

**UFO** **HUB**



1  
00:00:17,130 --> 00:00:16,289  
green blessings I'm so glad to be here

2  
00:00:19,830 --> 00:00:17,140  
with you today

3  
00:00:21,510 --> 00:00:19,840  
I'm Susan weed and I live in Woodstock

4  
00:00:23,249 --> 00:00:21,520  
New York and the beautiful Catskill

5  
00:00:26,370 --> 00:00:23,259  
Mountains and the Hudson River Valley

6  
00:00:28,830 --> 00:00:26,380  
I'm an herbalist I teach people how to

7  
00:00:32,370 --> 00:00:28,840  
maintain and regain their health using

8  
00:00:34,889 --> 00:00:32,380  
the wild plants that grow all around us

9  
00:00:37,290 --> 00:00:34,899  
herbal medicine is people's medicine

10  
00:00:39,330 --> 00:00:37,300  
it's the medicine of the people by the

11  
00:00:41,040 --> 00:00:39,340  
people and for the people

12  
00:00:44,580 --> 00:00:41,050  
herbal medicine is the medicine that

13  
00:00:47,549 --> 00:00:44,590

grows right at your backdoor you may

14

00:00:49,770 --> 00:00:47,559

wonder how does that not get started in

15

00:00:53,400 --> 00:00:49,780

working with herbs and teaching herbal

16

00:00:56,430 --> 00:00:53,410

medicine and all had to do with my

17

00:01:00,060 --> 00:00:56,440

daughter needing new shoes let me start

18

00:01:03,209 --> 00:01:00,070

back a little ways from that when I was

19

00:01:05,310 --> 00:01:03,219

a single mom I soon realized that I

20

00:01:07,590 --> 00:01:05,320

didn't want to do it the way I was being

21

00:01:09,350 --> 00:01:07,600

told that I should do it which was that

22

00:01:11,820 --> 00:01:09,360

I was supposed to go out and get a job

23

00:01:14,490 --> 00:01:11,830

so that I could pay another woman to

24

00:01:16,830 --> 00:01:14,500

take care of my child and that made no

25

00:01:19,080 --> 00:01:16,840

sense at all to me I decided I would

26  
00:01:21,110 --> 00:01:19,090  
rather stay home with my child and that

27  
00:01:24,360 --> 00:01:21,120  
meant I needed to apply for welfare

28  
00:01:27,240 --> 00:01:24,370  
which I did and received and it's

29  
00:01:29,670 --> 00:01:27,250  
adequate but it's certainly not anything

30  
00:01:32,340 --> 00:01:29,680  
extra and back in the days when my

31  
00:01:33,900 --> 00:01:32,350  
daughter was young she's 50 now back in

32  
00:01:36,990 --> 00:01:33,910  
the days when she was young shoes were

33  
00:01:39,210 --> 00:01:37,000  
very expensive for children and I just

34  
00:01:41,820 --> 00:01:39,220  
didn't have the money and she outgrew

35  
00:01:44,460 --> 00:01:41,830  
shoes like most children do at what

36  
00:01:46,560 --> 00:01:44,470  
seemed to be an enormous rate I was

37  
00:01:49,110 --> 00:01:46,570  
complaining to a friend one day about my

38  
00:01:50,820 --> 00:01:49,120

inability to buy my daughter's shoes she

39

00:01:52,980 --> 00:01:50,830

wore a lot of rubber boots because they

40

00:01:54,600 --> 00:01:52,990

were inexpensive and this friend said to

41

00:01:56,910 --> 00:01:54,610

me well you know Susan if you taught at

42

00:02:00,570 --> 00:01:56,920

this local community college they would

43

00:02:04,290 --> 00:02:00,580

pay you \$25 per class to teaching you

44

00:02:05,700 --> 00:02:04,300

could do a 6 class series and get 150

45

00:02:07,890 --> 00:02:05,710

dollars that would buy her several pairs

46

00:02:10,800 --> 00:02:07,900

of shoes and I was really struck with

47

00:02:12,059 --> 00:02:10,810

that idea it seemed great but I didn't

48

00:02:13,920 --> 00:02:12,069

think I was gonna be able to do it I

49

00:02:15,900 --> 00:02:13,930

said ah and I don't think they'd hire me

50

00:02:16,979 --> 00:02:15,910

because you know I dropped out of high

51  
00:02:18,960 --> 00:02:16,989  
school and then I dropped out of college

52  
00:02:20,820 --> 00:02:18,970  
I don't have any decrease of any kind

53  
00:02:22,410 --> 00:02:20,830  
and they said dad don't worry about that

54  
00:02:24,059 --> 00:02:22,420  
they're not interested in your

55  
00:02:26,190 --> 00:02:24,069  
credentials they threw interested in

56  
00:02:27,330 --> 00:02:26,200  
your enthusiasm even you're very

57  
00:02:29,190 --> 00:02:27,340  
enthusiastic person

58  
00:02:32,190 --> 00:02:29,200  
if you propose something to them they'll

59  
00:02:34,380 --> 00:02:32,200  
probably accept yourself I said alright

60  
00:02:36,089 --> 00:02:34,390  
I'll give it a try so I got in touch

61  
00:02:38,160 --> 00:02:36,099  
with that Community College and I said I

62  
00:02:40,890 --> 00:02:38,170  
wanted to teach about whole-wheat bread

63  
00:02:43,050 --> 00:02:40,900

baking I called my course the best bread

64

00:02:45,900 --> 00:02:43,060

you ever ate you make it yourself with

65

00:02:47,520 --> 00:02:45,910

love and we got a really good time and

66

00:02:49,080 --> 00:02:47,530

it's a very successful class and they

67

00:02:51,630 --> 00:02:49,090

invited me to teach it again the next

68

00:02:53,070 --> 00:02:51,640

semester and they also said to me you

69

00:02:54,570 --> 00:02:53,080

know a lot of people are asking us about

70

00:02:56,670 --> 00:02:54,580

mushrooms do you know anything about

71

00:02:58,170 --> 00:02:56,680

mushrooms I said well I actually know a

72

00:02:59,550 --> 00:02:58,180

lot about mushrooms they said would you

73

00:03:02,339 --> 00:02:59,560

teach a class on mushrooms whereas I

74

00:03:04,050 --> 00:03:02,349

said hey no problem sure so now I have a

75

00:03:06,120 --> 00:03:04,060

bread baking class and the mushroom

76

00:03:10,530 --> 00:03:06,130

class whoa we're gonna be on shoes I

77

00:03:12,119 --> 00:03:10,540

could buy her a dress and then next

78

