

The background is a solid green color with faint, overlapping leaf patterns in a slightly darker shade of green. The leaves are scattered across the page, creating a natural, organic feel.

# Western Herbs for Sports Injuries

Using common herbs to treat life's bumps  
and bruises.

Susan Lynn Peterson

# My Online Presence

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# WESTERN HERBS

for Martial Artists and Contact Athletes

*Effective Treatments for Common Sports Injuries*

SUSAN LYNN PETERSON, PH.D.

64 herbs available  
in health food stores  
everywhere!

For bruises, sprains, strains,  
breathing, dislocations,  
adrenaline, and more!

FOREWORDS BY  
CAROLYN DEAN, M.D.  
DAVID H. PRICE, L.A.C., M.O.M., B.A.



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# Why Herbs?

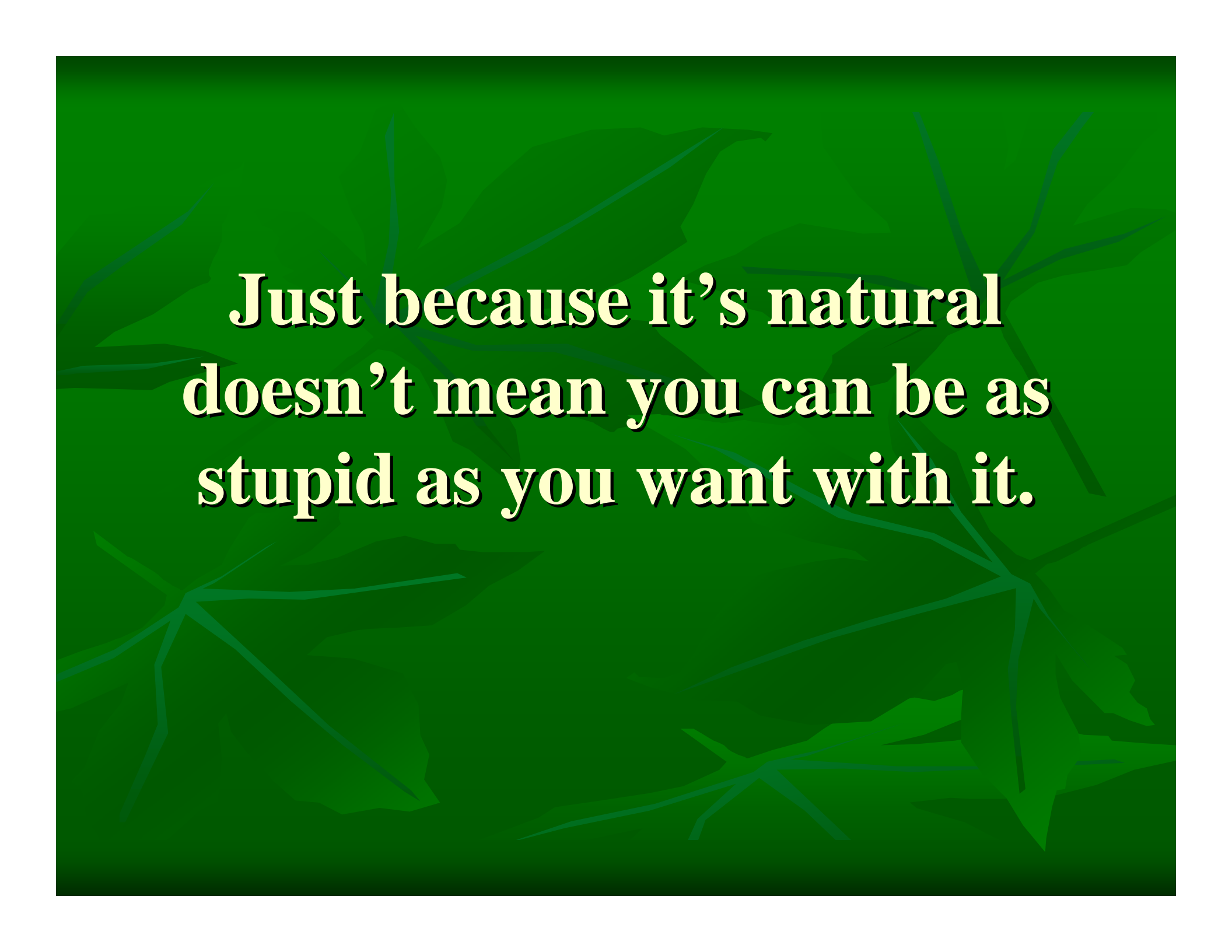
- They are part of our martial heritage
- They give us a treatment for injuries and problems too “minor” for Western medicine
- They are milder than heavily refined medication
- They give us control over our own health

