's brother Hades, Lord of the Underworld, desires a wife. Every woman Hades asks refuses to go into the dark underworld where there is no growth, no flowers, none of the beautiful life that abounds on the surface. The one woman Hades wants most is Persephone, Demeter's daughter, the maiden of spring. On sunny days when Persephone was not busy with her duties of tending to spring, she could be found with her sisters, care-free and happy picking flowers on the fields of Sicily. Persephone wandered through the fields of flowers laughing with joy, picking flowers that especially caught her eye. Zeus, to help his brother Hades capture Persephone, called into being a purple and silver narcissus, (purple being in the ancient holy color of women's menstrual blood and silver the color of the moon). This narcissus was so beautiful no woman would be able to resist coming closer once they saw it. When Persephone's eye caught the purple and silver narcissus, she was awed struck. She had never seen anything so

#### Pregnancy Weeks 7 and 8 Marked Fetal and Placental Development

#### Pregnancy and Herbal Abortion: Weeks 7 Through 12



#### Herbal Abortion Weeks 5 through 8

The effort required to be successful at an herbal abortion increases as the pregnancy becomes more and more established. The chances of having negative side-effects to herbs increases as dosage and length of time envolved in treatment increases. Use caution. Strongly consider clinical abortion. In my first herbal abortion, I was in the sixth week when I started taking herbs, and I was successful after one and a half weeks of constant medicating (day and night). When the abortion was well under way, I stopped taking any herbal medications, figuring that my body, stimulated to produce natural hormones would take care of the rest. I passed a purplish iridescent sac about the size of a grape the second day of bleeding and a placenta the size of a quarter a few hours later. Cramping, definitely more intense than a normal period, was associated with passing large clots and the sac and placenta. I began bleeding during week 7, the week I would have menstruated if I had not gotten pregnant. Although aborting at this time period was unplanned, the body's memory of past menses rhythms probably helped. Progesterone blockers may be useful to stimulate the placenta to detach after Week 5, but because the ovum has already implanted and the placenta has begun to embed, the addition of strong uterine contracting enemagogues like Blue Cohosh, Pennyroyal, or Cotton Root Bark would probably be beneficial. Most abortions and miscarriages before Week 8 are complete, meaning all of the uterine contents are expelled and the uterus clamps down to complete the abortion. The bleeding subsides after the small placenta is passed, and over the next few weeks the signs of pregnancy disappear. I do not advise attempting and herbal abortion past the 6th week, because it can take a couple weeks to be successful. After Week 8, the chances of having an incomplete abortion increase.

#### Pregnancy Weeks 9 to 12 Placenta Forms a Compact Network of Connective Tissue

Over Weeks 9 and 10, the placenta and chorionic villi begin to change, forming a compact network of connective tissue by the end of Week 12. The placenta has a 6 cm diameter and weighs more than the 5cm long fetus by the 10th week. By week 11, the placenta is completely formed and fetal circulation is complete; the fetus has a 6.1 cm length. By the 12th week, the fetus grows to 10 centimeters long (4 inches). Fingers and toes can be seen; nails form. Fetal muscles contract occasionally. Fetal sex may be determined after the 12th week. A woman pregnant during this time may notice less bladder pressure. Nipples on the breasts darken, and fluid colostrum may be expressed. Cardiac output is greater; blood volume starts to increase. During Weeks 9-12, the placenta continues to grow progressively larger and firmly embedded. I do not advise attempting an herbal incomplete abortion past the sixth week of pregnancy, because herbal medications may not be successful for at least a week or two, and the majority of women who have attachment of the placenta. In an incomplete abortion, the thin umbilical cord breaks and the fetus and the enclosing sac are expelled, but the placenta remains adhered to the uterus. When this happens, bleeding continues, sometimes dangerously profuse. The os remains dilated, and the uterus cannot clamp down to stop the bleeding because of the attached placenta. Incomplete abortion can be an emergency situation, because the woman can hemorrhage and loose a lot of blood very quickly. In pregnancies that have progressed past the sixth week, strongly consider getting a clinical abortion. Seek the advice of knowledgeable herbalists and doctors educated in women's herbal health.



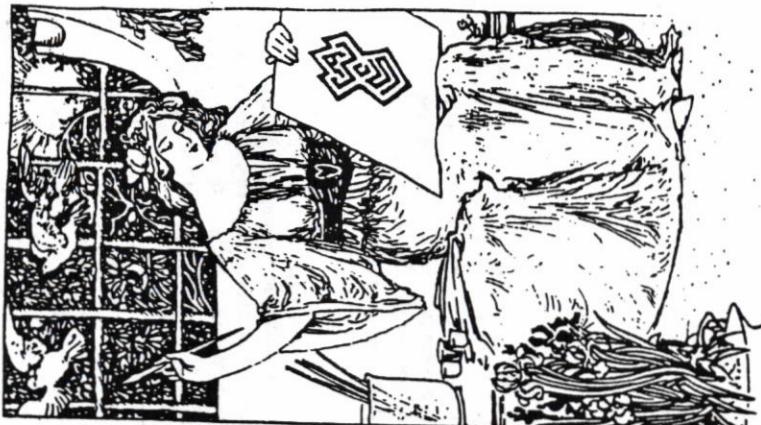
## Definitions

**Abortifacient** - agent that terminates pregnancy.  
**abortion** - induced termination of pregnancy.  
**Abortive** - agent which prevents the continuation of pregnancy.  
**Adjuvant** - agent that hastens or increases the action of the herbs that it is combined with.  
**Alternative** - produces a healthful change without perception.  
**Alternate** - growing at alternating intervals on either side of the stem.  
**amenorrhea** - abnormal absence of menstruation.  
**annual** - growing for one season or year.  
**Anodyne** - able to soothe and relieve pain.  
**Antihelminthic** - agent that expels worms.  
**Antibacterial** - destroys or stops the growth of bacteria.  
**Anticarcinogenic** - prevents or delays tumor formation.  
**Antimicrobial** - destroys or suppresses microorganisms.  
**Antiseptic** - agent that assists in stopping putrefaction.  
**Antispasmodic** - relieves or prevents spasms, especially relaxing to smooth muscles like the intestines and uterus.  
**Aperient** - gentle laxative that assists without purging.  
**Aphrodisiac** - stimulating and/or intensifying sexual desire.  
**Aromatic** - stimulating through fragrance, spicy or sweet smelling.  
**Astringent** - assists by constricting tissue, arrests discharges.  
**basal** - located near the base.  
**biennial** - plant that grows, fruits, and dies in two years.  
**bulb** - a modified underground stem with scales containing stored food for the undeveloped shoots at the center of it.  
**calyx** - a flower's protective outer covering, composed of green segments called sepals.  
**cambium** - thin cell layer in stems and roots between the hard wood layer and the protective bark layer.  
**Carminative** - expels gas from the stomach and intestines.  
**Cathartic** - laxative: purges, evacuates, cleanses the bowels.  
**cervix** - neck of the uterus, located at in the upper far section of the vagina, visible with a speculum.  
**Cephalic** - agent used in diseases of the head or skull.  
**cilia** - microscopic finger-like projections extending from a cell, often capable of wave-like movements.  
**Cholagogue** - increases the flow of bile.

**chorionic villi** - root-like structures of the egg's cell membrane which proliferate upon implantation into the endometrium reaching an increasing number of maternal blood vessels. Forms into the placenta.  
**Chorionic Gonadotropin (CG)** - hormone secreted around the 3rd week since conception by the chorionic villi, basis for pregnancy testing.  
**colostrum** - the highly nutritive first milk secreted by the mammary glands.  
**combination** - a compound of more than one herbs in a single preparation.  
**Conception** - union of egg and sperm.  
**Condiment** - seasoning for food.  
**Contraception** - prevents conception.  
**corolla** - outer envelope of a flower, petals.  
**deciduous** - seasonal shedding (leaves) at a particular stage of growth.  
**decocction (standard)** - Herbal preparation wherein 1 ounce root, stems, or bark is simmered in 1 pint of hot water.  
**Demulcent** - soothing, relieves pain and inflammation.  
**Lactagogue** - decreases the flow of breast milk.  
**lanceolate** - narrow leaves, tapering at each end.  
**Laxative** - promotes bowel evacuation.  
**Lithontrypic** - dissolves calculi in the urinary organs.  
**Menorrhagia** - abnormally heavy menstrual flow.  
**menstruation** - monthly cyclic release of the uterine lining and the blood of the uterine vessels in women.  
**miscarriage** - premature expulsion of a fetus or embryo.  
**Montgomery's tubercles** - small projections which form around the nipple during pregnancy.  
**Mercuric** - calming, stops nervous excitement.  
**neutral** - a compound that is neither acidic nor alkaline.  
**opposite** - leaves that grow in pairs on either side of a stem.  
**os** - the mouth or opening to the uterus.  
**ovary** - one of the pair of female reproductive glands that produce ova (eggs). In a flower, the part of the pistil containing the ovules (eggs).  
**enema** - a liquid preparation introduced into the rectum for therapeutic purposes.  
**essential oil** - the concentrated essence, a volatile oil, evaporating rapidly.  
**estrogen** - any of several steroid hormones produced by the ovary, causing the cyclical changes of ovulation, and the development of secondary sexual characteristics in animals.  
**Estrogenic** - containing compounds similar to estrogen, the steroid hormones, produced by the ovary, responsible for promoting ovulation and menstruation.  
**Expectorant** - promoting secretion or expulsion from the mucous membranes of the air passages.

**fallopian tube** - muscular hollow arms of the uterus that seek out, find, and usher the ovum to the uterus.  
**Fabritage** - agent that abates and reduces fevers.  
**follicle cells** - a protective group of spherical cells surrounding and containing the egg at ovulation.  
**frond** - compound leaves of a fern.  
**Fungicide** - agent that destroys or inhibits the growth of fungi.  
**Gestational Age** - age in weeks of a growing fetus.  
**hemorrhage** - profuse discharge of blood from the vessels.  
**Hemostat** - agent that stops bleeding.  
**Hepatic** - remedy specifically for diseases of the liver.  
**Indigenous** - native to an area, growing naturally.  
**infusion (standard)** - Herbal preparation wherein 1 ounce of leaves or flowers is steeped in 1 pint of hot water.  
**Irritant** - agent that causes irritation.  
**Lactagogue** - decreases the flow of breast milk.  
**lanceolate** - narrow leaves, tapering at each end.  
**Laxative** - promotes bowel evacuation.  
**Lithontrypic** - dissolves calculi in the urinary organs.  
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**os** - the mouth or opening to the uterus.  
**ovary** - one of the pair of female reproductive glands that produce ova (eggs). In a flower, the part of the pistil containing the ovules (eggs).  
**ovulation** - cyclic ripening and releasing of an ovum into the abdominal cavity. Many women notice long stringing vaginal secretions and increased sexual desire around ovulation. —  
**ovum** - an egg, the female reproductive cell.  
**Oxytocic** - agent that contracts the uterine muscle, and thus hastens the evacuation of the uterus.  
**oxytocin** - pituitary hormone which induces contractions of the uterus.  
**parasitic** - an organism that grows on or in another organism.  
**parturient** - induces or promotes labor of childbirth.  
**perennial** - plant that has a life span for over two years.

**Phototoxic** - Containing chemicals that if ingested cause a dermatitis reaction if the individual exposes themselves to sunlight.  
**pinnate** - having leaflets, lobes or divisions in a feather-like pattern on either side of a stem.  
**placenta** - a plate-like organ developing during pregnancy which serves as a uterine connecting point from which the fetus's body picks up nutrients from the maternal blood.  
**postcoital** - after sexual intercourse.  
**principles** - basic qualities or elements.  
**progesterone** - Hormone secreted by the corpus luteum causes rapid endometrial cell division forming a fertile implantation bed for the ovum.  
**Purgative** - evacuates the bowels.  
**racemes** - arrangement of flowers on a stem in which the stalked flowers are arranged singly along the stem.  
**rhizome** - rootstock running horizontally on the soil's surface or below the ground.  
**Rubefacient** - increases circulation to the skin.  
**serrate** - having a toothed or notched edge.  
**Sedative** - nerve tonic that produces sleep.  
**simple** - composed of one thing only.  
**stems** - pollen producing parts of the flower.  
**stigma** - apex of the pistil of a flower, upon which pollen is deposited at pollination.  
**Stimulant** - temporarily arises or accelerates physiological activity.  
**Stomachic** - strengthens the stomach and improves digestion.  
**succulent** - a plant that has fleshy leaves that store water.  
**Sudorific** - produces increased perspiration.  
**suppositories** - a solid or semi-solid medication that is inserted into a body cavity for medicinal purposes.  
**infusion (standard)** - Herbal preparation wherein 4 ounces of herb is soaked in 1 pint of alcohol for a period of at least two weeks.  
**Tonic** - remedy that is invigorating and strengthening.  
**umbel** - flat or curved top flower cluster.  
**Vasoconstrictor** - agent that causes constriction of the blood vessel.  
**Vermifuge** - destroys and/or expels intestinal worms from the system.  
**Volatile oil** - a rapidly evaporating oil, an essential oil, whorls - an arrangement of 3 or more parts (leaves, petals) radiating from a central point.  
**Teratogen** - agent that causes the development of abnormal structures in an embryo resulting in a severely deformed fetus.



## Dosage Chart

*Copy the sheet to the left several times to make your own herbal abortion notebook. The backside of each sheet can be left blank to provide space for journaling, drawings, visions, poetry, and dream journeys.*

**DESCRIPTION - ANGELICA**

Angelica is a tall (4-9ft. (1.3-2m) with a 3ft. (1m) spread) biennial, with white to green sweet smelling flowers, blooming from June to August in large globe shaped umbels, 2-6in. (5-15cm) across. Angelica flowers are followed by oblong seed pods each containing two yellow winged seeds, which have a licorice-like flavor. Angelica has a smooth hollow sometimes purple stem and pinnate compound leaves with 3 coarsely toothed oval leaflets that are sometimes further divided into 3's or 5's. The root is branched, 3-6in. (7.5-15cm) long and less than an inch (2-3cm) in diameter. It is seen growing in or near stream banks, marshes, moist fields, and mountain brooks from Canada to North Carolina and west to Minnesota and Iowa.

**ANGELICA HERBAL LORE AND MEDICINAL USE**

Angelica's use by women to treat menstrual irregularities is widespread. *Angelica atropurpurea* "root tonic" was used by Native American Cherokee women for obstructed menses.<sup>1</sup> The early woman colonists from Europe are recorded as having used Angelica root decoction's strong emmenagogic properties to promote menstrual flow and produce abortion. *Angelica sinensis* or Dang-qui or sometimes "Female Ginseng," has been used since the dawn of history by Chinese wise-women as a tonic for nearly all gynecological problems. Chinese herbal research scientist, Kee Chang Huang, notes the water soluble component of the Dang-qui root causes stimulation of the uterus, while the alcohol soluble essential oil has been found to increase DNA synthesis in the uterine tissue and increase the uterine tissue's growth.<sup>2</sup> In alcohol preparations, like tinctures and fluid extracts, Dang-qui is especially valued in dysmenorrhea (painful menstruation) associated with anemia and in treatments designed to relax the uterus. In water preparations, like decoctions, Dang-qui is valued as a uterine stimulant causing contractions, and is used to regulate menstruation and to release a fully adhered placenta after childbirth. Angelica root decoction syrup is said to be used often by midwives who use a tablespoon dose after childbirth; the placenta is said to arrive 10 minutes later.<sup>3</sup> European *Angelica archangelica* has been used as well as a uterine stimulant, in prolonged labor and retention of the placenta.

Spiritually, Angelica has been held to be significant in many cultures. *Angelica archangelica* is native to Northern Europe. It's Christianized names meaning "angelic herb," hint at its "deep but unfortunately lost association with early Nordic medicinal magic."<sup>4</sup> Blooming around May 8<sup>th</sup>, the feast day of St. Michael the Archangel, this Angelica came to be known as the root of the Holy Ghost, as revealed to a Catholic monk by the Holy Ghost as having the power to protect against evil spirits, witchcraft, poisons and plague. Many abortifacient herbs are noted in this book as being associated with ancient orgiastic ceremonies. Interestingly, babies conceived as a result of sexual orgies were said to be begotten by the Holy Ghost's Mothers, in the European Dark Ages made protective necklaces of Angelica leaves for their children to wear. Candied Angelica stalks and occasionally roots were taken to combat infection and improve energy levels. Gourmets still decorate cakes with these traditional confections. Oils from the roots of Angelica were added to tobacco to give flavor to cigarettes by the Europeans. The Native Americans of the Arkansas tribe also mixed the indigenous North American Angelica root with their ceremonial tobacco. Bees, associated with Angelica because of their love Angelica's profuse umbel flowers, produce a fragrant and delicious honey after foraging on fields of Angelica blossoms. Angelica (also of the same biological Umbelliferae family) is remarkably similar in form and use to the ancient now extinct Siphium plant that long ago grew wild on the Greek city-state of Cyrene, named after the Amazon Queen Kyrene who legend reveals was the first bee-keeper (see Gathering).

**CULTIVATION**

Seed viability of Angelica, hardy to Zone 3, is brief, but seed viability may be extended with seed storage techniques. Sow mature Angelica seeds late autumn or early spring (while the soil is still cool) on top of slightly acidic (6.3pH), well prepared beds in full sun to partial shade. When germinating, do not cover Angelica's small seeds with soil. Keep moist with a sprayer or mister. Transplant young Angelica plants the following autumn to a permanent location allowing 3ft. (1m) growing room in all directions.

**GATHERING**

Angelica is usually mature enough at two years old to yield some of its medicinal parts. Roots are best gathered in late autumn, winter, or early spring while the sap is low. Thorough drying of Angelica roots eliminates their poisonous qualities, that when fresh cause irritating reactions in many people. Angelica stems can be eaten fresh or cooked like celery; gather in the spring. Angelica leaves are gathered Summer to Autumn in the morning after the dew has dried. Gather Angelica seeds when ripe. Note: If gathering Angelica, always use an accurate field guide. If in doubt, do not collect. Many members of the carrot family are highly poisonous and all can be easily mistaken for each other.

*There are no medicine men without medicine women. A medicine man is given power by a woman, and it has always been that way. A medicine man stands in the place of the dog. He is merely an instrument of woman.*

*It doesn't look that way anymore, but it is true.*

*Agnes Whistling Elk, in Lynn V. Andrews, Medicine Woman (1981)*

**PREPARATION AND DOSAGE - ANGELICA**

Words to the Wise: People who have a history of cancer or heart attack should not use Angelica. Confectioners who gather Angelica have developed recurrent vesicular dermatitis. If you have a history of allergic sensitivity to plants, wear long gloves when gathering. Stay out of the sun when you are taking Angelica. Phototoxic chemicals in Angelica, called psoralens, can produce a rash in people who take them and subsequently expose themselves to sunlight. Some people who take Angelica in the evening experience insomnia.

Watch for Signs of Toxicity Specific to Angelica: Stomach pain, nausea, diarrhea, dilated pupils, labored breathing, weak and rapid pulse, and sometimes frothing at the mouth and convulsions. As with all medicines, reduce dosage at first sign of toxicity, watch for General Signs of Toxicity listed on the back cover, and discontinue use after two weeks if desired result is not achieved.

Preparation: Angelica's uterine contracting root decoction, used throughout time for emmenagogic and abortifacient purposes, is probably the most effective abortive Angelica preparation. Angelica is often used as a simple. Angelica's carminative properties make it a good combination for Alo. Note: Angelica root decoction syrup is also commonly used to help release an attached placenta.

**DOSAGE - ANGELICA**

Standard Decoction (root): Simmer covered 15-30 min., 1-2oz. after each meal.

Standard Tincture (root): 5-15 drops, after each meal.

Powder (root): 2.5 #O capsules, after each meal.

1. Moerman, 37. 2. Huang, 247-248. 3. Wood, 70. 4. Stuart, 25. 5. Campbell, 163.

**ARBOR VITAE****Thujia occidentalis**

Cupressaceae (Cypress Family)

**DESCRIPTION**

Alai, Arbor-vitae, Tree of Life, Hack-matack, Eastern White Cedar, Swamp Cedar, Atlantic Red Cedar, and Feather Leaf Cedar.

Part used: Dried branchlets and leaves.

Medicinal Properties: Anthelmintic, Anti-inflammatory, Anti-microbial, Astringent, Diuretic, Emmenagogue, Expectorant, Irritant, Laxative, Purgative, and Muscle Stimulant.

Effects body: Stimulating and purifying to circulatory, eliminatory, and reproductive organs, also stimulates spirit.

Contains: Pinipicrin (bitter principle); pinianic acid; camphor-like essential oil, containing pinene, *β*-pinene, thujone, and carvone; sugar; wax; and resin.

**DESCRIPTION**

Arbor Vitae, often reaching heights of 40-70ft (13-23m) with a 3-6ft. (1-2m) diameter trunk, is a member of the great cypress family. Fragrant scale-like yellow-green leaves cover the flat twigs. Arbor Vitae cones are 4-6in. (10-15cm) long, with broad winged seeds. Arbor Vitae's bark is a deep reddish brown. This attractive cedar, one of the most widely distributed of all conifers in culture, is grown in temperate climates around the world. In North America, Arbor Vitae is found growing in swampy areas and along stream banks from Eastern Quebec, south to New Jersey, along the Alleghenies to North Carolina and Tennessee, and stretching westward through to Minnesota. In the Adirondack Mountains, Arbor Vitae can be found as high as 3500ft..

**ARBOR-VITAE HERBAL LORE AND MEDICINAL USE**

The use of Arbor Vitae in ceremonial ritual goes back to the beginning of recorded history. To the Sumarians, Cedar was the Cosmic Tree or the Tree of Life and was held to have magical properties. In Greece, cedar wood was burned at ancient sacrifice altars. Thus, "to fumigate" and is rooted in Thuo, meaning 'to sacrifice' in Latin. The Orichomeneus surname of the

Moon-goddess Artemis (protector of women and alleviator of suffering in childbirth) was Artemis Cedretis, because her images were ritually hung in tall cedar.

