



The Healthy Perspective

with Steven Horne

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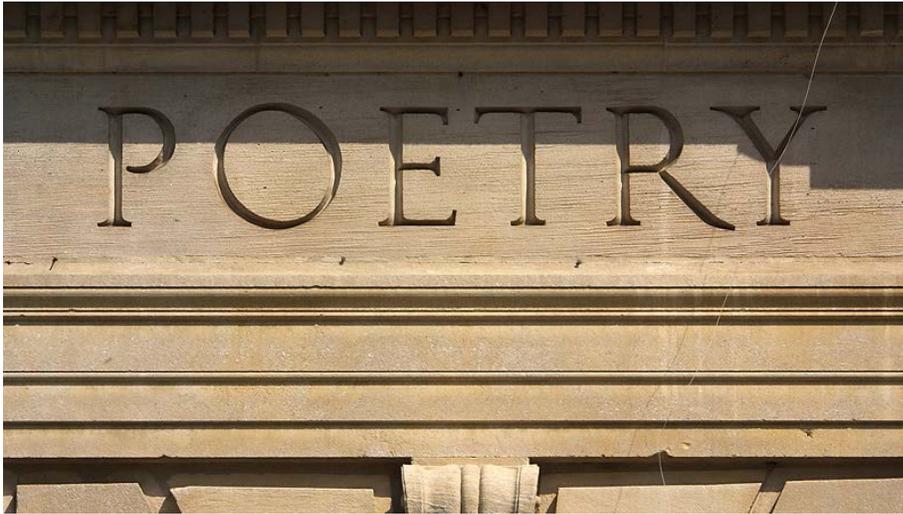


A Healthy Christmas

Christmas Messages from
Herbal Traditions with
Steven Horne

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Communicating the Spiritual Through Symbolism



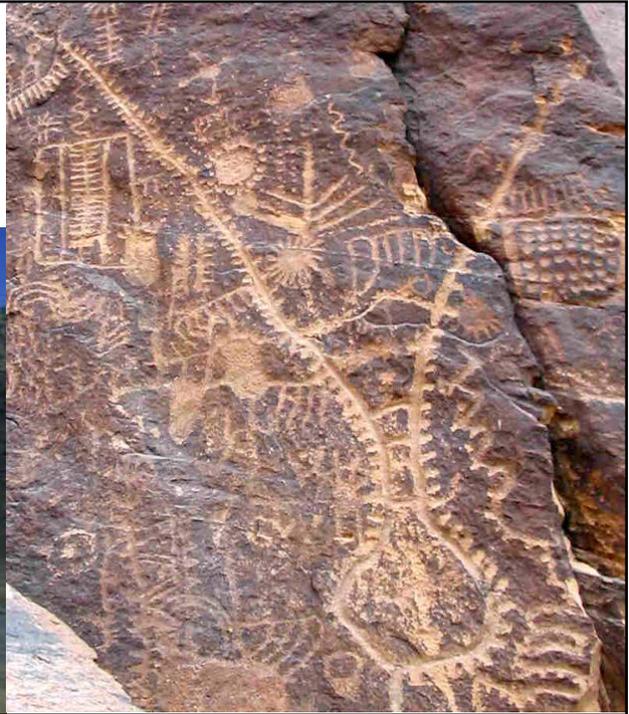
- “God has built his universe upon symbols, the lesser suggesting and leading up to the greater; and the poetic faculty, possessed by the prophet in fulness, recognizes and interprets it. All creations testify of their creator. They point to something above and beyond.”
—Orson F. Whitney

