



Kneipp's Apothecca's Herbal Surprises

Dr. Sussanna Czeranko

The Hevert Collection

HERBS *in* NATUROPATHIC MEDICINE

In Their Own Words



EDITED BY SUSSANNA CZERANKO, ND, BBE

FOREWORD BY JEANNE PAUL, ND

God's Gifts

“How good is God! Oh, that we could recognize it! Let us search for the little herbs, which announce themselves by the smelling bottles attached to them by the Creator, the aromatic wholesome scent; and let us, when gathering them, glorify with filial gratitude our infinitely loving Father, who is in Heaven.”

Father Sebastian Kneipp

Kneipp, S., (1896). *The Kneipp Cure*. The Kneipp Cure Publishing Company, New York, p. 150.

Kneipp's Herbals

- No proprietary secrets
 - “Among all the things which I abhor and hate, the proprietary drugs, the trading with remedies which are kept as a secret by their inventors.”

Kneipp, 1896, 148
- All from God's gardens
- Herbs were free for the picking
- Kneipp wanted the poor to have access to healing herbs

Kneipp, S., (1896). *The Kneipp Cure*. The Kneipp Cure Publishing Company, New York, p. 148.

Kneipp's Triple Aim

Cold water applications and herbs have the aim:

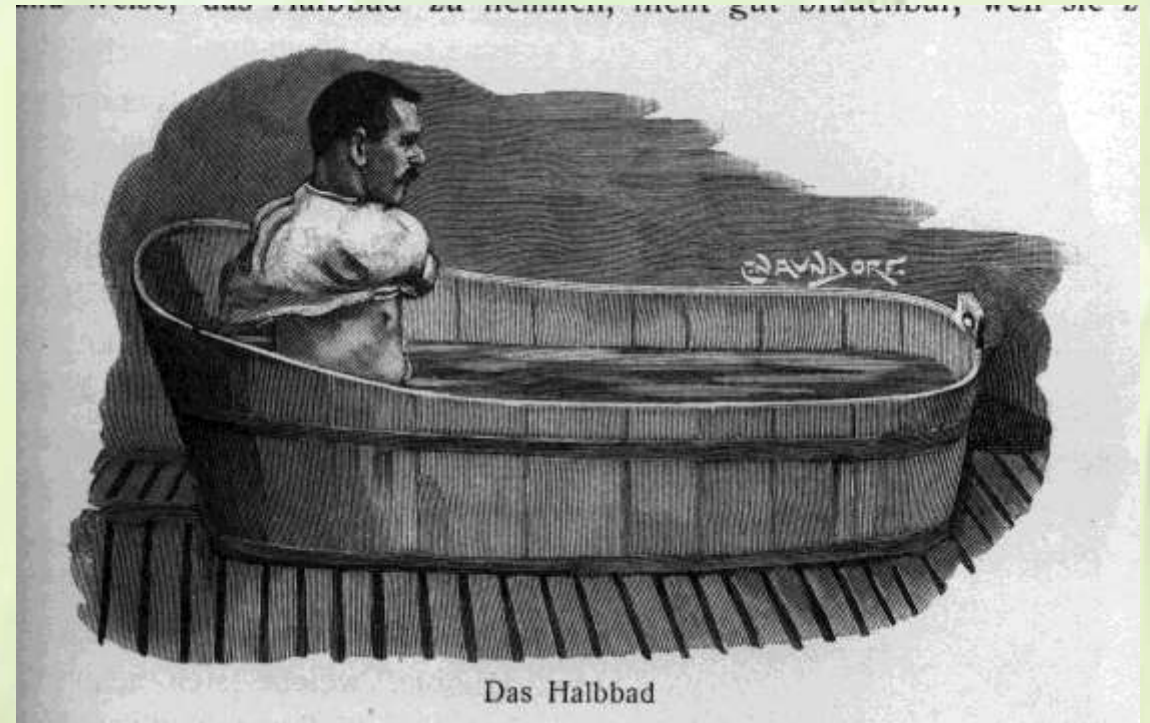
1. To dissolve waste products or morbid matter
2. To evacuate the morbid matter
3. To strengthen the body.



Knieguß mit dem Schlauch; Stand oberhalb der Kniescheibe

Water vs Herbs

- Used herbs when patients had “unconquerable fear of water”
- Herbs did not equal the efficacy of water applications
- Herbs chosen by Kneipp had same therapeutic goals as hydrotherapy



Interior and Exterior Cures

- Interior: herbal remedies
- Exterior: hydrotherapy
- Both work harmoniously
- Golden Rule: Use the gentlest application

Kneipp listed 60 substances in his Apothecca

- Extracts
- Teas
- Powders
- Oils

7 Tinctures, Extracts

- Arnica
- Bilberry
- Gentian
- Juniper berries
- Rosemary
- Chicory
- Wormwood

36 Teas

- althea, oak bark, bogbean, brier, blackthorn blossoms, chamomile, centaury, coltsfoot, elder, nettle, yarrow, cowslip, dwarf elder, eyebright, juniper berries, lime tree blossoms, lungwort, mallow, mistletoe, mullein, mint, ribwort (plantain), rosemary, rue, sage, St. John's wort, shavegrass (Equisetum), silverweed, strawberry, succory or chicory, sweet woodruff, Kneipp Tonic Laxative, valerian, violet, wild angelica, and wormwood.

17 Powders

- Alum, aloe, coltsfoot, dwarf elder, eyebright, fennel, fenugreek, linseed, mint, sage, sandal, valerian, wormwood, and wild angelica.
- Others: bone dust, chalk, coal dust.

11 Oils

- Anise, camphor, fennel, juniper berry, rue.
- Others: almond oil, oil of cloves, cod liver, lavender, salad oil and secretive oil .

