



Mike Casey

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## Herbal Remedies Class Twelve: Health and Healing Simplified

- A. -And God said, "See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food." (Genesis 1:29)  
-He causes the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth (Psalm 104:14)  
-But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor the wine which he drank....Daniel said "Please test your servants for ten days, and let them give us vegetables ("pulse" in other translations) to eat and water to drink. Then let our appearance be examined before you...And at the end of ten days their features appeared better and fatter in flesh than all the young men who ate the portion of the king's delicacies. (Daniel 1:8-16)
- B. **God's perfect design from the beginning was that our food would be the herb that yields seed and the fruit of the tree that yields seed. Are we eating to live or living to eat!?**
- C. Herbal medicine has a written history dating back more than 5,000 yrs. Plants and herbs have been used for medicinal purposes long before recorded history. Ancient Chinese and Egyptian papyrus writings describe medicinal uses for plants as early as 3,000 BC. Recently the WHO (World Health Organization) estimated that 80% of people worldwide rely on herbal medicines for some part of their primary healthcare, and in Africa it is said it is up to 90%.
- D. The use of herbs in America has been overshadowed by dependence on modern medication the last 100 yrs. We have strayed from God's design. One stat says that the total number of deaths caused by conventional medicine is 783,936 per year, and says that the American Medical System is now the leading cause of death and injury in the US. The deaths attributable to heart disease was 699,697 per year and the deaths attributable to cancer were 553,251 per year.
- E. **God intelligently designed our bodies to heal themselves.** This is one of the main philosophies of Natural Health: that the body will heal and regenerate any cells in the body if treated properly and given the right environment. We have strayed from God's design and people are more sick today than every before in history.
- F. **There is no such thing as "disease",** only weakened and failing cells. "Disease" is only a word used by the medical community and associated with a set of symptoms that the body displays. Nothing is mysterious when you understand the truth behind it. "Disease" is simply a natural process, an effect

that the body experiences when its cells begin to fail: mainly from acidosis, toxicity and deficiency.  
**Almost all tissue failure begins with acidosis and toxicity.**

- G. The medical community seems primarily focused on using pharmaceutical drugs to mask and cover up symptoms without addressing the root cause of what is going on. This of course does not fix the problem, but merely covers it up temporarily, letting the root of the problem continue and get worse, and a lot of times their drugs will cause even more issues. **Never treat the symptoms; cure the cause.**

### How the Body Works

- A. Everyone should understand the basics of the body's operation. **"Why do we eat and what happens to the food we eat?" is the question to ask.** Food consumption is vital. We eat for additional energy. We know that our cells are cities within themselves and carry the original "spirit" that they were designed with, to know what to do and how to function. Nevertheless, cells need an external source of energy to sustain themselves in activity. **Most people chew and swallow their food without thought of how or why it is utilized within the body. We assume that if it's edible, it's useable by the body. This just simply isn't so.**
- B. **Eating, digesting, absorbing, utilization and elimination are ongoing and consistent processes. When one or more of these processes is impaired, the body as a whole begins to suffer.** It may take many years for a major symptom to appear, but appear it will. There are always signs along the way, however, including fatigue, obesity, excessive thinness, bags under the eyes, rashes, constipation and/or diarrhea, to name a few

### **The Four Basic Processes**

1. **Digestion:** First, when we consume any food it must go through a digestive process, or a process whereby the body breaks down the structures of the food into building materials and fuels. The body requires these raw materials for energy to function and also to build and repair itself. The breakdown of food is accomplished through enzyme action, which starts in the mouth, where carbohydrates, sugars and fats begin their alkaline digestion. The stomach also produces a digestive enzyme called pepsin; an acidic enzyme released by HCL for initial protein digestion. The rest of digestion takes place in the small bowel, which is alkaline in nature.

**When our foods are not properly broken down, either from a weak pancreas, stomach and intestinal tract, or from bad food combinations, one will experience gas formation from fermentation and/or putrefaction.** The greater the gas problems, the greater the weakness and/or bad diet choices. The body breaks down the foods you eat into the following: Proteins are broken down into amino acids for building and repairing material. Carbohydrates (starches and complex sugars) are broken down into simple sugars for fuel. Fats are broken down into fatty acids and glycerol, for building, repair and emergency needs.

**Digestion is the first process that must take place in a healthy body and many people fail right here.** If you are very thin or lack adequate muscle tissue, it is a strong probability that your body has not been digesting (breaking down) your foods adequately.