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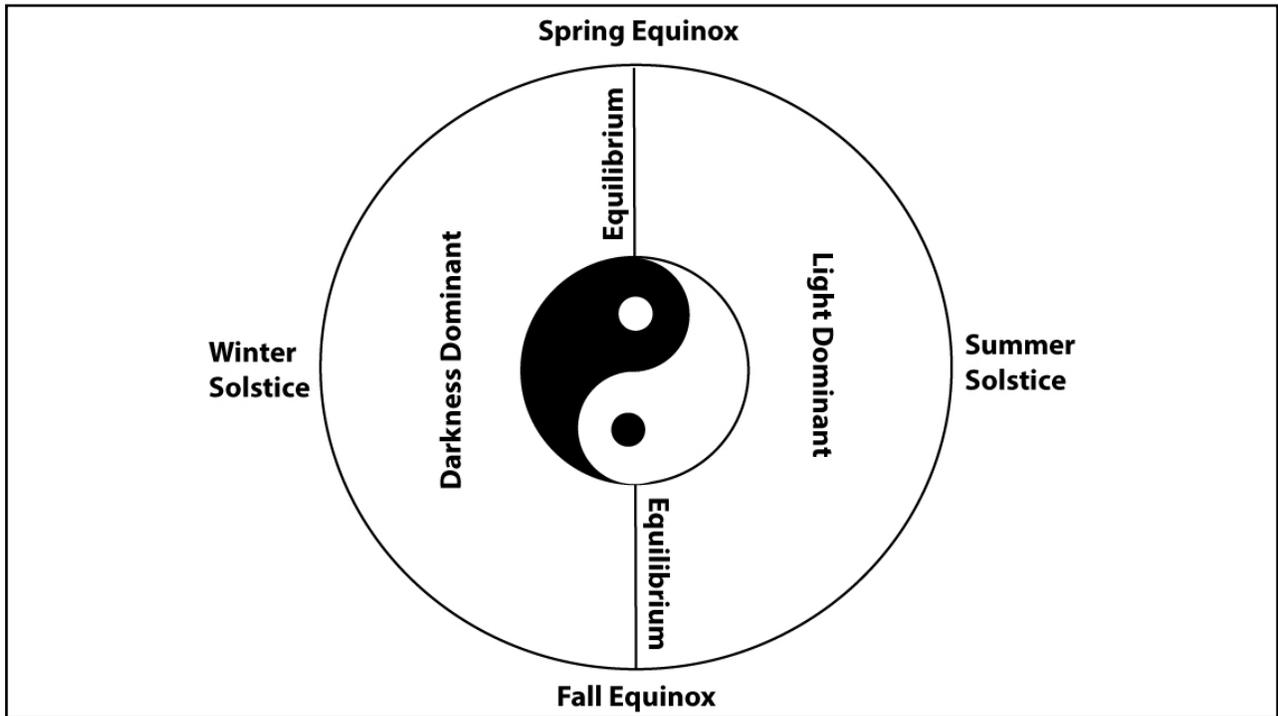
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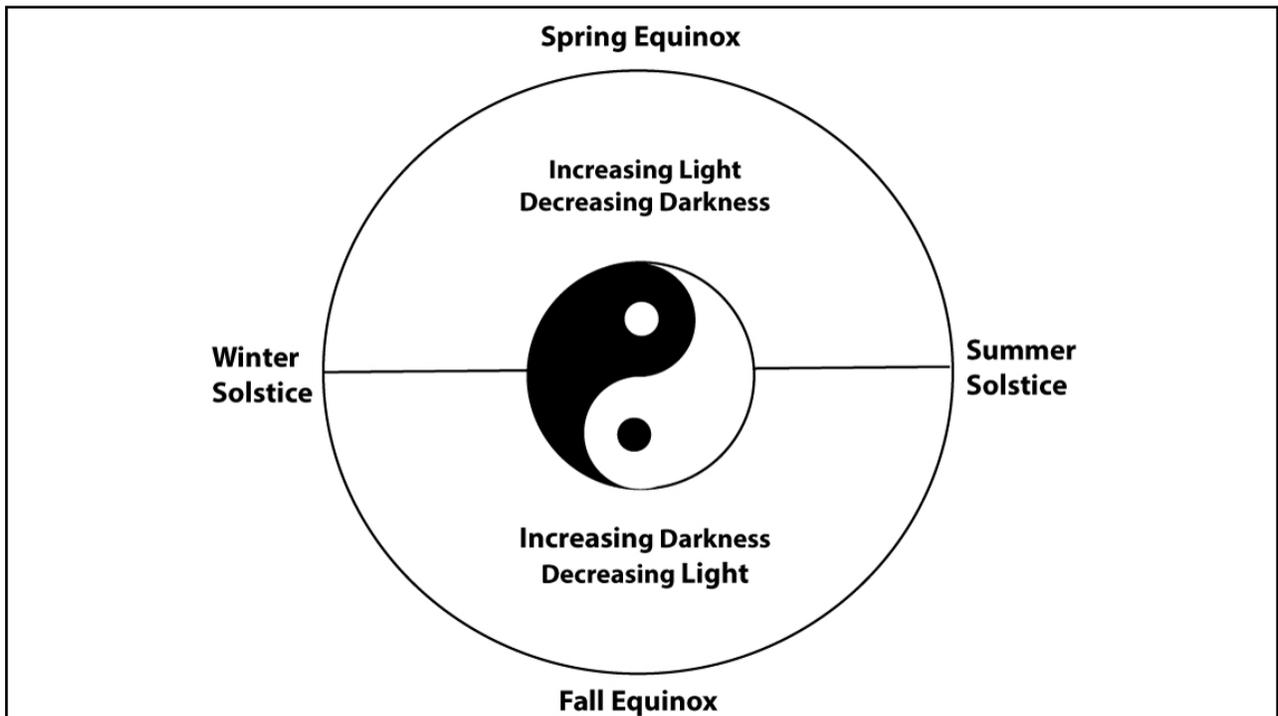
