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# JOURNAL

of veterinary botanical medicine

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*A publication of the Veterinary Botanical Medicine Association*



# Veterinary Botanical Medicine Association

## VBMA Purpose

The Veterinary Botanical Medicine Association is a group of veterinarians and herbalists dedicated to developing responsible herbal practice by encouraging research and education, strengthening industry relations, keeping herbal tradition alive as a valid information source, and increasing professional acceptance of herbal medicine for animals.

## VBMA Goals

- Represent member veterinarians and herbalists as political and professional issues arise.
- Establish standards of training and herbal training programs and to identify established programs with the goal of developing or reviewing certification standards and Degree Programs in Herbal Medicine.
- Support ethical scientific clinical research in herbal veterinary medicine and maintain avenues for exploration of traditional care in veterinary botanical medicine.
- Explore cultural traditions such as TCM, Greek/western herbalism and Ayurveda for their proper translation to and application in modern day animal conditions and communicate these.
- Compile databases of existing science, ethnoveterinary medicine advances, and eventually a library online.
- Liaise with manufacturers so that they have an expert body to advise them on the needs of veterinary herbalists and quality control concerns.
- Support sustainable environmental, agricultural and husbandry practices.

## VBMA Certification of Competency

The VBMA seeks to provide animal owners, farmers, and veterinarians with some standard of competency by which to choose a veterinary herbalist. Veterinarians certified by VBMA will earn the title "Certified Veterinary Herbalist". Non-veterinary herbalists "Certified Veterinary Herbalism Educator." Certification by the VBMA will require passing the exam with a grade of at least 70%, submission of 3 publication-quality case reports for peer review within 1 year of taking the test and donation of at least 10 test questions for future exams. Guides available online [HERE](#). Examination is administered yearly by VBMA. The 2019 exam will be held in October in Eugene, OR.

## BOARD OF DIRECTORS

**President:** Rona Sherebrin  
**Past-President:** Ihor Basko  
**VBMA Liaison:** Jamie Moran  
**International Advisor:** Barbara Fougere  
**Recording Secretary:** Beth Lambert  
**Director/Treasurer:** Jasmine Lyon  
**Communications Coordinator:** Amy Keane

## SUBMITTING CONTENT

### The VBMA invites contributions to the Journal of Veterinary Botanical Medicine.

The JVBM publishes material on all aspects of veterinary medical herbalism with emphasis on the clinical application of medicinal plants in veterinary medicine, the philosophy of veterinary herbal medicine, and the phytochemistry, pharmacology, herb drug interactions and research that applies to veterinary botanical medicine.

### Editorial Policy

Subject material must relate to veterinary botanical medicine. Accepted articles become the property of the Journal of Veterinary Botanical Medicine. Contributions are subject to peer review and editing. Contributions to the Journal of Veterinary Botanical Medicine must not be submitted elsewhere.

### Contribution Requirements

Contributions should be word processed and forwarded by email to the editor, with the file(s) saved in plain text or Microsoft Word formats. All statements must be referenced and a full reference list must be included. If the statement is the author's observation or opinion, this should be made clear. All statements should be of a professional nature and exclude any inappropriate style of writing. An abstract of the article should be included. A brief profile of the author should be included.

### Peer Review

All feature articles will be reviewed by two independent peer reviewers. Reviewed articles will be returned to the author for modification if required.

### Referencing

Textual citation methods should be employed. Requires the name of author and year of publication in brackets at the end of statements or paragraphs. The reference list should be arranged in alphabetical order. **JOURNALS:** Author's surname Author's initials. Year. Title of article. Journal name volume; issue: page numbers. **BOOKS:** Author's surname Author's initials. Year. Book title. Edition. City of publication: Publisher.

**Send all submissions via email to:**  
VBMA Communications Coordinator  
[communicationscoordinator@vbma.org](mailto:communicationscoordinator@vbma.org)

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# A LETTER FROM PRESIDENT RONA SHEREBRIN



Greetings from your newly-minted VBMA President, 2019-2021. Although I have served on the board for 2 years already in the position of president-elect, I feel that I have some pretty big shoes to fill following in Ihor's path, and I hope that I can continue taking our group in the direction that members want to go.

I am deeply indebted to all the other board members: to Cynthia Lankenau, who is a tireless powerhouse of all things herbal, to Rob Silver, whose connections in industry are invaluable and who has passed the baton of past-president to Ihor Basko, to Elizabeth (Beth) Lambert, our recording secretary, whose cool head and years of experience on the board helps us reign in flights of fancy and keeps us grounded, to Barbara Fougere, who has been our international advisor as well as mentor and teacher, to Jamie Moran, our newest board member who cheerfully does whatever needs to be done to help run this organization. And for the "nuts-and-bolts" of administration and faithfully carrying out the board's plans and directions, our Executive Director Jasmine Lyon and Webmistress/Communications Coordinator and journal editor Amy Keane.

I can't help but think about our upcoming 2020 joint conference with ACVBM, and Eco-tour in Oregon focusing on medicinal mushrooms. We see and delight in the fruiting bodies, the beautiful, healing (and often delicious) yet short-lived parts of the mushroom's life cycle. Under the forest floor, inside the decaying logs, all the work is done by the mycelium; interconnection and communication, nourishment and growth. We would never see a mushroom without the extensive network of mycelium that supports it. The programs and materials you have available, from webinars to conferences to Eco-tours, the daily conversations on the email list, the white papers and herbal wiki on our website, the vet track lectures at the International herbal Symposium, they are all like the visible mushrooms, the fruiting bodies that are produced after their mycelium has worked hidden "underground" for a long period.

And so, I ask you to consider the mycelium, and whether you could see yourself as a part of the network that makes all the wonderful things happen for the VBMA. There are many ways to contribute, from volunteering on a committee such as the membership, student outreach or research committees, being a mentor for other members who are starting on their herbal journey, or joining the VBMA board.

If you have any ideas, comments, concerns or questions please reach out by email any time, [Dr.sherebrin@myTCMvet.com](mailto:Dr.sherebrin@myTCMvet.com)

Healthy regards,

Rona

## VBMA EDUCATIONAL SCHOLARSHIP

The Veterinary Botanical Medicine Association awarded \$6000 in scholarship funds to four winners, as follows:

### First Prize, \$3000.00:

Cheyenne Bone - Oklahoma State University.  
Her essay can be found on [page 40](#) of the Journal.

### Runners-Up, \$1000.00 each:

Lillian McKinley – Washington State University.  
Alisha Mason – Washington State University.  
Jannatul Nyema Nikita - 4th year Veterinary Student at Sylhet Agricultural University, in Bangladesh, South Asia.

Links to Lillian, Alisha and Nyema's essays can be found on our website's [Educational Scholarship](#) page. Details regarding the essay topic for 2020 will be posted there as well just as soon as they're available.

## VBMA MERCHANDISE

Show your support for the VBMA wherever you go with our VBMA themed item collection! Travel and ceramic mugs, T-shirts, tank tops, and even a pet sweater are available for you to purchase.



All orders are processed and fulfilled by Zazzle with the VBMA receiving a portion of the sale proceeds.

## VBMA 2020 ANNUAL CONFERENCE & ECOTOUR

The 2020 VBMA Annual Conference will be held in Eugene, Oregon at the Hotel Eugene on October 27th 2020, in conjunction with the ACVBM Annual Meeting and the Mount Pisagah Arboretum Mushroom Festival, then followed by the VBMA EcoTour.

### TENTATIVE SCHEDULE IS AS FOLLOWS:

- **Sunday, October 25th:** Mount Pisagah Arboretum Mushroom Festival
- **Monday, October 26th:** ACVBM Conference Day, featuring Medical Herbalist Chanchal Cabrera as our speaker.
- **Tuesday, October 27th:** VBMA Conference Day, featuring an additional lecture by Chanchal as well as other speakers TBA.
- **Thursday, October 28th - Friday October 30th:** VBMA Ecotour at Belknap Hot Springs in McKenzie Bridge, Oregon, located approximately an hour away from Eugene. You can bring a dog, camp in a tent or RV, rent a lodge room, a cabin or a house!

More details forthcoming and registration will be open soon!

# NYCAVMA 2020 ANNUAL CONFERENCE

## Advanced Acupuncture With Linda Boggie

March 26th - 29th 2020, Menla Mountain in Phoenicia NY - the Tibet of the Catskills

The Channel of Acupuncture – exploring the road maps of development and sustenance for the individual. When learning TCM we are overwhelmed with the language and concepts of Chinese medical theory and philosophy. It is enough to try and grasp one system of channels – the Primary channels – and understand the effects that acupuncture can have throughout the body through these 12 channels. We may also learn about the Du Mai and the Ren Mai, but the rest...not so much. However, there are five other “channel” systems that were discussed in classical acupuncture texts. We will explore these channels through lectures given by Linda Boggie, DVM, a student of Jeffrey Yuen. Through intellectual discussion and practical applications, we will explore the channel systems which provide the road maps for the development and sustenance of an individual; physical and mental, human and animal. They provide understanding of how an individual may respond to challenges in life, be they internal or external; in other words, the progression of disease and possible pathways to resolve pathology. Understanding the different channel systems is an invitation to explore one’s self, and as we gain a greater understanding of self we develop a greater awareness in using acupuncture as a therapeutic healing modality.

### PRICING:

Advance Early Bird through 12/31/19: Members \$560, Non-members \$600

Early Bird 1/1/20 - 2/15/20: Members \$590, Non-members \$640

Regular After 2/15/20: Members \$625, Non-members \$690

### CANCELLATION POLICY:

100% refund prior to 12/31/19, 75% refund between 1/1/20 and 2/29/20, 50% refund between 3/1/20 and 3/31/20, NO REFUNDS effective 4/1/20.

### LODGING:

All housing and food will be registered through Menla Mountain. Once your seminar registration is received, you will be sent the housing and food link. Note that even if you’re staying off site a computer fee will apply.

**REGISTRATION NOW OPEN AT [WWW.NYCAVMA.ORG](http://WWW.NYCAVMA.ORG)**



# ACVBM 2020 ANNUAL CONFERENCE



The American College of Veterinary Botanical Medicine invites you spend the day October 26th, 2020 with



*Chanchal Cabrera*  
MSc, FNIMH, (RH)AHG  
Medical Herbalist

Chanchal lives with her husband Thierry Vrain in Courtenay on Vancouver Island in BC where they cultivate vegetables and herbs on 7 acres and are building a healing garden retreat center. Visit [Innisfreefarm.ca](http://Innisfreefarm.ca) to read more about this.

Chanchal has been a member of the National Institute of Medical Herbalists since 1987 and obtained her MSc in herbal medicine at the University of Wales in 2003. She has an extensive background in orthomolecular nutrition and allergy therapy as well as clinical aromatherapy.

Chanchal has held the faculty chair in Botanical Medicine at the Boucher Institute of Naturopathic Medicine in New Westminster since 2004 and she serves on the board of advisors of Dominion Herbal College in Burnaby. She publishes widely in professional journals and lectures internationally on medical herbalism, nutrition and health. Conveniently scheduled as a joint conference with the VBMA's Annual Conference and EcoTour in Eugene, Oregon...see you there!

**Registration will be open soon at [www.acvbm.org](http://www.acvbm.org).**

# VETERINARY HERBAL COURSE

## Veterinary Herbal Apprenticeship and Retreat

### A 5-part course in Western Veterinary Herbal Medicine

Presented by Drs. Laurie Dohmen and Kris August, Purple Moon Herbs & Studies

This Veterinary Herbal Apprenticeship and Retreat is intended to train veterinarians in the use of Western Herbal Medicine. This is a comprehensive course including organ system-based Materia Medica, medicine-making, herb walks, self-care and more. This course is intended to help prepare the veterinarian to become a board-certified Veterinary Herbalist. Each 3-day weekend will include multiple Materia Medica lectures with organoleptic components, an extensive medicine-making lab, and an herb walk to a different part of the Island, plus additional lectures and activities. There will be homework consisting of writing Materia Medica and formulating herbal products between every session, as well as a presentation of an herb walk in the student's native area. Self-care is also a large focus of this training. We believe that healthier veterinarians make better practitioners. We will have lectures and extra evening activities focus on self-care, as we believe good health starts with ourselves. Bonus offerings will include Qi Gong in the breaks, picnics, shared meals, and a movie night! Breakfast will be included every morning in the classroom. All in all, we plan to present an overall holistic experience to our fellow veterinarians. While teaching Western Veterinary Herbal Medicine, we want to provide not only alternative ways to care for patients, but also additional ways to care for ourselves.

**CE credits approved for VHAR: 81.5 CE credits, 56 IVAS**

September 12-14, 2020

October 17-19, 2020

November 14-16, 2020

March 20-22, 2021

April 17-19, 2021

**Location:** Lowood Educational Center, Duck, North Carolina

**Pricing:** \$2,975.00 for all 5 Modules

**Deposit Due:** \$1000.00

Remainder due by August 1, 2020

Payment accepted by check, money order or through PayPal.

[\*\*Click Here to Learn More & Register!\*\*](#)

## Adding Therapeutic/Medicinal Mushrooms To A Pet's Diet

by Dr Ihor Basko, DVM, CVA

Mushrooms can be given to both dogs and cats as an extract, soup, or made into a porridge as a functional food or in pills and powders. I prefer dried mushrooms because they have a longer shelf-life, are convenient, and have better flavor and potency. Buy dried mushrooms whenever you can. The best time to purchase dried mushrooms is during harvest in the Fall. I buy a diverse variety of mushrooms (shitake, crimini, porcini, maitake, and chanterelles) and use them with fresh mushrooms when available.

