

Mixing medicine: Nurse extols natural healing as a complement to

As an herbalist and registered nurse, Nancy Venzon bridges two worlds. She values the knowledge and efficacy of each, but believes they are stronger in combination rather than opposition.

Venzon is educated in the Western tradition of pharmaceutical-based medicine and healing. She worked as a registered nurse for 30 years and has certifications in critical care and trauma nursing.

She's also an herbalist working with ancient knowledge of the healing qualities of herbs and plants to treat illness and maintain health.

On a recent Saturday afternoon, Venzon stirred herbs in an olive oil base simmering for hours in a slow cooker in the kitchen at Seven Circles Heritage Center in Edwards, Ill. The wind howled outside; inside, the aroma of rosemary, myrrh and thyme filled the air.

Venzon was presenting a workshop on herbal salves. About 20 students encircled her as she poured a warm herbal stew into cheesecloth and squeezed it to separate oil from solids. Then she returned the oil to the slow cooker and added beeswax and lard.

Rediscovering A Lost Heritage

Dennis Weaver watched and took notes. His grandparents were Cherokee. His wife's grandparents were Scotch-Irish.

Our grandparents knew these old recipes, but they passed before they passed on the knowledge. Now my wife and I are trying to learn again, Weaver said.

Venzon, 65, recalled that her grandmother, an herbalist, treated ear infections by squeezing onion juice into a warm spoon and pouring the liquid into the ear.

Her grandmother had been thrilled when Venzon went to college to study nursing. A better medicine, her grandmother had thought. Venzon had thought so, too, at least until she perceived the common sense of natural healing in a context of integrated medicine.

The healing cream made during her class at Seven Circles was based on a recipe Venzon prepares about twice a year. Once the preparation sets, it is a hard cream used for cuts, scrapes, burns, bites, rashes, poison ivy, athlete's foot and fungal infections. It relieves pain and itching and promotes healing.

Each of the 18 ingredients - from calendula, echinacea and yarrow to chaparral, comfrey, turmeric and osha - has a specific range of healing qualities.

The first time I made this, I measured all the ingredients. The second time, I just added them and prayed over it. People raved about that second batch, she said.

Venzon said Western medicine treats disease rather than the whole person. Traditional herbal, complementary medicine is based on maintaining health as well as treating illness.

We can strengthen our immune system with a wealth of herbal supplements, she said. Our society considers athletes the epitome of health, but they peak in their early 20s and 30s. Masters of qigong (a traditional Chinese practice that combines movement, meditation and regulation of breathing) don't peak until their 60s and 70s.

Not Just Folklore

Venzon said ancient remedies are often dismissed by people who are locked into the philosophy of Western medicine, but ancient remedies have centuries of wisdom behind them. There are many natural and herbal supplements that can be intermediary steps before starting regimens of Western medicine. For example, borderline high blood pressure often can be successfully treated with herbal teas.

People ridicule herbal remedies as old folklore. But if I had chronic swollen feet, I might try dandelion tea, a potassium-rich diuretic. Of course, I'd run that by my physician, but it might be very helpful, Venzon said. In our society, we take a pill for everything. People should ask questions first about intermediary herbal steps.

Venzon said about 10 herbs are the core of treating yourself and your family. She orders herbs from Frontier Natural Products in Iowa (www.frontiercoop.com) and Spice Discounters in California (www.spicediscounters.com).

I believe there is a science and a spiritual part of healing. Someday we will look back at this time as the dark age of medicine, Venzon said.

When spring arrives, she will search for natural herbs on family property. In the fall, she'll hunt for hen of the woods, a mushroom with cancer-fighting properties.

Hen of the woods has powerful immune enhancing properties that are used in cancer medications, she said. Much of the research on herbal remedies was done in Europe, not America. There is no money to be made in dandelion tea.