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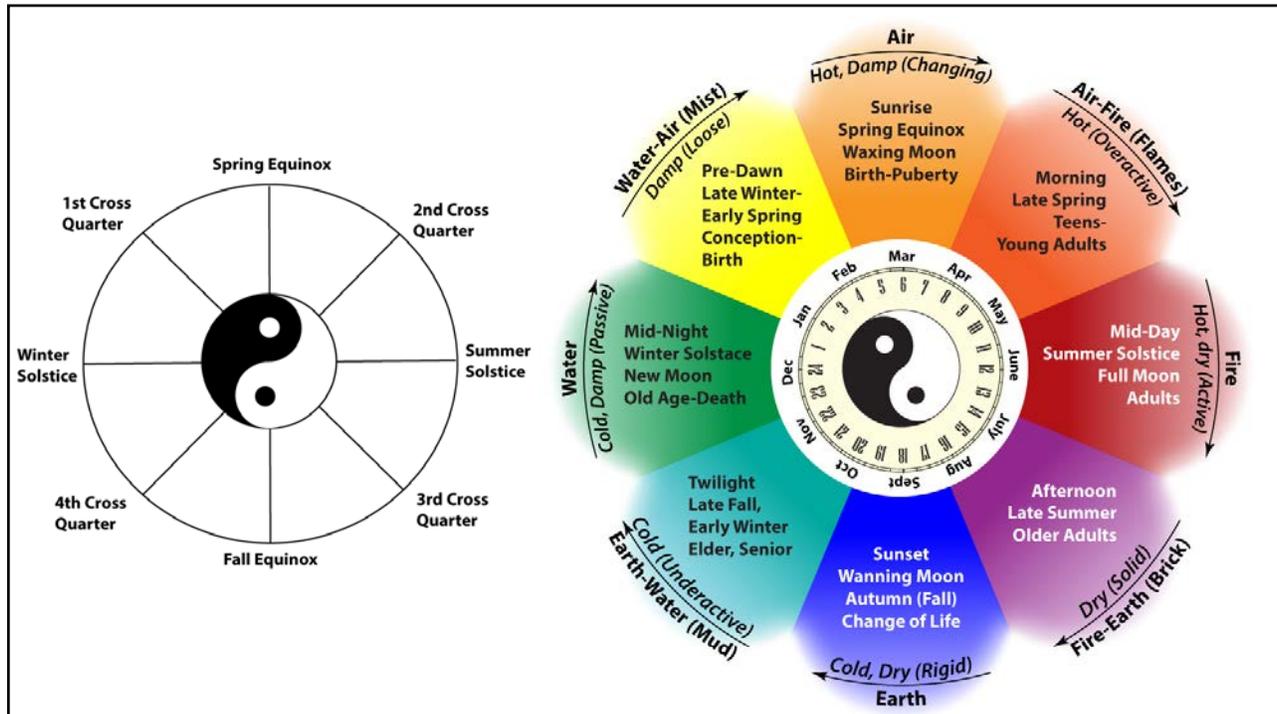
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When Was Jesus Born?



