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<p>Did you know that properly prescribed prescription meds is the number three cause of death in the USA, according to the American Journal of Medicine?
</p> <p>Natural Herbs for Brusitis

If you have brusitis, you'll need each of the six Pure Herbs below. Two to four times a day, you'll apply each of the six pure herbs to the respective area on your body. At night before you go to bed, you'll apply pure herb Vitamin E with Selenium and pure herb Ol' Number 11 by putting both liquid herbs on a piece of gauze. You'll then secure the gauze to the respective part of your body using something like saran wrap.

Rue | Herb no. 1 for Brusitis

Rue is so valuable was it considered in the Old Testament times, along with Mint, a person could pay their tithe [monetary offering] in Rue or mint. Rue is for strong eyesight. It strengthens the eye muscles. Also esteemed to give one insight. Kills parasites when strewn on the floor or when taken internally. </p> <p>Can be rubbed on stings and bites to allay their torment. Wonderful functional aid to the ovaries and uterus to insure regular periods [do not use if pregnant]. Calms anxieties and irrational states brought on by daily strife and worry.

Used to cure sprains, aching tendons and pain in feet and ankles. Rue works on the cartilage between the bones to remove and prevent deposits. Think Rue for tennis elbows, damaged joints and carpal tunnel syndrome.</p> <p> For example, if carpal tunnel syndrome problems [pinched nerve problem at the wrist with resulting soreness, weakness,

tenderness and reduced thumb movement], rub Rue on the shoulder, wrist, back of hand and thumb along with Herbal Adjustment and Oil of Cajeput and Arnica. </p>

<p>Also take internally, A.C.S. [All Cells Salts], 40 drops, 3 times per day for minerals, to prevent cramping. Use Rue to relieve dizziness and glandular enlargements. Relaxes tense shoulder and neck muscles. Corrects whooping cough and croup [alarming raspy breathing]. Apply externally to the troubled area, in quantities needed to cover the area liberally, three or more times per day.

Dose | Internal use - 5 to 20 drops in water or fruit juice before meals. Children: 1 to 5 drops in water or fruit juice [if whooping cough, every hour while awake]. To strengthen eyes: 10 to 40 drops daily. For falling sickness and all other purposes, 40 drops before meals, diluted in water or fruit juice.

To order Rue, click here.

Arnica | Herb no. 2 for Brusitis

Arnica is for external use only. Excellent first-aid for bruises, sprains, broken bones or concussions. Make several applications externally to the area until relief is felt. This is a very swift remedy. </p>

<p>An overnight soak can be made for serious cases by putting 40 to 80 drops in ♦ cup of water and dampening a cloth or gauze with the solution and covering the injured area. Cover this with plastic sandwich wrap and hold in place with a bandage. Change the dressing once a day and allow the area to dry before reapplying the dressing.

If the skin is sensitive, then apply Vitamin E with Selenium oil from 100 i.u. capsules prior to the dressing. The area can also be washed between dressings. Be sure to discard old dressings and never reuse. Most sprains respond rapidly and are usually corrected with a single overnight dressing or a simple single external application by rubbing in the drops. </p>

<p>Arnica can also be used on the pulse points - 5 to 10 drops on each wrist and temple and back of the neck for emotional and physical shocks, upsets, anxiety or when frightened. One to five drops a day reduces cholesterol when rubbed on the pulse points in a similar manner. </p>

<p>For an excellent sore throat remedy, spray with a spray bottle the sore area, using a mixture of 10 drops of the extract to one tablespoon of water.

Dose | External use only

To order Arnica, click here.

Vitamin E with Selenium | Herb no. 3 for

Brusitis

Vitamin E with Selenium is one of many compounds found normally in foods that is essential for the body. That is to say, the body needs it and can't get along without it.

What does it do?

It is now fairly well established that Vitamin E with Selenium acts to make sure all of the structures of the body receive enough

oxygen. This is a good idea in order to stay healthy and to rebuild health regardless of what the problem is. When there is enough oxygen, the body can go about its business burning fuel and destroying poisons.