00:03:13,380 --> 00:03:12,129

semester they said we want you to teach

79

00:03:15,240 --> 00:03:13,390

the bread baking we want you to teach

80

00:03:16,770 --> 00:03:15,250

the mushroom foraging and people are

81

00:03:19,020 --> 00:03:16,780

asking about homesteading could you do

82

00:03:22,530 --> 00:03:19,030

that I said yes I could teach

83

00:03:24,420 --> 00:03:22,540

homesteading so one of the weeks of the

84

00:03:26,220 --> 00:03:24,430

home setting curriculum was about herbal

85

00:03:28,289 --> 00:03:26,230

medicine because I consider it part of

86

00:03:32,670 --> 00:03:28,299

the skill set of somebody who wants to

87

00:03:35,039 --> 00:03:32,680

live off the land meanwhile I'm driving

88

00:03:36,750 --> 00:03:35,049

to town one day and beside the road is a

89

00:03:38,490 --> 00:03:36,760

woman who appears to be I don't know

90

00:03:40,229 --> 00:03:38,500

maybe 11 months pregnant she's enormous

91

00:03:42,000 --> 00:03:40,239

like pregnant of course you can't really

92

00:03:44,370 --> 00:03:42,010

be 11 months pregnant and she has two

93

00:03:46,470 --> 00:03:44,380

huge bags of laundry with her and a baby

94

00:03:48,569 --> 00:03:46,480

that she is holding so I do the only

95

00:03:51,180 --> 00:03:48,579

thing that one can do in such a

96

00:03:52,500 --> 00:03:51,190

situation which to stop but her the baby

97

00:03:54,509 --> 00:03:52,510

the laundry in the car take her to the

98

00:03:56,460 --> 00:03:54,519

laundromat to her laundry with her and

99

00:03:58,530 --> 00:03:56,470

bring her back home again what else

100

00:03:59,879 --> 00:03:58,540

could one possibly do well of course we

101  
00:04:02,069 --> 00:03:59,889  
got to talking while we're doing the

102  
00:04:05,699 --> 00:04:02,079  
laundry and it turns out she was really

103  
00:04:08,309 --> 00:04:05,709  
interested in plants too so we started

104  
00:04:10,979 --> 00:04:08,319  
forming this little friendship around

105  
00:04:13,050 --> 00:04:10,989  
the plants now this is back in the 60s

106  
00:04:15,330 --> 00:04:13,060  
and she was married to nice enough man

107  
00:04:16,949 --> 00:04:15,340  
but he had come home after work he put

108  
00:04:19,170 --> 00:04:16,959  
his feet up in the coffee table demand a

109  
00:04:21,690 --> 00:04:19,180  
beer and say house is a mess what do you

110  
00:04:23,430 --> 00:04:21,700  
do all day while I'm at work she's got

111  
00:04:26,670 --> 00:04:23,440  
two babies and diapers come on what does

112  
00:04:30,960 --> 00:04:26,680  
she do all day well he doesn't know so

113  
00:04:32,159 --> 00:04:30,970

she says to me I'm gonna kill him you

114

00:04:33,900 --> 00:04:32,169

may feel like you're in jail but if you

115

00:04:37,230 --> 00:04:33,910

kill him you'll really be in jail and it

116

00:04:38,909 --> 00:04:37,240

won't be fun I said you just need some

117

00:04:40,070 --> 00:04:38,919

time away you need to leave him with the

118

00:04:42,499 --> 00:04:40,080

cancer an hour too

119

00:04:44,119 --> 00:04:42,509

she says he'll never go for it won't

120

00:04:45,529 --> 00:04:44,129

happen she and I used to go to

121

00:04:47,360 --> 00:04:45,539

consciousness-raising meetings together

122

00:04:49,580 --> 00:04:47,370

and she would say to him can they go to

123

00:04:51,800 --> 00:04:49,590

the consciousness rating raising meeting

124

00:04:54,379 --> 00:04:51,810

with Susan and he would say are my shoes

125

00:04:56,869 --> 00:04:54,389

shined is my shirt pressed is my or my

126

00:04:58,820 --> 00:04:56,879

clothes laid out is my breakfast ready

127

00:05:00,290 --> 00:04:58,830

is my gonna the whole thing and people

128

00:05:03,080 --> 00:05:00,300

look at me now and they say come on I

129

00:05:05,240 --> 00:05:03,090

think no this was normal in the sixties

130

00:05:08,029 --> 00:05:05,250

and it was like fine marriage for the

131

00:05:09,439 --> 00:05:08,039

sixties so she said he's not gonna let

132

00:05:12,980 --> 00:05:09,449

me get out of the house like that I said

133

00:05:14,300 --> 00:05:12,990

what have you made money yeah if I was

134

00:05:15,499 --> 00:05:14,310

making money I could guess it good

135

00:05:17,300 --> 00:05:15,509

you're gonna teach at this local

136

00:05:18,860 --> 00:05:17,310

Community College she said I can't teach

137

00:05:20,360 --> 00:05:18,870

it Community College I don't have any

138

00:05:22,370 --> 00:05:20,370

degrees they said but you're

139

00:05:24,350 --> 00:05:22,380

enthusiastic said why don't I teach us

140

00:05:26,089 --> 00:05:24,360

it I don't know she said herbal medicine

141

00:05:27,529 --> 00:05:26,099

I said that's a really good idea I don't

142

00:05:29,390 --> 00:05:27,539

have anybody teaching herbal medicine

143

00:05:30,710 --> 00:05:29,400

you should do that so she got in touch

144

00:05:32,749 --> 00:05:30,720

with the college and the college said

145

00:05:33,830 --> 00:05:32,759

sure and this was in May and she said

146

00:05:36,680 --> 00:05:33,840

all right Susan you and I were gonna

147

00:05:38,330 --> 00:05:36,690

have to study hard now so every day she

148

00:05:40,070 --> 00:05:38,340

and I and our three girls went out with

149

00:05:41,510 --> 00:05:40,080

our books we identified plants we

150

00:05:44,330 --> 00:05:41,520

harvested those plants we made things

151  
00:05:46,879 --> 00:05:44,340  
people soon stopped dropping by around

152  
00:05:50,480 --> 00:05:46,889  
dinnertime when soup didn't taste so

153  
00:05:53,839 --> 00:05:50,490  
good it was a great more cleaner so we

154  
00:05:55,490 --> 00:05:53,849  
learned a lot May June July August and I