- Shepherds only watch their flocks at night during lambing season, which occurs in the spring
- Bethlehem was where lambs were raised for temple sacrifices
- A lamb was taken to the home four days before Passover, a day known as Palm Sunday
- For an interesting discussion of this topic watch: <https://youtu.be/ptlsXtTf6n0>

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Gifts of the Magi



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Frankincense (*Boswellia sp.*)

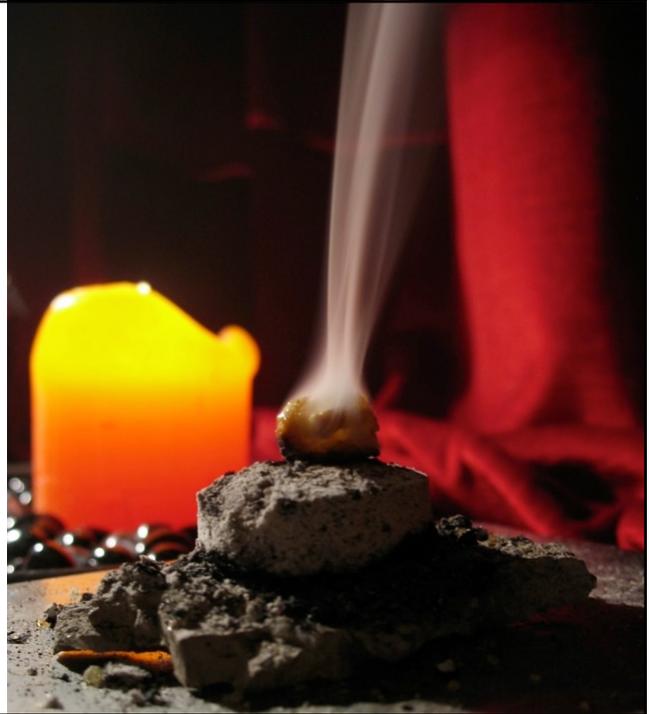


- One of the gifts the wise men brought to Jesus
- Resin from a tree used in perfumery, aromatherapy and medicine
- Used in religious rites (temple incense)
- Several species are used:
 - *B. sacra*
 - *B. carteri*
 - *B. frereana*
 - *B. bhaw-dajana*

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Frankincense Incense

- Frankincense was burned in ancient Hebrew temples
- Ritualistic purification, elimination of “evil” influences, lets go of “negative influences”
- Johns Hopkins University and the Hebrew University of Jerusalem have determined that frankincense smoke is a psychoactive drug that relieves depression and anxiety in mice
- The researchers found that the chemical compound incensole acetate is responsible for the effects



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Frankincense EO Uses

- Purifying a person’s environment, driving away negative or dark feelings after being with a negative person or client
- Considered a valuable aid to prayer and meditation, helps reduce mental chatter, calming the mind
- Helps one cut ties with the past and become more present and focused
- Eases irritability, hyperactivity and impatience
- Stimulates the immune system and self-esteem
- May enhance spirituality and meditation



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Frankincense Properties

- Antiseptic, astringent, carminative, cicatrizant, cytophylactic, diuretic, emmenagogue, expectorant, sedative, tonic, uterine, vulnerary
- May be helpful for cancer (especially breast cancer) when applied topically, also helpful for breast lumps
- Eases respiratory congestion

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Frankincense Applications

- Topical (neat or diluted): Breast lumps, infection, cancer, wounds, varicose veins, arthritis
- Inhalation: Respiratory congestion, asthma
- Internal (GRAS, diluted), but not recommended
- Emotional: Aids self esteem and feeling protected, dispels negativity, aids meditation, promotes spiritual awareness



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Myrrh (*Commiphora myrrha*)



- Another one of the gifts brought to the infant Jesus
- Gum or resin from a tree native to Africa
- Was used in embalming because of its disinfectant properties
- Still used in some modern Christian rituals

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- Traditionally used to aid meditation
- Enhances spiritual awareness and meditation
- Promotes a sense of grounded awareness
- Helps a person find inner stillness and peace, uniting the mind, spirit and body.
- Helps people who are prone to worry or overthinking things, as well as those who are easily distracted
- Helps people who are restless and stuck in their lives, unable to decide a proper course of action to take action and move forward

Myrrh Essential Oil



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Myrrh Properties

- Anticatarrhal, anti-inflammatory, anti-microbial, antiphlogistic, antiseptic, astringent, balsamic, carminative, emmenagogue, expectorant, fungicidal, sedative, digestive and pulmonary stimulant, stomachic, tonic, uterine, vulnerary
- Prevents infection and putrefaction
- Mouthwash for mouth ulcers, inflammation in the mouth, and pyorrhea

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Myrrh Application

- **Topical (neat or diluted):** wounds, chapped, dry skin, eczema, bruises, skin infections, warts, dermatitis, athlete's foot
- **Internal (GRAS, diluted):** mouthwash, gargle; gum disease, canker sores, cough
- **Emotional:** Meditation, enhances spiritual awareness, uplifting

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Symbolism of Resins and Gums

- Myrrh and Frankincense are both resins, which are secreted by trees to seal wounds and prevent infection in the tree
- Imagine how important disinfectants and wound healers would be in the ancient world
- Their value in the ancient world is shown by their being listed with gold as gifts
- The ability to purify (disinfect) and heal physically are metaphors (symbols) of the ability to purify and heal our wounded souls
- But He was wounded [pierced] for our transgressions,
He was bruised for our iniquities;
The chastisement for our peace was upon Him,
And by His stripes (lashes) we are healed.