- 2. Absorption: Once foods are broken down, we must not absorb these building materials, fuels and other components,** which include: tissue salts, vitamins, tannins, alkaloids, flavins, and the like. These components are not carried by the bloodstream to the cells for energy, stimulation, building and repairing, or stored for future use. Absorption is accomplished through the villi (fingerlike projections on the surface of certain membranes) and small pores all along the mucous membranes of the small and large intestines. The absorption should be simple, but most people's intestines become impacted with a thick rubber-like substance called "mucoïd plaque." This plaque, which develops in the GI tract, is made of gluten, mucus, foreign protein, and other food by-products that act more like glue than nutrition!

Refined sugars, grains, meats, and dairy products are the foods that are most responsible for the formation of this plaque. This "mucoïd plaque" blocks the nutritional components of our foods from being adequately absorbed into the body. (I have heard of people detoxing and eliminating this think plaque, sometimes buckets of it and very black and stink.)

**Most of us fail in the second stage of food absorption to some extent because of this congestive mucoïd plaque. Again, if you are thin, malnourished or lack adequate muscle tissue, a malabsorption issue must be considered.**

- 3. Utilization: We must get nutrition to and into our cells.** The blood system and its highways (the vascular system) are the transport system. Most of the absorbed nutrition must first pass inspection by the liver, which can create further chemical changes, store nutrients, or pass them on unchanged to the rest of the body for utilization. The number of processes the liver can carry out is miraculous. It can create its own amino acids, change sugars to fats, and vice versa. It can create or destroy.

**Now a little secret, this is where the importance of acid and alkaline comes in.** If our body (including our blood) becomes more acidic, our nutrition becomes anionic (coagulating). In other words, our building materials (fats, fuels, minerals, and other compounds) start sticking or clumping together. Most of the foods commonly eaten by humans are acid forming. Acidity, which is heat-producing, causes inflammation in the walls of the vascular highway and throughout the body. Lipids (fats) begin sticking to the walls of the vessels in hopes of buffering this inflammation. But lipid bonding also causes lipid stones, such as gallbladder and liver stones.

Cholesterol is the most common anti-inflammatory lipid that the body uses to fight this inflammation. When the tissues become acidic and thus inflamed, the liver will produce more cholesterol to fight it. But that means that blood cholesterol levels begin to elevate. Minerals too start bonding and form "rock-type" stones, which show up as kidney stones, bone spurs, and the like. Cell membrane walls have tiny portholes that will not allow this "clumped" nutrition to be absorbed. When red blood cells start clumping together, blocking proper oxygen transport, or utilization this created cellular starvation,

which causes hypo-active conditions of glands and organs, loss of systemic energy, loss of muscle tissues, and finally death.

**Many glands supply hormones, steroids, and the like, to assist utilization.** As these glands become hypo- or underactive, the utilization of calcium and other constituents is affected, creating many disease symptoms. For example, one of the jobs of calcium is to help transport nutrients across cell membrane walls. When the thyroid gland becomes hypoactive this slows or stops calcium utilization, which has a domino effect, causing cellular starvation. This, of course, makes tissue even weaker and the cycle just gets worse and worse until death. Most people fail in the utilization of their nutrients to some degree.

- 4. Elimination: What goes in must, for the most part, come out.** If it comes out looking the same way it went in, that's a problem. (You should not see undigested foods, except corn, in your stools.) When the elements in food are broken down into their simplest forms for utilization by the cells, there are many by-products from this process – including gases, acids, cellular wastes, undigested proteins, and unused material like vitamins and minerals – that need to leave the body.

**The body is always trying to eliminate in ways that we often do not understand.** An example would be cold and flu-like symptoms, where sneezing, coughing, sweating, aching, fevers, and diarrhea are experienced. These symptoms are elimination processes used by the body to purge itself of mucus, parasites, toxins and the like. If we do not eliminate our wastes, we building congestions interstitially (around cells) and intracellularly (inside cells), causing further cellular decay and death.

**Good elimination means moving our bowels three times a day, urinating adequately, sweating and breathing properly. All of us fail in this category to some extent or another. By correcting digestion, absorption, utilization, and elimination we can regain our energy, build vitality and vibrancy, and live a disease-free life.**

