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Natural
Healing**

THE REFERENCE VOLUME ON NATURAL
HERBS FOR THE TEACHER,
STUDENT OR HERBAL PRACTITIONER

LOBELIA

relaxant

"Sometime in the summer, after I was four years old (1773), being out in the fields in search of the cows, I discovered a plant which had a singular branch, and pods that I had never seen before. I had the curiosity to pick some of the pods and chew them. The taste and operation produced was so remarkable that I never forgot it. Afterwards, I used to induce other boys to chew it, merely by way of sport to see them vomit. I tried this herb in this way for nearly twenty years, without knowing anything of its medicinal virtues. . .

I had at that time (8 years old) a very good knowledge of the principal roots and herbs to be found in that part of the country, with their names and medicinal uses. The neighbors were in the habit of getting me to go with them to show them such roots and herbs as the doctors ordered to be made use of in sickness for syrups, etc. and by way of sport they used to call me doctor. While in the field at work, I often used to find the herb, which I tasted when four years old, and gave it to those who worked with me to see them spit and vomit, but I never observed any bad effects produced by it, which simple experiments eventually led me to observe the value of it in disease.

The herb which I had discovered when four years old, I had often met with; but it had never occurred to me that it was of any value as a medicine, until about this time (1791-1794)—when mowing in a field with a number of men one day, I cut a sprig of it, and gave it to the man next to me, who ate it; when we got to the end of the piece, which was about six rods, he said he believed what I had given him would kill him, for he never felt this way before. I looked at him and saw that he was in a most profuse perspiration, being as wet all over as he could be; he trembled very much, and there was no more color in him than a corpse. I told him to go to the spring and drink some water; he attempted to go and got as far as the wall, but was unable to get over it, and laid down on the ground and vomited several times. He said he thought he threw off his stomach two quarts. I then helped him into the house, and in about two hours he ate a very hearty dinner and in the afternoon was able to do a good half day's labor. He afterwards told me that he never had anything do him so much good in his life; his appetite was remarkably good, and he felt better than he had felt for a long time. This circumstance gave me the first idea of the medicinal virtues of this valuable plant, which I have since found, by twenty years' experience, (in which time I have made use of it in every disease I have met with, to great advantage) to be a discovery of the greatest importance. (Ibid., "Narrative of the Life of Samuel Thomson", pp. 17, 19, 30-31).

LOBELIA

(Lobelia inflata)

Common names: Lobelia, puke weed, emetic herb, emetic weed tobacco, asthma weed, gag root, vomit wort, eyebright, wild tobacco bladderpod.

Identifying characteristics:

- Stem Cylindrical and angular, hairy, 6 inches to 3 feet high. yellowish-green color.
- Leaves Alternate, ovate-lanceolate (oblong), serrate, veiny, hairy, green in color.
- Flowers Numerous, small and pale blue in color, positioned on long racemes with short pedicels.
- Fruit Inflated, two-celled oval capsule, containing a number of small seeds (1/3 inch long), ovate-oblong, light brown seeds. These are reticulated on the outer surface.
- Odor Slight and irritating.
- Taste Strongly acrid, resembling tobacco.

Part used: Herb and seeds (the latter are much stronger).

Therapeutic action: Antispasmodic, emetic, stimulant (in small doses); nervine (sedative), expectorant, anti-counter-irritant, emmenagogue, diaphoretic, diuretic, cathartic, and a nauseant.

Lobelia is one of the greatest herbs ever given to the world. We owe to Dr. Thomson that "there is no vegetable which the earth produces so harmless in its effect on the human system, and none more powerful in removing disease and promoting health than lobelia." Lobelia is a corrector of the whole system, as it is easily diffused and able to influence the entire body. Lobelia is an efficient relaxant, and is believed to be a counter-irritant known to mankind. Its action is felt immediately on the serous, mucous, muscular and nervous systems, especially the sympathetic nervous systems. As a powerful antispasmodic, lobelia is effective in immediate relaxation and expansion of the contracted parts of the respiratory system (bronchial tubes, esophagus, glottis and larynx). This affords a "breath of life" (oxygenized blood) to flow freely to the de-energized parts. Lobelia's wonderful healing effects are due to the herb's great power to remove obstruction and congestion within the body, especially the blood vessels. It lessens the depression through the vaso-motor and strengthens the muscular action of the vessel walls which propel the blood, and thus restores health.

Over years of practice, lobelia has been administered many times, and there have been numerous miraculous healings. Time after time, lobelia has been given to the very young to the very old, with only positive results. As for lobelia

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- Leaves** Alternate, ovate-lanceolate (oblong), serrate, veiny, hairy, and pale green in color.
- Flowers** Numerous, small and pale blue in color, positioned on long, loose racemes with short pedicels.
- Fruit** Inflated, two-celled oval capsule, containing a number of small (1/2 to 1/3 inch long), ovate-oblong, light brown seeds. These are coarsely reticulated on the outer surface.
- Odor** Slight and irritating.
- Taste** Strongly acrid, resembling tobacco.

Part used: Herb and seeds (the latter are much stronger).

Therapeutic action: Antispasmodic, emetic, stimulant (in small doses), relaxant (in larger doses); nervine (sedative), expectorant, antivenomous, counter-irritant, emmenagogue, diaphoretic, diuretic, cathartic, astringent, and a nauseant.

Lobelia is one of the greatest herbs ever given to the world. We concur with Dr. Thomson that "there is no vegetable which the earth produces more harmless in its effect on the human system, and none more powerful in removing disease and promoting health than lobelia." Lobelia is a general corrector of the whole system, as it is easily diffused and able to influence the entire body. Lobelia is an efficient relaxant, and is believed to be the best counter-irritant known to mankind. Its action is felt immediately on the serous, mucous, muscular and nervous systems, especially the sympathetic nervous systems. As a powerful antispasmodic, lobelia is effective in causing immediate relaxation and expansion of the contracted parts of the respiratory system (bronchial tubes, esophagus, glottis and larynx). This allows the "breath of life" (oxygenized blood) to flow freely to the de-energized tissues. Lobelia's wonderful healing effects are due to the herb's great ability to remove obstruction and congestion within the body, especially the blood vessels. It lessens the depression through the vaso-motor and strengthens the muscular action of the vessel walls which propel the blood, and thus promotes health.

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