### It's easy to administer Medicinal Mushrooms to ill pets using extracts or soups.

To make an extract, simply soak dried mushrooms (1/3 cup) in fresh cool water (1 cup), for 24 hours. Save the liquid "extract." This is the "medicine." The other way (if in a hurry) is to heat the water to almost boiling and soak the dry mushrooms in that for 2 to 4 hours.

The flesh of the mushroom can be sliced up and fried with meat and vegetables, or made into a stew or soup.

When making stews, simply add the soaking mushrooms to the pot after slicing them up. When cooking is done, add the mushroom juice at the end, and remove from heat.

### Mushroom Veggie Scramble

#### Ingredients

- 1/2 cup thinly sliced white button mushrooms or fresh porcini
- 1/4 cup of finely chopped kale
- 1/4 cup of finely chopped celery
- 1/2 tsp sea salt
- 1/2 tablespoons of organic butter or ghee
- 1/2 cup of chicken broth
- 4 eggs (scrambled raw)

#### Directions

1. Pour the chicken broth into a deep frying pan or wok and heat to medium high.
2. Add celery, salt, and mushrooms.
3. Cook until the liquid is reduced to half.
4. Add the eggs to the pan and stir until the eggs are done.
5. Serve at room temperature, over an equal amount of cooked brown rice, quinoa, or buckwheat.

### Mushrooms and Peas

#### Ingredients

- 1/2 cup thinly sliced white button mushrooms or fresh porcini
- 1/2 cup of chopped snow peas (fiber, carbs, antioxidants Vit K, C and amino acids)
- 1/4 cup of beef or chicken broth
- 3 tablespoons of salted Organic Butter (CLA) or ghee
- 1 raw egg

#### Directions

1. Sauté mushrooms in butter on medium heat for about 10 minutes.
2. Add broth and increase heat to medium high.
3. Add snow peas and stir in well.
4. Cook for another 5 minutes stirring well.
5. Remove from heat.
6. Crack open the raw egg over the food and mix well.
7. Cover pan.
8. Serve at room temperature, over equal amount cooked brown rice, quinoa, or buckwheat.

# 2019 INTERNATIONAL HERB SYMPOSIUM

## VBMA Speaker Track and ACVBM Herbwalk Review

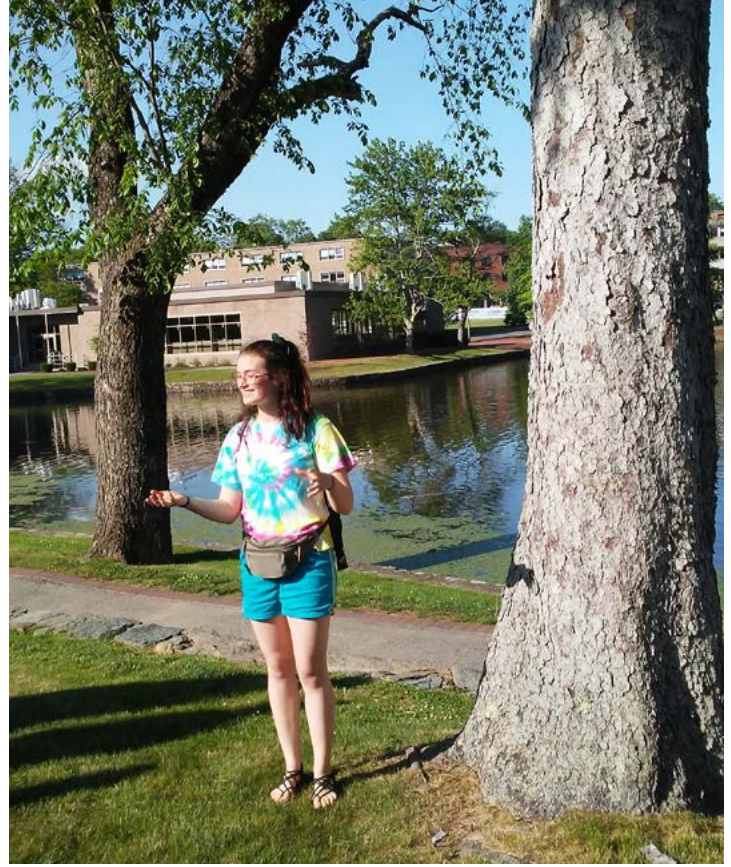


The 14th Annual International Herb Symposium was held from June 7th - June 9th at Wheaton College in Norton, MA. This incredible bi-annual herbal event was founded by Rosemary Gladstar more than twenty-five years ago to help benefit the United Plant Savers organization. Herbalists from around the globe attended this year and it was truly an experience to be remembered. Seven years ago, Rosemary agreed to allow the VBMA to start a veterinary speaker track which has enabled us to greatly expand our herbal knowledge. This year's Vet Track was awarded 11.5 hours of CE credit by IVAS, and featured our own Cheryl Schwartz, Cynthia Lankenau, Rona Sherebrin and Joyce Harman lecturing on topics ranging from Climate Change to Stress & Our Animal Family to Cannabinoids and Their Use in Horses.

This year's keynote speaker was Leah Penniman, an educator, farmer/peyizan, author, and food justice activist from Soul Fire Farm in Grafton, NY. She co-founded Soul Fire Farm in 2011 with the mission to end racism in the food system and reclaim our ancestral connection to land. Leah is part of a team that facilitates powerful food sovereignty programs - including farmer trainings for Black & Brown people, a subsidized farm food distribution program for people living under food apartheid, and domestic and international organizing toward equity in the food system. Leah holds an MA in Science Education and BA in Environmental Science and International Development from Clark University. She has been farming since 1996 and teaching since 2002. The work of Leah and Soul Fire Farm has been recognized by the Soros Racial Justice Fellowship, Fulbright Program, Omega Sustainability Leadership Award, Presidential Award for Science Teaching, NYS Health Emerging Innovator Awards, and Andrew Goodman Foundation, among others. Her book, [Farming While Black: Soul Fire Farm's Practical Guide to Liberation on the Land](#), was published in 2018.



Also at IHS was the ACVBM 2019 herbwalk, presented by Julia Popko, Environmental Science Major and Dendrology Teaching Assistant at the University of Vermont. Julia took us a lovely tree walk on the grounds of Wheaton College in MA. Pictured below are an American Elm, Tulip Tree and a Yew tree, as well as Julia and the walk participants.



# DISCUSSION: CANINE MOUTH CANCER

## Client's Second Opinion Request - Response and Treatment Recommendations

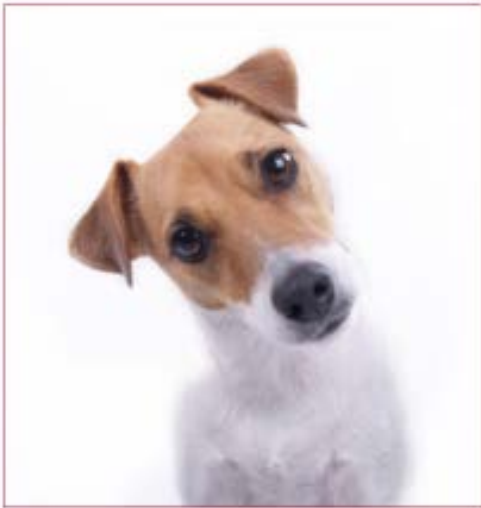
by Dr. Ihor Basko

On October 13<sup>th</sup>, 2019, a client came to me seeking a second opinion. They have a 2-year-old Golden Retriever named Lila with a cancerous tumor in the mouth. The specialists gave the dog 6 months or less to live with Chemo, Radiation and possible removal of a large part of the jaw.

Is so rare to see a young dog with cancer, but specifically one in the mouth.

Cancers in the mouth are common in people who chew tobacco, have severe gum infections, or smoke cigars. So what started the degenerative inflammatory process the created a malignant tumor in the lower canine tooth?

## What Is Cancer?



A long-term process  
of **degenerative**  
**changes**  
in the body...

... that continues without resolution.

[www.wvc.org](http://www.wvc.org)



#WVC2016

With cancer, I always wonder what the causative factors were that caused the cancer so we can eliminate them and prevent the creation of more cancers in the body.

What was the toxic or traumatic event that activated a cancer process in the mouth?

## Causes

- Poor immune system function**
  - Susceptible to attack by pathogenic bacteria, **viruses**, molds and parasites
  - Unable to control and eliminate mutant cells from the body
- Environmental Toxins** to:
  - Pesticides, heavy metals, chemicals, microwave and solar radiation
  - Hormones in food (BPA)
  - DNA damage, mutations, abnormal replication
  - Veterinary antibiotics, steroids, vaccinations (rabies, Felv) and immuno-suppressant therapies
- Organ Deficiencies: Liver / Spleen-Blood/ Qi / Yin**
- Emotional Stress**
  - Adrenal gland stimulation ; increase in stress hormones
  - Immune system function declines
- Genetic Predisposition (oncogenes )**
- Chronic Inflammation**
  - Trauma/healing unresolved
  - Allergies and skin problems
  - Obesity
  - Foods that promote

With mouth cancers, chronic inflammation from some irritant plus a carcinogenic substance that a dog chews on...?

Eating processed meat or meat-fat cooked at high temperatures creates carcinogens which cause DNA damage to tissues resulting in mutations thus increasing the threat of cancer within the GI tract including rectal cancers.

Something like dog treat or chewable, he was chewing on for months could have had something toxic to cause inflammation then DNA mutations and the cancers.

Besides the above factors, commercial foods and pet treats contain heavy metals such as arsenic (increases cancer), pesticides, herbicides and chemical preservatives.

The Kirkland Dental chews contain:

- Dried Chicken (high arsenic)
- Soy (GMO and glyphosate (Round Up))
- Potato Starch (GMO and glyphosate)
- Gelatin (made from cow and pig recycled skin, hooves and cartilage)

**I don't see how this could help the teeth and gums except irritate.** Some chlorophyll for breath, the hardness of the chew could scrap some tartar, but the most beneficial effects are from the increased dog saliva (which is alkaline) and suppresses some of the infection in the mouth.

## Recalls of Pet Food are Voluntary (Not Mandatory)



“Analysis of Toxic Trace Metals in Pet Food Using Cryogenic grinding and Quantitation by ICP-MS, Part II,” *Spectroscopy* 26(2) (2011)

Most Cat and Dog Foods contain toxic levels of  
**Mercury, Lead, Arsenic, Cadmium**