Wherever Arbor Vitae grows the Native Americans used it. The use of Arbor Vitae in the creation of bows, baskets, canoes, cording, hats, and roofing by Native Americans is documented in the *The Original Journal of Lewis and Clark*. The aromatic Arbor Vitae twigs were ritually placed on the hot rocks during a sweat bath as a ceremonial incense. Arbor Vitae's branches were used by many tribes to make medicinal teas: for women's menstrual complaints, male prostate disorders, and to promote perspiration in fevers. The Menominee women used an infusion of Arbor Vitae's dried inner bark to promote menstruation.<sup>1</sup> Abortion was rare among Native American women prior to the coming of the white men with their guns and violence. Native American women who became pregnant by white men often had bigger babies and difficulty in labor. Decoctions of Arbor Vitae's branches were used by some Native American women to induce abortion.<sup>2</sup>

**CULTIVATION - ARBOR VITAE**  
Attractive Arbor Vitae, hardy in Zones 3-7, is often grown as an ornamental. Arbor Vitae will tolerate a wide range of soils from moist to quite dry as well as acid to alkaline. Cuttings may be rooted in water. Plant young Arbor Vitae in full sun. Water regularly in periods of drought. Arbor Vitae prefers a humid atmosphere.

Arbor Vitae's leafy young twigs are gathered in the Spring. Bark is generally collected off the branches that are at least two years old in early spring or late fall when the bark peels easiest.

#### PREPARATION AND DOSAGE

**Words to the Wise:** People with existing heart conditions or history of heart attack should not use Arbor Vitae. Arbor Vitae contains both fenchone and thujone, which stimulate the heart muscle (see Thujone). Do not use Arbor Vitae's essential oil, commonly called oil of cedar! As with all essential oils, Arbor Vitae's essential oil, resembling camphor, is highly concentrated. A girl of fifteen took 16 drops of the oil. She became unconscious, having spasms and convulsions followed by stomachic irritation.<sup>3</sup>

**Watch for Signs of Toxicity Specific to Arbor Vitae:** Arbor Vitae's essential oil has been known to cause heart stimulation, flatulence, distortion of the stomach, spasms, convulsions, and unconsciousness. As a rule, reduce dosage at first sign of toxicity.

**Preparation:** Purgative Arbor Vitae is thought to produce abortion by reflex action on the uterus from gastrointestinal irritation. Carminatives (see list under Aloe Preparation) may be helpful in alleviating excessive gastrointestinal pain. Arbor Vitae is usually used by itself as a simple.

#### DOSAGE-ARBOR VITAE

**Standard Infusion (young twigs):** Steep 20-30min., take 1up.-1TB., 3-6x daily.

**Standard Tincture:** 5-15 drops, 3-6x daily.

<sup>1</sup> McCormick, 482. 2.Murch, 40. 3.Grieve, 176-177.

#### Words to the Wise: People suffering from hemorrhoids or degeneration of the liver or gall bladder should not use Aloe.

Aloe is a cathartic purgative, meaning Aloe ariates and irritates the lower bowels. (See Gastrointestinal Irritants) After 2 weeks, if desired effect is not produced, stop use. Chronic use may induce hemorrhoids and inflame kidneys.

**Watch for Signs of Toxicity Specific to Aloe:** Severe intestinal pain and red colored urine. As always, reduce dosage at first sign of toxicity. A strong tea, made from simmering sliced Asian Ginger in water will help to moderate intestinal pain.

**Preparation:** Aloe's abortifacient action results from gastrointestinal irritation. The medicinal components of Aloe (aloin and aloe-emodin) are slow in action, beginning to act approx. 10-15hrs. After ingestion. To moderate the tendency for Aloe to excessively irritate the intestines, dosage of carminatives is taken with Aloe and taken 10-15hrs. after digestion. Angelica, Chamomile, Ginger, Juniper, Peonyroyal, Rosemary, Sage, and Thyme are carminatives that also have abortifacient properties.

#### DOSAGE-ALOE VERA

**Aloe Vera Juice:** 4Tbs. dose throughout day and evening, up to 1 pint every 24 hours.

**Standard Extract:** 1-2 #0 capsules, 2-3 times a day.

**Fluid Extract:** 1/2 - 1Tsp., 2-3 times a day.

**1. Perrott, 23. 2. Grieve, 28. 3. Grieve, 29. 4. Rausch, 36. 5. Wan, 68.**

#### Angelica atropurpurea (American)

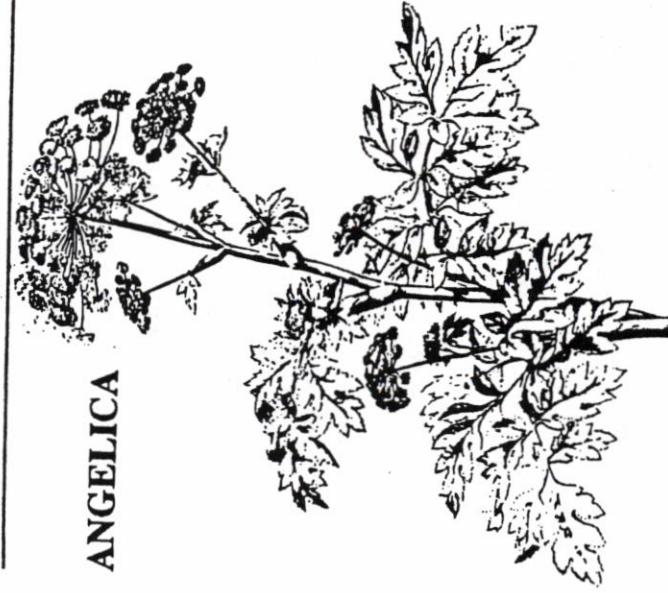
##### Angelica archangelica (European)

**Also:** Angelica, Wild Celery, Archangel, Bellflower Root, Masterwort, Dead Nettle, Purple Angelica, and Dang-qui (Chinese).

**Parts used:** Root, leaves, flower tops, seed.

**Medicinal Properties:** Leaves and Flower tops: Aromatic, Antiseptic, Carminative, Diaphoretic, Diuretic, and Stimulant. Root and seeds: Abortifacient, Anti-spasmodic, Carminative, Diaphoretic, Diuretic, Einnanagogue, Expectorant, and Stimnachic.

**Effects body:** Soothes digestive and respiratory systems, stimulates circulation and heart, and regulates menses. Contains: Essential oil with phellandrene, angelica acid, coumarin compounds, bitter principle, and tannins. Vit.-Min.: Vitamin E, A, and calcium. Chinese Dang-qui is known to contain Vitamin B12, which is rare in vegetation.



ANGELICA



<sup>1</sup> McCormick, 482. 2.Murch, 40. 3.Grieve, 176-177.

## ALOE VERA



Liliaceae (Lily Family)

### Aloe socotrina

Also: *Aloe Vera* and *Burn Plant*.

Parts used: The inner juice of the leaves, fresh and dried.

Medicinal Properties: Antihelminitic, Cathartic, Demulcent, Emmenagogue, Purgative, Sedative, Tonic.

Effects body: Internally: Purges intestines, promotes bile flow, and expels worms. Externally: Antifungal, soothes and heals burns and irritations.

Contains: Several anthraquinone glycosides: aloin.

Vit+Min: Calcium, potassium, sodium, manganese, iron, lecithin, and zinc.

### DESCRIPTION

Aloe is a succulent perennial, having fleshy, long, narrow, leaf blades with spiny teeth running up the sides. New leaves emerge from the inside center of the grass-green to olive-brown Aloe plant. Aloe's stem is usually short with strong fibrous roots. Most indoor Aloes never bloom, but when growing in their native hot, arid regions, Aloes send up a 3-4ft. (1m) stalk from which bright yellow to scarlet lin. (2-3cm) tubular flowers bloom in simple or branching clusters from June to September.

Note: The plant, *Agave americana*, is sometimes called "American Aloe." Do not confuse American Aloe (*Agave Americana*) with true Aloe (*Aloe socotrina*); they are chemically different.

### ALOE HERBAL LORE AND MEDICINAL USE

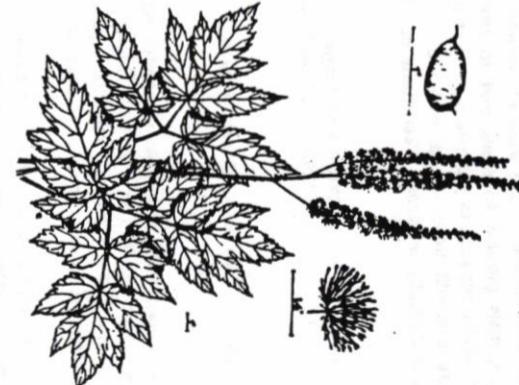
Many spiritual legends surround the Aloe plant. One "legend has it that Aloe is the only plant to come directly from the Garden of Eden."<sup>1</sup> The Mohammedans of Egypt hung the sacred Aloe above their doorways to protect the owners against evil. To the Egyptians, Aloe was a medicinal plant, and a major element in their embalming processes. Nicodemus is said to have purchased a quantity of Aloe for the burial of Christ.<sup>2</sup> The ancient Greeks gathered Aloe on the island of Socotra as early as the fourth century B.C.<sup>3</sup> Aloe was introduced and cultivated in the West Indies and other tropical countries around the 16<sup>th</sup> century. In Mexico and Columbia, one Aloe, called *Sabila Sagrada*, "the sacred initiate," is still a magical medicinal plant. The *Sabila Sagrada* Aloe is home to a goddess who through offerings and prayers can be put in a generous mood. Health, wealth, and peace are some of the gifts she is said to give to the people.<sup>4</sup>

Aloe Vera, the first-aid plant, is seen on the kitchen windowsills of homes all over the world. Used on a sudden burn to the skin, an Aloe leaf's soothing, cell rejuvenating viscous gel is legendary. Today, farmers commercially cultivate Aloe in the Black Sea coastal area and the Caribbean and sell their product around the world to pharmaceutical companies, cosmetic companies, and health food stores. Dried Aloe is an ingredient of Compound Tincture of Benzoin, a pharmaceutical product used externally on minor wounds and ulcers as an antiseptic and protective. Many cosmetic companies employ Aloe in their skin lotions and hair products. Health food stores stock Aloe medicinals due to their healing use externally and internally. Internally, Aloe, in juice and powdered form, is used for amenorrhea, asthma, colds, convulsions, hemorrhages, to expel pinworms, for ulcers, and most popularly as a purgative for the lower bowels. Aloe, internally, is much used to promote suppressed or obstructed menstruation.

### CULTIVATION

Aloes, hardy to Zone 10, require a min. temperature of 41°F. Many people who live in northern climates have success growing Aloes in containers and bringing them inside to a sunny window when winter comes. Aloes are propagated by offsets that grow around the base of the plant. Aloes prefer to have their roots be fairly crowded, so repot only when it is absolutely necessary. Repotting is best done in the late winter or spring, so that Aloe will have access to plenty of the sun's energy to recover in the summer. To repot, gently separate the offshoots from the parent plant and replant each Aloe individually. Small amounts of powdered dolomitic limestone and sand can be added to make the fertile well-draining neutral soil that Aloes prefer. Aloes need full sun to light shade. Water Aloes when their soil feels dry 1 inch down from the surface of the soil. During winter

## BLACK COHOSH



Ranunculaceae (Buttercup Family)

### Cimicifuga racemosa

Also: Black Cohosh, Rattle-top, Rattlesnake Root, Squaw Root, Bugbane, Bugwort.

Parts used: Root.

Medicinal Properties: Alterative, Antispasmodic, Cardiac Stimulant, Diaphoretic, Diuretic, Emmenagogue, Estrogenic, Expectorant, and Sedative.

Effects body: Stimulates liver, kidney and lymph helping to eliminate toxins and purify blood, aids in freeing up mucus, heart stimulant, and relaxing antispasmodic to uterine and intestinal smooth muscle.

Contains: Glycosides acteaine, cimicifugin (a resin), racemosin (bitter substance), estrogen substances, triterpenes, isoferulic acid, tannin.

Vit+Min: Calcium, potassium, magnesium, iron, Vit. B<sub>2</sub> and A, inositol, pantothenic acid, phosphorus.

### DESCRIPTION

Black Cohosh is an indigenous leafy perennial found growing in upland woods and hillsides, ascending to altitudes of 4000ft. (1300m) in North Carolina. Black Cohosh's stalked leaves are pinnately compound and irregularly shaped. Small multiple white flowers bloom on 3-8ft. (1-2.6m) wand-like racemes from June to September. Black Cohosh's common names describe the herb's physical details. The insect repelling odor given off by the flowers gave rise to the common names of a rattlesnake, hence the common name 'Rattlesnake root.' 'Cohosh,' being Native American Algonquin for rough, describes the knotty quality of the medicinal black root. Black Cohosh is found in the U.S. from Northern Maine to Wisconsin and south to Missouri and Georgia.

### BLACK COHOSH HERBAL LORE AND MEDICINAL USE

The common name Squaw Root was created because of the wise use of Black Cohosh by Native American women for reproductive organ disorders. The women of the Cherokee tribe considered Black Cohosh a dependable herb to bring on menstrual flow.<sup>1</sup> Black Cohosh was also used by Native American women to relieve pain during labor or during menstruation. In 1876, one of the most famous patent medicines, containing several herbs, one essential one being Black Cohosh, was invented by the an enterprising woman by the name of Lydia Pinkham. Over the years, Lydia E. Pinkham's Vegetable Compound became tremendously popular due to its ability to treat "female complaints," when a woman was reluctant to go to a male doctor. [My Grandmother told me that she remembered rumor of women using large amounts of Pinkham's Compound attempting to produce an abortion!] Pinkham's Compound can still be purchased, but the Black Cohosh has been removed from the recipe. [Hnn... I wonder why!] Black Cohosh is known to have estrogenic properties, meaning it acts in the body like the female sex hormone estrogen. Like the "Pill," which contains estrogenic substances, Black Cohosh may have contraceptive properties. Today in Germany, Black Cohosh root is widely used in prescription medications used for menopausal discomforts. Black Cohosh is known to herbalists to have assisted in the treatment of asthma, cholera, epilepsy, fever, high blood pressure, kidney troubles, malaria, rheumatism, sore throat, snake bite, spinal meningitis, and yellow fever.<sup>2</sup>

\*\*Note: The FDA, according to a 1986 report, considers Black Cohosh as having "no therapeutic value." Typical of an agency that makes for itself a history of protecting the financial interests of the AMA and the pharmaceutical companies. While under the convenient guise of being pro-health, the FDA widely sanctions the use of known carcinogens in the form of additives and preservatives in foods.

### CULTIVATION

Black Cohosh, hardy to Zone 4, is propagated by sowing mature seed in spring or fall into well-prepared beds of slightly acidic loamy soil in partial shade. Also propagated by division of plants in the spring. Mulch in spring with compost.

### GATHERING

Gather Black Cohosh root in the fall (around September) after the fruit (seed pod) has ripened. There is a belief that the sap or vital energy of plants goes down into the roots during the night and then back up into the leaves after sunrise. Gathering may best

be timed for just prior to sunrise. Cut the roots lengthwise. Dry in sun or shade. Upon drying, both the inside and outside of the brittle and wiry Black Cohosh root become even darker. The commercial supply of Black Cohosh is found growing in the open woodlands and cleared hillsides of the Blue Ridge Mountains.

#### PREPARATION AND DOSAGE - BLACK COHOOSH

Words to the Wise: Black Cohosh can depress heart rate; anyone with a history of heart disease should not use Black Cohosh. Estrogenic Black Cohosh may have estrogen-like side effects, contributing to abnormal blood clotting, liver problems, and the development of estrogen-dependent tumors (see Estrogenic). Using Black Cohosh while taking birth control pills, post-menopausal estrogen, sedatives, or blood pressure medication may be hazardous. Large doses of Black Cohosh may irritate nerve centers causing tremors and convulsions.

**Watch for Signs of Toxicity Specific to Black Cohosh:** Nausea, diarrhea, abdominal or joint pain, tremors, headache, visual dimness, depressed heart rate, tremors, and convulsions. As always, reduce dosage at first sign of toxicity, and watch for the General Signs of Toxicity on the back cover, as well.

Preparation: Black Cohosh, often used in decoction or tincture form, is often combined in equal parts with Blue Cohosh in emmenagogic and abortifacient preparations. Many herbalists feel this combination works better than either of the herbs alone. Black Cohosh is sometimes combined with Mistletoe or Ginger.

**DOSAGE - BLACK COHOOSH**

Standard Decoction (root): Simmer 5-15 min., 1-4 TBs., 3-4 times a day.

Standard Tincture:  $\frac{1}{4}$  - 1 Tsp., 3-4 times a day.

Powdered (root): 1-4 #0 capsules (5-30 grains), 3-4 times a day.

1. McCormick, 121.

#### TIPS ON TAKING HERBAL PREPARATIONS

1. Eat a diet of fruits and vegetables, or fast on vegetable juices and pure water.
2. Most herbal remedies are most effective on an empty stomach. Most herbs are taken between meals for this reason. Some herbs are too strong to take on an empty stomach, find out what feels right to you.
3. Double-check the dosage of herbal preparations before you take them.
4. Remember, preparations made from fresh materials are always stronger than preparations made from dried materials. Adjust dosage accordingly.
5. To aid digestion, sip a small mouthful of lukewarm to cool tea into the mouth. Mix the liquid with your saliva by moving the liquid around your mouth before swallowing. Do not drink very cold iced teas or very hot teas as these temperatures can interfere with the food digesting enzymes.
6. Avoid sweetening. Use a little honey only if absolutely necessary. Herbal preparations are medicines, and they usually taste quite strong. [I found that adding a sweetener seemed to make it taste even worse.] When one is pregnant, one can have a sensitivity to certain tastes and smells.
7. Tinctures may be added to a small amount of water or juice and taken in the same manner as teas.
8. Make infusions fresh every day. Decoctions can be refrigerated until the next day. Tinctures, because they are preserved in alcohol, are designed to be stored at room temperature and will keep for a long time.

1. Cawleyman, 22. 2. Cawleyman, 24.

## Weights and Measures



Wise-old Owl, seeing all, mastering flight in the darkest of nights, is symbolic of wisdom.

## BLUE COHOOSH



#### Caulophyllum thalictroides

**Berberidaceae (Barberry Family)**

**Aka:** Blue Cohosh, Papoose Root, Yellow or Blue Ginseng, Squaw Root, Blueberry Root.

**Part used:** Root.

**Medicinal Properties:** *Antispasmodic, Anthelmintic, Demulcent, Diaphoretic, Diuretic, Estrogenic, Expectorant, Laxative, Oxytocic, Parturient, Sedative, Vermifuge.*

**Effects body:** Uterine stimulant, relieves muscle cramps, complementary to nerves, joints, and blood.

**Contains:** Caulose ponin, gum, starch, salicin, leontin, methycystine, resin, and saponin-like body.

**Vit. + Min.:** Potassium, magnesium, calcium, iron, Vitamin E, B-complex, silicon, and phosphorus.

#### DESCRIPTION

Blue Cohosh is an indigenous perennial herb that grows all over the U.S. in rich moist deep low soils, in shady areas often near running streams. A Blue Cohosh plant is made up of one large nearly stemless triternately compound leaf. A single stem begins at the light brown knobby root or rhizome and extends to a height of 1-3 ft (0.3-1 m) where it divides into 3 stems that divide again into 3's. Leaflets are 2-3 in. (5-7.5 cm) long, generally oval and 3-5 lobed near the apex. From April to May, clusters of 6-pointed yellow-green flowers appear which are later replaced in August by round deep blue berries. From the thick, crooked root extend usually 3 semi-straight rhizomes running horizontally a few inches below the surface from which sprout other plants. Blue Cohosh is one organism where each plant seems to be connected to all others by a underground web of rhizomes.

**Quounces of Herbs to Kitchen Measures (approximate)**

1 oz. powder = 3 TBs.
1 oz. roots (cut and sifted) = $\frac{1}{4}$ cup
1 oz. leaf (cut and sifted) = 1 cup

The feather is anciently associated with air and wind principle, symbolic of lightning, flight to other circles, and the intuitive and mystical knowledge of birds.



**Weights and Measures**

1 ounce = 28.35 grams
1 fluid ounce = 29.56 ml
1 teaspoon = $\frac{1}{6}$ fl. oz. = 4.9 ml = 60 drops
1 Tablespoon = 3 tsp. = $\frac{1}{2}$ fl. oz. = 14.8 ml = 180 drops
$\frac{1}{2}$ pint = 1 cup = 16 TBs. = 48 tsp. = 8 fl. oz. = 236.6 ml
$\frac{1}{2}$ quart = 1 pint = 2 cups = 32 TBs. = 106 tsp. = 16 fl. oz. = 473.2 ml
1 quart = 2 pints = 4 cups = 64 TBs. = 212 tsp. = 32 fl. oz. = 946.4 ml
<b>teaspoons to drops (approximate)</b>
$\frac{1}{4}$ tsp. = 15 drops
$\frac{1}{2}$ tsp. = 30 drops
$\frac{3}{4}$ tsp. = 45 drops
1 tsp. = 60 drops

**Drams, Drachmas, Grains, and Minims**

1 dram = 60 grains = 60 minimis
1 Tablespoon = 3 drams = 180 grains = 180 minimis
1 drachma = 1 dram
1 grain = 65mg

## Simple and Combinations

One herb used as a 'simple,' (single herbs prescribed for specific complaints) has been traditionally used by wise women since the earliest times. Results from one herb used for specific symptoms are predictable and time tested. [I found in my own experience that using Pennyroyal as a simple worked more effectively and with fewer side effects than any combination of abortifacient herbs I tried.] Combination remedies were used in ancient times but often were conservative in the number of herbs involved (at the most three or four). Although combination herbal remedies are often used today, using a combination of herbs can be risky. When two or more herbs are used in combination, effects can occur that are different from those caused by each herb taken alone. One herb can change the speed in which another herb is absorbed into the bloodstream and alter the concentration of another herb by the time it reaches the part of the body it is meant to effect. When herbs interact, they can speed up or slow down, shorten or prolong, reduce or increase, and in some instances prevent the desired result, but sometimes combinations work effectively and are even said to work better together than a single herbs working alone. Blue Cohosh (uterine contractor) and Black Cohosh (antispasmodic), because they are combined so often, are sometimes considered synonymous despite their diverse actions. Remember, combining herbs without prior knowledge of effectiveness may be risky in herbal abortion because of the many variables involved. Seek the advice of those wise in the ways of herbs.

## DOSAGES - Adjusting Dosage Ranges to Personal Characteristics

Herbal preparations are like other medicines. "Take too little and nothing much happens. Take the right amount of the proper herb, and you enjoy healing benefits. Take too much for too long, and you run into trouble!" The goal with herbal medicine is to find what herb/s work best for you and then balance the dosage of the herb with your own individual characteristics and needs to achieve the action you desire without negative side-effects. Herbal practitioners can be valuable assistants in this process.