# What we'll look at

- Safe habits and attitudes
- Choosing herbs
- Preparing herbs
- Which herbs to use
- Western formulas
- Chinese premixed medicines

# **The Safety Bottom Line:**

If an herb is strong enough to help you, it's strong enough to hurt you if you're careless with it.



**Just because it's natural  
doesn't mean you can be as  
stupid as you want with it.**



**Never look at just the  
common name for an herb.**

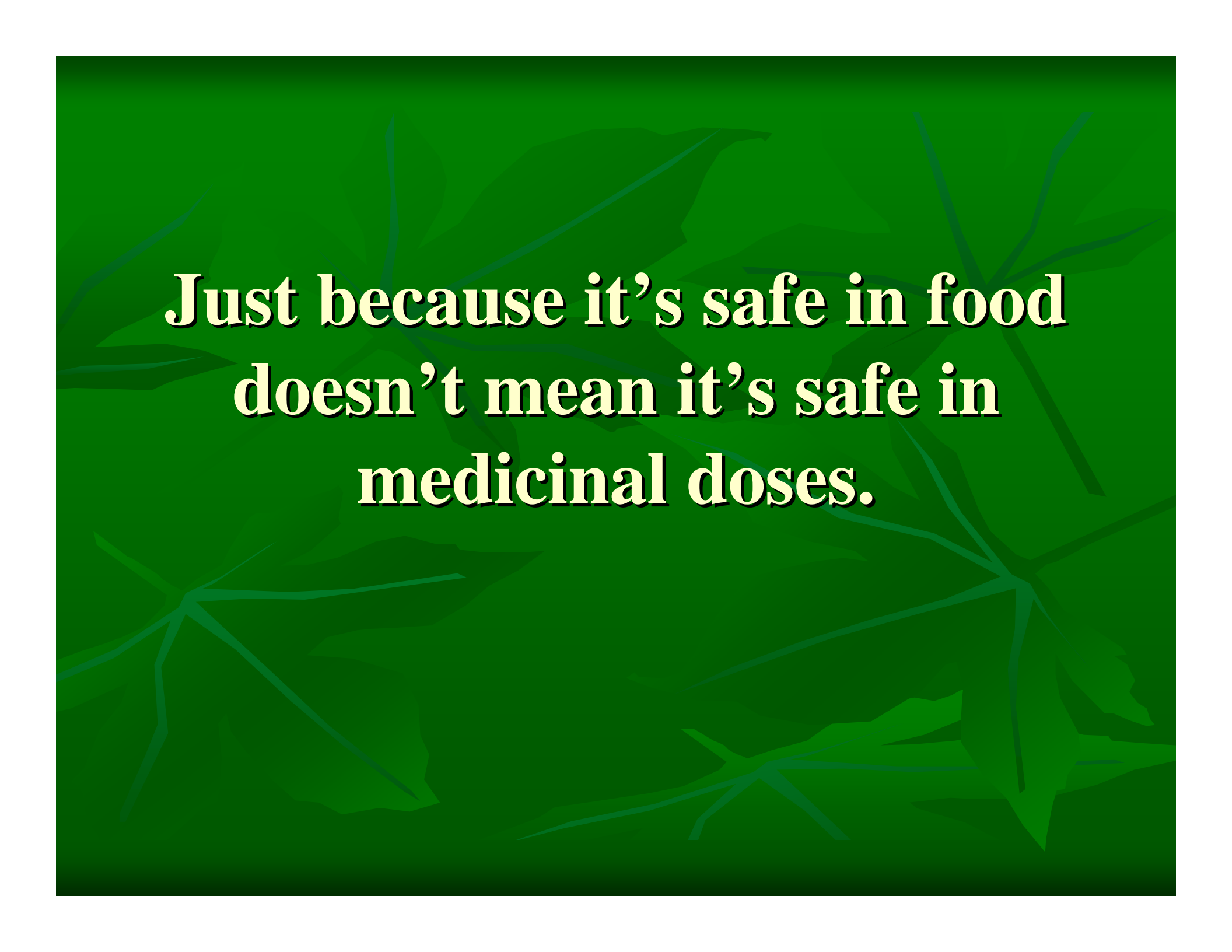




**Homeopathy is not  
Herbalism**

# Signs that it's a homeopathic preparation

- “HPUS:, which stands for the “Homœopathic Pharmacopœia of the United States.”
- A number followed by “X”, for example “10X”
- If it's American or Canadian and it says “homeopathic.”