Miscellaneous

- Alum
- Bran
- Incense
- Honey
- Laxative Tonic Formula 1 and 2



Benedict Lust (1872-1945)

Davis,



551 Eighth Ave.
NEW YORK.



BLANCHARD PRESS NEW YORK

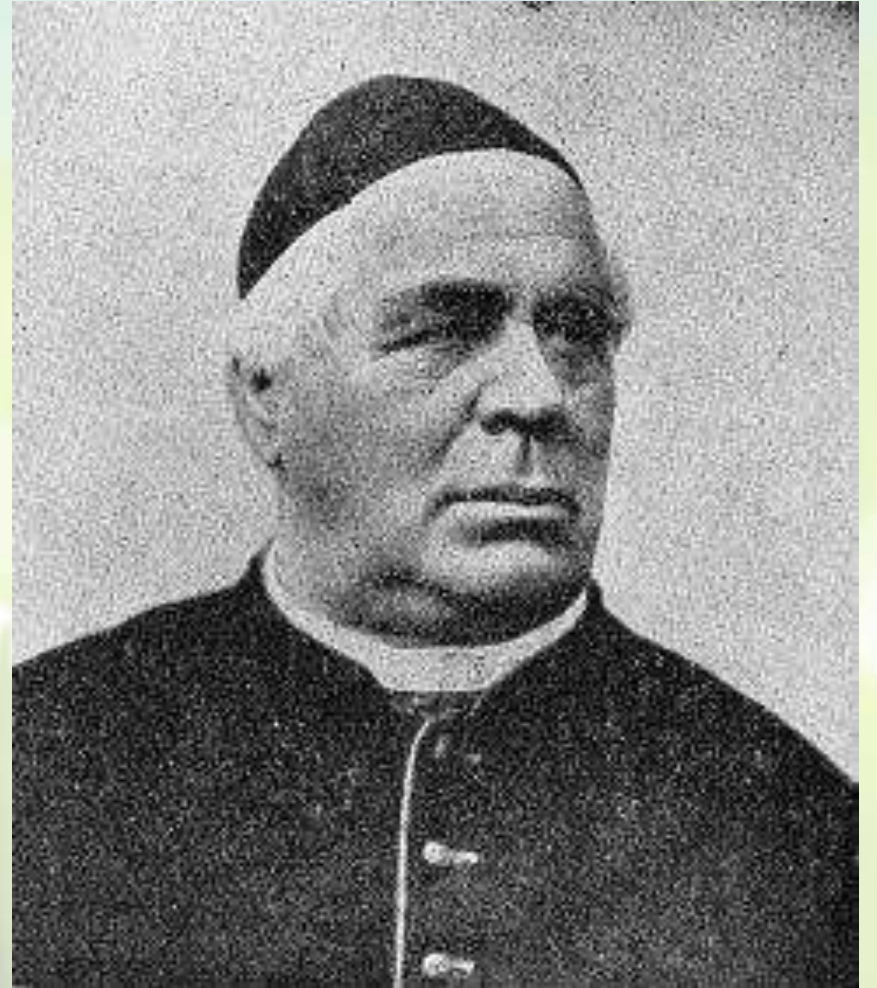
132—HOTEL SAVOY, NEW YORK

Chicago World Fair, 1893



Lust returns to Germany

- Father Sebastian Kneipp (1821-1897)
- Restores health and returns to America
- New path, new vision

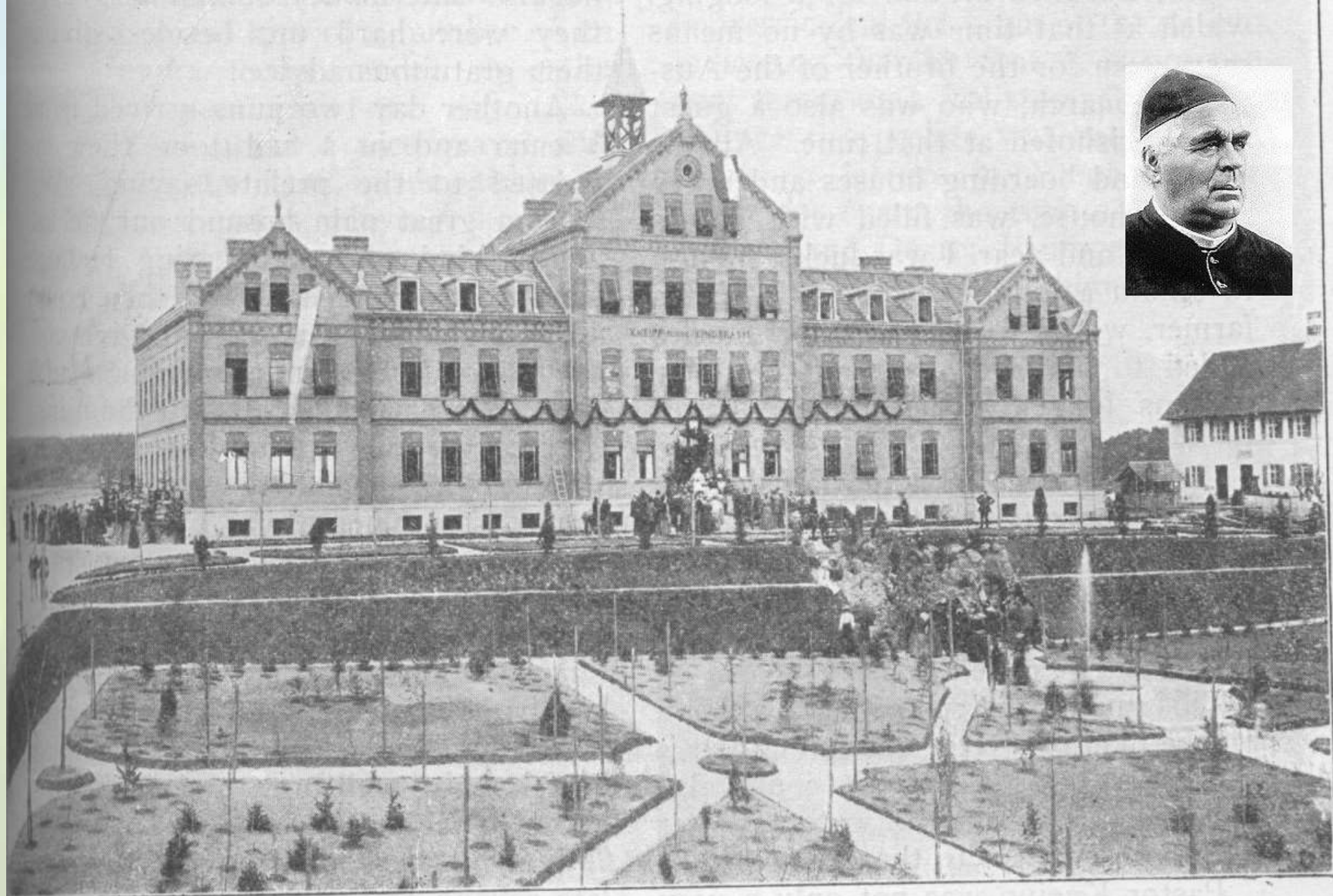




Part of Woerishofen in 1895.



A main street in 1895.



Kneipp's Children Asylum, Woerishofen, Bavaria

Kneipp Products in NYC

Die Pfarrer Sebastian Kneipp Medicine Comp.,
No. 10 Astor Place, New York,



Ist die einzige vom Msgr. Kneipp autorisirte Niederlage sämtlicher Pfarrer Kneipp's Heilmittel in Amerika. Alle vom Herrn Prälaten über seine Heilmethode publicirten und allein ächten Bücher sind dort stets zu haben. Den „Practischen Wegweiser“ zur „Heilmethode“ liefern wir auf Anfrage durch die Post gratis.