This is why a list of conditions, which have been observed to be helped by Vitamin E with Selenium, could fill up a closely typed page. Hence, you do find improvement with the health of the blood, hormone levels, the ease with which the heart works, fertility, nerves, eyes, muscle strength, brain, skin, digestion, energy, breathing easier, and just about anything you would care to mention, including the rate at which you age.

Keep in mind, for Vitamin E with Selenium to do its job properly you must do those other nutritional and life style things that help it to work. It does not operate in a vacuum. This means, make it part of an overall health improvement approach.

Examples of life style change are: clean the small intestine and bowel so it can be absorbed and moved around, and thus can be pumped through the body. It is a team player and it also needs the rest of the nutritional elements the body requires in order to get the most out of it. The most active form of it is called d-alpha tocopherol by scientists. The most common source for it today, in capsule form, is soy beans.

Note | Vitamin E with Selenium oil from capsules can be applied externally to areas in need that have trouble absorbing it from the digestive system. It can be applied to skin disturbances, injuries, and burns, to lessen discomfort, speed recovery and minimize scarring.

Caution | It is not known to be toxic when a person takes it as a supplement to the diet. The question is, how much? Therapeutic doses in scientific literature may range from 40 i.u. to 4,000 i.u. Of course, anytime you take what is called a therapeutic dose, it is recommended to do so on the advice of your doctor or health care provider.

Adult dose | 2 capsules per day or as advised by your doctor or health care provider.

To order Vitamin E with Selenium, click [here](https://www.healedpeople.com/resources-menu?page=shop.product_details&flypage=vmj_funky.tpl&category_id=642&product_id=576).

Ol' Number 11 | Herb no. 4 for Brusitis

Ol' Number 11 is used to repair or strengthen any type of brain, nerve, flesh, cartilage or muscle injury or weakness. If you cannot work on the area directly, then take Ol' Number 11 internally. 40 to 80 drops, 3 times per day for repair or adding strength to the body. For severe injuries or heavy athletic training, 1 tsp. to 1 tbl., 3 to 4 times per day.

Additionally, for serious injury, you can work on the area directly. One very successful procedure is as an overnight application. Apply several things directly to the area externally. Apply the herb arnica directly to the skin of the area or around the site to get the physical shock out of the area. In this way, the injury can heal rapidly.

Next, apply Vitamin E with Selenium from 100 i.u. capsules to improve the action of oxygen for repair and to prevent irritation if very sensitive skin. At this point, apply externally, either peppermint oil or Oil of Cajeput and Herbal Adjustment and then Formula No. 4. This relieves pain and improves the circulation in the area to be repaired. Next, soak a single layer of natural fiber cheese cloth or absorbent gauze with Ol' Number 11.

Wrap this cloth, soaked with Ol' Number 11, around the injured area and cover it with plastic sandwich wrap. Then, wrap a cloth around all to hold in place for overnight. The next

morning, remove the application and discard. Wash the area and allow to dry. [Never reuse the application, as this thermal and moisture barrier application also draws poisons out through the skin, as well as driving the repair herbs internally.]

Repeat the application procedure for the daytime. Continue with an application for the day and night until well. As an aftershave, to baby the skin and make it smooth and soft, apply a few drops of Arnica followed by a generous amount of Oil Number 11.

Combination includes | White oak bark, marshmallow, mullein, mugwort, indian tobacco, scullcap, knitbone, black walnut hull, gravel root

Dose | For internal use, 40 to 80 drops, after meals and as given above. For external use, soak a cotton ball with Oil Number 11 and apply to the injury three to four times per day.

To order Oil Number 11, click [here](https://www.healedpeople.com/resources-menu?page=shop.product_details&flypage=vmj_funky.tpl&category_id=620&product_id=564).

Oil of Cajeput | Herb no. 5 for Brusitis

Oil of Cajeput comes to us from the tropics of India and the Molucca Islands of Indonesia. This small tree, or tall bush with drooping limbs, is much like a weeping willow, with multiple layers of paper-like-thin bark.