**Dry food the worst  
Premium brands affected**



## Pet Food Gets A Double Whammy of Arsenic



Factory Farmed  
Chickens



Rice

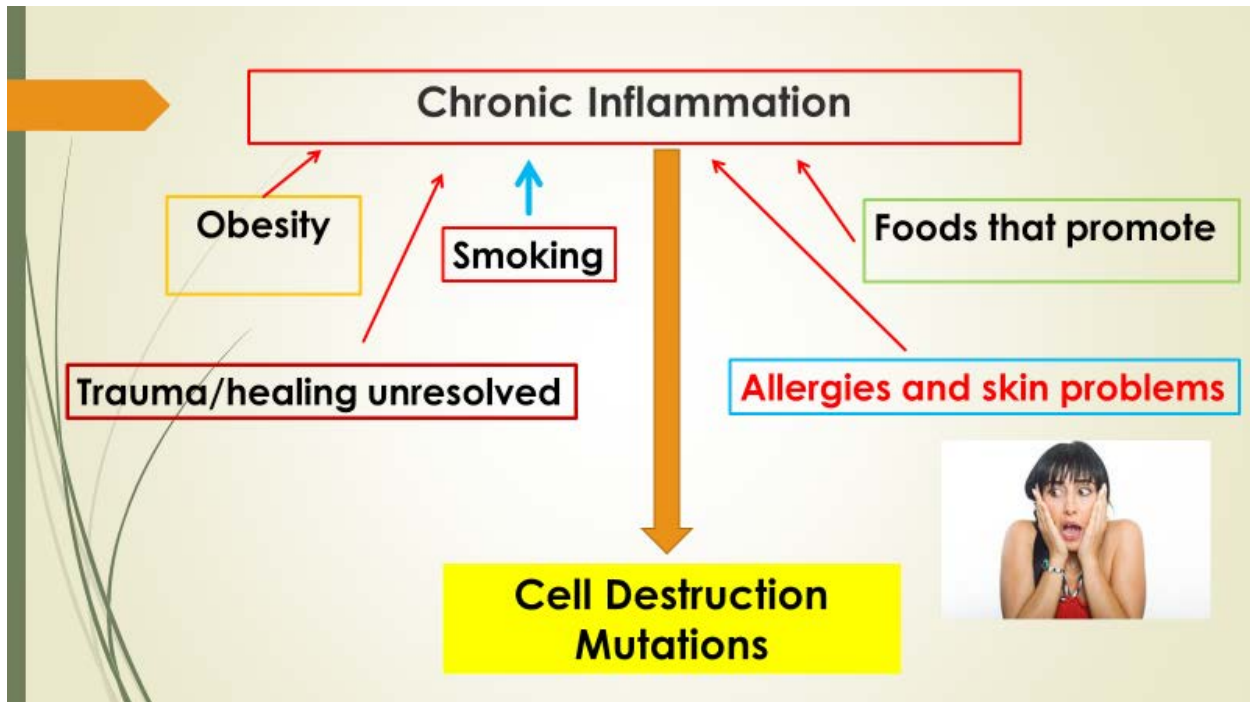


Water Contamination

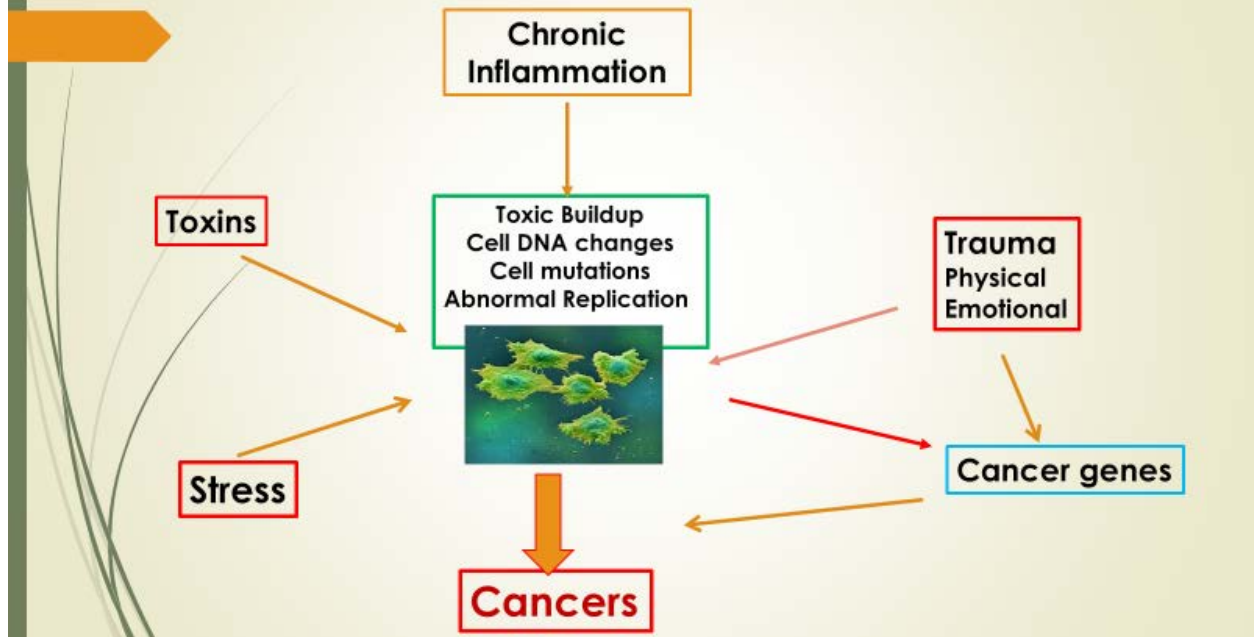
**Chronic inflammation** from the ingredients in the food or treat can result in a chronic inflammatory process that leads to more toxins (from bacteria in the mouth *Streptococcus*) and mutations in the mouth.

**Avoid any commercial product with chicken.**

There is a test for inflammation in human medicine called the CRP.....**C-reactive protein**.....which is high in the blood with heart disease, cancer, and autoimmune disease. This might be a predictor of early cancers or the potential for them.



## Anatomy of Cancer Process



## How Can We Prevent the Cancer Process From Continuing?



Antioxidants  
Medicinal Mushrooms  
Chinese Herbal Formulas

## Antioxidants

- Protect and reverse tissue DNA damage
- Decrease side effects of chemicals and drugs
- Improve rehabilitation through regeneration

## Feed Fresh Foods High in **Antioxidants**



Much of the anti-cancer Antioxidants can be gotten by adding dark green vegetables like kale, broccoli, spinach, celery, and colored vegetables such as pumpkin, squash, cooked tomatoes (lycopene) and purple sweet potato.

## Prevention



**Making Live Food with Love and Color**



Ground beef, kale, yellow squash, tomatoes broccoli and raw egg.

# Food Sources of Vitamin A

- **Cod liver oil**
- **Liver (beef, lamb, calves, chicken)**
- **Wakame sea weed**
- **Beta, alpha, zeaxanthin, lutein cryptoxanthin**
  - Dandelion leaves, beet greens, carrots, collard greens, kale, broccoli, tomatoes, blue-green algae, spirulina
  - **Squash, pumpkin**
- **Astaxanthin**
  - algae, seaweed, shrimp, salmon

Dr. Basko • All Creatures Great & Small

## Botanical Food Antioxidants

- **Cruciferous vegetables:**
  - broccoli, cauliflower, turnips, cabbage, Brussels sprouts
- **Fruits:** strawberries, blueberries, cranberries, cherries, papaya, kiwi, black berries, raspberries
- **Veggies:** Sweet red & yellow bell peppers, tomatoes, carrots, squash, pumpkin, beets, spinach
- **Rosemary, Basil, Garlic, Turmeric,**



Dr. Basko • All Creatures Great & Small

All of these ingredients are antioxidants (decrease DNA damage and more mutations) activate the immune system against the cancer cells, improve organ functions and repair damaged DNA, prevent metastasis, activate regeneration of normal cells in the mouth.

## Anti-Cancer Antioxidants

- ❖ **Vitamin E**  
(d-alpha-tocopherol)  
(tocotrienols)
- ❖ **Vitamin A**
- ❖ **Vitamin C**
- ❖ **Selenium**
- ❖ **Zinc**



## Mucous Membranes and Skin Antioxidants

Turmeric (curcumin)



Coenzyme Q10

Glutathione

Alpha Lipoic Acid

Green Tea

Vit E & C

Zinc

Vitamin A

Resveratrol

Grape Seed Extract

Chlorophyll (green vegetables, alfalfa, chlorella, wheat grass, spirulina)

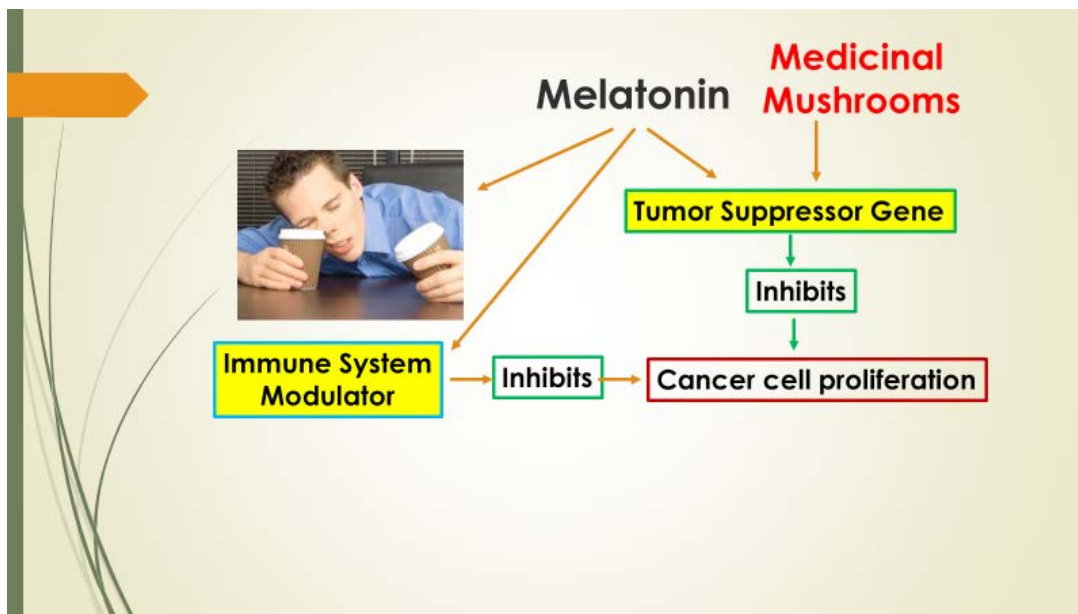
Lycopene

Melatonin

Milk Thistle (silymarin)



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**Melatonin** is known to help with sleeping and relaxation, but it also activates the immune system (**Tumor Suppressor Genes**) and genes to counteract cancers in the body. If there is a genetic component to the cancer, these genes turn off the cancer genes from producing more cancers.

One of the potential causes of a cancer in a young dog could be Hereditary cancer gene or cancer virus transfer from the mother dog. It would be good to find out .....if possible.....Lila's mother and father current health, and if any of her siblings developed cancers.

## Precursors To Cancer

### Genetic Predisposition

Oncogenes ← Viral Oncogenes

Mutated Tumor-Suppressor Gene

↑ Cancer Risk

www.wvc.org



#WVC2016

**Astragalus herb root** extract besides being an antioxidant..... has many beneficial medicinal and nutritional compounds much like the medicinal mushrooms, but through different pathways.

## Immune Support and More.....

### **Astragalus membranaceus**

Huang Qi / Radix



#### **TCM**

- Tonifies Spleen Qi & Lung
- Stabilizes Protective Qi
- Tonifies Qi and Blood

**Anti-Viral**

**Anti-Cancer**

**Immuno-Modulation**

The appropriate blend of medicinal mushrooms added to the treatment plan will help improve longevity, quality of life, decrease cancer metastasis, activate the immune system, and improve the health of the Liver, Kidneys, Heart and Digestive systems.

There is much research on medicinal mushroom use to prevent and to treat many different diseases, especially cancer.

Traditionally, the whole mushroom is used fruiting body and mycelia. That's what I recommend. The mushroom product the client is using currently is mostly mycelia I believe. My experience with mycelia extracted mushrooms is that they require a higher dose, perhaps 2 -3 X the recommended dose. The client was advised to continue using the mushrooms since they had them, but I recommend that they double the dose of what they were giving previously.

My suggestion was that the client try CAS OPTIONS by Vet Classics a formula that contains 4 different Medicinal Mushrooms and anti-cancer Antioxidants. It's an easier product to administer than perhaps 6 bottles of different pills all in one tablet.



## Improve Immune System Function



The Power Mushrooms: Reishi, Maitake, Shiitake, Turkey Tail

### Medicinal mushrooms as a source of **anti-tumor** and **immuno-modulating** polysaccharides

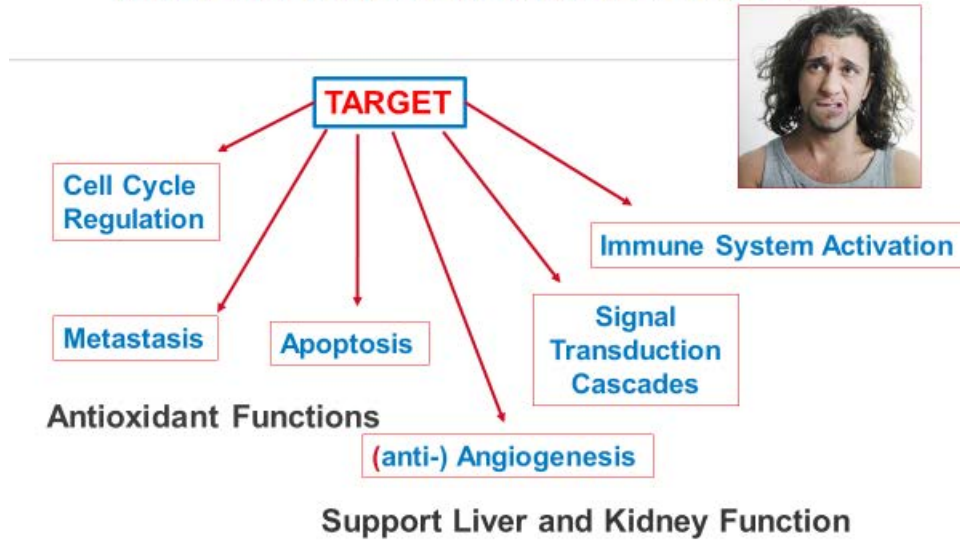
Mushroom polysaccharides prevent oncogenesis, show direct anti-tumor activity against various allogeneic and syngeneic tumors, and prevent tumor metastasis.

Polysaccharides from mushrooms do not attack cancer cells directly, but produce their anti-tumor effects by activating different immune responses in the host.



Wasser SP. Institute of Evolution, University of Haifa, Mt. Carmel, Haifa 31905, Israel.  
Appl Microbiol Biotechnol 2002 Nov;60(3): 258-74 spwasser@research.haifa.ac.il

## What Do Medicinal Mushrooms Do?



www.wvc.org



#WVC2016

Medicinal Mushrooms will improve healthy in many different areas of the body.

### Traditional Uses in Asia

- ◆ Increase **S** and **S**
  - ◆ **Stamina, and Strength**
- ◆ Improve **Digestive** functions
  - ◆ **Earth Element**
- ◆ Improve **Adaptation** to physical stress
  - ◆ **Fire Element** / Heart / Adrenals
- ◆ Improve Kidney and Bladder function
  - ◆ **Water Element**

## Recent Interest:

Japan, Russia, USA, India, and China

### ◆ Treatment:

- ◆ Cancer
- ◆ HIV/ AIDS
- ◆ Hyperlipidemia



### ◆ Research:

- Humoral and Cellular Immunity
- Hepatitis
- Adaptogens

**While CAS Options by Vet Classics** has most of these antioxidants and medicinal mushrooms, I also recommended that the client buy some mushroom powders of one other mushroom; Melatonin to activate Tumor Suppressing Genes to block the genetic oncogenes if present, Coenzyme Q10, and Dandelion.

Maintaining a healthy mouth ecology: (pH, beneficial bacteria, keeping the mouth alkaline) will decrease the presence of pathogenic bacteria such as Strep and others that secrete acids into the mouth.....distorting the ecology, causing the beneficial protective bacteria to die or reduce in number, while the acid medium improves replication of the bacteria that produce the tartar that later causes trauma to the gums, which then get infected creating a chronic inflammatory disease of the mouth. Chronic inflammation can cause DNA damage and mutations where present. Chemicals in the food and chew toys (many made in the Toxic country China, as well as dental chews).

