

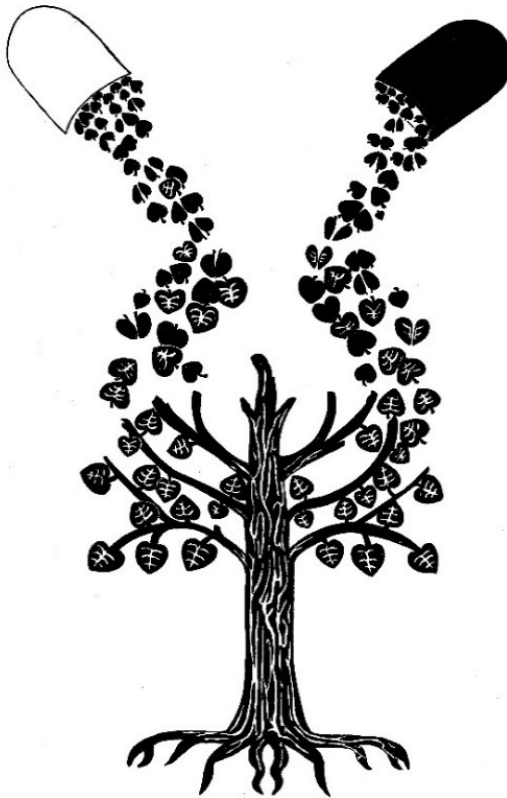
# LIVE LONGER, SUFFER LESS;

*The Herbal Guide To Improve Health*

By

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illustrators: paid work-for-hire





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# FIRST READ: DISCLAIMER AND LEGAL NOTICES

The health-related information, suggestions, and conclusions in this book and all the gathered information herein are based on the many suggestions and opinions of this author. Different kinds of alternative sources were even brought into the publication. The author's comments are his and only his – based on the long-term application of over fifty individual herb powders, placed in capsules [taken daily for twelve or more years]; self-administered inhalation sessions, all done daily for over two years; and the latest, the self-administration of over twenty herbs taken weekly in the form of herbal teas!

Information within this publication should no be misinterpreted as actual medical advice, such as that which would be obtained from a physician, as advice for self-diagnosis, or as any other manner of prescription for self-treatment. The specific information about herbs discussed in this book is about herbs that I have taken for myself and have never been for any medical cure, but they are based on three physical mediums: blood, bodily fluids, and the cerebral domain.

For example, I suffered from angina, yet it finally just went away! Again, none of the information herein is to be considered a particular or broad cure for any ailment, disease or other health issues, real or misrepresented. The material contained within is offered strictly and solely to provide the general public with my statements and use of herbs as holistic health education. People with any health condition should consult a medical professional before trying any of the instructive materials within this book.



Fasting is not recommended. Even if the reader suffers from no known illness, should he/ she self-administer any herbs discussed, since they are nothing more than a first-person report, to help alert others about taking any advice from others posted online? Again, nothing printed in this book should be regarded as medical or health advice. Because there is always some risk involved in any health-related program, the first chapter is informative, while the remaining chapters are instructional for specific disciplines worth perfecting. The reader must decide what herb list he/she is going to take daily and long-term. The author reserves the right to alter and update his views based on new conditions at any time. An advanced book is in the works. Further details will be released on the website: [www.herbvested.com](http://www.herbvested.com).





## TO WHOM IT MAY CONCERN

Few herbalists can prove to me that they have applied all of their herbal-remedies to themselves for the long-term. Why should I ask such a request? Well, I have done exactly that, administered all of my herb-listings both daily and long-term.

I'm referencing here toward the herbs pre-selected many years ago, that service their own higher levels of wellness to my body. The herbs I am talking about are essential oils [entities], that are sleeping within these plants of burden. Only to be awakened by the presence of oxygen in ground up herb-powders. When humans eat them, all are sent by the blood stream to service these billions of cell-communities.

For example, for protecting the both blood-steam and body-fluids, herbs such as sage, rosemary, thyme, chamomile, and rosemary will eventually end up taking residence within human body 24/7. In the meantime, they will attack millions of bacteria and billions of fungi-spores, allowing the immune system to protect the entire body more efficiently.

The results of taking my preferred herb-listing for years, I have stopped all my angina attacks, and other related heart difficulties. Plus have stopped all my falling in the street and at home. I am 77 years of age right now. With many years to self-application of pre-selected herbs worth taking, the revitalizing of most the body's cell-communities within and out of my organs is progressing nicely.



TO READER: If you have a copy of this DIY publication in your hand, you will learn all about protecting the three pathways in the human body, that many low-life creatures will easily enter with the greatest of ease! The DIY dry-diffuser revealed in chapter two. It is the first of its kind. I invented it – for I am a design engineer!

The dry-diffuser, when filled with pre-selected herb-powders will in a few minutes protect a portion of your home, office or the vehicle you are driving around in. The herb-powders will release living essential oils [entities] into the open space and all the lungs of the entire family nearby it. The skin barrier is protected with herb-teas and can also be taken into the digestive tract to protect all down stream organs. The digestive tract is further protected with same herb-listings installed in dry-diffuser! Extend life with preselected herbs!



## CHAPTER ONE

# THE KINGDOM THAT CONQUERS ALL LIFE

### *Practical Master Tutorial 101*

#### **INTRODUCTION:**

Science achieved so much in the 1990s, in regards to medicines developed from plant matter. Why were the manufactures so contorted on reformulating them? I think it was to confuse and confound others, in their efforts in formulating them from the very same plants nature had forever planned to administer to mankind.

The easiest way to illustrate this masquerading concept by medicine factories is a plant that kills malaria. The essential oil that kills malaria is *Artemisia annua*! The plant's common name is called sweet wormwood, sweet annie, sweet sagewort. It was the main ingredient of capsules being made within an African based medicine company. The plant matter put in their anti-malaria capsules was given to some of the factory employees. This medicine became expensive so many local farmers began growing the plant, *Artemisia annua*. Eventually, this herbal plant was being sold in local farmer markets. The company soon stopped all anti-malaria capsule production. What no one will tell is the exact amount of *artemisia annua* needed nor the length of time required for a cure – in the taking that unknown amount!

There has been yet another major shift in how herb plants are studied. I have studied many published science documents on herbs of great importance to me. It seemed the older documents were more informative than any of these recent published works. That big change came when all were required to utilize herbal specimens made by others; such as providers of essential

oils by distillation. It ended up with all plant matter being distilled into their individual bio-compounds.

The study of herbs in America is not exclusive, many other countries are doing the same business. The differences are major. Many countries make their own herb-infusions, even concentrate them into various decoctions. The sad news is science groups in US prefer to purchase their study materials; all which means herbs were manufactured by distillation.

Why must all plant material under study be processed by distillation? It separates all the "living bio-matter" into their singular bio-molecules. There are logical ideas or reasons for doing this. Their reasoning is to standardize the herbal-compounds. But the reason I think they are doing this is to state volatiles are equal to all true essential oils. Such a misstatement has been going on since the early 2000s.

I believe it is by removing one key phrase, primary metabolites from future herb-published articles, so they can stay self-employed well into the future. Today, they will only publish secondary-metabolite discoveries. There is much more to be discussed on this misdirection of key terms.

The next misdirection that many herbal science groups still practice today - is to blend true essential oils with plant-manufactured volatiles. This hidden agenda of theirs is ever so push maximum plant volatiles into the "safe sanctuary status" of true essential oils!

Then there are many businesses with medical staff in them that reject herbal remedies of any kind, including all conversations regarding aggressive fungus infestations by these and many other health-providers!

I will state here, that the above comments are dangerous medicinal practices, in my opinion. There are many herbs that, when taken together daily, in low doses, that render many health benefits to the human-body. This is the best preventive medical practice in my opinion. I have been consuming herb-

powders in my body for well over fifteen years. I actually feel thirty years young – that is right now at this writing.

I am now 78 years of age at this writing. The result has been amazing, even my angina has gone away. I am not talking about cures here. Just all-control, by way of consuming true essential oils from plant life, that I call – Plants of Burden.

## **THE MEDICINAL INDUSTRY TODAY**

The practical help from the medical professions has long gone astray. I am not talking about herb-study science groups, but about the medical services offered to the general public.

Many of these health-bent industries should first justify their purpose for aiding the general public. What am I suggesting? They should prove all their services on themselves first! That is right, every health-provider practicing with herbs “must do it to themselves first.” Well I have been doing exactly that – I practiced on myself!

Let me explain further. I originally thought most individual herbs could give me recognizable relief. I soon realized, few single herbs [except *Artemisia annua*] are capable of achieving long-term relief. In fact, I have not found another over the many years of self-experimenting with herb-powders put into my body for years.

Even so, most humans wish to live longer and suffer less! The enemy to mankind is not other humans, but Mother Nature – herself! That is right, Mother nature has plenty of low-life creatures “ever so willing and able” to live their lives, especially reproduce their kinds within humans 24/7!

The good news is this book's material is very different. It can be compared to a college class on herbs, more than a semester duration. In fact, it could be about three years before you can compete with this author's “current knowledge on herbs that service human beings. That is right, only a small batch of herb plants service human 24/7. Why 24/7? In short, I have discovered, small doses of herbs taken long-term can block

many diseases that exists within the human body! I've not had any angina attacks in the last ten years. Why so? For I have been taking twenty or more single capsules - one herb per capsule dose, each with tiny dose of preselected herbal medicine collectively taken both daily and for the longterm!

There are lots of medicinal information available within this published book. Such will prove out to be a major learning encounter for each serious reader interested on longer life with less suffering along the way.

This book concentrates on these three disciplines, to protect, cleanse and transport pre-selected essential oils into the pulmonary tract. The first effective protection occurs within the blood stream, but over time all cell-communities end up with a pre-selected group[s] of essential oils [all living entities] administering themselves upon the trillions of individual cells seeking oxygen and life-energies.

The second discipline is to accomplish the same in the entire digestive tract. And the third discipline is to self-administer herbal teas and herb drinks into the outer skin barrier, and likewise end up within the blood stream and cell-communities, in the connective tissues of the entire body over the long-term!

## **REGARDING THE DIY PARTS OF THIS BOOK**

Most DIY publications help their readers to bypass the marketplace or make something not yet available for immediate purchase by anyone. In one of the DIY items discussed in this book, it is the case. The herbal dry-diffuser for “personal health applications,” such a device does not yet exist anywhere in the world. Oh, there are wet-diffusers being used all over the world, but none apply living herbs.

The other is the capsule machine, it has been in my personal use for many years. I did not intend to release it to the marketplace, except now it is available within this DIY book release to the public - for I will supply them at [Etsy.com](https://www.etsy.com) in 2024.



The rest of the DIY book is all about what herbs are true essential oils and which ones are not! I have tried taking pre-selected plants with volatiles only. I do not believe any of them, as useful to the human body as – the true essential oils are.

In this first-person report, I release all the current herbs taken by me for many years [for study and consumption]. The herb-list changes, there are many true essential oils to select from, that are worth taking in small doses [capsule size only], and always in long-term!

I've added a website to aid readers consider buying the book at [herbvested.com](http://herbvested.com). So far there is only one translation in Spanish, for I will be mostly living in Chile.

At [herbvested.com](http://herbvested.com), it has only one worthy purpose, to release major portions of this book for free viewing. At the end of each website translation, is the Press Release Edition. It can be downloaded/read in privacy of any interested readers.

I have blocked out 20% of the text in each translation, hoping many readers will eventually buy this book online, elsewhere. The book is available at Amazon.com – Kindle books, barnesandnoble.com, kobo.com, and draft2digital.com.

The DIY book has been published to further assist individuals wishing to become amateur-herbalists in their own rights. It takes time to accomplish the expertise in each of the learning sessions. The more study and self-practicing within these learning efforts will increase the level of understanding and application therein!

What do I mean by long-term? I mean specifically, involving the taking of herbs for days, months and even years. Few herbalists ever discuss such herb-listings being taken by their patients. There are several reasons, but the primary one is they have never self-administered these herbs to themselves – so they know little about herbal combinations of true essential oils, when taken daily and long-term!

The end goals of this self-effort project are first, protect the entire body from all sorts of low-life creatures, that have been

sent out by way of nature's energies. Second, do actively remove the pre-existing low-life creatures from all organs and body fat possible.

Many of the bacteria kingdom can be impacted by pre-selected herbs-listings, much more than any singular herb listed on the books. The impacting of them is not to kill them but wound them, as in make holes in their outer protective shells.

What happens next, the inner organs and liquids enter into the host's body fluids and the immune system begins its fatal move attacking on both the essential oils [living entities], as well as the leaking intruders. In many cases, the doctors can help even in the long run with lethal prescriptions to their patients.

It are the fungus entities that send humans "downwards" into their grave boxes the soonest! The hidden agenda of this book is to self-administer enough essential oils [living entities combinations], so the reduction of fungus-colonies and their offspring [fungi-spores] are ever so much being removed from the host-human!

Again, the first chapter is just my personal collection of past thoughts. Many of the paragraphs are none related to each other. This is not a wonderful story, but a testimonial of my personal experiences consuming: Plants of Burden. Some of them are further expanded in other chapters of this book.

The remaining five chapters are short courses for the reader to learn and perfect his/her own herb-listings. If the student is in his/her forties, the herb-listings is short and easy to take for ten years. If the student is in his/her fifties, list-listing will be more added to remain at their current state of wellness. If the student is in his/her sixties, the herb-listings will most likely be somewhere in the twenties!

## **MY BEGINNING OF TAKING HERBS MORE SERIOUSLY**

The house I was living in had not a bathroom in it, so I would urinate in a plastic pail outside the patio. I had rented a small house on a large lot with a main house many yards away.

I had noticed the pail for some time; I was urinating in it foam coming up its side. Obviously I had a major ongoing fungal infection within my bladder. Soon after - I was laying on my death bed: I was very very sick!

I was in shock, for the doctors had medicines for me to take. I had bought some empty capsules and one herb called, blood root [*Sanguinaria canadensis*]. I had to stuff the herb-powder into each empty capsule. After filling over one hundred and fifty of them, I began taking them in batches. I do not remember the number of capsules taken daily but suspect it was 6-8 per day for four weeks. I did reduce the amount to just 3 per day, after the first month. Why did I? I was feeling much better and was able to get off my deathbed. I felt much better, and much of the foam on the urine pail's sides had disappeared.

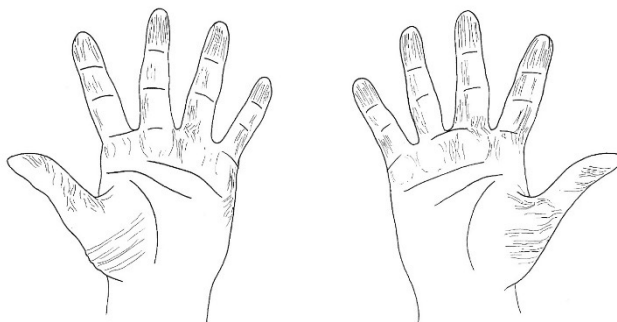
This “deathbed experience” had started my medical journey, never to wait until I was too sick to even see a doctor. The good news, I vowed to never take more than a single herb in a capsule, at a time, no matter how many actual herbs were required - to keep current level of wellness!

The new herbal “rule of life” was put only one herb in one capsule [0 size]. That I take one herbal dose in one empty capsule, no matter how many herbs I needed to mix into my stomach with food on a daily basis.

Furthermore, never did I believe I would actually be taking over twenty capsules daily and for long-term. Little did I know my age and condition of body would tell me what kinds of “plants of burden,” that I needed to find, to study and consume.

## **MY HANDS ARE MORE PRONOUNCED THAN A SHAMAN!**

There are thousands of shams working along side medical doctors in Chile. From time to time, I would cross their pathways in town. Oh, they are easy to identify in their dress and walk.



*fig. 1.1: I have met health advisers; all chatter the same song. Listen to my instructions to claim longer life at my pay window. When I get nearer to any one of them, I try asking them to show me their hand's palm-sides. Many think I will lay some money on them! These are the fingers of a medicine-healer. That was 15 years ago, and they still exist!*

In Chile I have gotten near a few shamans. Of the few that did show me their inner palm surfaces, I was surprised to realize many of their palms were not of a true medicine healer! What does this mean? I can state they are not taking their medicines by first hand knowledge. What is unique with plants of burden, they do medicinal repair of the patient in general terms. Better said here, discomforts and dysfunctions just disappear from the patient for the long term.

Why so? Well, the hands of a truthful practicing medicine man would have ridges going up and down the finger tips flowing deep into their palms. I have illustrated my palms current condition, see above. They first appeared upon my finger tips, after taking my herb-listings for over three years. They are now extending down my fingers and crossing over both my palms in all directions, after taking herbs daily for well over sixteen years [2023].

## **SHORT STATEMENTS REGARDING EACH CHAPTER OF THIS BOOK**

This DIY book has different learning exercises for the reader to master. There are six chapters. The first chapter is a collection of

statements that I think are worth mentioning. Many of them will be discussed in much more detail within the book.

The first chapter is mostly theory and concepts of my own making, sort of a collection over the last many years, that I still believe are useful to remember. I think they may be useful to others, only if the reader takes the time to “learn and practice,” what is discussed and illustrated in the following pages of this book.

The second chapter is about searching the internet for important items to assemble a dry-diffuser that does not exist anywhere in the world. In short, all other diffusers utilize herbal liquids called, essential-oils by distillation. Whereas, my dry-diffuser utilizes plant-powders to extract living essential-oils from. Then this chapter ends with how to install only a single herb-powder in the dry-diffuser.

The third chapter is about using a special capsule machine, as inserting herb-powders into empty capsules are being accomplished in a perfected manner.

The fourth chapter is about how to study pre-selected herbs from any scientific reports published online. There are thousands of herbal reports online, they are discussing the majority of herbs sold to the general public.

It is important to always pre-select the true essential-oils over any plant-made volatiles. Please note here, there are few scientists will state true essential-oils are specially constructed by the plant's DNA complex-molecules to only be kept in their sleeping mode [not made or used by the host-plant ever], even during the plant of burden's entire life cycle. In short, they are to be only awakened up by the presence of oxygen molecules. Thereby consumed by human beings, if put into these DIY dry-diffusers previously invented by the author several years back.

The fifth chapter is about how to install herb-listing of six or less singular herbs. Once inserted into the dry-diffuser's herb bowl, the device is then turned on. To release multiple herbs at once, within the dry-diffuser which will increase the changes of

gaining higher levels of wellness in a manner of a few months of self-inhalation sessions – which is not available by any other inhalation device sold in the world!

Sixth chapter is all about utilizing herb-listings within both the herb-teas and or herb-drinks; all of which is made via special equipment and processing. The herb-teas are mostly consumed both externally [as a body wash], and internally [by way of sipping slowly or by direct drinking in the moment].

## **MY GENERAL THOUGHTS OF GREAT CONCERN**

The most outstanding discovery of them all “herein posted” was the existence of “plants of burden,” that service mankind only. The fact DNA molecules can place within selected plants, sleeping entities, never used or molested by mother plant is special finding. Yet, no where within “science literature” are there any mention; only slight hint-like comments by lower staff members.

Scientific communities still are not very receptive to this kind of detecting. Maybe it is a steadfast-thinking on their parts, to avoid publishing anything which hints to “entities higher than man!” Frankly I had likewise never thought of such a possibility either with “plants of burden” ever existing in nature, until reading that various science papers [few] that revealed some sleeping entities being “stuck-in-place”, only within leaves, flowers and stems!

I must have read hundreds of scientific documents on “pre-selected herbs of interest,” before noticing two repetitive comments by a few lower-working staff. Shockingly, all the primary metabolites have disappeared from the newly released public documents, starting from early 2000s to current date [August 2023]. Why was this such a mystery? To consider sleeping entities in specific plants, made from DNA complex-molecules is rather strange.

But when I noticed a few observers wondering about “stuck-in-place,” stacks of strange content placed within “open spaces

within leaves, flowers and stems” not ever to be disturbed by any other organelles of the same plant – I began looking more regarding these bothersome comments. Yet, not one herbal principal stated any of these amazing observations in print, except for a few lower staff members!

## **CONCLUSIONS TO SOME OF MY MOST DISTURBING DISCOVERIES**

What a revelation-type discovery here, if true. Are there plant-like entities called, plants of burden?

Do these plant's essential oils service mankind, when “leaves, flowers and stems” are administered into human beings? If true, can they be identified by their metabolites combinations? Can anyone prove out their existence with proof of a balanced metabolite relationship ongoing throughout the human's living tissues?

Do the DNA “manufactured essential oils” only exist in leaves, flowers and stems? Could such essential-oils, from different plants of burden, if intermingled together be sources of even higher levels of wellness?

In short, are all plant-generated volatiles useful to their respective parent-plant; as in the plants that made them? Is there a special division being displayed in the plant kingdom, in regards to essential oils? If I remember right, the few herbs studied that had lower staff discussing “stuck-in-place” entities packed inside them –they were from plants of burden with well-balanced primary and secondary metabolites relationships.

The suspicious activities, by a few principal scientists, were easily noted by me. I noticed the wiliness to mix volatiles with true essential oils, especially within the meat, fish and produce factories. Their self-testing of known volatiles with a few essential oils, seemed to allow for more aggressive sprays put on meat and fish products within the factory processing lines. Were they being certified as the best essential-oils product-sprays available only to the meat and fish factories?

That many of them are still working within the same line of employment serving the meat/fish industries even today. Recently, top science-experts have changed their occupations, towards a new field of handling exosomes to combat longterm cancer infections within human beings.

In regards to the science groups remaining in the study of herbs – nothing has changed! Many avoid posting key-phrase, primary metabolite in their research! What they should be doing instead is remove both the key words, primary and secondary, and just list all the metabolites present.

## **AUTHOR'S PREFERENCE**

In this book, the capsule machine [my version] will be mainly discussed through chapter three. To begin the DIY procedure though, the reader must buy one of my competitor's capsule machines online. Even so this must be, all pill-boards are similar in the task of stuffing herb-powders into empty capsules.

I believe the capsule machine most readers select will serve them just as well. If they eventually consider my version to buy mine instead – there will be special “family & friend offers” discusses at a website: [hervested.com](http://hervested.com) I will be selling them at [Etsy.com](http://Etsy.com).

What is even more important than selecting the right capsule machine? It is the pre-selecting of key herb-powders that are vital. The herbs to consider important are the ones that cleanse the blood stream, administer wellness to body-liquids in the entire body, as well as, assist the mind itself. If mind arises to higher levels of wellness, the entire body will be blessed by it 24/7!

The book's herbs listed are the author's personal herb-listings. Each reader is to “study and seek your own private herb-choices.” The herb-listings are released in chapter two, three, four, five and chapter six are [they are my herb-listings], and are for illustration purposes only.



## **SADLY MISINFORMATION IS ABUNDANT AT SOME LOCATIONS ON THE INTERNET**

I understand online, that many herb-offerings may be implying some kind of cure is possible. I would state, except for this single herb, *Artemisia annua*; there is no single herb capable of curing any single register disease on the medical books!

In short, if the general public knew that there are no single herb cure by any known single disease on the medical-books, mat be they would be more cautious when reading single herb websites online.

## **TAKING A HANDFUL OF HERB-FILLED CAPSULES BOTH DAILY AND LONG-TERM**

I have been taking herb-listings in capsules both daily and long-term for over ten years, all to manifest a physical manifestation called, higher levels of wellness.

The first of the changes are typically touch, smell, feel, and with sure walk. What follows later are the organs becoming more functional, and much later the entire body goes into harmony via of brain-sent energies called, endorphins and more!

It is important to remember, herbs in capsules are taken daily. The dry-diffuser device is self-administered daily likewise. The herb-teas can be self-administered daily, but not necessarily made every day. The centrifuge is useful to make herb-teas by the gallon [the process is slow]. Herb-drinks are currently administering extracts of herbs to the reader. I do not think they are as important as by way of the centrifuge process in chapter six.

The primary mission of the dry-diffuser is to protect the home and all individuals therein. If the reader studies herbs with special interest hoping to feel better in this life, he/she must get familiar with the disciplines in this book.

Selecting herb-listings worth taking can be verified in chapter four. But to realize the protecting of the lungs – it is first order.

The second order is to protect the blood stream. Why? It is the pathway between lungs and the entire body's cell-communities. The goal of taking herb-listings is to aid body's cell-communities with ample essential oils – which are human life's living guardians 24/7. It is here essential-oils will self-administer higher level of energies. The more of them the higher levels of wellness will eventually go. In short, mixing essential-oils in the cell-communities, the higher chance of acquiring more levels of wellness!

I know readers may buy and self-administer many of the same herbs I have taken daily and for a long time. I hope that the readers will effectively decide “just for themselves,” in which herb-listings they feel are importance to their mission – to live longer and suffer less in this life!

## **THE BEST HEALTH PROVIDER IS YOU!**

Sadly, most websites on the internet discuss mainly about single-herb treatment plans, but never release their actual recommended dosages to win their “kind of wellness” claims. Please remember, the number of capsules per herb that I take daily is – one capsule per herb of choice!

So if I am taking fifteen single capsules daily, that means I am taking 500 mg of fifteen different herbs into my body daily. It is important to note, only 1-2 percent of the plant material in capsules have medicine value. The plant matter remaining has no impact to the body. Let me say it differently. Fifteen times 500mg is 7.5 grams of medicine/daily!

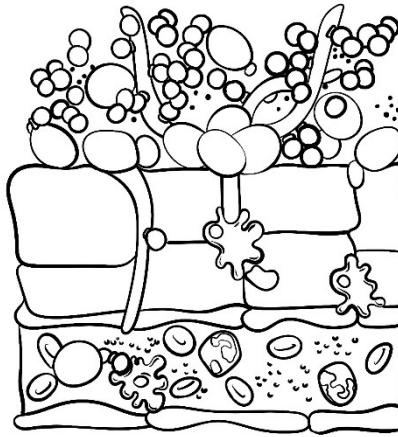
I thought most websites discussing herbs for better health were mostly truthful. Over time though, I consider herb-advisers and their posted medicinal claims are typically vague at best. Now I know why! Vague claims yield no disputes online!

I have been taking different herb-combinations for more than ten years. I have no fear of over-dosing, for I never take more than one capsule of each herb per day. This safety rule permits

me the great chance of taking all sorts of essential-oils [entities] from many “plants of burden,” both daily and long-term!

## **HUMAN BEINGS ARE NOTHING LESS THAN HUGE SPONGES TO NATURE’S LOW-LIFE**

It's better to think of all of the outer human-body's surfaces as one huge sponge. The skin barrier is the worst offender, when it comes to freely permitting nature's low-life invaders a free pass to enter. There are three layers to the skin barrier.



*fig. 1.2: The first inner-living space below the skin surface consists of millions of dead-cells without their nuclei; all of which are surrounded by all-living-adhesive membrane. The second layer is much thicker and made up of tiny organelles and blood vessels and connective tissues of all sorts. The third layer in the skin barrier is mostly made up of fatty tissues, each a living cell with a small oil bubble and a connection to the blood stream.*

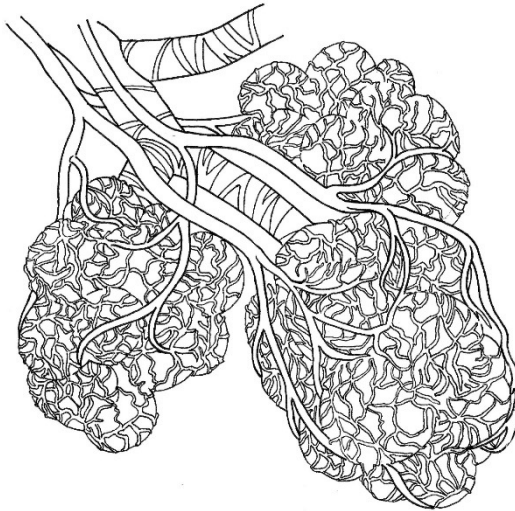
It is here the fungi-spores readily do attach themselves to and then remain their collective lives in a sort of matrix between themselves. The fat tissues are where fungus-colonies prefer to live.

In summary, all true body-fat in any human being is manufactured just under the skin barrier. There are small amounts of fat deposits around the organs, but most body-fat remains to hang evermore so, even capable of distorting the

human shape, most grossly. All sorts of low-life creatures get easily placed inside the body through the skin. The main entry points are the feet. The entire skin barrier is full of sweat-pores and hair-follicles: the human feet get attached most often, for they are closest to Mother Nature's arsenal of low-life entities!

The mouth is the next best way to get into any human body. Few people consider to what degree food is declared clean: meat, fish, fruits and vegetables; all such commodities harbor low-life creatures abundantly. For example, the most general foods like meat and fish and are considered eatable goods in the market. Again, most of the commercial-processing plants administer huge amounts of "spray-on-fluids," labelled as certified being with essential oils!

### **REGARDING THE HUMAN BODY: THE PULMONARY TRACT IS EASIEST TO INFECT**



*fig. 1.3: The pulmonary tract consists of several compartments; as in the nose's sinuses, bronchitis [airways], then lungs "air sacs," ending with ample blood vessels; all of which are responsible for moving oxygen to all cells of entire body.*

In short, About 400 million air sacs called, alveoli, actively collect air to extract oxygen molecules possible, to feed the 30

trillions individual cells in the body – to deliver both oxygen and energy to most living in cell-communities in two minutes.

When the majority of the individual cells in any particular organ, actually contain ample oxygen and food supplies; these same organs send signals up to the brain – that all is well.

But when various organs instead alert the brain, that they are not functioning properly – the entire body begins to suffer long-term. In most of these cases, the symptom of tiredness gets treated by doctors. Yet, the actual problem is much more serious; as in a real shortage of oxygen molecules being delivered to major regions of the body. Being fatigued is common, and for that symptom, health-services often treat their clients with no cure insight – for economical purposes!

The surprising fact is, that the organs of many sickly persons are non-functioning or poorly performing for one reason alone – that they are amply possessed with fungus colonies, which in-turn make trillions of fungi-spores, all to roam about the rest of the host-human victim.

Are the webmasters declaring some scientists have found an “actual cure” within one herb or another? I think this is pushing embellishment to a new high. Most scientific papers do not embellish their science documents on purpose.

Please note, no science paper published online actually recommends or suggests that folklore data is more than entertainment to their fellow science-minded peers. Once the reader reads through a few hundred science studies, they will realize there are not recommendations, of any herbs by any scientists online!

In my opinion science papers that are published before 2000 are more than worthy to read and even study in great detail. I don't recommend relying on any science documents that have been published after 2000! The main reason is the primary metabolites have been altered or removed: only to be identified as the secondary metabolites. In short, The lie is that all metabolites are equal to them!

## THE BEST WAY TO GAIN INFORMATION FROM SCIENCE PAPERS



*fig, 1.4: To have a survival-kit, these days, is to basically begin your searches online utilize key words or phrases. In a way it helps Google do it work more precisely and quicker more specific results to work through. The main targets are published science documents examining specific herbs of interest.*

The reason for each search is also important. For example, much plant volatiles are poisonous to animals and humans. Whereas, some are beneficial for all animals to consume, but not necessarily for humans. The reader must select all known herbs, that benefit only humans mainly. If the scientific groups are making spraying for the protecting of meat, fish and plant field produce - most of the results will be way too aggressive for human tissues to bare even for a short while.

The herbs of special interest here are herbs that will benefit humans with a long history to prove their test results are safe to take even long term. To be sure of this, I have restricted all my herb-choices to one's that are consumed in very low doses at a time - that is one capsule per day. To me preventive medicine means to take essential oils [only], both daily and long-term!

## LET US BEGIN ALL OUR SEARCHES WITH KEYWORDS AND KEY-PHRASES

Simply select several key words and put plus signs [+] in between search-text. For example, begin your search with the herb's science name+keywords+science studies." Let's find some keywords for this selected herb called, *Salvia officinalis*.

Selecting the three keywords "metabolites+science studies+pdf" Now add at the beginning the key- phrase, *Salvia officinalis*+essential oils.

Now type in this same word-series into your Google browser. Typeinthese now: *Salvia officinalis*+essential oils+metabolites+science studies+pdf

I know people want to do it their way. Be patient and learn a new skill, stay with these instructions. I have studied herb-mixtures for over ten years – this search series method works quickly and surely: it is the best of them all!

In short, it will not matter very which herb is being pre-selected or recognized by doing is selected. Google is the best search source online and this is the best key-series search method to begin any specific herb-search on Google.com

This is the best herb to begin with? The herb sage has many "beneficial effects" upon humans. But if you look deeper into what sage "the herb" actually will do, they kill colonies of bacteria and fungi combined in humans. In fact, many of the herb-listings presented in this book, I have posted, so the reader may easily win some short-time relief in just a few months of taking them daily.

In short, the reader will see and feel justified to go much deeper into finding out more about their preferred herb-listings on their own! I have taken 26 herbs [eighteen of them I have posted in this book]. Why did I do it? To be a true first-person report, I have to reveal even the herbs I have been taking all these years.

## **WHAT IS THE DRY-DIFFUSER'S PURPOSE?**

To protect one's home or office space or vehicle on the road is the purpose of the inhalation device invented by me. This inhalation device protecting living spaces of humans, by filling up smaller areas with living essential oils: all floating in the air. The common spaces to protect are smaller rooms of the home or office space or a vehicle or even a parked trailer! I call this inhalation device a dry-diffuser!

Yes, thousands of wet-diffusers are being sold in stores everywhere with little or no benefits or usefulness to all the end users. The main reason is the application of essential oils by distillation in them all. The second is to administer these wet-agents with some measurable results to themselves first before applying to others.

This dry-diffuser has the means of using plant matter in powder form. With herbs of interest, these are placed into a small herb-bowl within the dry-diffuser, and minutes "sleeping essential oils" are being woke up and then shaken into action, enough to leave the parent plant.

In short, hot energy is being applied just below the herb-bowl, such heat causing commotion within the plant powder, or better said, the energy applied is just to wake up all the essential oils entities slowly. But within a few minutes the heat is too much for the now active essential oils, that they begin to collect oxygen and leap out of the herb-bowl into a second chamber.

It is here the essential oils, especially with other herb-choices are mixed into the herb-bowl too, which begin much fighting for oxygen molecules. With their ample supply of oxygen "bagged up," they quickly leave the dry-diffuser into open air in the controlled room or vehicle compartment.

## **SHORT EXPLANATION**

Each true essential oils [singular entity] is stuck-in-place while sleeping in their plant of burden! Yes, if I could teach the reader to select only essential-oils still "sleeping" in the plant's internal



tissues. They would be effectively much closer to selecting true essential oils in the life, and then taking in the benefits of benevolent effects, daily and long-term.

What am I suggesting here? That such informed readers would be literally turning themselves into amateur herbalists, after a few years of self-administering these key herbs daily!

To protect one's lungs with this dry-diffuser is wise thinking. Why has not such a device been invented? They exist in the drug-consumer world, but I have altered it to be useful to herbs of importance – made to be considered for humans only!

### **ADDITIONAL PROTECTION IN THE HOME WILL BE NEEDED**

Yes, the home is worth protecting first. In regards to the human body, it is the blood stream that must be first protected.

To protect an entire home is impossible, but to select one or two rooms – such is easy to accomplish. But, if there is one diffuser in the home, select the bedroom. The dry-diffuser is further explained in next chapter. Herb-powders are to be administered within this device only!

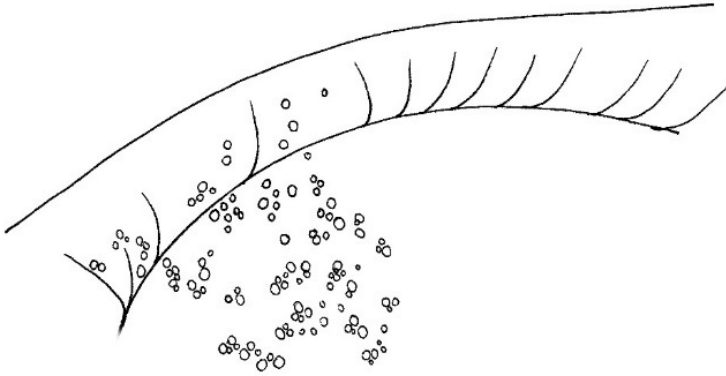
At first glance, what current equipment sold on the market that could possibly provide such equal protection? Amazingly sad to say, there are none.

Specially, the purpose of this dry-diffuser is to saturate basically a single room with “free floating essential oils.” The general herb-listings are numerous, all are put together by the self-administer.

Deep inhalation events with this dry-diffuser are easily self-administered in the home or office, not the vehicle if moving about. The electrical bill to operate this dry-diffuser [Waring Company's single-coffee warmer, 70 watts] is minuscule compared to the many appliances setting in the family kitchen!