Solche, die darauf reflectiren eine Agentur für den Verkauf der Kneipp'schen Heilmittel und der Bücher zu übernehmen, wollen sich gefälligst schriftlich an uns wenden wegen aller Einzelheiten.

Die Pfarrer Seb. Kneipp Medicine Co., 10 Astor Pl., New York.

- 1897: the official Kneipp distributor
- The Pfarrer Sebastian Kneipp Medicine Company, 10 Astor Place, New York City
- 1896?: Lust begins selling Kneipp products and herbs

Amerikanischen Kneipp Blätter

- 1896, first issue
- 1897: German with a few articles translated into English on Kneipp water cure



Kneipp Literature.

The Kneipp Cure, American edition of
"My Water Cure", paper cover..... 60
Bound in cloth.....\$1.10

My Water Cure, tested for more than
35 years and published for the cure of dis-
eases and the preservation of health by
Seb. Kneipp, parish priest of Wörishofen
(Bavaria). Translated from the 36th Ger-
man edition. With 100 illustrations and
a portrait of the author, 389 pages. Bound
in cloth..... 1.65

Thus shall thou live. Hints and ad-
vises for healthy and sick people, suggest-
ing a plain, rational mode of living and a
natural method of curing by Seb. Kneipp.
Bound in cloth..... 1.65

My Will. A legacy to the healthy and the
sick, by S. Kneipp. With 29 photographs
taken from life, and numerous illustra-
tions, and a portrait of the author. Bound
in cloth..... 1.65

**The Care of Children in Sickness and
Health**, by Mgr. Kneipp. Contains in-
structions how to bring up children and
how to cure diseases they are subject to.
Fine edition, cloth..... 1.35

**Ma cure d'eau ou hygiène et medication
pour la guérison des maladies et la conser-
vation de la santé par Séb. Kneipp.** Avec
de nombreuses figures dans le texte. Price
bound..... 1.30

Comment il faut vivre. advertise-
ments et conseils s'adressant aux malades
et aux gens bien portants pour vivre d'
après une hygiène simple et raisonnable
et une thérapeutique conforme à la nature
par Séb. Kneipp. Cinquième édition.
Avec un supplément: Manier de pratiquer
les applications d'eau à Wörishofen sous
le contrôle de M. l'abbé Kneipp. Price,
bound..... 1.30

Mon Testament. Conseils aux malades
et aux gens bien portants par Mgr. Séb.
Kneipp. Price..... 1.25

This latest work of Mgr. Kneipp should be
in the hands of all who wish to try his treat-
ment, as it explains thoroughly all forms and
the latest modifications of the different baths,
gushes, etc., and contains a number of excellent
illustrations, adding greatly to its value.

On receipt of price postpaid.

1897

Kneipp's Heil- und Krafternährmittel,

Luftdicht verpackt in Büchsen.
Mit Gebrauchsanweisung in Deutsch und
Englisch.

Agave	20c	Ramillenblüthen	15c	Wollkraut	20c
Alant	20	Kalmuswurzel	20	Wurmsamen	15
Andorn	15	Klettenwurzel	15	Zinnkraut	10
Attichwurzel	20	Lindenblüthen	15	Wühlhuber I	30
Arnika blüthen	15	Löwenzahn	15	Wühlhuber II	30
Augentrost	15	Lungenkraut	15	Süßenthee	25
Baldrian	20	Malve	15	Blutreinigungsthee	25
Bibernelle	20	Mausohrchen	20	Wassersuchtsthee	25
Bitterlee	15	Melisse	15	Magenthee	25
Brennesselwurzeln	15	Mistel	25	Krampfthee	25
Brennessel	15	Pfaffenröhlein	15	Importirte Heublumen 25c p. lb	
Bärentraubenblätter	20	Pfeffermünze	15	Importirtes geschnittenes	
Berberitzenbeeren	20	Raute	15	Haberstroh 25c per Pfund	
Brombeerblätter	15	Riedgraswurzel	20	Dr. K's Tormentil-Seife	
Dornschneeblüthen	25	Ringelblumen	15	20c per Stück.	
Eichenrinde	15	Rosmarin	15	Wühlhuberpillen	
Eisenkraut	15	Salbei	15	25c u. 50c per Schachtel.	
Eibischwurzel	20	Sanikel	20	Brennesselhaarwasser	
Enzian	15	Sarffaparillawurzel	15	und Del je 50c.	
Ehrenpreis	15	Sauerampfer	15	Lehm (Polarerde)	20c P. lb
Engelwurzel	20	Schafgarbe	15	Öle, je	20c
Erdbeerblätter	10	Schlüffelblume	20	Anis, Fenchel, Kampher, Kestten,	
Faulbaumrinde	20	Spitzwegerich	15	Raute, Spick, Oliven, Wachhol-	
Fenchelsamen	15	Tausendguldenkraut	15	derbeer, Tannenzapfen, Lartchen	
Fichtensprossen	15	Taubnesselblüthen	20	Malefizöl	40c
Finsterthee	15	Tannensprossen	15	Pulver, je	15c
Gänsefingerkraut	15	Thymian	15	Kaun, Aloe, Attichwurzel,	
Gundelrebe	15	Tormentille	20	Augentrost, Baldrian, Bock-	
Hagebutten	20	Veilchenblätter	15	hornklee oder Poenum Graecum,	
Hagebuttenkerne	20	Wachholderbeeren	10	Engelwurzel, Enzian, Fenchel,	
Heidelbeeren	25	Waldmeister	15	Sußlattich, Kohlenstaub, Knochen-	
Heidelbeerenblätter	15	Waldrebe	20	pulver (weiß, schwarz, grau),	
Hirtentäschchen	20	Wallwurzel	20	Kalmus, Kreidemehl, Pfeffer-	
Hollunderbeeren	20	Wassermünze	15	münze, Rhabarber, Salbei, San-	
Hollunderblätter	15	Wassersengel	15	tal, Wachholderbeeren, Wermuth.	
Hühnerdarm	15	Wegwart	15	Tinkturen, je	15c
Hußlattich	15	Wegtritt	15	Arnika, Augentrost, Baldrian,	
Johanniskraut	10	Weichselblätters	20	Birkenlaß, Bibernelle, Enzian,	
Josephskr.-Nosp	25	Wermuth	10	Gänsefingerkraut, Heidelbeere,	
				Johanniskraut, Rosmarin, Wach-	
				holderbeere, Wegmar, Wermuth.	
				Weißkraut, die Schachtel. 20c	

Kraft-Nährmittel.