#### **Eliminating “disease” Through Cleansing and Rebuilding Tissue**

- A. **Detoxification and regeneration mean the complete elimination of the root cause of the symptoms,** not just trying to “treat” the symptoms as some do. If you correct the cause of the problem, the symptoms will automatically go away. Regeneration means rebuilding tissue that is failing; and detoxification is the method used to remove the inflammation and toxins that have caused these tissues to fail in the first place. Always ask yourself what the cause of your symptoms may be, and focus on that.
- B. **There are three basic causes of disease symptoms: 1. Acidosis,** which causes inflammation, leading to congestion, ulceration and atrophy (tissue failure); **2. Toxicity,** which causes congestion, inflammation and cellular damage, thus leading to tissue failure; and **3. Tissue weakness** or failure itself caused by genetics, acidosis, and/or toxicity. Acidosis and toxicity are the main causes of tissue failure, which can cause innumerable effects or symptoms. This is especially true when this “tissue failure” affects the endocrine gland system. **These three causes are behind 99.9 percent of all diseases.**
- C. **Regeneration has three main components to it: Alkalize, Detoxify and Energize.** All three work together and are inseparable. Alkalization is vital to tissue regeneration because it is anti-inflammatory.

It builds electrolytes for proper ionization, oxidation and neutralization. It allows for proper cellular respiration and for disbursement of nutrients throughout the body. Detoxifying, of course, cleanse all the obstructions, irritants and stimulants, like mucus, heavy metals, chemicals and pesticides out of your body. This allows for proper digestion, absorption, utilization and elimination. **Energizing your cells with energy from living foods is also vital to robust health. Without the power of live foods, which are full of nutrition and electricity, you cannot accomplish alkalization and detoxification.**

- D. **True detoxification must take place from all levels within you (mental, physical, emotional and spiritual).** Thoughts and emotions are very powerful and have huge impacts on our health and state of well-being. For example, the emotional states of anger and love will affect your thoughts and your physical body in different ways. Anger creates stress and constricts the blood and lymphatic flow within the body. It shuts down the liver and pancreas, affecting digestion. It overstresses the adrenal glands causing excessive hormone and neurotransmitter release. All this causes acidosis. Love, on the other hand, creates the opposite. Connect with God, God is love!
- E. When you begin to increase your energy through detoxification, you will start detoxifying in all areas. Thoughts and emotions stick like glue to your cells and create subtle obstructions that you can carry for a lifetime. So, if you start crying or yelling during your detoxification process, this is the reason. Let it all come out. Be observant of your thoughts and feelings, and try not to hold on to anything. Let these obstructions go and let the love of God fill you.
- F. **How do we get the body to detoxify!? We are designed primarily to be in an alkaline state in our bodies.** Acid-forming foods cause inflammation and congestion in the body, creating an anionic situation. This reaction causes nutrients, blood cells, etc., to start sticking together, and encourages the formation of lipids and oxalate stones of all types. Thus, nutrients become unavailable to cells, which leads to cellular starvation. Because acidosis is inflammatory and destructive to cells, the body will use steroids, electrolysis, water, lipids (cholesterol), and other things to fight this. This causes dehydration extracellularly and intracellularly.
- G. **The first thing to do is the change the intake from acid-forming foods to alkaline-forming foods.** Consumption of alkaline-forming foods, which are mainly fruits and vegetables, will begin the detoxification and rehydration process. If you wish to speed up the cleansing process, these fruits and vegetables must all be raw, uncooked and unprocessed. If you wish to dig deeper into tissue and speed the process up even further, you can switch to all raw, fresh fruits only. **Fruits have the highest amounts of antioxidants and astringent properties of all foods.** Their sugars are slow burning but powerful, and will enhance the vitality of cells faster than any other food, and with much less digestive effort. **They also have the highest electrical properties of any food. The energies in raw fruits are so high that they speed up neuron transport and endocrine function.**
- H. **Because raw fruits are so powerful in detoxifying and restoring vitality it is important to note here that one can detoxify too fast.** This can lead to extreme cleansing symptoms. A fruit diet will stir up the toxins and mucus in the body in an aggressive manner, sometimes leaving you with some very

noticeable side effects. Start with an all-raw diet of both fruits and vegetables for a few weeks first, this will allow for a much slower and generally easier cleansing process, then kick it up to all raw fruits and later on maybe even some fasting. One of the deepest ways to detoxify yourself is through water fasting. I do not, however recommend water fasting in chronic and especially degenerative cases where the patient has little energy in the first place.

- I. **Life is a constant process of consuming and eliminating. You will be detoxifying for the rest of your life at one level or another; especially if you eat fresh fruits and vegetables on a regular basis.** Your body will keep digging deeper within itself, cleansing and restoring proper functions. Most of this processing then becomes very subtle. You won't even know it is going on, except for occasional symptoms of mucus discharge, cold-type symptoms, or aches and pains. God designed our bodies amazingly and if we treat it the way he designed our functions at an incredibly high level!