## THE BENEFITS TAKING INTO THE LUNG TISSUES ARE TRUE ESSENTIAL OILS

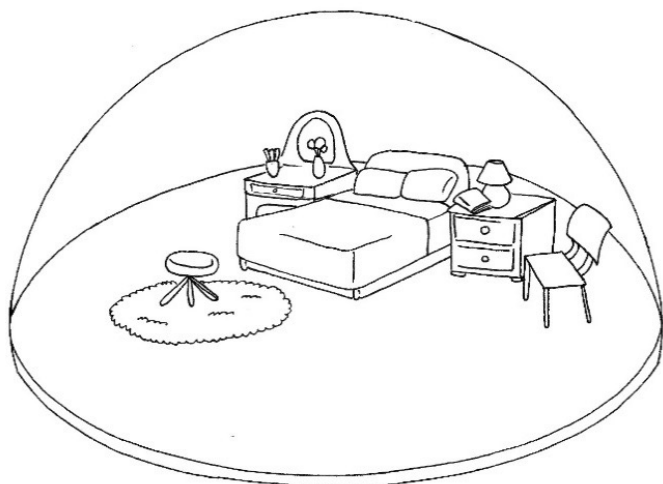
When taking essential oils [entities] into the nose or mouth, an abundance of freely emitting essence oil [entities] can be tasted and smelled.



*fig 1.5: It takes thirty minutes of inhalation sessions to achieve sufficient amounts of essential oils penetrating deep into the air-sacs called, alveoli! Once all settling deeply within the 400 million air sacs in both health lungs, there are a percentage of them, that will fall in the blood stream within minutes. Shortly after, millions of essential oils [living entities] are safely being located or better said delivered into many of the cell-communities.*

If the person has any major infestation ongoing within the pulmonary tract, it will take many deep-breathing events taken daily to gain some felt relief in the short term.

Also, note it takes many days for the infestation to develop in the mouth or nose. The first requirement is the invading bacteria or fungi-spore must gain some contact with the host's tissues. There are many defenses in motion within all the pulmonary branches, before any fungi-spore can enter the air-sacs.



*fig. 1.6: To protect an entire home is impossible, but to select one or two rooms, such is easy to acquire. But if there is one diffuser available, do please install it in a bedroom. The reader will be the main self-administer. He/she will be doing the most inhalation sessions, with the rest of the family be taught to follow. Deep-breathing events are very powerful, if essential-oils are from plants of burden. Avoid all volatiles!*

Again, the home is worth protecting first, and more importantly all the occupants living and moving therein. Of course, I'm not talking about scent air-releasing devices. I think to protect my home and family with scent-devices as pure foolishness. The only means I still consider worth purchasing are devices that release of true essential oils from a dry-diffuser. This DIY book is the best means!

The second purpose of this DIY dry-diffuser is to protect all the pulmonary tracts of any members in the family-home. The best place for a family is where they spend four hours or more together at one place! Avoid, kitchens and bathrooms!

The herb-listings for personal-home protection are the next most important factor in protecting family members long term. I have at least ten favorite herb-listings that can be taken daily with family members setting along side.

## **TRUE ESSENTIAL OILS ARE BENEFICIAL TO THE ENTIRE PULMONARY TRACT**

When taking into the nose or mouth, an abundance of freely emitting essential oils it is all about tasting and smelling living essential oils in real time. All is known in a minute! In short, to achieve sufficient amounts of essential oils penetrating into the air-sacs of the lungs called, alveoli, it takes more time!

There are two airways before both join together within the bronchi network into the two lungs. The upper airway is through the nose. Whereas, the lower airway is through the mouth. The most common air restriction occurs with localized inflammation of tissues in the nasal chamber, which leads to a systemic response by the body.

The respiratory network is defined, or better said divided into the upper tract [nose, pharynx, and larynx]. The lower respiratory tract [trachea, bronchi, bronchioles, alveolar duct, and alveoli].

The nose upper tract protects the lower respiratory tract from taking in gross amounts of foreign substances by filtering out the majority particles say of 5 -10  $\mu\text{m}$  diameter. As far as, irritants and gases encountered are concerned – they are all removed by dissolution [absorption] within nasal-secretion outflow. The lower airway acts similarly: the smaller inhaled particles are trapped and cleared by the mucociliary-escalator.

The mucociliary-escalator uses mucus to entrap dirt, air pollute particles and pathogens. Then there are millions of cilia [sweeper], all active small hairs that undulate [smoothly rhythmic upwards motion] do in fact move the mucus up the throat. This moving action is more like sweeping all the unwanted matter upwards [or better said] out of the throat where it all is expectorated or swallowed.

The goal of all this effort to not permit anything not useful to the lungs to never get in! Yet, that is exactly what happens, and eventually smoke, debris, and aggressive lower-life creatures from Mother nature do effectively get in 24/7. And what are the

man-made defenses? Air-sprays of highly concentrated chemicals proclaiming temporary relief, and so they do make special disclaimers on label. Yet, ancient civilians have been spreading a few medicinal leaves on hot rocks. Well, the odors and vapors released from these slow-to-burn plant leaves render their medicines to the dwellers for many hours, even days!



*fig. 1.7: Here is a good example of a typical plant with glandular oil sacs called, green-leaf volatiles. It is direct evidence plants are active in protecting themselves from nature's abundant intruders of all sorts! The problem with some of these plants is they are not necessarily plants of burden! Also, there are many poisonous plants that are volatiles: poison ivy, mistletoe, hemlock.*

As far as essential oils that are made by distillation are concerned, they could be a plant of burden source, but with extreme temperatures being applied to the plant matter, all will be separated, biochemically speaking, into their individual chemical ingredients.

This means that when the essential oils by distillation are administered in wet diffusers, they only work with their oil-based metabolites. Why? The water-based metabolites are not present, for they were separated and sold to others at the biochemical marketplace!

To apply half of the essential oils by distillation within wet-diffusers it is a fallen medical process, in my opinion. This is why the DIY dry-diffuser "being assembled" by my readers is

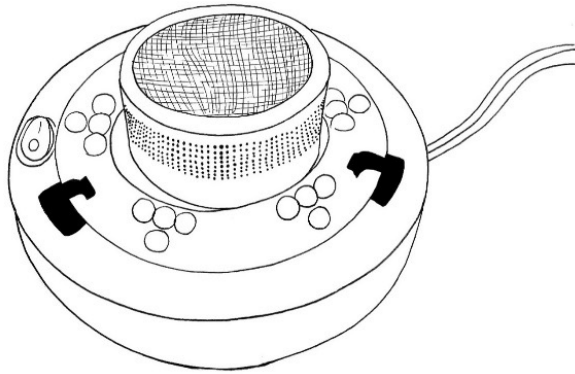
so important to get put together and successfully made useful in its proper purpose and proper herb-choices.

The good news, I discuss how to put together the DIY Dry-diffuser in chapter two. The essential oils [within herb-powders] are put into the herb-bowl setting on top of the dry-diffuser's hot plate. When the heat is turned on – in minutes essential oils [entities], will be actively released in the room, in this case the reader's home or office. Volatiles don't help humans, only assist their respective mother-plants who created them.

Sadly, the essential oils by distillation are easy to fabricate and can be ordered online. It is the same people [private individuals] that buy to sell them, that bothers me the most. I'm more concerned with the persons that are trained [health-providers], why do they continue utilizing them? They should all know essential oils are half-useful to patients!

## **WHAT IS THE PRINCIPAL FUNCTION OF THIS DRY DIFFUSER?**

Because this is a DIY book, I need to go into more detail all about – how this dry diffuser works! There are two main items to discuss here: hot-plate that is sold in USA and a copy of the emancipator assembly, which can be bought "piece by piece" online. Why am I offering this DIY dry-diffuser book? To allow individuals to protect themselves and their families!



*fig. 1.8: This illustration is the dry-diffuser in Chile. DIY dry-diffuser being introduced in America is a larger model, yet internally the same design. I know this without opening the Waring Company's single hot plate. Why? I have it in my possession right now. I spent extra time and effort in chapter two, for the Waring single hot plate is even more superior than the one in my lab.*

Please notice a piece of bread is setting on top of emancipator-shell. Much of the essential oils get stuck in the bread, eventually all will become well toasted. It is here, I take my taste test while eating each toasted bread at breakfast time. The tastes are amazing and difficult to describe on paper. If the taste-test results are bitter, you can not certify herb-powders put into that herb-bowl, as being declared "true essentials oils!" You will need more proof [go see chapter five].

## **THE HARDWARE ASSEMBLY OF THE DRY DIFFUSER**

The hardware can all be bought within online stores. What is setting on hot-plate; it has two environmental chambers. The initial chamber within the herb-bowl itself, and under the flat-metal sieve. The herb bowl is made of aluminum and the flat-metal sieve is made of stainless steel. The herb-bowl can easily hold six different powdered herbs, providing the spoon applicator is portioned perfectly.

The outer-chamber is called, the emancipator-shell. If both parts are placed together, all is called emancipator-assembly. This

DIY book will describe the necessary items needed to simulate the dry-diffuser in Chile. The good news, all items can be bought here in America and even sent to your home door. Included, I have the locations [options] where to select from and buy online.

## **FUNCTIONALITY OF THE HERB-BOWL**

The herb-bowl requires, that it be filled up perfectly, every time. Fill it with less is not critical, but over-filling it, this will render the inhalation session non-functional.

Again, if you try to add too much herb-powders, this dry-diffuser will fail to give useful results. What are those useful results, millions of essential oils [bio-agents] will remain in the herb-bowl, as in not be allowed to release from their host-cells.

Additionally, the second chamber [here referring to the emancipator-shell]: it is located just above the flat-metal sieve, and the space is large enough to freely enough essential oils [entities] to roam above the dry-diffuser's herb-bowl. It is thousands of essential oils [entities] that are collecting [to concentrate], and collect additional oxygen molecules.

Once some certain concentration of free-floating essential oils [living creatures] has gotten themselves released, there will be some crowding within the upper chamber of the emancipator-shell.

The good news is when ample oxygen molecules are attached, it is a matter of time, a storm will develop within the upper emancipator-shell – a great escape will take place, forcing present essential oils [entities] to be released into the open air. The dry-diffuser becomes fully functional in a matter of minutes!

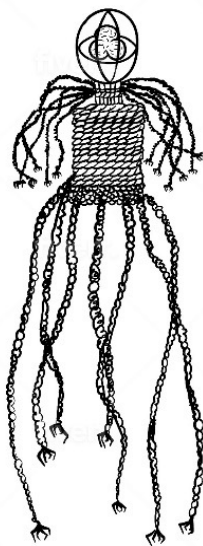
Within twenty minutes or less, after turning on the dry-diffuser – soon the room becomes full of a pleasant odor. Not all essential oils have notable smells. But when mixing several essential oils – the pleasant odors become more serious in both their smell-state and taste-state by the self-administer.



It is very important to take proper notes between single essential-oils [entity] and especially when the mixture in the herb bowl is with six herbs or more. The smells and tastings will be completely different, and they must be recorded in some reserved-log book in chapter five.

In regards to self-administering the dry-diffuser's releasing essential oils, it will take several hours to reap the wellness benefits in one's lungs for the long term! Also, when I go outside my home or vehicle, I will always self-administer several deep-breathing events when back in my safe zones.

In regards to herb-teas and drinks being taken into the body; be it one's outer skin barrier or taken internal. In short, it will likewise take many months before any physical results will show up - to the self-administer's personal notice.



*fig. 1.9: The idea, that I must "do the guessing game," at what true essential-oils are in reality is very disappointing to me. That over fifty years of in-depth herb studies, costing millions of dollars, and not one electron microscope photographed within any published article online.*

There must be a freighting reason why the true essential oils [a living entity] has never been photographed in the science books.

I will let each reader of this book discover it for themselves. I had asked several artists to help me show: this is my best last guess. Amazingly, is it true no photos exist online of any living essential oils?

The mission to insert essential oils is well known. They will kill low-life intruders on the spot, simply by drilling holes into their outer barriers. In short, the invader will be soon leaking out its inner organs due to successful “drilled of holes” within. With their vital liquids and organelles leaving their bodies, the immune system will quickly remove them, including most the essential oils in the area.

The longer essential oils are self-administered by the reader: the essential oils will self-administer their own “benevolent effects.” The typical end journey of most essential-oils in the human body are in their billions of cell-communities!



*fig. 1.10: It is so strange for me to go to medical offices. The people roam about with masks and stay away from every other. I do wonder if it will get worse, here in America over the next few years? To live a life of separation, will it be a normal state of affairs for the long term?*

I suspect another pandemic will be more fully generated again. The factories of energy and commodities are being rendered dis-functional, more so, than in the past's ten-year depression. My parents went through it, and they will not talk about it – even for a minute or two!

## **THE BEST TEST TO DISCOVER THE LEVEL OF FUNGUS-COLONIES WITHIN BODY**

In general, the sugar-test is the best way to measure your fungus infestation of the entire body.

The below instructions should be taken seriously. It will prove that most readers are already fulling up with ample fungus colonies no matter how old they are, or how young they are! Yes, fungi-spores are everywhere in nature's domain, as we are likewise. The fungi-spores have no problem entering into living or non-living entities.

The test is conducted in two steps. The first step is by body-liquids of the mouth, and the other is way of the liquids from the urinary canal. The sugar water is a weak solution with a pinch of sugar added. The container should be a clear plastic or made of glass.

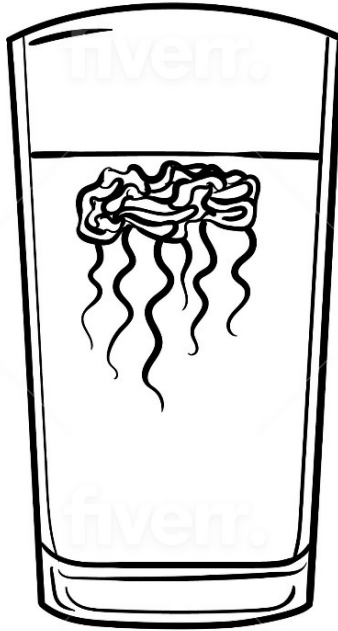
The test itself takes two to four days. Most tests will fail in the first day. It is very rare to go to the fourth day, but it does happen with very thin persons by weight.

In the first sugar-test results, the liquids will have anomalies floating within the liquid media. Some times there are floating matter on the surface, just ignore it.

### **FIRST CUP – STRINGS**

I think strings are always present, but younger person it may only be speck too small to identify. In any case the sugar-water [liquid medium] are contaminated with fungi-spores. If there are debris suspended in the liquids, it will be broken pieces of fully grown fungus-colonies, that were broken off during urination into plastic [glass] cup.

In any case, it is a failed test! The reader is fulling up with ample fungi for the rest of his/her living days.

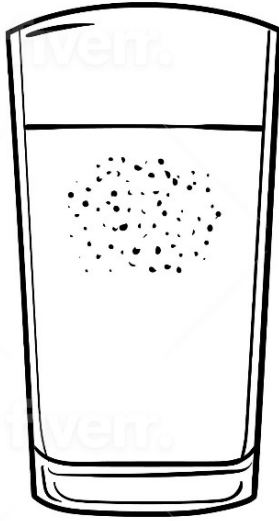


*fig. 1.11: Suspended-matter below the surface can be gathering in a cloudy-mass or be distributed evenly throughout the entire liquid in the plastic cup. Just ignore any of the floating matter upon the surface in the sample taken from the mouth placed in the cup of sugar-water! In this illustration, it is normal a mass of heavy debris be stuck onto the bottom of the plastic cup.*

## **SECOND CUP – LIVING MINUTE FUNGI SPORES SUSPENDED**

This is the most common test results for the younger or persons that eat more carefully on a daily basis. They are also well shaped by limiting their meals to mediterranean diets long term. Rarely are they ever overweight – throughout their lives.

Sadly most people are overweight and growing. It will take a lot of effort for them to lose enough fatty-tissues within their bodies. Even so, they must do so to ever achieve any real higher levels of wellness.



*fig. 1.12: matter can be gathered in cloudy-like the grouping or dispersed evenly throughout the liquid in the cup. Ignore any of the floating matter, if present on the surface.*

These minute size particles within the liquid medium can be partly full or barely at all. The latter condition is always desired. For many it will take years of sugar-test results to get at the illustration below stage of fungus infestation. I am 78 years of age, and my sugar test results are typical good readings; as in the same result in below illustration. My end goal is to keep within this level or better. I need to use a flash light to enlighten these tiny particles to measure them. I recorded all the results.

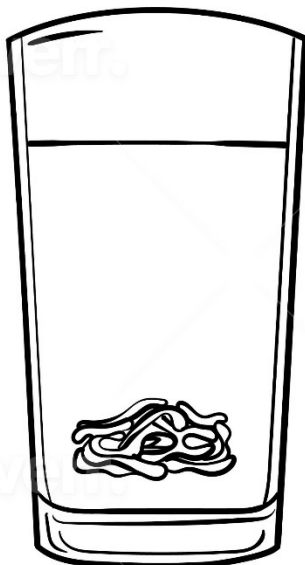
### **THIRD CUP – BROKEN CLUSTERS OF FUNGUS-COLONIES**

The next observation is to look at the plastic [glass] cup's bottom. Are there heaping amounts of off-white matter laying there? Usually, the older person has large amount of broken fungus-colonies laying on the bottom of their test cups.

The test is obviously a failure. What does ample fungi-spores or fully grown fungi-growths mean? In this case the sample was taken from the mouth, so it means a major fungus-infestation is ongoing in the gums or below the throat.

Even though most people fail this test, over the long run [taking ample herbs], some readers will take this books serious enough to study, learn, practice all they can – to self administer only the best herbs daily and long term.

I hope my readers will take what has been discussed in chapter one seriously. I have been consuming herbs for well over ten years – and I am a living example of what one must do to live longer and suffer less in this fallen world.



*fig. 1.13: this test result is most common with persons over 50 years of age. It gets thicker and even parts remain floating throughout the liquid medium. It is a sign of complete occupation of several fungus- colonies and their fungi-spores in the entire body prior to their falling in the home or on the street.*

## **OUTLINE TO THE SUGAR TEST, INCLUDING THE URINE SUGAR TEST IS BELOW**

Most of what the reader has read, he/she will be reading repetitive test for their urine sugar-test. The illustrations are mostly the same. The only differences are the amounts in the urine sugar-tests; they will all be the more concentrated and most visible to the eye.

The only test for the skin barrier is open sores. That is right, the sores will be very hard to heal, even with conventional medicines.

The other medication that comes close to closing open sores on arms and legs is this: Ketoconazole 2%! I have had to add a red powder [blood root] to this medication [cream], to seal the open wounds. This combination [cream with blood root] works well on the toes. Note here, when adding this combination, place a mixed portion of both directly onto the open sore, then cover with thin plastic, before adding any bandaid. I do not know why the big toes are attacked, but it applies to all humans of any age!

## **PLASTIC CUP PREPARATION HERE**

PROCEDURE 1: Take one clear-plastic cup and add less than one teaspoon of sugar into it. Next fill the cup with clean water until it is about 3/4 full. Put the lid onto the cup and locate it anywhere safe from heat or sunlight until adding the saliva sample from mouth.

Before sipping any coffee or tea, and surely before breakfast in the morning, pour the sugar water from the cup into your mouth and swish it around with tongue.

Do not swallow any of it. Let your tongue move about all this liquid in your mouth; as in a wash-all-about. Then put all of the same liquid back into the empty plastic cup. Finally, add its lid – on tightly and place the cup to a dark and dry place for 24 hours. The goal here is to make your reading the very next day. Yes, even in the morning hours!

PROCEDURE 2: Take another clear-plastic cup and put some water in it. Do put less than one teaspoon of sugar into it and cover it with a paper towel.

Next, do take the sugar-test cup to the bathroom in the morning before you have coffee or breakfast. Carefully urinate into the cup until it is almost full. Do not put too much in the cup. Then put the lid on tight, and place it in a dark and dry place nearby!

## THE READING PROCEDURE 1:

As mentioned in sugar-test introduction, test process is but five days or shorter! The first day is the taking of both two samples, as explained as above in procedures 1 and 2.

I will state here, most persons that take this sugar-test will fail within the next day, after placing their liquid-specimens. Even the third day a few reach, before failing themselves!

Just remember this, it is all about degree of fungi-spores [cloudiness] present. If the cup has anything else [other than cloudiness] in the original clear water – the test results are a failure likewise. Be careful, how well you look at each of your clear-plastic cups. Try to write your observation in your log book or piece of paper!

To begin reading procedure 1, take the first sugar test cup that was rinsed in the mouth and look carefully through the watery contents with a flashlight. It will prove to you if anything is present or not. What is in the sample-cup must be witnessed correctly?

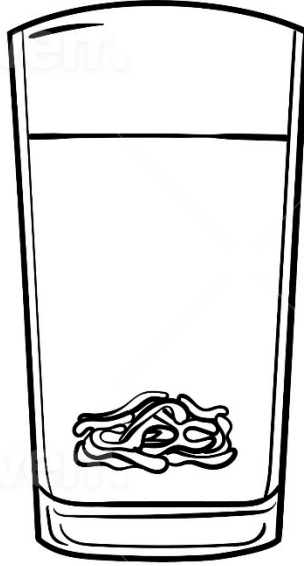
The big question here: is it clear or cloudy? If the liquid in the cup is cloudy, exactly how cloudy is it? Is it even more dense than cloudiness, or not easy to see through the liquid with a flash light? It is all important information to be written down on paper correctly!

If there are a lot of floating matter on the surface, just disregard that; as being parts of food stuck in mouth that got into the sample cup. What is more important – is the liquid clear or not! If the liquid is cloudy [how cloudy]: such will be direct evidence that you have what degree of free-floating fungi-spores present in the mouth!

This is not good news either way. If there are solids of mature fungus colonies within the liquids, they are broken off pieces that were discharged into the saliva in mouth. These pieces are evidences of fungi-growths attached to the gums and deeper below, mouth- tissues, and/or even open sores existing somewhere in the mouth.



Most of the time, these single cells of fungi are on-growing. Try to judge the amount of cloudiness, based on what are mostly present in mouth-test sample. Over time, each of the reading from the mouth will be more revealing too. For example sores that are in the mouth. Are they on the gums? If so, these open sores are direct evidence your teeth's roots are harboring fungi-infestation underneath.



*Repeat fig. 1.13: This illustration is a drawing of off-white masses stuck on the bottom of a clear-plastic cup. It may be loose mass, but typically is stuck-hard on the bottom surface.*

They are evidence of on-growing activity in the mouth either below the gums or in open sores in the mouth. It does suggest the throat is fully infected, including deeper infections somewhere within the digestive tract. As far as on-growing activities, fungal-infestations are residing in the saliva glands. This illustration is typical in most people that do this self-test. Look at the cup's bottom, if there is any off-white mass stuck to the plastic cup's base?

It will always be off-white masses with other matter stuck together. It often means there are abundances of fungus colonies living deep in the mouth, even below teeth gums [back molars],

and throughout the throat, leading down into the stomach and beyond!

## **THE READING PROCEDURE 2:**

To begin reading procedure 2, take the cup with urine in it, and place a flash light from other side of your view. Try to shine light throughout the plastic cup and note if any particulate are suspended in the sugar water.

The flash light will help you prove, if anything are particles suspended within the liquid medium. The only means of measuring is to state if the particles are in abundance or medium abundance or just a little in abundance. This is important to place the amount in the log book with a date noted.

Another method is to declare the liquid medium is clear or cloudy or very cloudy? If the liquid in the cup is cloudy, exactly how cloudy is it? Is it even more dense in cloudiness then the water-sugar samples taken with mouth liquids.

What is more important here – is the liquid clear or not! If the liquid is very cloudy, such will be direct evidence that your digestive organs are with ample fungus-colonies.

I have separated this sugar-test for urine, for it is the most important to follow all the procedure perfectly. This test result will prove how deeply your body has been taken over by both bacterial and fungus-colonies. Of course, the latter is what this test measures.

Again, be sure the urine-filled cup has been 24 hours in a dark and cool place of house. To begin testing the final results, take the urine-filled cup for the sugar-test. Also, use a flashlight to look through it and see if the liquids inside are clear or cloudy. Always check to see if there are off-white masses stuck on the bottom of the clear-plastic cup holding your urine sample.

These are all the possible evidences of living-fungus colonies hosting deep in your bladder and beyond. Is the sugar-test's

liquid cloudiness that proves the degree of infestation in the body [write down these results in your log book].

If presence of fungi-spores [such as strings] are present within the sugar-test: it will mean there are ample free-floating spores wondering about the urine bladder and surely deep into the digestive tract. It is here that the colon and its attached intestines will harbor many kinds of bacteria and fungus, if no counter measure is being self-administered. At least eight of the herbs taken by me can encounter both bacteria and fungus-colonies on the spot.

Frankly speaking, there are trillions of fungi-spores floating all about the human body's multiple trillions of living cells. The fungi-spores can easily enter into the cell-communities with no problem, and there be fed ample oxygen and energies. They will not leave, but must be removed by the immune system, which can not accomplish 100 percent removal of either fungi-growths or all their offspring.

Broken fungus-colonies is yet another problem. Each of their floating parts can reproduce their kind anywhere in the human body, even the brain.

If there are visible off-white matter stuck to the base of this clear-plastic cup, it will actually mean there are ample fungal-colonies present in the bladder and most likely in every other organ in the body. In short, this is a visible proof the bladder has been combating inflammation, for the longest of time, to include the prostate organ itself!

The fact, any off-white growth is stuck on the bottom of the plastic cup does mean that the bladder is amply full of fungal colonies [in real time], which proves fungus colonies do exist in the body. The amount is important, so write down what you see in your log book. Yes, it actually means, there are with certainty fungus colonization upstream in your body! Not sure doctors will be of help? Better to get your intestines examined by a doctor ASAP!

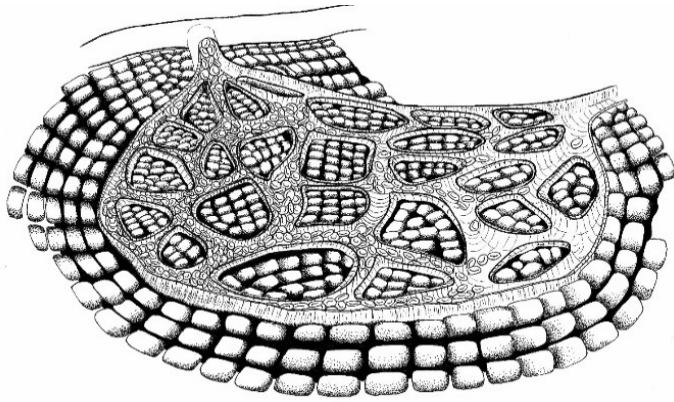
In regards to free-floating fungi-spores present in the sample-cup, it will always mean the bladder is well infected! If there is no persistent cloudiness on the first or second day, or the cloudiness does not appear on the three days – do not be overly concerned with fungi-spores in your body at this time!

### **IN CONCLUSION:**

Even if you have failed and likewise declare you are okay with these sugar-test results, please take heed if you begin to fall on the street or at home. Why? It is proof that you are surely filled-up with “your quota.”

And if the imaginary gateway, that is a living-gate I call “balance with strong walk,” that is you lose your balance even for a few minutes. It is for sure time to be concerned. Why so? The pathway to get past this gateway is to begin taking herbs of value [from plants of burden]; as in take true essential-oils daily and long-term without fail.

Of late, I am way too forward of this gateway to worry anymore. But stop taking my herbs daily – say for three weeks straight – I will be swinging on that gate, hoping that I have taken enough essential oils to fall on the far side of it. Why are people falling? Think again! It is for one reason or another, but mostly in these days, it is the immune system can not kill enough fungi-spores to do a proper job elsewhere in the body's inner domain.



*fig. 1.14: The cell community is shown in the picture above. The environment is closed, each with blood capillaries for "in or out" transport of a cell-community. It is in these cell-communities, that the immune system can not service perfectly!*

I believe fungi-spores can enter into the human body with no problem. This will mean the fungi-spores are sharing the same available oxygen and food stuffs; as with the entire cell-community [once there, they will never leave].

Be assured, if essential oils [when alive] are amply present; fungi-spores encountered will be taken, captured and fully bagged for immediate removal from cell-communities, they have are monitoring. Once each essential-oils has bagged its limit of fungi-spores it will leave the cell-community and go to the nearest urinary tract out of the host-human being. Yes, both will die. That is why I take herbs daily and long-term.

Signed,

Darrell Parrish

[www.herbvested.com](http://www.herbvested.com)



## CHAPTER TWO

# DIY HERBAL INHALATION SESSIONS

### *Operator's Tutorial 101*

#### **INTRODUCTION**

In fact, to make the dry-diffuser operate as the DIY inhalation appliance, it will take some patience to locate similar components online to build it. I will help a few of my reader, by offering the metal hardware portion called, emancipator-assembly of the dry-diffuser at [Etsy.com](https://www.etsy.com) in early 2024.

This special emancipator-assembly offer at [Etsy.com](https://www.etsy.com) will be with a excellent price. Why make this offer? Well, it is the exact size that I developed years ago. I have found out the nearest emancipator-shell is a little larger, that is diameter-wise!

Even so, there are many individuals that love to assembly do-it-yourself items on the internet. Therefore, this book has been rewritten to accommodate the most cleaver DIY home-made inventors.

#### **A SHORT HISTORY**

The development of this dry-diffuser has been a slow process for me in Chile. But not so for making this special edition to be released in America. Be assured these two models do work just fine! I've both models in my possession right now. The big change for the DIY assemblers of this dry-diffuser is the unique heat source!

Historically, the development of the final dry-diffuser took seven prototypes. The final model was a welcome addition to my house. Actually, I have two models in my home, fist in my laboratory [small room], and the other is in my bedroom.

With these two final prototypes functioning perfectly within my own home, life had gotten a whole lot easier for me. With the dry-diffuser in full operation for three years, I had to go to US - for helping my wife [of youth] to recover from a major leg surgery. Little did I know I would be staying with her for the last two years [more later].

## **THE DRY-DIFFUSER'S EARLIEST DEVELOPMENT MONTHS**

What happened next, I had realized the health-providers were using wet-diffusers to aid their patients, little did I know just how useless these devices were to any end users wishing to win some kind of measurable relief!

Worse yet, over half of their essential oils [the water solubles], they are removed from the distilling action and overheating process. The hydrosols are rendered into bio-chemical entities and sold to others]; as in all these metabolites are sold to other commercial processing manufactures that exist in the world-marketplace!

It was very strange to realize there were no functional dry-diffusers in existence, except for private users in the smoking of marijuana. There are smaller devices called, vipers. The problem with both these devices, they release smoke into the lungs!

The problem of making a useful inhalation device for homes or offices or vehicles, they must not release any smoke ever! Then I found a short list of herbs used by many smoking viper individuals. It seems these devices had to know the burning stage of what herb they were inhaling into their bodies. The list showed me what temperatures I needed to not burn any of the major herbs within my developing dry-differ. The other unknown was the heat source to accomplish a special "wave motion" to simulate the rising and falling of the sun on a daily basis.

To stay in control of all three parameters continuously, the dry-diffuser began to be envisioned by me in the work area of my



home. The use of flame and alcohol just about burnt my home down.

The next obvious change was to use electrical heaters only. It took months to find the proper amperage of this device. Then the hardware that was to set onto of the hot-plate became a major nightmare to me [more will be discussed later].

This relates the adding herb-powders to the DIY dry-diffuser, as well as, consume daily herb-powders put in empty capsules at home. I still avoid buying completed herbs put in capsules for I do not know what has been put in them at the factory!

## **THE FINDING OF ALL THE COMPONENTS ONLINE**

In fact, to make this dry-diffuser operates as the DIY inhalation appliance in one's home, it will take patience to locate and buy similar components on the internet; as in to finally build it perfectly.

Again, this dry-diffuser is not so easy to copy with similar items bought online. Yet, I have taken extra time to get to the closest copy possible. To aid many of my readers in the assembly efforts their own dry diffuser, I will be soon selling hardware portion of the dry-diffuser at [Etsy.com](https://www.etsy.com) only in early 2024. Keywords to search are just my name, Darrell Parrish.

More amazing than this just mentioned text, is that yet another hot-plate is for sale in the US! This special coffee warmer: its hot plate comes from the Waring Company called, WCW10 Stainless Steel Single Burner Profile Self-regulating. A coffee warmer that is commercially sold throughout the US and in many countries!

It is such good news, that this book was entirely re-written to provide effective information for interested "DO IT YOURSELF AMERICANS," which is best way and means to making themselves a fully functional dry-diffuser device. Note this device does not exist in America or elsewhere in the world marketplace!

## **WHY CONVERT A WORTHY BOOK PUBLICATION INTO A SPECIAL DIY EDITION?**

I flew to Los Angeles in late 2021 to finish this publication project, for the printing into a paper book. But when I discovered, that one coffee warmer manufacturer made by an American company, I was happy they had actually made “the better hot-plate” for extracting ample essential oils from various herbal plants. It meant I could help thousands of individuals living in the United States.

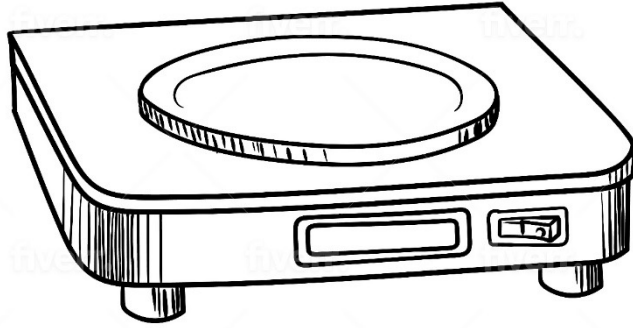
In short, it was easy for me to drop the Chinese model, that I had been working with. Why? For it was always the weak-link to my dry-diffuser effort. To acquire the commercial produced hot-plate in the required “temperature range,” and be made in US, it made my decision easy to re-write my book into a DIY format!

## **DIY DETAILS REGARDING, WARING’S WCW10 SINGLE COFFEE WARMER**

It is paramount the reader purchase this single-hot plate with Waring Company Brand name only – and be sure to do it as soon as possible. The reason, this is the only hot-plate available in the United States. I had bought the competitors, and they all failed.

That is right, this Waring Company product – single-hot plate is the only one to consider and buy online! Forget all others, for I have tested them all had ample smoke come out! Why is this hot plate important?

It has the ideal operating temperature needed! Please take my advice here: there are three similar types of hot-plates being sold in the United States, and I bought them all. After testing them, they all failed trouble. All did produce smoke. They did burn all the herbs in the herb-cup! My absolute rule is “no smoke ever!”



*fig. 2.1: To find the Waring Company's single hot-plate is wonderful luck. I reached all the Chinese market, and no where could I get them to alert their hot-plates, except one. The hot-plate is larger than the one in Chile, but well constructed inside and out. Center plate is hot, and I had to re-design a silicone mat and other items will be offered in the American market at [Etsy.com](https://www.etsy.com).*

Fortunately, the Waring hot-plate was fitted with an undersized heating element; in that way – heat leaves at the center portion of metal hot-plate. The greater news, it has the limiting 75 wattage; exactly identical to my dry-diffuser in Chile. Yes, the price is higher, yet the Waring Company is a major restaurant supplier in America.

In short, the center of the hot-point [about 6-inches in diameter]: it is the hottest point of the coffee warmer and everywhere outwards from center of the hot-plate is decreasing in temperature. The center-hot point of useful temperature it fits all the herb-bowl's base perfectly.

I have been running this single coffee warmer by Waring Company every day and most of the nights, ever since arriving here late 2021. This coffee warmer is an excellent example of American engineering selling online in many locations.

Other than the Waring coffee warmer, the reader of this DIY book, will need to search online to buy a few more items to assemble the emancipator-assembly.

The only other missing items are the pre-selected herb-powders. Some will be discussed in this chapter and many others throughout the book.

To find these herbs, the reader will need to search online with keywords and key-phrases. There is no chance of finding the vital information by using their popular names. The proper searching methods will be further taught in chapter four.

There are three items of particular sizes and shapes, to it all put together, when searching online for the emancipator-assembly.

Besides these three unique items, there are two additional items that are required to buy at the same time. These last two items are a silicone-ring [safety device], a special-sized spoon [not similar to any spoons typically found in the kitchen]!

The first item of importance is the herb-bowl. The following the herb-bowl, is one flat-metal sieve, ending with the emancipator-metallic outer shell.

Be sure to purchase the coffee warmer from Waring Company: It is of priority importance! For without it, you will not be able to continue making your own DIY dry-diffuser at home. To find the entire emancipator-assembly sold on the internet, just use my name [key words] on [Etsy.com](https://www.etsy.com). I should have it available to buy by mid 2024 or sooner.

The three elements of importance are: item #1 herb container [select only the screw-on type], item #2 is a flat-metal sieve, and item #3 it is the outer shell, called, the emancipator.

In the future - I will advance the dry-diffuser to a commercial level. The size and shape is already in development and design in China. I will make a large order of flat-metal sieves with stainless 80mm diameter and 0.30mm mesh screen weave type.

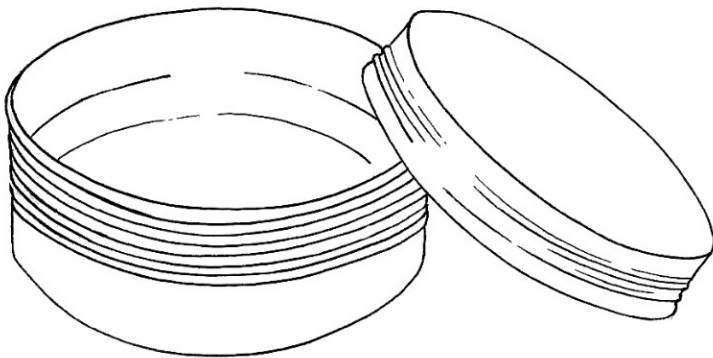
They will be added to a special order of four capsule machines with tube-brushes. This will fit the DIY emancipator-shell perfectly. It will be the next shipment from China to be released sometime in early 2024. All of my special offers are available on

[Etsy.com](https://www.etsy.com). Be sure to put this 80mm sieve on top of the DIY emancipator-shell [see below].