Cajeput oil is related, in function, to something called tea tree oil, but the action, and not unpleasing taste of Cajeput, is preferred by a great many herbalists. In spite of its tropical home in a humid, hot environment, the Cajeput tree does not fall prey to fungus or infections because of the antibiotic oil which circulates in its sap [circulatory fluid]. It maintains very good health, thank you.

This oil can be taken by people for the same purpose. If candida yeast infections are a problem, then mix three to four drops with a little food and eat at each meal. Naturally, to prevent reinfection, drug antibiotics must be eliminated from the diet, as well as meats, where the animals have been fed on antibiotics as part of their diet.

Another thing to consider, is possible reinfection where the yeast problem would be traded back and forth. In this respect, sexual partners must exercise care to prevent reinfection.

*A bowel program is also a must to eliminate the bowel residues which play host to, and furnish a convenient home base for the yeast to retreat to or attack from. If a cold or the flu, sprinkle a few drops of Oil of Cajeput on a handkerchief or tissue and breathe deeply, as needed, to keep nostrils open.

To open stopped up sinuses immediately, put one drop of Oil of Cajeput in one half cup of water [distilled is best] and irrigate the nose, lean the head back and sniff several drops through the nose into the throat. An eyedropper is a good aid to this procedure. In cases of flu, fever, tight chest and or laryngitis, place one to two drops directly on the tongue and apply several drops to the throat and chest area.

Cover up and sweat the mucus loose as the oil penetrates and breaks up the infected mucus. You may cough up mucus as tough as tire treads, but you will be well in a very short time. Oil of Cajeput is a pain reliever if sinus blockages or headaches occur. Apply the oil to the painful area and the pain leaves.

The same can be done for toothaches or tooth abscesses, to clean them. Place one drop of the oil on a cotton ball and lay between the gums and cheek and leave there until relief.

For external sores and abscesses that just won't heal, mix one part Oil of Cajeput with three parts olive oil, place on gauze and lay over the area. The area will slough off diseased tissue and build healthy, pink, repaired tissue in short order. For relief of swollen breast(s) due to congestion, apply full strength to breast(s) externally as needed.

For boils and carbuncles [multiple boils involving an area], generously rub the Oil of Cajeput directly on the area. The oil will penetrate at once and relieve the pain, and mix with the purulent [pus] material and push it out or dissolve it.

Oil of Cajeput is very handy to have around the house for ordinary cuts and scrapes, as well as, serious cuts and gashes. In these cases apply, as needed, full strength to heal without a scar and prevent infection. You need not medically wash the area and cause more pain. Just apply, or let drip on, the Oil of Cajeput.

Swellings around the toenails or fingernails are repaired by a few drops directly applied. Ringworm and external fungus infection, such as athlete's foot, are also quickly dispatched by Cajeput. If dryness occurs in the area where Oil of Cajeput is used, also apply oil from 100 units vitamin E capsules.

If head lice, mix one part Oil of Cajeput with three parts of olive oil and apply to the scalp. Leave on overnight and shampoo next morning. Repeat each evening until free of lice. Then, 10 days after free of lice, repeat process to kill any remaining lice or hatched eggs. In cases of colitis problems with hemorrhages, apply 80 drops of Cajeput oil, three times per day to the abdominal area.

When erosion of the cervix occurs, douche daily with 5 drops of Cajeput in one cup of distilled water. The same mixture can be used as a vaginal douche for gonorrhea. Impatigo [a highly infectious rash of yellow, pus-filled skin blisters] can be fully corrected in a short time by direct applications. Oil of Cajeput is truly a potent weapon among our herbal resources for building better health naturally.

Dose | As given above. For mosquito and insect bites, apply directly to the area. To repel mosquitoes, apply externally to exposed area. Do not get in the eyes. If this happens accidentally, flush with water.

To order Oil of Cajeput, click [here](https://www.healedpeople.com/resources-menu?page=shop.product_details&flypage=vmj_funky.tpl&category_id=8&product_id=98).

Herbal Adjustment | Herb no. 6 for Brusitis

Herbal Adjustment is a quick acting dramatically effective procedure for relief of headaches, leg cramps, menstrual cramping, arthritic discomfort, sports injuries, back discomfort, neck and shoulder tension, heart attacks, strokes and internal bleeding. For relief of pain and cramping two liquids are applied to the skin, one is peppermint oil which is cool and the second is a combination of herbs known as Herbal Adjustment which is hot. The peppermint oil is applied first and the Herbal Adjustment second.