155  
00:05:57,980 --> 00:05:55,500  
September she was ready to teach her

156  
00:06:00,969 --> 00:05:57,990  
first class in herbal medicine it was an

157  
00:06:03,200 --> 00:06:00,979  
astonishing success mostly at home

158  
00:06:05,839 --> 00:06:03,210  
because when she got home from teaching

159  
00:06:08,689 --> 00:06:05,849  
that class he knew what she did all day

160  
00:06:10,820 --> 00:06:08,699  
long and their relationship really

161  
00:06:13,040 --> 00:06:10,830  
became much better she taught the class

162  
00:06:14,719 --> 00:06:13,050  
again the next semester and then summer

163  
00:06:16,129 --> 00:06:14,729

was there and she and her husband

164

00:06:17,629 --> 00:06:16,139

decided they were gonna build a camper

165

00:06:19,370 --> 00:06:17,639

on the back of their truck and go off

166

00:06:22,430 --> 00:06:19,380

adventuring there in relationship but

167

00:06:24,320 --> 00:06:22,440

gotten really tight and delicious and I

168

00:06:26,450 --> 00:06:24,330

said well I'll really miss you but have

169

00:06:28,189 --> 00:06:26,460

a great adventure two weeks before her

170

00:06:30,200 --> 00:06:28,199

herbal medicine class was due to start

171

00:06:31,820 --> 00:06:30,210

the following September I got a phone

172

00:06:35,300 --> 00:06:31,830

call from her and she said we found

173

00:06:36,649 --> 00:06:35,310

paradise and we're not coming home what

174

00:06:38,089 --> 00:06:36,659

do you mean not coming home I mean

175

00:06:39,740 --> 00:06:38,099

obviously friendship wasn't gonna get

176

00:06:41,120 --> 00:06:39,750

her home so I tried guilt I said you

177

00:06:42,439 --> 00:06:41,130

have a class starting in two weeks you

178

00:06:43,070 --> 00:06:42,449

have to come home she said I'm not

179

00:06:44,420 --> 00:06:43,080

coming home

180

00:06:45,709 --> 00:06:44,430

it's not gonna happen I said what are we

181

00:06:47,269 --> 00:06:45,719

gonna do about your classes already

182

00:06:48,550 --> 00:06:47,279

people enrolled she said you'll have to

183

00:06:51,589 --> 00:06:48,560

teach it

184

00:06:53,310 --> 00:06:51,599

not me I cannot teach class about herbal

185

00:06:54,780 --> 00:06:53,320

medicine and not gonna happen

186

00:06:57,350 --> 00:06:54,790

forget it we'll just have to cancel she

187

00:06:59,850 --> 00:06:57,360

said no you're gonna teach that class

188

00:07:02,430 --> 00:06:59,860

she believes and we're still in touch to

189

00:07:04,830 --> 00:07:02,440

this day that her real purpose for being

190

00:07:07,710 --> 00:07:04,840

here was to get me to teach that herbal

191

00:07:10,830 --> 00:07:07,720

medicine class and Here I am all these

192

00:07:12,950 --> 00:07:10,840

years later still teaching herbal

193

00:07:16,080 --> 00:07:12,960

medicine what a surprise

194

00:07:18,000 --> 00:07:16,090

one of the reasons that I say herbal

195

00:07:20,400 --> 00:07:18,010

medicine is people's medicine is that

196

00:07:23,340 --> 00:07:20,410

the vast majority of people already know

197

00:07:25,140 --> 00:07:23,350

how to use herbs many people already

198

00:07:27,900 --> 00:07:25,150

know if they choose some parsley it'll

199

00:07:30,420 --> 00:07:27,910

make their breath smell good many people

200

00:07:33,360 --> 00:07:30,430

already know that garlic is wonderful

201  
00:07:35,880 --> 00:07:33,370  
for the cardiovascular system most

202  
00:07:38,340 --> 00:07:35,890  
people have eaten basil pesto so right

203  
00:07:41,910 --> 00:07:38,350  
there we already have three herbs that

204  
00:07:43,440 --> 00:07:41,920  
people know how to use the vast majority

205  
00:07:45,990 --> 00:07:43,450  
of people if you ask them to point out

206  
00:07:47,970 --> 00:07:46,000  
dandelion they could point out dandelion

207  
00:07:50,880 --> 00:07:47,980  
that bright yellow flower in the spring

208  
00:07:53,760 --> 00:07:50,890  
that's lion tooth the leaves they can

209  
00:07:56,520 --> 00:07:53,770  
recognize dandelion and dandelion is one

210  
00:07:58,980 --> 00:07:56,530  
of the most generous of the plants any

211  
00:08:01,590 --> 00:07:58,990  
part of dandelion harvested any day of

212  
00:08:05,820 --> 00:08:01,600  
the year and prepared in any way at all

213  
00:08:08,760 --> 00:08:05,830

is effective medicine Wow you don't need

214

00:08:12,060 --> 00:08:08,770

to know much of anything to start using

215

00:08:14,070 --> 00:08:12,070

herbal medicine Euell Gibbons used to

216

00:08:16,320 --> 00:08:14,080

teach people about eating wild foods and

217

00:08:18,180 --> 00:08:16,330

people would say to him you oh you're

218

00:08:19,620 --> 00:08:18,190

gonna poison people gonna set them out

219

00:08:22,410 --> 00:08:19,630

there they're gonna eat the wrong thing

220

00:08:24,990 --> 00:08:22,420

and die and you will sit know you learn

221

00:08:27,930 --> 00:08:25,000

plants one at a time and you work with

222

00:08:30,330 --> 00:08:27,940

what you know many people say to me you

223

00:08:32,040 --> 00:08:30,340

know I use mostly traditional medicine

224

00:08:34,440 --> 00:08:32,050

and I say no you don't use traditional

225

00:08:37,920 --> 00:08:34,450

medicine you use modern medicine

226

00:08:40,740 --> 00:08:37,930

traditional medicine is what I do and it

227

00:08:44,130 --> 00:08:40,750

can be kind of scary for people if

228

00:08:46,800 --> 00:08:44,140

they've used conventional modern

229

00:08:48,690 --> 00:08:46,810

medicine their entire lives that's what

230

00:08:50,490 --> 00:08:48,700

they're used to doing if they have a

231

00:08:52,560 --> 00:08:50,500

problem they go to the drug store if