Isaiah 53:5

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Notes on the Wise Men

- From Parthia: The Forgotten Ancient Superpower Its Role in Biblical History by Seven M. Collins
- The Parthian Empire was ruled by kings elected by Megistanes (which consisted of royal family, priests and wise men)
- Their head king was known as the king of kings
- They appear to be remnants of the northern tribes of Israel who went away into captivity
- Magi would have traveled in a larger caravan as it was dangerous to transport expensive items through the desert
- They may have had thousands of armed guards, a force so vast that it "troubled" Jerusalem
- Collins also suggests that the word star is sometimes used in the Bible to refer to an angel and that it may have been an angel that appeared to the wise men and ultimately "stood over the house" where Jesus was



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Christmas Trees and Evergreens

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Pine: Survival Warehouse

- **Inner Bark**
 - Expectorant and decongestant for coughs and congestion
 - Antiseptic and disinfectant
- **Nuts**
 - Highly nutritious food
- **Needles**
 - Tea for vitamin C in winter
 - Helpful for colds
- **Pollen**
 - Testosterone enhancer
 - Flower extender
- **Turpentine**
- **Gum**
 - Applied topically to disinfect and “seal” wounds
 - Helps to draw out slivers and pus
 - Used in black (escharotic) salves
 - Fire starter
- **Flower Essence**
 - Helps with self-forgiveness and the release of toxic shame and inappropriate guilt
- **Essential Oil**
 - Respiratory remedy, helpful for respiratory congestion, colds and asthma

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- Helps to overcome fatigue, lethargy, depression, weakness and heavy feelings in the chest
- Opens up the lungs, helps a person breathe freely and let go of shame, fear, guilt and sadness
- Renews hope, confidence and self-acceptance
- Particularly helpful for people who need to learn to forgive themselves



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Pine Flower Essence

- Used for people who are burdened with guilt, overly self-critical and victims of toxic shame
- Helps free a person from inappropriate guilt and self-blame, aids the ability to accept and forgive oneself
- “Do not fear, for you will not be ashamed; Neither be disgraced, for you will not be put to shame; For you will forget the shame of your youth, And will not remember the reproach of your widowhood anymore.” Isaiah 54:4
- Therefore it is also contained in the Scripture, “Behold, I lay in Zion A chief cornerstone, elect, precious, And he who believes on Him will by no means be put to shame.” 1 Peter 2:6



Photo from FES Services

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Fir Essential Oil



- Eases anxiety and stress
- Aids clarity of mind and spirit
- Provides a sense of strength and protection
- Both grounding and uplifting, promoting inner wholeness

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Spruce Essential Oil



- Promotes a calm, focused mind
- Helps a person feel less anxious and stressed
- Relaxes the body
- Uplifting, helps winter depression and fatigue
- Has been used for hyperthyroidism symptoms like excess hunger, fatigue, heat intolerance, restlessness, rapid heart rate, palpitations and insomnia

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Symbolism of Evergreens

- Unlike deciduous plants and herbs which lose their leaves or die back in the fall, evergreens stay green all year long
- They represent the ability to hang onto life and hope through the dark seasons of our lives
- They strengthen through times when sickness threatens (cold and flu season)



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Some Interesting Questions

- Where did the tradition of Christmas trees come from?
- Why is there a star or angel on top of the tree?
- Why does Santa Clause live at the North Pole?
- Why was this a traditional time for the worship of Saturn (Saturnalia)?
- Where did all these symbols come from?

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Why Did Ancient People Worship the Planets as the Gods?

Mercury	Venus	Mars	Jupiter	Saturn
Enki	Inanna	Gugulanna	Enlil	Niurta
Nabu	Ishtar	Nergal	Marduk	Kronos
Hermes	Aphrodite	Ares	Zeus	Saturnus
Mercurius	Venus	Mars	Jupiter	Kolob
Sabgu	Ba'ah	Heru-	Her-wepes-	Sani
Budha	Sebadjai	deshet	tawy	
	Sukra	Mangala	Brhaspati	
	Lucifer			
	Baal			
	Queen of Heaven			

- “...the same process of identification of major gods with the planets can be found in the religions of the peoples in all parts of the world. The planets were not affiliated to the gods, or symbols of the gods—they were the gods.”

—Velikovsky

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Deuteronomy 4

- 15 Take ye therefore good heed unto yourselves; *for ye saw no manner of similitude on the day that the Lord spake unto you in Horeb out of the midst of the fire:*
- 16 Lest ye corrupt *yourselfes*, and make you a graven image, the similitude of any figure, the likeness of male or female,
- 17 The likeness of any beast that *is* on the earth, the likeness of any winged fowl that flieth in the air,
- 18 The likeness of any thing that creepeth on the ground, the likeness of any fish that *is* in the waters beneath the earth:
- 19 *And lest thou lift up thine eyes unto heaven, and when thou seest the sun, and the moon, and the stars, even all the host of heaven, shouldest be driven to worship them, and serve them, which the Lord thy God hath divided unto all nations under the whole heaven.*