Kneipp-Malz-Kaffee	P. B. 15c, 2 B. 25c	Kneipp's Hafernährbiscuits	P. Packet 25c
Schäfer's	P. B. 12c, 5 B. 50c	Erbsen-, Linsen-, Gerste-, Mais-,	
Miller's	P. B. 10c, 5 B. 50c	Kern-, Reis- und Bohnenluppe. @ 15c	
Seelig's candirter Malz-Kaffee, importirt, P. B. 20c		Kraftbrot	P. Laib 6c und 10c
Eichelschrot-Kaffee, P. Packet 5c, 5 Pack. 20c		Magentrost, fl. Flasche 50c, gr. Fl. \$1. 25	
Kneipp's Kraft-Suppe	P. B. Packet 20c	Tannenzapfen-Extract	80c
" Brenn-Suppe	P. B. Packet 5c u. 10c	Taschen-Apothek	\$1. 00
" Roggenmehl	P. B. 5c	Haus-Apothek	10. 00
" Naturmehl (Weizenkhorst)	P. B. 5c	Kräuterzabnpulver	25c
" Hafermehl	P. Packet 15c u. 25c	Kräuternährpulver	30
" Grünkernmehl	" 20c	Reiner Bienenhonig	P. B. 30c
" Kraftwiebad	" 35c	Dr. Lehmann's Nährsalz-Cacao, Extract und Bege-	
" Honiglebkuchen	25c u. 35c	tabil, Milch.	
" Honignüsse	P. B. 35c	Gummischläuche, Badeapparate, Health Culture	
" Kindernährmehl	40c	Appliances &c.	

Ansführlicher Catalog, Kneipp-Broschüre und Circulars gegen Einsendung von 2c in Briefmarken.

WHOLESALE & RETAIL. Abends offen.

KNEIPP-STORE,

Agenten gegen gute Commission überall gesucht.

111 E. 59th St., New York.

Vorkaufträge werden pünktlich ausgeführt.

1897

Curative Herbs, Oils, Powders, etc.

Put up hermetically in boxes of 3½ in. height and 2½ in. diameter, with label.

	Pr	Per box		Pr	Per box
Althea (Marsh Mallow), Eibischwurzel,	\$0.20		Knotgrass, Wegtritt,	50	15
Angelika-Root, Engelmurzel,	\$0.75	20	Linden-Flowers (Lime tree), Lindend Blüten	60	15
Anise,	60	20	Lungworth, Lungenkraut,	50	15
Arnica-Flowers, Arnika Blüten,	60	15	Mallow-Flowers, (Hollyhock), Malve,	75	15
Bark of Oak, Eichenrinde,	40	15	Marigold-Flowers, Ringelblumen,	1.00	15
" Blackaldertree, Faulbaumrinde,	80	25	Mistletoe, Mistel,	60	20
" Whitehorn, Kreuzdornrinde,	70	15	Mouse-Ear, Mausohrchen,	1.00	20
Barberries, Berberisbeeren,	85	20	Mullein, Wollblume,	90	20
Bilberry (Blueberries), Heidelbeeren,	90	25	Oat-Straw (imported), import. Hafersiroh,	25	..
Bear Berry-Leaves, Bärentraubenblätter,	70	20	Polypody-Male Fern, Farnkraut-Burnsarn,	25	..
Bilberry-Leaves, Heidelbeerenblätter,	60	15	Peppermint, Pfeffermünze,	90	15
Blackthorn-Blossoms, Dornschlehd Blüten,	1.25	25	Pine-Sprigs, Fichtenzweigen,	40	..
Black Current Leaves, Johannisbeerblätter,	60	15	Pimpernelle (small barnett), Bimbernelle- Wurzel,	1.00	20
Brier-Hip, Hagebutten,	50	20	Purging Buckthorn, Kreuzdornbeere,	20
" Seeds, Hagebuttenkerne,	50	25	Pumpkin-Seeds, Kürbiskerne,	45	25
Broomherb (Geniste), Ginster,	60	15	Primrose (Cows lips), Schlüsselblume,	1.20	25
Blind Nettle Flowers, Taubnesselblüten,	1.75	25	Primrose (Cows lips), Schlüsselblume,	1.20	25
Burdock-Roots, Klettenwurzel,	70	15	Ribwort, Spigwegerich,	50	15
Calamus (Sweet Flag), Kalmuswurzel,	60	25	Rosemary, Rosmarin,	40	15
Camomile-Flowers, Kamillenblüten,	1.00	15	Rue, Raute,	60	15
Caraway, Kümmel,	50	15	Sanicle, Senikel,	1.10	20
Centaury, Tausendguldenkraut,	90	15	Sarsaparilla-Roots, Sarsaparillawurzel,	75	15
Celts Foot, Huzlattich,	40	15	Shave-Grass (Common Horse Tail), Zinnkraut,	50	10
Common Nettle, Brennnessel,	50	15	Shepard's Burs, Hirtentäschchen,	60	20
" Roots, Brennnesselwurzel,	1.00	15	Silverweed, Asefine oder Gänsefingerkraut,	50	15
" Bramble Leaves, Brombeerblätter,	40	15	Sorrel, Sauerkampfer,	60	15
Chicory, Wegwart,	50	15	St. John's Worth, Johanniskraut,	50	15
Chickweed, Hühnerdarm,	60	15	Strawberry Leaves, Erdbeerblätter,	45	15
Dandelion, Löwenzahnwurzel,	70	15	Thym, Thymian, (Duendel),	60	15
Dwarf Elder, Wittichwurzel,	90	20	Tormentil, Tormentille (Blutwurz),	80	20
Elder-Berries, Hollunderbeeren,	90	20	Valerian Root, Valerianawurzel,	75	20
" Flowers, Hollunderblüten,	75	20	Veronica (Male Speedwell), Ehrenpreis,	70	15
" Leaves, Hollunderblätter,	50	10	Vervain, Eisenkraut,	1.00	15
" Roots, Hollunderwurzeln,	75	15	Violet-Leaves, Veilchen-Blätter,	60	15
Elecampane, Kiantwurzel,	1.00	25	Wallwort, Wallwurzel,	70	20
Eyebright, Augentrost,	50	15	Watermint, Wassermünze,	65	15
Flax-Seed, Leinsamen,	50	15	Watercress, Brunnenresse,	75	15
Fennel-Seed, Fenchel,	30	15	Woodroof, Waldmeister,	60	15
Gentian, Enzian,	40	15	Wormwood, Barmuth,	40	10
Ground Ivy, Gunderbeere,	80	15	Wormseed, Farnsamen,	40	15
Hay-Flowers (imp't'd), import. Heublumen,	25	..	Yarrow, Schafgarbe,	40	15
Hamper-Berries, Wachholberbeeren,	40	10	Ysop, Josephskraut-Hoop,	25	..
" Sprigs, Wachholberzweigen,	60	20			

1898

WHOLESALE AND RETAIL.