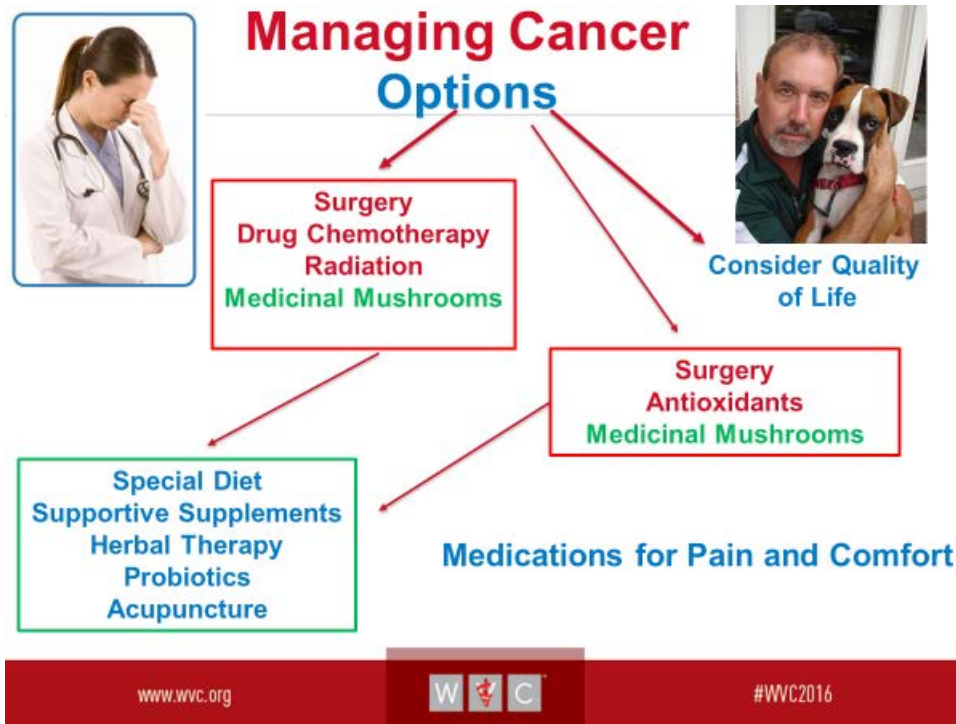
I investigated the ingredients and because of the presence of GMO soy and potato there will be an accompanying presence of glyphosate (Round up). Also suspect is the "dried chicken". As I mentioned in one of the previous slides.....unless organic, chicken contains amounts of arsenic. Some brands more and other less. The chicken used to make pet treats is not the healthiest or good quality and is often used because it was condemned for human use. Arsenic causes DNA damage increases risk of cancers, heart and kidney damage, and weakens the immune system.

A better alternative for a "chew toy" that improves the environment in the mouth would be something alkalinizing (carrot, broccoli, celery ....all raw), a large bone first boiled to soften might help remove some of the tartar normally, and activate more saliva (which is alkaline) and improve the microbiome of the mouth.

I recommended that the client proceed with the mouth wash/flush containing live probiotics that have been shown to decrease pathogenic bacteria in the mouth, most of which are the Lactobacilli and Bifidobacter. Theralac is what I prescribe initially, and if the gum disease does not improve well enough, I add a Bacillus tested to attack the pathogens, while improving the beneficial bacteria regeneration. Because the mouth in a healthy state and ecology should protect against cancer, we must work on restoring so we can regenerate new cells and protect against more mutations. Perhaps the client should keep looking at what else Lila could have been chewing upon.

## TREATMENT PLAN?

So many choices, opinions and directions:



We have to modify the possible treatments to meet Lila's needs for her condition, and into a treatment plan that is wholistic in nature working on her immune system and young vital Qi to over come the cancer process in the body with some help.

## Managing the "Cancer"

### Support Immune System Function:

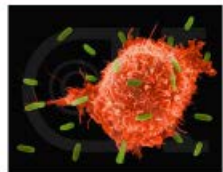
Medicinal mushrooms, Omega 3, vitamins: C, D, E and Zn



### Decrease Inflammation in the Body:

Antioxidants, Omega 3, Turmeric, Noni, TCM herbs, steroids, NSAIDS?

### Kill the Cancer



Debulking: Surgery, cryo-surgery, laser therapy

Chemotherapy and Radiation

Medicinal Mushrooms

Activate Tumor Suppressor Genes

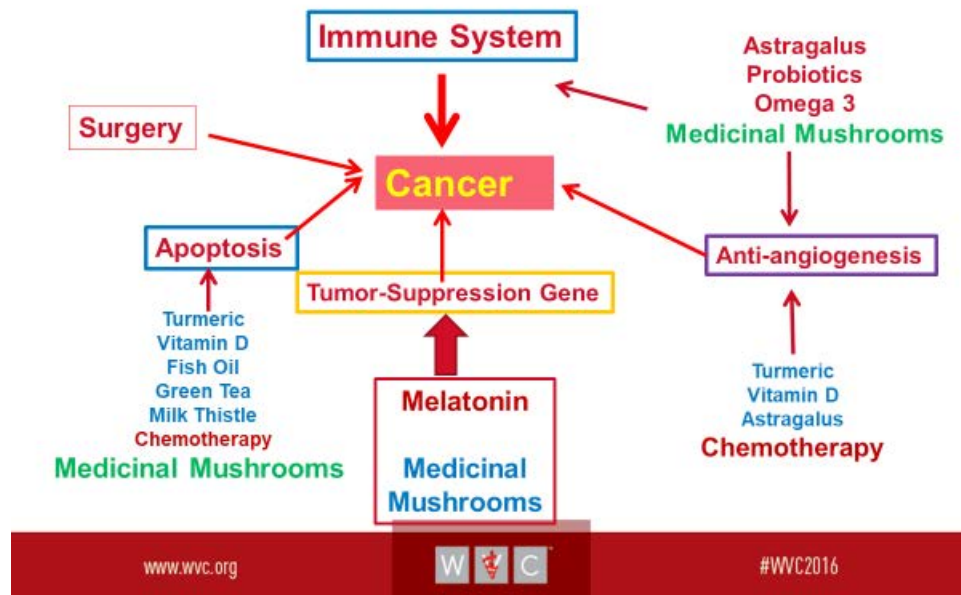
Topical Essential oil Frankincense

www.wvc.org



#WVC2016

# Cancer Management System



I am working on integrating all the necessary supplements into a practical organized method.

## TREATMENT PLAN FOR Lila (3 to 6 weeks)

### Oral Treatment

#### I. Activate the Immune System to Kill the Cancer cells and Stop growth and Metastasis

1. **CAS Options** by Vet Classics DOSE: 3 tablets twice daily

<https://www.OnlyNaturalPet.com/products/vetclassics-cas-options-dog-supplement>

2. **Melatonin** DOSE: 6 mg at bedtime

<https://us.supersmart.com/en--hormone-supplements--melatonin-3-mg-timed-release--H017> 2 capsules of the above product = 6mg

3. **Coenzyme Q 10** DOSE 200mg twice daily

Qunol brand available at Costco

4. **Astragalus DOSE:** 2 dropper full twice daily between meals

<https://www.hawaiiipharm.com/alcohol-free-liquid-herbal-extracts/astagalus-nonalc-extract>

5. **Protegrity GI** by Vet Classics DOSE: 1 chewable twice daily mixed with meals.

6. **Turmeric** (in recipes)

Also: **CuraPro** brand

<https://www.pureformulas.com/curapro-60-softgels-by-euromedica.html>

DOSE: 1 capsule twice daily

## 7. Dandelion root

<https://www.mountainroseherbs.com/products/dandelion-root/profile>

Add Dandelion Root (non-roasted) to stew (see recipes)

<https://www.mountainroseherbs.com/products/dandelion-root/profile>

OR

Buy the root powder and DOSE: 1 teaspoon twice daily mixed with meals


[https://www.amazon.com/Dandelion-Root-Powder-Extract-Stronger/dp/B07B8ZM6YQ/ref=asc\\_df\\_B07B8ZM6Y-Q/?tag=bingshoppinga-20&linkCode=df0&hvadid={creative}&hvpos={adposition}&hvnetw=o&hvrand={random}&hvpone=&hvptwo=&hvqmt=e&hvdev=c&hvdvcmid={devicemodel}&hvlocint=&hvlocphy=&hvtargid=pla-4584345017867582&psc=1](https://www.amazon.com/Dandelion-Root-Powder-Extract-Stronger/dp/B07B8ZM6YQ/ref=asc_df_B07B8ZM6Y-Q/?tag=bingshoppinga-20&linkCode=df0&hvadid={creative}&hvpos={adposition}&hvnetw=o&hvrand={random}&hvpone=&hvptwo=&hvqmt=e&hvdev=c&hvdvcmid={devicemodel}&hvlocint=&hvlocphy=&hvtargid=pla-4584345017867582&psc=1)



**VETCLASSICS<sup>®</sup>**

## Dandelion

*(Taraxacum officinale)*

- + Soluble Fibers / Inulin & FOS
- + Anti-cancer compounds:
  - + Activates Tumor Suppressor Genes to Kill Cancer
  - + Taraxacin, a bitter crystalline glycoside (diuretic)
  - + Taraxacerin, an acrid resin
  - + Levulin
- + Vitamins A, C, D, B-complex
- + Iron, magnesium, zinc, potassium manganese, calcium, and boron
- + Choline



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## Interesting Research on the Benefits of Dandelion

### Prevention and Treatment of Diseases



Research Support, Non-U.S. Gov't: The Journal of Alternative and Complementary Medicine. Volume 13, Issue 1. [NIH](#) 2007

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5341965/>

<https://www.hindawi.com/journals/ecam/2011/129045/>

The Physiological Effects of Dandelion (*Taraxacum officinale*) in Type 2 Diabetes

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5553762/>

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## **Dandelion root will lower blood sugar levels giving less to feed cancer cells.**

8. Avoid high levels of carbohydrate foods which feed the cancer cells

### **II. Decrease and Prevent DNA damage and Decrease Mutations**

- CAS Options (antioxidants) SAME AS ABOVE
- Astragalus SAME AS ABOVE
- Antioxidant vegetables (SEE RECIPES) especially with mixed carotenoids.

### **III. Decrease infection with plaque producing bacteria/Restore the protective microbiome and ecology of the mouth.**

- Theralac probiotic mouth wash (see other handout on making a mouth wash. If gum infection does not cease add Protegrity GI to mouth wash.

### **IV. Topical Treatment: oil Poultice**

- Decrease tumor growth
- Decrease inflammation
- Decrease infection

### **CBD: THC oil 2:1**

Apply a few drops around the tumor mass Twice daily (if Lila seems "high" or too sedated, decrease the number of drops to 1/2, continue at the lower dosage, and each week.....gradually increase the drops around the tumor site.)

**If it begins to bleed**, in between CBD oil application apply Yunnan Paiyao powder to the area and pat down into the area applying mild pressure.

<https://yunnanbaiyaousa.com/blog/yunnan-baiyao-miracle-herb-for-your-clinic/>

When the tumor starts to die, there may be more inflammation and bleeding. The Yunnan Paiyao powder will be very helpful in controlling pain and bleeding. I requested that the client send me weekly pictures of Lila's tongue (2 views) when panting, and the tumor area, and suggested that we connect again via phone or email to discuss.

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# REVIEW: INTL. CONFERENCE ON TCM

## 21st Annual International Conference on TCVM

by Richard E. Palmquist, DVM, GDVCHM, ACCHVM

Clinicians and researchers from — countries met from August 29-September 2 in ZheJing, China to collaborate and share findings at the 21st Annual International Conference on TCVM, which was held in tandem with the ICTCVM 1st China Clinician's Conference On TCVM, CCC-TCVM. The conference facilities were lovely and hotel staff did a terrific job. This freed attendees to concentrate on a meeting emphasizing immune mediated disorders in multiple species.

The meeting hall was enormous and sported very comfortable seating, and high tech display and multi language translation technology.

Lecturers presented in-depth material covering pruritic syndromes, erythema, mange, and Immune mediated diseases. Dr Xie, of the Chi Institute, and Dr Koh of LSU did incredibly thorough lectures on pattern differentiation and herbal, dietary and acupuncture approaches to these conditions. Research is now demonstrating excellent results in IMHA and ITP treated with an integrative approach utilizing TCVM Herbal formulas and conventional immunosuppressives. The key seems to be in properly selecting the herbs based upon TCVM pattern diagnosis. Lectures covered dogs, cats, horses, rabbits and even birds. It's so exciting to meet old friends, make new international connections and share the amazing, often bafflingly good results obtained by clinicians who are well-trained and experienced in these materials.

I had the honor of presenting a discussion on canine myelodysplastic syndrome treated successfully with the herbal formula Yi Guan Jian. Other topics included management of spondylitis via gold bead implants, neurological challenges such as tics and tremors and use of essential oils.

The mornings began with a huge Chinese breakfast buffet, and the days finished with a group feast. This gave plenty of opportunity for colleagues to meet, discuss and play together, an effort that builds palpable international harmony.

Getting to China takes some effort, but the quality of this conference left us all excited for next year's travels.