The background is a solid green color with a faint, repeating pattern of stylized green leaves and stems, creating a natural, organic feel.

**Just because it's safe in food  
doesn't mean it's safe in  
medicinal doses.**

**Which of the following herbs could put you in the emergency room if you misuse a medicinal preparation?**

- a. Ginger
- b. Licorice
- c. Chili pepper
- d. Thyme
- e. Peppermint

The background is a solid green color with a pattern of stylized, overlapping leaf shapes in a slightly darker shade of green. The leaves are arranged in a way that creates a sense of depth and texture.

# Good Herb-Use Habits

# Question Everyone

Know your source's motivations  
before taking their word on an herb.

# Become your Own Herbalist

If you don't work with a professional herbalist, you must learn what the herbalist knows for yourself.

# Find a Safe Dose

Cross-check the dose you plan to take  
with a couple of different sources.





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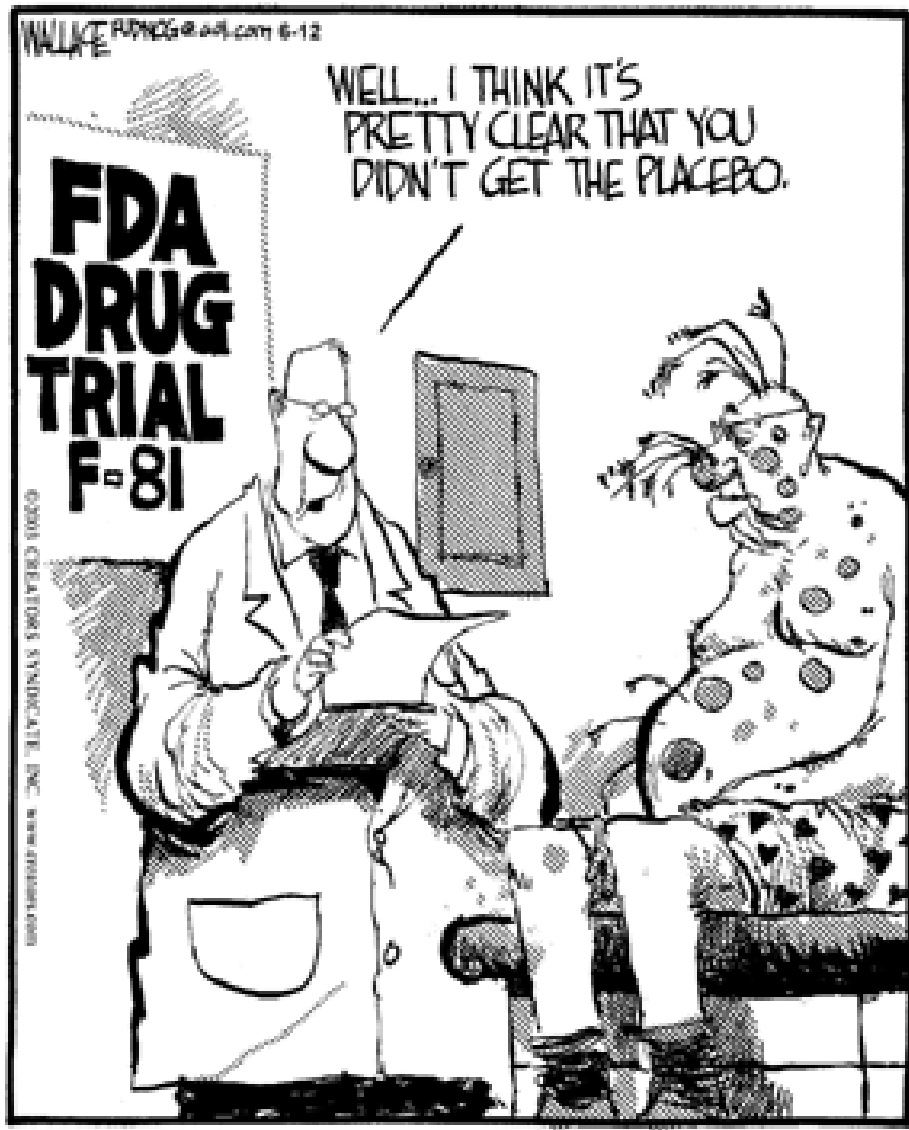
# **Work with Your Doctor**

But always double-check your doctor.