B. LUST'S KNEIPP STORE.

und Sondergeschäfte für Naturheilkunde.

111 East 59th Street, New York.

Kneipp's World-renowned Books

My Water Cure

Paper Cover, 50c; stiff cover.....
fine binding, cloth, gilt stamp,.....

Thus Shalt Thou Live,

Paper Cover, 50c; stiff cover,
fine binding, cloth, gilt stamp,.....

My Will,

Paper Cover, 50c; stiff cover,.....
fine binding, cloth, gilt stamp,.....

Codicil to My Will,

Paper Cover, 50c; stiff cover,.....
fine binding, cloth, gilt stamp,.....

The Care of Children,

Paper Cover, 50c; stiff cover,.....
fine binding, cloth, gilt stamp,.....

Plant Atlas

Edition I, Albertype printing,.....
Edition II, in natural colors,.....

The Kneipp Brochure free.

Mailed postpaid on receipt of price.

Kneipp Mag. Pub. Co., 111 E. 59th St.,

1900

Kneipp Health Store Co.,

111 E. 59th St., bet. Lexington and Park Aves New York.

Sole Agents for the United States for

Father Kneipp's Only Genuine Remedies.

Also a Complete Stock of

Kneipp's Books, Herbs, Oils, Tinctures,
Malt Coffee, Strengh Giving Soup Meal,
Dr. Lahmann's and Bilz's Nutritive Salt
Cocoa, Health Foods. Health Underwear,
Linens and Hygienic Supplies.

Ask for Free Complete Catalogue
And Guide to Health.

Naturopathic Institute,

111 East 59th St., New York.

PROPRIETOR AND DIRECTOR,

B, LUST, Naturopathic Physician

Also Director of

Kneipp Sanatorium Bellevue, Butler, N.J.

Consultation Hours, during N. Y. Season:

8 to 10 A. M., 4—7 P.M., Sundays: 10—12 A.M.,
and on appointment.

Institute open: from 7 A. M. to 9 P. M.,
Sundays: 9 A.M. to 1 P.M.

Latest Natural Methods, Kneipp
Water Cure, Massage, Diet, etc.
Skilful attendants. All diseases
treated. Write for circular.

1900

Every Mother Knows How to Make Tea

- For one cup of tea, take what three fingers can hold
- Boiled or steeped



Elder (Sambucus nigra)

- Leaves: blood purifier
 - one cup of tea before breakfast, cleans whole body
- Flowers: induces perspiration and breaks up a cold
- Roots: **edema, most powerful**
- Berries: esteemed blood purification



Spring Cleanse

- 6 – 8 leaves cut into pieces
- Boiled for 10 minutes
- **Purifies blood**
- One cup before breakfast
- Flowers work too!!!!



Elder flowers

- Eat them!!!!
- Diaphoretic, gentle stimulant
- Cold diffusion: diuretic, alterative, cooling
- Liver disease, erysipelas
- Infusion: maiden hair [*Adiantum capillusveneris*] and
- Beech drops [*Orobanche virginiana*]

Lust, B. (1911). Naturopath advocate offers elder blossoms as blood purifier. *The Naturopath and Herald of Health*, XVI (7), 443.

Young, M.G. (1917). Elder. *Herald of Health and Naturopath*, XXII (3), 169-170.

Elder bark

- Inner green bark is cathartic
- Infusion or wine, ½ - 1 oz. moderate purge
- Large doses, vomiting
- Small doses: promotes all fluid secretions
- Dropsy, **Scarlet fever, febrile conditions**
- Epilepsy
- Scrap grey bark from branches 1-2 years old
- Steep 2 oz. in 5 oz. of cold or hot water

Young, M.G. (1917). Elder. *Herald of Health and Naturopath*, XXII (3), 169-170.

Elder Root

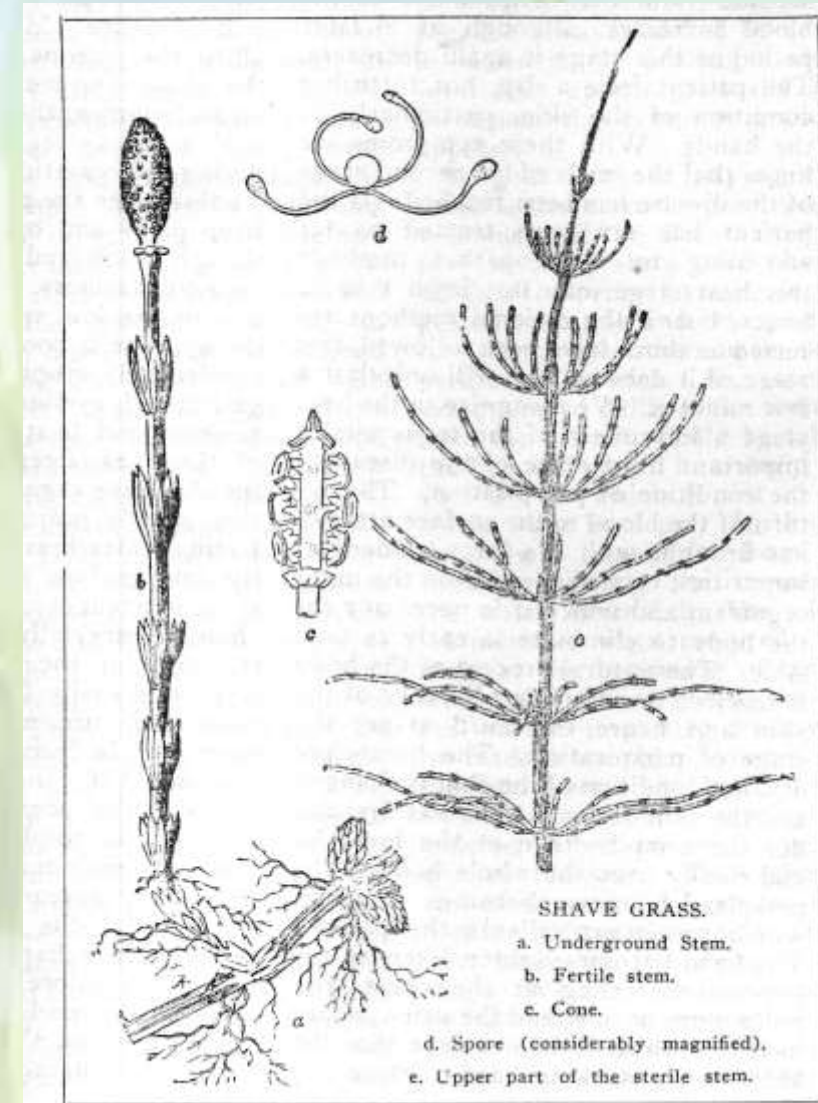
- **Prevention of incipient edema/dropsy**
- “Elder root, prepared in the form of tea is recognized as the most powerful medicament in dropsy known in the Kneipp pharmacopeia.”