## THE HERB-BOWL

Item #1: the herb-bowl and its unique function in the emancipator-assembly, it has two functioning, environmentally speaking. The first is to provide a confined space to heat up the contents of the herb-bowl in a specific cyclic function. The second is to provide just enough oxygen molecules, commingling in the herb powders. The herb powders should not be so finely ground down, as in a typical baby-powder product on the market shelf.

### BE SURE TO GET THIS HERB BOWL WITH THE A LID!



*fig 2.2. The herb-bowl with the lid has a particular size limit. The ideal size equivalent is 2.5 inches in diameter and about 1 inch in total height, including its screw-on lid.*

The reason the herb-bowl cannot be much bigger, is not the space underneath the emancipator shell, but the allowance of air movement to move about in two zones, the inner space of the herb-bowl, itself, and the inner space within the emancipator shell [just above the herb-bowl], both spaces are most vital to keep. There must be a particular volume of slow-flowing air within the herb-powders, so that all the living essential oils can escape from this herb-bowl. Then the open air above must be restrictive enough to allow the essential oils to collect oxygen!

The herb-bowl has enough free-oxygen molecules within it herb-powders, which will allow all the essential oils [living entities] become active in their host-plants.

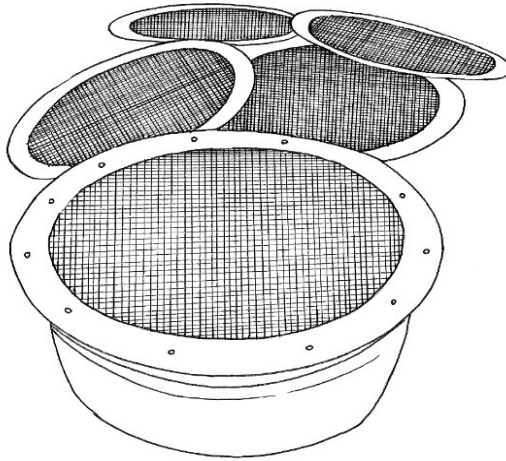
The stirring up is further perfected when some particular heat temperature that begins its cyclic action all about. This stirring increases until they fully wake up and then begin to leave [leap free of] the herb-bowl – itself.

I do not know exactly why, but scientists have applied oxygen to essential oils for many years, and their end-reporting was always reported – oxygenized essential oils do actually become more powerful and use to humans!

## **THE FLAT-METAL SIEVE**

Item #2: The flat-metal sieve. This flat-metal sieve is the next item to acquire. Be sure you have the herb-bowl selected in hand, before comparing with any flat-metal sieve illustrations that are posted online.

Typically, there will be only one size available online. That size is 60mm [2.36 inches]. It is the one limiting factor in this emancipator assembly. It must be properly placed on top of the herb-bowl! So why important? Well, it divides the lower and upper chambers with a very fine mesh size [.015mm] The diameter is still required, that it be always 2.36 inches [60mm], and with a fine-wire mesh size!



*fig 2.3. The flat-metal sieve of diameter 60mm is found in the US marketplace, and most useful to add to the emancipator-assembly. They are not cheap and for this reason I will supply the perfect flat-metal sieves at [Etsy.com](https://www.etsy.com). To find all that I have available at [Etsy.com](https://www.etsy.com), just do search the website with my complete name.*

In regards to the mesh size selected, 0.30mm mesh screen weave type is equal to 1/2 of one thousandth of an inch. Do see specific locations where to look and buy online this sieve and acquire two of them.

Search first here: there is a very popular coffee maker called, AeroPress Espresso coffee maker. This is a metal sieve you need to acquire. The material is stainless steel! Try to order the very exact flat-metal sieve, for it may take extra time to get it in your hands. Remember, it must be a fine wire mesh type, and not basic sheet-metal with tiny holes pressed into it!

Keywords: aeropress espresso sieve metal 60mm

Search result #1: Hint # 1, Premium Filter for AeroPress Coffee Makers Stainless Steel \*2 Pack\*\*USA SELLER\*\* \$11.99 free shipping eBay.

Search result #2: BEANS Brand Permanent Coffee Filter; bundle of two for AeroPress; some Vietnamese Coffee Presses ("Phin") or Moka Pots; #6, 60mm price \$8.99 plus shipping: Amazon online!

Another search result #3: 4-Pack Reusable Stainless Steel Filters for the AeroPress Coffee Makers by Housewares Solutions (4). PRICE \$10.95 + SHIPPING. At Amazon online.

### **FINE METAL SCREEN THAT IS ACCEPTABLE**

With any of the above, the selected flat-metal sieve will be sat exactly over the entire herb-bowl. The finer the mesh size, the better will be the heat conductivity within the herb-bowl. Also, it is the more difficult to locate on the internet than any of the other items required to assemble the emancipator-assembly, for perfect operation at home.

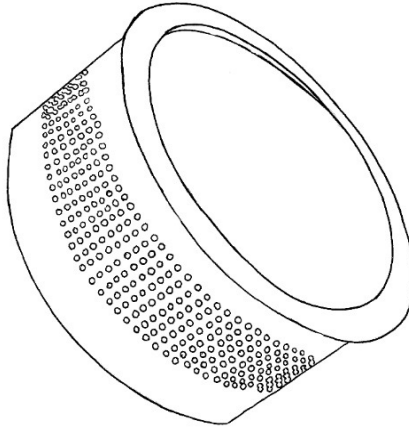
### **EMANCIPATOR-SHELL**

Item #3: The last of the three items required to finish the emancipator assembly is the emancipator-shell. I have selected this typical stainless metal shell - for it comes in a four-pack order of very little cost to the reader. The instructions below will be complete, so follow all instructions to the letter.

This emancipator-shell [after DIY task finished]: it finished wiring effort, all will be fully useful to the reader. All that is needed here are two flat-metal sieves [each 80mm], and a herb-bowl with lid, which was bought online: all can then be placed on top the Waring coffee warmer and then daily inhalation sessions can begin with a several herb-powders purchased online.



## ANOTHER SHORT HISTORY



*fig. 2.4. The emancipator-shell took the longest to configure. There are micro-climates that must operate in harmony, yet both must be kept separated by way of one specific screen-barrier called, the flat-metal sieve. This flat-metal sieve fits the herb-bowl perfectly. The good news here is there is no need to change the herb-bowl even with the DIY emancipator-shell soon to be discussed.*

## CONSTRUCTION DETAILS START BELOW

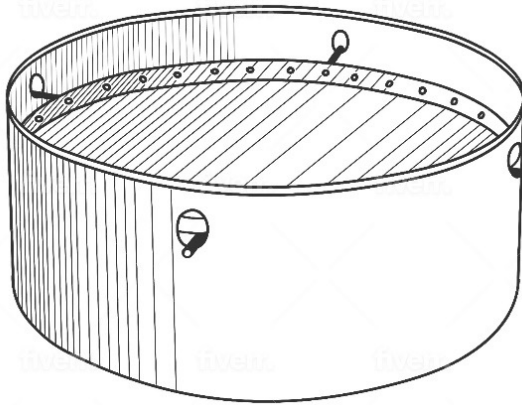
I am confident this DIY emancipator shell will serve the reader for many years. I have added the flat-metal sieve 80 mm with 0.30 mm mesh screen weave type to aid any reader wishing to buy from me at [Etsy.com](https://www.etsy.com)

Here is the best online source to finish this DIY dry-diffuser effort at home. Below is the only recommended emancipator-shell needed. Please follow the instructions in making all four competed emancipator-assemblies for a few family and friends.

The item itself is available online. Be sure to buy only this Cake Ring Size [3.125 inches diameter with a 1.58 inches in total height].

There are wider diameters called, Cake Rings just ignore them. The correct size is only 3.125 inches diameter [60mm] emancipator-shells. The reason is the silicone ring made in China will still fits perfectly.

The keywords are Round Cake Rings, Cake Molds, Dessert Rings, Pastry Baking Ring Molds; all are in sets of four [be sure to select the 3.123 inches diameter with only 1.58 inches in height].



*fig. 2.5: This is the DIY emancipator-shell [sized 3.125 inches diameter] and by way of a cross wire weaving be effectively held via four holes each 0.125 inches in diameter. The wire should be stainless or aluminum. Many kinds of stainless steel flat sieves will fit here, but select only the 60 mm size [2.36 inches] it will allow heat with essential oils to escape to the outer parameter [secondary heat barrier].*

Please note, the emancipator-shell ordered from China is available in a one-piece weldment. I will offer this “flat sieve weldment” at [Etsy.com](https://www.etsy.com) to complete the emancipator-assembly for many of my readers. It will accompany a shipment of four capsule machines and four hole brushes likewise. Try to help your friends if possible!

Also note, the DIY emancipator-shell is a “close cousin” to the commercial-version that I will make available later in year 2024. In short, many of these items are hard to find online. So in the family & friend kit #2 which will be soon available at [Etsy.com](https://www.etsy.com) - I'll be offering four capsule machines, four hole brushes, two spoons added, one 75 mm flat-metal sieve and one 60 mm flat-metal sieve for putting together a complete emancipator -

assembly. This family & friend kit #2 will be made available at [Etsy.com](https://www.etsy.com) in 2024. The price will be fair.

Again, the drilling of four 1/8 diameter holes should be close to the one edge to be the top of the emancipator-shell. I wire all the holes, so I can just lay the flat-metal sieve on to of it. I have wired the 80mm flat-metal sieve in, so to not lose the sieve ever. The cleaning of it is often [instructions will follow in this chapter].

With the completion of this wiring of the emancipator-shell, place what ever flat-metal sieve you purchased online. From here it will be easy to begin an inhalation session.

Just fill your herb-bowl with pre-selected herb-powders and next do add the extra “other flat-metal sieve on top of the herb-bowl. Be sure to place these two items onto the Waring Company's single coffee warmer. Next place over them the DIY emancipator-shell with its flat-metal sieve in its proper place and turn on the dry-diffuser machine on. About fifteen minutes, deep-breathing events can now begin!

## **THE SILICONE MAT AND THE SPOON**

There are but two more items useful with both the Waring Company's single hot-plate and the emancipator-assembly. They are one silicone-ring and special spoon to put the correct amount of herb-powders into herb-bowl every time.

Search result #2: eBay – 2Pk Non Stick Fried Egg Shaper Kitchen Silicone Pancake Ring Mold Cooking Tool. Price \$7.99 for two 4 inch silicone rings + free shipping.

The one silicone mat has already been corrected in China. The reason is to provide the proper fitting to the Waring Company's model. The good news, it turned out to be a perfect fit. The self-administer should not touch emancipator assembly at any time when in full operation. Even switch is “hot to the touch!”

Also note, the DIY dry-diffuser has a “safety mat” for home, office and especially for all vehicle use. Because the Waring single coffee warmer was pre-selected, I had to re-design

another silicone mat. This will be called kit #6 of family & friend offers at [Etsy.com](https://www.etsy.com): it will consist of four capsule machines and four hole brushes, two spoons with one 80mm flat-metal sieve for emancipator-shell and one 60mm flat-metal sieve for setting on top of the herb-bowl. The silicone-mat will be included. This price will be a far fair for all my readers!

to the commercial-version that I will make available later in the year 2024. In short, these actual items, that are hard to find one of the two flat-metal sieves. So in the next family & friend kit sold at [Etsy.com](https://www.etsy.com) I will be offering four capsule machines, four hole brushes to all holes kept dry-clean, then two spoons added and one 80mm flat-metal sieve for emancipator-shell and one 60mm flat-metal sieve for setting on top of the herb-bowl. This family & friend kit #2 will be made available easy 2024. The price will be a fair one for all my readers wishing to become students at herbs-by-wellness.

Item #4: Again, the silicone ring, it is one special size, inner diameter 3.25 inches and the outer-diameter of about 7 inches; all of which are required to protect, if the Waring Company coffee warmer is put into operation be it: house, office or a moving vehicle!

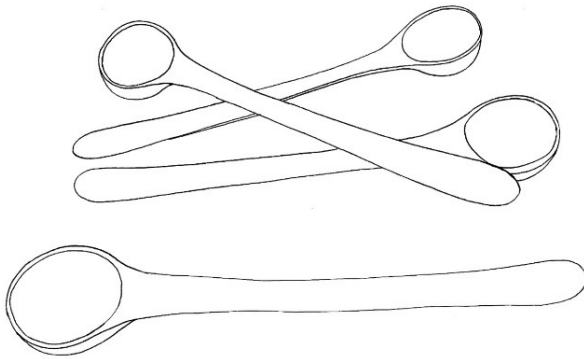
The original purpose for the silicone ring is to protect the emancipator-assembly from slipping off at any moment, especially if put into any vehicle. Yes, the mat is put there for an important reason, safety. To stop the emancipator-assembly from slipping off.

The add the dry-diffuser to a vehicle is worth it, if the driver is on the road for many hours at a time. Such situations come to mind be they; truck and taxi drivers. But long-distance commuters could have some interest to install their own DIY dry-diffuser: to protect themselves when traveling on the streets [Covid-19 is still active and dangerous].

If the idea is to place one of these dry-diffusers into a vehicle, be careful how you place it within the passenger compartment.

Avoid placing the dry-diffuser near plastic molding within the vehicle. Avoid children nearby or animals of any kind.

To attach the silicone mat to the hot-plate surface, use some high-temperature sealant. Place some sealant underneath the cut out silicone mat [bottom side] and then place it "centered around the hot-plate!" Try to keep the silicone mat "mostly setting off the hot surface," if possible. Or select a silicone mat, to cut from, that has bumps or ridges on it, lifting most of the mat "free of full contact off the hot plate itself." Many trivet silicone forms are okay, but all require some cutting to fit properly the Waring Company's ingle coffee warmer.



*fig. 2.6: the spoon drawing here. This type of spoon is the perfect size for self-administering [placing] known amounts of herb-powders into the herb-bowl. The mixing of herbs is perfected with this spoon.*

Item #5: The spoon has a specific amount it must hold and deliver to the herb-bowl. The size of the herb-bowl allows for six full spoonfuls. If the spoonfuls are leveled off, the number of spoonfuls will increase to seven, the very maximum. I have not yet added seven spoonfuls, only six is preferred!

Please note: one spoonful means one teaspoon leveled off. I will hope the reader gets the right spoon, for correctly fulling up the herb-bowl is made both easily and accurately. It is best to avoid over filling herb-bowl.

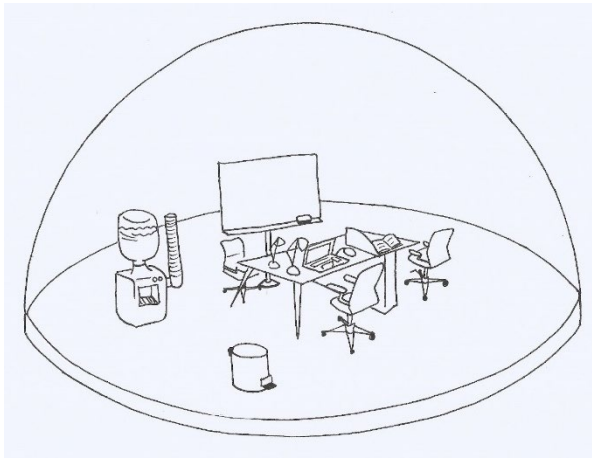
## **THE SPOON**

Why is the amount required to filling up the herb-bowl so important? First, it is the herb-bowl that restricts the actual amount of herb-powders that can be processed during each inhalation session. Second, herb-intermixing allows for ample air to be entrapped within the herb-powders poured in the herb-bowl. Third, the heaping of herbs in the herb-bowl, this rule has been plainly stated in this chapter. Please avoid over filling the herb-bowl!

In short, the ideal number of spoonfuls is six, that easily will fit in this herb-bowl. The ideal gap between the flat-metal screen and the herb powders filled just below is to be maintained at one/eighth inch or more. Allow herb powders to not touch the flat-metal screen, If this condition exists, then the dry diffuser will most likely malfunction! It will take some practice inserting herb-listings into each herb bowl.

## **WHY IS THIS DRY DIFFUSER SO IMPORTANT IN THE HOME**

When a person takes in ambient air flowing through their nose or mouth, it is the air molecules “commingling together within moisture droplets abundantly [room humidity]. This is where most of the airborne moisture abounds and therein carries most unwanted low-life intruders all about. It is where most of the free floating essential oils will roam. I believe when both entities do meet, an aggressive business begins! All the essential oils [living entities] leap on all sorts of low-life creatures within all the humidity droplets, or even freely floating in the free air. The killing of these low life creatures is slow but sure.



*fig. 2.7: If the space is but a small room [office], the concentration of recently liberated essential oils will be fully apparent within twenty minutes or less. If the room is partly closed, as in not fast moving air, then the humans passing by will surely be taking into their lungs ample amounts of essential oils collectively called, "benevolent effects."*

The closeness to the dry-diffuser determines, if huge benefits are possible or not. The best distance is 10 feet or less. The ideal closeness is but a few feet.

Taking in deep-breathing events [best to use the hood often], which serves the individuals in the family one at a time.

Again, the room is first protected, followed by all the occupants nearest the dry-diffuser, and then with concentration of essential oils – with the hood installed!

## **WHY IS THIS DRY-DIFFUSER SO IMPORTANT TO OPERATE IN THE VEHICLE?**

When leaving the safe-zone; be it home or office [where dry-diffuser has been installed], going outside upon the street or shopping is a risky business these days. I take my face mask and extra plastic gloves with me always. Best that the reader follow – likewise! I will soon be installing a dry-diffuser into my car. The benefit is likewise huge, and the consequences for not

having addition protection in my car is close to getting more dire!

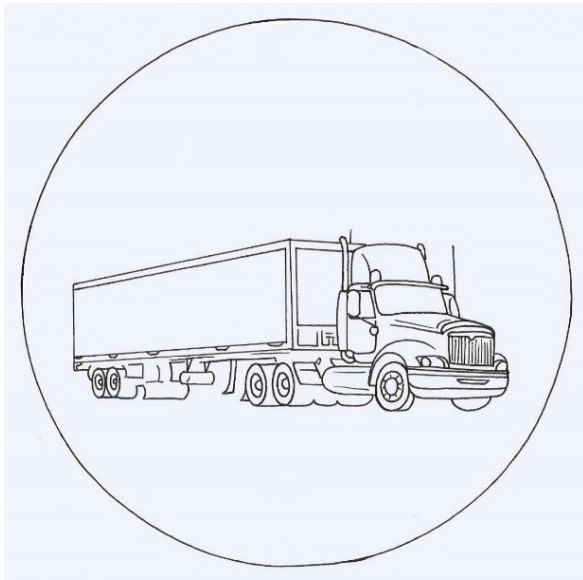
The human body welcomes true essential oils [even volatiles]. It is the home, more so than any office or car, that ample amounts of essential oils can enter in the body. There is a special opportunity here, for the silicone mat if tied to the hot plate; such will restrict any slipping off the hot plate possible.

The compartment of the vehicle is going to allow for ample levels of essential oils; of which means more protection while traveling on the street!

This is for sure going to happen, if a dry-diffuser is installed inside the vehicle. It is for sure, any newly entering low-life creature [get attached in the nose or mouth] such low-life creatures will also be attacked by free floating essential oils within the cab compartment!

The word “environs” means in this book any space that is enclosed, but can be partly left opened. Homes are the easiest to meet this requirement. Whereas offices are the least. Why so? Well, most office space is with restricted areas. Some share space with others. Which means, requirement is notification of persons within twenty feet – in all direction.





*fig. 2.8: The great news, the odors released by a working dry-diffuser could be reached as far as twenty-five feet away from the source! Most car compartments are much smaller. It will easily occupy the interior of any car or truck or cab with ample essential oils.*

Remember, to go out of house or office, any chance of catching infectious low-life creatures will increase greatly. The vehicle power to hot up this dry-diffuser is any convertor 12 VDC to 120 VAC sold in auto supply stores. For these trucking industries – such could further assist continued employment by the thousands of truck drivers failing to sick often while traveling across the country.

### **SELF-ADMINISTER INHALATION SESSIONS — PERFECTLY**

Inhalation of selected essential oils is the best means to achieve higher levels of wellness throughout the entire body! The main reason is for just a few minutes all of the essential oils [live entities]; they are floating within the blood stream. The main exception is many of the tissues in the mouth, nose and throat zones will seek the adherence of thousands of essential oils – many hoping, to win any relief from nature's low-life intruders

currently self-attaching to hundreds of the healthy tissues in the mouth.

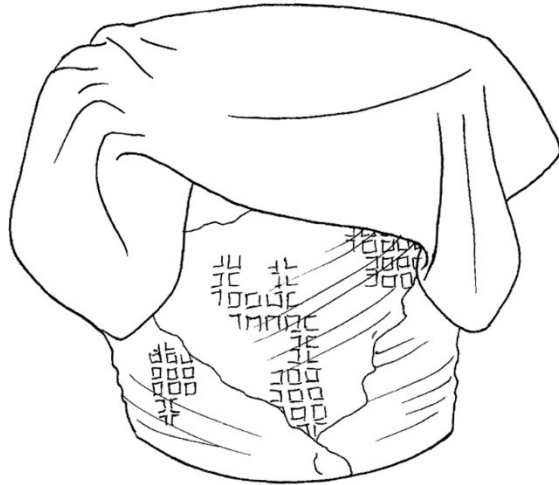
## **HOW MANY DEEP BREATHINGS ARE TAKEN IN EACH INHALATION SESSION**

During each beginning inhalation session, the family member should take in fewer extra deep breaths with essential-oil's being taken through the mouth. Why? The sinus tissues will need the most help for any family member in the house.

For this reason, I have designed a special hood with cloth towel [cheese cloth] for proper concentrating [2-4 times]. The instruction on how to make this hood is to be discussed shortly.

The hood-assembly is sort of a concentrating tower [another DIY project], where essential-oil's [living entities] can roam about but in this limited space.

The concentration of these essential-oil's will continue to cluster themselves all up in a limited space under the hood. It is here that the deep breathings events are the most useful to the pulmonary tract. To place essential oils [living entities] into the lungs will take little time, and should not be rushed or extended but for a few minutes at a time!



*fig. 2.9: The hood was made to witness if essential oils could possibly be managed at some concentrated level. The height of the hood was kept sixteen inches and tallness; it was to match width; be it 16 inches in diameter [likewise]. With this particular size, the inhaler is placed in a "safely zone" from ever getting burnt.*

The amazing result here is both the room and the hood, such served man in a perfect manner. That is with ample essential oils were free-floating all about the room, but with a much higher concentration of essential oils [all living entities] wondering within this special hood.

To make this hood in the beginning, I used a taller plastic trash-can [cut out its base], as my first hood assembly. But later on I, changed this idea, by making the hood with some garden-plastic fencing. Then I covered all the plastic fencing material with a stretch-plastic wrap to seal the outside diameter of the finished hood. I hope the reader can make his/her own hood with these basic instructions.

The concentration in "DIY hood-assembly," will increase many times the normal free-floating essential-oils, that is, then in the room. I've the hood in easy reach!

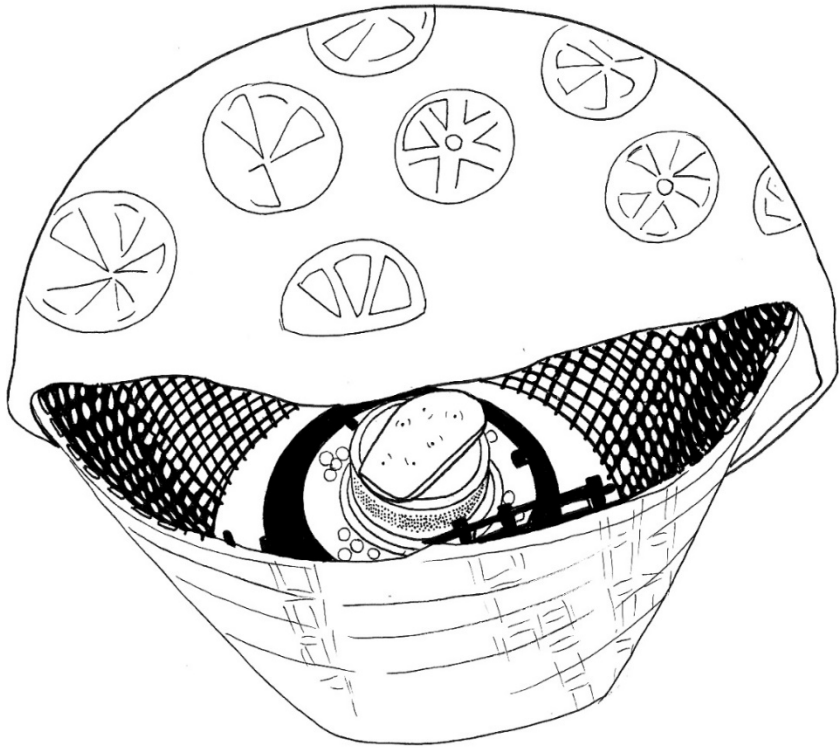
Alert: If you are having any severe-itching occurrences in either the nose and throat, what can be done to stop it? Simply approach the dry-diffuser when it is turned on and place the

hood-shell over the dry-diffuser. Begin to take in a few deep-breathing events, four to five of them, and then back away from the dry-diffuser itself. Try to hold each deep breathing amount in the lungs for a minute!

Be sure the dry-diffuser has been freshly installed herb-powders. Then come back a few more times over the next four hours, taking even more breathings for the day. Then do repeat often the very same routine the next few days. Do only once a day and not more than twice.

If sure the dry-diffuser has been freshly installed herb-powders, then turn dry-diffuser on and wait twenty minutes. Be sure the towel [thin weave] is flat on top of the hood. Then raise it up, partly, to begin taking in to the lungs, a few repeats of deep breathings.

It's now time to take in ample essential oils directly through in the nose, so close mouth and draw in deep breathings into the lungs. Repeat these deep breathings a few times and repeat later in the day.



*fig. 2.10: Three deep-breathing events at some particular time frame should yield ample protection in the nose, mouth and lungs. Did the reader notice the bread being toasted in this illustration? Why is it there? It is to taste real living essential oils coming out of the dry- diffuser – in a perfect manner. Easy to record each tasting result in one's log book [further discuss below and in chapter five].*

In my house, this hood is always nearby to protect my entire family.

When the family goes out of the home, I will always turn on the dry-diffuser with a fresh batch of herb-powders to protect all members of my family. It takes days to get sick from some incoming low-life entering the pulmonary tract. I do not wait to see any doctor when members are coughing or have itching throats. I do it always [deep-breathings], whenever another person crosses my path, be it, in the street or some local shopping event.

Again, I must add other protective herbs in to my lungs [coming off my DIY hood assembling] – saving thousands on doctor bills in the meantime. How do I do it? I put the hood-shell over my turned on dry-diffuser and cover it with a small thin dish towel. Within twenty minutes the entire family is taking into their lungs a few deep-breathings events. This exercise is common practice with entire family now, and I do it so “perfectly,” that the hood is always nearby my side!

## **MAINTENANCE REQUIRED FOR EMANCIPATOR AND RESTRICTOR**

The cleaning of the emancipator, as well as, the flat-metal sieve will require a special process. The top screen of the emancipator-shell, as well as, the restrictor disk setting on top the herb-bowl. They need to be cleaned with a small flame.

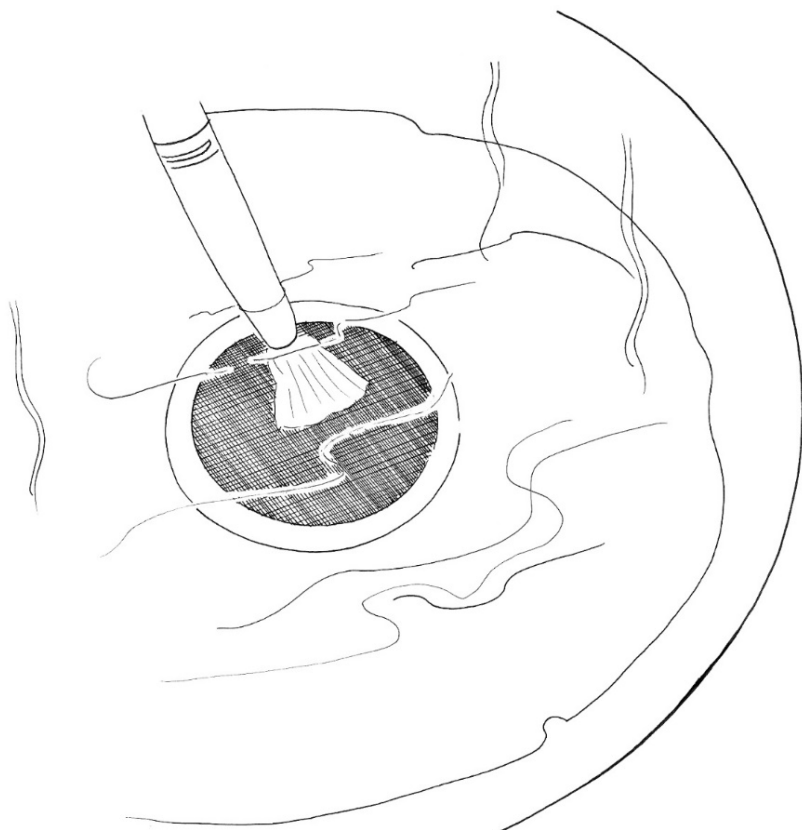
Suggestion: Do use a small plier to take hold of both these “screen restrictors,” before applying any open flame to them. The targets are spots of solid resins stuck with the fine wire mesh fibers. Yes, some will get big enough to clog them!

When applying a flame to these solid resins in the sieve-fibers, do not inhale any of the smoke coming off the stainless metal wire-fibers. These concentrations are contaminated.

Yes, there will be ample smoke arising off the metal-sieve mesh-areas, during the burning process. Do avoid taking in any of this waste-smoke into the lungs: it is only smoke of “dead entities anyway,” that will be useless to your mouth, nose and lungs! Avoid taking-in “any smoke” in this cleaning process – at all costs!

Caution: When burning up these clogged-up spots on the metal sieves, do turn each sieve over often with a kitchen metal tong [or metal-plier] in your hand. Do apply even more of the flame over these clogged up metal screens, until most of the wire mesh [metal matrix] is freed of any clinging-dead plant matter [resins]!

Again, do repeat turn-overs by way of “flame-cleaning,” all areas still clogged up. Always directly apply the flame upon the screen mesh that continues to remain all clogged up. I also advise, that any reader avoid attempt “tongue lickings” anywhere on the mesh- metal wiring. They could have “ting barbs” that will surely cut your tongue up – making it perfectly bleed a few minutes! Again - always avoid the taking in high levels of dead-essential oils and/or volatiles coming off in smoke form.



*fig. 2.11: The best brushing tool for metallic-mesh surfaces is a simple one-inch paint brush! It can be used to brush the emancipator mesh wiring and even the flat-metal sieve's wiring. Do not brush aggressively. The mesh wiring can be moved. That is why, only open flames can remove the wasted essential oils stuck-in-place of the fine mesh.*

## **KEEP A LOG BOOK, TO HELP YOU KEEP PROPER RECORDS**

This book has six-unique chapters. The first is theory and my ideas, that I have acquired over the years. The other five chapters each require the reader to learn several special disciplines. I have in my home study over fifty herb-powders. My own note taking is not the best, so please do your own research, even with the herbs I'm attempting to justify as being important to my own living longer and suffering this in this life!

## **THOSE PERSONS PREFERRING HERBS RIGHT AWAY, CONSIDER THE BELOW**

Many consumers buy or assemble their own herb-powders into empty capsules. I will release several key essential oils, as practical information to the reader, only because it is part of my first-person report. Do not consider them very lightly. Do study them in detail if you wish to discover exactly why I've chosen them.

These are some of my own selected herbs from plants of burden: Sage (*Salvia officinalis*), Basil (*Ocimum basilicum*), Thyme (*Thymus vulgaris*), Rosemary (*Salvia rosmarinus*), *Artemisia annua*, and Dandelion (*Taraxacum officinale*).

In addition, are Lemongrass (*Cymbopogon citratus*), Calendula (*Calendula officinalis* L.), *Artemisia absinthe*, Peppermint (*Mentha × piperita*), Boldo (*Peumus boldus*), Pennyroyal (*Mentha pulegium* L.), and horsetail (*Equisetum arvense*).

Why is horsetail so critical for humans with mental conditions? Here is – horsetail [*Equisetum arvense*]: it is a popular fern that has been recorded as one folklore medicine. It was used as a herbal-remedy for the Greek and the Roman Empires. It's believed to be applicable to multiple medicinal properties, as in past records to improve the skin, hair, and bones! There is a much more important feature within horsetail than what is revealed online. It is a unique herb that relieves serious problems in the brain, itself – and for long-term!



It was used traditionally to stop over-bleeding, heal ulcers, wounds, and to treat tuberculosis and kidney problems. Here is a link to get more informed from Mount Sinai on horsetail.

Please read, [<https://www.mountsinai.org/health-library/herb/horsetail>].

There are lots of alerts given to readers [fewer disclaimers], even in the Mount Sinai article. But I've been taking horsetail in empty capsules for over ten years.

Many websites do use such disclaimers! Yet, I have never gotten in trouble with any authorized herb posted cautions. Why? For I always take only one capsule a day - no exceptions of each pre-selected herb. It is most difficult to get in trouble taking one capsule/day!

Most of the hospitals, that are well known in America release useful information to their customers. Mount Sinai is a worthy location and source of useful medical information always. Please consider them important to read and take notes from. There are many other herbs that help the brain avoid "disassembling events." I do recommend spending extensive research time on "how to maintain-your-health." Why, to live longer!

## **STEP ONE**

Select a place the owner of the dry-diffuser will occupy for at least 4-5 hours, without much foot traffic around. The goal is to place the dry-diffuser nearest the "working or setting down place," as in the one to benefit the most in the home. In regards to putting a dry-diffuser in the bedroom or other place, be sure it is sectioned off from the rest of the house, a small room or surely curtained off.

In case of the vehicle, the best location is the passenger side of the vehicle on a floor mat; or put it on the back floor mat is acceptable. Once setting safely on the floor mat, avoid any sort of animals wondering within the vehicle!

Try to keep the dry-diffuser away from where there is any excessive movement in your work area. If a near by air conditioner is too close [move else]. The hood's usefulness is in any area that has the least air-movement.

Also, no open food on trays nearby! Do not put any food or drink on the hot-plate either. It's your exclusive heat source to keep the DIY dry-diffuser functioning 24/7. It takes extra work to effectively capture "long-term" higher levels of wellness with herb-taking!

USEFUL TIP If the reader wants to know one excellent fungus protector. One medicine name is Ketoconazole 2%, for skin use! I use this cream on my toe nails. I put the cream over the damaged nails with a thin piece of plastic [to seal], then cover toe nail with thin tape! I think this is the only fungus cream. It is not cheap!

## **STEP TWO**

Fill each herb-bowl with selected herbs exactly the same way; avoid putting too much. If the herbs selected are not in powder form, select another herb-powder. I have had the same problem here in the United States. So of the herb-powders are no so well researched, thus very few reports found online. Do not go further with buying them, just select another herb-powder.

The main areas of concern are the pulmonary tract, the digestive tract and the skin-barrier and the fatty tissues pack below. The blood stream in the carrier of all essential oils anyway. So herbs that service the blood and fluids of the body are the vital concerns here. The science documents will list many herb alternates if you browse several of them on any pre-selected herb. I must have ten herbs that service the blood stream and same amount that service fluids of entire body.

## **THE NEXT CONCERN IS THE STORING OF HERBS IN THE HOUSE**

Herbs are typically stored in three types of containers. The bulk storage [shipping container], the service bowls which hold a handful of herb-powders, and bottles that hold finished herbs-in-capsules. All of these specific areas must be out of direct sunlight and in dry places of house. The service bowls should have screw-on lids for secure storing in the work area! Then the finished herbs in capsules are stored in glass or plastic bottles with screw lids. Also, I have been storing all finished herbs in some plastic tray that easily holds about twenty-plus bottles.

## **THE OPTIONAL PROFESSIONAL GRINDER PURCHASE**

Try not to buy a grinder, unless you are self-serving patients after several years of personal self-experience in all sorts of herbs worth taking daily & long-term!

Key words: herb grinder electric 25,000 RPM – 500 G to 1000 G Swing Type Mill Electric Spice, Nut, Coffee Grinders Author's note, do avoid getting any of the larger versions. I ordered the 1000G version myself!

## **STEP THREE**

I repeat, the number of filled spoonfuls added to the herb-bowl is typically six times! The spoon size is 2 grams [or 2 ml] worth of typical powders. I have a special spoon that will be included in the family & friend kits offered at [Etsy.com](https://www.etsy.com).

I will explain in more detail shortly.