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2 Kings 23

- 4 And the king commanded Hilkiah the high priest, and the^apriests of the second order, and the keepers of the door, to bring forth out of the temple of the Lord all the vessels that were made *for Baal, and for the grove, and for all the host of heaven:* and he burned them without Jerusalem in the fields of Kidron, and carried the ashes of them unto Beth-el.
- 5 And he put down the idolatrous priests, whom the kings of Judah had ordained to burn incense in the high places in the cities of Judah, and in the places round about Jerusalem; them *also that burned incense unto Baal, to the sun, and to the moon, and to the planets, and to all the host of heaven.*

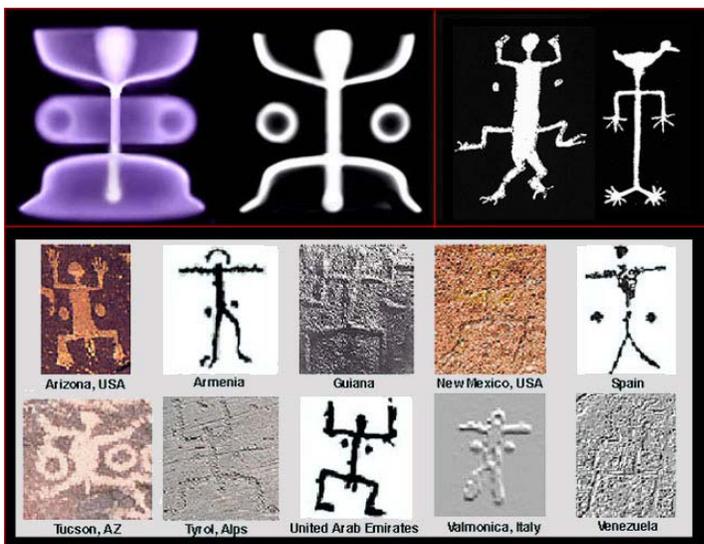
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Jeremiah

- 8:1 At that time, saith the Lord, they shall bring out the bones of the kings of Judah, and the bones of his princes, and the bones of the priests, and the bones of the prophets, and the bones of the inhabitants of Jerusalem, out of their graves:
- 8:2 And they shall spread them before *the sun, and the moon, and all the host of heaven, whom they have loved, and whom they have served, and after whom they have walked, and whom they have sought, and whom they have worshipped...*
- 19:13 And the houses of Jerusalem, and the houses of the kings of Judah, shall be defiled as the place of Tophet, because of all the houses upon whose roofs *they have burned incense unto all the host of heaven,* and have poured out drink offerings unto other gods.

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Mythology



- Mythology is filled with archetypes, which are found throughout all cultures
- The mythological Gods are all planets
- The farther back you go, the more the archetypes and myths align
- It's also interesting that rock art the world over depict the same weird figures
- These stories claim these planetary "gods" did similar things, too

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The Saturn Myths

- Saturn occupied a fixed position in the northern sky
- Saturn was the “true” or superior sun
- It lit the world so there was no true night in the northern hemisphere
- It was the all seeing-eye, the city of God and many other symbols in the ancient world
- For a complete understanding watch Symbols of an Alien Sky <https://www.youtube.com/watch?v=t7EAITcZFwY>

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The Holly and the Ivy

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Holly (*Ilex aquifolium*)

- Evergreen European shrub
- Traditionally connected to Christmas and used people to decorate their homes at the time of the winter solstice
- Another part of its symbolic significance is related to the crucifixion of Christ who wore a crown of thorns that caused him to bleed from his head.
- Was considered to protect against spells and witchcraft



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Medicinal Uses of Holly

- | | |
|---|---|
| <ul style="list-style-type: none"> • Leaves <ul style="list-style-type: none"> • Astringent, expectorant, diuretic, diaphoretic • Used for persistent cough, asthma, bronchitis • Berries <ul style="list-style-type: none"> • Purgative and emetic • Mildly toxic • Some species contain caffeine | <ul style="list-style-type: none"> • Homeopathic (Ilex) <ul style="list-style-type: none"> • Conjunctivitis and other eye diseases • Pain in the spleen • Diarrhea with mucus • Catarrh • Symptoms better in winter |
|---|---|

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Holly Flower Essence

- For feeling cut off from the love one wants
- Used for anger, envy, jealousy, suspicion
- Opens heart to love and compassion for others
- Helps one express gratitude
- An appropriate “energy” for Christmas when we open our heart in love to others
- “Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God.”
“We love Him because He first loved us.”
1 John 4:7, 19

