

From Kathy Eich, Red Root Mountain, thyroid class

Plants for both-Hyper- and Hypo-thyroid:

Scutellaria lateriflora (skullcap)

Taste: bitter, pungent, cooling, and drying.

Energetics: Central and Autonomic Nervous System tonic/adaptogen, nervous system anti-spasmodic (for respiratory, heart, tremors and ticks in Parkinson's, mild Tourette's, and restless leg), cholagogue.

Organ System Affinity: Central and Autonomic Nervous System, liver, stomach, lungs, heart.

Contraindications: none known

Part of plant used: flowering tops (without stems)

Plant family: Lamiaceae (mint family)

Used fresh, dried, or both: most effective fresh; if dried, not more than 6-8 months old

Best menstruums for extraction: alcohol or water

Medicine making dilutions: fresh plant tincture, 1:2; dried plant tincture, 1:5 (60% alcohol, 40% water); tea, 1 teaspoon-1 tablespoon per 8 ounces of hot water steeped and covered for 10 minutes

Dosage: tincture, 2-10 drops 3-4 times daily; tea, 1-2 cups daily

Uses:

- Anti-spasmodic for stomach, heart, respiratory tract (when ANS is the trigger)
- Mild cholagogue (stimulates gallbladder to release bile)
- Tremors and ticks in Parkinson's, mild Tourette's, and restless leg
- Spastic cough during a cold or flu that does not respond to anti-spasmodics; the cough is the result of a nervous tick and responds beautifully to skullcap, an Autonomic Nervous System anti-spasmodic.
- Anxiety and nervousness
- Nervous conditions with hand or body tremors
- Performance anxiety for sports, musicians, actors, and speakers
- Anxiety and adrenaline that raises blood pressure
- Headaches with nervousness and anxiety
- Autoimmune conditions
- Digestive disorders and Irritable Bowel Syndrome

Sample Formulas:

- Anti-spasmodic to lungs with a cold: catnip, skullcap, elecampane (if mucous)
- Anxiety and nervousness with stomach issues: tincture of skullcap, peppermint, and yellow dock root or dandelion root; tea of skullcap and lemon balm
- High blood pressure from adrenaline stress and performance anxiety: tincture of motherwort, skullcap, hawthorn (may also add milky oat tincture or holy basil)
- Headaches from nervousness and anxiety: tincture of skullcap, peppermint, and blue vervain; tea of skullcap and peppermint
- Headaches from fat digestion with nervousness: tincture of skullcap, artichoke leaf, ginger rhizome

- Autoimmune disease with anxiety and stress: tincture of skullcap, blue vervain, hawthorn