232

00:08:54,680 --> 00:08:52,570

they go to the doctor and they buy a

233

00:08:59,280 --> 00:08:54,690

drug or they're prescribed a drug and

234

00:09:03,000 --> 00:08:59,290

they just depend on using drugs and the

235

00:09:05,340 --> 00:09:03,010

idea of using herbs instead can be

236

00:09:06,540 --> 00:09:05,350

off-putting or kind of scary how do we

237

00:09:09,180 --> 00:09:06,550

know they work

238

00:09:11,550 --> 00:09:09,190

I know it's safe how do I do it how do I

239

00:09:14,699 --> 00:09:11,560

use it and these are really valid

240

00:09:17,100 --> 00:09:14,709

questions for each one of us one of the

241

00:09:20,940 --> 00:09:17,110

things that I suggest that people do is

242

00:09:23,699 --> 00:09:20,950

to start with what grows right around

243

00:09:25,410 --> 00:09:23,709

you what grows outside your back door of

244

00:09:27,240 --> 00:09:25,420

the violets blooming outside your back

245

00:09:29,400 --> 00:09:27,250

door in the spring is the dandelion

246

00:09:32,430 --> 00:09:29,410

blooming there do you have garlic

247

00:09:34,050 --> 00:09:32,440

mustard growing what is in your garden

248

00:09:35,970 --> 00:09:34,060

do you have chick weed growing in your

249

00:09:37,800 --> 00:09:35,980

garden is there yellow doc in your

250

00:09:41,540 --> 00:09:37,810

garden is there burdock by your garden

251

00:09:45,350 --> 00:09:41,550

all of these or medicinal plants and

252

00:09:48,030 --> 00:09:45,360

edible plants as well there are over

253

00:09:52,680 --> 00:09:48,040

10,000 different plants currently used

254

00:09:56,910 --> 00:09:52,690

worldwide in herbal medicine some of

255

00:09:58,860 --> 00:09:56,920

them are quite dangerous and small

256

00:10:02,699 --> 00:09:58,870

amounts some of them even touching the

257

00:10:04,680 --> 00:10:02,709

plant can give adverse reactions up to

258

00:10:07,530 --> 00:10:04,690

and including death if they're misused

259

00:10:09,900 --> 00:10:07,540

but the vast majority of these plants as

260

00:10:13,710 --> 00:10:09,910

we've just talked about like dandelion

261

00:10:16,110 --> 00:10:13,720

and garlic and basil are plants that are

262

00:10:19,740 --> 00:10:16,120

already in our diets and are really

263

00:10:22,560 --> 00:10:19,750

quite safe to use that's not to say that

264

00:10:24,810 --> 00:10:22,570

we couldn't have a very strong effect

265

00:10:28,110 --> 00:10:24,820

there's a certain way that parsley can

266

00:10:30,360 --> 00:10:28,120

be used to terminate a pregnancy basil

267

00:10:31,980 --> 00:10:30,370

also can be used in that way but there's

268

00:10:34,500 --> 00:10:31,990

this specialized preparation the way

269

00:10:36,810 --> 00:10:34,510

that we usually use them is not going to

270

00:10:39,569 --> 00:10:36,820

do that so what I suggest is that we

271

00:10:43,410 --> 00:10:39,579

first bring the plants in from our

272

00:10:46,050 --> 00:10:43,420

gardens from our byways as additions to

273

00:10:48,180 --> 00:10:46,060

what we're already eating can you add a

274

00:10:50,040 --> 00:10:48,190

little chick weed to your salad can you

275

00:10:53,069 --> 00:10:50,050

add a little garlic mustard do you sell

276

00:10:56,819 --> 00:10:53,079

it once you start doing that you start

277

00:11:00,329 --> 00:10:56,829

to get into being with the plants and

278

00:11:03,329 --> 00:11:00,339

noticing the plants and experiencing

279

00:11:06,360 --> 00:11:03,339

what it is to have more plants in your

280

00:11:08,430 --> 00:11:06,370

life we've been asking Americans for

281

00:11:10,110 --> 00:11:08,440

close to 50 years to eat more plants

282

00:11:12,210 --> 00:11:10,120

what we say is eat more fruits and

283

00:11:14,160 --> 00:11:12,220

vegetables but I think that's somewhat

284

00:11:18,000 --> 00:11:14,170

off-putting to people and I think eating

285

00:11:20,199 --> 00:11:18,010

plants is perhaps a better way to say it

286

00:11:22,319 --> 00:11:20,209

even as little as what day

287

00:11:25,569 --> 00:11:22,329

de Lyonne leave in your cell and we'll

288

00:11:30,639 --> 00:11:25,579

change what's happening in your body it

289

00:11:36,369 --> 00:11:30,649

doesn't take a whole lot now a drug is

290

00:11:39,579 --> 00:11:36,379

one substance and it has a direction of

291

00:11:41,769 --> 00:11:39,589

action so if I give you a drug because

292

00:11:44,230 --> 00:11:41,779

your blood pressure is high that drug

293

00:11:45,999 --> 00:11:44,240

should lower your blood pressure in an

294

00:11:48,220 --> 00:11:46,009

ideal world that's all it would do is

295

00:11:50,079 --> 00:11:48,230

lower your blood pressure but the drugs

296

00:11:52,269 --> 00:11:50,089

most commonly used to lower blood

297

00:11:54,609 --> 00:11:52,279

pressure or diuretics and those

298

00:11:57,579 --> 00:11:54,619

diuretics leach potassium out of the

299

00:11:58,900 --> 00:11:57,589

body so it not only does what it's

300

00:12:01,419 --> 00:11:58,910

supposed to do but it does this other

301  
00:12:05,439 --> 00:12:01,429  
thing which then causes us to have to

302  
00:12:08,619 --> 00:12:05,449  
take another substance to make up for

303  
00:12:11,259 --> 00:12:08,629  
what the drug is doing in fact the

304  
00:12:14,980 --> 00:12:11,269  
current statistic is that more than half

305  
00:12:17,079 --> 00:12:14,990  
of people over the age of 50 in the

306  
00:12:20,619 --> 00:12:17,089  
United States are now taking five or

307  
00:12:24,220 --> 00:12:20,629  
more drugs on a daily basis this is an

308  
00:12:27,160 --> 00:12:24,230  
awful lot of drugs and it is as we have

309  