Benedict Lust, 1907, 199

Lust, B. (1907). Medicinal virtues of the common elder. *The Naturopath and Herald of Health*, VIII (7), 199.

Shavegrass (*Equisetum arvense*)

- Pewter cleaner
- **Old injuries**
- **Putrid wounds**
- **Gangrenous ulcers** [Aloe powder]
- Washes away, dissolves unhealthy tissue
- Daily ablution with tea cleanses wounds



Hemostatic

- **Shavegrass stops blood vomiting**
- [Watermint prepared in vinegar]
- Violent nasal bleeding
- Profuse menses
- Formula: mistletoe, and shavegrass, equal parts
- Shepherds purse

Lust, B. (1900). The Kneipp Apotheca. *The Kneipp Water Cure Monthly*, I (7), 116-188.

Lust, B. (1907). Medicinal virtues of shavegrass. *The Naturopath and Herald of Health*, VIII (5), 135.



Vapor Inhalation

- Tea used for inhalation for lungs and mucous membranes
- Relieves head colds, catarrh

Purgative

- Not for chronic constipation
- Contraindicated for diarrhea

Kidney, Bladder

- Tea: urination problems and kidney stones, pain
- Excellent as diuretic but Dwarf Elder root is supreme
- Stones: steam bath prepared with shavegrass



Nettle (*Urtica dioica*)

Dry Leaf

- loosens **phlegm** in chest and lungs
- Cleanses stomach
- Invigorates kidneys

Roots are superior

- First stage edema



Fresh Nettle

- Eat like cooked spinach
- Bad blood
- Fresh for rheumatism



Luxuriant Hair

- **Balding, falling hair, dandruff**
- Father Kneipp's Nettle Hair Water and Nettle Hair Oil
- Whole plant boiled in 1 part vinegar and 2 parts water
- Preserved in cologne
- Better recipe
 - equal parts of burdock root
 - blind nettle leaves [*Lamium album*]



HAIR Like THIS

FREE Let me send you a remarkable treatment for Baldness, Dandruff, Gray Hair, etc., at my own expense. It will surprise and delight you. Write to-day to

**WM. CHAS. KEENE, Pres't
LORRIMER INSTITUTE
DEPT. 3004, BALTIMORE, MD.**

Ribwort or Plantain (*Plantago lanceolata*)

- Wounds, excellent band aid
- Prevents scars
- Hemostatic



Tuberculosis, First Stage

Tea made of equal parts

- Plantain
- Lungwort
- Removes all slimy pulmonary obstructions
- Cures first stage
- **Infallible cough remedy**
- or Asarum [wild ginger]



Plantain Synede

- Chopped plantain leaves
- Synede herbs
- Ground raw peanuts
- Drizzle with honey or lemon and/or oil



No Kneipp Apotheke is without dried violet leaves

- Handful of violet leaves boiled in half pint water
- Children coughs: 2-3 spoonfuls every 2 – 3 hours
- **Violet roots: whooping cough**
- **Roots must be crushed before boiling**



Violet Compresses

- **Headaches:** violet leaves decoction in compress
- Throat compress for sore throats
- Gout: crushed leaves boiled in vinegar
- Cooling: crushed leaves in compress

Fenugreek

- As a tea, remarkable **cooling herb**
- Gargle for throat complaints
- 1 tsp dissolved in 1 cup water
- Gargle every hour
- **Excellent for children's sore throats**



Poultice

- Seeds pulverized: tea and poultice
- Poultice:
 - Make a paste with warm water
 - Softens and dissolves tumours
 - Wounds, prevents putrid outcomes
 - Prevents blood poisoning
 - Ulcers, drawing

Kneipp's Beloved Knotgrass

- Reduces the size of kidney and bladder stones
- Hot, hot tea for colic
- Safe, effective for **dysentery; stops diarrhea instantly**
 - Knotgrass cooked in equal parts of red wine and water
- Food poisoning
- Liver diseases
- External wash for ulcers
- Gastral ulcers



Angelica, No More Indigestion

- **Excellent for indigestion**
- Indiscretionary eating
- Root cleanses stomach, expels all impure matter
- Dissolves accumulated gases, flatulence
- Antidote to food poisoning, decayed food



Indigestion and more

- All kinds of congestion, throat, whole body
- Headaches caused by indigestion
- Root regulates blood circulation
- As a powder, excellent on food

Peppermint and Watermint

- One cup of tea every morning strengthens digestion
- A pinch of powder in food or water
- Peppermint made with vinegar: blood vomiting
- Protracted illness
- Palpitations
- Nausea and vomiting



Constipation

- Centaury tea dissolves all hard and effete matter in bowels
 - Constipation in sedentary people
 - Mixed with wormwood and St Johns wort for children as vermifuge
- St Johns Wort: constipation with mucous obstructions in lungs
- Wormwood: disordered bowels and strengthens stomach

Stomach Pain

- Rue tea or tincture
- Arnica Compress
- Violent stomach cramps
- Whole plant boiled in vinegar and water

Chicory Fomentation

- Chicory fomentation made with the plant and flowers boiled and applied to stomach
- **Peppermint & Watermint [*Mentha aquatic*]: 1st place for digestion;**

Violent Abdominal Spasms

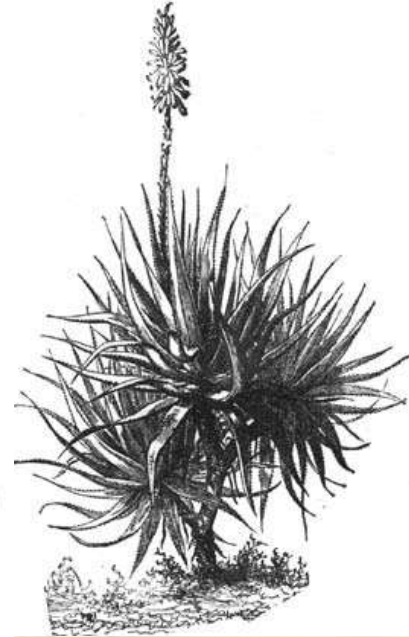
- With vomiting, and cold extremities:
- Formula: peppermint, water mint, anise seed, fennel
- First day of attack: chamomile tea and wash tid with warm water and vinegar
- 2nd day: wash with vinegar and water bid
- 3rd day: qd

Aloe

- Aloe powder boiled with a tsp honey thoroughly cleanses stomach
- Tea made with aloe, used as eyewash for sore eyes
- Aloe tea for putrid flesh, wounds
- Ulcers: powder
- Absorbs morbid matter

Stomach, Bowel Formula

- ½ tsp aloe
- 1 Tbsp elder flower
- 2 tsp fenugreek
- 1 tsp ground fennel seeds
- Make a pint of tea
- 2 day supply
- Improves digestion and produce a normal stool in 8 – 24 hours



Lust, B. (1918). Selected herbs. *Herald of Health and Naturopath*, XXIII (4), 379.