But before I do, the temptation to “over fill the herb-bowl” must be avoided at all times. Why? The herb-bowl is tiny and most silverware in the kitchen will not be useful. They can be expensive if bought in small individually. There can be some nice spoons online with these keywords, bartender spoons. It is not an easy fix, so I will be making them available in several family & friend kits at [Etsy.com](https://www.etsy.com)

The goal is to develop a routine serving of herb-powders into herb-bowl be the same application every time. When using a 2 gram spoon, the application is number of spoonfuls needed to fill the herb-bowl without thinking too much is being put in!

## **PRACTICE INSERTING A MIX OF HERB-POWDERS INTO HERB-BOWL**

It is these six herb-filling events that are required to finish filling up each herb-bowl. Note: no matter how many different herb-powders are applied – never overfill the herb-bowl!

For example #1: to test one single herb through the dry-diffuser, pour into herb-bowl six-leveled teaspoons of selected herb-powder. Be sure this herb-bowl is not over-filled. Do maintain gap-rule 1/8 inch air gap!

For Example #2: To test five herb-powders through this dry-diffuser, pour into the herb-bowl a single teaspoon [level] of each selected herb!

For Example #3: To test three herb-powders through this dry-diffuser, pour into the herb-bowl a double teaspoon [leveled] of each selected herb!

The idea is to keep a small air gap – no matter how many herbs are selected to be put into any herb-bowl, before dry-diffuser is turned on!

## **BEGIN WITH FILLING THE HERB-BOWL WITH THREE HERB-POWDERS**

Why am I discussing the filling of herb-mixes into a single herb bowl here? I had begun filling my herb bowl with a single herb. The results were not impressive at all. So I began filling the herb-bowl with two different herbs. This lasted for a few months, before going to three different herbs put in the herb-bowl before turning on the dry-diffuser. I'd kept doing this arrangement of herb-mixing in herb bowl for many months. The reason was both smelling and tasting test results; they were all the most interesting to record down in my lab book.

It all changed for me, when I began the herb-mixing of six herbs put into single herb-bowl! I had more complicated note taking [difficult to write down in words the smells and tasting results] to put into my logbook. The good news all but the deep-breathing events became “most effective for my entire family.” I still do not know why, but currently serve only six herb-powder portions to myself and all the members of my family. How? By applying six-spoonful amounts put in herb-bowl!

I recommend the reader start with three herb-powders placed perfectly into the herb-bowl for six months to one year. Then move to six herb-powders put into herb-bowls from then onwards. Always finish the process by covering filled herb-bowl with the flat-metal sieve and then add emancipator-shell. Be sure to place all these items on top of the Waring coffee-warmer with single hot plate. Turn it on! Enjoy living essential-oil's filling up the room, office or vehicle.

#### **STEP FOUR**

Again, always place the flat-metal screen on top of the just filled herb-bowl. Make sure it has been properly filled, not ever over filled, not touching any part of the flat-metal sieve. Do fill up the herb bowl properly and then place “on top” the flat-metal screen: centered perfectly before covering both with the emancipator-shell.

The flat-metal sieve on the herb-bowl is a separator barrier, so the essential oils go through it with energy given them. That energy is oxygen molecules. It is a mystery to scientists even today. How is this possible? I believe the living E.O.s [essential oils] can some how attach oxygen molecules within their bodily frame!

#### **STEP FIVE**

The emancipator-shell must be positioned in center on the hot-plate [with herb-bowl and flat-metal sieve], before trying to “turn on” the coffee warmer's power. The time the dry diffuser should be left on is four to five hours in a single session.

Each inhalation session must be placed in the proper place of house, office or vehicle, in the latter, that is in the floor space back seat area.

Do not touch the emancipator-shell with your bare hands, only after turning it off and waiting 10 minutes or longer. Be sure the power is off and let it cool down.

There is something amazing that has not been tried before with such a useful inhalation device. It is the placing of a small piece of fresh bread on top of the emancipator-shell.

I did just that for months. I left the fresh-bread piece on top of emancipator-shell for a few hours, then ate each for breakfast. Whatever the selected herb-powder mixture is being tested, at the time, simply collect enough essential oils captured within the toasted bread in a few minutes [no more]. All their wonderful flavors are wonderful experiences to me so far! I do not think any one has ever been so tasked – to literally, taste essential oils [living entities] while stuck-in-bread!

## **STEP SIX**

To properly turn off the dry-diffuser. Turn the switch to off and wait for fifteen or more minutes to effectively cool down the entire dry-diffuser, before trying to lift the emancipator-shell high enough to see the below herb-bowl with flat-metal sieve setting on top of it.

The last effort is the dump-out of waste herb-powders out of the herb-bowl. It is of great importance to record exactly what condition the waste herb-powders are at the dumping out of them.

In short, did the herb-mixture fall apart in a light-powdery form; or did it fall out in solid chunks of herb-waste powder? If the former, it may indicate something is wrong within the herb-mixture. If the former, it may indicate foreign substances.

The problem is a common one when dry-diffusing with extract-powders. Do avoid inserting any extract herb-powder in this

dry-diffuser. The reason is there ample chemicals mixed into herb-tissues to make then electrically discharged!

It is vital for each self-administer [reader] to know for themselves, if the herb-powders are real plant matter or just extracts. Also, it is possible some herbs bought online are in a contaminated-state: with unknown additives put into the herbs being ground down into a fine powder.

More about this will be discussed in chapter five. Still record any failed effects for each herb-list mixing that is processed through the dry-diffuser.

In the past, when I first started processing herbs with this unique dry-diffuser, a few of the herb-burnt wastes did display layered levels of mixed herb-powders.

I have stopped this practice, except when one or more of my herbs are acting like an extract. I often notify the seller, that such and such herb they sold me seems to be an extract not a herb powder. In most cases, the sellers say they forgot to state that in their ads.

Soon the so called caking-factor was being recorded in my log book at each herb-dumping. If the herb-powders were poorly grown down at the factory, part-caking would be revealed! I began to study the layers caked and not caked in all my herb-wastes. To stop it aggressive mixing followed. Even today, I mixed the herb-listings put into herb-bowl by closing it with lid to mix aggressively.

Be aware, the mixing of different herbs in each herb-bowl is commonly required, so only the adulterated herb-powders will fail in the dry-diffuser – with mixing. I say this for in this chapter the reader will fill up the herb-bowls wit a single herb! The herb-list mixtures will happen in chapter five. In short, higher levels of well-ness only come visible [bodily, when self-administering herb-listings of value!

I personally believe some of the herb-powders that are bought outside America, typically could be adding adulterated compounds, simply to win more money. The acquiring pure

herbs can be expensive to some grinding factories. I usually buy herbs from the mayor seller online.

The typical dry-powdery agents are called, surfactants or slipping agents. They have no business being put into dried herbs to be ground down into fine powders before selling. Yet, that is exactly what is happening [something] in herbs brought in the United States. The consumer is at risk here! Ask the buyer [USA seller], or buy from US herb-grinders!

TASK TO LEARN: I've changed my "herb powder mixing effort" - a long time ago. Once put into the herb-bowl. I put lid on and mix aggressively.

I then remove the metal lid from the herb-bowl and set it center wise on the hot-plate of the dry-diffuser. I look down at the mixed-up herbs in the herb-bowl, to see if the blending together was complete to not. If all okay [visually], I place the herb-bowl on to the hot-plate. I put the flat-metal sieve on top of emancipated-shell lastly!

## **FROM TIME TO TIME, PRE-CLEAN WITH FLAME BOTH METAL SIEVES**

After several weeks, you will have to clean the flat-metal screen [sieve] and emancipator sieve, likewise. It is not possible to steam clean either of these sieves, or wash them by any mechanical method or solvent [never recommended]. Again, the only way to clean these sieves is with a simple passing over with the cigaret-lighter flame, some persons call a small torch. I do not have any picture to illustrate this device in this publication.

Even so, it is best to clean only with a small torch [cigarette lighter]! Remember, all the metal-sieves [individually slayed without welding of any kind], they are not to be disturbed by any mechanical effort applied to them.

Note, these fine metal-mesh fibers are extremely close together. Any mechanical brushing-over put to them will assuredly distort the fine spacing requirements of this sieve system. If



disturbed in with any direct [contact], other than originally created at the factory, such will mean the dry- diffuser would be rendered useless to the owner.

The only option is a small flame [touching the metal fibers] should make direct contact all stuck-in-place plant-based residues. In short time, the organic matter would turn into flame or smoke aggressively. In the end, no fibers would have been moved – during entire flame-cleaning process! Buying extra makes sense!

Also, be sure to hold these two items with a pair of metal pliers. Stay focused on where the flame is “wondering in and about” the clogged up fine-mesh screens. Yes, the flame can be in direct contact with all visible “stuck-in-place” dead bio-resins. Also, don't move open flame too close to the metal plier – or your hand or fingers! Also, do not set these hot items on the kitchen counter. Instead, do it outside house, in a patio or open space.

## **MY FINAL COMMENTS FOR CHAPTER TWO**

Regarding unwanted additives being accidentally administered into your body. Be careful buying herbs from anyone selling in America. Especially, if selected herb-sellers actively purchase their herb-powders from foreign countries.

The tendency is to add fillers into herb plants that are difficult to grind down into fine powders. Why add to the pure herb? Many herb-powders “carry an electrical charge” to them, especially when mechanically ground down into fine powders!

These molecular charged particles often do interfere with the manufacture's own “effective means” to grind down dried plant matter into a final end-product. For this reason alone, they persist adding dry-powders of unknown kinds to disable these electrical charges due to aggressive-grinding machines!

I've solved this problem [on my own] a long time ago. I always buy “cut & shift” herbs, and grind them into fine powders myself at home. These commercial herb grinders cost several hundred of dollars in the United States. If you wish to buy one,

just be assured they have enough [force] wattage power – to effectively grind down herb-plant matter without over heating the machine in the meantime.

These commercial grinders can grind down corn into fine powders. Their typical weight is three pounds or more [it will add shipping cost to your end-purchases towards this DIY project]. I have two machines in my home in Chile, for I have been grinding most of my herbs for years into fine powders.

Finally, if the reader is still not worried about his/her life situation – while living in the United States, especially after reading this book, please buy this book and give to your best friend. What will happen in many cases, he/she will be pounding upon your door – thanking you for given them such a wonderful gift – to live a longer life and suffer less while aging onwards is better than Christmas gifts of any kind!

Yes, your “gifted friend,” he/she will be at your side: even if you happen to be on your deathbed!

Signed,

Darrell Parrish

PS. For additional operational instructions, read carefully all of chapter five. It is here you learn how to apply herb-listings worth tasking both daily and long-term!

## CHAPTER THREE

# DIY ENCAPSULATION SHORT COURSE

### *Practical Master Tutorial 101*

#### **INTRODUCTION:**

This chapter will mainly discuss the encapsulation of herbs. Not just any herbs, but specific ones that are worth taking, daily and over the long-term. I should add, avoid purchasing store bought herbs within capsules. Instead, it is a much better idea to purchase empty capsules and then insert specific herbs of health into these empty capsules, always size 0, with a simple capsule machine. This chapter will illustrate the best simple capsule machine sold online at [Etsy.com](https://www.etsy.com)

The biggest issue with buying empty capsules online is the empty capsules base must be a particular diameter of 7.35 mm +/- 0.05. It is important to actually ask the seller [online] what diameter is their size 0 empty capsules. The main reason is most of the Chinese manufactures do not practice making their capsules by any restrictive standardized world level system.

Again, Be sure to ask the empty capsule seller what their outer diameter of the capsule-base of size 0 is! It is important to confirm this before purchasing any of them online. That outer-diameter is always 7.35 mm +/- 0.05 mm! I've another method that works well.

The current most-sold capsule machine [size 0] is being marketed by empty-capsule sellers in America. The empty capsules that are sold along with this "best selling capsule machine," are also selling the empty capsules that fit this machine perfectly! So look for capsule sellers that advertise this same capsule machine online and still ask them to verify the

outer-diameter of the size 0 empty-capsule base; that it be nearest the diameter of 7.35 mm +/- 0.05!

If the reader does not confirm their pre-selected empty capsule buyer's product, it will be impossible to insert herb-powders into empty capsules in a timely way!

## **IN GENERAL TERMS**

The gathering of pre-selected herbs in empty capsules is the only way to get essential oils into the digestive tract, blood stream and then safely settled in the trillions of "collective cells" living in cell-communities throughout the human body.

That is right, the end of the service road for most essential oils is to settle down in cell-communities to begin specific endeavor to issue their benevolent effects! I believe this statement is true. Also, most scientists believe plant-based volatiles can yield ample human benefits called, synergetic effects.

It is very important to not enter any extract-powders into empty capsules. The reason is the extracts could be too concentrated in their powder forms. Also, it is very possible foreign contaminates are mixed into some of the finest of powders!

The only extracts considered, by me, are extracts of very important herb plants like rosemary, thyme, basil, dandelion, Ginkgo biloba and Chanca piedra. Many of these are being studied and consumed in teas I call herb-drinks. The latter is of great importance for I double the dose this, compared to the other five extracts, for removing stones in major organs of the digestive tract of my own body. I am hoping to impact all calcium deposits [plaque proliferate] in the blood stream with this six-pack of pre-selected herbal extracts. Here, I am choosing Chanca piedra! The other herbs are for aiding and protecting the blood and liquids of entire body.

After six months I will take an extensive reading of organs and blood vessels to document stage 1. In stage 2, I will continue the same six herbal extracts till the end of this experiment [six months later] upon my own body. Whatever the result I will

then repeat the same experiment with the herb-powders from natural herb plant materials! To finish all these herb-extract comments, I have more details on how to make them into herb-drinks explained in chapter six. I think the natural herb-powders [not any extracts] will be the final winner!

## **FINAL UPDATE**

It has been about fifteen years of taking herbs daily and long-term, that I've set a limit to the number of single herbs put in empty-capsules to twenty-five or less. The limit has been set for me, for I don't believe I really need to take more herbs. It is not that I fear taking more will hurt me, but that some of the herbs selected are not as effective as others recently discovered.

For example, I've added a few more exciting herb-powders, of late, and I am not examining all the herbs within my current herb-listing of twenty-five. I believe five of them can be replaced now!

## **INSTRUCTIONS FOR DIY INDIVIDUALS ON HOW TO ENCAPSULATE HERBS**

To begin this particular learning effort, the reader will need to buy online some items, before they can begin inserting herb-powders into empty capsules. One useful encapsulation machine is called, The Capsule Machine.

Currently, the reader will need to buy this capsule machine [size 0], and several bags of empty capsules [1000 count per bag]. Also, there is a brush that can be used to provide “dry-clean the holding holes,” within the capsule machine. I will discuss more about this brush shortly.

Once the reader receives his/her capsule machine [size 0] and have bought a few bags of empty capsules size 0 [1000 count each], it is then this learning process can begin.

This Capsule Machine is the most sold one in the United States. The working parts of this device are complex and can easily

collect herb-powders quickly in some of the holes holding empty capsules.

The tampering tool in this model is somewhat less useful, my opinion. Even so, it is worth buying to assemble capsules with herbs in them.

Because of its cramp-ness, though; as in closeness between the filling holes, the removing of filled capsules can often get stuck in the capsule machine. Keeping clean holes for capsules-bases, be they are inserted or removed, happens often!

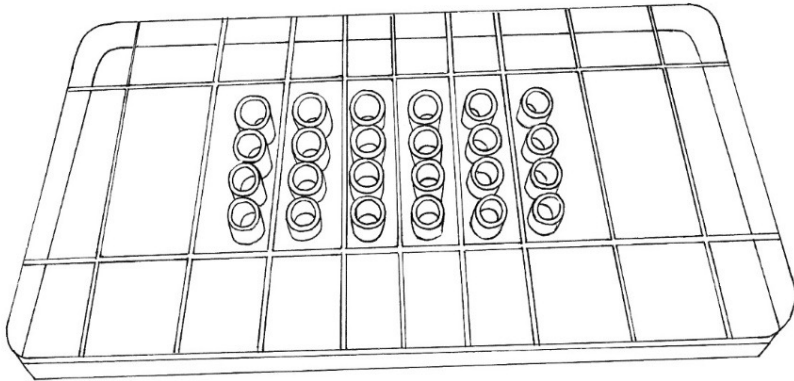
It is still useful capsule machine, in my opinion. I will enter my capsule machine, a single plastic board with precious holes, in the US market place late 2023. They will be made available “family & friend” kits first at – [Etsy.com](https://www.etsy.com)

## **THE CAPSULE MACHINE**

As for the two capsule machines that may be competing with mine, the first is, The Capsule Machine. It is being sold by many capsules and herb resellers online. The other pill machine is closer to my design, and it sells online too. The keywords may still be active, Powder Vegetable Capsule Filling Tray! Remember, if this is your purchase, get only the size 0 model. It is not aggressively available online.

The illustrations in this chapter are my pill-board, all drawn by various artists for cash. I still think my capsule machine is the best. Why? It is simpler and perfectly functional long-term – The capsule machine is engineered in a one-piece design!

The exciting news here, I have packaged my capsule machine in a special offer called “family and friend kit #1 posted on [Etsy.com](https://www.etsy.com),” to aid all my readers. This offer contains four capsule machines and four hole brushes. The price will be a favorable one to the online shopper. I've released a DIY book called, Live Longer, Suffer Less, The Herbal Guide to Improve Health. It's at <https://www.herbvested.com> to be easily download in a pdf format!



*Fig. 3.1 This is the backside of my capsule machine designed many years ago. It is very simple to work with, but needs a few items everyone has in their kitchens to make it all work perfectly and for the long-term.*

## **BUYING EMPTY CAPSULES ONLINE**

Buying empty capsules online is not a difficult business to accomplish. The main task is to confirm capsule-base's outer diameter is truly size 0. Outer-diameter is always 7.35mm +/- 0.05mm! The other requirement before selecting them is to buy them in one piece, or better said, completed! There is a huge benefit when buying empty capsules completed – they last years longer in storage, if properly kept away from both heat and light.

## **PUSH PROBES TO LOAD HERB POWDERS INTO EMPTY CAPSULES**

There are many probes to choose from in the marketplace [size fits the capsule-base]. There are two-ink pens that I use to often insert herb-powders in empty capsules. The one I use the most is the Paper-Mate ink pen [non-ink end]. The back end of this pen fits in empty-capsule bases, not touching any fragile edges.

The other pen [Bic model] I use for fine powder compacting, or pushing out the finished capsules from the pill-board, itself, after turning over [see illustrations].

## **VARIOUS BRUSHES TO MAINTAIN THE CAPSULE MACHINE [TO KEEP IT CLEAN]**

Both the Capsule Machine and my simple pill-board require constant cleaning. Dry cleaning with a special brush during the filling operation of the empty capsules is common.

The other time is during a “final washing” of pill board at the end of the capsule filling event. Some finely ground-down herb-powders carry their own electrical charges.

Because the pill board's holes are with close tolerances, the plant-powders easily “get stuck,” when plant matter gets caught in between capsule casings of the pill-board’s inner-hole surfaces.

The Capsule Machine is more difficult to keep free of herb-powders than my pill-board design. The former is with more complex design, and many surfaces within its engineering surfaces allow for easy trapping for some herb-powders.

In any case, the pressing in of capsules bases into either capsule machine often becomes too difficult to place them in their proper flush state!

I likewise have to remove dry powders from my pill-board’s 24 holes, especially if the herb-powders are extra fine! Over time, such experiences cause extra stress within the administer’s own fingers.

## **ANOTHER LIST OF HERB POWDERS WORTH CONSUMING DAILY AND LONG TERM**

This is yet another list of powdered herbs, to study and buy, all should be bought online. But if you have ample dried herbs already, just use them instead. I have mentioned this herb-listing, only because these herbs are useful for protecting the bloodstream and cell-communities 24/7.

Frankly speaking, by considering these herb-listings of mine, it can advance your pathway to acquire higher levels of wellness,



as I am experiencing right now. Once enough worthy herbs are in the human body, they do the work therein 24/7!

Here are five herb choices that have helped my for many years: *Artemisia annua*, knot-grass, lemongrass, boldo [*Peumus boldus*], hyssop [*Hyssopus officinalis*]. Study these five herbs per instructions in chapter 5 – before buying!

My common herb-powder purchases are one pound, to buy less will often mean more purchases on a yearly basis. All these suggested herb-powders will better be best prepared for body consumption by the reader, after complete all learning tasks required in Chapters 2, 3, 5 and 6!

I have been taking these herbs in my body via capsules for well over 12 years. All my daily inhalation sessions are now extending into my third year. I administer the daily inhalation sessions morning and evening, especially if I leave the house!

The reward is that it's been so long since I have visited any doctor, that I can not remember even any of their names. When I do go, I take notes in my lab-book!

## **THE DANGERS OF BUYING HERBS ALREADY ENCAPSULATED**

There are many benefits to inserting herbal-powders into empty capsules. First, it is for the saving of available money. Often when making my herbs in capsules; it is two to three times less money will be spent, when compared to store-bought herbs! Also, many premium herb-powders can not be purchased in capsule form. Only a few store-bought medicines have I actually bought in the last ten years. The main reason is the chance multiple fillers have been added to popular store bought brands!

I have witnessed herbs carrying charged particles, many times, especially when putting herbal powders into empty capsules held with my pill board. Why? I avoid all foreign herbs put in powder form in Chile, for I prefer to grind them myself at home, to be absolutely safe from any contamination by others!

## **THE DIGESTIVE TRACT**

The digestive system includes the mouth, throat, esophagus, stomach, small and large intestines, all will end in the colon; as in the rectum with its anus. Between the mouth and anal sphincter [anus] are many hollow-type organs that do permit digestive matter to pass through and be processed in singular complex molecules useful to the body. In what has been living tissues of plant and animal, now they have become useful trillions of human cells.

In short, it is the small intestine that extract the most useful molecules out of the masticated tissues, as they flow down and through the remaining digestive tract. In short, by eventually entering in the large intestine, the colon and out of body.

The colon, itself, mainly extracts only useful water. The below articles are online. They both are educational and worthy for each reader spend time to read them!

The key statement to search on Google for more: Stomach histology, author Egle Pirie. Next statement to search for is: TeachMe Physiology - author Josh Turiccki

## **WHAT DO THE LOW-LIFE INTRUDERS ATTACH TO, IN THE DIGESTIVE TRACT?**

Frankly, all humans have a hard time processing "animal oils, grease, and their waste-tissues." It is the larger pieces of animal tissue, that often get "stuck-in-place," in the digestive tract.

Regarding larger pieces still remaining therein, everything is moving slowly and around; do "aggregate upon" these sensitive tissues, especially near any gaps or folds in the digestive tract.

It's possible some of the matter can be pinching or pressing against major parts of the digestive tract, causing inflammation. What is being suggested here, some animal tissues can easily "get stuck and thereby remain," or go on their way; as only slow-wandering masses down the river hitting often "stomach

banks," for an extended period of time! Here fermentation should come to each reader's mind.

Existing bacteria and fungi spores means of breeding of their kinds within all of the digestive tract over time. Only because they were permitted to latch upon a few healthy tissues, only to grow into mature saprophytes in fermenting matter!

Also, bacteria can remain ever-clinging to fermentation islands of food matter. So much, to develop into great communities on their own; all of which can easily be transferred [internal open sores] attacking even deeper tissues of the stomach. Or better said, develop into long-term sores getting larger and larger over time. The intestines can become a grand swamp of its own.

What is the result? Open sores on-growing internally in organs. Keep in mind; parasites can become reality here!

Inflammation and phlegm are defensive mechanisms of the body. This applies to all the digestive tract's organs, which are interconnected to function and purpose. They are collectively in some level of disharmony 24/7. The reason is not always about bacteria here, but more or less based is what degree of fungus infestations are present throughout the entire body!

If the body contains arms and legs "lesions," it is evidence of some intruders are on-living just below the skin barrier. What does this mean? That below areas of open sores are ongoing "inflammation zones."

The end results are typically more entry of low-life creatures will come to the surface, making even more open sores. Some could be more dangerous: not so treatable with any of the traditional medicines!

But I have found a means of closing these open sores on the skin barrier. It is with one cream called, Ketoconazole 2%. The cream can protect the toes nails perfectly - if blood root powder is mixed within to the small batch to cover the infected toes. The blood root powder is easily purchased online. Its science name is *Sanguinaria canadensis*. But only this herb-plant powder, and never its extract!

## A FEW GENERAL COMMENTS

In regards to taking herbs by capsules in the digestive tract, it even takes “years” to get most of the body organs back into harmony and functioning properly. The evidence that my body was not in harmony showed up in the late 60s of my life. I have envisioned this event as easily being repeatable. Especially if I stop taking herbs, both daily and long-term.

Some time ago, this imaginary gateway was envisioned by me, and I named it, "balance with a strong walk." If I went through this gateway [forward], I would receive some harmony benefits to my body. But if I went through it [backwards], I would begin falling in home and on the streets, again. If not falling, at least some of my organs would continue to become “out of balance!” The worst organs to be out of balance are the heart, the liver and/or the kidneys.

If I took correct herbs put into empty capsules, daily & long-term, this gateway would not appear! Even my long-time ago angina attacks have never come back! The state of many of my organs have improve so much, I'll get medical evidence.

Whereas, if I stopped taking my daily dose of filled herb-capsules, going though it [backward] did occur within a month or so later.

The good news, by taking the correct number of herbs in capsules, once again the same gateway would reappear [not in reality] permitting me to go through it; but in the correct direction. In short, I would soon be receiving strongest feelings of a firm balance of body with strong walking ability of a youthful person. Sadly, some of these recoveries took many months longer than others! A six-month recovery is a life-warning. Do not forget taking the herb-listings that keep you ever well balanced and with joyful walking. I am 77 years of age right now at this writing.

## **A WORK STATION TO PUT HERBS INTO EMPTY CAPSULES IS REQUIRED**

The selected tools that are needed to begin encapsulation is one pill-filling board, two fruit-jar lids, two ink pens of two different types [Paper Mate and Bic pen], a paintbrush to brush off any herb-powders off pill-board back into their containers.

To clean pill board's capsule holding holes, just purchase one eyebrow brush [it must be clean]. The bristle diameter of 5/16 inch or 8mm is preferred.

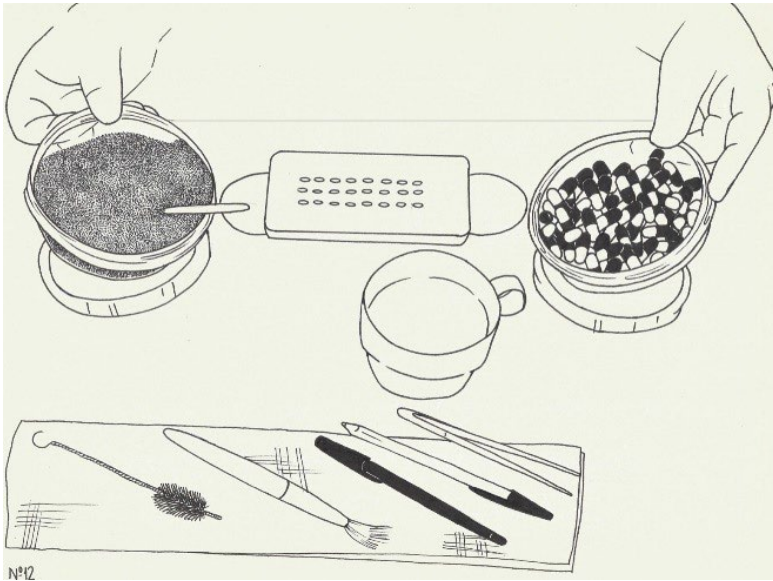
The work-station will require several items: a service tray to contain all the basic tools in. The work-station will have containers of empty capsules and a container of selected herb-powder to take from, within the assembling process.

This service tray will need to be large enough to contain the spilled herb-powders, and the various items needed to finish assemble of the capsules with single herb-powders.

So let's begin with how to set up the encapsulation work-station. The work-station should be out of the way of most family traffic. The area could be actually curtained off, or even be put into a small room. Whatever selected area, it should have a window or doorway nearby, that can be "kept partly open," when handling herb-powders.

The entire work area must be without any humid air coming from the kitchen and not be located outside of the house. The garage is probably not the good choice, nor is any small workshed in the back yard!

The workplace should be one-meter square [table top]; which has ample space to work on. Keep the work-station – open and welcome space to safely assemble all herb-powders within empty capsules. Also, it is best to "wipe down" all areas and the entire floor area within work-station often.



*fig 3. 2. This illustration is my work-station at home. As stated earlier, I've been encapsulating herbs for over ten years. The reader will develop the encapsulation table best for their own needs. Two-inch brush and the two ink pens are useful. With these items it is easy to assemble empty-capsules with herb-powders.*

Just filling a few dozen herb-filled capsules will require some effort and patience to complete. In short, finding the time to encapsulate a hundred herbs or more at a time, could become a tasteless task. The number of herbs to be filled [say six]; it may take close to one hour to finish herb-powders put into empty capsules.

I will discuss all the items on the work-station shortly. The bowl holding the herb-powders and empty capsules' both must be with air-tight lids, when closed with the hand. The single empty cup; it's the place to put the capsule-caps in a safe place.

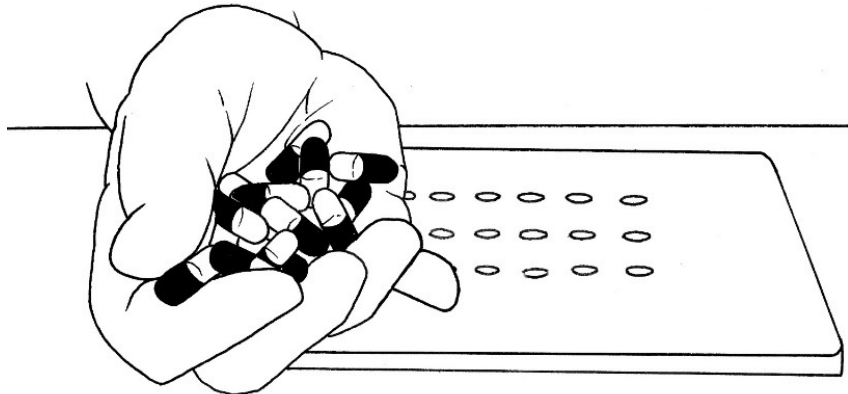
The amount of time, to actually assemble enough herbs [say twenty]; as in place within empty capsules for twenty-four days, could take two to three hours to finish. It is best to consider all these "pill filling efforts" - vital business, try never consider this herb filling a mundane task. For to stop taking them, daily and long-term; it could have direr consequences within a few months or sooner!

I repeat, the consequences are devastating. For example, I have enjoyed higher levels of wellness monthly, even a full year at once! But when I get lazy and don't fill out all my herb-list [weekly], I do begin to start feeling awful! So bad are these "imbalances to my walk," the one extreme thing, I now do fear is to go backward through the gateway!

### **FIRST STEP: PLACE EMPTY CAPSULES ON THE PILL BOARD**

With the pill-board in hand, do place it flat on any clean workspace area. Any three-foot square surface will be acceptable, but stay away from any high humidity areas, such as a kitchen table or nearby the laundry room.

Note, once placing capsule-bases into pill board, most will remain visible. Once putting them into each of the twenty-four empty-holes in the pill-board, the lifting of pill-board follows. This is when you, next place the two fruit-lid, under each end of the pill-board, some capsules-bases may try to fall below onto the work-surface [best working tray].



*fig. 3.3. With a few completed capsules in one hand, separate the end caps and place them into the plastic storage cup nearby. Continue with the capsule-bases, put one at a time, in the pill-board's 24 empty holes till all are filled. The capsule-bases will not go into the holes completely, until you lift up the pill-board higher, to allow putting fruit-jar lids side just underneath [see next illustration side view].*

Notice the position of the empty capsule bases once both ends are supported with their fruit-jar lid [underneath]. Some of the capsule bases have fallen completely into the pill board's holes, and some have not. Just push down to flush the rest of the capsule bases.

All pill-boards must allow the capsule-bases to be below the pill-board's working surface. The below distance is 2mm! There is a reason for this. All empty capsule-bases must be literally below, to avoid damaging when probe pushes in herb-powder. The pressing into each empty-capsule will assure proper amount of the herb powder will be about 500mg!

There are a few engineering requirements, that were part of all capsule machines. The falling down of all capsule-bases is the first. The second is not allowing the probe to not make contact with any capsule-base! If any of these are effected, the filled capsules [their caps] will not click closed.

What makes this assembly business even worse, are the larger capsule machines being offered online. The main reason is many capsules are being put together at once. The Chinese capsule business is in turmoil. They have produced "out-of-spec" empty capsules for many years. Because many were larger or smaller than "the standard" all capsule makers agreed to, many of the Chinese capsule makers had to make their own capsule machines to sell their empty capsules.

This confusion continues even today, only a few Chinese-capsule makers went to engineering staff and conformed to the world's capsule-size standards! For this reason some Chinese still sell their capsules with their capsule machines – to fully capture customer business!

## **THE CAPSULE BOARDS THAT ARE USEFUL TO STANDARDIZED-EMPTY CAPSULES!**

To look at one of the several required features of all standardized pill-boards: clearing distance by all capsule-bases must continue, avoiding damaging during the herb-filling

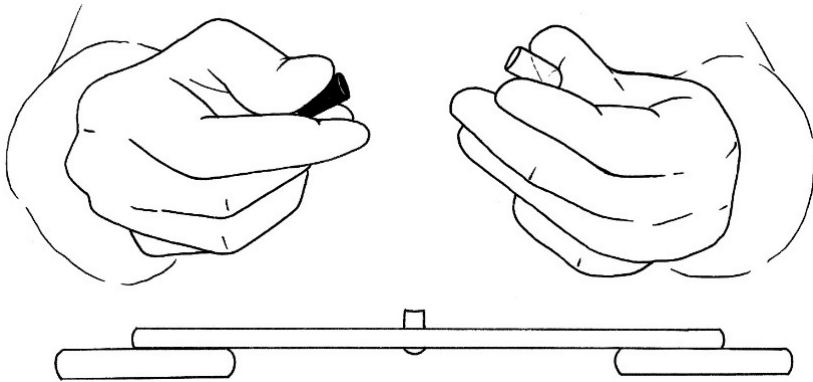


process. Please note: for those willing to take a closer look, the distance of each capsule base has to be 0.08 inch [2 mm].

The purpose is not allowing any plastic probe to disturb any part of the capsule's "matting edges." For if any damage does occur; be it bent or split or deformed in any part of each matting-edge surface, that these capsules will fail to close perfectly with a closing click [that can actually be felt to the fingers]!

When selecting fruit-jar lids [to place underneath the pill-board], select a size that is not wider than the narrower side of the pill-board. The selected fruit-jar lid, it must have a height of 0.394 inch [1 cm]. The good news, most fruit and vegetable-jar lids are close to this specific size.

With this specific height, the capsule-bases will be 2mm below the surface of my pill-board! I suspect many small glass-fruit jars have the correct tallness that is required!



*fig 3.4. Here is a side view, so that the reader realizes the usefulness of the fruit-jar lids, letting all the capsule-bases be inserted completely flush [by way of the "push of them flush" to pill-boards working surface. The capsule-base [longer capsule part] then can be pushed downward – flat to pill-board's working surface. The caps[ smaller capsule part] should be stored in a small cup on the table.*

Also note, both hands will be useful to insert the herb-powders in empty capsules. This unique pill board must be placed on top

of two fruit jar lids. To manage the pill-board properly, it will require some special “learning steps.”

If the reader prefers a real probe, the working diameter of it must perfectly fit in the capsule-base with a small gap. If the gap is too large, too much herb-powder will escape into the air, causing extra work and time.

I can complete 100 capsules with herbs in about one hour. Note, when buying the Paper-mate pen to accomplish herb-powder filling task, bring an empty capsule to test it. The Paper-mate end pen must not touch the diameter of the capsule-base!

There should be no force put directly upon the "pill board." Its mission is to “hold all the empty capsules.” The proper amount of herb-powders must pour onto the center of pill board always.

The pushing herb-powders with the probe will be another learning task to perfect. Over time, the pill-board will get herb-powder fragments "stuck" inside the twenty-four holes in the pill board. The tolerances are extremely close [7.35mm +/- 0.05mm]. This is the outer-diameter of all capsule-base – size 0!

When this condition occurs, just dry-clean the holes with the test tube like brush. Many eyebrow brushes are perfect “substitutes.” Their bristles should be at least 5/16 inch [8mm].

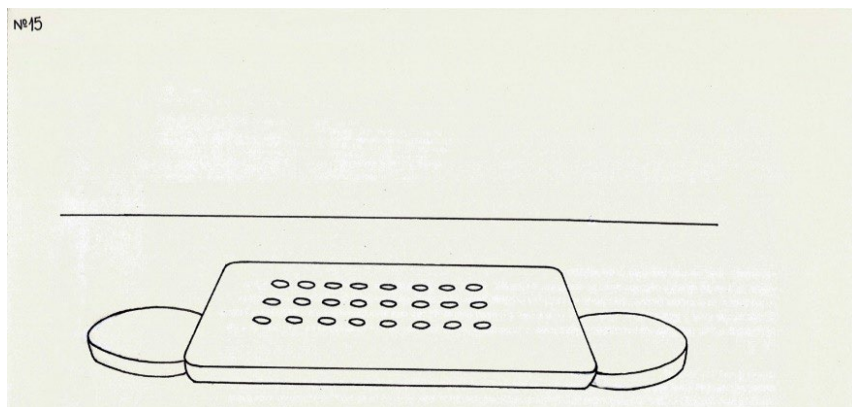
At the end of each pill-filling task; be sure to apply the same eyebrow brush to clean all holes under running water. I wet-clean the pill-board at the end of each pill-filling event! Avoid letting herbs remain in the holes for several days; cleaning will be a difficult task indeed.