# VBMA INTERNATIONAL ECOTOUR

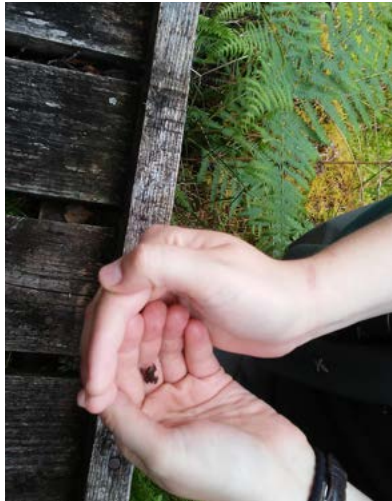
## Aigas Field Center, Scotland

June 29th - July 6th 2019

We had the most amazing time on our International Ecotour at the Aigas Field Center, Scotland's foremost center for nature study and wildlife holidays. A once in lifetime experience, without a doubt! Details of our trip appear below, along with some incredible photos provided courtesy of Cynthia Lanckenau, Liz Hassinger and Margie Garrett.

### Saturday 6/29/19 - Arrival

We arrived at the House of Aigas, home of Sir John and Lady Lister-Kaye and award-winning field center, in time for afternoon tea. The rest of the afternoon was spent familiarizing ourselves with the Aigas grounds, discovering local fauna (baby toads, middle) and settling into our accommodations before dinner in the Baronial hall of the house.



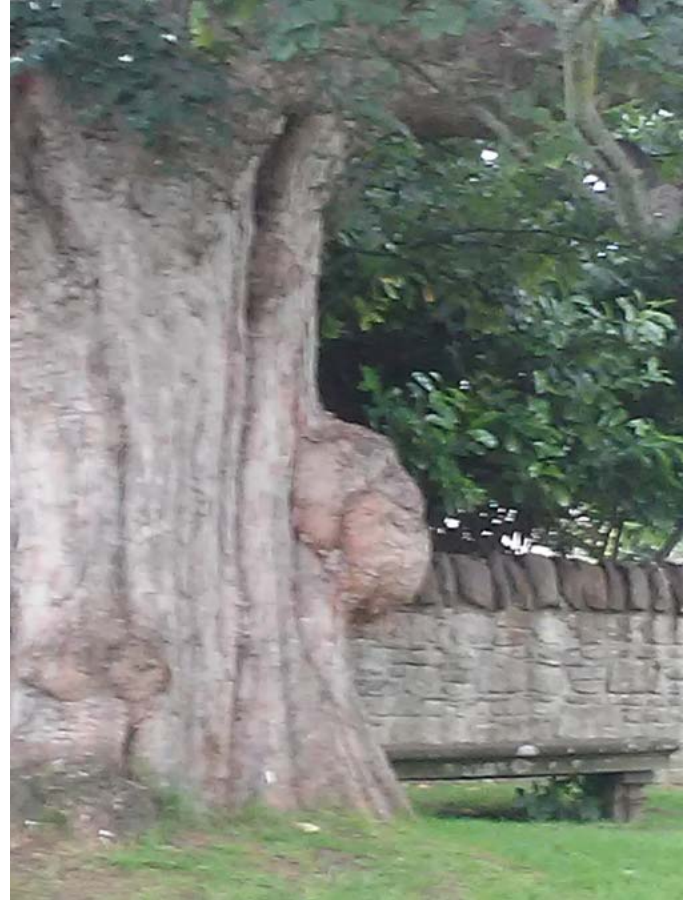
### Sunday 6/30/19 - Glen Strathfarrar & Aigas

In the morning we headed to Glen Strathfarrar, a remnant of Scotland's ancient Caledonian pine forest to look for golden eagles, dipper and migrants such as wheatear and cuckoos that have returned from the south. We saw a suite of wildflowers, including bog asphodel, northern marsh orchid, heath-spotted orchid, dwarf cornel and starry saxifrage. After a buffet lunch we spent the afternoon walking round the Aigas estate to learn about the European beaver, their Scottish wildcat breeding project and familiarized ourselves with the loch, grounds and nature trails.



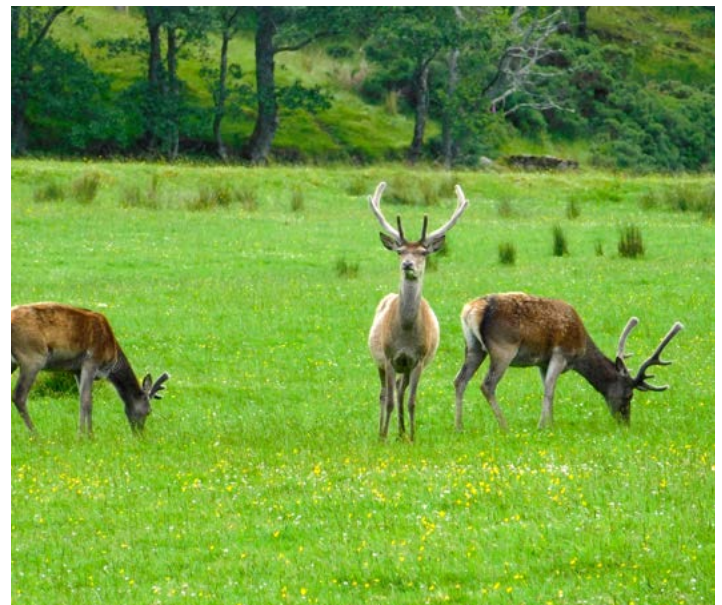
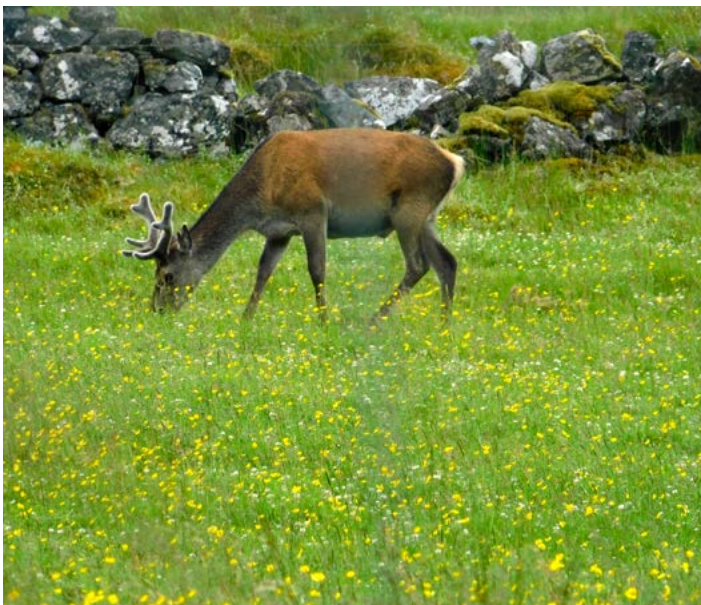
## Monday 7/1/19 - Black Isle

After breakfast our destination was the Black Isle, a diverse mix of pebble shores and cliffs, agricultural land inter-mixed with areas of native woodland, forestry and old hedgerows, where we looked for common and rare species of wildflowers; it was a nature lovers paradise. We visited coastal mud flats where we saw the many wading birds that make this habitat their home. We strolled through woodlands, listening for recently arrived warblers and explored the farmland which abounded with skylark, yellowhammer and the reintroduced red kite. We joined up with EcoVentures for an exhilarating two hour boat trip in search of the resident population of bottlenose dolphins. Below left are Eider ducks, nesting gullimonts, and below right is a 400 year old sycamore tree.



## Tuesday 7/2/19 - Strathconon

We headed for Strathconon, a vast strath with a high population of red deer and resident golden eagles.



### **Wednesday 7/3/19- Aigas and River Beaully**

We spent the morning at Aigas, further exploring the grounds on foot, walking around the Aigas Loch and native pine-woods, home to their twinflower translocation project, and participated in some workshops such as owl pellet dissection and foraging. After a buffet lunch we took a walk along the River Beaully.



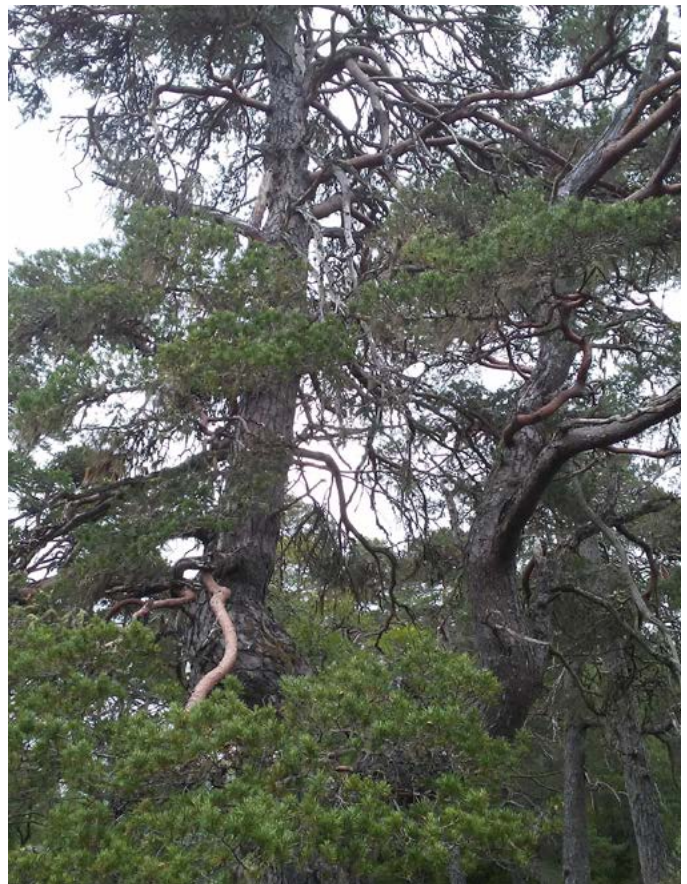
### **Thursday 7/4/19- The West Coast**

On our longest day of the week, we headed west to the mountainous and dramatic shores of the west coast of the Highlands. We explored the vast shoreline, and enjoyed spectacular scenery, beaches, sea lochs and mountains.



**Friday 7/5/19- Glen Affric and Glen Cannich**

Friday morning was spent wandering through the ancient Caledonian pine forest of Glen Affric where we enjoyed a packed lunch looking out over Loch Beinn a'Mheadhoin. Following Glen Affric, we headed to Glen Cannich, another nearby glen, before heading back to Aigas for afternoon tea. Top photo is our group photo with Sir John, Lady Lucy, Hermione, and Greg at Aigas. Below left is a waterfall at Glen Affric and below right is a Caledonian Scots Pine.



**Cynthia Lankenau's Memorable Moments:**

"Two big wow moments - one, when the Scottish Wild cat locked gazes with us and two, seeing a massive chaga mushroom!"



**Michelle Kinoshita's Memorable Moments:**

"Lady Lucy's soups! Everyday, a different soup and each one was excellent. A memorable moment on the actual tour side of things: seeing the golden eagles soaring through the sky and seeing one through the scope - such a majestic creature!"

**Jim MacIntyre's Memorable Moment:**

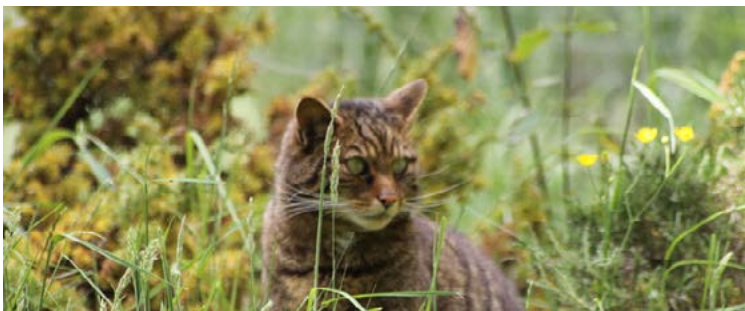
"Singing Monty Python songs on the bus with Richard (the ranger driving the bus). Richard is the expert on Monty Python at Aigas."

**Pam Scerba's Memorable Moments:**

"This was my first VBMA trip and it exceeded my expectations. It was a wonderful program with lots of wildlife, wildflowers and plants. I especially loved seeing the badgers and pine martins in the hides at night."

**Liz Hassinger's Memorable Moments:**

"I really could not pick just one...though my favorite moment was seeing the wildcat!" Also below are Liz's photos of a badger, Aigas House (the main building), as well as naturalist and author Sir John Lister-Kaye.



**A sampling of photos of the herbs we found in the wild on our Ecotour, taken by Cynthia Lankenau.**

To view more, [CLICK HERE](#) - you'll need your VBMA member login to access the page.



**Bell Flower, *Campanula***



**Spotted Orchid, *Dactylorhiza maculata***



**Creeping thistle, *Cirsium arvense***



**Stonecrop, *Sedum***



**Sundew, *Drosera***

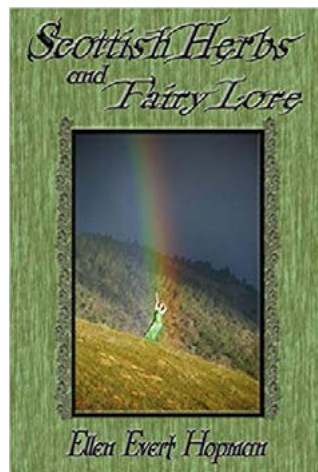


**Tufted Vetch, *Vicia cracca***

# BOOK REVIEW

## Scottish Herbs and Fairy Lore by Ellen Evert Hopman

by Margie Garrett, DVM, CVA, CVC, CVTP, COAM



A preparatory reading list for those who weren't able to participate in the recent VBMA Scotland EcoTour but are planning to make the extraordinary journey on their own might include this book by Ellen Hopman. Scotland is a land of the occupiers with many of the cultures, beliefs, and religions that center in nature and conservation. We were fortunate to visit a large estate with a lot of "space" for herbs, wild Scottish cat repopulation, and the ecosystem that surrounds the Aigas House Estate.

