



Mike Casey

Herbal Remedies Class Five: Cardiovascular and Lymphatic Systems

- A. **The two major fluid systems of the body which are vital to life are the blood and lymph.** Many people are familiar with how important the heart and the cardiovascular system are, but it is actually said that the lymphatic system is the major system over the cardiovascular.
- B. Hippocrates described and understood to some degree the importance of the lymphatic system way back around 400 BC and wrote about its importance. **Scientists and the modern medical field have highly neglected researching and understanding how important the lymphatic system is until recent years and have now been understanding how important it is.**
- C. We are a bunch of cells bathed in fluid, with two fluid systems (blood and lymph). **The cells must consume and eliminate, just like we do on a larger scale.** People only think about digestive waste, but there is also **waste eliminated by each cell (100 trillion of them).** The exchange of nutrients and waste products takes place between the capillary blood, the tissue fluid and the lymph fluid.

Cardiovascular System:

- A. **Leviticus 17:11 “For the life of the flesh is in the blood”**
- B. The heart is about the size of your fist and pumps blood throughout your entire body. **The cardiovascular system is a network of over 100,000 miles of vessels.** These vessels include arteries, veins and capillaries. **Many capillaries are so small that red blood cells must flow through single file.** Their job is to carry vital fuels and building materials to all the cells. Your vascular system carries your physical life-force, the blood, which is used to transport nutrition, hormones, enzymes, oxygen, antioxidants, etc.
- C. Heart disease is at an all-time high and one of the top killers in our world today! **1 out of every 2.5 deaths in the United States is from heart disease.** Every 29 seconds an American will suffer a coronary event, and every minute, someone will die. **In 1900, heart disease killed 1 in 7 Americans, by 1963 it was almost 1 in 2 Americans.** Heart disease is considered the **“silent killer”** because most of the time, **there are no signs or symptoms until it is too late!**
- D. According to the “Textbook of Medical Physiology” by Guyton and Hall, **“the normal pH of arterial blood is 7.4 and the limit of the pH value at which a person can live no more than a few hours is about 6.8.”**

Coke, Pepsi... have a pH of about 2.5-3, Gatorade is about 2.8, HCL (stomach acid for breaking down foods, highly acidic) is about 1.8-2, battery acid around 1 and chemotherapy is about 1.5-2.2!

- E. Your body has to buffer acids in your body, especially the blood or you will literally die. It **mainly uses cholesterol (highly misunderstood and very critical), alkalizing minerals such as calcium, and water (edema) to buffer acids.**
- F. **Main causes of cardiovascular damage:** Acidosis, toxicity, refined and complex sugars, bad fats, lack of exercise, lack of nutrients and minerals, and a backed up lymphatic system that can cause the blood to become toxic.

The Great Lymphatic System:

- A. The lymph system consists of the lymph fluid, lymph vessels, lymph nodes, spleen and thymus gland. It is said by some that the **lymph is the major fluid system over the blood and that 2/3 - 3/4 of these fluids is lymph.** Your body has **between 500-600 lymph nodes**, with the heaviest concentration existing in the neck, groin, chest, abdomen and underarms!
- B. **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. Cells eat and excrete like you do, only on a much smaller scale (100 trillion cells).
- C. The **blood carries the nutrition** and fuels to the cells and your **lymph system removes the by-products and wastes** caused from metabolizing these nutrients and fuels. Lymph fluid flows from cells through lymph vessels through lymph nodes that are located along the course of these vessels. **Cells of the lymph nodes phagocytize, or ingest impurities such as bacteria, old red blood cells, and toxic and cellular waste.**
- D. The blood has a pump to move and circulate the fluid as if it doesn't circulate we would die very quickly. **The lymphatic system does not have a pump but must still circulate**, so how does it get moved? It **mainly gets moved by the contractions of muscles in the whole body from movement and exercise.** Certain foods (especially astringent foods like lemons and grapes) and herbs can assist in moving the lymph adequately but we have to have adequate movement to move the lymph!
- E. **It is important to keep the lymphatic system moving properly otherwise toxins and waste build up.** If the lymphatic system gets stagnant and backed up, it can back up all the way to the cell and the cell can no longer get rid of its waste, but will be surrounded by its own waste and will weaken the cell (can lead to toxins in the blood and skin conditions). This can create an environment for bacteria, fungi and parasites to thrive in, and can ultimately cause death or cancer in that cell. The body has to be able to get rid of its waste from the cells to keep them healthy.