For example, cloves [powder] are aggressive and can even attack in plastic too! This single-level pill-board was tested by others, yet none bothered to implement the five-basic engineering secrets that are present in most engineered capsule machines. The first indication the pill board is ready for a quick cleaning, is the pressing down hard of empty capsules into the pill-board itself.

Remember dry-cleaning is simple: wipe the pill-board with any nearby hand towel and then push the eye brush in and out of each pill-board several times! It is time to spread the herb powder of choice onto the working surface of the pill board. If the herb powder is not a fine powder; as in larger bits of plant matter do appear within the mixture, a Bic-pen may be more useful as the primary probe.

The Paper-Mate pen is the most used probe in my experience filling herbs. Why? It is shaped to avoid any damage of “low-laying” capsule-bases held within the pill board. The dry-cleaning will happen often.

Simply take the special brush for cleaning the pill-board holes and insert into all 24 holes to clean, quickly, in the dry state. The lovely trick to make this pill-board work is its lids!



*fig. 3.5. This is the simplest pill-board to use long-term. The capsule-bases are now pushed flat to working surface of pill board. The fruit-jar lids will remain in their current position, until all empty capsule-bases are filled completely. The pressing down the herb-powder into the capsule-bases is to remove all excess air spaces.*

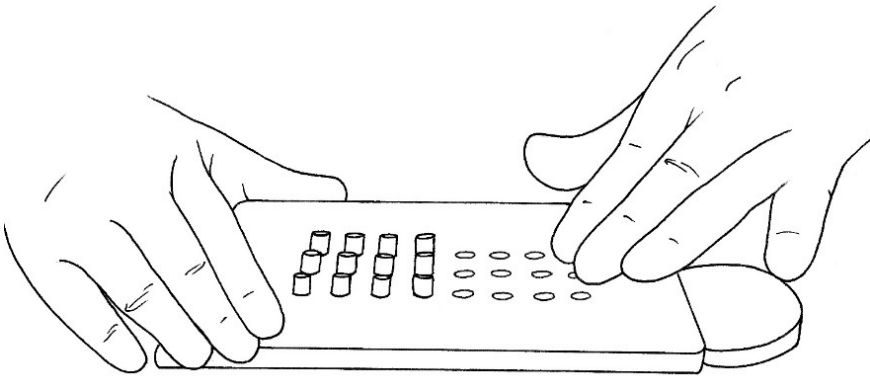
## **SECOND STEP: PLACING HERBS IN THIS SINGLE BOARD CAPSULE MACHINE**

To place the herb-powders on the pill-board, the best way is to use a tablespoon. Then to remove any of the excess herb-

powders after filling up capsule-bases, a two-inch paint brush works perfectly to remove the excess herb-powders off the pill-board.

Select the herb-powder and remove its lid. The taking out of any herbs must be done with a large spoon. Once the spoon is in your hand, remove the spoon full of herb-powders, but just enough to cover all the holes on the pill board. Try not to press into the holes herb-powders with the spoon, next just let the probe do its special work for you.

Again, I always place the herb-powders over all the holes of the pill-board first, put on top of the pill-board's center portion, before beginning to insert powders into empty capsules-bases with the probe in hand. The probe I use mostly is the back end of a Paper-Mate classic ink pen. It is with the pen-in-hand, which does "the feeling underneath," feeling the where-about to push herb-powders in – first!



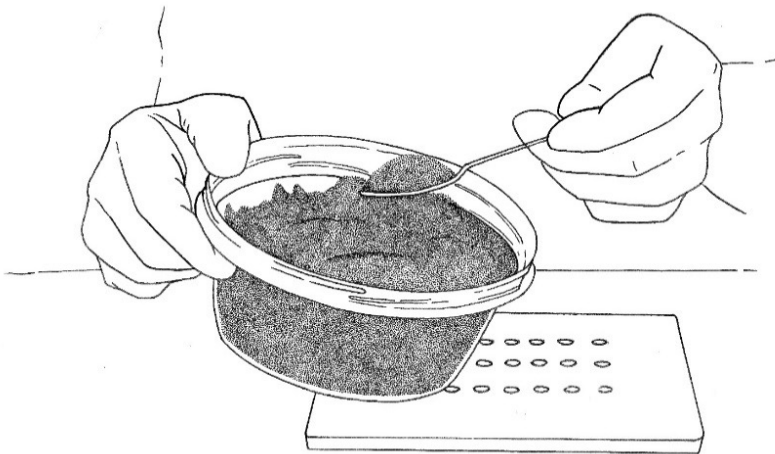
*Fig 3.6. It is important the capsule-bases slide basil downward with minimum finger pressure. If the capsule-bases are hard to press downward, the pill board has too much herb-power clinging inside the holes. It may require a "dry-cleaning" by a small brush – all the inner-hole surfaces. If this does not solve the problem, then the capsule-bases diameters are not the correct diameter. It can happen with China capsule factories. Do not enlarge the pill-board holes to make them easier to insert capsules-base. But the correct size 0 capsules which are 7.34mm +/- 0.05mm.*

In short, the main problem of capsule machines sold on the market is the herb-powder matter clinging inside the capsule holes. Imagine trying to keep a 100-capsule machine powder absolutely clean. The intelligent reasoning here is to always buy one of a lesser capsule-count model. I suggest selecting one of the “best is under 50-count models.”

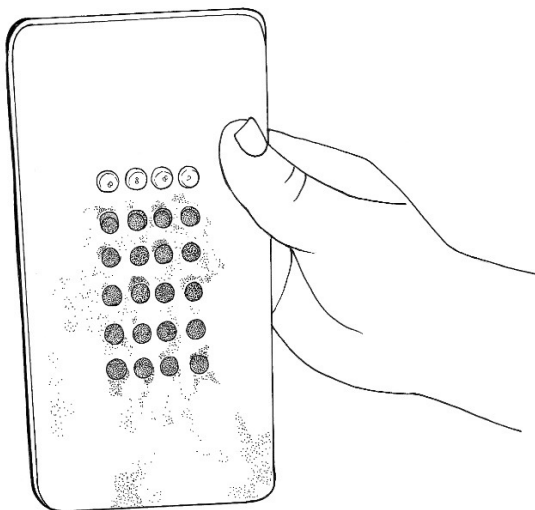
### **THIRD STEP: PUSHING AMPLE HERB POWDERS INTO EMPTY CAPSULES**

My frustration is that fine-herb powders often slip past the probe when trying to insert them into capsules. If this happens often, try to be patient with yourself to finish the herb-filling task at hand.

Well, it did not take long for me to realize that some ground-down herbs have additives mixed into their plant matter. I've been upset about this news, so much so, I have decided to discover which herbs had additives put in them. I put them into the trash.



*fig 3.7. Please note the fruit-jar lids are missing [my mistake]. To place a herb powder on top of the pill-board surface, lay over all the holes and let the extra cover about half the distance to the long-side edges.*



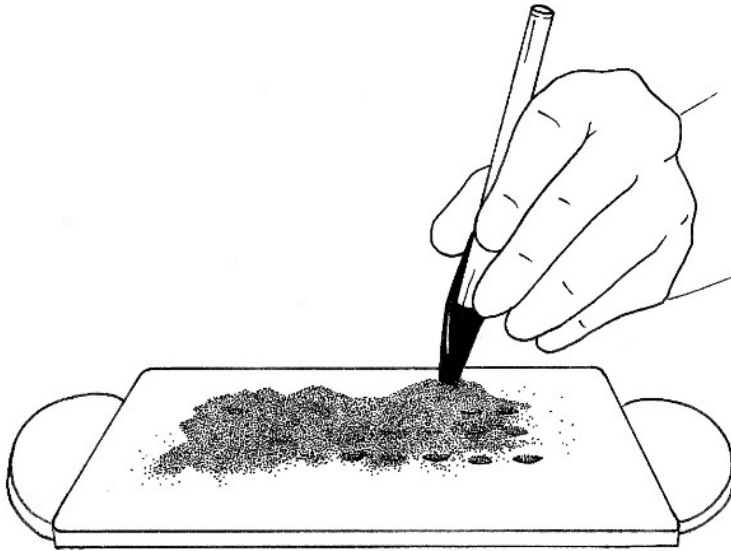
*fig 3.8. The pressing down into empty holes with herb-powders is the main business here. The ink pen is also in error [sorry], the paper-mate pen is the correct one to use for pressing downward ample herb-powder. Also, there is not enough herb-powder covering the holes. With practice, the pen end will "find the holes," with little difficulty.*

I think some readers may be now saying to themselves, "How can I find all the capsule holes, if they are covered up with a heap of herb-powder on top?" Trust me! It will not be hard to locate these covered-up holes on pill-board! Actually, with either probe under one's finger, everyone quickly learns this magic — "feeling below is easier than it looks."

Actually, with the Paper Mate probe held above the heap of herb-powders on pill-board, the Paper-mate pen will just dig deep in the herb-powder, with experience will soon find all twenty-four pill-board's holes. Well, it is not your fingers, but the probe "in-the-hand," that does all that "feeling below" the piled-up herbs on pill board. It will take a while: practice makes perfect.

## FOURTH STEP: END THE PUTTING OF HERB POWDERS INTO CAPSULES

With the pill-board up and on its “horizontal position in hand,” press the fore-finger on back-side to move the capsules bases out of their holes – four at a time. It will be an easy task, and with other hand pick-up capsule-caps and press onto each filled herb-base, from the top side. Press down hard enough to feel the click-closed action.



*fig 3.9. With the pill-board up and on its horizontal position in hand,” press the fore-finger on back-side to move the capsules bases out of their holes – four at a time. It will be an easy task, and with other hand pick-up capsule-caps and press onto each filled herb-base, from the top side. Press down hard enough to feel the click-closed action.*

As stated earlier in this chapter, most of my friends fill their capsules in the flat position, and continue keeping the pill-board flat putting the fruit-jar lids underneath. The result is all of the filled capsule-bases are pushed upwards into their exposed positions [made visible], and all are ready to be capped perfectly!

I have been lifting up the pill-board off the two fruit-jar covers for many years, but only after pre-cleaning the pill-board [I will recommend an eyebrow brush].

I usually slide the fruit-jar lids to one side, and then lay the pill-board flat upon pill-board's working surface, keeping it flat on the working surface. Keeping pill-board flat is the final action to exposing all capsule-bases visible to the eye.

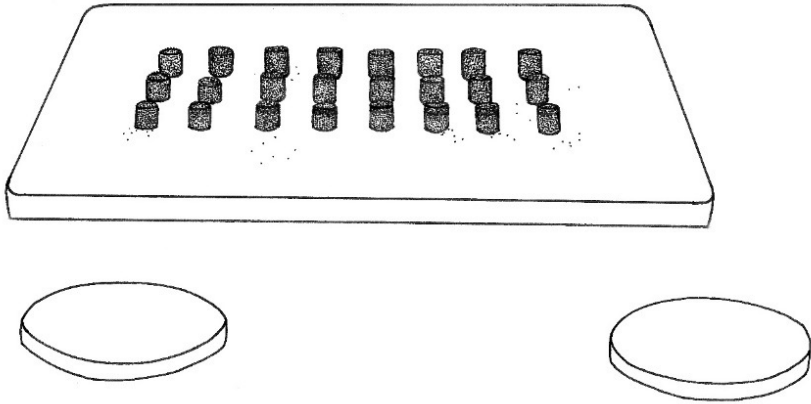
Sometimes, a few of filled capsules-bases will fall out of the pill-board. Specially, if I had lifted the pill-board upright or just cleaned the pill board – itself.

Avoiding this from happening to me, I then finish the capping-step with pill-board upright in my righthand. I will lay flat the pill-board, only if the capsule bases are falling out of pill-board often. In the up-right position, this capping filled capsules is much easier done for me. Whatever works best for the reader is perfectly okay!

What is vital to remember, always move the herb-powder carefully, and at the same time find the capsule holes with the pen [probe] in hand [use non-ink end of Paper-Mate ink pen]. If the herb-powder is not finely ground down, use the Bic ink pen's [cover-cap end piece] instead.

The best fruit-jar tops come from smaller fruit jams and jellies mainly. Select only the tops from glass jars. No plastic lids should be ever used. Note: a trade secret in all capsule machines. I had to maintain a same 2mm space to eliminate possible damages due to probe contact with capsule-bases ever from happening. In short, the fruit-jar lid must raise the pill-board [itself] always, to allow the capsule-base to drop 2 mm below the working surfaces of that same pill-board. The fruit-jar lids are commonly placed upon many fruit-jars sold within popular food markets.





*fig. 3.10: As you can see. The fruit-jar lids have been shoved to one side. The pill-board is now to be pressed downwards on the working bench surface. The end result is the 24 capsule-bases are ready to be capped and perfectly locked closed.*

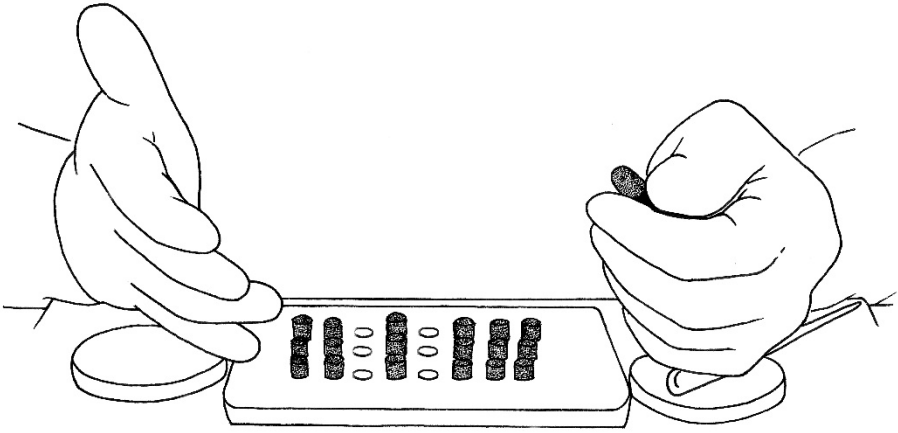
Another situation is when ample herb-powders are falling off the pill-board, it is for two reasons. The typical is much herb-powders are being placed onto the pill-board at once. The other reason is dumping the herb-powder not in the center. Eventually, a right amount of herb-powders will happen every time!

Finally, leave the filled capsule-bases very still in the pill-board. Do not take them out and add the cap by hand. Instead, simply put the cap on each filled capsule base still stuck inside the pill-board for sanitation reasons. Handle the least possible. What will follow is the best way to finish the encapsulation process.

After filling empty capsules for a couple of hours, the fingers often get a little stressed and the mind concerned. Taking the pill-board in one hand and brushing off the excess herb-powders into the herb-storage container with the other hand can be a relieving experience.

Whatever herb-powders are found on the service tray, just put into the trash can. Also, if you live in very humid areas of the country, be careful with removing the herb-powder containers. It is recommended to remove the lid for the shortest time

possible, especially when removing or even replacing herbs back in to their respective containers.



*fig 3.11. I recommend a 1 inch paint brush here, not a round paint brush [as shown]. The storage of herbs is important, for humidity is an enemy to all plant matter. The herb-powder need to be finally ground down and absolutely dry. So when herb-bowl is not in use, cover must be tightly turned shut.*

## **THE FIFTH STEP: COLLECTING OF FINISHED HERBS IN CAPSULES**

Before getting into the details of the last step, I want to discuss the responsibility of any reader self-attempting to become an amateur-herbalist. It will be most tempting to offer this book's instructional means at assembling empty capsules to others in dire need. Except for family and friend, please let such planning pass the mind! Even so, I will send a "family and friends" kits, to help all the reader, that wish to become their own amateur-herbalist.

The only help the reader should consider alerting others for profit; they should be restricted such endeavors for at least three years! The purpose of this book is to provide the "way and means to self-administer only to the reader!"

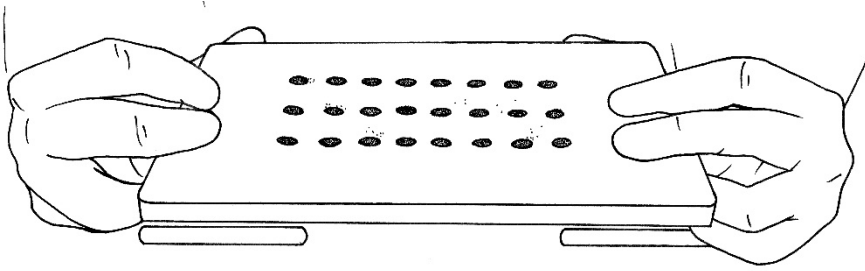


*fig 3.12. Again, the lifting of pull-board in hand [horizontal] is typically not for the beginner. When laying flat on the table, the operator must press down onto the pill-board to expose all the capsule-bases. The capsule-caps must be placed onto the capsule-bases one at a time. What ever the method practiced do close the herbs in capsules ASAP!*

Another reason may be, to wait long enough, learn to be patient with both your family and friends! For when you approach strangers “trying to offer your services to them,” it will not be welcome news at all!

Instead, just wait for the third year of self-administering your herb-listing with confidence, yes with your herb-listings well understood, and experiences actually felt within your body.

When I pass another on the street, their general physical-demeanor is visible to me! Oh, some walk in a normal manner, but many do not! Many individuals just walk in their “half-dead” physical states. I never approach any of them and never say any comments to them! Be most careful even in restaurants if you are talking to one of your “family & friends” inside. Walls have ears! Just talk with low voices.



*fig. 3.13: The completion of the encapsulation process ends here. The last step is to collect, wipe clean, and then bottle all the finished capsules. It s here I use the Bic pen. I turn the pill-board over and pock out the capsules down into the under-lay towel upon assembler s lap.*

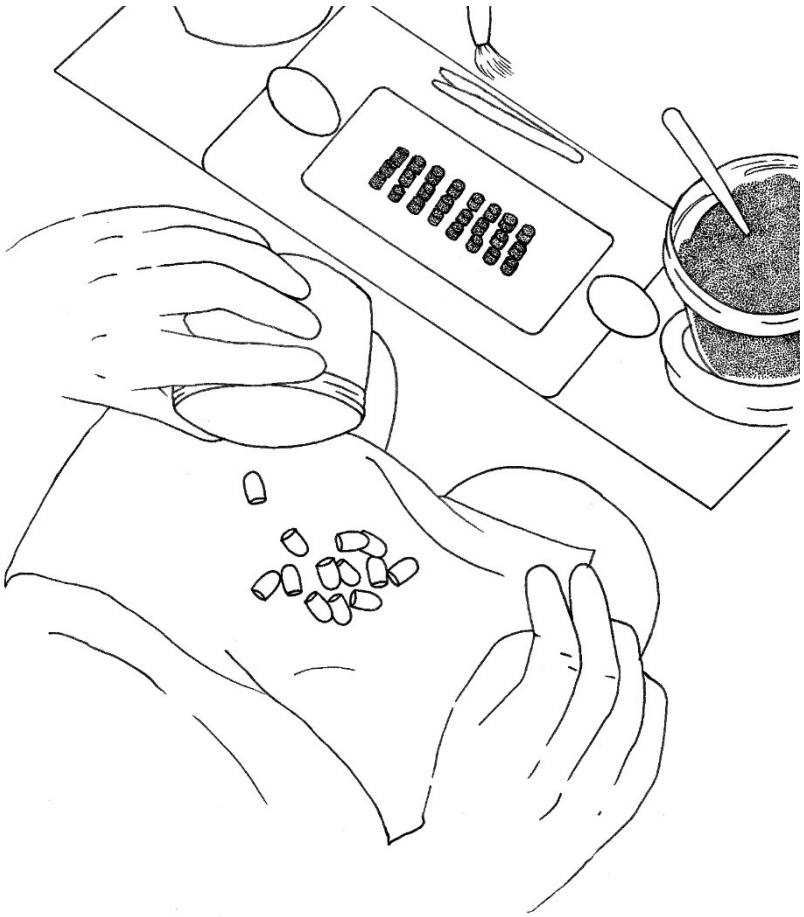
Again, a small towel is commonly used and placed over my legs. The pill-board is taken into my hand and turned upside-down and then placed in the center part of the towel on my lap. I fold the towel's outer edge, so all the finished capsules will not roll off onto the floor. I fold the towel a bit more, so covering the capsules with it – can in effect briefly wipe them with fingers to move them enough to finish all the capsules with a quick wiping action.

Notice the cup in hand [upper illustration], it illustrates where the capsule-caps were stored, as they were separated earlier in the pill-filling process.

Also, all the herbs must be stored out of reach of children [do not mess up]. And always keep animals away from your work area. For pet's fallen hairs are full of diseases and can get caught in to the herb-powders on the pill board surface!

### **MY CONCLUSION: PLEASE KEEP THESE POINTS IN MIND**

Regarding the recommended capsule machines, The Capsule Machine is an easier purchase [buy to fit capsule size 0]. The good situation here is there are several – YouTube presentations showing its usefulness to the public. I bought mine in 2010, there were no instructions put in to the box! I hope there is at lease one-sheet instruction-sheet by now.



*fig. 3.14. The bowl of empty capsules [complete] and herbs storage containers; they must be sealed properly with their own screw-on lids. The lids can be removed in the taking out of any herb powders, but close the herbs tight with a strong twist movement. Avoid all the bowls that are pop-on types, if possible. Make sure the lids are screw- on types. The most important reason to keep your complete capsules and herbs properly stored is the capsules will last several years longer.*

The entire book was written to be useful to mainly the American market. The idea of writing this DIY PRESENTATION, has been a challenge to me. I had to re-write this text into six chapter; all of them have a learning requirement of the reader. To learn means practice what the book is preaching

about. Because book is mostly a first-person report by one person taking herbs both daily and long-term [20 years].

I think the book's written style is useful to students [not novel readers], plus the readers must be willing to teach themselves. The author's obligation is to provide both "the way and the means," within this DIY book for the American marketplace.

Yes, many do believe "the good life" is part of their destiny. The problem in front of this idea is the medical industry. Specially, within hospitals and health providers.

It is my opinion that the family be protect themselves in this failing marketplace. I think the only preventative option against hospitals and health providers are a handful of herbs that can be taken daily and long-term.

Yet, no one practices his/her preventive-medicine, or knows of any alternate" ways and means" at obtaining higher levels of wellness. I am one living testimonial – that herbs can protect both family and friends 24/7!

The great news is Americans can get involved by reading and perfecting the six chapters in my ebook called, Live Longer, Suffer Less . . . . .

Signed,

Darrell Parrish

Source from: <https://www.herbvested.com>

## CHAPTER FOUR

# GLEANNING HERBAL DATA OFF SCIENCE REPORTS

### *Practical Master Tutorial 101*

#### **INTRODUCTION:**

This chapter will discuss how to locate and read the most useful published science reports – by inserting key information of interest. What is still available online can be retrieved with the proper use of keywords and key phrases. The Google search engine is the source preferred.

Please note, I have entered “+1990” with many searches with Google’s help. This is what you get adding a date to the search-series. This is the only way to acquire herb-science reports dated back in the 1990s, if they got posted online long ago!

[example 1] salvia officinalis+essential oils+scientific studies+1990.

[example 2] Scholarly articles for salvia officinalis+essential oils+scientific studies+1995

By selecting the above keywords and key phrases, for Google search to collect articles to study is but the beginning. The purpose is to collect more keywords and key-phrases to go even deeper in finding specific information from reading several science articles on only one pre-selected herb choice.

To study further any pre-selected herb choice, refine the keywords and/or key phrases with Google search, until enough science reports have been fully scanned for any specific information important.

What is wonderful here, it takes littler time to find five to ten articles on any herb-choice selected. Try to select for serious

reading, any of the older science reports. If only the newer reports are being collected, insert a date to continue!

Of course, the much older studies are of greater importance, only because they typically make their own test herb-specimens. After being concentrated [some of them] and all others are tested with only essential oils “still combined and alive.”

The most importance is to test true essential oils; all of which have primary and secondary metabolites “connected” and in a state of self-equilibrium [together]!

Why be so concerned with complete essential oils [entities]? If they are alive, they are going to be actively “self-balancing between their primary metabolites [fewer heavy molecular biochemicals] with all their “alive & still connected” secondary metabolites [of which are with lower percentage values listed].

The greatest misinformation step by many science professionals studying herbs is the introduction of volatiles [all plant made] as equal to all true essential oils [the living entities], which are managed by special DNA molecules [to store completely asleep]. Again, true-essential oils are by definition, DNA-directed to be packed & stored within host-plant's [open space] inner bio-mass – to remain dormant over the entire life span of each specific bio-life existence “I do call, plants of burden!”

## **HOW TO BEGIN YOUR UNIQUE SEARCH & DISCOVERY EFFORT**

The initial goal of this chapter is to prepare each reader exactly how to search for information that has been published from experts studying important herb plants. The final goal is to find useful information about specific herb plants, to consume both daily and long-term!

The ideal herb plants will harbor their essential oils [entities] in a passive manner. In fact, each plant becomes the host to essential oils that never interfere with the plant's own internal organelles. Nor will these essential oils interfere with internal organelles, for they are “stacked and stored safely away” within



only open spaces within the host-plant's inner tissues of leaves, flowers and stems only.

Do not get misled by herbal scientists private interest at combining essential oils with any of the plant-generated volatiles identified as being equally as important!

If the herbal study is published online; it is coming from any smaller country, but still looks interesting enough to be read through – do read and take notes best as possible!

The main reason is most of the smaller professional research facilities make their own herbal teas and then concentrate them infusions. These reports are worth reading 100 percent.

If the test specimens are made from extracts, avoid going any farther with said herbal report. Do not waste your time or even take notes from these published reports. Why? I do not believe the herbal extracts are worth the time to study!

## **THE TRADITIONAL SEARCH PROCESS WITH SOME ADDED CHANGES**

When using keywords and key phrases, be very careful how you apply them – to gain useful information from published herbal reports. Always add plus signs [+] with no spaces between keywords or key phrases. I will illustrate this process next!

The beauty of telling the search engine to look at only “one pathway,” is that it can be done easily and with a lot of success. When you use plus signs [+], the result is very restrictive!

The key-phrase, itself does not require [+] signs in between. Google search engine will consider the key-phase as a sequence of single words [kept together], while scanning throughout the internet world system.

The other benefit is that the search engine selects the most effective pathway to bypass all the rest of the herb-advisers working the internet for their own profits.

## **LET'S BEGIN WITH THE STANDARDIZED METHOD OF FINDING ESSENTIAL OILS**

To begin with, do choose the keywords and key-phrases carefully, starting with the scientific name, followed by essential oils, and then several other keywords or key-phrases added. This process will continue, until several – five keyword/key-phrases have been collected in between four + signs. I have already done this work, so the reader can use my “well developed examples” in a few paragraphs below. This is good news for the reader, because all the pre-selected key words and key phrases I have used for years.

It has always been my personal goal to separate true-essential oils from plant-based volatiles!

My reason for doing this, is always to keep volatiles separated from any selection of true essential oils that I have personally chosen and consumed for many years. I hope most of my readers will follow this same safe pathway” keep, separate the true essential-oils. Never let any herb-specialist suggest volatiles are equal to the short list of true essential oils. The list is very short; when the essential oils have both primary & secondary metabolites in equal bio-molecular percentages listed, it is called, in my opinion, true essential oils that are DNA directed to service humans!

All volatiles are, by definition, plant constructed entities! All true-essential oils are by definition DNA-directed to be packed/stored in the host-plant's “open spaces,” only to remain dormant therein, during the entire life of that specific host plant.

In short, all organelles of host-plant, including exosomes will leave all “sleeping essential oils,” alone while remaining dormant deep in the mother-plant’s domain.

Only after the death of each plant of burden is it possible the extract essential oils present [hibernating entities] by way of the dry-diffuser.

Of course, providing the plant of burden's dry-matter is not overly damaged [as in steam processed].

If the dry powders have been handled properly ground down to fine powder, and made into teas or put empty capsules, only then will these essential oils become most useful to the consumer's cell-communities!

BASIC SEARCH – science name+essential oils+science studies+pdf

Salvia Rosmarinus+essential oils+scientific study + 2 keywords like metabolites+PDF. [add plant's scientific name here] +essential-oils+science studies+metabolites+PDF

To begin the search effort, always add scientific name to the above keywords and key-phrases – first. Regarding other keywords and key-phrases, they can still be included attached to the search series being worked.

Next, the keyword, metabolites could be the best way to get just enough information; all of which means – to accept or reject the singular herb studied.

I'll explain more about this discerning pathway, why both types of metabolites are important to be connected and in a state of mutual balance between themselves!

Because of the scientific documents available online, only a few are proving vitally informative are required to be put on the worksheet #1 [copy is located at end of book]. With worksheet #1 in hand, place any additional information on back side.

In the beginning years of reading through published science documents online, a few herbs of interest had hinted enough in these published documents, to suggest essential oils were being "stacked and parked away" in open spaces of the leaves, flowers and stems! These short stories occurred over the years, and I began to suspect something was being hidden from other peers studying herbs of interest.

Again: only a few "working staff" individuals stated they had "witnessed," these packed & stored away events. I suspect

many of the principles charged to release these published documents, did in fact restrict their subordinates from suggesting such events existed. The possible reason may be, for adding volatiles to special sprays could be sold to many processing companies handling beef & fish and vegetables - if they could be proven equal to true-essential oils!

## **OPTIONAL LIST TO CONSIDER WHEN ADDING KEYWORDS AND/OR KEY PHRASES**

Salvia rosmarinus+essential-oils+leaves,flowers,stems+science studies+pdf  
Salvia rosmarinus+essential-oils+herb teas+science studies+pdf  
Salvia rosmarinus+essential-oils+herb infusion+science studies+pdf  
Salvia rosmarinus+essential-oils+volatiles+science studies+pdf

Salvia rosmarinus+essential-oils+tinctures+science studies+pdf  
Salvia rosmarinus+essential-oils+synergistic effect+science studies+pdf

## **THE BASIC RESEARCH OF HERBS WORTH TAKING LONG TERM**

When beginning to read scientific documents, they are basically formatted all the same way. The first, and sometimes second page discusses the purpose of conducting yet a different test procedure upon a “well studied herbal plant.” The science team answers questions from their peers before releasing their final results in to the public domain.

Most scientific teams insert folklore information as a reference point or sort of historic worthiness. But as for being useful to any scientists, it’s more entertainment to them!

In fact, they will never recommend selected herbs for medicinal purposes neither. Yet, thousands of single-herb advisers online do self-embellish herb folklore data, for they were originally collected and posted by real scientists.

Instead of repeating myself, I prefer to instruct readers against the misreading of any scientific-gathered information. The

scientists are pre-paid by others to do their work in a profession manner. Nothing else matters, at least within the older released documents.

## **REGARDING A FEW SPECIAL TERMS OF IMPORTANCE IN SCIENCE REPORTS**

### **SCIENTIFIC NAME**

The scientific name is required in every herb under study. Any scientific paper directed to study plant matter must post a working title. The scientific name of herb plant under study must be identified as the primary herb, if there are other herbs involved, they are to follow in proper sequence, with respect to the primary herb under study.

The good news is other companion herbs can be rated [even studied together], for they are with similar kinds of relief towards human illnesses. When the reader encounters these practical studies, I suggest he/she take enough notes, and put in their log books: these companion herbs could be useful for any future studies!

The “genus name” comes first, and it always is capitalized. The “species name,” it comes second, and it is always written in the lowercase.

When studying any particular plant kind; as in *Salvia rosmarinus*, do not assume any sub-species of that same genus will have identical or even essential oils to be useful towards human wellness! What is typically the case, even a few are maybe very poisonous to human beings. Yes, I always avoid studying any subspecies, as if they could provide the same medical relief for me!

### **CHOOSING THE ESSENTIAL OIL COMPLEXES**

All “plants of burden,” that are listed within this publication are defined; as living herb-plants that carry during their lifespan, pre-selected burdens directed by their DNA [principle anomaly]

to remain passive during the entire life span of the host-plant's existence!

Furthermore, because these DNA are everywhere within these plant-tissues, the depository areas where essential oils [entities] are even found are located in new-leaves, new-flowers and newly formed stems, every growing season of the host-plant.

Also, it is fair to mention here, that herbs of interest are the essential oils, even if some volatiles are present on the host plants leaves, flowers and stems. It means specifically, these herbal plants make their own protectors while in life [volatiles]!

Whereas, essential oils are installed by a unique DNA molecule [complex from a higher entity source], that make the particular plant of burden's "hidden cargo sleep therein," as in installing such "sleeping entities stored & stuffed," which are called, true essential oils.

Plants of burden are few, when compared to the 340,000 plus known herb plants in the world. The herb plants that are commercially harvested are around 3,000 species, and most of the medical-known plants "true essential oils [entities], they are limited by comparison. But regarding all the true essential oils are concerned, only a few handfuls of them are publicly consumed. Therefore, I do suspect there are undiscovered herbs yet to be discovered within the nature's abundant-plant based inventory!

The good news is plants of burden can be located in nature, simply by the study of leaves, flowers and stems! Forget all the other parts of the plant matter under herbal study today!

The exclusive study of true essential oils, they are not on the scientist's agenda any more. They need the "free pass" all the essential-oils are granted when meat, fish and multiple plant produce must pass inspection controls in the food industry! Why is this "free pass" important? Well, professionals need to keep themselves employed!

That is by mixing in several volatiles with a few essential oils [entities] present; they become especially aggressive sprays

within their commercial sprays to counter “all sorts of low-life creatures” from continuing their current growing cycles upon meat, fish and the multiple plant produce kinds being inspected in many countries of this world.

Fortunately, for the reader of this book, all the pre-select “plants of interest” can be easily identified online. What matters now is to capture critical information on plants of burden’s essential oils [entities] present with leaves, flowers and stems!

Again, it was by fortunate-accident the I had read enough staff-statements, that had gotten published and still remain online today! In short, these “secondary-staff printed comments,” had convinced me to search out exactly what they saw and were allowed to print about, regarding such comments about stuck-in-place!

Even to envision, that there are essential oils actively “harboring themselves,” as in self-hibernating their entire stay within their host-plant! That is great news. Why? Well, it took some time to discover exactly what could possibly wake them up? That secret will be released shortly.

## **TRUE ESSENTIAL OILS WHICH ARE IN THE MINORITY**

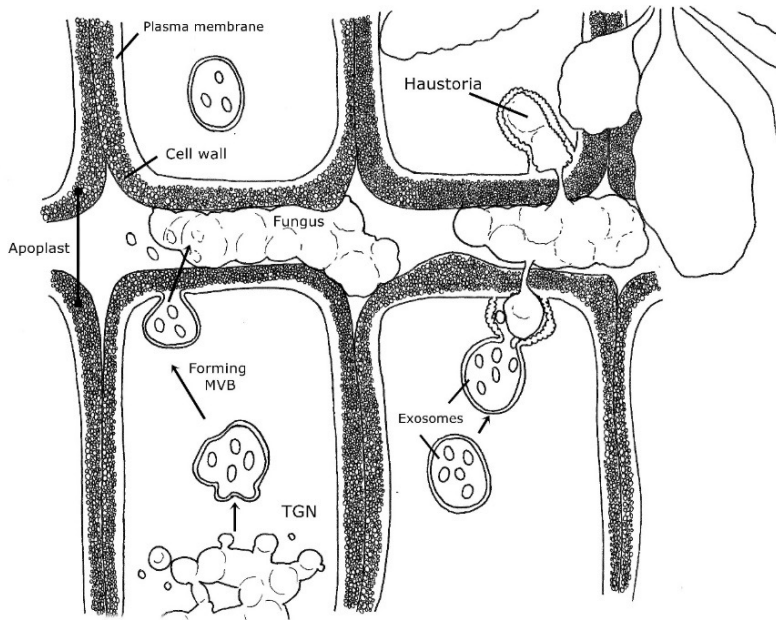
Keep in mind. There are only a few true essential oils in nature that are capable of being identified by the general public. Identifying these useful herbs worth taking daily and long-term requires careful study and time.

If it is true, only a few herbal plants are available within the plant kingdom to service mankind. This would be important information to acquire. I do suspect there are many more, that yet need to be discovered in nature's natural forests!

If I were to guess, each region of this world has its own handful of essential oils, all ready to serve mankind if found and consumed on a daily basis.

## PLANT OF BURDEN DEFINED

Plants of burden, are defined as DNA nominator to essential oils [entity]. The host plant did not create them [but does hosts the essential oils], nor utilize them, or bother any of them in their deep-sleeping states. The DNA anomalies place essential oils in three parts of each of the host-plants. And it's always, leaves, flowers, stems, and nowhere else!



