

THUJA PASTE

For application to verrucae & warts. Best applied to the filament of a suitably sized plaster, replaced every 24 hrs. Will stain clothing.

PWDR	THUJA OCCIDENTALIS	100 G
	WSP	70 G
EO	LEMON	100 ml
TR	THUJA	30 ml

Work the tincture into the powder & then the lemon oil. Stand overnight and then work in the WSP (all done cold). Always stir again before dispensing.

"TROPICAL MIX"

For holidaymakers & residents of tropical areas - suitable for long term use. Provides protection from Malaria & other protozoa, Typhoid/typhus, Dysentery & other tropical infections. Can be adapted to individual patient's health profiles.

TR	ARTEMISIA ANNUA	25 ML
TR	THYMUS	25 ML
TR	ARTEMISIA HEDLII, CINNAMOMUM	15 ML
TR	BERBERIS VULGARIS	10 ML
TR	CINCHONA, GLYCC.	aa 5 ML

5ml TDS before meals

LINCTUS

Useful for most sorts of pulmonary infections and specific for the most commonly encountered "British" cough - copious, purulent & productive. Dosage is not critical but 5ml up to 8 times daily would be a common recommendation.

HB	TUSSILAGO, THYMUS, GLYCC	aa 60 G
HB	INULA (RAD), MARRUBIUM	aa 30 G
	WATER	2500 ML
	ALTHAEA SYRUP	1000 ML
	MUSCOVADO SUGAR	2000 G
EO	ANISEED, EUCALYPTUS	aa 6 ML
EO	PEPPERMINT	3 ML

Simmer the dried herbs in the water for 30 minutes, stand until cold and press. Return to the heat, add the Althaea syrup (see formula elsewhere), stir in the sugar and bring to the boil, removing from the heat immediately this has been achieved. Stand until cold, add the essential oils and stir vigorously for 5 minutes. Add further cold water as necessary to yield 5 litres.

The original formula for this used Hyssop & Iceland Moss in place of Coltsfoot & Thyme, evidencing that it can be adapted to a variety of constituents according to personal preference & availability. There is also some interchangeability between herbs & essential oils - but bear in mind that 3.5ml/litre is the practical maximum of essential oils that will remain dissolved in an otherwise aqueous preparation.

IRON TONIC

A useful adjunct to dietary recommendations for the treatment of iron - deficiency anaemias. Note may occasionally cause increased menstrual flow in random individuals, which is counterproductive (e.g., dosage should be withheld during menstrual bleeding).

	WILD ("HUNZA") APRICOTS	1000 G
	WATER	3000 ML
	SUGAR	1000 G
	RED WINE, ROBUST	3000 ML
TR	ANGELICA SINENSIS, URTICA	aa 200 ML
TR	GENTIANA, SERENOA, TURNERS	aa 25 ML
TR	CAPSICUM FORTE	2.5 ML
	ASCORBIC ACID BP	50 G

Cover the apricots with water in an iron pan and simmer very gently for 4 - 8 hrs until the flesh has completely disintegrated, topping up the water as necessary to keep them covered. Stir in the sugar until dissolved and simmer for a further 4 hrs, again adding further water if necessary. Remove from heat, add the wine once cool and stand for 24 - 48 hrs. Press and strain. Stir in tinctures & ascorbic acid (Vitamin C). Top up with further cold water if necessary to yield 5 litres.

ALTHAEA SYRUP

For treatment of hiatus hernia, gastric ulceration/erosion, acid indigestion & reflux, etc. Most effective taken freely PRN at onset of discomfort. Very viscous, best taken straight from bottle in approx 5 - 10 ml doses.

PWDR	ALTHAEA RAD	60 G
TR	CALENDULA 96% AQUA	AS REQUIRED 1000 ML
	SUGAR	1500 G
	LEMONS	x 2

Wet powder with a little Tr. Calendula sufficient to work into a smooth paste. Add the water a little at a time, stirring. Stand covered overnight. Add sugar & bring to the boil, stirring. Remove from heat: when cool, add juice from two lemons.