

8-2005

For the HEALING of the Nations

Winston J. Craig

Andrews University, wcraig@andrews.edu

Follow this and additional works at: <https://digitalcommons.andrews.edu/luh-pubs>



Part of the [International and Community Nutrition Commons](#)

Recommended Citation

Craig, Winston J., "For the HEALING of the Nations" (2005). *Lake Union Herald*. 665.
<https://digitalcommons.andrews.edu/luh-pubs/665>

This Article is brought to you for free and open access by the Lake Union Herald at Digital Commons @ Andrews University. It has been accepted for inclusion in Lake Union Herald by an authorized administrator of Digital Commons @ Andrews University. For more information, please contact repository@andrews.edu.

For the HEALING of the Nations

BY WINSTON J. CRAIG

Millions benefit from
herbal remedies.

The World Health Organization estimates four-fifths of the world's inhabitants rely upon traditional medicine for primary healthcare needs. For centuries, indigenous peoples have used plants and plant extracts for medicine. The leaves, fruit, seeds, flowers, roots, or bark of various trees, shrubs, and other plants have been harvested for their useful healing properties.



Recently, in Western society, there has been a resurgence of interest in the use of botanical therapies for the relief of various illnesses. According to a national survey, one in three Americans utilize at least one non-conventional therapy per year. Annually, alternative medicine has become a multi-billion dollar industry.

Ellen White recommended years ago the value of a number of simple herbal remedies such as hop tea to induce sleep, eucalyptus and honey for coughs, and charcoal for indigestion and inflammations. Some of the commonly used herbs with a safe and effective record are listed below.

- ▶ **Feverfew is effective in reducing the frequency and severity of migraine headaches.**
- ▶ **Valerian is a mild sedative useful for the treatment of anxiety and insomnia.**
- ▶ **St John's Wort has been used to treat mild and moderate forms of depression.**
- ▶ **Echinacea is commonly used to treat colds and flu symptoms.**
- ▶ **Cranberry juice contains pigments that fight urinary tract infections.**
- ▶ **Fresh aloe vera gel relieves burns and sunburns, and facilitates the healing of wounds.**

- ▶ **Saw Palmetto is effective for the treatment of prostate enlargement and inflammation.**
- ▶ **Slippery Elm reduces gastric and intestinal inflammation.**
- ▶ **Ginger is useful to treat nausea and prevent symptoms of motion sickness.**
- ▶ **Tea tree oil is useful therapy in the treatment of *Candida*, *tinea* and other fungal infections.**
- ▶ **Elderberry is a safe and effective treatment for colds, flu, and sore throats.**
- ▶ **Fennel is used for treating digestive problems and mild spasms of the gastrointestinal tract.**
- ▶ **Eucalyptus oil is effective as a decongestant and provides relief for coughs.**
- ▶ **Psyllium is used as a safe laxative and helps lower elevated blood lipid levels.**
- ▶ **Garlic is a wide spectrum antibiotic and reduces the risk of blood clots.**

Those who understand and appreciate the beneficial value of commonly grown herbs and learn how to properly utilize them could prevent a lot of pain and suffering, and enjoy better health (*Selected Messages*, Book 2, pages 297–8).

Winston Craig is professor of nutrition at Andrews University.