*fig 4.1: The living plant cell itself has more open space than scientists will declare or state exists in their published documents. Each plant cell has its own immune system called, exosomes [not studied here]! The organelles within each host-plant cell do not molest any of the "sleeping essential oils [entities]". After death of the host-plant, these essential oils are capable of becoming useful to mankind.*

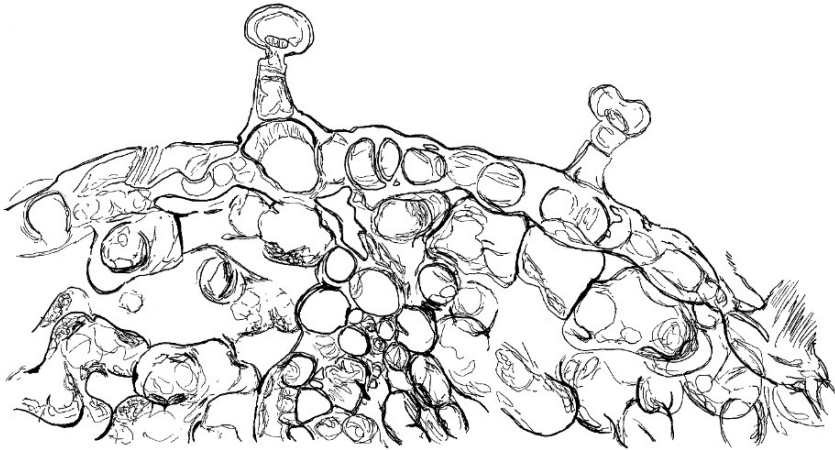
## VOLATILES BIO-MATTER ARE IN THE MAJORITY WITHIN MOTHER NATURE

It is hard to believe that many scientists have even considered volatiles as being equivalent to true essential oils! Their reasoning is based on most of the known herbs do produce



volatiles. Whereas, only a few essential oils are created only by DNA complexes within each plant of burden existing in nature. It's sad majority of health providers still administer essential oils by distillation!

Another notable difference between the selected volatiles and true essential-oils [these essential oils are capable of being fully kept alive even after leaving their host-plant]. The missing ingredient with the sleeping essential oils [entities], that are collecting enough oxygen-molecules [within herb-powders], to allow them to wake up and thereby leap from all dead-plant matter surrounding them. The only way to accomplish all that, requires mankind to properly extract them with a dry-diffuser!



*fig, 4.2: Some individuals prefer selecting their herbs, based on what herb sellers recommend online. The easiest way to discover if a herb vitals are volatiles or essential oils is to search for the presence of sub- cuticular oil cells. No essential oils are present in such plant-made external structures.*

## **SCIENCE STUDIES**

In this keyword phrase, “scientific studies,” it must be part of the keyword string in all the future Google searches. An alternate keyword phrase “scientific papers” is equivalent. Either of these two keyword phrases must be attached to the main search request without exception.

Note, all keywords that are placed to these two keyword phrases, their order of sequence can be very important! In other words, start with herb's science name and then the essential oils – first! These three keyword phases are always put in the same order. Thereafter, and keywords applied still matters.

Finally, it is always good practice to end each “Google search sequence with these key symbols [+PDF].

I have recently replaced these key symbols with the year of search. Then I do click upon the first search results “response article grouping,” listed from Google’s search engine stated “your collective results.” Just click on these collected results.

When placing +PDF as the end key-symbol, often Google-search engine includes independent laboratory studies regarding the specific herb requested. The good news, most of the PDFs are free to view and download upon demand.

**Alert: there’s no reason to pay-for-views of published works posted online, regardless of how important they may seem to be!**

Scientifically speaking, all volatiles can be easily proven, when on the leaves, flowers and stems such out-growths are present.

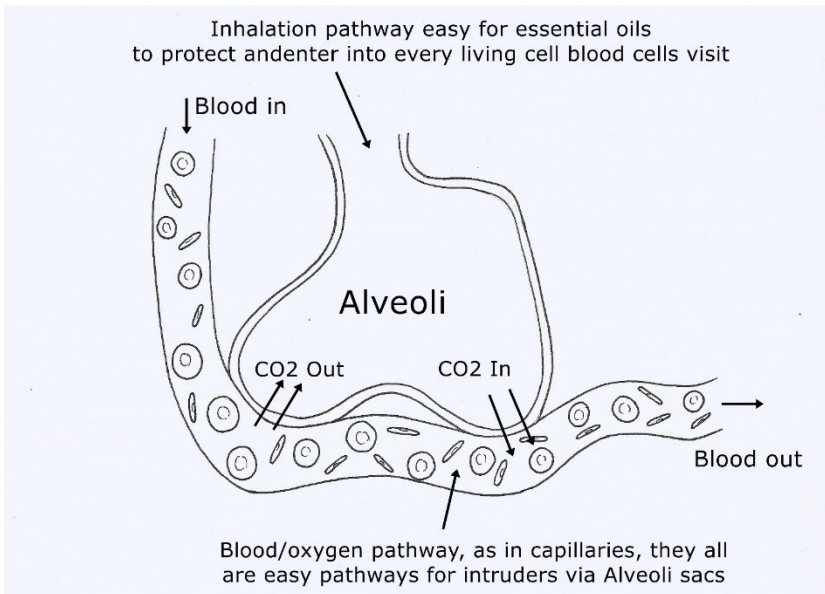
## **PRIMARY AND SECONDARY METABOLITES**

What does metabolite mean? A substance formed in or that it is necessary for metabolism [life] to exist. What do primary metabolites accomplish in the human body? They supplement, development, and cause reproduction within the human body. What does these secondary metabolites do? Secondaries are bio-molecules that trigger different kinds of defensive responses, to include the partial control of bacteria, virus, fungal, and some pathogens!

Other scientists suggest secondary metabolites basically do all the management in the human body? And most vaguely suggest they may actually defend against toxins, alkaloids, and/or help to administer antibiotics and may do much more in bio-polymer productions.

What does all this suggest? In my opinion, not much is committed committed to in any of these statements. Only that primary and secondary metabolites are being studied in their dead states. That is right, commonly they are the “commercial preparations,” that are present called, essential oils by distillation. This same bio-mistake is practiced even today.

Why is there some problem? Well, half of the essential-oils [entities] faction is trashed. Why would any professional scientist actually wish to be working with half of their marbles!



*fig 4.3: This illustration depicts the speed of oxygen, as well as, all the incoming essential oils [living entities] pathway into the blood stream is but a minute away from the body's entire cell-communities inventory. These items will be welcome by billions of living cells throughout the human body.*

I think this [possible hidden agenda by scientists] is to remove all the differences between plant substances, generally called volatiles vs. essential oils. Why is this? In food-processing plants: essential oils are with a blessed “free pass” with most factory-health inspectors in today's processing plants! To blend any unidentifiable formulas together, the list the essential oils

are usually on their retail labels, such packaging could be challenged in the future?

## **BACTERIA OR FUNGI – ALWAYS STATE THEIR SCIENTIFIC NAMES**

The principal intruders are mainly bacteria and fungus [yes maybe virus], yet the latter groups [the fungus kingdom] are the most dangerous to be harboring in one's personal life-time.

In fact, many fungus-infections begin at the family's dinner table! Oh, the baby may be free of fungi-spores in the woman's womb. But it becomes more different within the baby [organs], once eating food off the family dinner table. After the child becomes a youthful adult, third of his/her body is already possessed by all sorts of low-life fungus colonies reproducing their kind.

All these free-floating creatures [fungi-spores] do remain in the body-fluids to wonder about [all liquid mediums], each are looking for a safe place of release their steadfast!

Historically, virus infectors haven't impacted human cells only bacteria residing in the human body are of concern to virus. Covid-19 is the first virus that seeks out a human!

## **PDF VS YEAR OF STUDY POSTED ONLINE**

Adding the year posted is very unusual, but in an internet search with Google's search engine, it is but a key-digit. I tried to put the date at the beginning of the search request – it did poorly. But when added in place of +PDF, google search engine collected a small "collection of captures." for me to consider up front. So I have been doing the search by date with great success!

Adding this +PDF at the end of each Google search effort can be helpful to the reader. But it is not required. I do it to capture more smaller laboratories in countries like India and other risky places to do "an independent search on my own." That is right, never go to India, Iran, or anywhere else in the world, except

via Google's search engine! Why? They do have the best anti-virus software and equipment to block out all sorts of low-life human intruders working online! Consider installing this anti-virus software: AVAST!

## **IDENTIFY TRUE ESSENTIAL-OILS, WHEN THEY ARE IN THEIR SELF-EQUILIBRIUM**

It has become more difficult to get a hold of the older science papers, say from the 1990s, that the best way to identify the true essential-oils [entity] from volatiles is list all the bio-chemicals listed, typically listed within each report in the beginning pages.

In general, if the list is longer than normal [more than five bio-chemicals], it could be a true essential-oils [single entity].

On the hand, if the bio-chemical listing is seven or less, and their percentages are equal to each other, it will be surely a volatile. Actually seven may be too high, a fewer of them, in a declining concentration between themselves is more typical in nature.

There will always be growths on leaves, flowers or stems that may hold volatile-oil [liquids]. This would be absolute proof the plant is producing these liquids to protect itself, which means it's not an essential-oils [single entity]. But remember some true essential-oils – the mother plant, may be making a few volatiles to protect itself from mother nature's gang of low-life creatures.

Whereas: true essential-oils [single entity] may have a listing of thirty secondary bio-chemicals called, metabolites! In fact, the listings can be much more, fifty or more secondary-metabolites. It is here, the true essential-oils [single entity] will be balanced between the few primary-metabolites and the many secondary by way of bio-molecular percentages listed in the total herb plant under study!

Take all the secondaries and add them up. For example, take the first few bio-chemicals listed in the report and ask: Are these selected bio-chemicals equal to half the total weight percentages of the entire bio-chemicals listed in the report? Then ask another

question are the remaining metabolites equal to the other bigger half of the total plants listed as primary-metabolites?

Another way to look at this balancing relationship: say three larger bio-chemicals combined, are comparable to the remaining bio-molecular percentages listed in the report. Or the reverse, all the pre-selected secondaries metabolites have a combined bio-molecular percentage [relationship] of half the total bio-molecular percentages “of all bio-chemicals combined” within the science published report?

I am discussing their relative percentage weights combined weights; as being half belonging to the primaries and the other half belonging to the secondaries metabolites. It may seem confusing, but the eye will see the differences between the heavies and the light weight secondaries in a matter of a few seconds.

So if the bio-chemicals listed [represent all percentages listed in the final report], then do represent both groups as the primary metabolites and the other as the secondary metabolites! If this is the case, then you selected a true essential-oils!

Again, if such accountability of both groups that are equally split into two parts. Representing all weight-percentages posted in said research report – thereby you have all that is needed to declare the herb under study is with volatiles or a true essential oils [entity]! You have the true essential oils [living entity], if the primary and secondary metabolites are in equal balance within the essential-oils biochemical matrix.

The secondary step is to prove the herb is a real essential oil [as in perform the taste and smell tests in chapter five], be patient and continue testing until proven a volatile, or a real essential oils [living entity].

## **PART TWO: WORKSHEET # 1**

**STEP 1** I had placed four of these special Google-engine search series with the herb's science name listed first. It is important to remember well known herbal plants of interest, that they have

already been well studied for many years. But if you happen to review some herb plant that have little published research papers posted online. It is better to go no further with that herb selection. Instead, select another best-herb choice, until you find ample research papers posted online.

It does not matter where the chosen herb plant has come from. What matters is who has done in depth study and for what reason did they spend time looking into each of them! Sometimes only the smaller research groups are posting their test results. Do look deeper into the reason! If the group is making their own herb-teas and concentrating them or have persons to test the results – they may be more valuable to both read and take notes from.

Generally, the very popular herbs will have hundreds of individual-science groups, that have been posted online.

Again, if the selected herb has only a few published studies available to read and study – be careful in choosing them for long-term consumption. There are many plants available online to study from.

What am I getting at here? It means anyone can investigate selected herb-plants in this world, by locating its scientific name. If there are only a few published research papers online, it's the better plan to select another herb-plant to study in depth. Avoid believing any written claims from just one published herb report, not matter what they actually claim online. It will always take several in-depth readings on the same herb plant under study, before trying to select any useful information, that is worth collecting within any lab book!

So when searching for herbs of importance, use Google search engine to locate several articles to look through. If the list is extensive, there are many articles available, the count the articles with the herb's full scientific name visible. Be sure to not study herbs with only the main visible [always capitalized] and the second name [never capitalized] is with different name, never mix information!

If there are at least five articles with the complete scientific name posted, begin to read them all, and collect all information asked for on worksheet #1. Typically the general information you need from them is not difficult to find and extract!

**STEP 2** This step is to identify if the herb under study is making simple teas or tincture by staff members or not. Or are these staff members simply buying their herb specimens from commercial vendors. Most test samples have been purchased in the 2000s. Only smaller laboratories still persist in making their own herb-teas or tinctures.

When there are ample herb-studies available on Google, I usually look quickly through them, hoping to discover a few herb-study staff members are making their own test samples for the specific herb being studied. If any herb study [herb of interest] has indicated they are making their own herb-teas or tinctures, I always spend time reading through most of their reported findings. If not, I will go through only the first two or three pages of a few of these reports, to find what I still need to discover.

**STEP 3** This is the most important and often the quickest way to decide if the herb-choice is a real essential oil [entity] or not! It will require using the Google search series with several keywords or phrases, as – metabolites being present.

Also, it will require some opening up of additional science documents to prove there is agreement with fellow peers studying the same herb.

Also ,if the science document is older, there is good chances primary metabolites will be part of the published report. I often add in my Google search the key-phrase, primary metabolites!

If no primary metabolites are being discussed in the document opened, just select another document to read through.

The good news there is an alternate method of forcing the science group to reveal if there are any real essential oils [entities] relationship. I have already discussed this alternate method, so please go back and reread it over more carefully. I



placed my comments just before starting this worksheet #1 discussion, on exactly how to fill it out - as complete as possible.

**STEP 4** I've not noticed any principle writer of any science document published on any herb of interest -- to ever declare any cure of any kind be available within their specific report. The only "connection to a cure" is referring to what the ancient civilizations had considered useful herbs worth taken by their peoples many years ago. Why not do a simple search exactly for when bloodletting stopped by doctors?

I could not believe, that thousands of single herb-advisers would attempt to suggest, that the science groups were referring within their herbs under study was ever hinting that old cures proved by ancestor as being usage - were ever part of their final published reports!

With above comments, simply list the declared remedies [as questionable folklore], that was considered by past civilizations as true remedies. After placing folklore references within the worksheet #1, try not to credit them more than being vague information from the past!

**STEP 5** I will discuss the means of making herbs-teas in chapter six. They all have their own different taste-ranges to the tongue. Few are sweet. Whereas, many are most bitter. The initial flavors can be strong or weak. Whatever the case be, they are different when tasting herbs in fresh bread pieces when processed in the dry-diffuser. It is the same issue with herbal-teas of six single herb-powders. They will be different and difficult to describe with words on paper.

Even so, the initial flavor of the tea will need to be noted down in this step. Try to indicate the flavor somehow - if some after taste appears soon after tasting event do indicate that information too. Usually, the true essential oils are sweet to the tongue, but not always.

I have even encountered "strange flavors," but could not write the words down to express them perfectly. Essential oils are not

typically bitter to my taste! If they do prove bitter, it may well be direct evidence of a volatile or added compound placed in the grinding process! Try to avoid taking them, if this happens!

It is important tea making practices to make them the same way. For example, temperature of the tea should not be over boiled, but simmered. In chapter six, all this is better explained too.

**STEP 6** There will be many different kinds of information read, if the reader reviews many of them online. If you are capturing a lot of staff comments, place such on the backside of this worksheet #1. Do not restrict your comments, just place put them down in writing.

This worksheet is a basic means of gathering information from each single herb studied. Some reader make their own worksheet #1. Even others have placed all key information on 9-inches x 6-inches index cards. These index cards will fit perfectly in a storage box too.

### **PLEASE KEEP THIS IN MIND**

Selecting herb-listings that service the enter bloodstream is priority one. To lead clusters of essential oils [selected herb-groups] to manage the cell-communities of body is priority two! To do any of the two priorities, select plants of burden that have true essential oils [entities] that will manage the body's connective muscles and tissues are the end priority.

When selecting any list of herb-powders, be sure all are taken from - leaves, flowers and their stems. All other parts of the plant of burden may not be capable of servicing any humans. Why service only mankind? The mystery was purposely put in plant of burden's DNA!

Ask the scientific community why they did not ever photograph any essential-oils [single entity] while in its living state within teas or tinctures, say long-time ago? Why not? It may invalidate all their thousands of published articles online, today!

There are more plants of burden to be found in nature. I have chosen the “best herbs” for my own need! There is no actual need for me today, to select any other herbs in nature!

I prefer my readers [students] take on this discovery task – with their own “means and ways.” Oh I still must meet doctors, from time to time, but on my conditions. The only exception is when surgeons are “bent over me” on their operating table: I will always be most grateful for extending my lifetime even more!

Finally, why not choose your own herb-listings for your own healthful benefits, or even take your chances managing clean living practices in real time. Please remember all this book is first- person report, I am most willing to release it to others willing to seek higher levels of wellness by way of their own efforts. It has taken me much energy to review all this book's contact. Please consider review of the press-release edition at [herbvested.com](http://herbvested.com)

Signed,

Darrell Parrish

[www.herbvested.com](http://www.herbvested.com)



## CHAPTER FIVE

# THE TASTING AND SMELLING OF LIVING ESSENCES

### *Practical Master Tutorial 101*

#### **INTRODUCTION:**

This chapter has been split into two parts. The first part is a general discussion on how to operate the dry-diffuser; of which will further assist the reader in his/her practical application of handling - six herb-powders at a time for each inhalation session.

The handling of multiple herb-powders will be made easy to follow this chapter. The second part of this chapter will discuss more about how to fill out worksheet #2 eight information requests.

In chapter two, the main discussion was how to apply single-herbs into the herb-bowl. This dry-diffuser can only be processed with six-herbs by a spoon [2 oz.]. This spoon can be purchased online, or even selected/bought from party spoons.

The importance of studying single herb-powders was to identify each herb's single taste and smell. Basically, each plant of burden will possess contain essential-oils [entity], that possess a unique taste and smell. The typical test results are sweet tasting and sweet smelling encounters.

This is not the case when multiple herb-powders are processed in a dry-diffuser. Both the tasting and smelling events are more complex, or difficult to explain in simple words. In regards to tasting events, the sweetness changes to something different. In regards to smelling events, pleasant smells are more complex too!

What is more important here, that the former not read out a simple bitter or the latter read out a simple smell!

Also, in this chapter, all the typical test results will be from herb- listings [multiple herbs], never by way of a single herb test result. These typical tests will result in both stranger smelling and tasting encounters. For example, the tasting events will be classified maybe pleasant but extraordinary - when consuming a piece of toasted bread!

In short, each operator will be placing a small piece of fresh bread on the dry-diffuser's emancipator shell. And at the same time, he/she will be soon taking in several deep-breathing events into their lungs. I usually, perform these smell and taste tests in the morning hours of the day. It always requires refreshing the dry-diffuser's specific herb-listing, before adding each piece of fresh bread on top of the emancipator-shell.

I always post both "smell and taste information" gathered in my laboratory files in the past - all stored on a shelf in my office. The administering worksheets has changed everything. I've stacks of worksheets #1 and #2 stabled on a shelf!

Before continuing further, it is important to state I now use two worksheets. The worksheet #1 is for my single herb study and end-information gathering! And a worksheet #2 is always stapled to a smaller pile of #1 worksheets. The process is easier for me to identify herb-listings of importance.

I have discovered several herb-listings with special bio-chemical relationship to each other. Their "collective commingling," has given me some hope that there is a special "bio-chemical relationship yet to be found, when essential-oils are left to combine in their living states!

So when each worksheet #2 is completely processed through the dry-diffuser, it is with these "recording efforts of six herb-powders" being rendered by the taste and smell tests, that a seventh herb-powder may be eventually in direct contact. That is why I am continuing the pre-selecting of six single herb-

powers to every worksheet #2. Specifically, to eventually cross pathways with any seventh herb-powder in the near future!

Again, what may happen over time is some herb-listings, say four or five of them; such will repeat several times. The results are several short four and five herb-listings that will become common “commingle agents.” Example: sage, rosemary, thyme, and basil are commonly found. Attached to two other more aggressive essential-oils!

Here are the two more aggressive herbs attached to the above four herb-listing: woodworm [*Artemisia absinthium*] and horsetail [*Equisetum arvense*]. I do the two added herbs; as in my favorite six-pack for two reasons.

First, *Artemisia absinthium* is a great fungus killer [some suggest cancer killer]. I use it to protect my entire blood stream and many of the cell-communities in the body. Second, *Equisetum arvense* helps the hair and nails to grow aggressively, but more important it actively repairs the many of the brain's electrical synapses!

## **THE ANCIENTS EXTRACTED HERB MEDICINES IN A VERY CRUDE MANNER**

Of course, I am referring here to many generations that left no written recordings of what they self-administered to themselves both daily and long-term. I believe they had stuck in their minds [information from their forefathers], the means to protect their dwellings from many infectious diseases; including everyone living therein!

It is for sure, their handling of plant-matter [putting raw-plant material upon hot rocks]; all of which caused few deaths or sickly persons living in their dwellings!

This would be a case for knowledge coming from the making of plant-based teas or tinctures. It is interesting that many of today's cooking spices are, in fact, ancient medicines!

But over the long term, many of these plant-based teas and tinctures yielded up their essential oils to perform health benevolences of some importance to these tribal gatherings, while living in their earthen housings together.

Over the centuries, much of this information remained as folklore from generation to generation. There were no real needs to ever document any of this information outside of their individual tribal gatherings. I am guessing, but suspect these hot rocks were around the tribal eating and resting areas. The controllers of this kind of tribal-wellness knowledge must have been held by the leader of these tribes. I guess these tribal-leaders managed to find clean water – soon after making fire!

## **DRY-DIFFUSER WAS BUILT TO HANDLE POWDERS OF SIX-HERB PLANTS**

The only single-herb application practiced by me is the assembling of single herbs into empty capsules. All other herb processing efforts are always with multiple herbs in the powder form. Yes, even herb-teas utilize herb-powders. The main reason is herb-powders permit extraction of all sleeping essential oils in plants of burden within water not boiling! If you boil the water, the essential oils [entities] will become completely separated bio-chemicals rendered totally – never alive!

When I first began studying herb-listings, they were generally three single herb-powders made into tea form or each [singular] put into empty capsules. I did not change to consuming six herb-powders in empty capsules or make any six-herb teas for several years. Eventually, the six herb-listings became my end-life plan!

It may take many years before I actually cross-the-path with some seventh herb-powder of importance. I suspect it is basically a never examined plant of burden.



## **IS IT POSSIBLE MOST FUNGUS LIVE ONLY IN THE HUMAN FATTY TISSUES?**

I will discuss more on why the reader must keep in control of their body weight “all the life,” or pay the consequences of a much shorter life experience and more suffering along the way!

I should add here, because of the abundance of individual fat cells present in any human body, that trillions of fungi-spores are the major concern to winning the desired higher levels of wellness. Why do I say such? I do not believe the immune system was ever expected to “wipe out” fungus colonies, but to keep all of them under control. But with huge populations currently over-weight & over-crowding, it is the fungi-spores that have become: out of control,” throughout entire body!

The good news here is the fungus-colonies are mostly living in the fatty-tissues of entire body. The more fat a person has, the more fungi-spores are “produced and freed” to wonder all about: as in throughout the entire human body 24/7.

In short, the lighter any human-body is, means it will have less fatty-tissues for fungus-colonies to homestead and reproduce their kinds 24/7. It will mean that, less fungi-spores will be wondering throughout the human being's living tissues!

What will happen to most of the fungi-spores wondering freely throughout all of the hosted body's living tissues? First off, many of the low-life creatures present will be wounded. Second, all the free-floating fungi-spores will be “bagged for the immediate removal. That means all captured fungi-spores will be dumped into the nearest urinary disposal center! Third, eventually, many of these essential oils [entities] will gain by way of being in abundance throughout the hosted human!

By continuing to install essential-oils [entities] into my body, such will entities will eventually occupy most of the cell-communities in my own body. This means selective essential-oils will be the dominating force therein billions of cell-communities 24/7!

## **OVER WEIGHT WAS A BIG PROBLEM FOR MANY OLDER FOLK!**

I never thought being overly fat was such a big problem for me, until realizing over half of all fungi are already pre-occupying literally many billions of individual fat-cells - all are being 24/7 amply supplied with oxygen and food stuffs from the body blood system!

Again, the fungi-spores are the biggest problem for the human. With ample fungi-spores present in the body, higher levels of wellness long-term will be slow in achieving. Belly-fat is the visible part for most over weight individuals to solve. There are many diets that will help reduce total belly fat - with effort and desire!

The last amazing characteristic of fungus colonies they avoid over-crowding. That is right, floating fungi-spores will not intrude in or upon any other "well established colony groupings" it is floating over! How do they accomplish this so perfectly? Nobody knows, only that scientists understand fungus colonies are sociable entities.

*Here's a good key-phrase: Mould Time-lapse - The Great British Year: Episode 4 Preview by BBC. Try to find this short presentation online. It is worth watching!*

I personally feel the fungi-spores and/or any other low-life creatures that are self-existing within any hosted-human being will be willing to leave it, except for the immune system literally removing them out of the body! The immune system will not allow sick fungus-colonies to reside!

In short with an effective herb-listing, it's not difficult for aggressive essential-oils [entities] to wound fungus-colonies 24/7! Because the size of any living fungus-colony, most of the essential-oils "collectively" can drill holes into them, even attack larger bacteria on the spot! Once they begin leaking their inner organelles, the immune system is going to disassemble them in a mater of a few seconds.

Again, It is for sure these true essential oils [entities] are fully capable of drilling many holes in any encountered bacteria. That is after many are leaking out their organelles are fluids; it is the immune system that responds with an army of killers; consuming sickly creations by reaching out and taken them on - with huge defensive entities called, phagocytes.

## **POSSIBLE REMEDY TO ELIMINATE EXCESSIVE FUNGUS COLONIES IN THE BODY**

In short, lose enough weight, right down to the level of a fireman's belly-pitch test. Just pinch that fat area [side of waist] with two fingers, above one hip: place two fingers and pinch together to measure the "actual space between fingers - to be 2 inches or way less!

So I usually take five to six pre-select herbs as one of my herb-lists to support the blood stream. I do likewise pre-select another five to six herbs for protecting all my body fluid. Finally, I utilize five to six herbs to give relief to my mental stress event in this life too. I have posted most of them in this book-textual material. Why? I consider this entire book my first-person report or testimonial.

Therefore, these herbs have come to mind: *Artemisia annua*, hibiscus flower, *Peumus boldus*, thyme, basil and rosemary. Of course, this list can be increased or replaced by several plants of burden alternate blood cleaners. So when the reader comes across herbs that are known to kill aggressive low-life creatures, or why not write them down in their own private laboratory notebooks at home?

## **THE BASIC MEANS TO ADMINISTER USEFUL HERBS TO THE ENTIRE PULMONARY**

Over the entire life of the human being, it's the blood stream that is moving essentials - oxygen and energy-stuff to all living cells within cell-communities. And likewise; it is the blood stream that effectively removes both gases and wastes

eventually: out of the body! And if the necessary oxygen and food supplies are lacking or shut out; it is regional cell-communities that will soon begin their own suffering and dying events soon after.

This includes the pulmonary tract from the nose to over 400 million of air sacs called, alveoli. If the millions of air sacs are ten to twenty percent deficient; as in are infected or not actively processing oxygen molecules, the cell-communities will begin to slow down in their ability to function.

If the blood stream is infected with low-life creatures, some of the red-blood cells may carry less than the four oxygen molecules they are capable of carrying to be received by cell-communities. If the red-blood cells are twenty percent deficient, the major parts of the body-fluids will not have enough oxygen to keep in life!

The doctors are very concerned with oxygen transport into their patient's body. Sadly, the lungs are 24/7 already being infected by all sorts of low life creatures in them. The common intruders are bacteria, single cell parasites and fungi, all are riding upon dust particles and water droplets into the pulmonary tract!

Lung's utilize bronchial tubes with cilia [millions of special small hair-like structures] for additional protection from foreign matter and intruders, yet most intruders do enter into large-massive groups called, lesions! They are in every organ and muscle tissues!

Even so, and with the pulmonary self-defenses, "some percentages of these mass intruders will effectively get into the air sacs anyway." If they enter the air-sacs, the immune system will close the air-sac permanently [as in kill that air-sac].

For this reason, I prefer effectively fighting off the low-life intruders well before they "settle down in their new lives producing their off-spring" in my lung-tissues.

So here is the direct relationship between the 400 million air sacs [only in health persons] and the total number of human cells [30

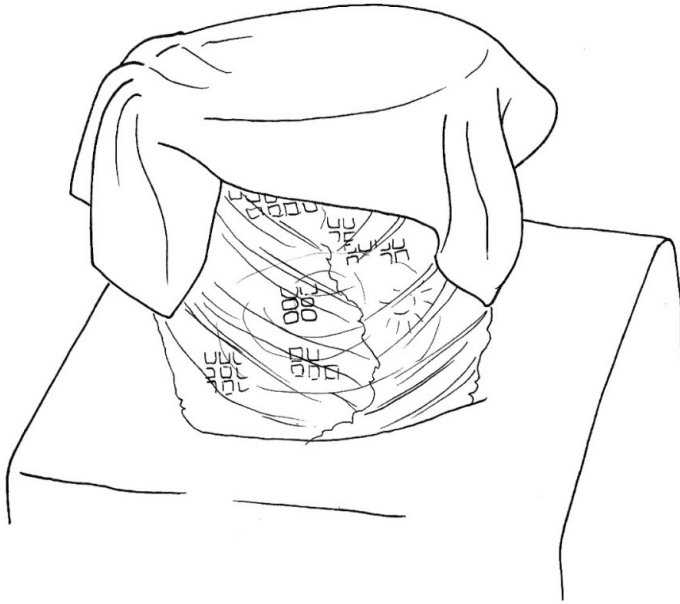
trillion], all must be fed free-oxygen molecules and ample food stuffs every minute of their ongoing lives!

## **TO CONCENTRATE ESSENTIAL OILS COMING OUT OF DRY DIFFUSER**

It is possible to concentrate the escaping essential oils leaving the DIY dry-diffuser. The best way is to surround the dry-diffuser with a barrel-shaped barrier to capture escaping essential oils. The preferred size is sixteen inches round [its diameter] with the height of sixteen inches, likewise.

Of course, this is another DIY dry-diffuser accessory worth completing to further protect the family. Simply go to nearest hardware store and buy one small sheet of green garden fencing. Then cut out of it a smaller piece, measuring 52 inches long by 16 inches wide.

The flat-layout dimension, just noted above, will allow for easy assembly of a cylinder [barrier shape], that will be sixteen inches tall by sixteen inches in diameter. The green garden fencing will need to be sealed with a plastic wrap commonly used in the kitchen.



*fig. 5.1: Again, the hood assembly, when put together, will be 16 inches tall and 16 inches in diameter. There is a 2-inch overlap, so tie the entire length of it with string! In this illustration the towel is just a simple dish towel that I use in the kitchen.*

Again, the material to buy from the nearest hardware store is called, "green hexagon garden fencing," or sometimes called, plastic-fence net. Try to find some smaller pieces to buy or cut from. Do not buy entire roll at once. Too much money and material waste!

Maybe try instead, to buy just a 2-foot piece [width] with the longer remaining length still measuring [say 60 inches]. Then cut out one specific section out of it to measure 54 inches by 16 inches. This will give you the required 16-inch diameter cylinder with the 16 inches in tallness.

Then coil it into a simple-like cylinder with 16-inch diameter. It will require tying with some string to keep the cylinder stable and sure. Just over-lap the two ends [a couple of inches] then tied the two overlapping end together. With all completed, it is easy to set it upright on its ends. It should be 16 inches tall and just over 16 inches in diameter!

That means the cylinder, once completed; it will be, in fact, 16 inches tall with a 16-inch diameter base and fit over the Waring Company perfectly.

This does not complete the hood assembly! Next, the outer diameter of the hood must be sealed with plastic wrap. The plastic wrap will cover all of the outer surfaces of the hood assembly with ample plastic wrap.

I do think it is called, "stretch-plastic wrap." Again, simply cover the outer surfaces of the hood assembly with plastic wrap [tightly]. This will keep all the essential oils from escaping. I think it is called "cling to wrap" or simply called, "kitchen-plastic wrap."

## **HOW TO UTILIZE THE HOOD WITH A TOWEL?**

This idea is to cover partly the top opening of the hood with a small hand towel. Why? So the herbal-concentrates of essential oils [living entities] are being concentrated; all will soon fill up the entire hood area. The part of the hood, not covered with the towel is but 10% of the entire opening at best.

Some of the essential oils will go through the towel, if loosely weaved! Let a percentage of the up coming essential oils easily escape into the room where dry-diffuser is installed.

With the hood placed over the dry-diffuser, the room will eventually fill up with smells of living essential oils by way of leakage through the towel alone. But within the hood, the concentrations are much greater.

This is the preferred method of concentrating essential oils [entities], other than herb-tea consumption. In case of tinctures, concentrations can be at least four to five times stronger.

I have a hood nearby my dry-diffuser during the winter months, for when I need to get a much higher dose of pre-selected herbs, it is always near by.

Also, whenever I leave the home. I always start up the dry-diffuser and put towel upon it when I get back home. It is very

dangerous to enter shopping places with foot traffic all about you. To shop for goods in local stores or pass people close on a street is being rather reckless these days.

The buildup in the hood is rather fast, say about ten to twenty minutes. To lift up cloth to smell the contents is okay anytime. The taking up herbs into the lungs should be sincere!

And for "safety's sake" always place face well above the hood, before taking-in proper amounts of essential oils [entities], either by way of the mouth or through the nose!

This learning step is called, "deep-breathings events." The healthy vapors are not visible. Therefore, no smoke is being emitted from this DIY dry diffuser. Try to do several deep-breathing events in a row, especially when it is necessary! I do even self-administer often throughout the night time. Only my favorite herb-listings are taken into my lungs over night. This dry-diffuser is about two or three feet away!

## **FILLING UP THE HERB BOWL**

The capacity of the herb bowl is very limited. The size is 2 1/5 inches in diameter and less than 1-inch in tallness. The amount of herb powders that can be put in an herb-bowl of this size is 2 ounces [dry matter]. These herb-bowls are made of aluminum, and it has a screw-on lid.

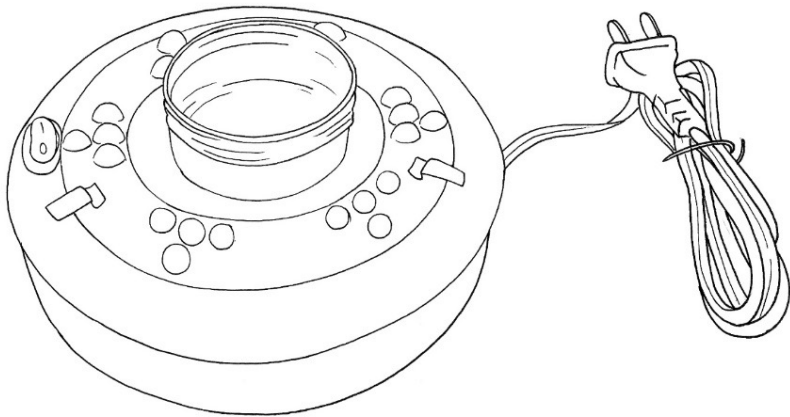
Again, there can be only one particular amount of herb powder inserted into it for several reasons. What are they? First, the hot plate's energy source is directional and limited due to its releasing all energy from the center of hot plate. Second, because of center-point of heat coming off the hot plate, its ability to heat up two ounces of herb-powders would need some heat-retention barrier both put around the herb-bowl and even on top of it. The heat-retention barrier around the herb-bowl [DIY emancipator-shell]; it must be kept closest to the herb-bowl, and that barrier is exactly 80mm [3.125 inches] in diameter.



The flat-metal sieve, which sets on top of the herb-bowl was selected to be laid completely across the herb-bowl, it had to be 60mm [2.36 inches] in diameter.

Shortly after turning on the dry-diffuser, operation will depend on, that no herb-powders be in direct contact with the flat-metal sieve setting on top of the filled herb-bowl. There must be a 1/8-inch gap or spacing between plant-matter and the flat-metal sieve.

The flat-metal sieve has multiple reasons for being placed on top of the herb-bowl! It is important the essential oils [entities], that they wake up within the herb-bowl and within minutes all become effectively stirred up: ready to leave!



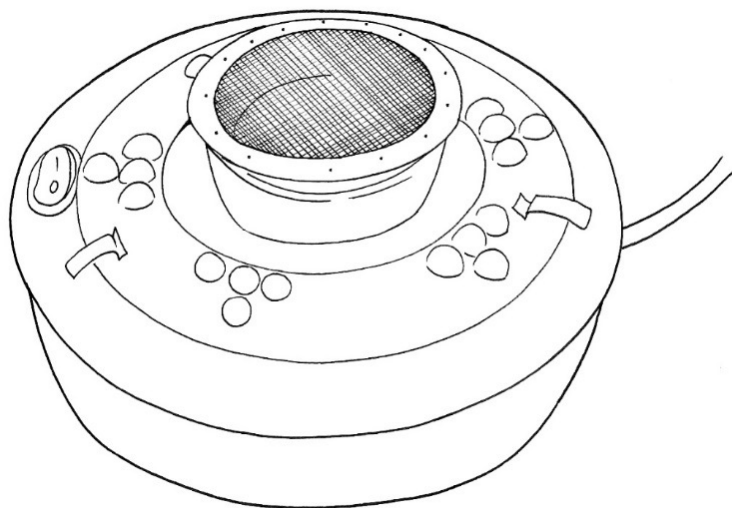
*fig. 5.2: The herb bowl displayed in this illustration is empty. Notice it is seating in the center of the hot plate and there is a surrounding it a silicone ring stuck to the hot plate with three 3M clips.*

The model is in my laboratory at home. The DIY coffee warmer replaces my dry-diffuser, for it is superior in function/design. It is a stable device made in USA! This herb-bowl can be bought online. The buying instructions are still located in chapter 2.