**“God heals and the doctor takes the fees” (Benjamin Franklin)**

- J. Herbs are vital to detoxification, regeneration and restoration of cells and the body. Their power to invoke the cleansing and regeneration process can't be equaled by manufactured supplements or chemical medications. Where chemical medications suppress and hold toxins in the body, herbs pull and cleanse these toxins out as well as strengthen the cells. **Because herbs haven't been hybridized they haven't lost their powerful nutritive and electrical properties God designed them with. Herbs carry the “original awareness” and design that God created them with.**

#### **Address the Systems, not the Symptoms**

- A. **Bowels: Poor bowel management lies at the root of most people's health problems.** Dr Bernard Jensen, who helped people with health and healing for 60 yrs and saw well over 300,000 clients and he concluded: **“It is the bowels that invariably have to be cared for first before any effective healing can take place.”** As a matter of fact, the natural health field mainly got started around matters of the gastrointestinal tract. Your gastrointestinal tract is the center or hub of your body, just as the hub of a wheel is the supporting part of a wheel. It is one of the main organ systems of your body. Now the real question should be, “How do we save and regenerate the GI track, which is as important as the heart?”
- B. **It is important to move your bowels two-to-three times per day, ideally as many times as you ate food the day before.** If your bowels become sluggish, this will cause additional fermentation and putrefaction of your foods. We absorb these toxins and gas particles directly into our blood stream. This can cause headaches, cloudy or foggy thinking, bloating, abdominal pain, and even heart arrhythmias. Diarrhea is just as bad as constipation – moving your foods too quickly though the GI tract is just as bad as holding your foods too long. This creates lack of proper breakdown of your foods, yielding poor absorption and causes fermentation and putrefaction of your foods yielding alcohol, acidosis, gas and inflammation.
- C. **A good herbal bowel formula will help break down mucoid plaque, kill only the destructive parasites, remove the inflammation and strengthen intestinal walls.** (You don't want something that is just

laxative!) You want something to be anti-inflammatory, to clean the mucoid plaque off the walls, would clean out the pockets that get impacted, strengthen the GI tract and would be restorative. Enemas and colonics can also provide some additional cleansing and are very effective.

- D. Kidneys:** Your kidneys are the main filters of the body, they filter the blood. The lymphatic system also dumps into the kidneys so it is vital that they must be filtering properly. Everyone has compromised kidney filtration to some degree in our world today. You must work on the kidneys for proper cleansing and health. A diet of raw fruits and vegetables is the start but in my opinion herbs are the key to really unlocking the kidneys and cleansing them out properly. You want to work on getting the kidney to filter properly before or during the rest of your detoxification process, especially when moving the lymphatic system. **Don't forget that the skin, which is the largest eliminative organ, is considered the third kidney as it excretes wastes also.** It is important to sweat, take hot baths or showers to promote perspiration etc. If you do not sweat easily, you could have thyroid weakness but do things to promote perspiration while you work on the glands.
- E. Lymphatic System:** The lymphatic system is the major "sewer system" of the body and the main immune system! It acts as your septic system. It not only provides protection for cells, but serves to remove waste as well. **Everyone thinks of digestive waste from the bowels, but not many consider the cellular waste being excrete from 100 trillion cells of the body.** Most people have congested and stagnant lymphatic systems. The lymphatic system must be moving and cleansed out for proper health. A diet of raw fruits and vegetables will greatly help, especially the fruits. God created several herbs that are very powerful for assisting in moving the lymph and getting it cleaned out. Also movement is key in moving your lymphatic system. It doesn't have to be complicated, but walking, running or rebounding can be effective. Dry skin brushing also serves to stimulate lymph movement. Lymph massage can also be utilized, but make sure the kidneys are being worked on before lymph gets stirred up to much.
- F. Endocrine Glands:** The Endocrine Gland System is the most overlooked system in the body, even though it is the "master computer" (or Government) of your body. It tells your cells what to do, and how much to function, through the release of hormones like steroids, neurotransmitters, serotonin, enzymes and the like. It is difficult to say which is the most important gland we have because all tissues in the body are interrelated. However, **approximately 75 percent of all "disease" symptoms can be attributed to the failure of the endocrine gland system.**
- G. Your principal endocrine glands are the adrenal glands, pancreas, thymus, thyroid/parathyroid, the testes, ovaries and the great master gland, the pituitary.** Up until the last 10-20 years, we mostly found chronic and/or degenerative conditions in the elderly from the failure of these glands. Today, because of our lifestyles, diets, and especially because of genetic weaknesses, these glands have become weakened to the point where even infants have chronic and degenerative conditions.