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CREAM RECIPES

Venzon's Healing Cream

One-quarter cup each of calendula, myrrh, thyme, peppermint, echinacea, yarrow, anise, cloves, plantain, marshmallow root, rosemary, chaparral, comfrey, chickweed, osha, tea tree, St. John's wort and turmeric. Mix herbs with 6 cups olive oil. Heat over low flame or in slow cooker for 6 to 8 hours. Cool and strain. Add 2 1/4 cups lard and 3/4 pound beeswax. Reheat until melted. Stir in 1/2 teaspoon benzoin powder. Bottle while hot.

Venzon's Simpler Healing Salve

One heaping tablespoon each of St. John's wort, comfrey and calendula. Place herbs in slow cooker and cover with 1/2 cup extra virgin olive oil. Turn heat on low and steep 3 to 4 hours. The lower the heat, the longer you will need to steep the herbs and the higher the quality of your oil. Strain herbs and return oil to pot. Shave 1/8 cup beeswax into oil. Heat gently until beeswax is melted. Add 40 drops of lavender essential oil. Pour into containers. Keeps up to 1 year.

Global cosmetic whitening frenzy wind from the clouds moving, beautiful people beginning to pay attention to another kind of a safe and effective method of whitening: cosmetic whitening herbs. Many specialty hospitals, beauty salons beauty of Chinese herbal medicine have been re-whitening treatments to favor beauty, cosmetic whitening great roll up another wave of the future.

White nuts, skin more Jiamei

Beauty effectiveness will be white nuts Daocheng liquid slurry coating face, and can make the skin soft, smooth, white Jiamei.

Bosu beauty, not the same feeling

Bosu beauty in the beauty of the people in response, enough to show that the charm of the Bosu. Will be fresh white Suye shining in the armpits to the tumor may be more intriguing is: it will be embarrassing Huchou dispelled.

Beauty effective drying, wrinkle, Huihuang skin is particularly suitable for use Bosu beauty, flexibility and white skin whitening is the Baisu desire to bring the Gospel.

Baizhi, the same water to moisten the skin

Baizhi Weixiang color white, the beauty of Chinese medicine for the oldest one on the market with the raw materials for cosmetics and beauty products endless, and original mayonnaise original flavor Baizhi, its beauty even more notable results: Baizhi water decoction of a variety of in vitro can inhibit bacteria, and improve microcirculation, and promote skin metabolism, delay skin aging.

Beauty effectiveness of soft smooth skin moisturizing, nourishing the face of the effluent has the same nimbus.

White Tribulus terrestris, as to your baby skin

Tribulus terrestris also known as white thorn Tribulus terrestris, containing various alkaloids and glycosides, lower blood pressure, blood fat, etc., which contained decomposition of the peroxide, and shows a clear anti-aging effects.

Beauty JiuFu effectiveness can be cured scar face, and let the skin suppleness lubrication.

Bletilla striata, a more smooth skin

Bletilla striata rich in starch, glucose, volatile oil, mucus quality, external Tuca, the face can be eliminated as the acne scars to the skin smooth scratch.

Beauty effectiveness moisten the skin, the skin smooth Scaramouche.

Editor: rain

About the Author

From www.patriotledger.com:

Herbal Medicine, sometimes referred to as Herbalism or Botanical Medicine, is the use of herbs for their therapeutic.

Chinese medicine describes mugwort as bitter, acrid, warm, entering the Spleen, Liver and Kidney. It is used to warm the womb and stop bleeding.

Herbal Remedy formulas for your health and a better way of life. Choose from a variety of herbal remedy items and even natural foods, like flax seed.

Each herbal medicine prescription is a cocktail of many herbs tailored to the. Traditional Chinese herbal medicine marketed in the form of an ointment.

We provide alternative health medicine, natural medicine, and alternative herbal remedies. We offer the latest info on natural herbs, dietary.

Ross Rosen and Ann Tomoko Rosen offer acupuncture and herbal medicine in Westfield, New Jersey.

Herbs, Herbal Medicine, directory of herbs, American Indian Herbs, African Herbs, South American Herbs, Asian Herbs, Chinese Herbs, Ayurvedic.

Sometimes the scope of herbal medicine is extended to include fungi and bee products. The herbal medicine system, based on Greek and Roman sources.

Source: <http://www.productsherbal.com>