The procedure of using these two liquids together is called an Herbal Adjustment. In some cases, as given here, Herbal Adjustment is also taken internally and will be described individually. This procedure will not interfere with medication and will not make a person groggy. Needles and injections are not used.

Headaches and tension

For headaches, first apply peppermint oil from the tip of the tailbone, up the spine, and on to the neck and the back of the head, on the scalp, and on up to the top of the head. Make the application about the width of the person's hand. Next, apply the two liquids to the temples and forehead. Have the

person lean the head back so as to avoid getting any of the liquids in the eyes. [Should an accident occur, flush thoroughly with water, remain calm and peace will return.]

Also apply to any additional areas of the head which are hurting. Finally, apply in front of and behind the ears, down the neck on both sides and out to the shoulders. This complete application will have an effect on the entire nervous system of the body. The affects are quick and relief is swift. Repeat as needed.

For additional help, if needed, put 40 to 80 drops of Herbal Adjustment in a cup of water and drink it down. Do not sip as it is hot and best to get it over with as soon as possible. If a mild headache is in progress, usually an application of the two liquids to the temples, forehead and back of the neck are all that is needed for headache relief.

Chiropractic Adjustments
The Herbal Adjustment liquids penetrate quickly into troubled areas. After application the liquids at once relax the nerves and muscles, which then allows the bones to go back into their proper places and the circulation resumes its normal function. In this way oxygenation and relaxation of cramping muscle pain is alleviated.
The Herbal Adjustment liquids may be applied several times in extreme conditions and then repeated as needed. Do not get into eyes, and wash hands after application. Application before a chiropractic adjustment makes for a very easy and quick adjustment. It will be noted the adjustment is speeded up and *sticks* [stays in place] far longer.

Arthritic discomforts
For arthritic discomforts the two liquids are applied to the area as needed.

Cramping and menstrual cramping
If cramping or menstrual cramping, apply the two liquids directly to the offending area. If additional help is needed put 40 drops of the combination Herbal Adjustment in a cup of water and drink it. [Herbal Adjustment will not stop a normal menstrual flow as it is a natural bleeding.] Repeat as necessary.

Heart attacks, strokes and internal bleeding
To stop a heart attack, stroke or internal bleeding put 40 to 80 drops of the Herbal Adjustment in a cup of water and drink it. Also, apply to chest and neck or area(s) of bleeding. Repeat as needed. If stress is great and a heart attack is a real possibility while you are trying to repair the heart with other herbs such as myrrh and mullein, [and or others, see: *Historical Uses of Herbs* at the beginning of this work] use Herbal Adjustment to keep yourself alive during the process even if it takes months. Lives have been saved by doing this.

Liver spots or age spots, as they are also called, dissolve easily with the continued daily application of Herbal Adjustment on the spots. Please consider that in some way, the body is not functioning as it should or these liver spots or waste dumps of concentrated pigment, would not have appeared in the first place. If they do occur again, then think in terms of improving overall health as needed, such as digestion and bowel elimination, to start with.

For suggestions consult the *Historical Uses of Herbs* in the front of this work. [Remember to follow the advice about not rubbing your eyes after application of Herbal Adjustment or bringing Herbal Adjustment into contact with private areas. If an accident, then follow the advice as given earlier in this topic.]

Skin cancers
It must be observed, to be truly appreciated, how the daily and persistent application of Herbal Adjustment externally to skin cancers, dries them up, causes them to fall off and leave healthy, pink skin in their place. This process can take as little as a matter of days or two weeks and, in

some cases, up to six and nine months or more, but it does work. It is suspected that when Herbal Adjustment takes so long to do its job, that it is working on a problem much deeper inside the body, of long standing, and you are working on something more than just skin deep. Nevertheless, praise the Creator, it does work.