**Adjusting Dosage to Body Size** - The dosage range in this book is generally for an adult person who weighs 150lbs. If you weigh less or more you should adjust the dosage to fit your body type. For example, if you weigh 200lb., your weight is one-third more than the 150lb. person. You should adjust the all the dosages ranges in this book to one-third **more** than what is stated. If you weigh 100lb., your weight is one-third **less** than the 150lb. person. You should adjust all the dosage ranges in this book to one-third **less** than what is stated.

**Adjusting Dosage to Herb** - "No two one ounce bags of the same herb will have the same potency. How potent a certain amount of dried herb is depends on plant genetics, growing conditions, maturity at harvest, time in storage, the possibility of adulteration, and preparation method." To adjust herbal dosage to individual plant characteristics:

### Follow Herbal Dosage Discipline

1. Whenever you have gathered a new batch, purchased a new bag of herb, or have a new herbal preparation, **always start out at the lowest dosage in your personal dosage range (adjusted to your body size).**
2. Test for and record personal sensitivity and strength of the herb/s. Then increase or decrease dosage as necessary.
3. Chart your individual responses to herbs and the changes you make in dosage on the Dosage Chart. This chart is located at the very center of this book, where the fold and staples are, on the other side of the instructions page. The Dosage chart is placed here so you can easily bend the staples and take out the page. Copy this page several times to make your own Herbal abortion notebook. When you take herbs; record the date and time, the dosage, record your feelings, your reactions to the herbs, and any changes you decide to make for the next dosage, etc. When you record your feelings and reactions, look inward to your intuitive inner wise-woman and helpful guiding spirits and ask deeply 'How am I?....What could be changed to make a smoother, gentler transition, for me and the spirit inside me?' Record what comes to you. Your charting of your reaction to certain herbs will help keep you in the habit of looking internally and intuitively to gauge your progress and will prove valuable in the future as a reference as to what worked for you in the past. Always ask your herbalist for assistance and guidance, whenever something needs to be clarified.
4. Always reduce dosage of herbal medicines at the first sign of intoxication. You will probably notice mild effects of the herb, on your body and mind, but if you experience any of the Specific Signs of Toxicity listed in the Preparation and Dosage sections for particular herbs or any of the General Signs of Toxicity listed on the back cover, reduce dosage.

When fear seizes, change what you are doing,  
You are doing something wrong.

-Jean Craighead George *Julie of the Wolves* (1972)

## BLUE COHOSH HERBAL LORE AND MEDICINAL USE

Blue Cohosh was called Papoose Root by Native Americans because of its ability to trigger labor and hasten childbirth. Two weeks before the expected date of delivery, women would begin taking the Blue Cohosh infusion to promote a rapid and painless labor. Blue Cohosh contains a chemical, named caulosaponin, which is known to cause strong uterine contractions. Blue Cohosh, like the contraceptive 'Pill,' contains estrogenic substances. Blue Cohosh's estrogenic properties explain why a strong decoction of Blue cohosh root was used by Native American Chippewa wise-women for contraception. Blue Cohosh's tendency to cause miscarriage in early pregnancy is well-known among herbalists and midwives, and for this reason Blue Cohosh is not normally used during early pregnancy by those women who wish to remain pregnant.

Although Blue Cohosh and Black Cohosh are often combined together and have similar common names, each herb is an individual having different chemical components and different medicinal properties. Black Cohosh has antispasmodic properties causing the uterus to relax, while Blue Cohosh has stimulant properties, causing the uterus to contract. In this case opposites attract. Blue Cohosh and Black Cohosh have gained a reputation of working better together than alone.

## CULTIVATION

Blue Cohosh is propagated by root division or from seed. The fall or early spring is the best time to make cuttings from the rhizome. Take these cuttings, place them in water until they develop an extensive root system. Plant your healthy cuttings in well prepared shady beds of rich moist humusy soil (pH7, neutral). Seeds should be sown right off the plant as soon as they are ripe. Some of the seeds sown in fall will germinate the following Spring. Some may not germinate until the next year.

## GATHERING

Blue Cohosh rhizomes are collected in the fall when the above ground parts begin to die back. It is at this time when the sap or vital energy runs back into the roots in storage for winter.

## PREPARATION AND DOSAGE

**Blue Cohosh** **Root** **Decoction:** Blue Cohosh is propagated by root division or from seed. The fall or early spring is the best time to make cuttings from the rhizome. Take these cuttings, place them in water until they develop an extensive root system. Plant your healthy cuttings in well prepared shady beds of rich moist humusy soil (pH7, neutral). Seeds should be sown right off the plant as soon as they are ripe. Some of the seeds sown in fall will germinate the following Spring. Some may not germinate until the next year.

**Standard Decoction (root):** Simmer 20-30min.,  $\frac{1}{4}$  -  $\frac{1}{2}$  cup, 3-4 times a day.

**Standard Tincture:**  $\frac{1}{2}$  -  $\frac{1}{2}$  tsp., 3-4 times a day.

**DOSAGE - BLUE COHOSH**

**Powdered root:** 1-5 #0 capsules (5-30 grains), 3-4 times a day.

When fear seizes, change what you are doing,  
You are doing something wrong.

## CHAMOMILE



Compositae (Composite Family)

### Matricaria chamomilla

Also: *Chamomile* or *Camomile*, *Anthemis*, *Matricaria*, *Ground Apple*, and *Manzanilla*.

Part used: Flowers.

**Medicinal Properties:** *Antispasmodic*, *Carmine*, *Diaphoretic*, *Emmenagogue*, *Nervine*, *Sedative*, *Stomachic*, and *Tonic*.

**Effects body:** *Soothing herb to nerves and stomach; essential oil is a tonic stimulant to uterus, kidneys, spleen, and liver.*

**Contains:** *Essential oil (with *azulenes*), *flavonoids*, including *Vitamin P* (*Rutin*), *valerenic acid*, *Thujone*, *coumarins*, *tannins*, *salicylates*, and *cyanogenic glycosides*.*

**Vit + Min:** *High concentration of calcium and magnesium, also Vitamin A and P (*Rutin*), potassium, iron, manganese, and zinc.*

### DESCRIPTION

Familiar short 12in. (30cm) annual Chamomile is found growing wild in dry sandy soil and full sun. Chamomile's numerous daisy-like flowers (June-September) appear singly and occasionally in pairs off its many erect branches. These small sweet apple-scented beauties have a deep yellow central cone with white petal-like rays. Pale green feather-like leaves line Chamomile's downy stems.

### CHAMOMILE HERBAL LORE AND MEDICINAL USE

Throughout recorded history the beneficial and trustworthy 'Chamomilla' has been held in high regard. The Egyptians cultivated Chamomile and dedicated the plant with its golden cones to the Sun. Symbolic religious references to Chamomile's holy womanly qualities still exist. In Greek, a variation of Chamomile, 'Maier Cara' means 'Beloved Mother.' The Roman Catholic Church dedicated Chamomile to St. Anne, mother of the Virgin Mary. Today, Chamomile is valued primarily for its soothing sedative properties and its ability to promote a natural hormone, similar to thyroxine, which has the power to rejuvenate the texture of the hair and skin and is believed to restore the liveliness of youth, both mentally and physically. Chamomile is "...recognized by orthodox medical profession as a valuable medicine for the young, especially in France and Spain, where numerous doctors prescribe it."<sup>1</sup> The Germans have an expression for Chamomile: *alles zu vertraut*, meaning 'completely trustworthy.' One way the Germans utilize the soothing, healing properties of Chamomile is a German prescription medication made partly of Chamomile called Kamillosan, used to treat wounds and inflammation. Chamomile's abortifacient and emmenagogual properties are reported from use of Chamomile's deep blue essential oil, colored from the azulenes this herb contains. The essential oil, distilled from fresh flowers since medieval times, is known to be a uterine stimulant and a treatment for eczema and asthma. Nicholas Culpepper, an English herbalist of the 17th century, recorded Chamomile's ability "to bring down women's courses," meaning to promote menstruation. Culpepper was most likely speaking of the essential oil, which was in common use during his time. Uterine stimulation by Chamomile's essential oil is most likely due to the thujone the essential oil contains. Thujone has been shown to be a uterine stimulant in animals.<sup>2</sup> (see 'Thujone')

### CULTIVATION

*Matricaria recutita*, German Chamomile, brought with German immigrants to America, is the most widely grown garden variety of Chamomile in the United States. To grow German Chamomile, sprinkle seeds in fall or spring on well prepared moist beds of sandy soil. German Chamomile, an annual, likes partial shade and well-drained soil. Leave a few flowers on the plants and they will reseed themselves. *Chamaemelum nobilis*, Roman Chamomile, has a slightly stronger fragrance than the German variety. This hardy perennial, native to southern Europe, also likes well-drained soil with a sunny location. This variety is so hardy it has been used as an alternative to grass for lawns in Europe, not minding, but seeming to prosper when stepped upon. Roman Chamomile is propagated easiest from offshoots of a mother plant. In spring, set divisions, 1½ ft. (0.5m) apart, into moist beds of manured sandy soil. Mulch in winter. Perennial Roman Chamomile will tolerate the driest conditions once established.

**GATHERING**  
Chamomile is harvested throughout the summer. Carefully cut the Chamomile flower buds off the mother plant just before they are about to bloom. Some sources say to gather Chamomile in full flower when the petals begin to turn black on the yellow disk.

### POWDERING HERBS and PREPARING CAPSULES:

To powder herbs a mortar and pestle, kitchen blender, or a coffee/spice grinder all work well. A mesh strainer can then be used to sift the powdered material from the fibrous parts that did not break down in grinding. Avoid purchasing already prepared powdered herbs. It is impossible to see the condition or quality of the original herb in the powdered state. Rapid oxidation of valuable medicinal constituents takes place in the powdered state. Powdered herbs are best when you know they are made from quality herbs you have picked and dried yourself or purchased yourself for their quality at an herb store.

Capsules are often used for taking herbal medicines that have a particularly bitter or nauseous taste, or for individuals who, for whatever reason, cannot drink herbal teas. Capsules are also convenient for those who do not have the time to prepare other herbal medicines. Vegetarians, Vegans, and Macrobiotics often object to the traditional gelatin capsules because they are made from boiled tissues and bones of slaughtered livestock. A capsule created from potato starch is now being produced as a vegetarian alternative to gelatin capsules. Ask for potato starch capsules at your local health food store.

### Widely Available Capsule Sizes and the Average Amount of Powdered Herb Each Can Contain

	#000	650-850mg
	#0	400-450mg
	#4	500-600mg
	#5	400-450mg

To fill capsules, tap the larger half of the capsule onto the powder in bowl until no more powder is taken up. Into the smaller half tap enough powder to fill the rounded end and then gently press together the two parts of the capsule until they fit together as one. If you are like me, and have a problem swallowing capsules, try dipping the capsule in a little water or vegetable oil before taking. Capsules are easily filled with a single powdered herb or can be filled with a combination of powdered herbs if desired. If capsules get wet, they will stick together, so store capsules in a cool dry place and out of direct sunlight.

### To Make HERB-BASED VAGINAL SUPPOSITORIES:

Herb-based vaginal suppositories are easy to make. Mix powdered herb with water to form a very thick dough. (Note: Rectal suppositories are usually mixed with oils instead of water. *Vaginal suppositories should not be made with oil*. Oils in the vagina have been known to contribute to growth of bacteria and vaginal infections.) Once you've mixed the powdered herb/s with water to form a very thick dough, shape the dough into cylindrical strips about 1/2in. (1.3cm) thick and 1 to 1½ in. (2.5-3.8cm) long. Insert suppository high up into vagina before going to bed at night. A towel is placed on the bed or a menstrual pad is worn to protect the sheets from discharge.

### To Make POULTICES AND PLASTERS:

Poultices and plasters are methods in which herbs are applied to the surface of the body to treat certain conditions. Because sections of a person's skin are going to be exposed, make sure the environment is warm (70°F) and comfortable (pillows, blankets, and possibly soft music available). As with all herbal therapies, choose herbs which have the particular properties desired. Stimulants tend to stimulate organs, sedatives tend to relax organs.

**Poultices:** Warm a cloth or towel in the oven. Moisten dried macerated herb/s with hot water, infusions, decoctions, tinctures or oils. Apply warm wet herb/s directly on the skin area being treated. The warmed cloth is placed over the top of the poultice to hold everything in place. Poultices are often used to heal bruises, draw out infections, break up congestion, and relieve muscle cramping and pain.

**Plasters:** Are used to stimulate or relax particular organs or body parts. In a plaster, powdered herb/s are moistened with warm water, spread on a cotton or silk cloth, and placed cloth-side down on the skin (oil skin with olive, castor or peanut oil before applying plaster). Cover with another cloth or plastic to keep the moisture in. Infusions, decoctions, tinctures, or oils can be added to the plaster.

**Ritual and Myth are like seed crystals of new patterns that can eventually reshape culture around them.**  
Starhawk, Truth or Dare (1987)

lid on so the valuable medicinal steam is not lost. Simmering times can be extended (up to 8 hours) with a crock pot or slow cooker. Extended simmering results in a decoction very rich in herbal constituents. Decoctions should be used before they sour, 1-2 days. A quarter cup of brandy, gin, or vodka can be added to one pint of decoction to prolong shelf life. Store decoctions in the refrigerator.

**To combine INFUSIONS and DECOCTIONS:** There are two ways to combine decoctions and infusions. One is to prepare the decoction first (1 ounce herb to 1 pint water), and when the decoction is finished simmering, strain the hot decoction over 1 ounce of leaves or tops in a pint or quart mason jar. Screw the lid on tight, and let steep at least 20 minutes. Because this combination has a total of 2 ounces of herb to 1 pint of water, this combination preparation is twice as concentrated as a the normal decoction or infusion. Of the two herbs used, the smaller dosage of the two should be cut in half for the starting dose.

The second way to combine decoctions and infusions is to prepare each separately and then add them together into one mixture. When combined in this manner, each ounce of herb is steeped or simmered in a pint of water. This combination is the same concentration as a normal infusion or decoction. The smaller of the two herbs' dosages should be the starting dose.

**To make a SYRUP:** Take 1 pint standard infusion or decoction (prepared as above), strain and add 1-2 ounces of honey or vegetable glycerine to preserve. Syrups are used to make a bitter herb palatable or for soothing inflammation or irritation of the digestive system. Store syrups in the refrigerator.

**To make a TINCTURE, one needs:**

-1 pint Alcohol: 100 proof gin, brandy, or vodka. (Vegetable glycerine or apple cider vinegar may be substituted.)  
-4 ounces fresh or dried powdered herb. (Fresh is best.)  
-Funnel.

-Pint-sized amber glass bottles with tight fitting lids or natural cork,  
-Beeswax, (to seal the cork stoppers),  
-Natural undyed cotton muslin for straining tinctures.

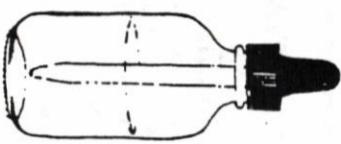
The Bottle, having the capacity to contain or condense as well as reduce and pour out, is an ancient feminine symbol of the womb.

'As the bottle opens, so my womb opens.  
As the sacred juice is released from the bottle, so  
the sacred blood is released from my womb.'

Tincturing is a process in which the herb is steeped in the menstruum at room temperature. In order to prevent fermentation during the process, an alcohol-water mixture (or on occasion vinegar or vegetable glycerine) is used. Alcohol has the capacity to extract medicinal qualities often in the form of medicinal oils that a water menstruum is incapable of extracting. Tinctures are popular among the lay folk and herbal practitioners because they have a long shelf life; they are easy to carry around; and due to their concentrated potency, a smaller quantity is necessary in any dosage. With alcohol, the proof number can be cut in half to know the percent of alcohol to water. 100 proof alcohol (popular for tinctures) is 50% alcohol and 50% water. 120 proof alcohol is 60% alcohol and 40% water, etc. The higher percentages of alcohol (60%, 70% and 90%) are used when volatile oil, alkaloids, and resins (usually insoluble in water) are to be extracted.

**Note:** Never use rubbing (isopropyl) or wood (menthyl) alcohol. Both are poisonous.

To make a tincture, fill a pint sized bottle with freshly picked or powdered dry herb. Fill the pint bottle with as much fresh herb as you can, or 4 ounces of powdered dry herb. Pour the alcohol on top of the herbs until the bottle is filled to the top. Label the bottle with what part of what herb and the date. Cap the top, and the next day top the alcohol up that was soaked up by the herb in your tincture. Cap and seal the top of the bottle with beeswax. Place this tincture out of direct sunlight and shake the container at least once a day for at least two weeks. Pilar, the crone Gypsy in *Gypsy Folk Medicine*, buried a Gypsy tincture called Heal Everything Tonic (made with Mistletoe) in the earth I first deep with the top of the bottle pointing to the east. Here it stayed for one moon cycle of 28 days before it was unearthed to be used as medicine. Susan Weed in her *Wise Woman Herbal* notes that in her experience she has found "...there is no need to shake it [tinctures] daily," so, by burying in the soil the tinctures probably won't miss daily shaking. To benefit from the natural drawing power ascribed to the waxing moon, some herbalists are known to follow the ancient practice of preparing tinctures at the time of the new moon and finishing them on the full moon. Always label and date your tinctures. Make sure the lid is airtight; essential oils and alcohol evaporate rapidly when exposed to air. Remember: tinctures made from fresh herbs are always stronger than those made from dried herbs. Adjust dosage accordingly.



Dry quickly on stainless steel screens or in a cheesecloth hammock out of direct sunlight. Turn occasionally. When completely dry, store in airtight containers.

#### PREPARATION AND DOSAGE - CHAMOMILE

**Words to the Wise:** Chamomile pollen may cause dermatitis or strong allergic reactions in sensitive individuals. People who are allergic to Ragweed, Aster, or *Chrysanthemum* should be cautious of Chamomile, for it is in the same family. Chamomile contains the uterine contracting and possibly toxic thujone (see Thujone).

**Watch For Signs of Toxicity Specific to Chamomile:** Nausea, vomiting, vertigo, convulsions, personality changes, delirium, and hallucinations.

**Preparation:** Essential oils are extracted by distillation and are very concentrated. Some essential oils can be deadly at a dose of one teaspoon! I believe there are other abortifacient herbs that are safer and more efficient at producing an abortion than Chamomile's essential oil. I make it a practice to avoid the use of essential oils internally! Take care of yourself; seek the advice of knowledgeable herbalists and doctors educated in herbal medicine. Start out at very small doses if you decide to use Chamomile's essential oil. Chamomile infusion added makes a mildly emmenagogic and carminative tea. Boiling will destroy Chamomile's oil; do not boil.

**DOSAGE - CHAMOMILE**  
Standard Infusion: Steep 20-30min.  $\frac{1}{2}$  cup, 2-3 times a day.  
Standard Tincture:  $\frac{1}{2}$ -1tsp., 2-3 times a day.

Powdered (flowers): 5-10 #0 capsules (30-60 grains), 2-3 times a day.

1. Tearey, 46. 2. Sporek, 168.

## COTTON ROOT BARK

### *Gossypium hirsutum*

Aka: Cotton Root.

**Medicinal Properties:** *Emmenagogue, Hemostat, Lactogogue, Parutient, Oxytocic, and Vasoconstrictor.*

**Effects body:** Stimulates uterine contractions and stimulates the production of breast milk.

**Contains:** Gossypol, resinous substance with phenol-carboxic acid, salicylic acid, betaine, sugar, traces of essential oil.

**Vit+Min:** Root bark is rich in Vitamin E.

#### DESCRIPTION



Cotton grows as an annual herb in cooler climates and as a biennial or perennial shrub 2-5ft. (0.6-1.5m) tall in tropical climates. Branching stems, hairy or occasionally smooth, bear dark green leaves that sometimes have a grey bluish. Leaves are usually alternate, 3-lobed, and around 2-6in. (5-15cm) long. Cotton's beautiful cup-shaped blooms, that open for only one day, have paper-thin cream to yellow petals with a purple to maroon center. After fertilization, 3-4 segmented seed pods (called bolls) form, each containing around 36 seeds covered with a greyish lint (Cotton fiber). Upon maturity, the boll becomes dry, splitting from the tip and exposing the Cotton fiber.

#### COTTON HERBAL LORE AND MEDICINAL USE

The use of Cotton predates recorded history. More than 8000 years ago, the Mexican Aztecs grew Cotton for textiles. Remains of the Cotton plant have been found in Mexican Aztec burial mounds, which predate the Egyptian pyramids. Early explorers to North America recorded that the indigenous people were masters at weaving Cotton textiles. Native American women of the Alabama and Kousati tribes utilized the medicinal properties of the Cotton root. A tea made of the Cotton roots boiled in water was used to aide contractions in childbirth, and in high doses Cotton root was known to induce abortion! The Cotton industry in the American southern colonies was founded on the enslavement of African people. Slave owners were known to rape enslaved African women. Raping was even considered profitable, for any children that resulted from the offense would increase the number of slaves the master owned. The enslaved women used Cotton Root Bark infusion to produce abortion, quite



## HERBAL PREPARATION

Possibly an age-old wise-women knowledge passed from woman to woman in their native Africa, where the Asiatic strain of Cotton is thought to originate. Cotton root bark was used by enslaved African women "apparently with no serious [physical] side-effects," beside the wrath of the slave owners if the woman were found out. Unfortunately, some slave owners found out about the use of Cotton root bark for abortive purposes and subsequently forced the African women to drink an herbal decoction of the root bark of Staghorn *Viburnum prunifolium* which came to be known by the common patriarchal name Black Haw. *Viburnum prunifolium* is a strong abortion and miscarriage preventative and forced the African women to carry the pregnancy to term (see Herbs to Avoid).