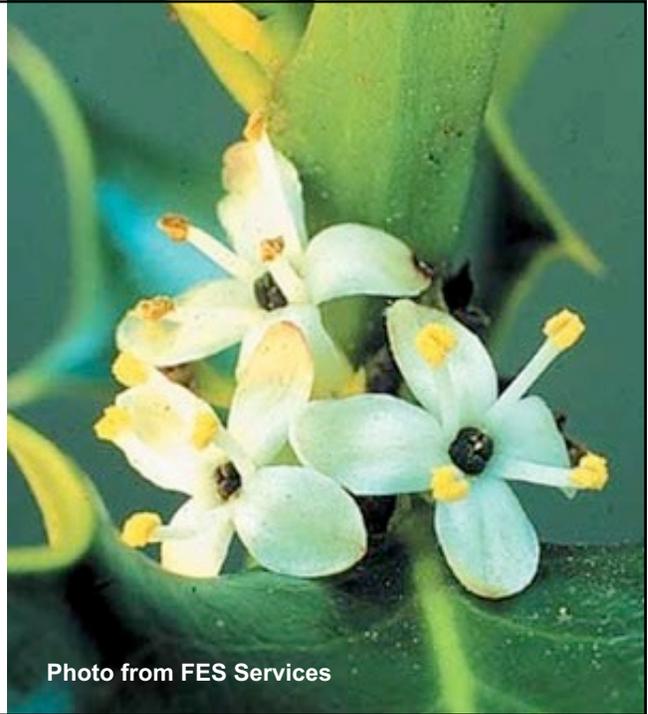


Photo from FES Services

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English Ivy (*Hedera helix*)

- Leaves and berries used as an expectorant
- Used for coughs or bronchitis
- Toxic botanical for professional use only



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Mistletoe (*Viscum album*)

- Entrusted to the Norse god of love, which is why kissing under the mistletoe is traditional
- According to Christmas custom, any two people who meet under a hanging of mistletoe are obliged to kiss
- According to custom, the mistletoe must not touch the ground between its cutting and its removal as the last of Christmas greens



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European vs. American Mistletoe

- *Viscum album* or European Mistletoe is commonly used in herbal medicine.
- Its actions are more mild and quite different than American Mistletoe, *Phoradendron flavescen*
- Both varieties are poisonous in high doses with children especially being prone to severe reactions



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Mistletoe as Medicine

- Nervine, antispasmodic, vasodilator, sedative
- Lowers blood pressure and heart rate
- Relieves anxiety and panic attacks
- Promotes sleep
- Epilepsy
- Tinnitus (ringing in the ears)
- Contains anticancer compounds



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Holiday Spices



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Cinnamon

- **Taste:** Pungent, astringent, slightly sweet
- **Energetics:** Warming, drying, constricting
- **TCM Properties:** Yang tonic, reinforces yang qi, warms the stomach and spleen, also enters liver and kidney meridians
- **Traditional Western Properties:** Stimulant, astringent, hematogenic, carminative, diaphoretic



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Cinnamon Uses

- Has a warming action on digestion (traditional carminative and digestive stimulant)
- Helps to help to maintain blood sugar balance (important for sweet-laden holidays)
- May improve intestinal biome due to antimicrobial and biofilm activity
- Astringent action may help tone up digestive membranes
- Dose: 1-6 grams daily



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Spiced Apple Cider

- Put 4 cups apple cider into a pan and add
 - 1 Orange (cut into thin slices)
 - 3 cinnamon sticks
 - 1 teaspoon whole allspice
 - OR star anise
- Warm and drink

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- Helpful for people who feel devitalized and weak
- Depression from extreme fatigue
- Awaken the fire in a person, motivating them to get up and start doing something about their life
- Stimulates testosterone
- Strongly antimicrobial
- Helpful for indigestion, colds and flu

Cinnamon EO



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Cinnamon Applications

- Topical (diluted only): skin infections
- Internal (GRAS, highly diluted only): stimulates digestion, fights infection
- Emotional (inhalation): Stimulating, invigorating, sexual stimulant
- Cautions: Highly irritating to skin and mucus membranes, must be highly diluted for use, not for young children