# Causes of Death in the U.S. (in one year)

- Heart disease: 699,697
- Cancer: 553,251
- Automobile accidents: 100,000
- Iatrogenic deaths (deaths caused by Western medical treatment): 783,936

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# Pay Attention

Herbs are not “set it and forget it.”

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**Label Everything**  
**Lock up Everything**

The background of the slide is a dark green color with a pattern of lighter green, stylized leaves and stems. The leaves are arranged in a way that creates a sense of depth and texture, with some leaves appearing more prominent than others. The overall effect is a natural, organic feel.

# Choosing Reputable Herbs

# Improving Your Odds of Getting Good Bottled Herbs

- Buy from Western Europe.
- Stay away from the South America and Eastern European herbs.
- Look for NSF, AHPA, USP, GMP seals.
- Look for herbs standardized to a particular ingredient.
- Check the manufacturer's Web site.
- If it's too cheap, be suspicious.



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Frontier Natural Products Co-op

[www.frontiercoop.com](http://www.frontiercoop.com)

Mountain Rose Herbs

[www.mountainroseherbs.com](http://www.mountainroseherbs.com)

APHRODISIACS? SURE - WE GOT 'EM...  
SPANISH FLY, RHINO'S HORN, YOHIMBE  
BARK - YOU NAME IT.



ALAN BEGAN TO QUESTION THE  
POTENCY OF BOB'S PRODUCTS.

The background is a solid green color with a pattern of stylized, overlapping leaves in various shades of green, creating a textured, natural feel.

# **Find Your Own Personal Risk Tolerance**

# How will you use herbs?

- Grow your own herbs and create your own internal and topical preparations?
- Create your own internal and topical preparations from purchased herbs?
- Purchase herbs for internal use?
- Use herbs topically only?
- Use commercial preparations topically only?



# Preparing Herbs

# What do you need?

- A scale (preferable a gram scale) that can be zeroed out
- Jars and a strainer that is dedicated to herb preparation
- Measuring cups and spoons
- Mortar and pestle
- Dark bottles and jars to store the preparations

MAKING  
PLANT MEDICINE



RICHO CECH

Published by :

Horizon Herbs

ISBN-10: 0970031203

# Tinctures

An extraction of the active ingredients of an herb using alcohol.



# Instructions for a Tincture

1:5, 40%, dry

- 1:5 means one part herb to five parts alcohol
- 40% means 40% alcohol to 60% water or 80 proof
- “Dry” means use dry herbs, not fresh
- Macerate for at least a two week

The background of the slide is a dark green color with a faint, repeating pattern of lighter green leaves and stems, creating a textured, natural feel.

# Infusions

Infusions are teas made with water.

# Infusions

- 1 ounce dried herbs or 2-3 ounces fresh herbs
- 2 cups of water (boiling, nearly boiling, or room temperature)
- Heat the water and pour it over the herbs. Cover the infusion.
- Let sit 10-15 minutes for hot infusions, 6-12 hours for cold.
- Strain

# Decoction

Decoctions are preparations made by boiling herbs for a long time in water

# When to use decoction:

- The herbs are tough and woody (bark, stems, roots)
- The essential oils are best extracted by water
- The essential oils are not extremely volatile (in other words, they don't evaporate quickly)

# How to make a decoction

- Break up or crush the herbs
- Cover them with water in a nonreactive pot (ceramic and glass is good, stainless steel is OK)
- Allow them to soak for at least a half an hour
- Bring to a boil
- Reduce heat and simmer for about an hour
- Strain.

# Essential Oils

The oils of the plant  
commercially extracted,  
usually by steam distillation.