- F. **Main causes of congested and a clogged lymphatic system: lack of exercise or inactive lifestyle, impacted bowels, congested kidneys and skin and low blood pressure (adrenal glands). Overconsumption of proteins, acids and mucus-forming substances (milk, complex and processed sugars, etc.) will also burden your lymph system, causing it to become congested and stagnant.**

Herbs for the Circulatory System:

- A. **Bilberry:** Bilberry is a **tremendous strengthener of the vascular system (arteries, capillaries, and veins)**; great for varicose veins. It helps reduce inflammation in the vascular walls, hence reduces arteriosclerosis. It inhibits coagulation of platelets in the blood and protects eye tissue.
- B. **Butchers Broom:** Butchers Broom is a **great circulatory herb**. It has anti-inflammatory properties which **help remove plaque** in the vascular system. It increases circulation throughout the body, especially to the peripheral areas. It tones and strengthens the vascular walls (arteries, capillaries and veins), thus used for varicose veins, hemorrhoids and post aneurysms.
- C. **Cayenne:** Cayenne has been valued around the world for its uses as a circulatory tonic, stimulant, astringent, antispasmodic and antibacterial agent. It is used in high blood pressure cases because of its vascular dilation properties. **It increases circulation** and is excellent in cold conditions. It **helps the arteries, veins and capillaries regain the elasticity of youth** by feeding the cell structure. It helps equalize circulation by **regulating the flow of blood from the head to the feet** and contains many vital nutrients.
- D. **Ginger:** Ginger has been used throughout the world as a digestive aid and for circulation. It is a warming remedy, **ideal for boosting circulation**, lowering high blood pressure and keeping the blood thin in higher doses. **It increases circulation to the peripheral areas (brain, hands and feet) of the body**. It aids in the cleansing and elimination of congestion and mucus from the respiratory areas, especially the lungs. Lowers cholesterol and blood pressure and helps prevent blood clotting.
- E. **Ginkgo Biloba:** Ginkgo is **one of the best herbs for the brain and nervous systems as it improves blood flow to the brain**. It strengthens the heart and vascular system and increases blood flow to the tissues. It is used throughout the world for memory loss and vertigo as well as being proven beneficial for fibromyalgia, hemorrhoids, spider and varicose veins.
- F. **Gotu Kola:** Gotu Kola is **one of God's finest herbs for brain and nerve regeneration** and is great for spinal cord injuries. It **promotes blood flow in the body**, strengthens the vascular walls, good for varicose and spider veins, hemorrhoids and venous insufficiency. It is a cellular proliferator (strengthens cells), increases oxygen to cells and strengthens the immune system.
- G. **Hawthorne Berry:** Hawthorn berry is **considered "the great heart herb."** This flavonoid-rich fruit is tissue specific for the heart and vascular system, strengthening them and removing inflammation. It aids in **dissolving deposits in the circulatory system and has vasodilating properties**, which also aid in

increasing circulation. It helps balance blood pressure, considered a cardiac tonic, strengthens vascular walls, therefore excellent for regeneration of varicose and spider veins, hemorrhoids and prolapsed conditions of the body and has strong antioxidant power to **help remove acids and inflammation from the body.**

- H. **Horse Chestnut:** Horse Chestnut is another one **of God's great circulatory herbs.** It strengthens and tones the vascular walls and has anti-inflammatory properties, thus it helps dissolve plaqued lipids. It increases circulation and a top herb for varicose and spider veins and well as hemorrhoids. It reduces vascular swelling and is a strong astringent. It helps remove toxins from the body and helps arthritis.
- I. **Witch Hazel:** Witch hazel possesses a **unique kind of astringency whose main focus of action is on the venous system (veins and arteries), acting to restore tone, health and vigor throughout that system.** Its astringent action will stop bleeding both internally and externally. It will reduce swelling and inflammation and helps relieve varicose veins and hemorrhoids.