This sized herb-bowl is commonly found online [2.5 inches by 1 inch in tallness]. They should be purchased by the dozen. This herb-bowl is sold in amounts of six or twelve packs. The best amount to buy herb-bowls is one dozen.

It is important to buy them with screw-on lids. Why? If the dry-diffuser has been made to go elsewhere; as in the office or within a vehicle - herb-bowls with lids will be needed to move herb-powders around for inserting in other dry-diffusers.

Herb-powders are placed in the herb-bowl by using a teaspoon [partly full] of a specific herb-powder. It is best to have a special spoon [2 ml in dry capacity]. To insert up to six herb powders into each herb-bowl.



*fig. 5.3 is an illustration of an herb bowl with a flat-metal sieve on top. It's the model in my laboratory in Chile. Because the Waring Company coffee warmer: It is much larger, so I had to order a larger silicone mat for it. It is easy to locate a large silicone mat on the Internet in the meantime.*

## **USE AMPLE DEEP BREATHINGS EVENTS TO RECORD THE TRUE SMELL**

The nasal cavity is a hollow space behind the nose that air flows through. It is separated into three parts, the nasal vestibules, respiratory region, and olfactory region. The latter is the doorway into the brain cavity itself. It is here that bacteria will take days to travel a few millimeters.

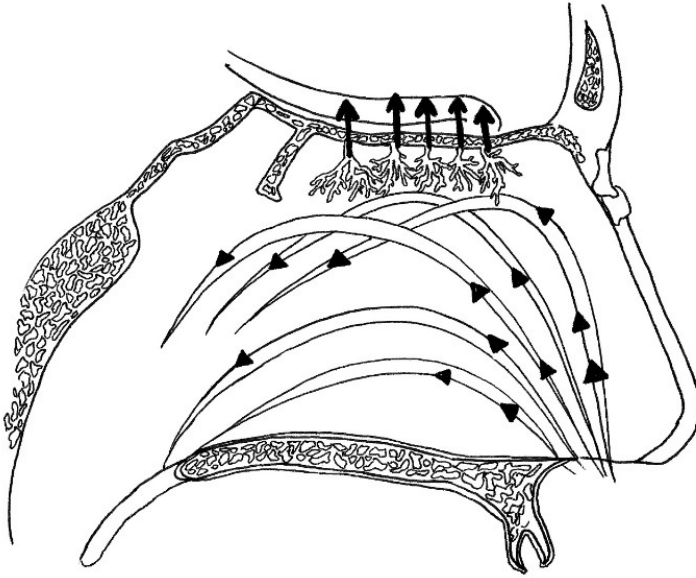
This is the only “entry way” bacteria can effectively enter with little resistance, other than being within the blood stream itself. The immune system will travel through the blood stream, but it does not patrol it 24/7. If they encounter bacteria, they do attack them, but not necessarily actively attack many kinds of fungus colonies living within the body. But if they are attacked by essential-oils [entities], they soon begin to let out their inner liquids and organelles. When this happens – immune system is there!

It is pre-selected essential oils that do effectively patrol in the bloodstream, even that can drill holes into the hard-bodies of bacteria, and well established fungus-colonies.

The immune system will only attack bacteria after they begin leaking out their organelles into body-fluids! I have not found any scientific reports discussing fungi-spores being attacked by immune system, but suspect they are activity capturing/killing them all the day long!

The key-phrase here is “all day long.” The usual indication bacteria are entering the respiratory region with ample fluids exiting the nose. But with the dry-diffuser in full operation, much will be stopped for most low-life intruders have not even begun any of their growth towards reproducing their kinds yet.

Why are dry-diffusers so important to be running in each house? If the intruders get deep into the nose, there is a good chance they will enter into brain tissues! All the olfactory's feathery organelles will allow many types of intruders to easily pass-through it via certain persistent bacteria types. In short, it takes a bacteria many days to travel completely through, a few millimeters in the olfactory gland!



*fig. 5.4: The nose takes in most of the lung's air-flow needs. It is also the main pathway into the body by all sorts of low life intruders. The nose is full of sensory organs that alert the brain of impending intruders, and ample liquids and other defense are turned on.*

The good news most likely 80% of the low-life intruders are effectively stopped by way of the immune system, but the 20% just attach and begin digging into living tissues, deep breathings will easily release entities that attach called, essential oils.

Also, it takes many days for any bacteria to establish themselves in a pulmonary tract. It takes more days to get them capable of reproducing their off-spring; as in to generate enough newly formed free-floating fungi-spores! To actually get fully growing fungus colonies to live and effectively reproduce in the lung-tissue; it take many months, even years! And if doctors are actually called in to help, just the appointment can take days/weeks to happen! I prefer to keep my dry-diffuser fully loaded with ample herb-listings of value 24/7.

In short either the administer has ample herb-listings ready to self-protect from any incoming low-life creatures encountered, daily, or suffer the consequences!

STEP 2 With the herb-bowl filled with any herb-lists [herb-powders] and than a flat-metal sieve can be put on top of herb-bowl. It is next the emancipator-shell will follow, by putting it on top of both. The emancipator-shell has its own DIY-task by fitting a second flat-metal sieve on top with its cross-wire shelf installed. This will complete the DIY emancipator-assembly. There are two emancipator-assemblies available, both can be purchased online at [Etsy.com](https://www.etsy.com) by early 2024!

Why sell them? It is important readers do not get frustrated, if they do not want to make their own emancipator-assembly in their home. Because they are both custom made in China, I'll keep them in stock at [Etsy.com](https://www.etsy.com)

### **Basic-model**

*This is the original emancipator-assembly, that is shown in chapter three. The emancipator-shell is totally welded and all metal parts are stainless. The same flat-metal sieve of 60 mm with 2.5 diameter herb-bowl with the lid is included. I have placed additional items within this "family & friend" kit #4; 4 pill-boards, 4 hole brushes, 2 spoons for good measure, and one extra 60 mm flat-metal sieve for the safe keeping! The price will be fair.*

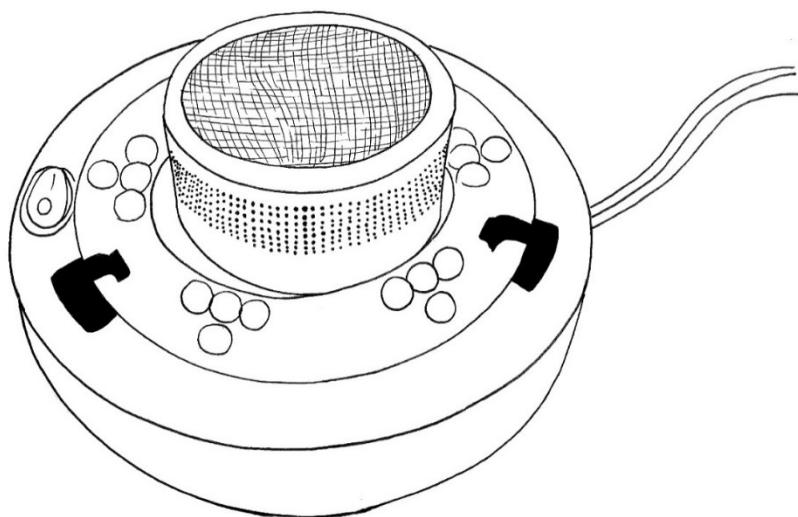
### **Advanced-model**

*This is the advanced emancipator-assembly, that is the factory-made version of the DIY emancipator-assembly discussed in chapter two. I have placed additional items within this "family & friend" kit #4; 4 pill-boards, 4 hole brushes, 2 spoons for good measure, and one extra 60 mm flat-metal sieve for safe keeping! The price will be fair.*

Again, this emancipator-assembly is completely made over via buying four 3.125 inches stainless steel shells. To learn more – just go to figure 2.6 in chapter 2.

Please read all about this DIY assembly task, so that this advance emancipator-assembly can be fully operational, better said, be properly put on top of a Waring Company coffee warmer!

The flat-metal sieves are commonly used as coffee filters. They are found online with one diameter of 60 mm [2.36 inches]! The diameter is important to keep, for they must fit on top of the herb-bowl, as well as, fit underneath the emancipator-shell.



*fig. 5.5: This illustration has the emancipator shell [older model] covering over the herb bowl with the flat-metal sieve setting on top of it. This is the dry diffuser in its complete form in Chile.*

The DIY dry diffuser has been altered, because most consumers will purchase the Waring Company's coffee warmer, as instructed in chapter two. The good news is the Waring Company's single coffee warmer is superior to the Chinese model I have been working with in my home.

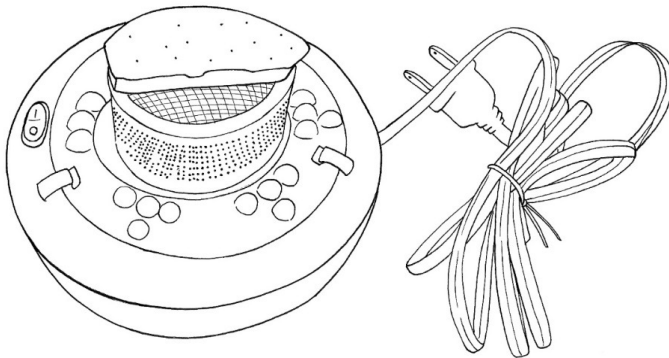
I bought the Waring Company's coffee warmer and have continued using it for over one and half-years. It has operated without any failure! By setting the DIY emancipator-assembly; it will allow the owner to administer herb-powders within their own DIY dry-diffuser 24/7!

## SOME FOOD FOR THOUGHT

The idea of putting a piece of bread onto the emancipator-shell's top surface is original and unique. I had been doing this taste-test procedure for six or more years in Chile, while acquiring my extensive herb-listings. Today, I show only my family and best friends by demonstration exactly how the dry-diffuser performs.

I was so surprised at what I actually was tasting, that I had realized yet another secret was being handed to me. I have not used any other medium then bread to capture the living essential oils [entities]. Eventually, I switched to white-bread.

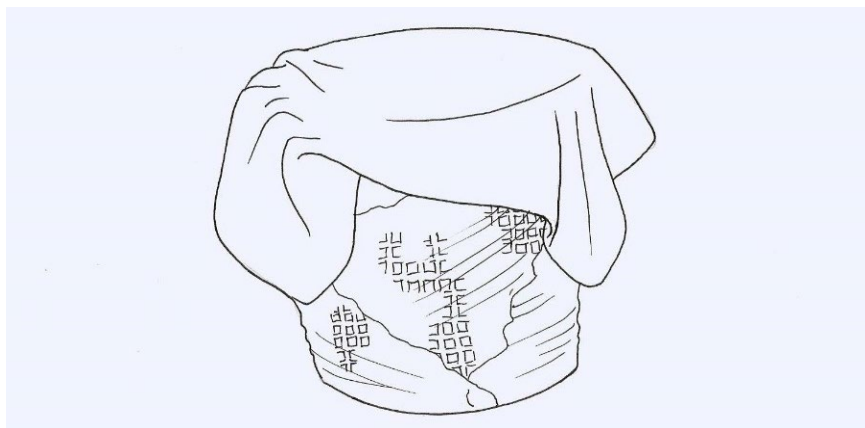
Maybe over time some clear answer will come up, on what these after-tastings actually means. Also, I still feel bitter tasting encounters, when some herb-lists are being processed through the dry-diffuser. If such happen, it suggests to me, that a possible volatile is present within this herb-listing I am self-administering!



*fig. 5.6: This illustration discusses where a piece of fresh bread can be placed on top of the emancipator shell. Note, the bread piece does not cover the entire emancipator sieve. I add a small piece of fresh bread, but lay it over part of the metal sieve matrix.*

The best time to do take this herb-listing tasting-test is in the morning hours of each day. I eat these toasted pieces of bread, when I consume in a dish some hot oatmeal with milk added. These tasting-test events are recorded on their respecting worksheet #2 [located at the end of this book].

I have been self-tasting “living” stuck-in-place essential oils for many years. So far I have not encountered any bitter-tasting events with my “chosen essential oils to date.” Oh, I have tasted many times unusual flavors from toasted bread samples, but no bitter ones.



*fig. 5.7: In this illustration the green-plastic fencing is visible through the plastic wrap. The dish towel is holding back most of the raising essential oils [entities], so much so, that the towel's inner side [surface] can be taken up and wiped upon any skin or face surfaces for a few minutes. Why? For immediate transferring of some of the living essences “stuck-in-place” in the clothes will benefit the skin surfaces immediately. I have many times taken such a “saturated towel” to my face, arms and hands. But in the same time, I will take in few deep-breathings.*

Hopefully, readers will follow the instructions in Chapter 2 [and within this chapter], in regards to starting up the dry-diffuser. I think the various discussions about the deep-breathings efforts should be no issue to any reader. In this chapter, the functions to run the dry-diffuser is more a repeat, other than performing both tasting and smelling tests.

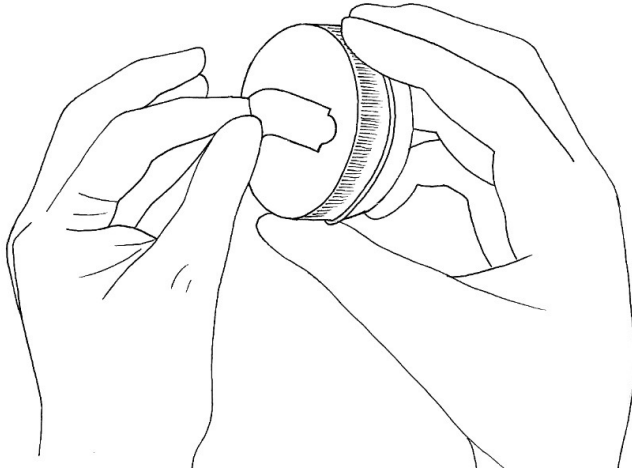
**SAFETY NOTE:** The reader does not need to make the hood, he/she can take many of the deep-breathings without taking the time to make their own hood! Just be sure to not get too close to the dry-diffuser, itself, when administering this lung-repair practice.



## THIS CONCLUDES PART ONE

The basic operation of the dry-diffuser is simple to operate, just put some herb mixtures into the herb-bowl on top of the hot-plate. Followed by, put on the flat-metal sieve on top of the now filled herb-bowl. Next just place the emancipator-shell over both herb-bowl filled and the flat-metal sieve! The final step, plug in the power cord and turn on the dry-diffuser.

## IDENTIFYING EACH HERB BOWL PROPERLY



*fig. 5.8: I have been hinting to the reader to consider installing a second dry-diffuser at work or in their private vehicle. If this actually happens, the herb-bowl and its lid will become an important function. I usually do not label the herbs in each herb-bowl, but it can be important to list them in a log-book.*

Carrying several herb-bowls with the lids tightly set is a good idea of an extra dry-diffuser is installed at work or in the vehicle.

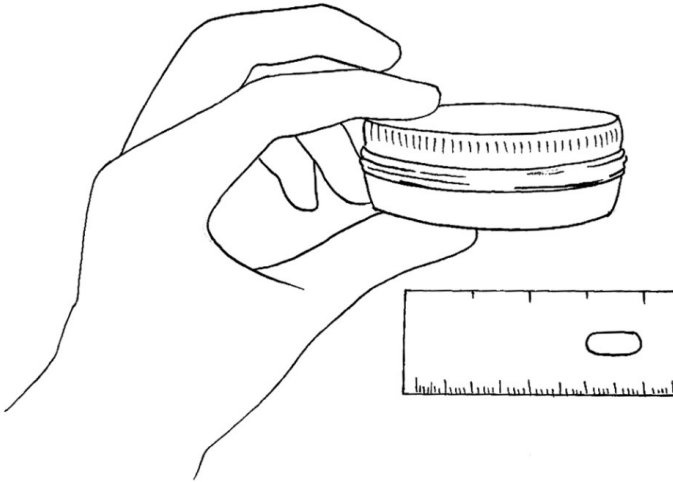
I usually have several fresh filled herb-bowls ready in the glove compartment, or at the office. Whatever the case, each reader must plan to do so, even be sure to take a reserve stack of favorite herb-listings!

If you are aiding a family member or a best friend, do be sure to install the dry-diffuser in the residence properly, and then

provide ample filled herb-bowls for their continued consumption. I've done this, and I always put written information on each filled herb-bowl released to them!

The three typical labels should read, protects blood, protects body-fluids, provides rest and sleep. Later on, I've identified each filled herb-bowl with some specific [herb-listing #]. Finally, adding same information, regarding helping others in my log-book – is priority!

The herb-bowls are easy to purchase online [see chapter two for the proper size]. They can be bought in groups of a dozen or more. I think a dozen is a good first selection, especially if some set up of a second dry-diffuser is being planned. The moving of any herb-bowl in one's own pocket will require the screw-on lids to be tightly set. The label on top of the lid is just as important!



*fig. 5.9: I need to alert all readers; do not select another size herb bowl. Why? For the smaller will not be useful, and all the bigger versions, they will not fit the emancipator-shell. I tried to make a larger version of the dry-diffuser, and it was a waste of time.*

The overall design of it is specific to one herb-bowl size. That perfect size is 1 inch tall with the lid on and 2.5 inches in diameter. Don't buy any of the colored ones; only purchase pure aluminum herb-bowls.

Here are key words: 2 oz. Metal Round Tins Aluminum, Capacity: 2 ounces/60 ml, 2.5 inches diameter with 1 inch height, or *aluminum* tin cans, or containers with the screw-on lid for lotions, balms, salve, spices or tin containers with the screw on lids.

## **MY CONCLUDING COMMENTS**

The dry-diffuser is the only way to introduce true essential-oils [entities] into the lungs in a matter of minutes. The taking of deep-breathing events will assure high amounts of living essential-oils [entities] will be entering the blood stream by way of the direct velocity of the red-blood cells, while in their inter-changing of waste gases with oxygen molecules. The blood stream carries oxygen molecules to the trillions of living cells, most of which living in cell-communities.

The dry-diffuser provides both protection and quick relief, if the herb-listings are properly chosen and taken daily and long-term. The chance of getting infections is real business when this dry-diffuser is properly installed and used effectively with the family that control it.

On the other hand, the reader puts the same herb-listings into single-herb format - then put said single herb-powder into empty capsules: then consume the daily and long-term, the levels of wellness will be in effect double the return!

ONLINE DEFINITION: the hemoglobin is packed into red blood cells at a rate of about 250 million molecules of hemoglobin per cell. Each hemoglobin molecule binds with four oxygen molecules so that each red blood cell will carry a billion hemoglobins.

WHAT IS A HEMOGLOBIN: the hemoglobin is an iron-containing oxygen-transport protein present in each red blood cell. The red blood cells will carry the oxygen throughout the entire human body. Oxygen powers all cells and gives life-energy.

## PART TWO: WORKSHEET # 2

Again, it goes not matter where the chosen herb plant has come from; what matters most assuredly is the number of in-depth studies published about it!

The next matter is the ample bio-chemicals present in a single herb plant; that are made available for study by the many science groups with some kind of worthy recognition in the field of herbal medicine.

The very popular herbs will have hundreds of individual science groups working with their specific scientific knowledges [skills]! Whereas, an unusual or neglected herb plant will barely be noticed by scientific groups - may not even capture interest with any scientists, thereby, only handful of reports are posted online! If there are no scientific reports published, it is best to select another herb plant.

The purpose of chapter five is to study only herb-listings, by placing them in herb-bowls and on top of dry-diffuser. Then within a few minutes, the smelling and tasting-tests can be completed and reported on worksheet #2.

**STEP 1** This step requires a collection of #1 worksheets, before stabling a new #2 worksheet on top. Again, it is the worksheet #2 that will need to be filled out in this chapter. All the attached #1 worksheets are there, just for reference when needed.

Also, I do suggest to all readers try to get to the six herb-powder level as quickly as possible! Why do I state this? There are no quick "answers" for the major discomforts and dysfunctions the reader may be experiences. But over time, many of them will just disappear.

**Note: this is required. Please list all the single-herbs selected, that are stapled on to the worksheet #2.**

**STEP 2** The herbs of most importance; they are the ones that manage both the blood and all body fluids. There are fewer herbs that can impact the mental parts of brain, so delay trying to cure headaches or even dementia.

But to protect the blood stream and all fluids of body – such is not easy to acquire, even with a handful of herb-powders.

This is not the case, when selecting effective herb-powders for use in the dry-diffuser. I think the ease of swift entry into the lungs, eventually will allow for many more herb-listings to be put in the bloodstream in a matter of a few minutes! What they do there is paramount. Eventually though, with ample essential-oils [entities] refillings into the blood stream, many will just go through, and be dumped in billions of cell-communities!

In short, it takes many hours to get those same essential-oils through the digestive tract and then into the bloodstream and finally into the cell-communities. Whereas, the herb-listings that go through the pulmonary tract, getting the cell-communities is just a matter of a few minutes.

I also believe the bloodstream is easily monitored by much larger essential-oils [entities] groups, that can disable all sorts of the low-life creatures floating throughout the entire bloodstream.

Note here. The main reason all the #1 worksheets are stapled to the single worksheet #2, it is the entire list of single herb-powders will be put into the herb-bowl one spoon full at a time. Remember, this spoon is a special spoon, much smaller than a teaspoon's worth here.

Say, three of the single herbs are protectors of blood, and other three are protectors of body fluids! Would this not suggest that this herb-listing could be protecting both the blood stream and body fluids at the same time?

**Note: here try to indicate if the herb-listing is to protect blood or body-water or both of them!**

**STEP 3** When several herb-powders are processed in the dry-diffuser, they always cake up into some kind of visible “cooked batch.” I talked about this cake-up effect before, so when processing single herb-powders in chapter two – each herb tested at caking up, it is good news. But if the same “cake-up” events are not happening in the herb-listing event, it is evidence

of some contaminated substances being present within one or more of the herb-powders present in the #2 worksheet. In this case, they are now being recorded on the worksheet #2.

Again, if there is some cake-up effect showing within spent herb-powder wastes then the herb-listing most likely has additives mixed in with the individual singles herb-powders! This is most common with foreign importers of herbs delivered in their powder forms.

If there are no cake-up effects with all the spent herb-powder wastes, it is possible herb-listing may be okay, but rather the herb-bowl is not loaded correctly or working right. It should not be the hot-plate itself, for the Waring Company's coffee warmer is made for the restaurant industry.

There is another possibility, that some of the spent herb-powders were only powdery or in some broken-up solid chunks. If this be the condition, it is for sure herb or herbs are a volatile or even some commercial vegetable powder was added to the herb-powders!

**Note: this step is I will view of each herb-powder dumping event and then record it**

**STEP 4** If the herb-listing proves out to be with foreign substances or plant-powders, it must be removed from further study. Once the herb-powder with foreign substance in it; has been removed, then another herb can be selected, before continuing the #2 worksheet test. This observation will eliminate the suspect from the herb-listing, until foreign matter has been identified.

**Note: this step only asks for a yes or no.**

**STEP 5** To know how long to keep a dry-diffuser in operation is not always a matter of at what degree of odor-strength is present in the room. To self-administer multiple herbs in powder, the sensing of them over the many hours of operation can seem less obvious to the nose. There is one herb, cloves, that I call a strong tracer in powder form. I have used half-a-

spoonful of it to highlight, that ample essential oils are still being released!

The powder of cloves [*Syzygium aromaticum*] is a powerful oxidation compound when put in contact with many biochemicals, even a few plastic materials are etched. I still use cloves in the dry-diffuser as my over-night tracer, but I have stopped putting herb-powder of cloves into empty capsules. The powder is so strong it can etch plastic too!

Some herb-lists seem to not emitting ample essential-oils odors, for little can be sensed by the nose. It is my experience with this dry-diffuser for many years now, that most of the herb-listings released within this first-person report, on average, last for four to five hours. Yet, I often reload my bed-side dry-diffuser with my favorite herb-choices and experience all night many thousands of essential-oils [entities] – all servicing my body!

**This step asks for the amount of time to detect ample smelling from dry-diffuser.**

**STEP 6** This is the main reason for proving if the herb-listing has its own unique smell and taste results! In most cases they do!

There should be no bitterness to either the tongue or nose sensors. I will state here, many of the test results will be very difficult to put into any descriptive words.

The self-administer will need to be creative with his/her words to come up with some easy way of recall towards the actual smelling and tasting test event.

**This step may be difficult to explain the true flavor, while sampling toasted bread.**

**STEP 7** This is the one reason for proving the herb-listing has a unique or unusual odor. The self-administer will need to be creative with words to come up with each believable-smell testimonial. Some of the smell testings will have an after-smell.

Most of the time, the after-smells are detectable only a few minutes after initial taste test has occurred. It may take a while

before each self-administer will actually perfect his/her own smell-test event.

**This aroma test could be difficult to detail, but try with the least words if possible.**

**STEP 8** The deep-breathing events are several in-takes of each herb-listing scheduled to be run through the dry-diffuser. Do not get too close, no hot-vapors should be taken in to the throat or nose. If you are getting closer, put the hood over the dry-diffuser before a continued deep-breathing event.

I have not talked much about deep breathing events, for most will do it their own way. I basically take in four or five deep breathings three times a day. But for the smelling tests, I usually do less deep breathings, and I usually hold in the vapors, each event, as long as possible!

Over time, getting sick will become a rare event, so do not get overly confident you can beat Nature Ways! Mother nature is much better at keeping billions of humans sickly for the long-term. Whereas, few individuals are capable of keeping themselves with healthy effects for the short run!

**The number of deep-breathing events per session is important. I always try to inhale a full amount of essential-oil's [entities] and then try to hold my breath as long as possible. Doing this a few times in the morning and later in the afternoon are the only sessions I will administer daily. Why? Reason: to keep doctors away!**

## **PLEASE KEEP THIS IN MIND**

Selecting herb-listings that service the enter bloodstream is priority one. To lead clusters of essential oils [herb-groups] to manage the cell-communities of body is next priority!

To do any of these priorities, select only plants of burden – that have true essential oils [entities], that in turn, will manage the body's connective muscles and tissues is the end priority of any/all the essential oils [entities] selected by the reader.



When selecting any list of herb-powders, be sure all are taken from – leaves, flowers and their stems. All other parts of the plant of burden may not be capable of servicing man. Why service only mankind? The mystery was purposely put in plant of burden's DNA!

Ask the scientific community why they did not photograph any essential-oils [entity] in there respective sleeping/living states [in plant tissues], or even existing in liquid teas or tinctures a long-time ago? Why? It may invalidate all their work today!

There are more plants of burden to be found in nature. I have chosen the “best herbs” for my own need! There is no actual need for me today, to select any other herbs in nature!

I prefer my readers [students] take on this discovery task – with their own “means and ways.” Oh, I still must meet doctors, from time to time, but on my conditions. The only exception is when surgeons are “bent over me” on their operating table: I will always be most grateful for extending my lifetime even more!

Finally, why not choose your own herb-listings for your own healthful benefits or even take your chances managing clean living practices in real time. Please remember all this book is first- person report, I am most willing to release it to others willing to seek higher levels of wellness by way of their own efforts. It has taken me much energy to review all this book's contact. Please consider review of the press-release edition at [herbvested.com](http://herbvested.com)

Signed,

Darrell Parrish

[www.herbvested.com](http://www.herbvested.com)



## CHAPTER SIX

# HERB TEAS PRODUCED BY THE GALLON

### *Practical Master Tutorial 101*

#### INTRODUCTION

This chapter has been developing in my mind for months. If the empty capsules ever became not available to buy online? It would mean that I could not get empty capsules into my hands to insert the required herb-powders to maintain my continued long-term health.

The idea of not finding empty capsules in the future has continued with me even today. I do not know why. Well, I need to take 20 to 25 single-herbs put-in-empty capsules daily for my current level of wellness.

This kind of “that I must put specific herbs into capsules” arrangement is bothering me. So I will try to reduce the total count back down to, on average 15 herbs put into empty capsules once again.

The fear that I could be physically impacted for lack of finding empty capsules online is still working through my mind. I do not have real evidence that the dry-diffuser can do the entire job of keeping all my forgotten discomforts and dysfunctions under control!

I right now have bought these four based on one master herbalist. I have never done this before, yet I believe the person lives with these herbs with working knowledge! After watching the herbalist, and now realized he is just moving herbs from all over the world to his herbal garden for profit.

With this stated, I will take the time and effort to do further study and slowly begin to consume these four herb-powders with much caution!

And here are their scientific names, *Annona muricata*, *Gynostemma pentaphyllum*, *Inula helenium*, *Scutellaria lateriflora*. The motive for taking this action is I've bought several herb-powders, that actually turned out to be true extracts.

## **THE BASIC RULES ON MAKING BULK TEAS WITH A CENTRIFUGE MACHINE**

The first rule of procedure is no herb-tea mixture should ever reach their boiling point in any pot of water! The second rule of procedure is the water must be always distilled.

The first rule is linked to a belief of mine – to not break “physical attachments” between the primary and the secondary metabolites. The second rule is city water should only be used in the garden, shower and clothes washing machines.

Again, in regard to the non-boil requirement in herb-tea making, be sure the requirement is kept between 50 °C and 80 °C! Yes, the reader will need to buy a temperature gauge! But after much practice at heating herbs, the ideal heat range can easily be reached and maintained.

Try to follow this chapter's instructions until you become proficient at making your own herb-teas based on your own personal research accomplished in chapter four and five.

## **SHORTDISCUSSIONABOUT HERBTEAS**

The make any herb-tea of importance, it requires the preselecting of six herb-powders, that are typically being put into empty capsules and/or even put into herb-bowls before turning on dry-diffuser.

There is a major reason for using only the same herb-listings with all three applications: to protect the pulmonary and

digestive tracts, to include the entire skin-barrier of body. I do service my entire body with the very same herb-listing's three pathways. Why? These three "pathways" are the same passageways, that the low-life creatures are coming from Mother nature.

There is yet another important realm in the human body: it is the brain itself! Aiding the brain is a much newer problem-to-solve with respect to the most medical groups. It is the brain-barrier and therein, the most deep-centered organs, that are still little known about what they do.

It is possible a certain herb-groups can get a free-pass through the brain-barrier, based upon their "living states and specific bio-chemical arrangements." Here - I am talking about the shorter herb-listings being allowed to travel through the brain-barrier, and then recombining into their larger forms - once safely therein!

## **THE HOME PROCEDURE TOWARDS MAKING A COMPLEX HERB TEA**

The six herb-powders pre-selected are mixed into the pot of cold water, or at least at the initial heating up of the water in the pot. Some herb-powders will easily mix with water or persist hand- mixing herbs in water completely. But when the water increases in heat, the mixing will eventually mix in with the heating water. Over time, all the plant matter will fall to the bottom of the pot. Note, some aggressive mixing with a whisk is always recommended. The separation of plant matter from herb-tea is only by the centrifuge!

I have used Magnesium Chloride USP [source Greenway Biotech, Inc] for many years. When making up any herb-tea combination for body washes, I add fifty percent to the herb-teas liquid [by volume] before applying "mixture to my skin-barrier of the body."

Magnesium Chloride USP

The make up of Magnesium chloride, by adding 30 grams of white powder to one liter of distilled water. This is a 3% solution. Do not make this solution more concentrated ever! Why? Well, I use it for “colon relief,” as in get rid of troublesome waste in my colon. Regarding this 3% concentration of Magnesium chloride, I only take one once!

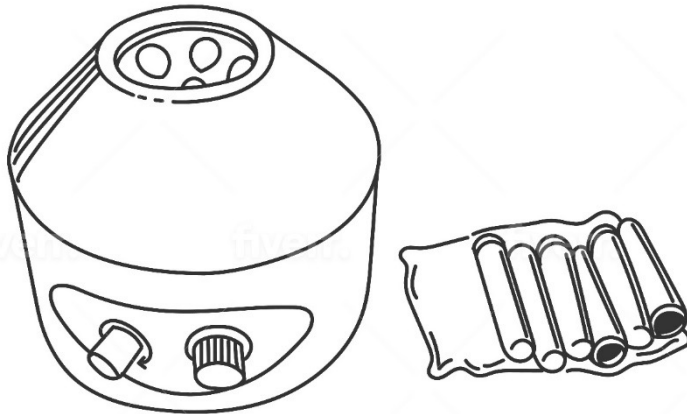
## **HERB TEA THAT CONSUMED ITS PLANT MATTER**

Let's look at one well marketed Japanese tea first called, sweet matcha. The key-phrase is or its scientific name, *Camellia sinensis*. The best way to explore any further with this key-phrase is to add a few more meaningful keywords or key-phrases to this herb's own scientific name!

Search #1: keywords and key-phrases are *Camellia sinensis* + essential oils + science studies + pdf.

Green teas have been studied for several hundred of years, mainly for a carcinogenicity and/or other inhibitory effects upon human beings. The main reason is that this one tea does protect many of the organs within the human body and even interferes with rogue cellular development [cancer]. I have stopped studying green tea matcha, for there are plants of burden, far more vital to mankind's health benefits than these green teas ever could claim. To me, the plants of burden possess essential oils in their tissues leaves, flowers and stems! And matcha teas are an essential oil [plant-based] oh well marketed; which is the same situation with the herb plant called, Moringa!

## HOW TO SEPARATE PLANT MATTER IN HERB LIQUIDS



*fig. 6.1: The heating herb powders in a small pan of water. The pouring of liquid content into a holding-glass container may be required. Also, the centrifuge unit comes with six plastic vessels to hold and remove all solids stuck to the bottom, which is what centrifuge's often do perfectly. Don't lose these tubes, for they are but a set of vessels to allow the centrifuge to rotate in balance – perfectly.*

The plastic vessels of the centrifuge machine will eventually become difficult to keep all of them free of plant matter, which may require a small tube brush to be applied to clean out properly. Be sure to purchase a bristle brush, 0.75 inch in diameter. I have found a bottlebrush on ebay.com for this very purpose for the reader to consider.

Search result: 10X Nylon Cleaning Brush. Set Test Tube Bottle Straw Washing Cleaner Bristle Kit, \$6.90 from eBay seller mdtny2012 [ships free to your door]. Note, there are other kinds of brushes that will clean out these six centrifuge tubes. I have used fast running water to clean them out, but eventually found a brush to do a better job of it!

I have added where the reader can buy the centrifuge vessels online. See below; again the locations are at eBay.com and Amazon.com likewise.

Search result: 10 Pcs 20ml Plastic Centrifuge Tubes with

Attached Cap and Round Bottom, eBay price for 10 is \$8.70, with 22newcentury [ships free to your door].

**ONE** Look close at each herb-powder bought online. If herb-powder is powdery, the reader may discover pushing the powdery herb will be difficult into the pill board; as in to press flat and be filled properly.

It is possible foreign substance has been added to the plant matter, for plant material is often electrically charged when being ground down into a finer powder form. Why are then grinding so finely? The factory staff will decide what powders are to used, based on their experience with each herb-plant that is being ground up. Or worse, it could be just some plant extract being processed chemically, which require proper drying to a powder.

Be sure you do not buy any plant extracts on purpose. With all this said, I have bought plant-based extracts mainly by accident. It is important you ask all the online resellers to identify if the herb-powder is only natural plant material or just a concentrated extract!

The possibility of some contamination of one or more of the herb-powders sold online, is today's sad reality. Many resellers of popular herbs buy from foreign suppliers. But they all know if each is a true plant-based material of the herb or just an extract product of a known plant's bio-chemical listings.

The problem is obvious and serious, for some foreign herb-grinders actively permit the adding of other powders or chemical-agents to further aid their grinding machines!

Fortunately, there is a good chance of self-discovery. Note when heating and mixing up any herb-powders put into pan of water, if some residual [as in goo] is come up floating, or any gel-formation complex be visible just under the surface of the tea, or even at the bottom of the heating pan. If any gels are present anywhere in the tea matrix, or develop just below the herb-tea's surface, the entire tea product must be trashed! Even suspicious



floating oils forming on the tea-surface, need to be removed by way of thin paper towels.

Again, to remove the floating oil substance, I just add a paper towel over the floating oil mass. Then lift that paper towel up [lightly off the surface]; along with the floating oil substance still attached. Be sure to put these soiled paper towels into the trash.

Next, try to look down into the herb-tea itself; deep down into the tea mixture - next see if the plant material is mostly on the bottom of the heating pot. Do not try to mix up this plant matter, that are still laying "undisturbed on the bottom of the pot."

Why? This will disturb the finer plant-matter to "intermix again in the liquid-tea above!

**TWO** As the water in the pan continues to heat up, the full cooked herb powders should eventually sink to the bottom of the pan! Be sure to keep mixing herb-mixtures in the hot water with the whisk in hand. It takes about twenty minutes to process most of the herb-powders put into one quart of heating water. After twenty-minutes stop stirring the still heating tea mixture. This will allow the now soaked plant-matters to drop to the bottom of the pan.