00:12:28,960 --> 00:12:27,170  
just said often that we take a drug to

310  
00:12:30,280 --> 00:12:28,970  
counter the side effects of that drug

311  
00:12:32,590 --> 00:12:30,290  
and then another drug to counter the

312  
00:12:35,829 --> 00:12:32,600  
side effects of that one and so on and

313  
00:12:38,739 --> 00:12:35,839

an endless kind of quest for health that

314

00:12:41,439 --> 00:12:38,749

we can never quite establish an herb

315

00:12:44,590 --> 00:12:41,449

works in a very different way because an

316

00:12:47,169 --> 00:12:44,600

herb is a complex combination of

317

00:12:50,710 --> 00:12:47,179

hundreds of different constituents and

318

00:12:53,650 --> 00:12:50,720

those constituents work in a way in

319

00:12:56,829 --> 00:12:53,660

which the whole gives a greater effect

320

00:13:00,009 --> 00:12:56,839

than any individual parts taken out of

321

00:13:02,859 --> 00:13:00,019

it could be so the drug doesn't have a

322

00:13:07,090 --> 00:13:02,869

direction of that gin it has a sphere of

323

00:13:11,889 --> 00:13:07,100

action the drug works directly the herb

324

00:13:14,859 --> 00:13:11,899

works in a global fashion so if you were

325

00:13:16,449 --> 00:13:14,869

asking me what herbs could be used if

326

00:13:19,150 --> 00:13:16,459

you had high blood pressure

327

00:13:20,559 --> 00:13:19,160

I wouldn't prescribe an herb because

328

00:13:23,319 --> 00:13:20,569

herbs aren't prescribed they're not

329

00:13:26,139 --> 00:13:23,329

drugs but I would invite you to become

330

00:13:28,689 --> 00:13:26,149

friends with a common herb in most

331

00:13:31,749 --> 00:13:28,699

Gardens which is motherwort Lee owner's

332

00:13:33,340 --> 00:13:31,759

cardiac a Leo of course is the lion and

333

00:13:36,340 --> 00:13:33,350

cardiac is the heart so

334

00:13:38,500 --> 00:13:36,350

this is a lion-hearted plant a tincture

335

00:13:45,210 --> 00:13:38,510

of the fresh flowering top of mother

336

00:13:48,550 --> 00:13:45,220

board is tremendous for helping the

337

00:13:50,530 --> 00:13:48,560

cardiovascular system to find that good

338

00:13:53,200 --> 00:13:50,540

place of blood pressure so that the

339

00:13:55,810 --> 00:13:53,210

blood pressure is neither too low nor

340

00:13:57,760 --> 00:13:55,820

too high this is very confusing to be

341

00:14:01,000 --> 00:13:57,770

able to use drugs because they're used

342

00:14:02,590 --> 00:14:01,010

to a drug having this direction and if I

343

00:14:04,360 --> 00:14:02,600

say oh well if you have high blood

344

00:14:05,830 --> 00:14:04,370

pressure you can take this if you have

345

00:14:07,510 --> 00:14:05,840

low blood pressure you take the same

346

00:14:09,070 --> 00:14:07,520

thing and they're kind of scratching

347

00:14:11,620 --> 00:14:09,080

their hands and can't quite figure out

348

00:14:15,570 --> 00:14:11,630

how that could be and this is because

349

00:14:19,450 --> 00:14:15,580

the plant has within it things that are

350

00:14:21,820 --> 00:14:19,460

constituents that are in in movement

351

00:14:24,310 --> 00:14:21,830

with each other so that it acts with

352

00:14:27,300 --> 00:14:24,320

your body to bring about a greater state

353

00:14:31,330 --> 00:14:27,310

of health rather than pushing your body

354

00:14:32,800 --> 00:14:31,340

to achieve a certain number and this is

355

00:14:34,630 --> 00:14:32,810

what the drugs are about the drugs are

356

00:14:36,430 --> 00:14:34,640

about achieving numbers we're gonna

357

00:14:38,530 --> 00:14:36,440

measure your blood pressure we're gonna

358

00:14:39,880 --> 00:14:38,540

give you a drug we're gonna measure your

359

00:14:42,010 --> 00:14:39,890

blood pressure after you've taken it for

360

00:14:44,200 --> 00:14:42,020

a while and we're gonna see if that drug

361

00:14:45,640 --> 00:14:44,210

was effective now we could do the same

362

00:14:47,680 --> 00:14:45,650

thing with herbs we can take your blood

363

00:14:49,600 --> 00:14:47,690

pressure we can have you working with

364

00:14:50,680 --> 00:14:49,610

the herbs that will improve the

365

00:14:53,920 --> 00:14:50,690

effectiveness of the cardiovascular

366

00:14:56,020 --> 00:14:53,930

system and we can see usually within six

367

00:14:58,380 --> 00:14:56,030

to eight weeks a lowering of high blood

368

00:15:01,060 --> 00:14:58,390

pressure but it's not because the herb

369

00:15:03,190 --> 00:15:01,070

forced your body to lower blood pressure

370

00:15:05,380 --> 00:15:03,200

it's because the herb improves the

371

00:15:07,600 --> 00:15:05,390

functioning of the body and so now your

372

00:15:10,660 --> 00:15:07,610

blood pressure is lower as a consequence

373

00:15:13,300 --> 00:15:10,670

of your being healthier when I first

374

00:15:16,900 --> 00:15:13,310

started teaching herbal medicine back in

375

00:15:17,920 --> 00:15:16,910

the early 70s I thought that I would

376

00:15:19,570 --> 00:15:17,930

teach the four people who were

377

00:15:20,770 --> 00:15:19,580

interested in herbal medicine and then I

378

00:15:23,110 --> 00:15:20,780

would go back to teaching about bread

379

00:15:26,020 --> 00:15:23,120

baking it never occurred to me that more

380

00:15:28,030 --> 00:15:26,030

and more and more people would become

381

00:15:31,150 --> 00:15:28,040

interested in herbal medicine of course

382

00:15:33,550 --> 00:15:31,160

in the 70s we were still in our romantic

383

00:15:35,590 --> 00:15:33,560

love affair with drugs and we truly

384

00:15:39,160 --> 00:15:35,600

thought that we would eradicate all

385

00:15:41,170 --> 00:15:39,170

disease with the use of drugs as the

386