## Top Herbal Formulas for Detoxification and Healing

**Stomach and Bowels:** Dr Morse Stomach and Bowels formulas, GI Broom, On The Move Cleanse

**Kidneys:** Dr Morse Kidney/Bladder tinctures and capsules, Kidney Cleanse Tea, Total Kidney Detox, Kidney/Bladder Aid

**Lymphatic System:** Dr Morse Lymphatic System and Lymph Node Support tinctures and capsules, Lymphati Cleanse, Lymphatic Tea, Heal-All Tea, dry skin brush

**Endocrine Glands:** Dr Morse Endocrine Balance and Gland Tonic, Endocrine Strengthening Formula, Deer Antler, Shen Nong Ginseng, Pine Pollen

Detoxification is not a system of treatment or a way to remove symptoms; it is a system of curing by addressing the cause of the disease. It involves the understanding that God designed the body to heal itself. Six major factors will either make us healthy and vibrant, or sick and weak: what we eat, drink, breathe, put on our skin and what we think and feel.

10 ways to be successful: These principles or recommendations will help you tremendously in achieving success and the health and vitality you want from your detoxification and regeneration process.

1. Acknowledge and connect with our creator God! God created us to be filled with love, life, vitality, joy, purpose.....And he created us for relationship with Him. He delights in us and wants us to talk to Him. When we understand how to partner with God in every area of life (physical, mental, emotional, spiritual..) we understand what life was meant to be like! Seek to know Him more and as you partner with him he will heal every area of your life and bring it into alignment with Him. This is the best and most exciting process!
2. Diet: The diet is your number two key to success. What you eat, drink, breathe and what you put on your skin is how you bring the outside world in. The greater percentage of raw fruits and vegetables (salads) you eat, the greater success will be. If you have serious conditions you will want to consume a 100 percent, raw, "live" food diet of fruits and vegetables only.
3. Invite the help of a healthcare professional who has experience in the use of raw foods and other natural detoxification procedures, like fasting. It is very beneficial to have guidance and support throughout your healing process. Ultimately you are responsible for yourself, but there are many valuable resources to assist you in making this journey into vibrant health
4. Find someone who is adept at "reading" the iris of the eye (a science known as iridology). This is one of the best and at present, only type of soft tissue analysis. It will give you a road map of your strengths and weaknesses. It will also indicate your lymphatic and chemical accumulations. This is invaluable in helping you to address your glandular or organ weaknesses (100 percent of people have glandular weaknesses).
5. Always move your lymph system. Everyone has a stagnant lymph system to one degree or another. All your cells need to eat and excrete, and your lymph system is your sewer system.



Your lymph nodes are your septic tanks. Keep them cleaned out! Use an herbal formula for your kidneys and eat lots of fruits. Clean and enhance your GI tract with raw foods and a restorative intestinal herbal formula. Exercise (like walking or swimming) is extremely important in moving your lymph system, especially in your lower extremities. Let yourself sweat! Your skin is your largest eliminative organ. Keep it clean and stimulated with skin brushing, regular showers, hot and cold showers, and by sweating.

6. You will want to spend a month on an herbal parasite formula. This will help get rid of the larger worms, flukes, etc and will also help reduce your microorganisms (candida, bacterias, etc.) that affect your desire for foods.
7. Clean your liver and enhance your pancreas for about a month or so to enhance digestion of food. If you have diabetes or you're excessively thin you will probably need three months or so.
8. If you're on chemical medications, don't worry. There are very few possible interactions with this program and herbs. If you're on high blood pressure medication, simply watch your blood pressure. This program can bring down your blood pressure fast. Use common sense. If your blood pressure is low, lowering it further with chemical meds might not be too smart. If your blood pressure is low, you must work to get it normalized by enhancing and regenerating your adrenal glands. Diabetes (Type II) is very easy to overcome in most cases. If you're on insulin, watch your blood sugars. The same principle applies as with high blood pressure.
9. As you detoxify and regenerate, your body will go through symptoms of a "healing crisis." This is normal, natural and positive. As you understand about the healing crisis you'll understand what "diseases" truly are. Remember, disease symptoms manifest from two sources: congestion and cellular weaknesses.
10. Finally: Attitude, attitude, attitude! Enjoy what you're doing. Always remember why you're getting your body (physical vehicle) healthy. Your body is your mobility in this physical world. Many of your weaknesses are genetically passes to you. Your toxicity may have developed in utero, so give it time to be released. Vibrant health in this world does not occur overnight. Sometimes it's hard work, but well worth it. It connects you with God, love and life!

**Love and blessings and vibrant health to you all!**