Herbalists today use Cotton Root Bark to produce abortion, stimulate contractions, and encourage the production of breast milk. The Cotton seed and root are used in the treatment of nasal polyps, uterine fibroids, and other types of cancer. Chinese testing on rats show that at high doses, Cotton root bark "interrupts pregnancy due to its anti-progesterone and corpus luteum effect."<sup>1</sup> With interference in the functioning of the corpus luteum, which produces progesterone, the uterine lining becomes unsupportive to the fertilized egg, and abortion occurs. Goasypol, the dihydroxyphenol found in Cotton seeds and the glands of seedling is sold in China "as a male contraceptive," [or perhaps a more accurate description would be 'an agent to cause sterility'.]<sup>2</sup> After the 75 day Goasypol treatment, "spermatogenic depression may become permanent, or the recovery less rapid than expected, 12 months after stopping administration, more than 50% of patients still showed a zero sperm count."<sup>3</sup>

### CULTIVATION

Cotton (min. temp. 60-65°F) will grow well in a hothouse or greenhouse in northern climates. Cotton needs 70°F for seed to germinate. Plant Cotton seed in well prepared beds of well-drained rich sandy loams, especially like alluvium. Allow 6-10in. (15-25cm) between plants, later thin to 1-2ft. (0.3-0.6m) between plants. Cotton needs fertile soil during early stages of growth, so be sure to add plenty of nutrient rich compost and manure to your beds. Cotton grows best in a warm to hot climate that has 180 frost-free days per year, but Cotton can be treated like an annual and grown in northern areas.

### GATHERING

Cotton is found growing wild on sand dunes and railroad beds (Caution: toxic chemicals in soil) in southern Florida and the frost sets in, sometimes as late as December in the warmer climates. Peel inner cambium layer from the root bark in long strips (1cm wide). Dry cambium strips out of direct sunlight, and when completely dry, cut to size and store in an airtight container.

### PREPARATION AND DOSAGE

**Words to the Wise:** Cotton root bark decoction has a reputation as being "the safest and most certain herbal abortifacient."<sup>4</sup> However long term use of any medicine can prove to be harmful. Chinese tests with Cotton root, on animals and humans for periods of eight weeks, showed atrophy of the uterine lining tissue.<sup>5</sup> Abortifacient herbs should never be used as a primary method of birth control. Warning! Commercial Cotton contains large amounts of toxic chemicals and is not fit for human consumption! According to a 1982 USDA survey, in one season the U.S. Cotton crop was sprayed with 7,000,000 pounds of deicccants and defoliants as well as 34,000,000 pounds of herbicides and pesticides! When plants that contain toxic chemicals are consumed by people, unpleasant reactions indistinguishable from plant poisoning can occur. Be sure that your Cotton root bark has been grown organically. Consumer demand for organic Cotton clothing has prompted four U.S. states (Arizona, California, Tennessee, and Texas) to produce small amounts of organic Cotton.<sup>6</sup> There is a great demand for organic Cotton root for herbal use and not enough to go around. To purchase organic Cotton root, locate organic growers in your area, or grow your-own for yourself and to trade to other women in need!

### Watch for General Signs of Toxicity listed back cover.

**Preparation:** Cotton root bark has the dual capacity of preventing implantation with an anti-progesterone effect and stimulating uterine contractions. Cotton root bark is usually given by itself as a simple.

### DOSAGE—COTTON ROOT BARK

**Decoction:** Add 3½ ounces of dried Cotton root bark to 2 pints (1 quart) of water. Boil @ 20-30min., until the liquid is reduced to half (1 pint liquid decoction). Take 2-4Tbs. (1-2oz.), every 30min. to 1 hour. Standard Tincture: 1-4sp., every 30min. to 1 hour.

**Powder (root bark):** 3-8 #O capsules (20-60 grains), every 30min. to 1 hour.



Native Americans Making Cotton Textiles

### For each INFUSION or DECOCTION, one needs:

- Pure water, the best you can find i.e. distilled (best), bottled spring water, or purified water.
- Glass, porcelain, enameled tea pot or sauce pan with tight fitting lid. Stainless steel pans can be used for the heating of water, but should not be used to hold any herbal preparation. All metals should be avoided when preparing herbs as metals tend to alter the medicinal alkaloids in the preparations.
- Wide mouth pint or quart glass canning jar with good tight-fitting lid. The pint and quart mason jars with cup and pint markings on the side are very convenient.
- Washed, undyed cotton muslin cloth for straining and filtering.
- Wooden stirring spoon (optional).
- Mortar and pestle, kitchen blender, or an electric coffee or spice grinder to break up the herbs into smaller pieces.
- Kitchen scale that includes metric weight. If you do not own a scale and are purchasing herbs, at your herb store, measure your herbs into individual 1 ounce bags for use in standard infusions or decoctions, or 4 ounce bags for standard tinctures. This will allow you to have accurately measured herbs without having a scale. For the future, wash and save plastic bags to reuse.

### To make an INFUSION:

- 1 ounce (28.3 grams) dried herb (leaves and flower tops).
- Water (a little more than 1 pint).



Infusion is a easy process used to obtain active herbal principles that are readily soluble in water. Infusion is appropriate for leaves, flowers, and non-woody stems. Water is the menstruum, or solvent, that extracts through diffusion the water soluble active principles of the herb. The word *menstruum* in Latin originally meant 'menstrual blood.' The meaning of menstruum, from 'menstrual blood' to 'solvent' evolved from the belief that menstrual blood was the solvent that extracted the potency of the semen in the womb-cup chrysalis to metamorphose life.

**To make an infusion:** heat water to boiling in a porcelain, glass, enamel, or stainless steel sauce pan. While the water is heating, crumble 1 ounce of herb into small to medium sized pieces and then place herb in a pint or quart sized glass canning jar. Remove boiling water from heat and pour 1 pint of the hot water over the herb into the canning jar. Cap jar tightly to seal in the steam and medicinal qualities. If your jar has the pint and cup markings on the sides, just pour until the water reaches the pint mark and lightly screw the lid on. Let the infusion steep for at least the recommended time period. Then, using undyed cotton muslin or cheese cloth placed over the top of the jar and secured with a rubber band, strain infusion into another glass canning jar. Pint and quart canning jars with rubber seals are great to use because you can screw the lid on and take them with you in your car or backpack. Infusions deteriorate rapidly so make fresh everyday.

### To make a DECOCTION:

- 1 ounce herb (root, stems, or bark), ground or cut up into little pieces.
- 1 pint water.

Decoction is a process used to extract the water soluble medicinal qualities of hard, fibrous, medicinal parts like the roots, stems, and bark. Ideally, a ceramic, glass, an uncracked enamel, or earthenware sauce pan with a tight fitting lid is best. Stainless steel may be used, but some of the medicinal plant alkaloids might be altered due to contact with the metal. Heat the water in the pan to the point that steam begins to rise off the surface. Add the ground herb; place the pot's lid on; and turn down the heat to simmer. Watch the pot regularly to make sure the decoction continues to simmer but does not boil. Simmer for at least the time recommended for each herb. Some herbalists leave the lid of the pot off to evaporate up to half of the water. [This does not seem logical to me, because the medicinal qualities would also be released in the steam.] Slow cooker or a crock pot with tight fitting lids, make excellent decoctions and eliminate the need to watch the pot constantly to make sure it does not boil. Set temperature of slow cooker or crock pot to low, so steam rises from the surface of the water, but the water never boils. Set the

1. Weiser, 11-2.Duke, 219. 3.Huang, 256. 4.Duke, 219. 5.Huang, 257. 6.Wood, 11. 7.Pers, 639-645. 8.Krizmack, 16.

The cap is symbolic of the *feminae* principle of containing and embracing.

The cap is an open distilled womb cap.

As the cap opens releases it's contents, as my womb openly releases it's contents.

## PURCHASING HERBS

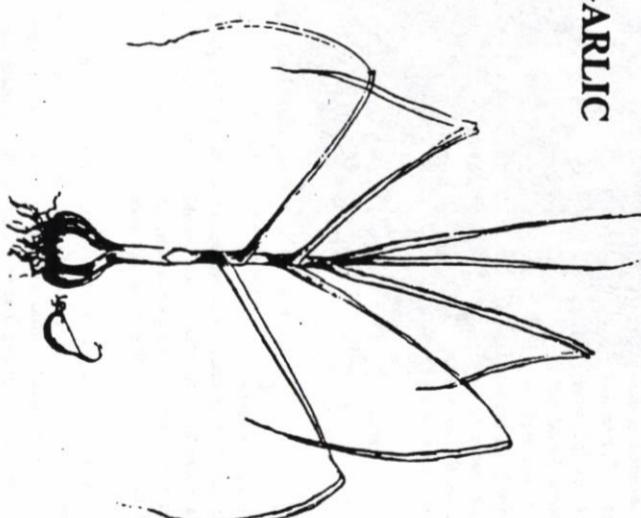
Buying dried herbs and herbal preparations from a local supplier is the most realistic option for the many women reading this book who want the herbs as soon as possible.

1. Ask around to see if an organic grower sells herbs in your area.
2. Check in your local yellow pages under 'Herbs' and 'Health Foods.' If you happen to have a CO-OPerative health food store in town, and they have medicinal herbs in bulk, this is probably your best bet on getting herbs that have had the least chemical processing. Health food stores vary widely in what they offer as far as bulk herbs, tinctures, and essential oils. To save time and energy, call around and find which stores carry the herbs you are looking for.
3. When purchasing bulk herbs always look for and except only the best quality herbs you can find. One of the benefits of buying herbs from a store is that you can experience the herbs before you buy them. Look for herbs that smell fresh (not musty or moldy), look fresh (vibrant dried flowers and leaves still having their color), and feel fresh. Susan Weed in the *Wise Woman Herbal* calls the feeling of good herbs "tingle...sparkle." Tune in to how the herbs uniquely communicate with you.
4. To insure the quality of your powdered powder yourself using a mortar and pestle or electric coffee grinder. The powdered herbs available in herbal stores often have lost much of their medicinal qualities due to oxidation.
5. If you do not have access to a scale at home, use the scale at the store to accurately weigh all your herbs into individual 1oz. (28.3 gram) bags for use in infusions or decoctions, or 4oz. bags for tinctures.
6. Always label your bags of herbs with the name of the herb and the date purchased.
7. When purchasing prepared medicinals (tinctures, pre-mixed herbs, etc.), always follow the directions on the bottles or packages.
8. Do not purchase anything that looks as if it might have been tampered with.
9. Store medicinal herbs out of direct sunlight in a cool place out of the reach of children.

Before I go to the herb store, I make up a shopping list of the herb or herbs I've decided upon and how many dosages I expect to take throughout one week. This can add up, so it is best to make a list. I buy a few extra days dosage, in case for some reason I'm not able to get to the store or for the times when I intuitively feel the need to increase my herbal dosage. Don't forget to purchase some Nettle and/or some Alfalfa, for a nutritive boost after bleeding is well underway. Many women with early pregnancies will be successful before the end of the first week and will not need to purchase anymore herbs. Women who purchase herbs for the second week also will benefit from purchasing herbs a second time, because these women will again have the opportunity to follow their own instincts regarding what herbs and how much to buy.

The next best thing to growing your own organic herbs, is to support an organic herb grower near you. In just about every medium-sized town I've been in, there have been a few organic herb growers. Check around to see if there is one in your area. Mail-order organic herbs is another good way to go if you are purchasing for the future. Some people, who have the cash, purchase 3 to 6 months of herbs in advance so they save shipping costs and don't have to order all the time. Purchasing organic herbs mail-order is probably not a good idea if you are pregnant and wanting herbs as soon as possible, because it will take around a month for the herbs to arrive. In the future though, finding a local organic herb grower or purchasing organic herbs through mail order is well worth it when you have the time. Supporting growers of organic herbs is vital to our own health and the health of the mother earth. Susan Weed, in her informative *Wise-Woman Herbs*, shared how many commercial herbs are grown, "Grossly substandard wages are paid to harvester in third world countries. Pesticides and herbicides banned in the United States are used on herbs grown overseas (and 80% of commercial herbs are imported). Dried herbs may be legally irradiated with the equivalent of hundreds of chest X-rays, yet there is no labeling as to which herbs have been so treated. All commercial warehouses, even those storing organic herbs, must be legally fumigated several times a year with chemical sprays." Even the sacred herbs have been tampered with! After I read this wise-woman's words, I decided to include some of her trusted sources and other organic growers I found instead of the commercial sources I had previously thought were okay. (see Mail Order Organic Herbal Suppliers)

## GARLIC



### GARLIC HERBAL LORE AND MEDICINAL USE

Garlic was originally native to the Kirgiz region of Siberia in Asia. Over 4500 years ago, the Babylonians praised the great culinary, medicinal, and spiritual virtues of Garlic. To the ancients, Garlic bulbs, along with Onion and Chive bulbs were recognized as being symbolic of the universe. The skin, upon skin, upon skin symbolized the layering of spiritual realms of the ancient Egyptian Cosmogony.<sup>1</sup> The common peoples' faith in the spirit of Garlic was so strong, they would swear their loyalty and trust by Garlic when taking an oath.<sup>2</sup> Garlic was known to drive out sickness, or evil spirits, from the body. Greek wise women (midwives) would generously hang Garlic all through the delivery room. The room would be filled with Garlic's warm, healing, antibacterial, 'evil spirit' abating vapor. When the babe was born, the women would fasten around the infant's neck a necklace stung with protective Garlic clove charms.<sup>3</sup>

The historical evidence of Garlic's powers as an emmenagogue and abortifacient is by far the most extensive of any of the herbs mentioned. Dated to 1550B.C., the Egyptian *Codex Ebers* is one of if not the oldest preserved medical text. In this ancient medical document, the use of Garlic to alleviate menstrual disturbances is first mentioned. Garlic was used in a wine solution which was introduced into the vulva. In the *Codex Ebers* was another recipe, a plaster was made of crushed Garlic, unleavened white bread, and shavings of Cedar trees [Cedar—Ahor Vitae?]<sup>4</sup> and placed on the abdomen for the same problem. Both the Kahoun and Carlsberg papyrus and in Hippocratic (460-377B.C.) treatise, *On Sterile Women*, state that if a peeled, clean clove of Garlic is inserted into the vulva in the evening, the next morning, if the woman's breath did not smell of Garlic one can tell that she will not conceive. In *Diseases of Women*, another work by Hippocrates, Garlic is again suggested inserted into the vagina as a suppository to bring about menstruation. The Garlic head was boiled, (cooked), and inserted. In Pliny's (23-79A.D.) *Natural History*, Garlic beaten up with fresh Coriander and taken in unmixed pure wine, is a popular recipe listed as both an menstruation promoter and an aphrodisiac. In *Dioscorides* (1st or 2nd century A.D.) *Greek Herbal*, a Garlic clove inserted as a ophioskordon (Serpent's Garlic). Boiling the umbel flower of this Garlic was good for a sitz bath to help promote menstruation and expulsion of the placenta. For the same purposes it was said to be smoked (possibly fumigation of the vulva). In India, there is evidence of Garlic being used in folk medicine as an abortifacient.<sup>4</sup>

Ancient Roman women and men celebrated the sexual liberty granted by the sacred aphrodisiac abortifacient Garlic at the Cerealia, held in the middle of June to celebrate the summer solstice. The Cerealia was held in honor of Goddess Ceres Legitrix, the lawgiver, who ruled Rome during her sacred matronae 600-200B.C.<sup>5</sup> The Cerealia was a peaceful celebration of the joy of life, when the flowers were in full succulent bloom, when the air carried the fragrance of all the life that Mother Earth Goddess Ceres produced. Ceres was the source of all life, all fruit of the land and of the people. Always true, just, and generous with those who won his favor, his priestesses were known as the founders of the Roman legal system. At the time of Cerealia,

We tend to think of the erotic as an easy, tantalizing sexual arousal.

Andre Lorde, in Claudia Tate, ed., *Black Women Writers at Work* (1983)

Liliaceae (Lily Family)

### Allium sativa

Aka: Garlic.

Part used: Bulb.

Medicinal Properties: *Alternative, Antihelmintic, Antibacterial, Antipsoriatic, Estrogenic, Expectorant, Diaphoretic, Diuretic, Hypotensive, and Stimulant.*

Effects body: *Erogenic properties, kills germs, detoxifies system, good for virtually all diseases, lowers blood pressure while strengthening blood vessels.*

Contains: *Unsaturated aldehydes, anti-bacterial alliin, allyl disulfide, phenones, and volatile oils.*

Vit + Min.: *Vitamins A, B1, B2, and C, as well as calcium, magnesium, manganese, phosphorus, potassium, and trace amounts of germanium, selenium, copper, and sulphur.*

### DESCRIPTION

Familiar Garlic is a perennial or biennial plant with a bulbous

corn made up of 10-20 cloves surrounded by silvery purple, pink, to white skin. Garlic grows to a height of 2ft. (0.6m);

the spathe (unbranched stem) having flat, long, pointed leaves, from the center of the spathe, forms a head of one umbel made

up of densely compact flowers, of deep maroon to white hue.

Up from the center of the spathe in one plane. From June to July, a long stalk rising

1/2-in. (1.3-2.5cm) wide, that extend erect out to each side of

the spathe in one plane. From June to July, a long stalk rising

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the Roman men ate large amounts of the aphrodisiac Garlic, which was believed to stimulate the central nerve of the penis, thus contributing to erection.<sup>7</sup> Garlic with Coriander seed in wine, as in the emmenagogual recipe by Pliny, was a love potion given by lovers to each other for mutual sexual enjoyment. Garlic can be said to be a women's aphrodisiac, for in Garlic's a release of psychological fears associated with becoming pregnant, Garlic promotes free sexual expression. Garlic may have been used as a spermicidal contraceptive as well, for recent scientific studies have shown Garlic's active principle, alliinum to be highly spermicidal in both animal and human tests.<sup>8</sup>

In ancient Greece, on the night of the full moon, women placed Garlic offerings on stone alters at the crossing of three roads in respect to Hecate,<sup>9</sup> Goddess of magic charms and enchantment, who was sometimes called "most lovely one," a title for the moon.<sup>10</sup> On the full moon, ancient women are recorded as having ovulated. The full moon harmonized with increased sexual desire of ovulation and ancient sexual celebration ritual. Hecate was derived from the Egyptian wise woman-midwife, Hekit, who was in charge of the hekau, "mother words of power."<sup>11</sup> The three roads of the crossroads the feminine Trinity of life, heaven, earth, and the underworld. A statue of Hecate with a face pointing in each direction was placed at the crossroads, symbolizing Hecate's three-fold identity: in the heavens in the form of Hecate Selene (the Moon), on the Earth in the form of Artemis (the birth giver and great huntress), and in the Underworld in the form of Persephone (the Destroyer).<sup>12</sup> Garlic's use as an abortifacient an aphrodisiac caused much stress and disdain amongst the celibate clergy and the politicians who enacted law and social 'morality' to control women, their sexuality, and their reproduction. The patriarchal club of gods, kings, priests, aristocrats, politicians, lawyers, and husbands created taboos against Garlic's use. Greek priests excluded anyone who ate Garlic from the temple of Cybele, Mother of all Gods, Mother of Zeus.<sup>13</sup> The wide-spread worship of Cybele, as the original Mother of All, threatened the male-dominant foundation of the Roman Catholic Church who viscously called her a courtesan mother "not of the gods, but of the demons."<sup>14</sup> The phrase 'dirty work at the crossroads' epitomizes the propaganda regarding Hecate and the women who worshipped her. The peaceful celebration and the placing of cakes with candies (thought to be the origin of birthday cakes) at the crossroads in respect to the female Trinity symbolized by Hecate was twisted, illegalized, punished, and demoralized to serve the desire for complete control of women by the patriarchal all-male state. Remains of anti-Garlic propaganda can still be observed today in people who fear eating Garlic and having Garlic breath, the creation of odorless Garlic pills, and the lack of use of fresh Garlic as a medicine. But the most vicious result of the propaganda against Garlic can be seen in the majority of women, who for hundreds of years have been held in ignorance of Garlic's powers as an emmenagogue and abortifacient.<sup>15</sup>

#### CULTIVATION - GARLIC

Plant individual Garlic cloves point up,  $1/4$  in. (1.3cm) deep in autumn in full sun to light shade in well prepared beds of rich, loose, well draining soil. Allow 10in. (25cm) to each side of your individual garlic cloves for maximum growth. During the growing season, water regularly during dry periods. Where winters are severe, plant Garlic in early spring for a harvest in the fall of the following year. Mulch during winter.

#### GATHERING

Garlic can be found growing wild in the U.S. from New York to Indiana, and stretching southwest to Missouri. The bulbs of Garlic are harvested in late summer before flowers appear when the green foliage turns brown. Garlic tops can be braided while green to make an attractive convenient strand, or pulled bulbs can be left in the sun for a few days to dry before storing in a cool airy place.

#### PREPARATION AND DOSAGE - GARLIC

Words to the Wise: Garlic may increase blood pressure and increase the number of leukocytes (white blood cells) in the blood. Garlic is estrogenic (see Estrogenic). Fatalities have been reported when Garlic preparations fall into the hands of children. As with all medicines, keep herbs in a safe place that children cannot access.

#### Watch for General Signs of Toxicity listed on the back cover.

Preparation: The use of Garlic as a suppository may be used in combination with any abortifacient herbal treatment. Parsley may combine well with Garlic as a suppository. Your probably familiar with Parsley's ability to reduce the odor of Garlic on the breath, but did you know fresh Parsley as a vaginal suppository is a uterine stimulant? Note fresh Parsley's use as a suppository in Nan Koehler's "Herbal Abortion" article included in this booklet. Parvati observes that when she tried fresh Parsley as a suppository, 'within a few hours my womb was contracting passionately.'<sup>16</sup> In large doses, Parsley's essential oil was once used as an abortifacient.<sup>16</sup> In ancient times, Parsley with its three-fold leaves was a sacred plant symbolizing the feminine Trinity.

To use a Garlic clove as a vaginal suppository: Peel one Garlic clove, carefully making sure not to nick the surface. Check for any discoloration of the Garlic clove. If the clove has any brown spots or any sign of decay, do not use. Any bacteria that would decay antibacterial Garlic is certainly very strong, so use only perfectly

**Flowers** Carefully collect flowers when open or in some cases like Chamomile, collect as buds. Flowers are ideally collected at midday on dry days. Discard stalks. Dry on stainless steel screens or in a cheese cloth hammock in the shade. If drying inside, cover to protect from dust. Do not use artificial heat to dry.