00:15:44,170 --> 00:15:41,180

years have passed as the decades have

387

00:15:47,560 --> 00:15:44,180

passed we are more and more beginning to

388

00:15:50,620 --> 00:15:47,570

understand that drugs are

389

00:15:53,110 --> 00:15:50,630

the answer to everything drugs certainly

390

00:15:55,390 --> 00:15:53,120

have their place my grandfather died of

391

00:15:57,640 --> 00:15:55,400

diabetes he did not have any insulin

392

00:15:59,560 --> 00:15:57,650

available to him how wonderful that we

393

00:16:02,080 --> 00:15:59,570

have insulin available now there's

394

00:16:05,050 --> 00:16:02,090

certainly some drugs that are extremely

395

00:16:08,770 --> 00:16:05,060

useful for people but the vast majority

396

00:16:10,900 --> 00:16:08,780

of drugs that people are using we would

397

00:16:14,830 --> 00:16:10,910

find that they would be healthier if

398

00:16:17,020 --> 00:16:14,840

they used herbs rather than those drugs

399

00:16:18,940 --> 00:16:17,030

and again not that I'm saying that the

400

00:16:20,410 --> 00:16:18,950

herbs are drugged with a green codon I

401  
00:16:24,010 --> 00:16:20,420  
am saying that the herb is quite

402  
00:16:27,070 --> 00:16:24,020  
different let me say however that still

403  
00:16:30,430 --> 00:16:27,080  
the vast majority of our drugs are made

404  
00:16:34,180 --> 00:16:30,440  
from herbs and that process is a process

405  
00:16:36,610 --> 00:16:34,190  
of extracting a particular constituent

406  
00:16:39,130 --> 00:16:36,620  
from the plant then concentrating that

407  
00:16:43,150 --> 00:16:39,140  
constituent and then purifying that so

408  
00:16:46,420 --> 00:16:43,160  
that we have only one constituent from

409  
00:16:48,790 --> 00:16:46,430  
the plant rather than this lavish

410  
00:16:52,660 --> 00:16:48,800  
symphony of different things that the

411  
00:16:55,090 --> 00:16:52,670  
whole plant can do one of the the

412  
00:16:58,360 --> 00:16:55,100  
wonderful things about growing older and

413  
00:17:00,220 --> 00:16:58,370

the being seventy is that is that you

414

00:17:02,410 --> 00:17:00,230

are not over the hill but you're on the

415

00:17:04,780 --> 00:17:02,420

hill and you can look back over your

416

00:17:07,300 --> 00:17:04,790

life and as I look back over my life I

417

00:17:11,440 --> 00:17:07,310

see that I've had three very good ideas

418

00:17:13,840 --> 00:17:11,450

over my life one of those ideas I called

419

00:17:15,699 --> 00:17:13,850

the three traditions of healing the

420

00:17:17,829 --> 00:17:15,709

scientific tradition which measures and

421

00:17:19,870 --> 00:17:17,839

fixes the heroic tradition which

422

00:17:21,730 --> 00:17:19,880

balances and cleanses and the poised

423

00:17:24,730 --> 00:17:21,740

woman tradition which nourishes

424

00:17:26,949 --> 00:17:24,740

wholeness I am the voice of the wise

425

00:17:29,560 --> 00:17:26,959

woman tradition bringing this ancient

426

00:17:32,050 --> 00:17:29,570

wisdom of nourishing ourselves to

427

00:17:33,790 --> 00:17:32,060

wholeness rather than trying to achieve

428

00:17:35,530 --> 00:17:33,800

the impossible we cannot ever be

429

00:17:38,500 --> 00:17:35,540

balanced and we cannot ever be clean

430

00:17:40,270 --> 00:17:38,510

those in fact only occur when we're dead

431

00:17:42,310 --> 00:17:40,280

or just about to be dead so they're not

432

00:17:44,350 --> 00:17:42,320

things that promote life and of course

433

00:17:45,790 --> 00:17:44,360

we don't want to be fixed because that's

434

00:17:47,290 --> 00:17:45,800

good for machines but it's not good for

435

00:17:49,690 --> 00:17:47,300

living people so the ones I'm in

436

00:17:52,210 --> 00:17:49,700

tradition which nourishes wholeness and

437

00:17:54,390 --> 00:17:52,220

that's one of my very good ideas I talk

438

00:17:57,940 --> 00:17:54,400

about it in my green book healing wise

439

00:18:00,310 --> 00:17:57,950

my second very good idea is called the

440

00:18:02,320 --> 00:18:00,320

seven medicines or the six steps that

441

00:18:04,210 --> 00:18:02,330

healing you might wonder how seven and

442

00:18:05,769 --> 00:18:04,220

six could be the same but when it's the

443

00:18:07,330 --> 00:18:05,779

six steps of healing I start with steps

444

00:18:10,539 --> 00:18:07,340

zero to nothing

445

00:18:13,210 --> 00:18:10,549

step one collect information step two

446

00:18:17,740 --> 00:18:13,220

engaged the energy step three nourish

447

00:18:21,669 --> 00:18:17,750

and tonify step four stimulate in sedate

448

00:18:27,399 --> 00:18:21,679

step five use drugs and step six break

449

00:18:29,529 --> 00:18:27,409

and the enter my other books are based

450

00:18:31,930 --> 00:18:29,539

on this so I have a book about

451  
00:18:34,269 --> 00:18:31,940  
childbearing I have a book about breast

452  
00:18:36,369 --> 00:18:34,279  
health I have a book about menopause and

453  
00:18:40,240 --> 00:18:36,379  
I have a book for all of us about

454  
00:18:42,039 --> 00:18:40,250  
everything below the belt new menopausal

455  
00:18:44,590 --> 00:18:42,049  
years the wise woman way breast cancer

456  
00:18:46,180 --> 00:18:44,600  
breast elf the wise woman way wise women

457  
00:18:48,490 --> 00:18:46,190  
herbal for the childbearing year and

458  
00:18:51,460 --> 00:18:48,500  
down there sexual and reproductive

459  
00:18:55,419 --> 00:18:51,470  
health for men and women the wise woman

460  
00:18:59,080 --> 00:18:55,429  
way so these books are problem oriented

461  
00:19:01,659 --> 00:18:59,090  
you have prostate enlargement you have

462  
00:19:02,950 --> 00:19:01,669  
PMS you have a problem that you're