Persistence is the key here, no matter what, continue the application at least once per day and for more desperate conditions, three and four times per day until results. Before you heal anything you usually have to slow the condition down and then stabilize it. Then reversal can take place. But, in the meantime, you are not getting any worse and that is a kind of victory too.

Many practitioners also use Vitamin E with Selenium oil from capsule(s) on the area first and then apply Herbal Adjustment on top of that. This reduces any possible irritation and assists in repairing the area more quickly, with the prevention of any possible scar tissue.

Sports injuries

For sports injuries such as sprains, twists, bumps, bruises, torn tendons, ligaments, etc., apply Arnica to the area to take the physical shock out of the nerves, then peppermint oil and then Herbal Adjustment to the area for relief of pain and to correct the circulation. Then, apply the repair formula Ol' Number 11 to start the repair process.

This is done as soon after the injury as possible. Repeat every three to four hours as needed. However, it should not be thought that this procedure will not tackle chronic and old injuries with equal determination, because it will. The night procedure for sports injuries is to open capsules of 100 i.u. of Vitamin E with Selenium and apply the oil to the injured area.

Then, soak a natural fiber cheese cloth or gauze with the repair formula Ol' Number 11 and wrap the area with the cloth. The larger the wrap, the greater and quicker the affect. Wrap this then with plastic sandwich wrap, and an additional cloth wrap around this, to hold everything in place for the night. This procedure forms a thermal and moisture barrier, to drive the herbs into the area and pull poisons out, in a time-release action during the night.

The herbs are driven into the body, congestion is broken up, swelling reduced and function restored. There is a two-way traffic flow here. Herbs are pushed into the body area and poisons are pulled up and sweated out of the body at the same time. The next morning remove the application and discard the herbal cloth as it is spent and contains poisons. Wash the area and allow to dry.

Note | This process of applying an herbal tea or herbal extract to the body soaked in cloth is know as a fomentation. For the daytime, apply the herb Arnica, [Peppermint Oil](https://www.healedpeople.com/resources-menu?page=shop.product_details&flypage=vmj_funky.tpl&category_id=284&product_id=708) and **Herbal Adjustment** every three to four hours. Repeat this daytime and nighttime process until the area is repaired.

Lower high blood pressure

To lower dangerously high blood pressure, put 40 to 80 drops of Herbal Adjustment and 40 to 80 drops of Golden Bough in a cup of water and drink it. Repeat as needed.

Herbal Adjustment combination includes the following herbs | Black cohosh, blue vervain, capsicum, indian tobacco, siberian ginseng.

Dose | As given in the above work. Additionally, Herbal Adjustment can be given as part of a daily herb regimen, to *spark* an herbal program and get it to work, at the rate of 40 drops in a cup of water, 1 - 4 times per day.

Note: Just the

Herbal Adjustment combination is put in water to make the drink. If a peppermint tea is desired, only 1 - 2 drops of the oil to a cup of water makes a good tea.

Chiropractic physicians

When the area to be adjusted is too tense for the needed procedure, peppermint oil and Herbal Adjustment applied to the spine, neck and shoulders rapidly relaxes the areas. Then, minimal pressure is required to achieve remarkable results.

Massage therapists

Peppermint Oil and Herbal Adjustment applied to tense areas of the spine, neck, shoulder and other areas [avoid eyes, under arm and private areas] produce a warming and relaxing effect which makes therapeutic massage a very rewarding experience.

General note | If for some reason a person should have an allergic reaction to peppermint oil, [if there is one, it is usually confined to temporary redness of the skin] many practitioners enjoy the use of Oil of Cajeput in its place.

To order Herbal Adjustment, click [here](https://www.healedpeople.com/resources-menu?page=shop.product_details&flypage=vmj_funky.tpl&category_id=12&product_id=559).

If there is an herb you're interested in or a physical or emotional issue you're having, click [here](http://bit.ly/iFREbb) to find a Pure Herb for it. There is a natural herb for all conditions of the body and mind.

Thank you for taking your time to read this Healed People, Heal People article. There are regular updates of information to enrich your life and the lives of those you love. If you're not a member of this Healed People, Heal People online community, we encourage you to join for free [here](https://www.healedpeople.com/join-community/join-now).