**Fleshy fruits** Fruits are gathered when fully ripe before they have begun to dry out on the plant.

**Seeds** Collect seeds in dry weather when mature.

#### GENERAL TIPS ON DRYING AND STORING HERBS

The aim of drying herbs is to eliminate moisture without damaging the herb's constituents. Sunlight can cause photochemical alterations and damage the active principles in the herb, so it is best if herbs are dried in the shade. Good ventilation and a dry environment is necessary when drying herbs, for this reason herbs are gathered and dried on days when the weather is forecasted to be dry. Artificial drying is another possibility. Herbs can be hung near the ceiling in a room warmed by a wood stove or furnace. Inadequate ventilation by setting up a fan to help move the air around. Flowers and leaves can be dried safely at dry heat temperatures of 80-100°F. Roots, bark, and woody parts can be dried safely at dry heat temperatures of 100-140°F. Store thoroughly dry herbs in airtight plastic bags or glass jars in a dark, cool (55°F) place. Herbs and herbal preparations are medicines; store in a safe place out of reach of children. To seal tightly, rubber seals for glass jars can be cut with scissors from a washed clean bicycle or tire inner tube. If you store herbs in plastic bags, put all your bagged herbs in a tin or glass container to protect them from those little critters with sharp teeth who have a craving for some dried herb salad. Leaves and flowers will, if stored correctly, keep for about a year. Barks and roots have inherent natural fungicidal and bactericidal properties from existing in the living soil of Mother Earth. A cubic inch of soil can contain billions of bacteria, fungi, viruses, and protozoans! Because of their natural anti-bacterial properties, barks and roots will keep for years if dried thoroughly and stored correctly. Always label and date herbs.



#### Dermatitis and Phototoxicity

Some abortive herbs are known to have caused dermatitis (inflammation and itching of the skin) in sensitive individuals who gather them. The plants known to have caused dermatitis are: Angelica, Chamomile, and Rue. If you are sensitive to plant irritants, you might try wearing long gloves when gathering and avoid contact with herbs whenever possible. (See back cover for treatment of skin contaminants.) Some abortive herbs are known to have phototoxic properties. Phototoxic herbs cause harmful reactions in the body when the herb's chemicals interact with light rays. Phototoxic herbs can cause a rash and blistering in individuals who take the herbs and then expose themselves to light rays of the sun. Abortive herbs known to have phototoxic properties: Angelica, Rue, and Tansy. To be safe, stay out of the sun when taking these herbs. When taking any herbal medications, if you have a skin reaction and have been exposed to the sun, seek shade cover immediately.



Spiders are uniquely symbolized as weavers of the strands of fate and destiny.

**Roots (and Rhizomes)**

Annuals' roots are best gathered just before the plant is due to flower when the roots are best supplied with life energy juices. Biennials' roots are best supplied with their life energies in the late autumn of their first years growth at the time when the plants aerial parts die back.

Perennials' roots are best gathered in the spring before vegetation has begun, gathered after at least two years growth. Bulbous roots are best gathered when their leaves dry and fall.

**Bark of the root** is usually gathered at the proper time the root would be taken. Note: There are always exceptions, Male fern's rhizome is gathered in summer.

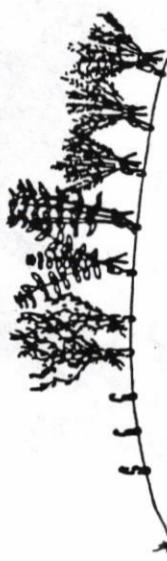
To insure the plant's survival, up to  $\frac{1}{4}$  of the root can be gathered off a mature healthy plant. When you insure the plant's survival to flower and seed, you insure the survival of the species and new young plants in the future. You insure good relations with the plant world. Bulbous roots are one exception to this rule; they are gathered in their entirety. If you plan to gather in the same area again, mark the plant with a marker that will last a few years, like a ring of medium sized rocks around the plant. To clean, brush or shake sand covered roots. Wash clay covered roots in clean pure water and set on clean cloth in the shade to dry. Large roots are sometimes cut into smaller pieces before they are dried. Roots may be dried in an oven or above a wood stove at 100-140°F. Adjust temperature to suit roots; insure brisk drying without scorching. Drying thoroughly is important, any moisture left in the herbs will provide an environment for mold and bacteria, which decay the herb and destroy natural medicinal principles. When thoroughly dry (breaks clean instead of bending), store in airtight container. Label, date, and store in a cool place out of reach of sunlight and children.

**Bark**

Branch bark is usually gathered in early spring or late autumn when the bark peals easiest. Some sources advocate taking of bark from young trees and the trunks of older trees, but this damages the trees to such an extent that they usually die. Bark can be safely gathered from actively growing 2 year old branches on mature healthy trees. Gathering bark from the branches will not kill the tree but will sacrifice all of the branch beyond the cut closest to the trunk, so gather all usable material from the entire branch. Choose 2 year old branches evenly spaced around the tree. Gathering from just one side of the tree will cause imbalance in the growing pattern. To gather bark, 2 circular cuts are made around a section of the branch and then one along the length, to release a ring of bark:



The cambium layer, the nutrient, medicinal rich inner layer, is usually peeled from the protective 'dead' outer bark, which is discarded along with any decayed parts. Dry cambium bark thoroughly on a clean cloth in the shade. May be dried like roots near stove. Label, date, and store in an airtight container out of direct sunlight and out of reach of children.

**Herb (aerial parts, including leaves and flowering tops)**

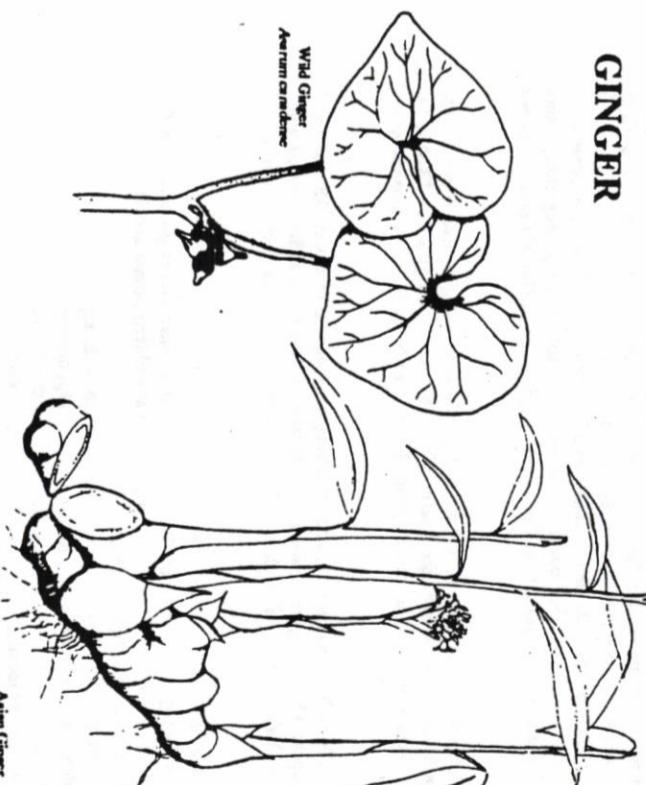
Herbs are best gathered before the flowers open, in the morning just after the dew has dried. The young tops and leaves contain more medicinal energy than the low older leaves. Look over just picked herbs; discard any decayed, yellow, or partially eaten parts. To dry, tie a string between two trees in the shade. Tie herbs in small bunches with twist ties. Use the paper clips to clip through the twist tie and attach the bundles to the string. If you are drying the bundles inside hang them in a dry dark place with good ventilation, and fold a paper tent for over the string on top of the bundles to keep off dust. Do not use artificial heat to dry. When thoroughly dry, label, date, and store in an airtight container out of direct sunlight and out of reach to children.

**DESCRIPTION, CULTIVATION, AND GATHERING**

**Wild Ginger**, *Asarum canadense*, is a native North American perennial herb with heart-shaped, velvety, 5-6in. (12.5-15cm) wide leaves arising on whitish hairy stalks from a tan to brown rhizome. From March to June, tiny dark reddish brown triangular bell shaped flowers appear hidden under the leaves at the fork between the two leafstalks. The stems and rhizome have a spicy ginger-like odor. Wild Ginger is found in rich woodlands growing in cool shaded areas often by streams from Quebec to Ontario, south to Florida, and west to Minnesota, also found west of the Rockies, northern California to Canada. Wild Ginger is often used in shaded landscapes as a slowly spreading ground cover. Propagation of Wild Ginger is by division of rhizomes. Plant healthy fresh Garlic cloves. Parvati in *Hygeia* recommends wrapping the Garlic clove in a bit of cheesecloth and tying with a piece of string for ease of removal. Before going to bed, gently insert the healthy fresh Garlic clove far up into the vagina, up against the cervical os. Remove clove in the morning. Insert a fresh clove the next evening. Using the Garlic during the daytime, may not be as effective as the Garlic clove might gradually fall due to gravity. Historically Garlic, in clove and umbel flower form, was mentioned boiled. A boiled, cooled clove can be inserted like a fresh clove, or the cooled liquid infusion from the boiling of the head or the umbel flowers may be inserted in the vagina or used in a sitz or sitz bath. The rest of the boiled Garlic head should be stored in the refrigerator for use the next evening. Use these methods until you get your period. Discontinue if you feel any signs of discomfort. Do not use Garlic as a suppository for longer than two weeks.

**Garlic and Coriander Wine**  
 $\frac{1}{4}$  oz. Coriander seed, crushed.  
 3 or more cloves of garlic, minced. (to taste)  
 1 pint of quality Sherry, Port, or Malaga red wine, the best you can afford.  
 Bottle ingredients. Cork and seal with beeswax. Soak for 2-3 weeks. Strain.  
 Add 1-2oz. of honey or a half a cup of sugar. (Optional)  
 Take in a small glass, 3 times a day, 30 min. after meals.

1.L.J. Harris, 9. 2.Sorrel, 59. 3. L.J. Harris, 21. 4.Casey, 594, and Sch. Savin, and Kastinian, 131. 5. Waller, 138. 6.Buchanan, 192. 7.L.J. Harris, 27. 14.Vernon, 181. 15.Parvati, 216. 16.Kynn, 31.  
 8.Ques. 295-302. 9.L.J. Harris, 10. 10.Auge, 173. 11.Budde, 196. 12.Wedder, 203. 13.L.J. Harris, 27. 14.Vernon, 181. 15.Parvati, 216. 16.Kynn, 31.

**GINGER**

Aristolochiaceae (Birthwort Family)

**Asarum canadense** (American) *Zinziber officinale* (Asian)

**Effects** **Alas:** American: Wild Ginger, Canada Black Snake Root, Catfoot, Broad-leaf Sarsaparilla, Indian Ginger, Colicroot, and Colicroot.  
 Asian: Asian, Jamaican, and Hawaiian Ginger.

**Part used:** Root.  
**Medicinal Properties:** Aromatic, Diaphoretic, Diuretic, Emmenagogue and Stimulant.

**Effects** **body:** Soothes stomach, stimulates circulatory system, relieves joint and muscle pain, cleans our intestines, and promotes menstruation.

**Contains:** Asian: Bisabolene, borneol, borneol, camphene, choline, cineole, cinnal, geraniol, inositol, essential oils, PABA, phellandrene, resin, zingerone, sequiterpene, and zingiberene.  
**Vit. + Min.:** Vitamins A, C, B-complex, also phosphorous, magnesium, calcium, iron, potassium, and sodium.

root divisions in rich, well draining sandy soil a cool semi-shaded location. The root may be gathered when the leaves begin to die back. Dry thoroughly. Store in an airtight container.

**Asian Ginger, Zinzibar officinale**, sometimes called Hawaiian or Jamaican Ginger, is cultivated in tropical climates. The knobby root has a smooth shiny tan skin. Inside, the root is cream to yellow with a very strong spicy odor. Grass-like stems emerge from the root nodes.

#### GINGER HERBAL LORE AND MEDICINAL USE

Wild Ginger was used by the Native American for heart palpitations, a condiment, and to induce menstruation. Used specifically by Cherokee women to start their period. The Practitioners of the American Physic Medical School maintain that Wild Ginger root has a direct influence on the uterus.<sup>1</sup> Wild Ginger has been used by herbalists for centuries to induce perspiration, menstruation, and to aid in elimination of waste matter and gas. Powdered Wild Ginger root, inhaled like snuff, has been used to relieve aching head and eyes.

Asian Ginger is the tan shiny root that can be found in nearly every Asian food store and even many supermarkets these days. Asian Ginger is very effective at promoting menstruation. Susan Weed notes Asian Ginger as the "strongest and fastest acting of the emmenagogues."<sup>2</sup> Simmered in a small amount of water for an hour, Asian Ginger has contraceptive properties as well.

#### PREPARATION AND DOSAGE

Words to the Wise: Take Ginger tea in small doses. Large doses tend to nauseate the stomach.

Watch for General Signs of Toxicity listed on back cover.

Preparation: Both Gingers are highly regarded for their power as emmenagogues and an adjutants, but generally Ginger is not considered a strong abortifacient by itself. Ginger's emmenagogical powers are best utilized by taking Ginger infusion for 5 days prior to menses. As adjutants, Gingers are believed to have the power of enhancing the effectiveness of any herbs with which they are combined. Asian Ginger also has carminative properties which may combine well with Aloë, or other herbs that tend to irritate the digestive organs. A bit of fresh grated Nutmeg is delicious in a weak Asian Ginger decoction.

#### DOSAGE—WILD GINGER

Decoction (root): 1tsp. macerated root to 1 pint boiling water. Simmer 5-10min. 1-2Tbs., 4-6 times a day.

Standard Tincture (root): 1-4 drops, 4-6 times a day.

Powdered (root): 2-4 #0 capsules (20-30 grains), 4-6 times a day.

#### DOSAGE—ASIAN GINGER

Standard Decoction (root): Simmer 15-30min., 2-4Tbs., 4-6 times a day.

Standard Tincture (root): 10-30 drops, 4-6 times a day.

Powdered (root): 1-3 #0 capsules (10-20 grains), 4-6 times a day.

#### ASIAN GINGER BEER

Grated lemon peel (from one large lemon)

2 cups of sugar

1tsp. cream of tartar

1oz. fresh Asian Ginger root (peeled)

1oz. dried Asian Ginger root (powdered)

8 cups boiling water

8 cups cold water

Juice of one large lemon

Large crock, 6qt. stock pot, or a clean plastic bucket.

#### Coffee filters

#### Funnel

#### Ladle

16 clean pint sized bottles or 32 8oz. bottles (with lids or corks).

#### Clean cloth

#### Large crock

#### Large mallet

#### Large hammer

#### Large stock pot

#### Large spoon

#### Large whisk

#### Large wooden spoon

#### Large wooden spoon

#### Large wooden spoon

Doing ritual, relating to, and respecting the plants comes intuitively and naturally. Follow your intuition, talk with the plants around you, smell, gently touch them, and intimately feel their responses.

1.Riddle, 28. 2.Robie, 269. 3.Ranch, 168. 4.Hansen, 14-15. 5.Hughes, 46. 6.Walter, 836. 7.Masuega, 10.

#### GENERAL GATHERING GUIDELINES

1. Before you gather medicinal herbs, obtain a list of threatened or endangered species of plants in your state. Threatened and endangered plant species lists are available from your state chapter of the American Federation of Garden Clubs, or sometimes can be found at your local Nature Conservancy or Botanical Gardens.
2. Never collect herbs from any area you suspect may be polluted, for example near: farm fields, polluted with pesticides and herbicides; old barns or houses, where the soil may be polluted with lead from lead paints; roadways, where soils have accumulated toxic heavy metals like lead and cadmium from years of use of leaded gasoline and exhaust settling into the soils nearby; industrial areas, where any number of chemicals could be in the soil, or any waterways that may be polluted from any of the above. Ingestion of herbs gathered from areas where the soil has been polluted may result in poisoning, with signs of toxicity identical to those listed on the back cover.

(NOTE: You may wonder if there exists a place where there are any plants untouched by pollution. The only way you will ever truly know if the herbs you gather are truly safe is if you get your own soil tested and grow your own, organically, or if you purchase organic herbs from a reputable organic herb grower.)

3. Use a detailed field guide. Always be positive of the identity of the herbs you collect. Many potentially fatal look-alikes exist. If in doubt do not collect. I recommend the Peterson Field Guides. The Peterson Guides have arrows on the illustrations indicating essential differences between look-alikes. Remember:

"THERE ARE OLD MUSHROOM HUNTERS, AND  
THERE ARE BOLD MUSHROOM HUNTERS, BUT  
THERE ARE NO OLD, BOLD MUSHROOM HUNTERS!"

4. Always leave enough of the plant to ensure its survival. When collecting any part of an herb other than the root, leave the root undisturbed. When collecting leaves from perennial herbs, leave at least half of the leaves on the plant. Plants need their leaves to produce energy reserves for the winter. In most mature healthy perennial plants, one could gather up to one fourth of the leaves or root without endangering the survival of the plant. Each plant has different growing cycles and are effected differently by collection. Follow your intuitive feelings. Never collect more than you will use. After gathering, place a circle of medium-sized stones in a 1ft. circle around the plant as a protective medicine wheel marker. Do not gather from the plant again until it has completely recovered.
4. When gathering plants, be gentle to the surrounding vegetation. Gather when you are relaxed and patient. Take your time, and always plan where you step so you damage as few of the surrounding plants as possible.
5. For easy drying and storage, always gather herbs when the weather for the following few days is forecast to be dry and warm.

#### GATHERING LIST:

- a centered self with a clear head. (Most important.)
- an accurate field guide.
- gifts to the plants.
- a magnifying glass, to admire the plants individual details.
- a small shovel, or a digging stick or bone.
- pocket knife, scissors, or garden clippers.
- an old tooth brush to remove sand and dried soil.
- paper bags to place the herbs in.
- pen or pencil to note the herb on the bag.
- To dry herbs:
- string.
- twist ties are convenient.
- paper clips.
- piece of clean cloth to place washed roots on to dry.

The herb is an ancient emetic deity, symbolically representing lunar powers, intuition, fertility, rebirth, and rejuvenation.



1.Hansen, 136. 2.Wood, 7.

The use of plants can easily turn into the abuse of plants when the focus of the gathering is not on individual use but on monetary gain. This statement can apply to all natural "resources." By far, the greatest damage comes to all living things when the environment is compromised for greed. We are all interconnected. Conscientious gathering and purchasing of herbs and prepared herbal medicines is essential to the future of the plant world, the future of the animals who eat the plants, the future of herbal medicine, and ultimately the future of each person reading this book.

Every plant in this book has been considered holy and sacred in past cultures (and some present). Remnants of respectful gathering ritual exist in herbal lore. The Navajo tradition of collecting plants is a ceremonial activity. Kneeling down beside the plant, the Navajo dust the leaves with maize pollen. Talking, the Navajo people convey their feelings to the plant:

"Forgive me for taking you. I do not do this out of pride."

I want you to heal me. I will only take as much as I need."

They always leave enough of the plant to ensure its survival. If the plant's soul dies due to a person taking too much then the collected herb loses its healing power. An offering is given to the plant spirit when a piece of the root is taken: some leaves of a plant of the same species or a sacred small piece of turquoise is placed in the space where the gathered root was previously.<sup>3</sup> Across the ocean, the Gypsies in Spain gather herbs with similar ritual. In *Gypsy Folk Medicine*, Pilar the Batti Puri or 'Old Mother' of her Gypsy clan, speaks of the intuitive ritual activity of gathering plants, "...I talk to them intensely but quietly; I involve my whole being in the process of gathering. I turn to them, asking for their help. If one plant should refuse, I turn to the next plant and try to find sympathy. Because I know that if a plant does not want to give itself to me of its own free will, it will use its defense mechanism. If torn from its base, it will seal off most of its positive energy and will, therefore, only make a fraction of its potential effectiveness available to me. I would never tear a plant out of the ground just to throw it away afterwards. I gather only those leaves and flowers, take only those portions of a root, a bark, and fruits, that I really need. I could not sleep if I were not sure that the part of a plant necessary for its survival was left intact. If I need every part of the herb (leaves, blossoms, stems, and roots), I leave the strongest portion of the plant in the ground. In that way I know that new growth is assured. After I have taken what was allowed, I thank the plant for the gift it has given me. I promise the plants that my thoughts will be with them and their efforts to keep our planet alive."<sup>4</sup> Following intuition is an ancient wise-way of gathering herbs. "In the West of Ireland, the tradition is that the right herb to treat an illness will not be found if it is searched for, but only if the seer allows [her]self to be guided by the fairies - in other words by clairvoyance."

The correlation of gathering rituals with the phases of the moon goes back to ancient menstruation rituals. Pliny recorded the common understanding, "The moon saturates the earth with water, and by it's approach fills bodies, while by it's departure empties them." This understanding encompasses the interrelation of the lunar tides (highest with the gravitational pull at the full moonlight on them—ovulate on the full moon and menstruate on the new moon). The ancients of Mesopotamia gathered herbs at night on the waning crescent moon. This time coincides with the night the priestesses of Diana, wearing the masks of hunting dogs, would head through the forests to Diana's sacred ritual grove for menstruation celebration and ritual sacrifice. Roman Moon-Goddess Diana was a later form of Rhea, the "Cretan name for the Universal mother or Great Goddess, who had no consort and ruled supreme before the coming of the Hellenic invaders."<sup>5</sup> The crescent moon was a symbolic of the fertility of the moon cup, which contains all life. Menstruation, 'the sacred Red RHEA solvent,' is seen in the ancient words AMENORRHEA, meaning absence of menstruation and DYSMENORRHEA, meaning difficult menstruation, originating from the Greek root *men*, meaning 'moon' (all men came from the moon mother!) and the Goddess RRHEA.

As the moon is known to affect emotional energies in humans and the tides, the moon is known to effect the growth and energies in plants as well. French herbalist Maurice Messaguer recalls when as a boy, he would gather herbs with his father: "There's only a sliver of a moon tonight," this told me that the next day we'd be out gathering plants. "My boy, remember, never moonlight!" John Leavens in his book on biodynamic gardening, *How to Grow More Vegetables*, explains the lunar cycle and its effect on plants in more detail. During the first week of the lunar cycle, beginning with the new moon, increased moonlight produces strong leaf growth, and decreasing lunar gravity increases root growth. In the second week as the moon waxes toward full, leaf growth is stimulated in the increased moonlight and root growth slows as gravitational pull increases. At the full moon, moonlight and gravitational pull are both at their highest; aerial parts of the plant mature rapidly and root growth sharply decreases. During the third week of the lunar cycle, the moon begins to wane. As there is less and less moonlight, leaf growth slows, and with less gravitational pull root growth again increases for a short time. During the waning crescent moon, in the final week of the lunar cycle, with decreased moonlight and increasing gravity, root and leaf growth both decrease and enjoy a time of slumber, resting up for the next period of growth. During this period of mellow rest is the best time to gather herbs. At the waning crescent moon, the plants have come full circle: they have realized their maximum growth for the lunar month and have energy reserves in their tissues. Herbs gathered during the waning crescent resting phase, are reputed to last longer when preserved.