463  
00:19:04,990 --> 00:19:02,960

dealing with you want to get pregnant

464

00:19:07,749 --> 00:19:05,000

and you can't get pregnant there's no

465

00:19:12,159 --> 00:19:07,759

lump in your breast and we look at those

466

00:19:16,119 --> 00:19:12,169

problems in this pattern of the six

467

00:19:19,619 --> 00:19:16,129

steps of healing so that the first thing

468

00:19:23,049 --> 00:19:19,629

that we do is we do nothing which is not

469

00:19:26,259 --> 00:19:23,059

ignoring the problem but going into

470

00:19:28,600 --> 00:19:26,269

quiet going into meditation sleeping a

471

00:19:30,999 --> 00:19:28,610

few extra hours really giving ourselves

472

00:19:33,700 --> 00:19:31,009

the rest that we need I also call it

473

00:19:36,940 --> 00:19:33,710

serenity medicine and then we move into

474

00:19:39,509 --> 00:19:36,950

information story medicine what kind of

475

00:19:43,360 --> 00:19:39,519

stories do we have about this and then

476

00:19:45,759 --> 00:19:43,370

the energy medicine I'd engage the

477

00:19:48,490 --> 00:19:45,769

energy there also called mind medicine

478

00:19:51,279 --> 00:19:48,500

placebo medicine a lot of different

479

00:19:52,330 --> 00:19:51,289

names nourish and tonify of course it's

480

00:19:54,070 --> 00:19:52,340

lifestyle medicine

481

00:19:55,450 --> 00:19:54,080

how are you exercising what are you

482

00:19:57,730 --> 00:19:55,460

eating we're looking at all of these

483

00:19:59,740 --> 00:19:57,740

things and how they relate to your

484

00:20:01,629 --> 00:19:59,750

particular problem there's a great

485

00:20:02,440 --> 00:20:01,639

divide there because these four

486

00:20:06,190 --> 00:20:02,450

medicines

487

00:20:07,960 --> 00:20:06,200

serenity medicine story - and energy

488

00:20:10,299 --> 00:20:07,970

medicine and lifestyle medicine they

489

00:20:11,440 --> 00:20:10,309

build health whether they resolve your

490

00:20:13,420 --> 00:20:11,450

problem or not you're going to be

491

00:20:15,880 --> 00:20:13,430

healthier if you do

492

00:20:18,130 --> 00:20:15,890

these things then the last three

493

00:20:20,800 --> 00:20:18,140

medicines which are alternative medicine

494

00:20:22,750 --> 00:20:20,810

stimulates sedate pharmaceutical

495

00:20:23,950 --> 00:20:22,760

medicine used drugs and high-tech

496

00:20:27,340 --> 00:20:23,960

medicine break-and-enter

497

00:20:30,760 --> 00:20:27,350

these can restore health but they also

498

00:20:33,700 --> 00:20:30,770

injure health at the same time so when

499

00:20:35,950 --> 00:20:33,710

we are engaged in surgery drugs or

500

00:20:38,560 --> 00:20:35,960

alternative medicine we know that we

501  
00:20:41,050 --> 00:20:38,570  
need to return to the previous four

502  
00:20:43,600 --> 00:20:41,060  
medicines and that's that's our goal is

503  
00:20:46,690 --> 00:20:43,610  
to move back over that great divide and

504  
00:20:48,100 --> 00:20:46,700  
my books then help you by laying out all

505  
00:20:49,390 --> 00:20:48,110  
of this people say here they herbal stay

506  
00:20:50,950 --> 00:20:49,400  
simple yes they're herbal but I also

507  
00:20:52,990 --> 00:20:50,960  
tell you what drugs are used in this

508  
00:20:54,460 --> 00:20:53,000  
condition what surgery is used for this

509  
00:20:56,500 --> 00:20:54,470  
condition what the side effects of those

510  
00:20:58,840 --> 00:20:56,510  
drugs on that surgery is there's a

511  
00:21:01,930 --> 00:20:58,850  
surgeon said to me people believe that

512  
00:21:04,600 --> 00:21:01,940  
surgery will be a cure but it never is

513  
00:21:06,640 --> 00:21:04,610

because we always damage something when

514

00:21:08,920 --> 00:21:06,650

we do the surgery once you have surgery

515

00:21:12,000 --> 00:21:08,930

you will probably be coming back for

516

00:21:16,570 --> 00:21:12,010

more surgery for the rest of your life

517

00:21:19,360 --> 00:21:16,580

by using these seven medicines we find a

518

00:21:20,680 --> 00:21:19,370

way to move ourselves out of this going

519

00:21:22,570 --> 00:21:20,690

back for surgery for the rest of our

520

00:21:24,760 --> 00:21:22,580

lives we find a way to move ourselves

521

00:21:27,160 --> 00:21:24,770

out of this taking a drug to deal with

522

00:21:29,740 --> 00:21:27,170

the side effects of the previous drug we

523

00:21:32,230 --> 00:21:29,750

find ourselves not needing to rely on a

524

00:21:34,630 --> 00:21:32,240

chiropractor or an acupuncturist or even

525

00:21:36,880 --> 00:21:34,640

an herbalist for our day-to-day health

526

00:21:39,100 --> 00:21:36,890

but to have those things for the times

527

00:21:42,040 --> 00:21:39,110

when we do need them for the acute or

528

00:21:43,540 --> 00:21:42,050

the chronic difficulties so the six

529

00:21:46,210 --> 00:21:43,550

steps of healing the seven medicines

530

00:21:49,090 --> 00:21:46,220

that's a really good idea and it's in

531

00:21:52,000 --> 00:21:49,100

all of my books and my third good idea

532

00:21:54,250 --> 00:21:52,010

is drink nourishing or herbal infusions

533

00:21:56,020 --> 00:21:54,260

I have a youtube channel and I hope you

534

00:21:58,330 --> 00:21:56,030

come and visit me and my youtube channel

535

00:22:01,090 --> 00:21:58,340

there's over 225 youtubes there where

536

00:22:03,520 --> 00:22:01,100

you can see me go right out identify

537

00:22:05,890 --> 00:22:03,530

plants harvest those plants and prepare

538

00:22:08,350 --> 00:22:05,900

them and you can follow along I'm with

539

00:22:10,600 --> 00:22:08,360

my granddaughter she starts being with

540

00:22:12,100 --> 00:22:10,610