Blood Cleansing and Building Herbs:

- J. **Burdock Root:** Burdock root is considered a **strong blood cleanser and purifier,** liver cleanser and tonic, and a top burn healer. **It increases circulation to the skin,** helping detoxify the epidermal tissues. Number one in skin conditions of all types due to its **strong blood cleansing ability.** It rids the body of toxins and mucus and promotes urine flow and perspiration. It promotes kidney function and helps remove acid build-up within the body and reduces swelling in the body and especially around the joints.
- K. **Red Beet Root:** Red beets have been used since the times of the ancient Greeks as a **blood purifier and builder.** They have a positive effect on red blood cells because of their high iron content, which is particularly well-absorbed and assimilated. It lowers blood pressure (within an hour of consuming the fresh juice) and aids in preventing heart attacks, strokes and other cardiovascular problems. **In increases red blood cell count, improves blood circulation and the oxygen-carrying capacity of red blood cells.** Reduces inflammation, helps cleanse and detoxify the liver and boosts exercise stamina.
- L. **Plantain:** Plantain is one of the more versatile herbs used for a wide variety of disorders, stings, black spots on the skin, lymph gland swellings, excessive bleeding, uterine pains, headaches, fevers, flu, and bladder infections. **It can't be beat for pus and toxic conditions of the blood and body. It has strong astringent action (pulling and cleansing) upon the tissues and is very healing and anti-inflammatory.** It is great for boils, abscesses and tumors and used topically and internally for all skin conditions including eczema, dermatitis and psoriasis because of its **blood and lymph cleansing abilities.**
- M. **Red Clover:** Red clover is a great herb with a long medical history and very safe and effective. It is a **tremendous blood purifier, cleans and strengthens all liver conditions and strengthens red blood cells.** It is **excellent for all skin conditions** including eczema, dermatitis, and psoriasis. It helps dissolve tumors and masses and great for abscesses and boils.

- N. White Oak:** White oak is another **tremendous herb of God and is a great cleanser of the body. It has very strong astringent properties, increases lymphatic flow and helps reduce swollen lymph nodes and cleanses the blood.** It is a powerful cleanser of tissue, used for mouthwashes, poultices, douches and enemas. It strengthens cells, helps eliminate gall and kidney stones as well as killing and expelling small worms. It cleans and strengthens the GI tract, great for skin conditions and helps remove ulcers, boils and tumors.
- A. Yellow Dock:** Yellow Dock is **one of the great blood and liver herbs. It is a good blood cleanser, purifier and builder and tones the entire system.** It strengthens the liver and promotes liver function. It is used extensively in the treatment of chronic skin conditions such as psoriasis due to its blood cleansing abilities. **It is a top blood builder,** is high in iron and increases the oxygen-carrying capacity of the red blood cells. **It is also a great lymphatic cleanser** and helpful in cases of fatigue and lack of energy.