## JUNIPER



*Juniperus communis*

Cupressaceae (Cypress Family)

**Medicinal Properties:** Abortifacient, Anodyne, Antiseptic, Antispasmodic, Aromatic, Carmiante, Digestant, Diuretic, Lithotropic, Rubefacient, and Stimulant.

**Effects body:** Uterine stimulant, soothes inflammation of the sinuses, regulatory to internal sugar levels, useful in pancreas, kidney, and bladder treatments.

**Contains:** Alcohols, cadinene, camphene, *cis* flavone; essential oil with monoterpenes and sesquiterpene; invert sugar; *cis* flavone glycoside; resin; tannins; and bitter principle. **Vit. + Min.:** High in Vitamin C, natural insulin, and cobalt; also trace amounts of sulphur, copper, tin, and aluminum.

### DESCRIPTION

*Juniper* varies in form, ranging from a 2ft. (0.6m) tall ground clinging shrub to a 25ft. (8.3m) tall tree. Bluish evergreen needle-like leaves  $1/4$ – $1/2$  in. (5.1–3.3cm) long, upper surfaces whitish, occur in whorls of three. Small indistinct greenish-yellow flowers appear in the female plants from late spring to early summer, followed by  $1/2$  in. (1.3cm) diameter fleshy green female cones. Juniper berries are green for two summers and then ripen around October into the characteristic blue-black Juniper berries. Juniper is found in open woodlands and dry hilltops from Alaska south to Nebraska and east to North Carolina, also found in the northern Rockies south to New Mexico.

### JUNIPER HERBAL LORE AND MEDICINAL USE

An origin for any plant that is as widespread as Juniper is not easy to pinpoint. Some have suggested that Juniper is native to the Mediterranean region, as several medical recipes that list Juniper as an ingredient survive in Egyptian papyri dating to 1550B.C. Yet, today there are 13 species of Juniper that are known to be native to North America. Juniper is found in nearly every temperate zone in the northern hemisphere. Everywhere Juniper grew, the spiritual qualities of Juniper were valued by the people who lived nearby. The ancient people of the Mediterranean used sacred Juniper wood and branches as ceremonial and medicinal incense. Hannibal commanded that the beams of the temple of Diana, Lady of the Grove, be made of the trunks of Juniper trees.<sup>6</sup> Juniper was 'the tree of life' to the ancient Germans, who hung the Juniper branches on their homes to protect from evil (possible origin of the pine wreaths traditionally hung on doors throughout the U.S. during the winter months.) The Germans also added the Juniper berries to their ritual intoxicating beers. Shamans from Siberia to northwest Pakistan practice an ancient tradition of inhaling Juniper smoke to induce a trance, wherein they perform their magical activities.<sup>7</sup> The Native American Cherokee pour the Juniper infusion on the hot rocks during the ritual sweat.<sup>8</sup> The Native American peyote church burns the wood chips of *Juniperus oxycedrus* during all the peyote ritual activities "to ward off all that is evil and tainted and aid the peyotists in their search of themselves."<sup>9</sup>

Juniper leaves, berries, and roots have been recorded historically and/or by scientific testing to have contraceptive and abortifacient properties. In *De Materia Medica*, the ancient Greek doctor, Dioscorides (1st or 2nd century A.D.), recorded the contraceptive use of crushed Juniper berries placed on the penis or vulva before intercourse. The Greeks and Romans commonly used the oil of Juniper *Juniperus sabina*, also called Savin, as an abortifacient. The use of Juniper's oil for abortifacient purposes spread from the Mediterranean to Northern Europe, and was mentioned by 17th century herbalist Nicholas Culpepper in his *Complete Herbal*. The use of a tea of Juniper leaves to relax muscles following delivery by Native American Zuni women, is being confirmed by recent scientific testing. Oils from the leaves of Juniper have been shown to be uterine stimulants in tests on animals and on isolated human uteruses and fallopian tubes;<sup>10</sup>...the oils cause relaxation and inhibition of movement to the extent that could lead to an abortion. In fact, there are medically reported cases of abortion induced by Juniper toxins.<sup>11</sup> Juniper root may have implantation inhibiting properties as well. In a 1956 study using rats, an oral dosage of 200mg extract of *Juniperus communis* root resulted in blocked implantation in 60% of the rats.<sup>12</sup> Like so many abortifacients, anciently associated with freedom and sexuality, Juniper has gained an aphrodisiacal reputation, "tends to increase sexual passion or power, stimulates the sexual appetite."<sup>13</sup>

### CULTIVATION

*Juniper*, Zones 2-9, is propagated by cuttings taken in the fall, rooted in water on a sunny windowsill during winter, and then transplanted in the spring. Junipers do best in full sun in well-draining dry soil, but are surprisingly adaptable will usually tolerate heavy and/or slightly alkaline or acid soils. In early spring, fertilize your Junipers with compost.

## Gathering Herbs

**GATHERING - JUNIPER**  
 The majority of the herbs I referenced recommended gathering the fleshy blue-black ripe berries in autumn, around October. Dry in open air in the shade, turning frequently. One herbal, noted that the highest concentration of the essential oil was in the full grown but unripe berries. As the berries get riper, more and more of the essential oil is converted into resin form.<sup>9</sup> This may be something to consider when gathering. Note: all dosages below are for the ripened berries. If you are considering using the unripe berries, reduce the dosage so not to overdose.

### PREPARATION AND DOSAGE

**Words to the Wise:** Anyone with existing kidney or nerve damage or diseases should not use Juniper. Juniper may irritate the kidney, do not take internally for longer than 6 weeks without a break.<sup>10</sup> Juniper contains the uterine contracting and possibly toxic thujone (see Thujone). Juniper, when taken internally, may interfere with the absorption of iron and other essential minerals.<sup>11</sup> Juniper tends to increase the volume of urine, which it gives the odour of violet.<sup>11</sup>

**Watch for General Signs of Toxicity listed on back cover.** As always, reduce dosage at first sign of toxicity. Preparation: Juniper root may have an implantation inhibiting action. Juniper leaf or berry infusion or tincture, with its relaxant action on the uterus, can in large dosages cause an abortion. As an emmenagogue and abortifacient, Juniper is reputed to be most successful either in the first two weeks of pregnancy or in the first few days after a missed period. Because of Juniper's tendency to irritate the kidney's, follow up dosage of Juniper with at least two weeks of nourishing Nettle infusion. The Native Americans and the Hunza commonly combine Juniper and Rue in medicinal preparations.

### DOSAGE - JUNIPER

**Standard Infusion (ripe berries):** Steep 10-20min,  $1\frac{1}{4}$ - $1\frac{1}{2}$  cup, 2-3 times a day.

**Standard Tincture (berries):** Steep 10-20min. 1-3Tbs, 2-3 times a day.

**Oil:** 1-3 drops, 2-3 times a day.

**Powdered Berries:** 1-3 #0 capsules, 2-3 times a day.

<sup>1</sup>. Palaeoed., 147. 2. Rauch, 102. 3. McCorm., 248. 4. Rauch, 67. 5. List and Horhammer, 256. 6. Riddle, 36. 7. Prakash, 22. 8. Kadane, 139. 9. Sparto, 102. 10. Ody., 72.  
<sup>11</sup>. Palaeoed., 148.

Silphium, the plant pictured on the coins below, indigenously grew wild in the fertile coastal region of Cyrenaica. Cyrene, the principal city of Cyrenaica, located in North Africa on the Mediterranean Sea, traded the famous contraceptive and abortifacient Cyrenaic juice, the extracted juice from the stalk and root of Silphium. Cyrenaic juice was listed in contraceptive and abortive recipes of ancient times, and one ancient herbaliia, Soranus, wrote that Cyrenaic juice was one of the best contraceptives known.



Legends of Cyrene indicate, that Cyrene was a place inhabited by powerful women. The

North African city of Cyrene was named after a well-respected Amazon Queen who founded the city. Queen Kyrene, a strong woman both intellectually and physically, devoted her free time to hunting and wrestling lions. Legends reveal that Kyrene was the first beekeeper, a skill that she taught to her son Aristaeus, who later became a pastoral and agricultural divinity. In Homer's Iliad, the captains of ships were warned of the powerfully seductive feather-winged Sirens who by their beautiful singing would tempt and lure the sailors to their death on the rocky Libyan coast. The Siren bird-women, who protected the Cyrene coast, are never recorded as causing harm to any fellow women, however.

The importance of honey bees and beekeeping in the myths of Cyrene seem to indicate a possible correlation between honey bees and the major trade commodity of Cyrene, the contraceptive and abortifacient Silphium plant. Silphium, of the Umbelliferae family, is related to Angelica. Angelica is an herb that is likewise associated with honey bees. Bees when foraging on the remarkably similar Angelica produce a delicious and fragrant honey. The heart shape of the Silphium seed looks remarkably like the ancient sign for honey, a heart shape with a path across. The universal sign of love, the heart, may have formed out of this ancient sign for honey, as well. Honey's power to impart vitality, fertility and vigor led to its declaration as an aphrodisiac. Associated with the full moon and ovulation, the sweet honey nectar was considered uncontaminated sacred food associated with increase and growth. Honey was often used in orgiastic ritual as an offering to the supreme fertility deities: Hecate (Triple Goddess of the Three Crossroads), Demeter (Earth Mother), Artemis (Amazonian Moon Goddess), and balanced joyful lover Pan, (one of the oldest gods in Greece and known as the protector of bees). Honey bees were anciently believed to parthenogenetically reproduce without union of opposite sexes and thus symbolized rebirthing immortality. Bee hives were held symbolic of the initiation and rebirth the soul of the Great Mother Earth Queen Bee.

With the acquisition of Cyrene by Greece as a city-state, the commercial trading of the Silphium plant grew to great proportions. Herodotus (484-424 B.C.), in Wars, mentioned the harvesting of the Silphium plant from the wild. In 424 B.C., Silphium's high price was mentioned by Aristophanes in Knights. Greek philosopher, Theophrastus (372-287 B.C.), in Enquiry Into Plants, spoke about attempts to cultivate Silphium and how they failed. By the first century A.D., Roman historian Pliny in Natural History, noted that Silphium could hardly be found at all! Silphium is now extinct. Popularity combined with materialism drove one of the most valued and sacred contraceptive and abortifacient herbs to extinction.

## Polypodiaceae (Polypody Family)

### Dryopteris felix-mas

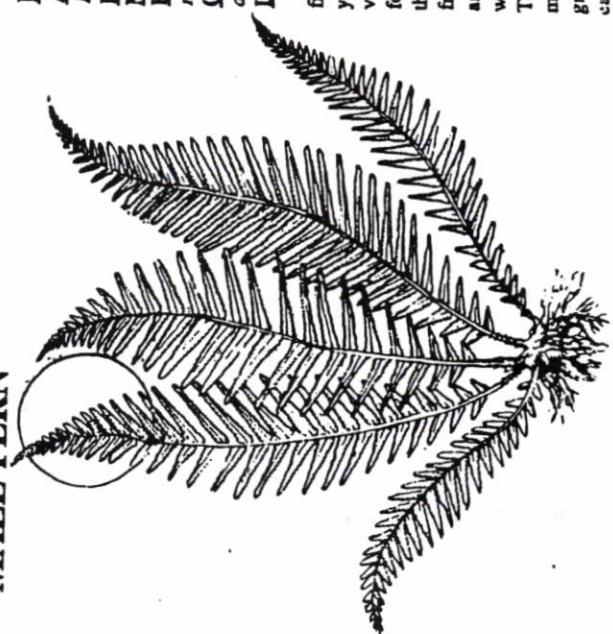
**Aka:** Male Fern, Shield Fern or Root, Sweet or Knotty Brake, Basket Fern, and Bear's Paw Root.  
**Parts used:** Recently dried root.

**Medicinal Properties:** Antihelmintic and emmenagogue.  
**Effects body:** Expels worms and reflexively promotes menstruation.

**Contains:** Oleoresin; flicin and related laenicidal substance; desaspidin; albaespidin; flavaespidic acid; and essential oil.  
**DESCRIPTION**

Perennial Male Fern has stemless oblong-lanceolate erect fronds 2-4 ft. (@1m) tall. Leaflets, which hold their yellow-green color through most of the year, are alternate and variously divided and notched. The spore holding sori are found on the backs of the leaflets closer to the mid vein than the margin. Male Fern's numerous, kidney shaped sori appear from summer to autumn, the young color being light greenish and then maturing to a brown. Male Fern has a strong, woody, chaffy rhizome, 8-20in. long, with a 4in. diameter. The outer color of the rhizome is dark brown, and the medicinal inside is a pale green color. Male Fern is found growing in rocky woodlands from Alaska south to Arizona, eastward to South Dakota, north to Michigan and Vermont.

## MALE FERN



Sea salt crystals are anciently symbolic of the Earth Mother's purifying and rejuvenating menstrual blood.

**8. Relate with the spirit within.** Talk with the spirit, relate with them, tell them what you are doing, and how you feel it is better. Open up a channel in the conscious to communicate with the spirit. Don't underestimate the spirit inside, like you, they are loving and compassionate. As your blood, with love and compassion, flows into the soil to nurture and feed the little plants and animals of the mother earth spirit, so will this spirit flow, with love and compassion up into the spirit of all one, to nourish each of our hearts with love and truth. Many women see the first sight of blood soon after they reach an intuitive mystical understanding with the spirit within. There is no damage to the world when a spirit returns to the all one love center. We will each return to the all-one love center again, as we are born, we will die. It is the Mother Earth cycle, and it is good. [This is what I came to know in my herbal abortion experience. My experience was positive and empowering.] Experience your herbal abortion for what it is. Feel, express, relate, and share.

**9. Express your Experience:** Uncensored expression of your own life experience is the purist form of art that exists. Journal. Write stories or poems. Paint. Draw. Sculpt. Drum. Sing. Dance! Play! Feel free to express whenever you feel safe to do so. Expression is a fundamental need just like food or shelter. We are stronger when we respect the natural intuitive release of our experiences. Expression is often meditation, where the intuition takes over and leads us through into powerful intuitive realms of the soul. Through expression of ideas, feelings, emotions, and intuition, one can move beyond sometimes overwhelming circumstances to explore new avenues of feeling. When one looks back on writings or drawings, memory takes over and the emotions and feelings can be felt again. This gives us future opportunities to re-enjoy positive aspects of our experience, and balance the negative aspects with our accumulated knowledge and loving understanding. Create a safe space to express, so you can dive deep into the waters of your being. Purify yourself and your the tools of your expression with white light, salt, or Sage. In preparation for herbal abortion, you might want to purchase some paper, paints, or pencils. If you have no money, charcoal from a fire pit is an expressive inexpensive writing tool that will work on almost any surface (paper, rocks, concrete), and connect you to the ancients who used charcoal for the same purpose. Flow with your feelings. Feel them come from your soul, up through your spine, and out into the air, earth, water, and fire around you.

**10. Periodic cleansing of your aura and environment helps one start fresh, anew.** Cleansing and purifying may be as simple as taking a bath or shower and lighting some incense or a candle. Sea salt crystals may be strewn around yourself and your dwelling place. Envisioning white light surrounding clears and purifies. A bundle of Sage (Rosemary will work well for this, too.) may be burnt and circled around the feet so the smoke rises up around the body and then up into the sky, taking with it prayers to higher consciousness and dissolving any imbalances or negative energy. To purify and protect a building, hold the burning stick close to the ground, and walk the inner circumference of your dwelling area. Do the same outside the building. Pay special attention to the corners of the building. A burning Sage bundle is easily put out in a bowl of sand or sea salt.

**11. Focus on relaxing, opening up, and letting it flow.** Take warm baths, get a massage, or do a self massage by using a tennis ball between your back and the floor. Rub against the ball in circles. This feels good when you get the pressure in the right spots, especially good for cramps. Never push or try to hurry your herbal abortion. Focus on letting go and relaxing throughout your herbal abortion. Orgasms cause the uterus to contract in a pleasant way and often relieve painful cramping. Masturbation, oral sex, and intercourse (if comfortable) may offer a delightful way to relaxation. Let go, and let it flow.

## PREPARING FOR THE FUTURE

1. Research your options and practice birth control if you don't want to become pregnant. Herbal abortion should not be used as one's primary means of birth control. There are no controlled studies of possible long term side-effects of abortive herbs.
2. Record your menstruation each month.
3. Predict your ovulation each month and be sure to practice birth control measures around the fertile ovulation time if you do not want to be pregnant.
4. Purchase, grow, or gather abortive herbs. Make fresh herb tinctures and dry herbs to keep on hand for future use. If you have more than you can use, trade or donate to women in need.
5. Research support networks, educational services, and medical services for abortion in your community. Find out who the herbalists and reputable doctors are in your area. Get to know them, prior to being in need of their services. Know your options.
6. Support sister-folk in their search for finding what is right for them. If you have had an herbal abortion, you can be a valuable source in your community for women considering herbal abortion and wanting to talk to someone who has some experience. Consider giving your name to supportive local herbalists as a contact person for those women who need someone to talk to. If there is a group of women in your community with herbal abortion experience, consider starting a support or friendship group, to talk and learn about herbal abortion experiences, menstrual extraction, tips on growing abortive herbs, etc.

No woman can call herself free who does not own and control her body.

No woman can call herself free until she can choose consciously whether she will or will not be a mother.

Margaret H. Sanger 1913, in *Parade* (1963)

## MALE FERN HERBAL LORE AND MEDICINAL USE

Male Fern was traditionally gathered as part of the summer solstice celebration of Midsummer's Eve. Ritual gathering of herbs on the Midsummer's Eve before sunrise goes back to ancient Babylonia 700B.C. The Midsummer's Eve celebration evolved to a Roman summer solstice celebration in honor of the Great Mother Earth Goddess, Ceres, (later known as Diana) who protected and nurtured the grains of the fields. The summer solstice was an orgiastic festival, celebrating life and living on the day of the year with the longest sun. St John's Wort, *Hypericum perforatum*, blooming bright golden-yellow flowers on the day with the longest sunlight, was a sacred symbol of the sun to the ancient people of Mesopotamia. The Romans would burn St. John's Wort in bonfires placed on the hilltops on the summer solstice, and this tradition was passed down to people in Europe during the Middle Ages. The fragrance of St. John's Wort, was believed to protect from evil spirits. The fires would be placed on the windward side of the fields so that the smoke would blow over and protect the fields of grain. Ecstatic dancing and merrymaking around the fires went on all through the night. Garlands of Mugwort were worn by the dancers and thrown into the fire to protect the wearer against evil spirits and sickness in the coming year. Leaping over the fire was believed to protect the individual from harm and protect the vigor of the crops as well. A midsummer tree or maypole (a phallic symbol honoring the union of the sun and moon on the solstice) was erected to bring good luck and fertility. Male Fern was associated with fire and lightning, and was gathered by moonlight on the summer solstice. Traditionally, a root of Male Fern was dug and all but five fronds were cut away. The five fingered fern was known as 'Lucky Hand' or 'St. John's Hand.' The Male Fern 'Lucky Hand' was dried and hardened by smoking it in a Midsummer's Eve fire. Afterwards the 'Lucky Hand' was said to protect the owner and family from all manner of illness or evil spirits in the coming year. The longest day of sunlight in the year was considered a powerful spiritual time. It was believed that if one did certain rituals one could see the future. If a young woman wished to know if she would marry in the next year, she could find out if she did a ritual in her garden at midnight on Midsummer's Eve. Throwing the seed of the Hemp plant backwards over her left shoulder as she walked around her garden, she would chant, "Hemp seed I sow. Hemp seed, grow. He that is to marry me come after me and mow."<sup>21</sup> If she was to marry in the next year, when she looked back she would see her love coming up behind her reaping the Hemp with a crescent-moon shaped scythe. The scythe, like the sickle was long held symbolic of the union of life (moon cup) and death (cutting action of the sickle/castration of the phallus, see Mistletoe). Another belief was that any pregnant women who happened to step upon a Male Fern would miscarry.<sup>22</sup> Male Fern is known to have an abortifacient effect related to its purgative powers. The abortifacient action of strong purgatives is believed to result from severe gastrointestinal irritation, which stimulates the pituitary gland to produce oxytocin which causes uterine contractions. Male Fern has been known since ancient times as a very strong vermifuge, driving out flatworm. To drive out worms, the person consumes only a fat-free diet for 2-3 days. Then, a dosage of Male Fern root tea is given. The oleoresin in Male Fern causes paralysis in the worm, and it loses its grip on the intestine. Around two hours after taking the Male Fern tea, the person is given a saline laxative, such as Epsom salts, which assists in expelling the worm from the body. Male Fern is so potent and potentially toxic, its use is thought of as a last resort, only used after other vermifuges, easier to use and having no side-effects, have failed to expel the worms.

## CULTIVATION

Male Fern is usually propagated by division; it is an ideal candidate to place in a shaded rock garden. Plant in rich, damp, slightly acidic soil in partial to full shade. Male Fern prefers some protection from strong winds.

### GATHERING

Gather Male Fern root before sunrise (July-September) on a day that is forecasted to be sunny and warm. Dry root in the shade as quickly as possible. Carefully brush dirt off from root with a dry toothbrush as it dries. Male Fern's medicinal activity is impaired by storage; collect fresh Male Fern root for use immediately if at all possible. Use only the inner portions of the Male Fern root that have retained their original pale green color.

**Words to the Wise:** Anyone with anemia, gastrointestinal ulceration, impaired heart, liver, or kidney function, anyone old or young (under 3) should not use Male Fern. Male Fern can cause serious side-effects even at therapeutic dosages. Think twice about using Male Fern for abortifacient purposes; there are safer and more efficient herbs available.

**Watch for Signs of Toxicity Specific to Male Fern:** Nausea, vomiting, cramping, headache, shortness of breath, albuminuria, and bilirubinuria. Toxic overdoses result in: loss of reflexes, optic neuritis, impairment of vision, temporary blindness, coma, convulsions, and death due to cardiac and respiratory failure.<sup>23</sup> As always, watch for General Signs of Toxicity listed on the back cover as well, and reduce dosage at first sign of toxicity.