Kneipp Stomach Formula, Tonic Laxative

- 2 Tbsp fennel [pounded]
- 2 Tbsp crushed juniper berries
- 1 Tbsp fenugreek
- 1 Tbsp aloe powder
- 1 tsp makes 1 cup of tea
- Boiled for 15 minutes, taken at bedtime
- Tea works in 12 to 30 hours
- Strong px: 1 cup for 2 days
- Weak px: 4 – 6 Tbsp for 2-3 days

Diarrhea

- Chew dried bilberries
- Tea of elder berries for violent diarrhea
- Periwinkle tea

St Johns Wort

- **Excellent liver herb [add Aloe to enhance]**
- “Cleaning out the system”, **Constipation**
- Stomach cramps
- Head complaints from phlegm
- Bedwetting, [yarrow]
- formula with wormwood + centaury
- Irregular menses



Kneipp Herbs for Impure Blood

- Borage
- Blackberry leaves
- Watercress
- Dandelion
- Elder leaves

Spring Cleanse

Choose 2 oz. of each:

- Cleanse liver: dandelion root / culver's root / yellow parilla
 - Stimulant: cayenne / prickly ash bark / ginger
 - Laxative: mandrake root / cascara bark / licorice root / senna leaves
 - Cleanse mucous membrane: blue flag root / sassafras bark / stillingia / tag alder bark / sarsaparilla
- Boil in 3 quarts of water down to 3 pints
 - Strain, and add 2 pounds of sugar
 - 6 oz. alcohol preservative
 - Dose before each meal

Young, M. G. (1916). Impure blood. *Herald of Health and Naturopath*, XXI (6), 398-402.

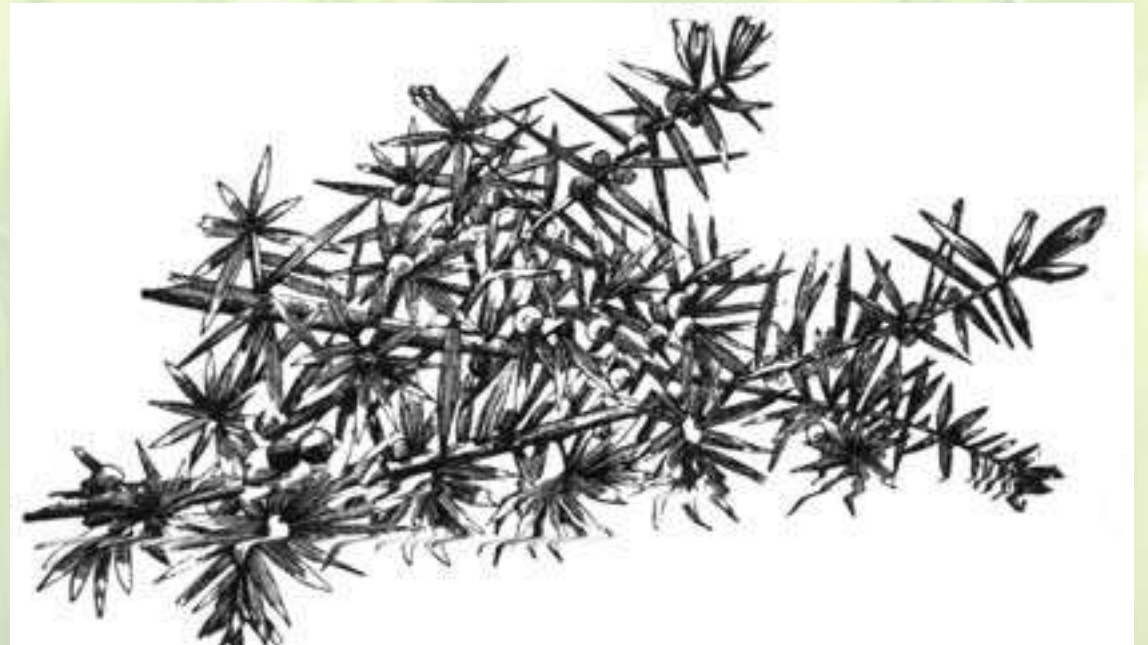
Diabetes

- Blueberry leaf tea: best remedy for **diabetes**
- Tea of **bilberry leaves**



Juniper berries

- **Heartburn: eat 6-12 immediate relief**
- Foul gas, complaints of liver and kidneys
- Gout
- Wards off contagion



Kneipp Kidney and Bladder Formula

- 2 Tbsp pounded fennel
- 3 Tbsp crushed juniper berries
- 3 Tbsp dwarf elder root powder
- 1 Tbsp fenugreek
- 1 Tbsp aloe powder
- Tea will drive out morbid matter through the urine
- Relieves burning kidney and bladder pain
- First stage of edema [dropsy]
- Boil for 15 minutes
- Strong px: 1 cup at bed for 2 days
- Weak: divide dose into 3 parts

Lungs

- Lung catarrh: chickweed, basil
- Phlegm: coltsfoot or elecampane
- 1st stage TB: group ivy or lungwort + ribwort: removes obstructions
- Lung bleeding: shepherds purse tea hourly
- Whooping cough: violet tea or black current leaves

Cough Formula

- Nettle
- Plantain
- Violet
- Sage
- Knife point of powder in water

Teeth

- Sage cleans and purifies the breath
- Sage leaf powder in equal parts with linden wood charcoal powder
- Juniper berries chewed for teeth preservation



