



# Herbal Remedies

## A Focus on WishGarden Tinctures

By: Gary E Foresman, MD

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Herbs have been classically prescribed via tinctures that reigned the therapeutic world long before single drug pharmaceuticals became the darling of the pharmaceutical and marketing industry. Using tinctures takes us out of our comfort zone because we are so used to taking pills.

I, as an MD, and so not used to prescribing tinctures, in such unusual dosages (for me and my pharmaceutical mind), often will still chose capsules with specific milligrams, as that is how I “grew-up” as a doctor. I am challenging you, and obviously myself as well, to learn and practice self-healing in a more natural and thoughtful way.

By playing with tinctures, you can directly experience herbal remedies that absorb and activate healing responses within minutes. This allows you to control the dosages more accurately! These are alcohol-based tinctures, which is the primary way of obtaining herbal phytonutrients, and can not affect you with ethanol side-effects, unless you are allergic or have a history of alcoholism.

We are discounting the entire WishGarden Herbs line at Middle Path Medicine so more of you might try these expertly formulated herbal remedies! Then please give us feedback, we want to know what works, and what doesn't work for you. For dosing, I place 6-8 pumps of each herbal tonic directly in my mouth and let it absorb, swallowing the residual. Some people dose the pumps in water and prefer to chug it as it tastes to herbily! Either way can work.

So, on to just a few of my favorites. Hopefully I will have more favorites soon based on your feedback!

- **Genius Juice:** This combination includes one of my favorite memory herbs, gotu kola, with supportive levels of ginkgo leaf, eleuthero root and more. Whenever I need a mental energy lift, I give myself a dose of Genius Juice, and I can feel it.
- **Cranial Comfort:** For immediate relief of tension-type headaches, this perfect combination of white willow bark, wood betony (one of the great tonic herbal “panaceas” known to Romans and throughout Europe), Scullcap and lavender can be a true life-saver and hopefully take the place of your use of NSAIDs or acetaminophen for those nagging headaches.
- **Kick-Ass Allergy:** Another great blend that mixes Yerba Santa with Nettle Leaf and serves an immediate aid to help with acute respiratory allergies. Can be used acutely or as a tonic. Hopefully this can help decrease your dependency on drying anti-histamines.
- **Kick-Ass Sinus:** Can aid with congestion whether allergic or infectious. A potent blend of Elder Flower, Sage, Horseradish, Baptisia and more, this blend should be in everyone's herbal home pharmacy for dealing with sinus issues.
- **Emotional Ally:** The use of motherwort with milky oat tops (*avena sativa*), passionflower and more is probably the most under-used combination that I have for people dealing with the consequences of stress. This tincture is so worth trying as you overcome emotional overwhelm.

- **Deep Stress:** I think of Emotional Ally as the more acute reliever of symptoms, whereas Deep Stress 6-8 pumps three times per day adds Codonopsis, Holy Basil, Eleuthero and so much more as more of an adrenal tonic.

There are dozens of other masterfully crafted herbal formulas for you to play/experiment with. Let's return to our roots of healing and bring nature and wholeness back to our approach to healing!

Your Journey to Health and Healing,

Gary E Foresman MD