**Preparation:** Internal use of purgative Male Fern decoction causes abortion due to severe gastrointestinal irritation. The use of Male Fern internally should be avoided due to Male Fern's serious side-effects. If you are interested in internal dosage information for Male Fern, consult with knowledgeable herbalists and doctors educated in herbal medicine. The following Male Fern decoction may be helpful when applied externally in

## Preparations for the Body, Mind, and Spirit

When one's body has accumulated toxins due to negative eating habits, poor food combining, and toxins in the environment, imbalances in the form of disease manifest. Developing healthy eating and exercise habits that last a lifetime is the best preventative medicine available. A healthy body and mind is better able to adapt and respond to clues given to it by herbal plant messengers. Cleansing the body and mind through meditation, fasting, enemas, and good eating habits can help to ensure a positive herbal abortion experience.

### Before and During an Herbal Abortion:

1. Fast on fresh vegetable or fruit juices and pure water a few days prior to beginning and during herbal abortions helps to flush out toxins and stimulate the functioning of all the body organs.
2. Enemas can help eliminate wastes that have accumulated in the colon due to negative eating habits. When the waste sticks to the intestinal walls due to negative eating habits: like eating meat and dairy products, sugar, and poor food combinations, the body is forced to try to eliminate the waste through the capillaries that line the intestines. The capillaries release the wastes into the bloodstream where they are removed from the body in the form of urine or sweat, or disease manifestations like pimples, cysts, and tumors.

3. Eat a healthy diet of fresh (organic, if possible) fruits and vegetables, whole grains, nuts, and legumes.
4. Actively seek supportive people and environments. I was blessed with a supportive environment during my herbal abortions. My lover was a constant support, great listener, and constantly reaffirmed positive thoughts. By far, this support was the most valuable and empowering aspect of my herbal abortion experience. Emotional, physical, and spiritual support throughout an herbal abortion is by far the most important environmental aspect to consider. Hormones are changing dramatically, and emotions can fluctuate dramatically, too. If you are in the need of support, feeling depressed or overwhelmed, don't hesitate to talk with those people who do support you and your decisions. Do not stay in a negative environment. If at all possible, stay around supportive sisters, brothers, family members, friends, and herbalists. There were many people I did not talk to about my herbal abortion because I knew they would not be supportive. If you feel that someone will not be supportive of you and your choices, remember you can remain quiet and/or take care of yourself by leaving the negative environment.

5. Actively support yourself. Think Positive Thoughts. Write on index cards empowering quotes and affirmations: like "I Love You (to yourself).", "I am strong and courageous.", "I'm so proud of myself for following my intuition." Give a couple cards and envelopes to supportive friends and your herbalist and ask them to write or draw positive statements or thoughts on them for you. Have them put each card in an separate envelope and give them back to you. Don't open them up. Save them for times during your abortion when you feel you need energy or are feeling down. Or each morning, you might open one up as a hug in the form of an index card you've got it. Set the index cards you like most around your space, so you are reminded of positive love energies often.
6. Set aside time and space for you. Value the time that you set aside for you: where you can clarify your thoughts, feel and express yourself, look inward to your higher self for guidance, and/or give thanks for being alive at this moment. Channel your energies in more positive ways by using your imagination and intuition to imagine and become in tune with more positive ways of being. Their are positive ways, and even more positive ways, and progressively more positive ways to view yourself and your experiences.
7. Meditation Meditate in your own way. Maybe this means a quiet walk in the woods, sitting and petting your cat, or doing yoga. Set up a meditative space, where you can go to think and are not likely to be disturbed. Take time before you begin your herbal therapy to meditate on a safe mental space where you can retreat whenever you wish. Comforting, compassionate love energies exist in this space to strengthen and support you. Imagine a purifying and protective white light surrounding this beautiful space and encompassing your entire soul. An alter of beautiful and empowering objects, aspects of yourself, is available to strengthen and re-energize you, and empowering spirit guides are available to advise and protect you. In your house, apartment, bedroom, or outside in the woods make an alter for yourself to look upon and remind you of the infinite aspects of your being and the life around you. Purify your alters and your living space by sprinkling a small amount of sea salt crystals around you and your objects and home. Envision pure white light with its strong pure powers of protection and purity surrounding you and your home environment. Regularly revision protective energies surrounding and supporting you throughout this herbal journey. If your emotions seem overpowering, seek the council of close friends, therapist, and your herbalist. Remember your hormones are changing dramatically during pregnancy, and herbal abortives cause a U-turn in hormone production. Proceed carefully and patiently, pregnancy and abortion are both big changes in body/mind. Slow down. Flow with the changes of your body and mind, feel them fully and express them.

relieving cramps associated with menstruation.

**MALE FERN BATH FOR MUSCLE PAINS** The following recipe is for external use only! Do not use internally! Simmer 100-150gms. of Male Fern root in 1 liter of water, simmer 5-10 minutes, then move pan away from heat and leave to infuse for another 10-15min. As a foot-bath, this decoction may be helpful for menstrual cramps. Traditionally, this Male Fern decoction was also used to bath water for arthritis and also on warm compresses to relieve pain associated with neuritis and rheumatism.

1. Hale, 137. 2. Hale, 139. 3. Pulemia, 176. 4. Specie, 113.

## MISTLETOE



### Loranthaceae (Mistletoe Family)

**Aka:** American Mistletoe.

**Parts used:** Leaves, flowers, and young twigs.

**Medicinal Properties:** Antispasmodic, Emmenagogue, Emetic, Diuretic, Nervine, Oxytocic, and Tonic.

**Effects body:** Stimulates uterine contractions, raises blood pressure, relaxes nerves, and contains tumor-inhibiting proteins.

**Contains:** Amines, beta-phenylethylamine and tyramine; protein substances called lectins or toxalbumins (phoratoxin); viscin, choline, sugar, a fixed oil, tannin, and various salts.

**Vit.+Min.:** Vitamin B12, calcium, sodium, magnesium, potassium, iron, cobalt, iodine, copper, and cadmium.

**DESCRIPTION** American Mistletoe, *Phoradendron flavescens*: Native North American parasitic shrub that can grow on all deciduous trees, like tupelo and red maple, from New Jersey south to Florida, westward to Missouri and New Mexico, also found in northern California to coastal British Columbia. American Mistletoe has strong smooth branches that tend to be brittle at the base. Occurring in opposite pairs, leaves are leathery, dark green, and obovate, up to 3in. long. From May to July, small whitish flowers appear which mature into white sticky round,  $\frac{1}{4}$ in. (2cm.) diameter berries, each containing 1 seed.

### Loranthaceae (Mistletoe Family)

**Viscum album** (European)

**Aka:** European Mistletoe, The Golden Bough, Birdlime.

**Parts used:** Leaves, flowers, and young twigs.

**Medicinal Properties:** Stimulant, Diuretic, and Tonic.

**Effects body:** Heart stimulant, will first raise then lower blood pressure; stimulates glands, and contains tumor-inhibiting proteins.

**Contains:** I1 proteins; lectin; viacotoxin; and alkaloids.

**Vit.+Min.:** Vitamin B12, calcium, sodium, magnesium, potassium, iron, cobalt, iodine, copper, and cadmium.

**DESCRIPTION**

European Mistletoe, *Viscum album*: Native to northwest Europe to China, south to Iran, European Mistletoe is a parasitic shrub that can grow on all deciduous trees, like European oak and apple trees. European Mistletoe has regularly branching stems, up to 3ft. long. The 2in. (5cm) long leaves are light-green, leathery, and blunt and occur in opposite pairs. From late spring to early summer, unisexual flowers attach directly to the stem. Flowers mature into small,  $\frac{1}{4}$ in. (1cm.) diameter, white sticky berries.



*Mistletoe, 1/2oz. KRUYDTBOEK, Antwerp, 1581*

*Women never have young minds.  
They are born three thousand years old.  
Sheilagh Delaney A Taste of Honey (1958)*

## Finding Advice, Support, and Assistance

Abortion is an emotionally charged issue for many people. Media propaganda surrounding abortion has propelled many inaccurate ideas and influenced people to take sides on the abortion issue rather than be open-minded. When considering talking to someone about your experience, test the waters first. Jumping in head first into a boiling steaming cauldron is not wise. If you sense a person will not be receptive or supportive to you and your ideas, remember one wise option can be to remain silent and/or leave the negative environment. When looking for advice, support, and assistance for herbal abortion, research experts of women's herbal medicine in your area. Follow up on all your leads. If someone you contact is unable to help you, ask if they can recommend someone. Ideally someone who has helped many women complete herbal abortions would be best. Even if you are not pregnant now, get to know knowledgeable herbalists in your area. By finding out about them and more about the herbal abortion experience, you will be better able to make decisions if you do become pregnant. Set a date to meet and discuss options.

Prepare in advance, write down:

-Your medical history.

-The date of your last normal menstrual period (LNMP).

-Any drugs you use: prescription, non-prescription, vitamins, laxatives, antacids, even eyedrops, record everything.

-The amount of alcohol, caffeine (coffee, soda, chocolate, generic or black tea), and any recreational drugs you consume in an average week.

-Any allergies you have to foods, plants, animals, medications, or herbs.

### Questions and Answers

A few days prior to your appointment, keep a pad of paper and pencil with you at all times. Write down any questions you think of and any subjects you want to be sure to talk about. Questions leave the conscious mind just as quickly as they arrive, so catch them on the paper. Some vital questions to ask knowledgeable herbalists and doctors educated in herbal medicine:

1. What is their personal opinion about abortion? - **herbal abortion?** Not all herbalists support herbal abortion as a choice.

Some well-known and respected wise-women, such as Jeannine Parvai Baker, because of their own personal belief, do not endorse the use of herbs during pregnancy to bring on menstruation: "I cannot endorse emmenagogic prescription in cases of pregnancy no matter how new the embryo. As a healer I strive to be harmless."<sup>1</sup> Knowing your care-giver's personal views on the fundamental issues involving your care is essential.

Look for support and assistance from those who respect the decisions you make.

2. Have they ever assisted anyone in an **herbal abortion?** What was their experience? Would it be possible to talk to women you have assisted with their herbal abortions?

3. Has she ever done an **herbal abortion herself?** a clinical abortion? What was her experience?

4. If you decide on them to help you, when would they be available to you to ask advice or if you need help? Can you call them at home?

### Evaluating Your Caregiver's Attitudes

You are purchasing the services of an herbalist or doctor. As an intelligent person interested in making well-informed decisions, you have the right to be treated with respect, to ask questions and receive her or his straight forward opinion, to explore your options, to know the risks involved, and to make decisions for or against treatment. You have the right to get a second opinion and change herbalists or doctors whenever you wish. Ask yourself: Does this person condescend to you? Is she negative to women or abortion? Does she refuse to answer your questions or is not straight forward in answering? Basically, if you leave the office feeling bad or stupid or as if you just did a round in the Heavyweight Boxing Championship - this is a good sign that this herbalist or doctor is not worth your time or money. Trust your instincts. One more word of caution, beware of anyone who proclaims themselves as wise, yet does not share their knowledge with you. Anyone who does not share their knowledge with you is trying to place themselves above you, and is holding you down. Anyone who is insensitive to the fact that lack of knowledge holds all oppressed people down - cannot be trusted. These people, calling themselves 'wise,' are following professionalized patriarchal interests of control and domination. They do not have true knowledge; they have nothing to share. Keep searching and you will find individuals truly interested in helping you. Remember, even in an emergency situation you have the right to know what might be done and why, to know the risks involved, your care giver's opinion, and to explore alternatives. Assert your self to get the best care possible.

1. From Foreword written by Parvai in Susan Wood's *Wise Women Herbal*, page xi.

**Who ever walked behind anyone to freedom?**

**If we can't go hand in hand, I don't want to go.**

Hazel Scott, in Margo Jefferson, "Great (Hazel) Scott," *Ms.* (1974)

### AMERICAN MISTLETOE HERBAL LORE AND MEDICINAL USE

Native American women of northern California used Mistletoe leaf infusion during labor to regulate contractions, quiet the nerves, expel the placenta, and arrest hemorrhage. The Pomo Native American women used a decoction of leaves and infusion of the roots of the American Mistletoe to promote menstruation. The Kawaiisu Native American women used an infusion of American Mistletoe plant growing on the Douglas Oak tree during the first two months of pregnancy to cause an abortion.<sup>1</sup> Members of the North American voodoo religion carry Mistletoe as a love charm and amulet. In the voodoo religion, Mistletoe is held sacred to the sensual and pleasure loving voodoo loa Erzulie, goddess of love.<sup>2</sup> Erzulie, protector of women, represents the power of seduction and fertility and is often compared to the Greek goddess Aphrodite.<sup>3</sup> American Mistletoe is known to cause an increase in uterine and intestinal contractions and also an increase in blood pressure.

### EUROPEAN MISTLETOE HERBAL LORE AND MEDICINAL USE

European Mistletoe was a sacred plant to the Celtic Druids, being the golden key (phallus) that gave access to the magical powers of the underworld (womb of the mother earth). Growing on a branch of the oak tree, raised high above the earth, the ever-green (immortal) Mistletoe, with its white, sticky, semen-like berries, was symbolic of the genitals of the oak god to the druids. The sacred oak god was a lover of the three fold moon goddess Diana: the lunar virgin, the mother of all creatures, and the huntress. Diana, symbolic of the Earth Mother, was the holder of the power of the changing tides - the power of the cycling menstrual blood, the power over both life and death. At the full moon after the winter solstice, the Druids would sacrificially castrate the oak god by cutting off his Mistletoe with a golden moon sickle, and catching the falling Mistletoe in a white cloth, before it touched the ground. The gathering of the abortive Mistletoe was symbolic of the woman's moon energy keyed into the magical powers of the underworld (earth mother) to cut off, castrate the life power of the sexual act and hold the life spirit suspended in the spirit world, between heaven and earth. An orgy, a sexual celebration ensued after the gathering of the Mistletoe. Each worshiper took some of the cut Mistletoe home to use to keep away 'evil spirits.' Some of the protective strength and courage, render all poisons ineffective, and make both humans and animals fertile.<sup>4</sup> Like so many abortifacients anciently associated with organic ceremonies, Mistletoe is an herb which has gained an aphrodisiacal reputation. In England and Ireland, Mistletoe is held to have the power to revitalize the sexual organs.



The Biblical Tree of Knowledge, from Meydenbach's ORTUS SANITATIS, Mainz, 1491

### CULTIVATION

Mistletoe may be propagated by drilling shallow holes or making shallow clefts into the bark with a chisel or even your fingernail in any desiduous trees, and then inserting the sticky berries into the cavities. Simply smearing the sticky mistletoe berries to the smooth under side of the branch would probably work to get some Mistletoe plants started, as well.

### GATHERING

Gather the leafy young branches, late autumn through December. Process into tinctures immediately or dry in the shade and store in an airtight container.

### PREPARATION AND DOSAGE

**Words to the Wise:** Carefully observe effects from dosage of Mistletoe. Reduce dosage at first sign of toxicity.

Mistletoe's abortion producing dose is preciously close to its fatal dose. Some women have died attempting to produce an abortion using high dosages of Mistletoe. Anyone taking antidepressant MAO inhibitors (Marplan, Nardil, Paratec) should not use Mistletoe. The combination of these drugs and Mistletoe may result in serious elevation of blood pressure and possibly unconsciousness.<sup>5</sup> Anyone with a history of stroke or heart disease should not use Mistletoe due to Mistletoe's tendency to increase blood pressure. Mistletoe berries may cause contact dermatitis in sensitive individuals. Do not eat Mistletoe berries. Mistletoe berries, in large amounts, may

cause gastroenteritis in adults, and there are cases where children have died due to ingestion of Mistletoe berries. Watch for Signs of Toxicity Specific to Mistletoe: Headache, hallucinations, nausea, acute cramping, gastroenteritis, vomiting, diarrhea, weak pulse, decreased heart rate, muscle spasms and convulsions. Immediately reduce dosage at first sign of toxicity. At high doses, death typically occurs from cardiovascular collapse within ten hours of ingestion.

**Preparation:** American Mistletoe's abortive action is believed to result from the stimulation of the uterus and intestines causing intense contractions. Conversely, European Mistletoe's abortive action is believed to result from its antispasmodic action on smooth muscles, like the uterus and intestines. American and European Mistletoe are often used singly as a simple, but have been combined with other herbs to produce various results. American and European Mistletoe's dosage is the same.

#### DOSAGE—MISTLETOE

Standard Infusion (leaves): Steep overnight (at least eight hours) in a thermos.  $\frac{1}{4}$  cup doses, 3-4 times a day.

Standard Tincture (leaves): 20-45 drops ( $\frac{1}{4}$  -  $\frac{1}{2}$  tsp.), 3-4 times a day.

Powder: 1-4 #0 capsules, 3-4 times a day.

1. Moerman, 334. 2. Ranch, 119. 3. Pelton, 218, 271. 4. Reck, 119. 5. Male, 151. 6. Cudeman, 200.

## MUGWORT

### Compositae (Composite Family)

#### *Artemesia vulgaris*

**aka:** Mugwort, Felonherb, St. John's Plant, Cingulum Senni, Johnnies, Sailor's Tobacco, Wormwood, Bulwark, and Green Ginger.

**Parts used:** Leaves and root.

**Medicinal Properties:** Antiecumatic, Bitter digestive tonic, Diuretic, Diaphoretic, Emmenagogue, Nervine, Stimulant, Somnachic, Tonic, and Vermifuge.

**Effects body:** Mensural regulating uterine stimulant, stimulates circulation, digestive tonic, repels insects, expels worms, and soothing to nerves.

**Contains:** Volatile oil (inc. sesquiterpene, lactones, and thujone); bitter principle abietin, which stimulates digestion; flavonoids; antibiotic polyacetylenes; hydroxycoumarins; and tannins.

#### DESCRIPTION

Mugwort is a sage-like aromatic perennial 1-5 ft. (0.3-1.6m) tall, having many branched stems that are angular and purplish. Leaves are toothed and deeply lobed 1-4 in. (2.5-10cm) long smooth dark green on top and soft cottony white to light green underneath. Mugwort's numerous yellow to reddish flowers (July to August) appear in long clusters along panicles. Seeds are long and thin, "look like tiny sticks." Mugwort, brought to America by European settlers, is indigenous to Asia. Mugwort has now spread to nearly every temperate zone in the world. This plant grows wild in waste places and near streams, found in North America from Nova Scotia to Ontario, from the NE states south to Georgia, and west to Michigan.



### MUGWORT HERBAL LORE AND MEDICINAL USES

Ancient myth indicates that Mugwort has been used as a medicinal plant by women beyond recorded history. Mugwort's scientific Latin name is anciently derived from *Artemis*, the Amazonian moon goddess, Mother of all Creatures. At Ephesus, her name was Diana, and statues were made of her showing her entire torso covered with breasts, symbolic of how she nurtured and fed all living things. She was the Fate goddess, the Moon mother with her sacred dogs (bitches) who guarded the gate of the afterworld. Artemis was equally the Huntress, death bringer to the very creatures she brought forth. Artemis led the nocturnal

## Rh- blood type, Abortion, and Rhogam

Accompanying everyone's (O, A, AB, or B) blood type is a + (positive) or - (negative) sign called the Rh factor. The Rh factor is an antigen present in the red blood cells. If one has a + (positive) Rh factor, one has the antigen. If one has a - (negative) Rh factor, one does not have the antigen. Only around 15% of Caucasian women, 6% of African American women, and 1% of Native American and Asian women, are Rh- (negative). If a woman who is Rh- becomes pregnant with a baby that is Rh+, and if a minute amount of the Rh+ fetal blood mixes into the Rh- blood of the woman (due to intrauterine trauma, premature separation of the placenta, placenta previa, abortion, or miscarriage), a dangerous action called isoimmunization will occur. In isoimmunization, the mother's immune system reacts to the fetal Rh+ blood as a foreign invader and produces antibodies that attack the fetus Rh+ cells. This can lead to severe anemia in her unborn child and future isoimmunization problems if she has any more Rh+ fetuses.

The transfer of the fetal Rh+ blood into mother's Rh- blood can happen during an abortion or miscarriage. If a transfer of fetal/maternal blood happens during an abortion or miscarriage, the woman's body creates the antibodies against Rh+ fetal blood. In the future, if the Rh- woman becomes pregnant again with a Rh+ fetus, her immune system remembers how to create the antibodies against Rh+ blood because of prior sensitization in her abortion. Immediately the woman's immune system will now begin to go into production: attacking the blood of the fetus, treating the blood of the fetus as invading virus. With constant attack on the fetal blood cells, the fetus can become severely anemic. A Rhogam shot makes a woman's system believe it has already produced the antibody. With the Rhogam shot, the Rh- woman does not produce any antibodies herself, and in the future, her immune system will have no memory of how to produce the antibodies. It is standard hospital procedure to give Rhogam to every Rh- woman after an abortion. For women who are less than 12 weeks pregnant, a Mini-Gam (300mg dose @ \$25.00) is usually given, and for women over 12 weeks pregnancy a full Rhogam (1 ml dose @ \$50.00) is given.

If you have Rh- blood, to protect against isoimmunization, plan to get a Rhogam shot during your abortion. The Rhogam shot must be given within 72 hours of the beginning of bleeding. Talk to your health care provider prior to your actual abortion, and work out a plan regarding Rhogam. Planned Parenthood will generally give Rhogam shots to women who are current patients. Women without health care providers should go to an emergency room or an immediate care center. [Something to consider: "By the 11th week of fetal life, the D-antigen is often present and can stimulate maternal isoimmunization..." Does this mean that prior to the 11th week of fetal life (Gestational Age) that the D-antigen may not be present, and the risk of isoimmunization is less or minimal? "Only 10% of pregnancies with Rh+ fetuses result in immunization of Rh- women even after 5 pregnancies?"]

1. Ode, 820. 2. Ode, 817.



**Exercise.** Move yourself to a good sweat at least once every day. Get outside. Walk, run, or bike. Double dig some of your garden if it needs it. Exercising hard gives your body a strong message that this is not the time to have a baby. Getting out and doing releases your mind from worries, as well. Hangout at your favorite cafe, play with animals, children, or friends. Take off work for a day or two, if possible. Do things you like to do. Take with you a mason jar full of tea, some tinctures, or some capsules, and don't forget menstrual pads!