# Infused Oils

The oils of a plant extracted by soaking the plant in a “carrier oil”



# How to Make Infused Oil

- Use 2-4 ounces of dried herbs/4-8 ounces of fresh herbs to 1 pint of oil.
- Crush the herbs
- Let them stand in a warm place, out of direct light, for 3-4 weeks.
- Or heat the herbs in the oil in a double boiler for 2-3 hours.
- Strain, bottle, label

# Creams and Salves

The active ingredients of an herb extracted and added to a preparation that thickens it.

# Capsules

Dried powdered herbs contained in  
gelatin capsules

# Compress

A compress is a towel, cloth or bandage soaked in an infusion, decoction, oil, or tincture, laid over the injury

# Poultice

A poultice is like a compress, but it uses moistened solids instead of liquids.

# Plaster

A plaster is a moistened herb,  
wrapped in gauze, laid over the injury

# Inhalant

Inhalants are essential oils dropped into very hot water so the fumes can be inhaled

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# Treating Specific Injuries





# Sprains



And now we pause for a brief detour. . .

# To Ice or not to Ice?

- Ice stops swelling
- That's why you switch to heat after 24-48 hours
- Ice cools inflammation as well as reducing swelling
- Ice minimizes damage
- Ice stops everything
- By then the stagnancy is so bad it's a problem in an of itself
- We have ways of cooling inflammation without shutting down the area
- Ice causes damage

# Stages of a Sprain

- First stage: Acute. From the moment of the injury, it lasts 1-7 days. Swelling, redness, pain. Blood and body fluids accumulate causing swelling.
- Second stage: Post-Acute. 1-4weeks. Inflammation is mostly gone. Stiffness and some minor swelling.
- Third stage: Chronic. Beyond 4 weeks. Inflammation and swelling is gone, but pain and stiffness remain. Sometimes deformity. Higher chance of reinjury.

# Stage One Treatment

- Restore normal circulation of qi and blood.
- Move enough to help restore circulation but not so much that you cause further damage
- Use cooling anti-inflammatory herbs/treatment (arnica, san huang san, tofu and white flour)
- Get some acupuncture to help restore circulation
- Talk to a Chinese medical practitioner about trauma pills.

# Stage Two Treatment

- Apply heat
- Warm comfrey soaks can help rebuild tendons and ligaments
- Start doing range of motion exercises, gently at first
- Get into regular exercise gradually

# Stage Three Treatment

- If the sprain was minor and you treated it properly, it shouldn't have much of a stage three.
- A bad tendon or ligament injury might not be quite the same for as long as a year.
- Start strengthening the area
- Use warming liniments or tendon lotion.

# Joint Pain

- Try a counter-irritant tincture made from  $\frac{1}{4}$  teaspoon cayenne (red pepper) in 1 cup of grain alcohol. Use it as a liniment.
- Bromelain: Available in an over-the-counter form, it breaks down fibrin, a blood-clotting protein. Circulation increases, tissues drain better, and swelling goes down.



# Homemade “Tiger Balm”

- 3 T wintergreen oil
- 3 t camphor oil
- 1 ½ t eucalyptus oil
- 1 t lavender oil
- 1 ½ t peppermint oil
- 1 ½ t T almond oil
- ¼ c vegetable butter or petroleum jelly

# Bruising

- Bromelain is also good for bruising (taken orally).
- For basic bruises, arnica can help (topically only). Arnica will take down the swelling, but won't help much with the black-and-blue color.
- Infused rosemary oil can help clear out the color once the swelling is gone.