Warm Baths and Herbs

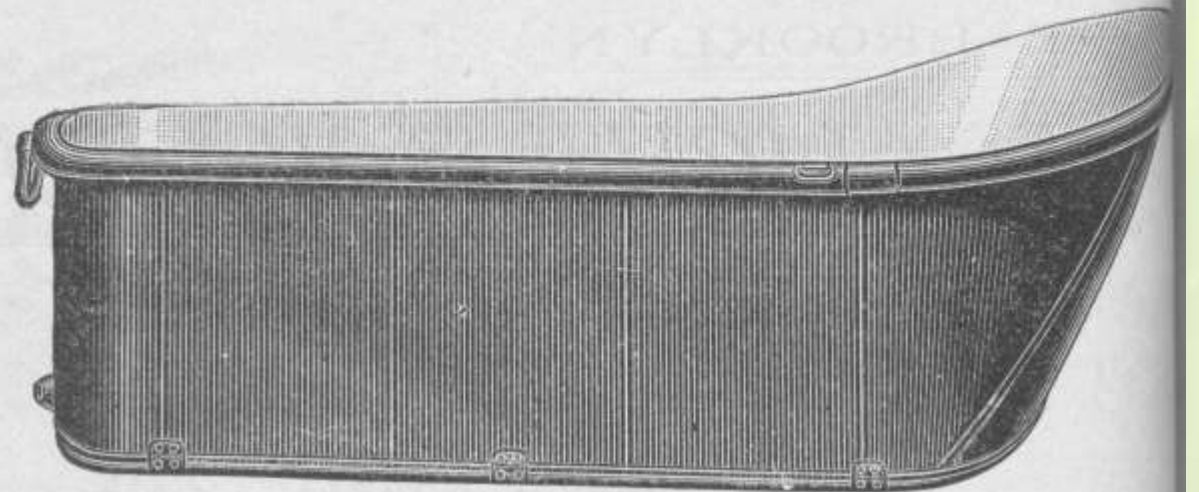
- Father Kneipp never gave a plain warm bath
- Always used herbs

Plunge Baths

Heavy Wood Bottoms, like Cut, Japanned.

5 feet long, green,	\$8.00 (\$9.25)
6 feet long, green,	10.50 (12.00)
5 feet long, oak,	9.00 (10.25)
6 feet long, oak,	11.50 (13.00)
Plunge Baths of lighter construction, japanned green or galvanized iron, 5 feet long,	4.50 (5.75)

N. B.—Figures in parenthesis include cost of packing and shipping, but not the freightage.



Pine Sprigs

- **Cough remedy, especially children**
- Kneipp prescribed pine baths for weak patients and to aid convalescence



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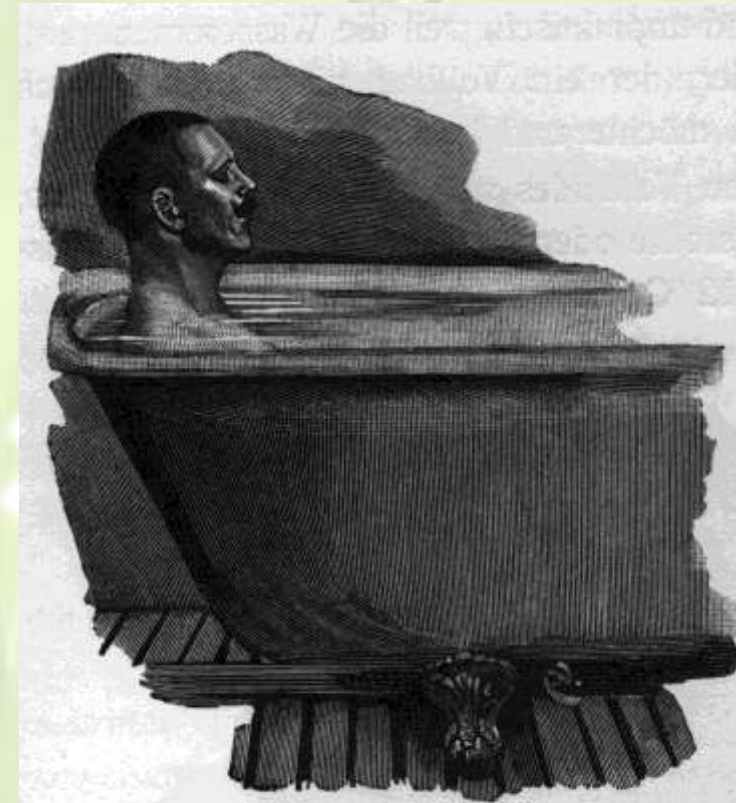
Sole Agents for Langbein's bath
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Oat Straw Baths

- Kidney stones: “There is nothing better than baths of oat straw.”
Kneipp, 1901, 75
- Excellent tea for lungs
- Boil oat straw one hour and add honey



Das kalte Vollbad bis an den Hals reichend

Hay Flowers

- Hay flower baths: “dissolver of pernicious matter and exceedingly good for corpulent people.” Sebastian Kneipp
- Any indication of **blood poisoning**: hay flower compress
- **Abdominal spasms**: warm compress; Friedrich Bilz, 1901, 211-213
- Frozen limbs
- **Rheumatism, gout**
- Scrofulous diseases
- **Sepsis, serious inflammation**



Hay Flower Wrap

- Useless unless scalded and applied hot
- Applied in thick layer
- Aids the resolution of inflammation
- Kneipp saved many lives

Hay Flower Vapor Bath

- Recommended for reproductive diseases
- Drawing and soothing

Gout Formula

- Juniper berry
- Dwarf elder
- Parsley
- Nettle root
- 4 – 6 Tbsp to one quart water
- Boil until $\frac{3}{4}$ remains

Gout Formula

- Juniper berry
- Shave grass
- Knotgrass
- Wormwood
- Warm tea taken on empty stomach in morning and at night



Rheumatism

- Birch leaves tea [+ gout]
- **Primrose: Rheumatism, chronic headache**
- **Mayweed** external application



Ulcers and Skin

- Cleansing wounds: alum water [1 oz. to 66 oz. water]
- Agave water [1 oz. agave to 50 oz. water] decoction
- Promote healthy skin growth: sprinkle agave powder
- wrap carefully to prevent air
- Lime charcoal powder: suppurating wounds
- Acute sores with fever: coltsfoot leaves [alleviates pain]

Lust, B. (1902). Kneipp's popular healing remedies and their application. *The Naturopath and Herald of Health*, III (8), 348-349.

Menses

- Dysmenorrhea: silverweed tea, rue
- Irregular: marjoram tea: to regulate cycle, take 3 – 4 days before regulate time
- Yarrow and St Johns Wort: irregular menses
- Mayweed: emmenagogue



Louisa Lust

- Cites three reasons for using herbs
 1. Dissolve morbid matter
 2. Eliminate them
 3. Strengthen the body

Lust, L. (1923). Herbs combined with Nature Cure. *Naturopath*, XXVIII (8), 370-371.




Her Pearls

- Kidney and Bladder: juniper and wormwood
- Chronic constipation: dandelion flower tea
- **Tormentil, thistle, shavegrass: hemorrhages**
- Ribwort [Plantain]: loosens phlegm
- **Fenugreek: Diphtheria, sore throat, fever**
- **Raspberry leaves: diarrhea**

Lust, L. (1923). Herbs combined with Nature Cure. *Naturopath*, XXVIII (8), 370-371.

Conclusions

- Father Kneipp contributed common herbs
- Genesis of Naturopathy



Thank you for your attention.