



# DR. H's TOP 10 HERBS EVERYONE SHOULD MEET

*A DR. H. MEDITATION © 2022*

# WHAT MAKES HERBS GO-GO-GO?

## 1. *Mitochondrial Energy Production*

- Think Vitamins, Minerals, Nutrient Co-Factors (Co-Q-10)

## 2. Alkaline pH Maintenance

- Think Green Foods & Antioxidants

## 3. Cellular Enzyme Production

- Think Breathing & Movement, Yoga, Tai Chi, Running, Et All.

## 4. Positive Internal Dialogue

- Encouragement

## 5. Consistency

# CANNABIS

- Legal in at least 28 states & D.C.
- ***Conditions Prescribed For***  
Alzheimer's, Anorexia, AIDS, Arthritis, Cachexia, Cancer, Chemotherapy, Crohn's, Epilepsy, Glaucoma, HIV, Migraine, MS, Nausea, **Seizures** Pain, Spasticity, Wasting Syndrome
- ***How does it work?***  
Our ECS already produces endocannabinoid molecules, and the THC in cannabis may enhance their production & effect



# CANNABINOID RECEPTORS



- *CB1*
- *Primary Location: Nervous System*
- *Activated by: Anandamide, THC*



- *CB2*
- *Primary Location: Immune System*
- *Activated by: Anandamide, THC*
- *Stimulated by: CBD*

Molecules	Produced By	Happiness Effect
Serotonin	Alkalinity & Good Digestion	Joy of Healthy Digestion
Endorphins	After Sweating & Exercising	Joy of Moving Your Body
Melatonin	7+ Hours of Continuous Sleep	Joy of Dreaming
Oxytocin	Massage, Kissing, Getting It On	Joy of Being Touched
Endocannabinoids	Meditation, Enjoying Your Life	Joy of Mindful Bliss
GABA	Meditation, Chilling Out	Joy of Living At Your Pace
Dopamine	Accomplishing Life Goals	Joy of Giving Compliments
Adrenaline	Using Fear As Motivation	Joy of Courage

# CANNABINOID RECEPTORS

<http://www.ncbi.nlm.nih.gov/pubmed/18426493>

J Neuroendocrinol. 2008 May;20 Suppl 1:10-4. doi: 10.1111/j.1365-2826.2008.01671.x.

**Cannabinoid receptors: where they are and what they do.**

Mackie K<sup>1</sup>.

## Abstract

- The endocannabinoid system consists of the endogenous cannabinoids (endocannabinoids), cannabinoid receptors and the enzymes that synthesise and degrade endocannabinoids. Many of the effects of cannabinoids and endocannabinoids are mediated by two G protein-coupled receptors (GPCRs), CB(1) and CB(2), although additional receptors may be involved.
- *CB(1) receptors are present in very high levels in several brain regions and in lower amounts in a more widespread fashion. These receptors mediate many of the psychoactive effects of cannabinoids. CB(2) receptors have a more restricted distribution, being found in a number of immune cells and in a few neurones.* Both CB(1) and CB(2) couple primarily to inhibitory G proteins and are subject to the same pharmacological influences as other GPCRs. Thus, partial agonism, functional selectivity and inverse agonism all play important roles in determining the cellular response to specific cannabinoid receptor ligands.



# WHAT DOES THE ECS REGULATE?

Endocannabinoids help to regulate day to day bodily functions including:

- Sleep
- Appetite, digestion, hunger
- Mood
- Motor Control
- ***Immune Function***
- Reproduction and fertility
- Pleasure and reward
- Pain
- Memory
- Temperature regulation
- Helps body maintain homeostasis
- Dysregulation of the ECS is thought to contribute to conditions like Fibromyalgia and IBS



# ENDOCANNABINOID SYSTEM

<http://norml.org/library/item/introduction-to-the-endocannabinoid-system>

## Introduction to the Endocannabinoid System

Dustin Sulak, Doctor of Osteopathy

- Cannabinoids promote homeostasis at every level of biological life, from the sub-cellular, to the organism, and perhaps to the community and beyond. *Here's one example: autophagy, a process in which a cell sequesters part of its contents to be self-digested and recycled, is mediated by the cannabinoid system. While this process keeps normal cells alive, allowing them to maintain a balance between the synthesis, degradation, and subsequent recycling of cellular products, it has a deadly effect on malignant tumor cells, causing them to consume themselves in a programmed cellular suicide.* The death of cancer cells, of course, promotes homeostasis and survival at the level of the entire organism.
- Endocannabinoids and cannabinoids are also found at the intersection of the body's various systems, allowing communication and coordination between different cell types. *At the site of an injury, for example, cannabinoids can be found decreasing the release of activators and sensitizers from the injured tissue, stabilizing the nerve cell to prevent excessive firing, and calming nearby immune cells to prevent release of pro-inflammatory substances.* Three different mechanisms of action on three different cell types for a single purpose: minimize the pain and damage caused by the injury.
- *The endocannabinoid system, with its complex actions in our immune system, nervous system, and all of the body's organs, is literally a bridge between body and mind.* By understanding this system we begin to see a mechanism that explains how states of consciousness can promote health or disease.