# When the nerves are the last things to heal. . .

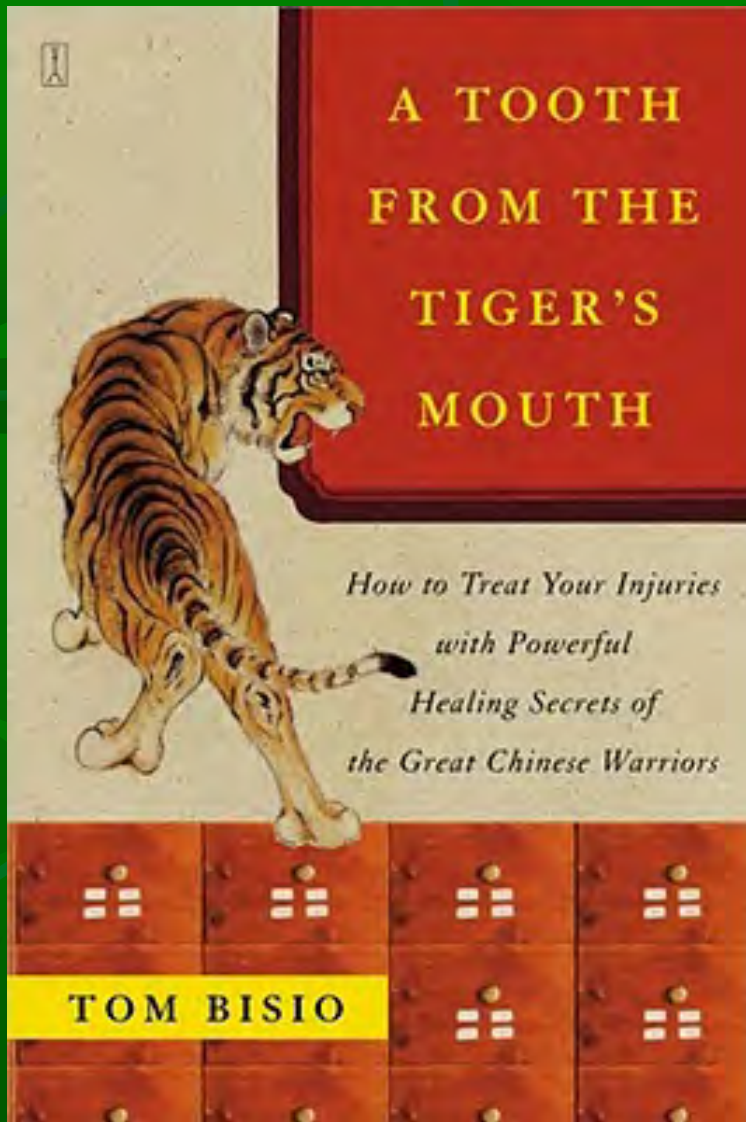
- For bruises or cuts that have healed but have left behind “dead” patches that are a little numb or places that have residual pain when touched, you need something to give the nerves a bit of help.
- St. John’s Wort infused oil helps regenerate nerves.

# Healing Scars

- When the scab is completely gone, apply rose hip seed oil (*Rosa affinis rubiginosa*).
- Massage the scar assertively working both with and across the line of the scar to break up the scar tissue.
- Rosehip seed oil contains trans-retinoic acid, which has been used in Western medicine for some time for prevention of scars.

The background of the slide is a dark green color with a pattern of lighter green, stylized leaves. The leaves are arranged in a way that they appear to be overlapping and filling the space. The text is centered in the middle of the slide.