**DO NOT USE TAMPONS,** sea sponges, or any other **vaginally inserted** menstrual product to catch blood during an abortion. The cervical (or the opening to the uterus) becomes dilated during an abortion. Because of this, the risk of bacteria entering the uterus and causing infection is slightly greater. Infection, if spread to the fallopian tubes, can cause blockage and affect fertility in the future. As preventative medicine, use **clean menstrual pads** to catch the blood. For extra protection, homemade cotton menstrual pads (see Mail Order sources) can be sterilized by baking the pads in the oven. This eliminates the use of harmful toxic chemicals, like chlorine, to sterilize. To Sterilize Pads: Individually wrap each clean cotton menstrual pad in a piece of paper and secure with masking tape or string. Place all the wrapped cotton pads in a paper grocery bag. Roll down the top of the grocery bag, secure with string or tape, and bake in an oven at 250°F for 1 hour. Watch carefully. No part of the bag should touch the electric element. A pan of water can be placed on the bottom rack of the oven to help prevent scorching. The pads will stay sterile for one week; after one week just bake the bag and contents again.

### Helpful Herbs Prevent Hemorrhage and Revitalize the Kidneys During an Herbal Abortion

**NETTLE** *Urtica dioica*, commonly known as **Stinging Nettle**, is known to many women as that deceptively soft-looking herb that when we ran into it in the shady woods or by the roadside as children, we learned never to come near it again. Nettle is virtually invisible spines cause a strong burning sensation when touched. Like the cactuses of the Southwest, Nettle commands respect. The protective spines of Nettle guard Nettle's inner juice, the life essence, which is filled with Vitamins A, C, D, and K as well as calcium, potassium, iron, sulphur, phosphorous, and protein. Nettle also has large amounts of chlorophyll in its leaves. With all the good stuff in Nettle, it probably would have been eaten to extinction long ago if it did not have its protective stinging spines. Prevents Hemorrhage - Nettle's high Vitamin K content and it's high iron content, which increases the hemoglobin and oxygen in the blood, make Nettle an invaluable aid in the prevention of hemorrhage (excessive bleeding) during an herbal abortion. To help prevent hemorrhage, begin taking Nettle teas once the herbal abortion is well underway, but not before, as Nettle may cause large clots which are hard to pass. Nourishes kidneys - Nettle is also especially valued as an herb to use towards the end or soon after herbal abortion because of Nettle's ability to rebuild, nourish, and strengthen the blood filtering kidneys. Many effective abortive herbs, such as Blue Cohosh and Pennyroyal, stress the kidneys during the extended herbal treatment of herbal abortion. Drinking nourishing Nettle teas with a bit of lemon and honey can relieve stress, and revitalize the essential blood-filtering kidneys. Nettle also reduces cramps, relieves muscle spasms, and helps to reduce hemorrhoids. Warning: Do not handle Nettle with bare hands. Wear gloves when gathering, and carry Nettles home in a cloth or paper bag. Nettle's stinging qualities disappear when cooked. Nettle tops are delicious in soups, when stir fried with a bit of garlic, or just steamed. Nettle can be dried for use in nutritive teas. Most health food shops carry dried Nettle leaves for use in infusion.

**ALFALFA** *Medicago sativa* tops contain Vitamin K which can help to reduce the chances of hemorrhage. Nutrient rich Alfalfa also contains Vit. P (Rutin), calcium, magnesium, phosphorus, and potassium. Begin drinking Alfalfa top infusions once abortion is well underway.

### Herbs and Vitamins that Prevent Miscarriage

The following herbs and vitamins have strong powers to prevent miscarriage and abortion, and thus generally should be avoided when attempting an herbal abortion.

1. Black Haw (root bark) *Viburnum prunifolium*-sedative tonic, effective miscarriage preventive.
2. Cramp bark (bark) *Viburnum opulus* - astringent tonic, sedates uterus, can stop contractions.
3. False Unicorn (root) *Chamaelirium luteum* - tonic, used for irregular excessive menstruation.
4. Lobelia (leaf and seed) *Lobelia inflata* - causes relaxation of the uterus, stops uterine contractions.
5. Queen of the Meadow (root) *Eupatorium purpureum* - astringent, used for threatened abortions.
6. Red Raspberry (leaf) *Rubus idaeus* - astringent tonic, stops uterine hemorrhages.
7. Wild Yam (root) *Diocoreia villosa* - contains steroid like substances that balance the glands and prevent miscarriage.
8. Excessive amounts of Vitamin E. Take no more than 100 i.u.'s a day (300% RDA).

hunt, her priestesses wearing the masks of hunting dogs.<sup>1</sup> Her Huntress aspect was a form of the destroying crane or waning moon, the moon time when medicinal herbs were sacrificed for the use of the people. (see Gathering) At the new moon, the people of Greece would offer Artemis sacrifices and lavish orgiastic entertainment. A Mugwort garland was traditionally worn around the waist or head while dancing round the fire on the European Mid-summer Solstice celebration, which evolved from the Roman Cerealia celebration held in honor of the Mother Earth Goddess Ceres. The Midsummer Mugwort garland would be thrown into the flames at the end of the evening to protect the wearer against sickness in the coming year.<sup>2</sup> Mugwort was said to be one of the nine sacred herbs that were given to the world by the Saxon and Frankish god, Woden.<sup>3</sup> Woden, like Artemis, was the Conductor of Souls, "Elven-king.....leader of the Wild Hunt, when the ghosts rode through the sky at Halloween.<sup>4</sup> The number nine, for the nine sacred herbs given to the world, was an ancient number sacred to women in childbirth. Nine, as three times three, was the triple triad, symbolic of the infinite female Trinity. The word nine was originally derived from the Emead, 'dressed to the nines.' Mugwort was the herb used to flavor beer before the introduction of hops. Beer was originally a ritual-magical drink used to alter the consciousness and, likewise, used as an offering to the goddesses and gods. The key ingredients in ritual beers were the herbs added to them, called 'beer worts.' These beers, containing between 5-27% original wort-herb and 3-10% alcohol,<sup>5</sup> which were used to alter the mind, were actually an early similar form of medicinal tinctures we use today.

Sometimes called the Mother of Herbs (*Mater Herbarum*). Mugwort is still deeply respected by many from Europe across Asia, China, and the United States. The white downy substance on the underside of Mugwort's leaves is used in China as Moxa. Rolled into little balls and burned above or on the skin at acupuncture points, Moxa is used along with acupuncture needles by many to effect cures. Mugwort's emmenagogal, menstrual promoting, properties have been used by many around the world. Europeans are known to use Mugwort to bring on periods. The people of the Philippines use a Mugwort native to their area for the same purpose, and Native Americans as well as Russians used a decoction of the leaves of Mugwort to stimulate menstruation.<sup>6</sup> Alma Hutchens, in her *Indian Herbology of North America*, says Mugwort is "safe for suppressed menstruation of mother and daughter."

### CULTIVATION

Mugwort is best planted in an area where it can be allowed to run wild, for Mugwort spreads so rapidly, many people find they need to restrict it if they plant Mugwort in the herb or vegetable gardens. Wild Mugwort plants are easily propagated by root division in the autumn or spring. Mugwort prefers nitrogen rich soil in full sun, but will happily tolerate less than perfect conditions. Mugwort seeds germinate well in a balanced potting soil on a sunny windowsill. Collect seeds from the wild in fall when mature.

### GATHERING

In late summer, when Mugwort is in full flower, on a day that is forecasted to be warm and dry, in the morning after the sun has dried off the dew, gather some of Mugwort's upper green portion. Process into tinctures or dry in the shade. The roots of Mugwort can be collected in the fall when the above ground parts have begun to die back. Rinse in pure water and dry in the shade. When completely dry, store in airtight containers.

### PREPARATION AND DOSAGE

**Words to the Wise:** Mugwort contains the uterine contracting and possibly toxic thujone. (see Thujone) Do not use Mugwort for longer than two weeks, for "large prolonged dosage injures the nervous system."<sup>11</sup> Nursing women should not use Mugwort, since it has a tendency to dry up the milk. Using large or prolonged amounts of medicine indiscriminately should be avoided during nursing; medicinal herbs can pass through breast milk to the baby. As always, seek the advise of knowledgeable herbalists and doctors educated in women's herbal medicine.

**Preparation:** Mugwort is well known and respected as a menstrual promoting emmenagogue, but Mugwort does not have much specific documentation behind it's use as an abortifacient. To utilize Mugwort's menstrual promoting powers, Mugwort is best used 10-14 days prior to the onset of menstruation. Mugwort can be used as a simple or combined with other herbs. Mugwort is sometimes used as an emmenagogue in combination with Pennyroyal. Pendle Ody mentions Mugwort combined with Ginger as an effective stimulant.

**DOSAGE—MUGWORT**

**Standard Infusion (leaves):** Steep 15-20min., 1tsp. - 1Tbs., 4-6 times a day.

**Standard Tincture (leaves):** 30-60 drops (1/2-1tsp.) 4-6 times a day.

**Powdered Leaves:** 5-7 #O capsules (up to 60 grains) 4-6 times a day.

## PENNYROYAL



### Hedonea pulegoides (American)

### Mentha pulegium (European)

**Aka:** Pennyroyal, Squaw Mint, Pilolaria, Tick Weed, Mosquito Plant, Flea Bane. Run-by-the-Ground, Lurk-in-the-ditch, and Pudding Grass.  
**Parts used:** Leaves and flower tops.

**Medicinal Properties:** Aromatic, Carminative, Corrective, Diaphoretic, Diuretic, Expectorant, Nervine, Sedative, Stimulant, and Sudorific.

**Effects body:** Soothes respiratory, reproductive, and digestive systems; stimulates elimination through kidneys and perspiration.

**Contains:** Ketone pulegone and volatile oil.  
 Yt. + Min. Trace of lead and sodium.

#### DESCRIPTION

American Pennyroyal, *Hedonea pulegoides*, an indigenous annual, reaching heights of  $1\frac{1}{2}$ -1 ft. (0.15-0.3m), is one of the smallest of the mints. Squares erect branching stems grow from a yellow fibrous root ball. Small  $1\frac{1}{2}$  in. (1.3cm) long dark green leaves are hairy on the bottom surface appear opposite each other at regular intervals along the stems. From June to September, small light blue to lavender flowers circle the stems at the leaf axles. American Pennyroyal grows commonly in dry fields and woods and often in limestone country from the Atlantic coastal states, west through to Minnesota and Arkansas.

European Pennyroyal, *Mentha pulegium*, native to Europe and Asia, grows a little higher  $1\frac{1}{2}$ -1 ft. (0.5m), but otherwise looks very similar to the American variety. The main difference in the two is their habitats and their root formation. The American Pennyroyal grows from a root ball and likes dry areas. European Pennyroyal's spreading runners-roots 'Run-by-the-Ground.' and it is most likely to be found in moist, rich areas; spreading along the ground by long runners next to streams, ponds, and boggy grasslands. The European variety of Pennyroyal is naturalized in North America, escaped to the wild from gardens, where it is commonly cultivated.

#### PENNYROYAL HERBAL LORE AND MEDICINAL USE

A very longy land,  
 Well cropp'd, and hummed, and ground with Pennyroyal.

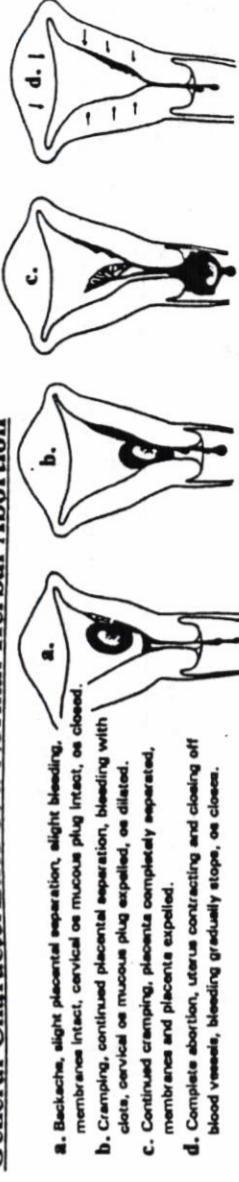
Aristophanes (450-380 B.C.) Iyndira, 88-89.

European Pennyroyal, native to most parts of Europe and Asia, was valued as a medicinal as well as spiritual plant, and was used in various ancient ceremonies.<sup>1,2</sup> Pennyroyal is known to have been used in Europe as an emmenagogue, and is also known to have strong abortifacient qualities. [With the tradition of abortifacient herbs being used in orgiastic ceremonies....] Pennyroyal in their writings, and Pennyroyal was also highly esteemed in Anglo-Saxon and Welsh medicine books. When the European colonists first came to America, they brought European Pennyroyal along to grow in their gardens for medicinal purposes. Early women colonists combined Pennyroyal tea with Brewer's Yeast to produce abortion.<sup>3</sup> The colonists found the Native American women had long been using the indigenous American Pennyroyal for similar purposes. The women of the Rappahannock tribe drank tea made of Pennyroyal leaves to relieve menstrual cramps. For the same condition, the women of the Kiowa tribe, combined Pennyroyal leaves and dandelion blossoms to make a medicinal tea. Cherokee women took the infusion of the leaves for 'obstructed menses.'<sup>4</sup> A decoction of the entire Pennyroyal plant has been used to assist in treatment of uterine tumors and uterine fibroids.<sup>5</sup> Susan Weed in her *Wise Woman Herbal*, calls American Pennyroyal 'one of the most powerful of all emmenagogues.' She recommends a dose of '20 drops of tincture in a cup of hot water. No more than four cups.....per day and for no more than five days.....to induce menstruation without laxing the woman.'<sup>6</sup> So far, unfortunately, this brief mention is all I've been able to find regarding European Pennyroyal's ceremonial significance. As my search for information becomes more detailed, I hope to bring you more information. -Usi

#### CULTIVATION

Annual American Pennyroyal grows well once established in average, dry, slightly acidic soils in full sun to partial shade. Collect seeds in the fall when mature. Pennyroyal seeds may be propagated by sowing in well prepared beds in fall or spring, but you will have the most consistent results if you sow your seeds indoors in containers. Sow small seeds on the surface of the soil and then lightly tap down with your finger tips. Keep the seeds moist, by misting or spraying, until they germinate (1-4wks.).

## General Characteristics of a Normal Herbal Abortion



1. Bleeding - Wherever the placenta separates from the endometrium, bleeding occurs. The first sign of an herbal abortion is vaginal bleeding, similar or somewhat heavier than your average menstrual period.
2. Clotting and cramping, again similar or somewhat heavier than your normal period. Cramping may be painful and achy at times, focus on relaxing and letting it flow. Do something that you know relaxes you. Take a warm bath, listen to music, burn a candle or some incense. Write, draw, dance, express your experience. Expression can release tensions, and bring about psychological and physiological relaxation and release through feeling, acceptance, and understanding.
3. What might I see? During the first four weeks, most women who abort do not notice the little  $1\frac{1}{4}$ - $1\frac{1}{2}$  in. (1-4mm) long ovum encased in its tiny chorionic villi shell amidst the menstrual fluids. The chorionic villi, an early form of the placenta, might be seen though, if the menstrual fluids are added to a glass of water and looked at with a magnifying glass. During the 5th to the 8th week, the embryo and sac grow larger and probably will be noticeable to the naked eye. The bubble-like sac may appear clear with iridescence and range in size from a large grape to a chicken egg depending on how far along the pregnancy is when the abortion happens. Inside the sac you may be able to see the umbilical cord, which looks like a piece of string. Attached to the umbilical cord is the tiny embryo varying in size from about  $\frac{1}{4}$  in. (5mm) long during the fifth week to about  $\frac{3}{4}$  in. (2cm) long during the eighth week.
4. The placenta passes towards the end of bleeding. Prior to the 5th week, most women will not notice the placenta, for the placenta has not grown large enough to be seen. In the 5 to 8 week time span, the placenta begins to take form. During weeks 5 to 8, the placenta ranges in size from a nickel with a  $\frac{1}{4}$  in. (6mm) width to a 50-cent piece with about a  $\frac{1}{4}$ - $\frac{1}{2}$  in. (6-13mm) width. After the placenta is passed, the uterus contracts and closes off the blood vessels. The bleeding slows and then gradually stops. Bleeding may start and stop for a couple weeks.
5. After the abortion, signs of pregnancy begin to disappear. Breasts will begin to revert back to their original size. Breasts may be tender and tingly for a few weeks during this transition. The cervix and uterus may be tender for a few weeks as well. Sexual intercourse may need to be postponed. An over-the-counter pregnancy test will show negative results around three weeks after the abortion.

## When Attempting Herbal Abortion

- Work with the assistance of knowledgeable herbalists, healers, wise-women, and friends. Fellow wise-women can provide a well-spring of knowledge, experience, and support.
- Always reduce dosage at the first sign of toxicity. Herbal medicines if taken for extended periods can cause negative effects. Plan to discontinue herbal medications after two weeks if there are no results.
- Eat only a healthy diet of fresh fruits and vegetables and whole grains and beans. Avoid meat and dairy products, sodium, sugar, and caffeine.
- Keep the medicinal herbs in your blood constant. Taking smaller to medium dosages every couple hours, is better than taking large dosages a couple times a day. Set your alarm to get up every hour or two in the night, to take a dosage of herbal medicine. Reset your clock another hour or two ahead before you go back to sleep. This will only last a week or two, or maybe even less, so hang in there. If you cannot sleep, value this alone time, go for a walk out in the moonlight. Look at the stars. Journal.
- Rubbing your nipples or having someone suck them naturally stimulates the production of oxytocin. Oxytocin is a pituitary hormone that stimulates uterine contractions.

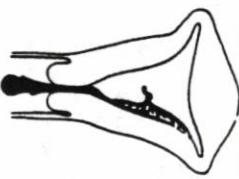
1. Backache, slight placental separation, slight bleeding, membrane intact, cervical or mucous plug intact, or closed.

2. Cramping, continued placental separation, bleeding with clot, cervical or mucous plug expelled, on dilated.

3. Continued cramping, placenta completely separated, membranes and placenta expelled.

4. Complete abortion, uterus contracting and closing off blood vessels, bleeding gradually stops, or closed.

Most incomplete abortions occur in women whose pregnancies have progressed beyond eight weeks. Before the 8th week, abortion is more likely to be complete, because the fetal sac is expelled intact. In an incomplete abortion, the umbilical cord breaks and the fetus is expelled, but whole or part of the firmly embedded placenta and sac remains attached to the uterine lining. The cervical os remains partly dilated, cramping may be severe, pain may be present or may not, bleeding may be light or dangerously profuse, and the uterus does not contract down to normal size. Incomplete abortions require removal of the intact placenta and membranes, often by clinical abortion: D+C dilation and curettage.



*Capsella bursa-pastoris*  
SHEPHERD'S PURSE

Trusting our intuition often saves us from disaster.

Aune Wilson Schaeff, *Meditations for Women who Do Too Much* (1990)



## POMEGRANATE

### *Punica granatum*

Punicaceae (Pomegranate Family)

Alt: Pomegranate.

Parts used: *Fruit rind and root bark.*

Medicinal Properties: *Fruit Rind: Astringent, Abortifacient.*

*Root Bark: Anthelmintic, Emmenagogue, Purgative*

*Abortifacient, seeds: Estrogenic.*

*Contains: Fruit Rind: Bitter yellow coloring and galloannic acid.*

*Root Bark: Alkaloids (expel intestinal worms)*

*pseudopelletierine, isopelletierine and methylisopelletierine; and tannins.*

*Effects body: Fruit Rind: Powerful astringent used for stomach ache, colitis, dysentery, and diarrhea, douche for leukorrhea (the whites), and abortifacient. Root bark: Purgative for tape worms, and refrigeratively promotes menstruation.*

#### DESCRIPTION

Pomegranate is a large shrub to a small tree, up to 15 ft. (3m) tall, that is semi-deciduous, meaning Pomegranate loses its leaves if growing in cool temperate regions, but when growing in its native sub-tropical climate Pomegranate trees are

Covering your containers with clear plastic will create a mini greenhouse, thus lessening the chances of the soil drying out, one of the main causes of loss of germination.

Perennial European Pennyroyal can be propagated by rooting runners in water in summer or by root division in autumn or spring. European Pennyroyal likes a rich, loamy, well-watered environment in full sun to partial shade. Likes some spreading room, so allow 5-8in. to each side when planting cuttings.

#### GATHERING - PENNYROYAL

In early to mid summer, in the morning of a warm day after the dew has dried, gather the full blooming Pennyroyal's leaves and flower tops. Process immediately into tinctures or dry in the shade. When completely dry, store in airtight containers.

#### PREPARATION AND DOSAGE

**Words to the Wise:** Anyone with any kidney disease or damage should not use Pennyroyal. Pennyroyal can cause contact dermatitis in susceptible individuals. DO NOT USE PENNYROYAL OIL, INTERNALLY! As little as 2tsp. of the oil have caused fatalities. Pennyroyal oil is very concentrated. It has been estimated by University of Illinois pharmacognosist Norman Farnsworth, Ph.D., that one would have to drink 50-75 gallons of Pennyroyal tea to equal a fatal dosage of Pennyroyal oil.<sup>5</sup> The tea poses little to no fatality hazard, and I have found Pennyroyal leaf infusion to be very effective and safe in my own herbal abortion experience. But caution, anything in excess may be damaging. If in one week you have not obtained results, discontinue taking for continued use may damage the central nervous system, the kidneys and the liver.

**Watch for General Signs of Toxicity** listed on back cover.

**Preparation:** Pennyroyal infusion and tincture have strong abortifacient qualities. Because of Pennyroyal's tendency to stress the kidneys, be sure to follow up a Pennyroyal herbal therapy with at least two weeks of nourishing Nettle infusion. I have found Pennyroyal to be personally effective as a simple. Pennyroyal is occasionally combined with Blue Cohosh or sometimes with Southernwood and Mugwort in emmenagogic preparations. Pennyroyal tea is sometimes used as a hot foot bath to mildly encourage menstruation, and the tea may be added to the water of the bathtub for the same purpose.

#### DOSAGE—PENNYROYAL

Standard Infusion (leaves and flowers): Sleep 15-30 min. 1/2-1/4 cup, frequently.

Standard Tincture: 20-60 drops (1/4 to 1tsp.) frequently.

Powdered Leaves and Flowers: 3-8 #0 capsules (20-60 grains) frequently.

1. Duke, 307. 2. Weber, 13. 3. McCormick, 215. 4. Stuntz, 93. 5. Wood, 8. 6. Kiese, 56. and Cauldwell, 289.