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Nutmeg

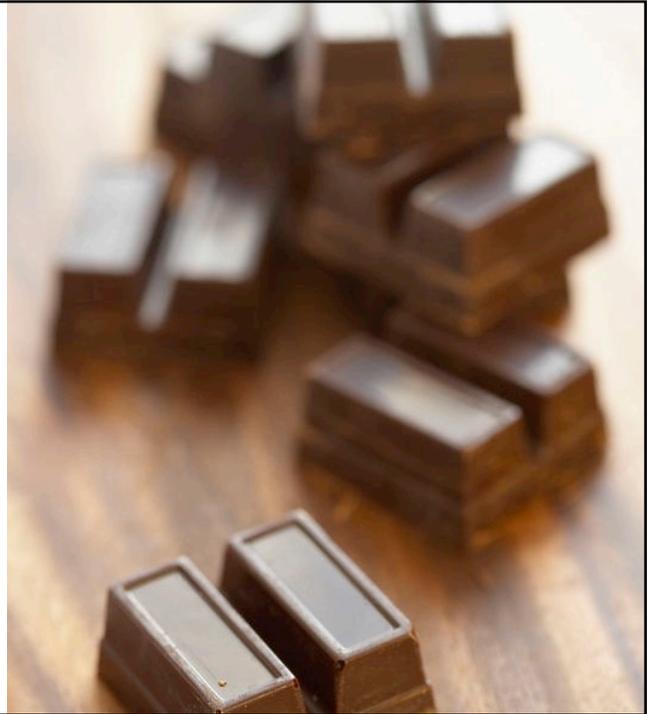
- Ingredient in eggnog, a traditional holiday beverage
- Also used in pumpkin pie and other baked goods
- Increases circulation to the brain and aids concentration
- Eases mental stress and exhaustion
- Stimulates the heart and cardiovascular system
- Has analgesic properties when applied topically. Used for arthritis, rheumatic pain, neuralgia and sciatica.



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Cocoa (*Theobroma cacao*)

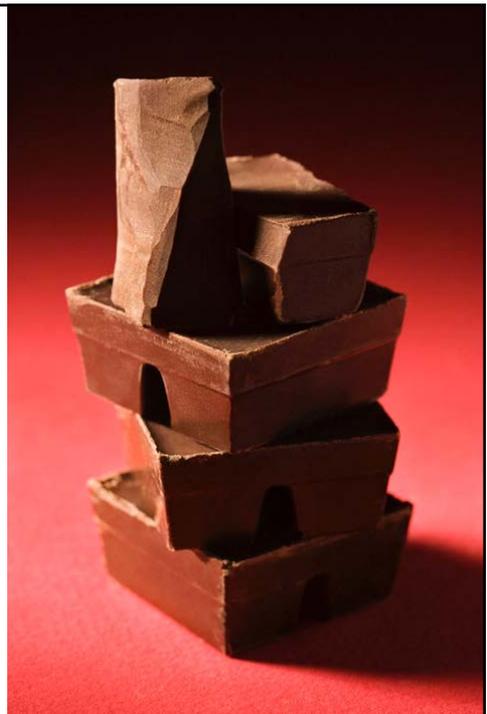
- Cacao was named *Theobroma* by Linnaeus, the word meaning "food of the gods"
- It was considered the food of the gods by the ancient Aztecs
- It was also viewed as a powerful medicine
- In Central America during the time of the Aztec the small seeds were utilized as coins for small transactions
- In 1529, Cortes wrote to King Carlos I of Spain that he had found a "drink that builds up resistance and fights fatigue."
- After Cortes returned to Europe with trunk loads of cacao beans chocolate swept Europe because of its reputed medicinal qualities



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Chocolate and Health

- A drink of chocolate was viewed as a cure-all, a restorative, and vital for treating everything from anemia to digestion problems.
- According to Dr. William Hughes, an English physician in 1672, "Chocolate nourishes and preserves health entire, yet causes a pleasant and natural sleep and rest. Drunk twice a day, a man may very well subsist therewith, not taking anything else at all."
- Modern research suggests chocolate may:
 - Help to lower blood pressure
 - Be one of nature's most powerful antioxidants
 - May reduce heart disease risk and improve brain function
- Chocolate is also very nutritious



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Mood Altering Chocolate

- Cacao triggers the release of many “feel good” chemicals: endorphins, oxytocin, dopamine and serotonin
- It also contains the endocannabinoid, anandamide, which has been called the “bliss molecule”
- Chocolate is high in magnesium, a mineral many people are deficient in that’s important to nerve function
- That may be why we tend to crave chocolate when we’re depressed, tired, stressed or anxious



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The Greatest Gift of All



I heard the bells on
Christmas Day
Their old, familiar carols
play,
and wild and sweet
The words repeat
Of peace on earth, good-
will to men!

And in despair I bowed my
head;
"There is no peace on
earth," I said;
"For hate is strong,
And mocks the song
Of peace on earth, good-
will to men!"

Then pealed the bells
more loud and deep:
"God is not dead, nor doth
He sleep;
The Wrong shall fail,
The Right prevail,
With peace on earth,
good-will to men."

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