# **Chinese Premixed Medicines**



**Published by:  
Fireside**

**ISBN-10: 0743245512**

# Reputable Brands for Chinese Herbs

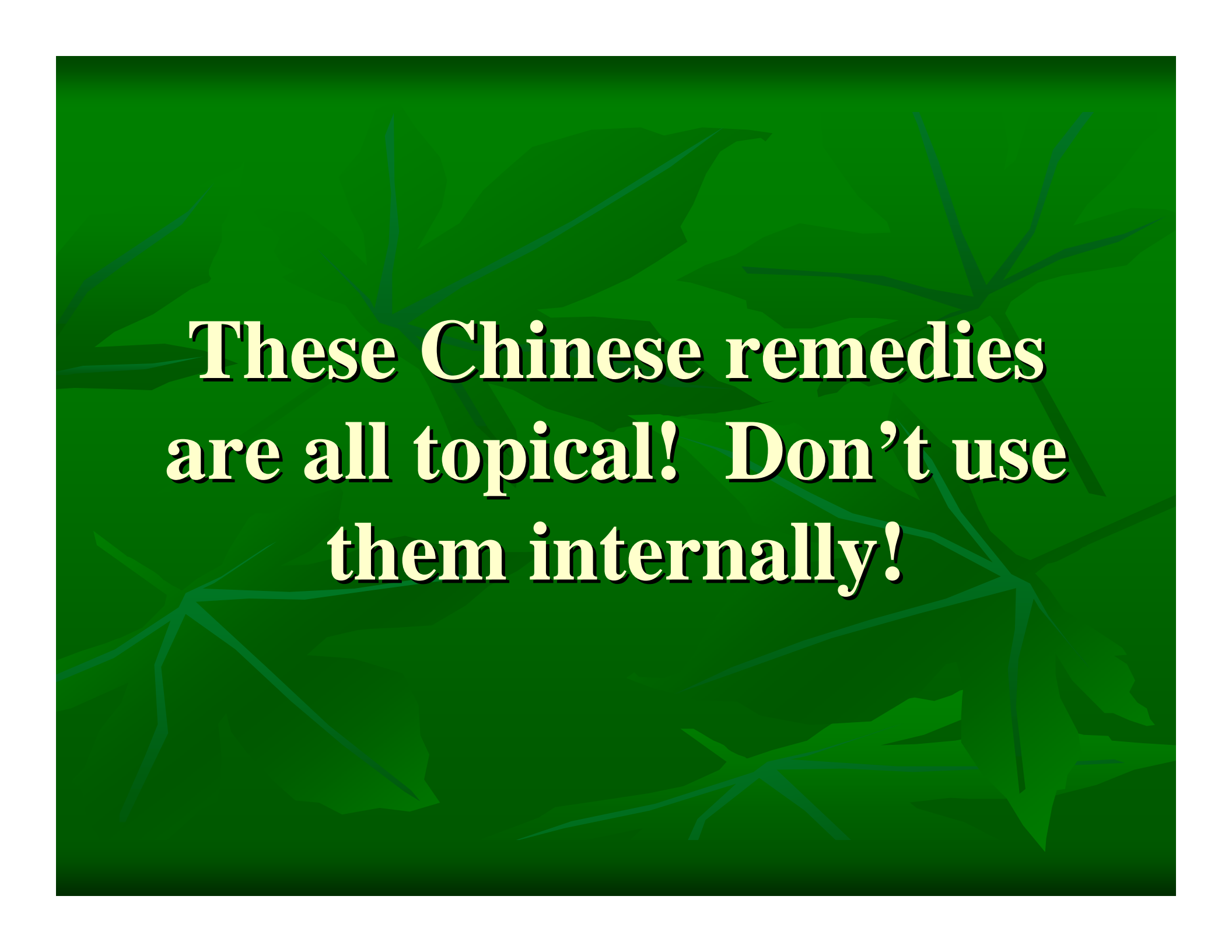
- International Companies with a good reputation: Blue Poppy, Plum Flower, Golden Flower
- Chinese Companies with a good reputation: Five Photos, Tong Ren Tang, Yunnan Baiyao Group
- Look for NSF, AHPA, USP seals.
- Look for GMP (FDA) certification
- Get your herbs from a reputable herbalist and retailer and you won't have to wonder if the brand is OK.

# Sources for Chinese Herbs

Yong Sheng Herbs  
2615 E. Broadway Blvd.  
Broadway just east of Tucson Blvd

Kamwo Herbs (NYC)  
<http://www.kamwo.com/>



The background is a solid green color with a faint, repeating pattern of stylized green leaves and stems. The leaves are simple in shape, with visible veins, and are scattered across the entire background.

**These Chinese remedies  
are all topical! Don't use  
them internally!**

**... Or if you do use them  
internally, tell your  
emergency room doctor and  
your lawyer that it was your  
own stupid choice.**

# Five Photo's First Aid Antiseptic



- The English says “antiseptic”; the Chinese says “Injury Tian Qi Liniment”
- It’s a Dit Da Jow, a “fall and strike medicine”
- A topical alcohol-based tincture
- All-purpose heavy-training liniment. Also good before and after makiwara training.

# Yunnan Baiyao



- “White medicine from Yunnan Province”
- An external plaster, herbs on a rubber and cloth backing. Also comes in a spray and as liniment.
- Used for pain due to qi stagnation and blood stasis.
- Can be used during any of the three stages of trauma.