me as soon as she can watches by nine or

541

00:22:14,950 --> 00:22:12,110

ten months old and she's up against big

542

00:22:17,200 --> 00:22:14,960

dandelions she's eight now and she's a

543

00:22:19,240 --> 00:22:17,210

really knows a lot about the plants and

544

00:22:21,820 --> 00:22:19,250

how to work with them and you can see

545

00:22:24,720 --> 00:22:21,830

her growing up you can work right with

546

00:22:26,700 --> 00:22:24,730

us to do these things and

547

00:22:28,680 --> 00:22:26,710

part of my YouTube channel talks about

548

00:22:31,080 --> 00:22:28,690

these nourishing or herbal infusions

549

00:22:34,130 --> 00:22:31,090

which are one of the mainstays of what I

550

00:22:37,890 --> 00:22:34,140

do and what I like to give to people

551  
00:22:40,560 --> 00:22:37,900  
because we want so much to be healthy

552  
00:22:42,900 --> 00:22:40,570  
and and it's so confusing for many of us

553  
00:22:45,900 --> 00:22:42,910  
so now how do we get to be healthy and I

554  
00:22:48,510 --> 00:22:45,910  
say all I want you to do is to take one

555  
00:22:50,520 --> 00:22:48,520  
ounce of dried stinging nettle put it in

556  
00:22:52,020 --> 00:22:50,530  
a quart jar fill that jar right after

557  
00:22:54,510 --> 00:22:52,030  
that up with boiling water screw a lid

558  
00:22:56,820 --> 00:22:54,520  
on it and go to sleep let it sit on the

559  
00:22:58,680 --> 00:22:56,830  
counter all night next morning strain it

560  
00:23:00,480 --> 00:22:58,690  
out squeeze the herb to get all the good

561  
00:23:02,280 --> 00:23:00,490  
out of it and put it in your composter

562  
00:23:03,510 --> 00:23:02,290  
sling it out on the lawn and then that

563  
00:23:05,669 --> 00:23:03,520

liquid is what you're gonna drink

564

00:23:07,289 --> 00:23:05,679

refrigerate it because it's very high

565

00:23:09,240 --> 00:23:07,299

protein and it will spoil if left at

566

00:23:11,549 --> 00:23:09,250

room temperature and over the course of

567

00:23:14,010 --> 00:23:11,559

the next 24 to 48 hours tricked that

568

00:23:16,080 --> 00:23:14,020

nourishing herbal infusion tens of

569

00:23:18,270 --> 00:23:16,090

thousands of people are now drinking

570

00:23:19,919 --> 00:23:18,280

nourishing herbal infusions that they

571

00:23:22,049 --> 00:23:19,929

make themselves from herbs that they buy

572

00:23:24,930 --> 00:23:22,059

or from herbs that they harvest and dry

573

00:23:26,909 --> 00:23:24,940

themselves either way is perfectly fine

574

00:23:29,159 --> 00:23:26,919

I drink a quart of nourishing herbal

575

00:23:31,169 --> 00:23:29,169

infusion a day and none of us have to

576

00:23:32,840 --> 00:23:31,179

take any supplements of any kind because

577

00:23:36,830 --> 00:23:32,850

the nourishing herbal infusions are

578

00:23:39,990 --> 00:23:36,840

loaded with minerals vitamins proteins

579

00:23:42,630 --> 00:23:40,000

polyphenols all kinds of active plant

580

00:23:45,380 --> 00:23:42,640

constituents that don't just help us

581

00:23:49,560 --> 00:23:45,390

regain health they help us maintain

582

00:23:51,780 --> 00:23:49,570

health verbal medicine is people's

583

00:23:54,750 --> 00:23:51,790

medicine it's the medicine that grows

584

00:23:58,200 --> 00:23:54,760

right outside your door I hope if you're

585

00:24:01,409 --> 00:23:58,210

interested that our conversation will

586

00:24:04,140 --> 00:24:01,419

continue on because I have so much to

587

00:24:07,799 --> 00:24:04,150

share with you visit me at susan weed

588

00:24:09,750 --> 00:24:07,809

calm and there's over 5,000 pages of

589

00:24:12,090 --> 00:24:09,760

free information there you know also

590

00:24:13,590 --> 00:24:12,100

find that I have a blog talk show you

591

00:24:15,870 --> 00:24:13,600

can find information about that at my

592

00:24:19,380 --> 00:24:15,880

Facebook page and that's every Tuesday

593

00:24:22,919 --> 00:24:19,390

evening where I pick up people's calls

594

00:24:24,390 --> 00:24:22,929

and do whatever I can to help them with

595

00:24:26,250 --> 00:24:24,400

their individual problems there's no

596

00:24:28,650 --> 00:24:26,260

charge at all for the service because

597

00:24:31,440 --> 00:24:28,660

the apprentices listen in and it's part

598

00:24:33,659 --> 00:24:31,450

of the apprentice training so come and

599

00:24:36,060 --> 00:24:33,669

visit me online come to the Catskill

600

00:24:38,480 --> 00:24:36,070

Mountains in the Hudson River Valley my

601  
00:24:40,430 --> 00:24:38,490  
little farm in Woodstock in

602  
00:24:42,530 --> 00:24:40,440  
come and make a wild salad with me

603  
00:24:45,380 --> 00:24:42,540  
coming apprentice with me I have many

604  
00:24:47,570 --> 00:24:45,390  
many ways for you to study for you to

605  
00:24:49,760 --> 00:24:47,580  
learn one of my favorite ways is my

606  
00:24:50,960 --> 00:24:49,770  
correspondence courses and once you

607  
00:24:52,760 --> 00:24:50,970  
enroll is a correspondence course

608  
00:24:54,440 --> 00:24:52,770  
students you're a student forever

609  
00:24:57,980 --> 00:24:54,450  
each correspondence course student gets

610  
00:25:00,500 --> 00:24:57,990  
three hours of direct time with me by

611  
00:25:02,750 --> 00:25:00,510  
writing by telephone and a discount on

612  
00:25:04,820 --> 00:25:02,760  
classes as well not to even mention

613  
00:25:08,360 --> 00:25:04,830

their correspondence course which comes

614

00:25:12,830 --> 00:25:08,370

with books audio-visual materials and a

615

00:25:16,250 --> 00:25:12,840

host of other things I want you to feel

616

00:25:19,010 --> 00:25:16,260

confident and good knowing that cream