Ellen Hopman has composed a guide of Scotland in a concise reference. With many cultures spending time in Scotland, from the Ice Age to the present, a bit of story and magic is absorbed in the customs. Bard song and other poetry are included in each section beginning with the Druid's of the Picts, the first written history of Scotland or Caledonia.

Caledonia was settled by such cultures as the Picts, Britons, the Celts, Scandinavian's, and the Angles so that places and spirits have names reflecting the primary inhabitants at the time. Lowland, Highland, and Hebrides regions have similar lore, names, and deities; yet, differences can also identify dominant cultures to each area. As an example, the Hebrides are closest to the Irish Picts and Celts, so names reflect this fact. The Druid's, a religious sect of historians, who, to this day, protect the "Neiheadh" (pronounced ne-Vay) or sacred grove, epitomizes the preservation of wilderness throughout Scotland.

Pre-Christian gods and goddesses are introduced alphabetically and summarized in an easily referenced manner. The elements – sun, moon, fire, wind, and mineral – each have sections referencing the regional traditions for annual reverence. The author uses many poetic stanza, chants, and phrases to add an element of personality and sense of traditions to make the celebration easy to remember. While summarizing many tales that are associated with the cures and meanings of different types of stones, beads, threaded knots, and shapes, we learn about day to day use of even the standing stones. Bones are quickly summarized; as it may be that the author, and her referenced work, doesn't want the reader waiting by a hanging tree to gain dried bones for healing.

Holy Days and holidays for religions from all of the cultures from 10,000 years ago to the modern day Christians, and the author includes many food recipes, poetry, chants, and songs. The Divinations chapter refers back to the previous stone, elements and, but introduces new customs, some are very humorous.

Now, the author includes an herbal handbook. After a short methods overview, the plants are listed alphabetically. Cross-referencing is difficult, as only the common name is used. The part of the plant used, Gaelic and Latin name, and a summary follow for information. Lore, teas, precautions and other information is included in the summary that is specific to Scotland. Combining information from the book, Healing Threads by Mary Beith, a reference, I have finally pruned my Wormwood bush, made a cheesecloth soak, and added this to boiling water for a very relaxing bath superior to Epsom Salts!

After the herbal handbook, the reader delves into everyday life customs, followed by magic, magical practices, and magical folk. The tales are fun and informative and the alphabetization of the characters of lore is so useful for quick reference. The appendices include a pronunciation guide, an index, and a bibliography. This should be a great guide-book. The author's final wish is to preserve the earth, its herbs, its culture, and the seen and unseen creatures; and

# VBMA WEBINAR RECORDINGS

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## THE ENERGETICS OF WESTERN HERBS: THE IMPORTANCE FOR OPTIMAL TREATMENT, WITH SPECIFICS FOR GI CONDITIONS

Cynthia Lankenau, DVM, RH (AHG)  
9002 Sunset Drive, Colden, NY 14033  
cyndvm@gmail.com

Webinar by Cindy Lankenau  
Recorded September 9th, 2017



Webinar by Robert Silver  
Recorded December 6th, 2017.

## WINTER WOES

WIND, DAMP, COLD ARTHRITIS  
A JOINT DISCUSSION

Drs. Cindy Lankenau and Ihor Basko

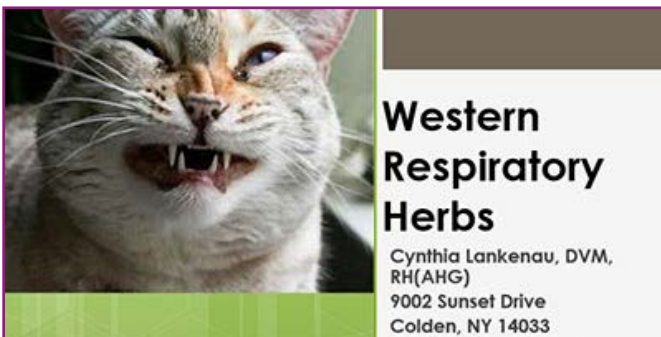
Webinar by Cindy Lankenau & Ihor Basko  
Recorded February 21st, 2018.

## FOOD THERAPY

For the Heart, Spirit & Gut

Drs. Middle & Schwartz

Webinar by Drs. Middle and Schwartz  
Recorded June 11th, 2018.



Webinar by Cynthia Lankenau  
Recorded February 28th, 2019



Webinar by Dr. Janice Huntingford  
Recorded May 16th, 2019

# VBMA WEBINAR 12/12/2019

## Integrative Veterinary Oncology: The Use of Herbal Medicine Alongside Conventional Cancer Treatment

featuring Kendra Pope, DVM, CVA, CVTP, CVFT, CVCH, TCVMP, DACVIM-Oncology



Thursday December 12th 2019, 8:00 PM Eastern US Time

This webinar will review some of the anticancer mechanisms of actions of herbal therapy as well as take a closer look into the evidence in efficacy and safety of combining herbal medicine alongside conventional cancer treatment. Discussions regarding "the antioxidant debate" as well as common herb-drug interactions will be included in this webinar.

Only \$70 for VBMA members - option to purchase recording access available for those who are unable to attend the webinar live or wish to reference the content at a later date. Q & A portion after the lecture is complete - don't miss it!

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# VBMA 2019 SCHOLARSHIP - FIRST PRIZE

## Essay by Veterinary Student Cheyenne Bone

July, 2019

### Topic:

Why do you want to use Herbs in Your Future Veterinary Practice? Is there an experience that you have personally had with herbs that has engaged your interest? How has herbal medicine influenced your course in veterinary school?

### Cheyenne's Essay:

My name is Cheyenne Bone and I am a current fourth year veterinary student at Oklahoma State University. I am originally from Weatherford, Texas where I was raised on my grandparent's small cow-calf operation. Throughout growing up my grandmother utilized various plant-based remedies and therapies to help treat and maintain our health. We (the family) use grapefruit-seed extract (GSE) internally to fight bacterial infections and as a prophylactic. Last summer, my aunt used GSE and oil of oregano to cure a moderately severe ear infection in her 115-pound American Bulldog mixed breed dog. We use tea tree oil to treat insect bites and scratches. My grandmother currently is using tea tree oil to treat toenail fungus, and she is seeing improvement. Years ago, my aunt used olive leaf extract to combat a sinus/bronchial infection that was going around. Others at work missed 2 weeks – my aunt, though ill, didn't miss a day. Family members use Milk Thistle to help protect their liver from the negative effects of other medications they are required to take. My grandmother uses clay and activated charcoal to protect her gums. My aunt uses activated charcoal as an ingredient in her homemade toothpaste. My aunt and I both have used clay as a paste to treat insect bites and rashes.

As I entered veterinary school, I realized how important alternative and integrative therapies are in patient treatments, general care and the prevention of diseases. In a means to gain knowledge and technical skill in such therapies, I enrolled in the Mixed Animal Acupuncture Course through the Chi Institute. I passed and completed this course in December of 2018. During my sessions at the Chi Institute, the implementation of herbal therapies in conjunction with acupuncture were discussed. I would like to take an herbal course to further my knowledge in the use of botanicals and herbs as a therapeutic part of patient care. The Chi Institute offers a course in herbal medicine which I would like to enroll in as soon as possible after my graduation from OSU. After graduation, I hope to join a mixed-animal practice where I can implement both eastern and western medicine into my daily practices. Acupuncture is a beneficial tool in diagnosing, treating and preventing diseases in animals. This modality can be greatly enhanced through the addition of herbal medicine. Certainly, herbal medicine can enhance and support other TCVM therapies, but more importantly, herbal medicines can provide alternate means of a therapeutic treatment that can result in fewer side effects – such as a means of pain relief in a patient who is sensitive to NSAIDs or has preexisting liver damage; treatment in epileptic patients; care of inflammatory bowel disease, etc. I desire to incorporate a well-rounded and integrative therapeutic and preventative approach within my everyday practices as a mixed animal practitioner.

### About Our Winner:

Cheyenne is a 4th year veterinary student at Oklahoma State University and is currently completing a dual DVM and Master's degree. She completed her mixed animal acupuncture certification at the Chi Institute in December 2018, and is planning to become a mixed animal practitioner upon graduation in either Texas or Oklahoma.

### Award:

The VBMA choose Cheyenne as our first-prize winner this year, and she has been awarded a \$3000 scholarship. The award money may be used for any AHG (American Herbal Guild) event or class by a RH (AHG), and any CIVT, Chi, IVAS, VBMA or equivalent veterinary herbal class. Alternatively, the funds may be used for the purchase of herbal books, VBMA CDs, teleconference registrations or similar educational events. Note: There is no expiration date for monies awarded so it can be used for future continuing education needs!

**Congratulations to Cheyenne from all of us at the VBMA, and our best wishes for what we're certain will be a very bright future as a veterinary practitioner!**

# VBMA 2019 HERBWALK REVIEW

## Highlights of the VBMA Herb Walk: September 6, 2019

by Cynthia Lankenau, DVM

The Veterinary Botanical Medical Association hosted its annual herb walk at Two Rivers Park, Nashville, Tennessee on September 6th, prior to the AHVMA conference. Participants contributed to the discussion of the various medicinal plants seen throughout the walk. Our herb walks are a fantastic way for members to enjoy each other's company and knowledge!

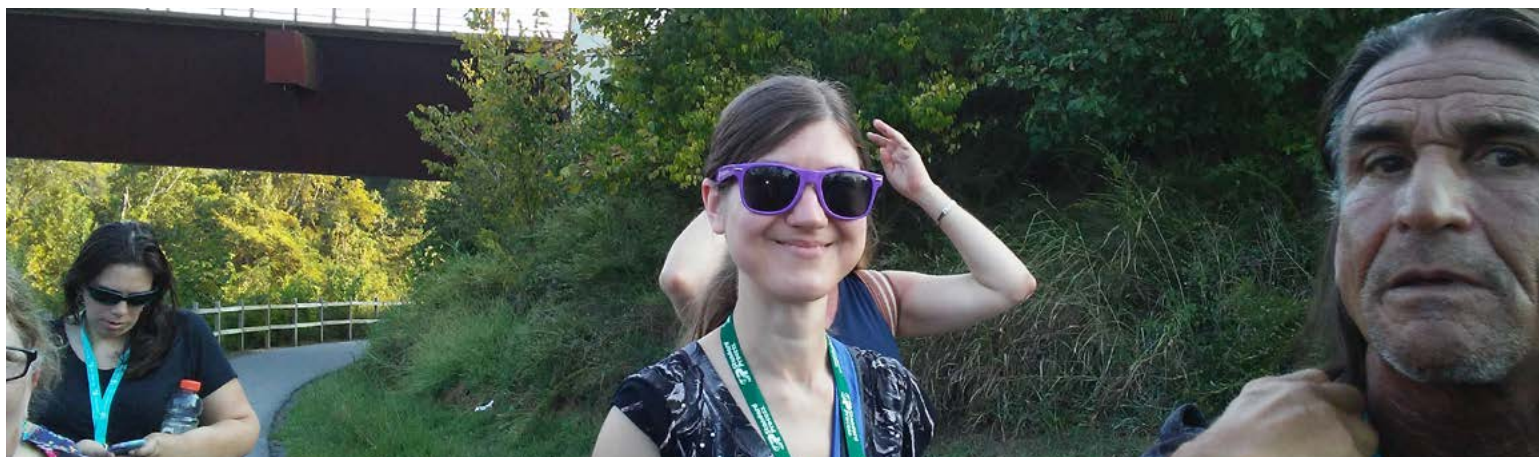
Joyce Harman discussed Perilla mint, (*Perilla frutescens*), a plant that treats phlegm conditions and is used to disperse wind-cold, bloating, and stomach and lung problems. She also identified Evening Primrose, (*Oenothera* spp.) from a small bracket of leaves. In addition to the typical uses of its oil (which contains high levels of gamma linolenic acid, a strong anti-inflammatory compound used in the treatment of cardiac and arthritic conditions), David Winston uses the leaf, root bark or flower for gastrointestinal-based and hepatic depression, for inflammatory bowel disease and irritable bowel syndrome, and for irritative coughs and gastrointestinal irritation.

Cindy Lankenau talked about staghorn sumac, (*Rhus typhina*). The berries are slightly astringent and cooling, are indicated for oral issues, and can be used as a cooling summer tea. She also discussed using Goldenrod, (*Solidago virgaurea*), as a Kidney Jing tonic, strengthening the lower back and helping in the treatment of allergies based on weak kidney function.

The diuretic effects of lance-leaf plantain, (*Plantago lanceolata*), and the Blood clearing effects of Red Clover, (*Trifolium pretense*), were discussed by Mike Walker.

Jeff Judkins identified a fleabane plant (*Erigeron canadensis*). Not only is this plant used as a topical insect repellent, but also serves as a good styptic for uterine and pectoral hemorrhages, and has astringent effects for treating subacute diarrhea and dropsical complaints.

Many other plants were seen and discussed including Ironweed (*Vernonia noveboracensis*), and American sweetgum tree (*Liquidambar styraciflua*). A great and fun walk!