# Blue Poppy

## Shaolin Dee Dat Jow Liniment



- From a formula handed down by the Patriarch of the Shaolin monastery
- “Moves the qi and quickens the blood, frees and eases the flow of the channels and vessels, stops pain”
- Acute injury with redness and swelling

# Blue Poppy Dragon's Blood Liniment



- For the treatment of blood stasis due to traumatic injury
- Pain, large purple bruising
- For swelling and pain with no redness or heat

# San Huang San



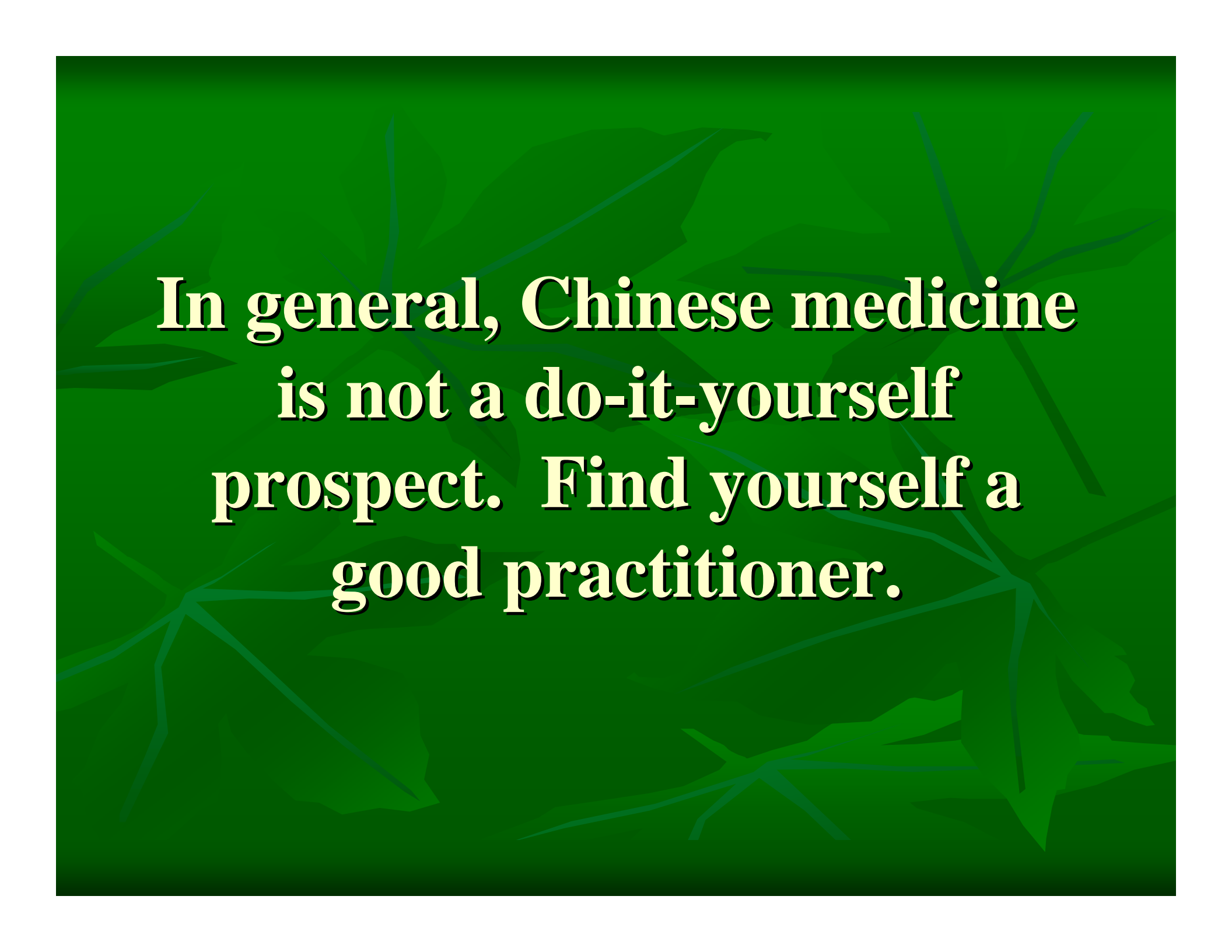
- Also called “San Huang Gao”
- Informally called “herbal ice”
- Used for first-stage joint injuries
- Reduces swelling and removes stasis.

# Tendon Lotion



- For “stage 3” injuries to tendons and ligaments
- Good for old sprains, tendonitis, shin splints
- Don’t use if there is any inflammation left.
- If heat makes the injury feel better, you’re probably OK with tendon lotion.



The background is a solid green color with faint, stylized leaf patterns in a slightly darker shade of green. The text is centered and reads: 

**In general, Chinese medicine  
is not a do-it-yourself  
prospect. Find yourself a  
good practitioner.**