# GREEN TEA (CAMELLIA SINENSIS)

## Systems & Organs Influenced

- Liver & Immune System

## Net Effect pH

- +2 Alkalizing

## Active Constituents

- Bioflavonoids, Catechins, Phenols

## Energy Taste

- Sweet & Pungent (Hot & Spicy)

## Interesting Insights

- Caffeine content is 1/6<sup>th</sup> of a cup of coffee
- Potent Antioxidant & Anti-Inflammatory & Anti-Tumor Herb
- ***Has been shown to markedly inhibit HIV upload into T-Helper Cells***
- Has demonstrated Anti-viral properties in addition to HIV inhibition
- Improves Cardiovascular & Liver Detoxification Performance



# SIBERIAN GINSENG (ELEUTHROCOCCUS SENTICOSUS)

## Systems & Organs Influenced

- Adrenal Glands

## Net Effect pH

- +2 Alkalizing

## Active Constituents

- Glycosides, Polysaccharides

## Energy Taste

- Sweet & Pungent(Hot & Spicy)

## Interesting Insights

- *Premier Energy Booster that helps to regulate Adrenal production of Cortisol*
- Improves Insomnia, Appetite
- Improves Mitochondrial utilization of oxygen
- Perfect herb for people exhausted from chronic stress.





# LICORICE ROOT (GLYCYRRHIZA GALABRA)

## Systems & Organs Influenced

- Adrenal Glands, Lungs, Immune System

## Net Effect pH

- +1 Alkalizing

## Active Constituents

- Glycyrrhizinic acid, Bioflavonoids

## Energy Taste

- Sweet & Bitter

## Interesting Insights

- *Greatly extends the half-life of Cortisol*
- Moistens respiratory membranes
- Specific remedy for Herpes lesion as well as excellent preventative
- Works very well with Siberian Ginseng as an adaptogenic herb for optimal adrenal health
- Similar to Black Elderberry has anti-viral properties that help support Lung and Liver during infections



# MEDICINAL MUSHROOMS (MAITAKE & CHAGA)

## Systems & Organs Influenced

- Immune System, Liver

## Net Effect pH

- -1 Acidifying

## Active Constituents

- D-Beta Glucans, Polysaccharides

## Energy Taste

- Sweet

## Interesting Insights

- Potent activators of the Immune System and indicated for EVERY healing process, particularly immunodeficiencies like cancer.
- *Chaga & Maitake – Highest content of D-Beta Glucans*





# MEDICINAL MUSHROOMS (REISHI, CORDYCEPS)

## Systems & Organs Influenced

- Immune System, Liver

## Net Effect pH

- +4 Alkalizing

## Active Constituents

- D-Beta Glucans, Polysaccharides

## Energy Taste

- Sweet

## Interesting Insights

- *Potent activators of the Immune System and indicated for EVERY healing process, particularly immunodeficiencies like cancer.*
- **Reishi** – Improves Liver Detoxification
- **Cordyceps** – Improves RBC oxygen binding capacity and therefore assists Mitochondrial Energy Production





# HAWTHORN BERRY (CRATAEGUS OXYCANTHA)

## Systems & Organs Influenced

- Heart & Nervous System

## Net Effect pH

- +2 Alkalizing

## Active Constituents

- Bioflavonoids, Procyanadins

## Energy Taste

- Sweet

## Interesting Insights

- Potent Antioxidant
- ***Potent Heart Tonic improving the efficiency and contractile strength of heart muscle fibers***
- Allows heart muscle to relax more completely as well when at rest





# BLACK ELDERBERRY (SAMBUCUS NIGRA)

## Systems & Organs Influenced

- Lungs & Immune System

## Net Effect pH

- +2 Alkalizing

## Active Constituents

- Bioflavonoids, Anthocyanins

## Energy Taste

- Sweet

## Interesting Insights

- Potent Antioxidant
- *Increases B-Cells activity during infections and has also been shown to be an effect anti-viral herb for respiratory infections*



# STINGING NETTLE LEAF (URTICA DIOICA)

## Systems & Organs Influenced

- Lungs & Liver

## Net Effect pH

- +2 Alkalizing

## Active Constituents

- Chlorophyll, Bioflavonoids

## Energy Taste

- Slightly Bitter

## Interesting Insights

- ***Potent Antioxidant & Blood Cleanser***
- Among the most nutrient dense herbs





# MILK THISTLE (SILYBUM MARIANUM)

## Systems & Organs Influenced

- Liver

## Net Effect pH

- +1 Alkalizing

## Active Constituents

- Favanolignans, Bioflavonoids

## Energy Taste

- Bitter

## Interesting Insights

- *Has been clearly demonstrated to help protect and heal Liver tissue*
- Activates p450 cytochrome system for Liver Detoxification
- Prevents gallstone formation



# TURMERIC (CURCUMA LONGA)

## Systems & Organs Influenced

- Liver

## Net Effect pH

- +4 Alkalizing

## Active Constituents

- Bioflavonoids, Terpenes

## Energy Taste

- Pungent(Hot & Spicy)

## Interesting Insights

- Potent Antioxidant & Anti-inflammatory herb
- *Has been shown to effectively treat stomach ulcers by killing H.pylori*
- Assists Liver in detoxification and balancing cholesterol levels
- Protects cells from DNA damage due to stress & Pineapples enhance absorption





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