# A DAY IN THE LIFE

Featuring **VBMA Liaison Jamie Moran**  
Reading, Pennsylvania



I live in a wooded old suburb of Reading Pennsylvania where little by little the grass has been disappearing for about 19 years. On my work days I jet off to a busy conventional practice where I have carved out a little holistic niche doing acupuncture and herbal plans for clients that wish this approach while infusing the rest with as much holism as I can manage.

Today is an off work day and our dog Zuzu and I got up late despite our cat Ebbie's best efforts to rouse us with some pressing feline issue. In my defense, I travel to New Jersey on Tuesday to spend the evening participating in David Winston's wonderful herbal studies program and it's generally midnight when I return home. It was a magical evening beginning with an herb walk and culminating in some of David's most compelling true stories. When I got home the moon and the nighttime flowers greeted me. I love this time of year when the beautiful scents of datura, scented hosta, sweet autumn blooming clematis and cleome fill the air.



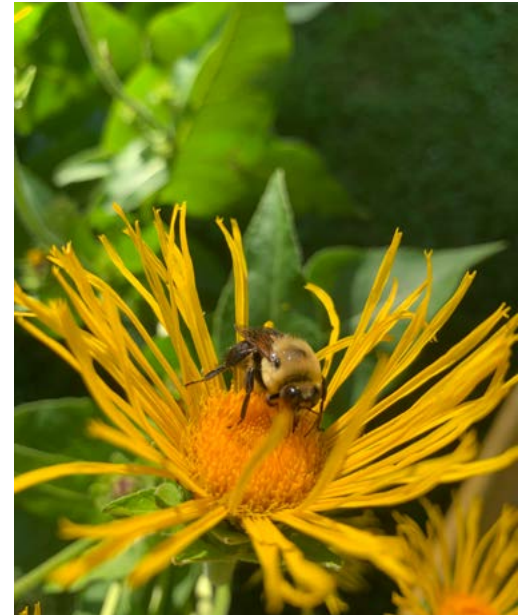
After making my requisite cup of tea and saying hi and bye to my daughter Lily, husband Frank, and mom Charlotte, I leave for my 8 AM violin lesson. This hour of fiddling and philosophizing with my teacher and friend is really an important part of my self-care.

Then it's back home to eat breakfast, order herbs, call clients and do catch up things so I can head outside with a clear conscience. That's a big one for me and I try to give myself permission to accept and approve of myself even if I haven't done it all a la Louise Hay, my mentor.

So now begins the rest of my day! I start by surveying my garden which really is our whole yard except for a bit of strategically placed grass. The front is shaded by big old red oaks and has a number of beds that do pretty well without me. There are too many friends to name but I really lean on the glossy wild ginger, the useful, delicious Solomon seal including the variegated variety, Christmas fern and the dwarf Korean boxwood and liriopse who keep things in order. The large part-sun front bed is crazy now with reseeded cleome, Blue vervain, autumn joy sedum, Joe pye weed, Tulsi and the annuals and heuchera that are great if they are happy. Blueberries and currants head off the long side yard bed where elecampane towers over calendula and sage. A huge anise hyssop stand flanks the rose scented monarda which is a newcomer to my garden.



In the back, there are several elevated rock garden beds that work well for herbs like rosemary, lavender, yarrow, ladies mantle, calamint and nepeta while I have replaced a lot of grass with thyme which is a real joy. A large border wraps around the back of the yard where old roses, iris and peonies blend with mountain mint, marshmallow, zinnias, phlox and my childhood favorite Rubrum lilies. The vegetable garden is naturally a mix of things including some gota kola for fun and the neighborhood favorite French sorrel. Exuberant but beautiful Passion flower climbs up the back of our house along with hops planted by my wonderful beer making husband. Tucked here and there are nettles, comfrey, lemon balm and my special ally plantain.



So in this beautiful space which I share with a myriad of creatures I weed and eat and harvest herbs for tea, elixirs, tinctures, hydrosols and infused oils and get royally dirty. I don't mind rain or heat so I work until dark with a break for dinner. Sometimes I listen to books or sing but it's nice to just be in the garden with the friends who I love and who I feel love me too. I want to learn to listen and be more open to what the plants are saying. Ah analogies abound!

So that's it! After cleaning up I love to end my day listening to the cicadas singing in the trees while I sit in a wicker chair on my front porch with a book and my family and of course a cup of tea.

# HERBAL MONOGRAPH: CUCUMBER



Photo courtesy [U of M](#)

**COMMON NAME:** Cucumber  
**LATIN NAME:** *Cucumis sativus*  
**OTHER NAMES:** N/A

|   |   |
|---|---|
| <b>Common Name: Cucumber</b>  | <b><i>Cucumis sativus</i>, Cucumber</b>   |
| <b>Family</b>   | Cucurbitaceae   |
| <b>Part Used</b>  | Fruit, seeds, juice, leaves   |
| <b>Active constituents</b>  | 95% water, electrolytes, anti-inflammatory flavonols (quercetin, apigenin, luteolin, kaempferol, fisetin), polyphenols (lignans that promote vascular health and may reduce cancer threat – little research available), fiber, tannins, vitamin K (high); various vitamins and minerals (moderate); low in calories, fat, cholesterol, and sodium. 1 cup contains about 16 calories. The fruits contain an enzyme, erepsin, Vitamin B1 and C, ascorbic acid, proteolytic enzyme, rutin, oxidase, succinic and maleic dehydrogenases, and so on. The seeds contain $\alpha$ - and $\beta$ -amyrin, sitosterols and cucurbitasides, whereas, the leaves contain free cucurbitasides B and C and ferredoxin  |
| <b>Actions:</b>   | seeds are cooling and diuretic, the fruit juice of this plant is used as a nutritive and as a demulcent in anti-acne lotions; moistening, anti-inflammatory, anti-oxidant   |
| <b>Indications</b>  | Traditional use for headaches, heartburn, stiff inflamed muscles and joints; Skin, topical use to decrease inflammation, swelling, and irritation. Acne (lotion). Puffy under the eyes. Sunburn; pain. Supportive for connective tissue generally, mineral rich, anti-inflammatory 4. Bone health. High (11%) in Vitamin K, which builds bone health. Contains minerals. 5. Kidneys. Cooling diuretic Flushes toxins Lessens heat in the kidneys (watermelon seed too) Kidney stones; Rheumatoid arthritis Swollen hands; The fiber prolongs digestion and therefore reduces appetite; Cholesterol and blood pressure. Sterols in cholesterol reduce LDLs. Watery fiber/mucilage may reduce salt buildup. Potassium decreases blood pressure, balances sodium, diuretic; Cancer (potential, unproven). Breast, ovarian, uterine, prostate; Brain (potential, unproven). Memory loss. Due to the fisetin |
| <b>Cautions</b>   | The seeds and excess consumption can cause mild indigestion, bloating, and gas; must use organic cucumbers: inorganic ones are ranked 12 th in amount of pesticide found and are often waxed  |
| <b>Contraindications</b>  | None found  |
| <b>Herb Drug Interactions</b>   | None found  |
| <b>Dosage (use animal doses where available, otherwise human doses can be included here but specify):</b> | Use as a food   |

## Notes

### Rocine:

There is a great deal of Sulphur in cucumbers. It is the most healing vegetable that you can find. There is nothing so good for the blood, or for blood heat, or for congestion, as Cucumbers. If, however, you eat too much Cucumbers, the extra part of the Cucumbers that you cannot digest, and appropriate, will be converted into gas. If there is a tendency to necrosis, eat cucumbers." Cucumbers are "good when you suffer from congestion, blood fever, headache, caused by congestion in the brain. Then eat cucumbers. If you suffer from fever, eat cucumber"

### Cucumber and Thyme Drink:

"One-half cup raw fresh cucumber juice; one-half cup distilled water, flavored with juice pressed out of thyme, is an excellent sanitate and blood purifier. When there is pus, sick blood, swellings, sores, cuts, necrosis, bad blood, or corruption present in the system."

### Greek Medicine:

Cucumber is one of the four cold seeds. It is considered cooling and moistening so it is good for heat and dryness or the choleric imbalance

### Modern research:

Anti-diabetic; Hepatoprotective; anti-fungal effect against *Aspergillus*; anti-bacterial activity against many Gram negative and positive bacteria; free radical scavenging and analgesic activity; increases wound contraction and elevated rate of epithelization in wounds; also shown to aid in treatment of corneal acid burn; cytotoxicity on *Aspergillus*; anti-ulcer effect.; antioxidant activity; and laxative activity



**Do you have reviews, case reports, photos or other material you'd like to share?  
Send it to [communicationscoordinator@vbma.org](mailto:communicationscoordinator@vbma.org).**

# HERBAL MONOGRAPH: SAFFRON



Photo courtesy Wikipedia

**COMMON NAME:** Saffron  
**LATIN NAME:** *Crocus sativus*

**OTHER NAMES:** Spanish Saffron,  
 Fan Hong Hua

|   |  |
|---|--|
| <b>Common Name: Saffron</b>   | <b><i>Crocus sativus</i>, Saffron, Spanish Saffron; Fan Hong Hua</b>   |
| <b>Family</b>   | Iridaceae  |
| <b>Part Used</b>  | Stigmas; (150,000 flowers to produce 1 kilogram)   |
| <b>Active constituents</b>  | Carotenoids; carotene, zeaxanthin, lycopene, crocin, crocetin, safranal, picrocrocin, essential oil  |
| <b>Actions:</b>   | TCM: Moves Blood; relieves stagnation; protects the eye; Diaphoretic; emmenagogue; pharmacologic actions of antidepressant, anti-inflammatory; antioxidant; antispasmodic; neuroprotective   |
| <b>Indications</b>  | Eruptive diseases with fevers, measles, small pox; eye protectant, Age-related macular degeneration; amenorrhea, dysmenorrhea; post-partum depression; Alzheimer's disease; memory loss  |
| <b>Cautions</b>   | Anything more than spice amounts could cause uterine contractions; avoid during pregnancy; although those that had saffron during pregnancy; had fewer caesarean sections and had enhanced readiness of the cervix; over dose can cause headaches; nausea, vomiting, and dizziness |
| <b>Warning</b>  | Due to high cost, most products are alternated with Safflower petals and Calendula. Can be used homeopathically for similar indications  |
| <b>Herb Drug Interactions</b>   | None found   |
| <b>Dosage (use animal doses where available, otherwise human doses can be included here but specify):</b> | Human: Tea: 4-6 stigmas to 8 oz. hot water, steep covered 10-15 minutes. Take 2 oz. BID; Tincture (1:10): .25-.75 mL BID Capsules: 15-20 mg. BID (from David Winston)  |

**Notes:** Long history of use as a spice; very extremely expensive; grown in Iran, also great amount of research from Iran.

**Cook:** Has a long professional and popular remedy for the promotion of the eruptions of measles and other exanthems; also for the promotion of gentle perspiration, soothing restlessness and promotes sleep. It used formerly to be considered a stimulating emmenagogue, but it is nearly inert for such purposes. Used freely, its sleep will be followed by headache, which is not an encouraging symptom.

**Ellingwood:** Reputed diaphoretic and emmenagogue, this agent was formerly used in amenorrhea, dysmenorrhea, and suppression of the lochia. Five-drop doses of the tincture of crocus is advised for menorrhagia, with dark clotted losses; and the infusion is doses of 1 to 3 fluid ounces to hasten the appearance of the eruption in measles. Avicenna: Fresh saffron of good quality has a nice color and fragrance. The upper part of its stigma should be whitish in color and without fungal infestation. It is hot in the second degree and dry in the first; Healing properties: saffron

constricts the tissues or canals of the body. And has a dissolvent property, as well. It is also maturative because of its properties of constricting the tissues or canals of the body and having an adhesive property. It is moderately hot and a laxative. Galen states that its hotness is more than its property of constricting of the tissues or canals of the body. Its oil is warming. Khuzi states that it does not bring about any change in the humours, but maintains their balance, It reverses putrefactive processes and strengthens the organs in the cavities of the body. Dregs of saffron oil have warming and maturative properties. The sediment of saffron oil gives a dark color to the tongue and teeth that lasts for several hours.

**Cosmetics:** the oral use of saffron improves complexion. Saffron is a dissolvent of swellings. It is also rubbed on an acute, fever producing disease characterized by diffusely spreading deep-red inflammation of the skin or mucous membranes. Saffron induces headache and is harmful for the head in general. It is used orally occasionally mixed with grape wine boiled down to a consistency. It is a sedative and weakens the senses. When taken with wine, It enhances intoxication rendering the person uncontrollable. It is useful in treating hot swellings of the ear. Saffron is an exhilarant and a cardiac tonic. Saffron oil is inhaled by patients with a defect or hole in the diaphragm or an inflammation of the membrane that surrounds and protects the lungs of the false ribs. It acts as an expectorant and strengthens the respiratory organs. Saffron causes vomiting. It reduces the appetite due to the fact that it counters gastric acidity that stimulates appetite and strengthens the stomach and liver due to its properties of warming, being a tonic and constricting the tissues or canals of the body. Some physicians are of the opinion that saffron is good for the spleen. Saffron is a diuretic and a stimulant of sexual desire. It is prescribed for hardness, blockage, adhesions and malignant ulcers of the uterus, particularly when used with wax or egg yolk and with its bountiful quantity of olive oil. Some physicians are of the opinion that it is given orally to women suffering from labor pains to facilitate a quick delivery. Dregs of saffron oil are a diuretic drug. It is said that 3 mithqal of saffron causes such joy in a man that he dies of shock as a result. Costus in equal quantity along with 1/4th quantity of cinnamon bark a substitute.