Herbs for the Lymphatic System:

- A. Chaparral:** Chaparral is one of God's top herbs in the Northern Hemisphere. Its **greatest power lies in its ability to move the lymphatic system.** It is used for removal of tumors, boils, abscesses and has strong antimicrobial properties (bacterial, viral, fungal...). It is very useful in rheumatic and arthritic conditions as well as gout. It stimulates liver function and increases bile flow and works as an anti-inflammatory while being a strengthener of cells.
- B. Cleavers:** Cleavers is **one of the great lymphatic herbs as it helps move and dissolve lymphatic congestion.** Great for swollen lymph nodes, abscesses, boils and tumors and possesses great blood cleansing abilities. It has diuretic properties and helps dissolve kidney and bladder sediment. It is a strong herb for cleansing the skin and should be used for eczema, dermatitis and psoriasis and is very cleansing, toning and strengthening to the whole body.
- C. Echinacea:** Echinacea is another **one of God's greatest herbs and is known as "the immune herb."** It is **a great blood and lymphatic cleanser.** Strengthens and stimulates the immune system and has strong antibiotic and antiseptic properties. Specifically, it has been found to stimulate the production of leukocytes, the white blood cells that fight infection in the body. It also assists phagocytes in their job of engulfing toxins and preparing them for disposal through the lymphatic system. It has a strong antibiotic effect, helping to protect cells from such invading pathogens as bacteria, viruses and fungi.
- D. Poke Root:** Poke Root, also called the **"tumor buster"**, is **considered one of the best for abscesses, boils and tumors as it encourages movement in the lymphatic system.** It has anti-inflammatory properties, promotes kidney function, is a great skin cleanser, helps arthritis and rheumatism and stimulates thyroid and adrenal function.
- E. Bloodroot:** Bloodroot is a **powerful lymphatic stimulator and cleanser.** It has been used as a popular cancer-fighting remedy mainly applied externally in a salve. It cleanses the body of toxins and poisons,

great for skin and breast cancers, to remove warts and other growths. It has also been used in antiseptic mouthwashes.

- F. **Blue Vervain:** Blue Vervain is well known for detoxifying the body and one of the oldest and most reliable diuretics. It helps **move the lymphatic system, helping cleanse the whole body.** It also has a **great effect on the nervous system, relaxing and helping repair nerves.** It is good for muscle spasms, ulcers, kidney stones, anxiety, insomnia and menstrual problems.

Lifestyle Suggestions for Healthy Lymphatic and Cardiovascular Systems:

- A. **Eat the foods God created, as close to the way he created them** (mainly whole, raw, unprocessed fruits, vegetables, herbs, nuts and seeds. Minimal animal products). **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)**
- B. **Alkalize:** Eating things as stated above will cause you to alkalize if eaten ripe and raw. **Some of the most alkalizing foods to the body are lemons (although acidic naturally, once processed by the body are very alkalizing), grapes and greens.** I’ve heard of many people cleansing their body powerfully on a fast of just grapes, and/or green smoothies and juices and people ridding themselves of lymphoma cancers and others (with the addition of herbal tinctures as well). Baking soda can also be taken to increase alkalization.
- C. **Be Active:** We were designed to be active everyday! **Our body functions optimally when we are active to some degree on a daily basis.** At a minimum try to do at least 20-30 min of vigorous exercise OR 30-40 min of low intensity exercise 3-4 times per week, although everyday is best. This keeps the heart and cardiovascular system healthy, keeps your cells oxygenated, moves the lymphatic system etc.
- D. **Attitude:** Having a positive mental attitude is key to a healthy lifestyle! **Proverbs 23:7 “For as he think in his heart, so is he” Your thoughts and words are powerful and are critical to being healthy not only mentally and emotionally, but physically and spiritually as well.** Think and speak positively and set your mind on things above. Think and speak truth!
- E. **Leisure:** Rest, talking and praying to God, meditation and sleep are important for lowering stress, relaxing, allowing the body to repair and rejuvenate.
- F. **Supplements:** Whole food supplements are important in today’s world. We talked about several herbs and they are great to be taken daily. Minerals are also very important and great to supplement.
- G. **Cleansing:** In today’s toxic world, it is **important to cleanse at a deeper level occasionally.** Your body is always cleansing and detoxifying but you can go deeper by taking cleansing herbs and fasting (very powerful for cleansing as it takes the burden off the digestive system and frees up the body more to cleanse). Reference the last class on Cleansing and Detoxifying for more details.