**Culpeper:** It is an herb of the Sun, and under the Lion, and therefore you need not demand a reason why it strengthens the heart so exceedingly. Let not above 10 grains be given at a time, for the sun, which is the fountain of light, may dazzle the eyes and make them blind: a cordial being taken in an immoderate quantity hurts the heart instead of helping it. It quickeneth the brain, for the Sun is exalted in Aries, as he hath his house in Leo. It helps consumptions of the lungs and difficulty of breathing, it is excellent in epidemical diseases, as pestilence, small ox and measles. It is a notable expulsive medicine and remedy for the yellow jaundice.

**Vermeulen:** Homeopathic usage: Hemorrhages that are black and stringy; tingling in various parts. Chorea and hysterical affections; drowsiness and lassitude; frequent changes in mental conditions; sensations as if something alive were moving internally; affects the nerves and mind; producing rapidly changing or alternating mental disposition;

**Recent research:** Used to treat depression; depression with anxiety; can improved memory in people with mild cognitive impairment; effective as drug therapy in mild to moderate Alzheimer's disease; relieves PMS symptoms; slow progression of inflammatory diseases as Atherosclerosis, Alzheimer's, fibromyalgia, metabolic syndrome; reduces cholesterol, LDL, triglycerides; reduced blood sugar in type 2 diabetes; In vitro and animal studies of Saffron and some of its isolated constituents (safranal, crocetin, crocin) have shown it has potential anticancer, hepatoprotective, neuroprotective, gastroprotective, hypotensive, cardioprotective, insulin sensitizing and antigenotoxic effects



# HERBAL MONOGRAPH: ROYAL FERN



Photo courtesy Wikipedia

**COMMON NAME:** Royal Fern  
**LATIN NAME:** *Osmunda regalis*

**OTHER NAMES:** Buck Horn Brake, Backache Brake, Tussick

|   |   |
|---|---|
| <b>Common Name: Royal Fern</b>  | <b><i>Osmunda regalis</i>, Royal Fern, Buck Horn Brake, Backache Brake; tussick, or boar tusk root</b>  |
| <b>Family</b>   | Osmundaceae   |
| <b>Part Used</b>  | Middle of root; but leaves can be used  |
| <b>Active constituents</b>  | Mucilage, minerals: silica  |
| <b>Actions:</b>   | Mucilaginous emollient and astringent; Tonic, styptic   |
| <b>Indications</b>  | Lumbago, spinal deterioration of old age; defective bone growth of infancy; acute and chronic bronchial irritation; has been traditionally employed for muscle- skeletal disorders including bone fractures, osteoporosis and bone decalcification joint and vertebral disorders such as rheumatic, arthritic, arthrosic or back pain, traumatic injuries such as bruises, dislocations, or sprains and muscular injuries or pains ; It is also used as tonic, against rickets, digestive and respiratory disorders; veterinary use for setting bone fractures and broken horns.  |
| <b>Harvest</b>  | The heart or middle part of the root is the traditional source of the medicine. These are gathered in the latter part of summer. Prepared in a fresh infusion they yield a mucilaginous substance which quickly forms into a jelly-like consistency. This is preserved in brandy (Downing, Ellingwood). However, a more ecological preparation is just as good: soak the leaves in water in the sunlight for about three hours to extract the minerals. After three hours mucilage increasingly dominates the extract (Wood) The rhizome is harvested during the dormant season, between November and January                             |
| <b>Contraindications</b>  | None known for internal use. Except in a few locations, osmunda is usually found in sparse populations and should be judiciously collected from the wild though I have seen areas where it grew unmolested for miles and miles along northern rivers.; Its intake is not recommended for pregnant women and women of childbearing age and 18% mentioned that the remedy is considered abortive. They said that if you consume antojil wine "the fetus sticks to the womb", or "does not allow the womb to distend during birth". Moreover girls should not take the remedy since it is said that the "pelvis could weld before it should" |
| <b>Herb Drug Interactions</b>   | None known  |
| <b>Dosage (use animal doses where available, otherwise human doses can be included here but specify):</b> | Human dose: 3 drachms three times a day   |

**Notes:** The roots, along with those of other species of *Osmunda*, are used for the production of osmunda fibre, used

as a growing medium for cultivated orchids and other epiphytic plants.

According to Slavic mythology, the sporangia, called "Perun's flowers", have assorted magical powers, such as giving their holders the ability to defeat demons, fulfill wishes, unlock secrets, and understand the language of trees. However, collecting the sporangia is a difficult and frightening process. In earlier traditions, they must be collected on Kupala night; later, after the arrival of Christianity, the date is changed to Easter eve. Either way, the person wanting to collect Perun's flowers must stand within a circle drawn around the plant and withstand the taunting or threats of demons. Seasoned royal fern is also used in the dish Namul in Korean royal court cuisine. The young shoots of the fern are, along with the similar shoots of many other fern species, known in some places as fiddleheads, and eaten as food, thought to have an asparagus-like taste

**Tissue State:** relaxation, atrophy

**Taste:** earthen, mucilaginous, and astringent taste

**Culpeper:** called an herb of Saturn because it is drying and hardening

**Matt Wood:** *Osmunda regalis*, or royal fern, is a species of deciduous fern, native to Europe, Africa and Asia, growing in woodland bogs and on the banks of streams. The species is sometimes known as flowering fern due to the appearance of its fertile frond. The rhizome has been traditionally employed in Cantabria, Spain, mainly for the treatment of bone fractures, joint disorders and rheumatic and arthritic pain. Traditionally has been employed to set broken bones, mitigate muscular ache, and treat muscle- skeletal, respiratory, and digestive disorders. Locally, the fern is prepared by maceration of the middle part of the rhizome with white wine. It is made into a bitter and mucilaginous beverage known as 'antojil wine'. The preparation must be drunk daily before breakfast until the patient has drunk one or two 750 ml bottles, although chronic patients take it for years. Antojil wine is mainly consumed by men, mainly sportsmen and the elderly. It's constituent correlate with its properties: as an astringent it checks excess fluid losses, as an astringent with earthen salts it hardens the bones and reinforces the mineral content of the tissues, while the mucilage soothes, nourishes, and softens the mucosa. *Osmunda* is an old remedy for the defective bone growth of infancy and the spinal deterioration of old age. The mucilage makes it of some value in acute and chronic bronchial irritation.

### **Specific Indications:**

Constitution, Complexion, Characteristic Symptoms

- Persons suffering from bone disease, bone malnutrition, rickets, weakness, tendencies to fluid losses (diarrhea, leucorrhea, frequent urination), demineralization.
- Rickets, "the best and only absolute cure."
- Lumbago, weak back, weakness of the muscular structure of the back, incipient disease of the spinal vertebrae, osteoporosis, subluxations.– Large-boned persons.

Respiratory

- Chronic irritation of respiratory mucosa.

Digestion

- Diarrhea and dysentery; from local irritation; with acute or protracted fevers, with great weakness, in convalescence after such fevers; in poorly nourished patients.

Kidneys and Bladder

- Frequent urination.

Sexual

- Decreased sexual desire.
- Female weakness, severe leucorrhea, menopausal problems.

Muscular and Skeletal

- Sprains, bruises, clotted blood, broken bones, bones out of joint.
- Hernia.

**Beal Downing** (1851), writing from the wild American frontier a hundred years later, calls it the "only and absolute cure for rickets."

**Grieve** (1931) remarks that "the actual curative virtues of this fern have been said to be due to the salts of lime, potash and other earths which it derives in solution from the bog soil and from the water in which it grows." mentions that it has a common name, "lumbago brake." "It passes with some almost for a specific in rickets," writes **John Quincy** (1736) "It is most in esteem for restraining the whites in women, and strengthening the womb," continues Quincy.

**Sir John Hill** (1740) writes, "a decoction of the fresh roots promotes urine, and opens obstructions of the liver and spleen; it is not much used, but I have known a jaundice cured by it, taken in the beginning."

**Ellingwood** (1919): As a mucilaginous emollient and astringent *Osmunda* is beneficial for the skin and mucosa. "Its soothing influence upon mucous surfaces seems to be remarkable, recommends it for osteoporosis and subluxations of the spine.

**Samuel Henry** (1814) credits "polypody" with the same properties and calls it "backache brake." It is indicated in "violent coughs," has "cured the most inveterate lumbago," and is "an effectual cure for the rickets in children." Traditional uses: There is a legend regarding the sporangia (seeds or spores) of the Royal fern. It was supposed to have magical powers, and to uproot a fern, or at least to harvest its seeds, one had to draw a circle around oneself and the fern, and then withstand the onslaught of demons. However it was worth the fright, because a person who had the fern seeds could command demons and defeat them. They also would have wishes granted, secrets would be revealed to them, and would also be able to understand the language of trees. This could only be done on the evening before Easter. The fronds are fertile in April so this makes some sense. The fronds were once combined with wild ginger and given to children who suffered from convulsions caused by parasitical worms. Hairs of the Royal fern were formerly mixed with wool to make cloth, while the roots were the source of *Osmunda* fibre, which was very popular for potting orchids.

**John Gerard**, "The root and especially the heart or middle thereof, boiled or else stamped and taken with some kind of liquor, is thought to be good for those that are wounded, dry beaten and bruised, that have fallen from some high place."

**Nicholas Culpeper**, "Government and virtues. Saturn owns the plant. This hath all the virtues mentioned in the former ferns, and is much more effectual than they, both for inward and outward griefs, and is accounted singular good in wounds, bruises, or the like. The decoction to be drank or boiled into an ointment of oil, as a balsam or balm, and so it is singular good against bruises, and bones broken, or out of joint, and giveth much ease to the cholic and splenic diseases; as also for ruptures or burstings. The decoction of the root in white wine, provokes urine exceedingly, and cleanseth the bladder and passages of urine."

**King:** Used in Chronic coughs, with profuse perspiration, diarrhea and dysentery; also as a tonic during convalescence from exhausting diseases One root, infused in a pint of hot water for 1/2 hour, will convert the whole into a thick jelly. Very valuable in leucorrhoea, and other female weaknesses; and said to be an almost certain cure for rickets. The mucilage mixed in brandy is a popular remedy as an external application for subluxations and debility of the muscles in the book.

**Joseph Monroe**, 1824, "Fill a cradle with the hog brakes, and let the child sleep constantly upon them, giving it decoctions of the root to drink." "This mode of treatment will seldom fail of effecting a complete cure."

**Recent Research:** Modern day science recognizes that the Royal fern has antispasmodic, antioxidant, antibacterial and astringent properties. In the International Journal of Pharmaceutical and Biological Archives, 2011, vol.2 (1) pp559-62, "Preliminary Antibacterial and Phytochemical Assessment of *Osmunda regalis* L." Toji Thomas concludes: "Leaves can be recommended as a source for isolating and characterizing new antibacterial drugs for modern medicine." It seems that those ancient ferns will have a productive modern use. <http://herbs-treatandtaste.blogspot.com/2012/07/royal-fern-superstitions-health.html>; results justify the use of royal fern extracts as an anti-cancer remedy in history and imply a further analysis of ingredients.

# VIDEO - A FEW MOMENTS WITH A PLANT

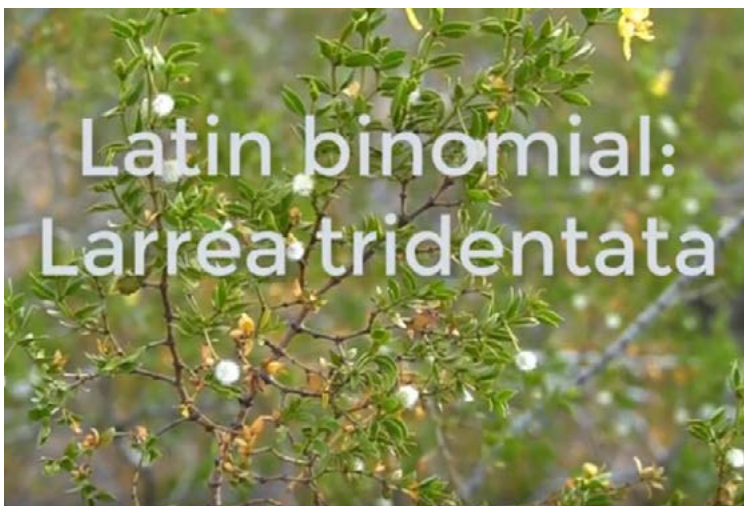
## Chapparal, *Larrea tridentata*

Presented by Greg Tilford, 'The Animal Herbalist', founder of [Animal Essentials](#).

Episode 4 of Greg's 'A Few Moments With A Plant' series features Chapparal - join him as he visits and talks about Chapparal in the Sonoran desert of Arizona. Also known as creosote bush, chapparal is one of the planet's oldest living medicines, with live specimens dating back at least 12000 years.

**CLICK BELOW TO WATCH GREG'S VIDEO:**

<https://www.youtube.com/watch?v=rhKNMwUa548>



## **We hope you enjoyed Volume 12, Issue #20 of the Journal of Veterinary Botanical Medicine!**

Our Journal content is provided entirely on a volunteer basis, and we'd be remiss if we didn't take a moment to thank all of our generous contributors. They take time out of their very busy schedules to write articles, take photos, dig up case reports, recipes and so much more in order to share their knowledge with all of our readers. So, a hearty THANK YOU to all our contributors!

**If you'd like to contribute material (case reports, articles, book reports...anything related to herbal veterinary medicine) for the next journal, simply email our [Communications Coordinator, Amy Keane](#).**



*Image: Heath Spotted Orchid, 2019 Scotland EcoTour by Cynthia Lankenau*



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