During the stirring the herb-powders in water being heated, be sure to look out for debris coming up to the surface, in the first twenty minutes. Most of the time, only a small oily substance may actually appear.

These early oil-spots can be removed by floating on top the oily patch a small piece of paper-towel for a few seconds. Sometimes, often a few paper-towel pieces are needed to effectively remove unwanted floating substances or debris, that come visible to the eye.

If it is only solid plant debris that it floating on the surface, just mix the entire liquid in the pan, until most debris successfully sinks to the bottom. Just continue to heat herb-tea mixture, until most of the solids have dropped to the bottom of the still heating pan.

If there are gel-like masses suspended deeper in the herb-tea liquids, it is for sure these masses will cause the entire herb-tea batch to be trashed.

I usually send these failed herb-teas down the toilet. Even though such does not happen often, it will require the purchased herb be identified and put into the trash! I typically will discover which herb contains the foreign material within it; to tell the original re-seller. In all cases, they have not refunded any of my money, or even continue to talk with me!

If any single herb-tea begins to form some kind of “gel-like goo,” then do try to identify that herb-powder responsible. It is vital to put this information in your own log-book; as in the single herb worksheet #1! Of course this can only happen if the reader prepares a single herb-powder into a single herb-tea.

It is a good way to prove the herb-powder is contaminated or not. Which I had done a few times in the past. If the contaminated herb selected is still important; as in be part of the herb-listing, just select the herb-powder from a different herb-seller online!

The processing of herb-teas will take more time than putting herb-powders into empty capsules or even placing herb-powders in herb-bowls before turning on the dry-diffuser.

The main reason for making herb-teas is use them as body washes and/or sippers to be taken into the body both short-term as well as, long-term.

To be more specific, the main reason for consuming herb-teas are two fold. First, they are used for protecting the skin barrier and proves some hair reparation rejuvenating; and are equally taken internally for internal organs and connective tissues reparation!

Second, they begin a special herb-tea called, the sipper. Drinking smaller amounts of herb-teas can benefit the entire mouth/throat zones. The mouth is a difficult to treat by any prescription medicines, whereas by simply sipping herb-teas down the throat!

Again, the area behind the tongue is impossible to get treated, medically speaking, let alone treat that same body zone with known kinds of medicines. The mouth and down the throat zone, sorts of low-life creatures, may easily attach themselves any single cells! These same herb-teas, to treat the mouth/throat zones are collectively taken in the body, to cause essential oils [entities] effective repair the digestive tract, includes the colon!

**THREE** It is important to be always near the stove when any herbs are being heat processed. The water should never come to a boil! The heat range must be always controlled.

Why is this so vital? The heat range preferred is 50 °C to 80 °C, which is a fair range of useful heat to release upon any of the “stuck-in-place” essential oils [entities] existing within plants of burden.

There are ample oxygen molecules present in both air and water, the amount of oxygen in water is below two percent; that is the percentage of oxygen molecules flowing within some known water-mass.

Take note, liquids within plant matter do not possess free floating oxygen molecules in it. All essential oils [entities] have some special affinity for oxygen molecules. Scientists do not know exactly why; but understand the presence of oxygen molecules, in the bio-chemicals will effectively become more powerful. I ma guessing, but think the oxygen is necessary to drill physical holes in low-life creatures encountered.

In regards to the pan of water being heated, I usually heat up 1.5 quarts in metal or glass pan. Then put into this slowly heated up pan, six known amounts of herb-powders in it! I usually add 2 tablespoons of loosely packed herb-powders for each single herb selected.

I always select six herb-powders put into the same pan of heating water. I never boil the water. Why? I believe if I boil the water, all the bio-chemicals will be separated. Which means to me, the herb-tea is dead to any chances of winning higher levels of wellness!

Next, once all the dry plant-powders are completely made wet, I look for oily substances floating upon the surface and the eventual dropping of most plant matter to the bottom of the pan being currently heated slowly.

The good news is, it will not take long to get within the “optimum temperature range in the pan of water.” Caution here, it will require the reader to buy one temperature gauge!

Simply stated, after reaching the temperature range, about ten to 15 to 20 minutes, just let the herb-tea mixture simply cool down slowly, by turning the heat off completely. If the temperature begins to drop below 50 Centrifuge, add the minimum heat possible!

Finally, a secondary filtering process is commonly used, after the centrifuge process has been completed. All the above processes will be, again, discussed in more detail shortly!

**FOUR** Once the pan of tea mixture has been cooled down, it should be poured out carefully into a larger glass- measuring bowl. Whatever the bowl selected, it must be with a small spout – for easy pouring into small test-tube containers. The six plastic tubes belong to the centrifuge machine bought online [instructions soon to follow], they are all plastic.

Some herb-teas will “attempt attaching themselves” on to these plastic-tubes the reason is some herbs can be “aggressive entities while in their life states.”

The etching problem is not important, except for one herb called, cloves! I do avoid this herb in all tea-making efforts with this machine. I do not administer the cloves-powders within empty capsules. Why? Cloves powders will attack many capsule machines sold online.

Some people add cloves to many kinds of herbs in tea-bags [no problem]. I just do not need to get involved with this essential oil. There are many alternate essential oils, for protecting the blood system available online.

If any herb-powder can etch all sorts of plastic material, why get involved with such a herb? Even so, I have used cloves-powders in the dry-diffuser, for it is a strong indicator in any room [easy to smell], that the dry-diffuser is properly working. This herb can last in this dry-diffuser for more than eight hours at a time! In short, if the smell of cloves is present in the room, other essential oils placed within the dry-diffuser will be useful to the lungs for an equal amount of time!



*fig. 6.2: The centrifuge machine in the illustration is made in China. It can be bought in many places in this country. Try to buy it, for it is half the price of other professional models sold online. This machine is also dangerous to use. I only increase the rotation rate to the third level and spend about ten minutes to completely separate the plant matter from all liquid medium within the centrifuge tubes!*

I bought this centrifuge 2 years back, it works perfectly today. I bought mine from Amazon for less than \$50. There are other places to buy this model online, so capture this model for your own personal use [centrifuge model will be identified shortly].

I frequently combine the herbs listed below. They collectively cleanse the blood stream of low-life creatures when encountered. Also, they are most useful in reducing candida fungus colonies and their offspring called fungi-spores.

Of course, the primary mission of all humans is to reduce all their fungal spores floating within the entire human body [did reader perform a sugar-water test in chapter one, yet]!

This is my favorite herb-listing: Sage (*Salvia officinalis*), Thyme (*Thymus vulgaris*), Dandelion (*Taraxacum officinale*) and Rosemary (*Salvia rosmarinus*). Please remember I am making and consuming herb-teas, just as I am making and consuming in capsules, and likewise process together through the DIY dry-diffuser.

## **HERB TEA PREPARATION**

Preparation: take two tablespoons of each herb powder that are listed above. Then each tablespoon of herb powders should be added slowly and across the water surface [cold], and then thoroughly continue to mix in the remaining dry herb-powders by way of some aggressive wetting. The latter is accomplished with a metal whisk in the hand. Stir in the remaining tea mixture till - thoroughly combined!

The general process is to remove the heated herb mixture from the stove and then slowly pour portions of it into a large glass measuring bowl. The glass measuring bowl usually has a spout. Be careful when touching the glass measuring bowl; if there is a hot liquid in it! Also, protect the counter and sink from heat damage, when placing hot pan or the glass measuring bowl.

Again, move the hot herb-mixture in the pan, over to the kitchen sink. Slowly pour out some of the herb mixture into the large glass measuring bowl. Try to leave most of the herb-plant solids undisturbed at the bottom of the pan.

This will be the same situation when pouring out hot tea-liquid from measuring bowl, do be careful to pour into empty "test-tubes." Make sure the centrifuge machine is located near the kitchen sink too. After the filling of each plastic tube, transport each over to the centrifuge machine and careful place in the center portion of machine [see illustration below], its six filled plastic test-tubes.

## **CENTRIFUGE TRAINING SESSION**

When the centrifuge machine is turned on, one thing to stay focused on are where your fingers are at. It is much safer to stay away from the machine, during its operation.

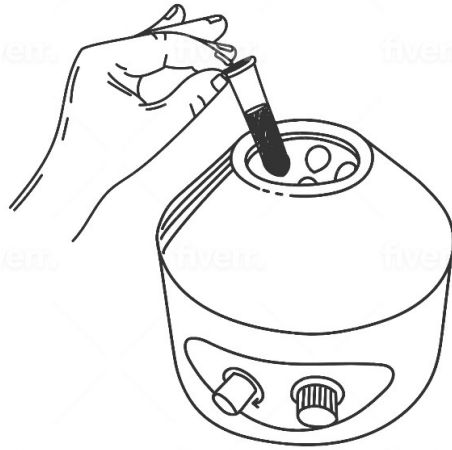
I usually approach it with caution every time it is running. Do not run it at full powder. The knob has nine levels of rotation. I never go higher than the fourth level. Be careful!

There are several presentations on exactly how to operate this centrifuge - with safety in mind. Also, there are several instructional videos on YouTube to view the full operation but from a distance! Please consider proper preparing yourself, before trying to operate centrifuge in the home!

The first caution is after turning off centrifuge machine, do not attempt to slow down the centrifuge tubes as they come to a stop. Let the centrifuge test-tube carousel come to the full stop before taking them out by hand. The pouring out of any liquid portion is simple.

The second caution is avoid any moving of visible solids within the liquid-medium of the centrifuge's test-tubes, try not to disturb anything stuck to the bottom of each plastic tube, as herb-tea liquids are being removed. Just be "in-slow-motion" to removing all the liquid-tea fluids!

The technique of removing herb-tea liquid without its solids coming out, is just another simple task to master. After removing the liquids from each centrifuge test-tube, remove plant matter when cleaning out each centrifuge plastic test-tube will aggressive in-and out flowing of water from the water-spout in the kitchen sink. Another idea is to try to locate and buy a few test-tube brushes online!



*fig. 6.3: When handling the centrifuge tube, try not to disturb any of the solids at the bottom. In short, it will need to be moved over "carefully" to the receiving container. I usually have one small fruit jar with a lid nearby. When trying to remove the liquids from each centrifuge tube, tilt the centrifuge tube very slowly so the liquids will leave it slowly. Let all liquids go into a clean fruit jar [with a coffee filter attached by way of a rubber band] without disturbing any of the "stuck solids" at the bottom of the tube at hand.*

Again, remove any solids remaining within all of the centrifuge test-tubes. Do it with a stream of fast-moving water via the sink's water spout. Try to keep all the tubes as clean as possible. Consider purchasing a small tube brush to clean them even more perfectly.

**FIVE:** Remove the finer herb-powders with below method. It is preferred to not disturb the finer powder particles [solids] from entering the herb-tea medium just above. The method is to use the secondary filter, to remove the visible particles from drinkable medium!

Even if the smaller solid particles are not visible in the herb-tea, some extra filtering will be required before trying to drink this herb-tea anyway. Most of the time, the herb-teas will not be clear but deeply dark! To see effectively through most of the herb-teas will be impossible. For this reason alone - the coffee filter in glass jar is required business!



So, it is typically a difficult task to notice if any existing herb-powder debris may be suspended within the herb-tea fluids, even after processing through a centrifuge machine.

I have devised this simpler method of removing “suspect herb-powder fines” by adding a paper coffee filter tied to an large-glass jar's threaded area. The size of jar is typically one pint size. The larger glass jar is preferred, when actually trying to attach the paper coffee filter; frankly it is difficult to attach to any smaller glass jar's threaded opening!

Actually, it is not important what size the jar selected is, only that it be much larger to aid in the attaching of the paper coffee filter. I do prefer the larger glass jars anyway, for many paper-coffee filters are easy to tear and difficult to be tied with rubber bands put around the jar's threaded area [to hold paper filter in its place during filtering process!]

Just how is this done? Well, a rubber band must be place over – to hold the paper coffee filter firmly onto jar's glass threaded opening! Why must the reader perform this “extra effort?” It is to be assured of removing any residue particles left in the herb-tea liquids.

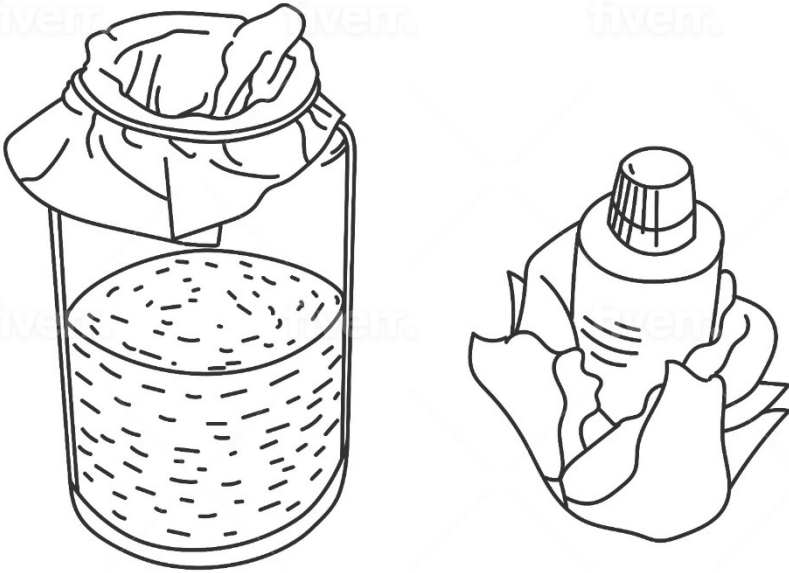
The principal reason is when grinding down herb-plant matter, there can be tiny plant pieces very hard to see in a darkened tea[liquid!]

If such tiny-plant debris actually gets “stuck-in-place” in the throat say deep in the lower part of the throat – the throat will not accept their presence there for very long!

Caution: without administering this secondary filtering task, after the processing with the centrifuge; it is the herb-tea's own liquid, that can become problematic to the consumer's throat in the end.

Again, sometimes drinking many kinds of herbal infusions [not with any detailed filter]; the solids may make the throat very uncomfortable and cause repeated coughing events [typically a Japanese custom]. Why? For the finer particles of any plant matter can easily upset the trachea's inner layer where hair-like

structures called, cilia are located! I prefer to do the extra work and remove all visible plant fines possible!



*fig. 6.4: The glass jar is much larger, and attached at the open end of it is one paper coffee filter with a simple rubber band. It will take some practice before this becomes easy to accomplish. The second illustration is a small plastic bottle with a coffee filter wrapped around it. I found out quickly that finding a plastic bottle with a larger mouth, so the coffee filter can be easily installed.*

Of course, the plastic bottle that formed the narrow shape of the coffee-filter paper, it was discovered much later by me. The idea was to make the coffee filter drop “deep as possible,” into the secondary filter bottle. A plastic bottle was used only to pre-shape the coffee filter around it more pushing it down into the larger glass jar.

Again, as one inserts the pre-shaped paper coffee filter within glass jar's upper entrance, it is bend back over [glass edge; the paper filter edges are well well over glass bottle's open and threaded entrance. The rubber band must be wide enough to spread and secure over both the bending of paper-coffee filter over glass-jar's upper edges. It takes a while to perfect this “tie down effort.”

The difficulty will be to place a small rubber band around the “bend over paper-coffee filter” task. Then at the same time do make the rubber band seal all around the [paper filter and jar's edge combined]: enabling all to hold in place!

Yes, this is yet another learning skill. It will take a few attempts to encircle all the paper filter surrounding the glass jar's threaded edges [combined/bent/tied together]. After a while though though, this “clever wrapping task” will be perfected with much practice!

Always use a small-diameter rubber band half the size of the glass jar's diameter, it will be less work and stress upon the administer's fingers.

**SIX** I always do this process even when no visible plant particles are suspected in my herb-tea liquids. Why so? I can not see the tiny plant matter, so the special effort is required in my opinion [yes, for my own safety].

Make sure you perfect this extra “protective-filtering” task to avoid consuming the herb-plant matter into the body over the long-run. Yes, individuals typically do take-in ample plant matter while drinking matcha teas. I'll not do this, for I perfectly know better now!

Why do I persist in removing all-possible plant-matter from my herb-teas? It is in event the empty capsules may not be available for millions of US consumers in the near future.

I have been taking over twenty single-herb capsules daily for years. To replace the exact amount with “quarts of herb-teas;” it is hard to imagine. Anyway, it will be the greatest challenge for me to perfect this last effort in my DIY herb-book.

Typically, the longer the centrifuge device is allowed to function, the more compact the solids will “be bound” within the plastic tubes. It is always better all solids remain stuck at bottom of each centrifuge tubes. I usually process herbs with the centrifuge for about one hour to complete three days of herb-teas.

Whatever the thinking done regarding the second filtering task to remove the remaining suspended particles, there are no other methods to my knowledge.



*fig. 6.5: When collecting the liquids from the centrifuge tube, pouring out their contents into a glass jar with a coffee filter tied via a rubber band is the last resort toward getting an absolutely safe herbal tea, ready for safe drinking.*

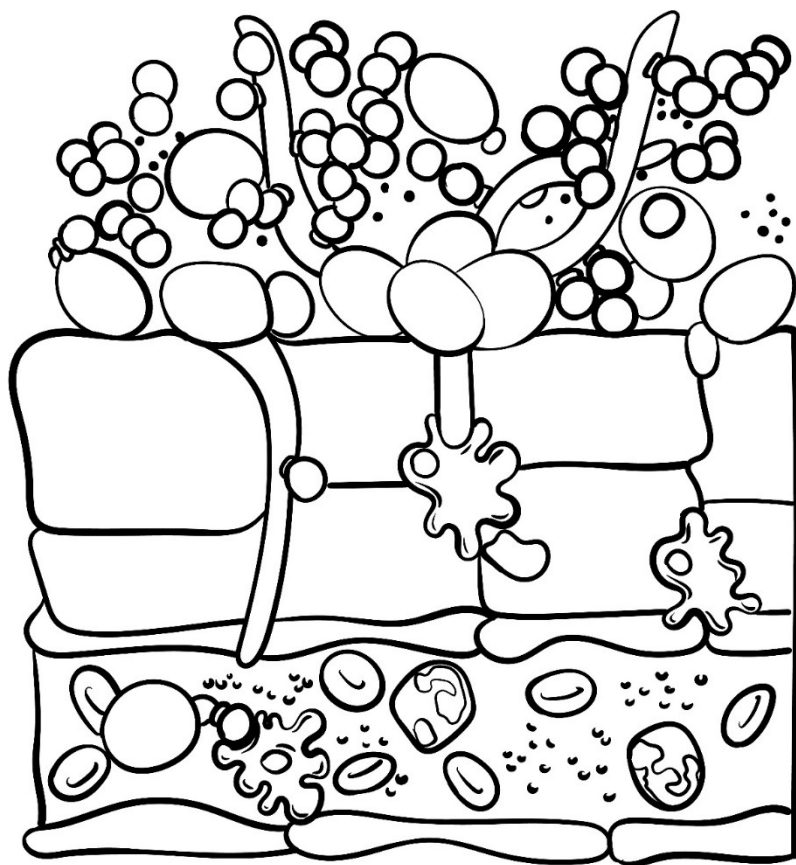
Yes, to effectively remove the tea-liquids out of each centrifuge tube just level it slowly, a little at a time, from centrifuge tube into the collective jar. Do not disturb any of solids at the bottom of the centrifuge tube. When all tea-liquids have been removed out of the centrifuge tube and put into a storage glass-jar. If no further process, then put its lid on and move to the refrigerator.

## THE BODY WIPE BENEFITS

When essential oils are applied to the outer skin or hairy zones of the body, the benefits are even more amazing. The skin literally opens up to absorb the essential oils, that are freely moving on the outer-skin barrier. Regardless of how much herb- tea is rubbed on the skin's outer barrier the living membrane will "open up" to absorb these essential oils being washed over it. It is the hair follicles and skin pores that will benefit the most. It is here the infectious entities are mostly encountered by any living essential oils [entities].

If many essential oils are effectively opening up the hair follicles, the supporting oil sacs will regain new life. Over time, even more hair follicles will be revitalized; eyes their oils sacs [after being regenerated] will begin to function adding newly formed hair roots. The beginning hair rooting have an excellent chance of growing true miniature-hair lengths!

I have been noticing hairy growths on my arms and legs for some time now, I do believe some essential oils can easily regenerate groups of hair-follicles with their "benevolent effects." Is it possible that aggressive washings may manage essential oils the ability to add hair growing longer on the skull?



*fig. 6.6: Even hair follicles and skin-surface pores are "fall-in-zones" for most low-life intruders. There seems to be a limit of depth into the skin barrier that low-life prefers to live within. The more dangerous entities can go right to the fatty-tissues. Once there, they are impossible to remove, except by way of pre-selected essential oils.*

## **MY PERSONAL SIPPER TEA EXPLAINED**

Consider combining the below seven herbs to make another typical herb-tea, all which I call my personal sipper! This idea of consuming herb mixtures came to me many years ago. It is and will always be my preferred method of mouth and throat protection! Few doctors offer any such medicines that will protect the mouth to the stomach. But never all the way down to the stomach!

Herb-list two: Lemongrass (*Cymbopogon citratus*), Calendula (*Calendula officinalis* L.), *Artemisia absinthium*, Peppermint (*Mentha piperita*), Boldo (*Peumus boldus*), Pennyroyal (*Mentha pulegium* L.), and Horsetail (*Equisetum arvense*).

## **MORE HERB TEA PREPARATION INSTRUCTIONS**

Take two tablespoons of the powdered herbs listed in List One [above]. This will make an excellent body-wash for the entire body. Place a quart and half of cold water and do not bring to a boil. Stir in the remaining herb-tea listed til everything is wet. Allow it to heat up and be maintained for 10 to 15 minutes at a temperature ranging from 50 °C and 80 °C. Finally, mix all the herbs list in the pan. Let mixture cool down for about ten to fifteen minutes.

Do constantly mix the herb-powders with a whisk in your hand! Regarding the makeup instruction posted here: this is not an absolute receipt, for I constantly change it weekly, monthly, and yearly. These herb teas have their rightful place in any person wise enough to know better!



*fig. 6.7: Don't wait until you require doctors or specialists. Consume herb-teas daily and long-term. Plants of burden have been around for thousands of years. They simply are waiting to be discovered and consumed by mankind.*

## **HERB DRINK PROCESSING DISCUSSED HERE**

The herb drink process is rather simple to perform but it takes time and patience. The volume of water needed to begin making these herb-drinks are about quart and half. The finished herb-drink typically will yield just under one quart during each processing time.

So each herb-drink that is processed will make available three late-night herb-drinks, each about three full glasses in volume!

Please note, the difference between herb-teas and herb-drinks. The latter is only present when administering extract of a pre-selected herb, and especially when mixing extracts of several herbs together.

Again, herb-teas are from plant-based matter only. Whereas, the herb-drinks are always from the same plant's extracts only.



Extracts have no plant matter present but chemically altered in liquids or fine powders.

The amount of herb-powders to be added to each one quart and half of distilled water should be about two tablespoons [not leveled] from six different herb-base matters.

It may seem to the reader that two full tablespoons are a lot of herb-powder to be adding – no matter the number of herb-extracts selected. Please note most are concentrations of 10 or 20 time the normal essential oils [entities]; as made from plant-matter exclusively.

Again, the main difference between herb-teas and herb-drinks are the latter comes from only herb-extracts [no plant-matter]. This is going against my entire belief that essential oils [entities] must come from plants of burden.

Yet, I am taking into my body pre-selected extracts from the plants of burden choices I have been taking for many years. The reason is to prove or disprove extracts are useful!

Yes, I am still against taking extracts of any plant source. This is just one self-test with my own body at risk. I suspect the test will continue about six months!

As for this test-run with herb-extracts selected, I will pick only pure herb-powders from plants of burden [in name only]. That will mean, there are no herb-plant matter – not the leaves, the flowers and. or the stems.

## **THE HERB DRINK PROCESSING MUST BE TAKEN ON AN EMPTY STOMACH**

The herb-drink process is more than processing and drinking pre-selected herb-drinks. The person taking these herb-drinks must willfully be consuming them upon an empty stomach! This typically means to consume them end mostly daily and always at night, with no food left in the stomach is preferred. Note, these herb-drinks are taken in the week, not a daily event nor long-term.

The stomach is rarely empty during the day, except for a few people who eat one meal a day. When I say one meal, I do mean breakfast and dinner [included]. Each single meal is consumed between 1 PM to 3 PM daily.

This kind of eating pattern will take fat off the body [mainly over night hours]. Many people eat this Mediterranean diet, or intermittent fasting diet or Keto diet [I take the latter diet mostly]. These diets will help the reader, to burn off older fatty tissues within his/her entire body!

The herb-drinks are constructed from a special herb-list source called, extracts. Also, I keep these powders separate from all the other herb-powders stored in the house.

I have avoided herb-extracts for many years, but some “science groups” are promoting them [along with true essential oils] for the purpose to add even more protection to meat, fish and various field-crop harvest-process facilities. To read these published documents, just add the keyword, extract – to the science names of herbs under your consideration!

These pre-selected five herb-extracts, that are most the important herb-plants of burden – these I have considered only! I've bought them online with no difficulty.

I have opened them up [post-packaging] and put them into my plastic containers with special labels put onto them. They are superfine powders; typical of “dissolved bio-chemicals,” more so than from any grinding process with true plant-based matter.

I will not administer any extract in empty capsules, or put them in any herb-bowl of the DIY dry-diffuser. I will avoid the consumption of any more extracts and end this herb-drink experiment before 2024 arrives.

I still believe that the “centrifuge method” is the superior way – at making herb-teas via true essential oils [entities] put into the human body and/or applied externally over body; as in herb-wipes spread over skin barrier!

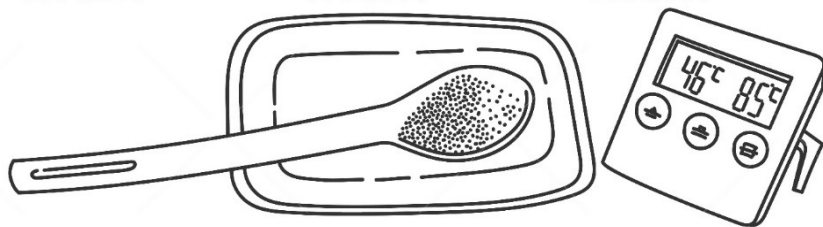
If there are any provable “benevolent effects” placed upon and or within my body; I will document them in my personal laboratory notebook! I still believe there are no herb-benefits coming from any herb-extract. Even so, I'll finish these five herb-extracts project before 2024 begins.

## THE STOVE

Be careful with extracts placed into hot water. I always add extracts to cold water, which means more stirring is required. Do not pre-heat the water! There can be some foaming, if water is boiling hot.

It is important to keep the lids on their storage containers [tight]. All extract-herb powders will take on humidity. This will result in spoiled herb-drink experimentation.

The best way to get herb powders wet [extracts] is to mix them in with cold water. I use a hand whisk to mix in these dry-extract powders into a pot of two quarts. The powders will absorb water upon contact. The temperature of the herb drink maybe critical. Avoid bringing any extract-herb drinks close to their boiling point.



*fig. 6.8: The spoon on the lid is a hint that the container is nearby. They are actually within arm's reach, but far from the stove, where hot water is heating up. I never let it come to a boil. It's not about saving the lives of essential oils [that are in hibernation within the plant of burden], but keeping the vapors from spreading in the kitchen while making my herb drink! The temperature gauge is vital here; it must not go over 80 °C.*

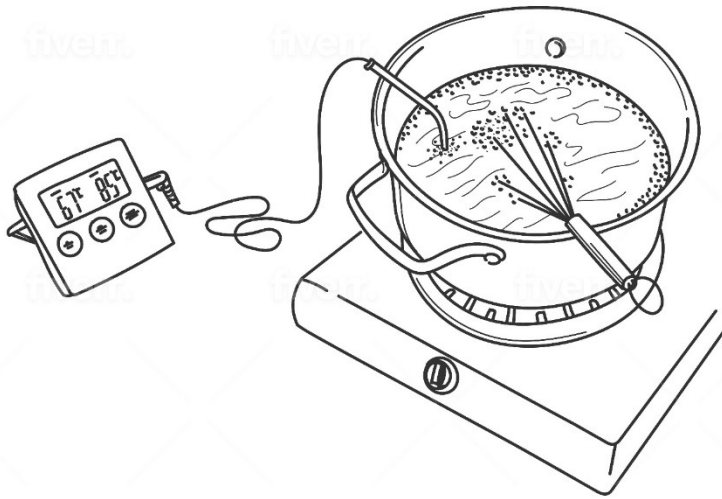
The heating of water pot and the mixing in of herb-powders [extracts] has already been discussed, but a picture here is

warranted - to illustrate exactly why there should be a temperature gauge and how it is supported on the pot is just important laboratory safety and good practice.

The pot should not be glass, but stainless steel if possible. The self-administrator cannot leave the area but must remain there until all tasks have been completed. It is the same with heating up the herb powders in Part One. Never leave the area when cooking herbs, be it true plant matter or extracts of biochemicals! Why? Well, in the case of the herb powders in Part One, some herb-powders sold online have added surfactants or foreign powders to make their grinding down of herbs, run smooth and remain profitable in the marketplace!

If any foaming events are forming, be prepared to remove the entire pot from the stove and hang it over a nearby sink. So far, no excessive foaming has occurred with me, but some oily substances have come up to the hot water surface most often!

I suspect these oily substances are some kind of residual powder. Either semi-soluble oil or oily substances coming from the manufacturing process itself. Whatever they may be, I remove them from the wet surfaces with some clean pre-cut-down "paper towels" and immediately trash them!



*fig. 6.9: Heating herbal-drinks is not a big deal. I have been making them for several months. It takes about an hour to prepare two days' worth of herbal drinks. If you treat two people with the same herbal drink formula, it will take two hours of work enough to consume for two to three days. That is the same time it takes for me to prepare a month's worth of herbs in capsules.*

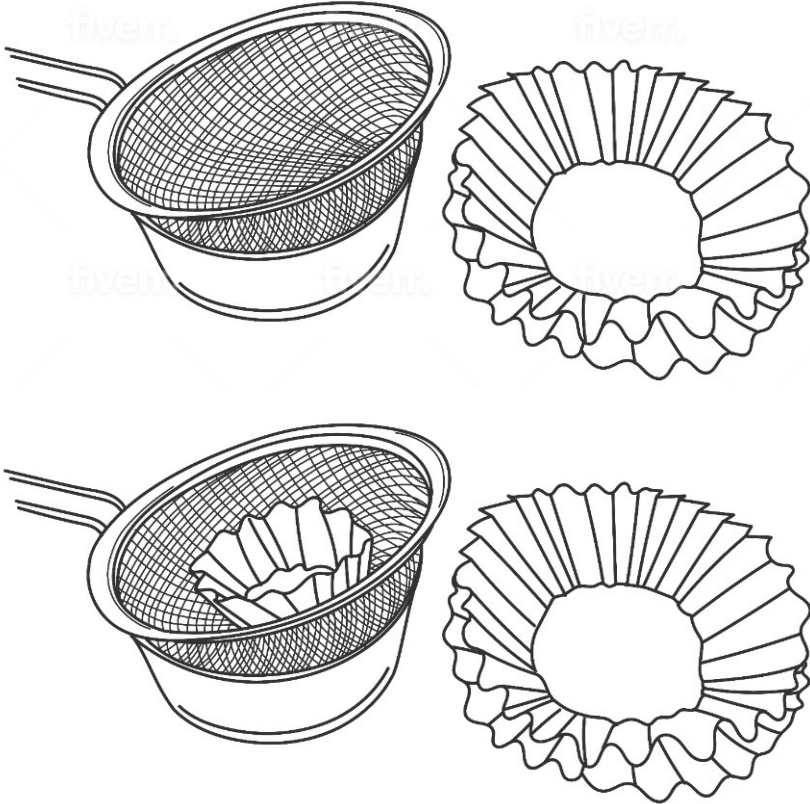
The filtering of the herb drink is really simple. Why? There is no plant matter present. It may seem like a better idea to consume herb drinks long-term, but I do not believe it is that safe to do so!

Even so, it may be a newer way to get some measurable relief, if the herb-drink has the right combination of extract-herbs added to it.

The usefulness of coffee filters in the herb-tea process has turned out to be a perfect fit! First, they can be purchased in many stores. Second, they do an excellent job with herb-extract separation. I can use a dozen of them [flat] in a single herb drink processing step.

Also, if the manufacturer has put any foreign matter within the processing of extract-powders, some foaming may show up in the coffee filters, as the liquid concentrates manage getting through.

Try to avoid these small foaming events, by tilting the metal sieve with a coffee filter – away from the floating foaming matter. I have added yet another small paper towel on top of them, thus removing them immediately. The foaming agent is to be avoided or just remove it.



*figs. 6.10 and 6.11: The setup is clearly present in this illustration. I use a glass bowl because it is easier to handle the heat. I use a silicone pad to protect the countertop. I filled the paper filter about halfway with herb drink liquid after pouring it in. It filters rather quickly for a few minutes before the paper holes get plugged up. It is required that the administrator pick up the metal sieve and move the liquids to the cleaner parts of the unused coffee filter. Over time, each operator will perfect this coffee filter step!*

## KITCHEN SINK

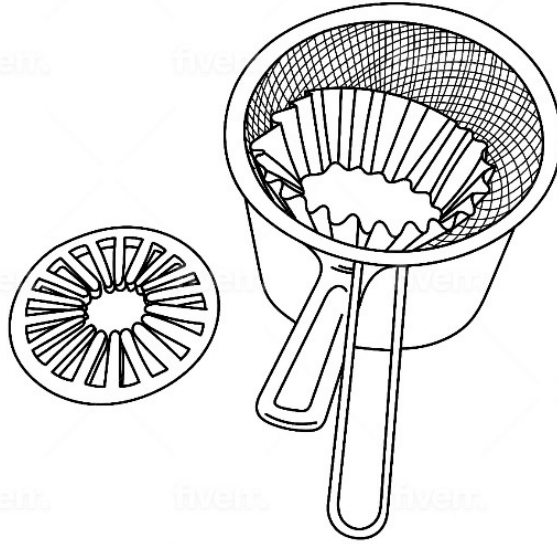
I tried to divide the learning steps into three sections: the stage of cooking herb extracts, the stage of sieving herbal extracts, and then the stage collecting them.

The sieving of herb extract stage is always messy. Herb-drink liquids are everywhere, so much so, that the logical location is to be close as possible to the kitchen sink.

The sieve task is more important than one could possibly suspect. It seems that there are micro-solids submerged or suspended within the herbal drink itself. The only evidence of these tiny solids being presence are that most will easily clog up coffee filters. The good news. I just add another clean coffee filter in their places!

Some of these tiny solids are not dissolvable even with added heat. I could boil the herb drink extract mixture to see if most or all of the tiny solids are dissolved [in some cases they do dissolve]. If the drink is with tiny solids throughout, they may be substances that I do not want entering into my body! Be patient and let them fill up many coffee filters!

One way or another, I'll have to decide whether to remove these tiny solids or dissolve them into my herbal drinks - I prefer the former.



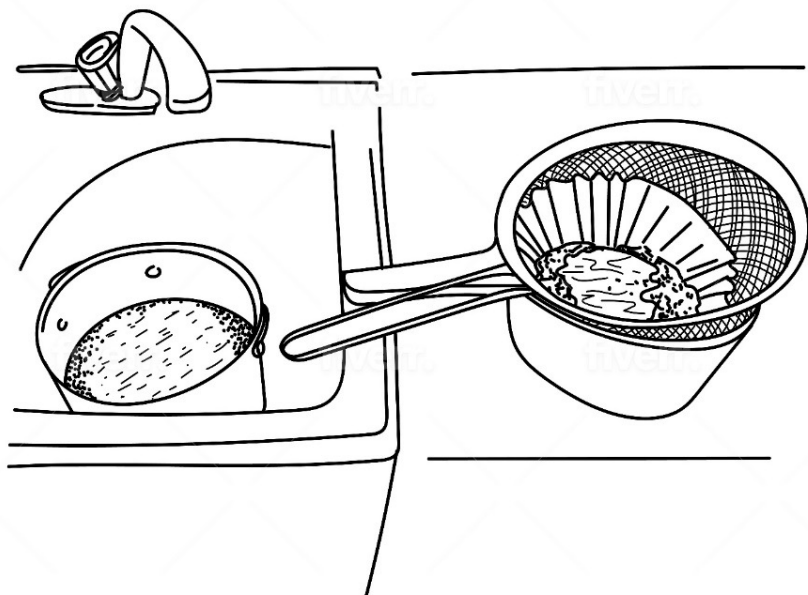
*fig. 6.12: The metal sieve must be stainless steel, but plastic ones can be used. The coffee filters need to be stacked in their separated state. Their consumption is ongoing event during filtering process. The lifting up of the sieve from the holding pan below is going to be the next learning event for the self-administrator. That is, move the herb drink over the cleaner parts of the paper coffee filter laying on the top of metal sieve.*

The big benefit of handling this herb extract step is the ease of processing herb extract mixtures through the coffee filters. Yes, it is easy to consume ten or more paper filters. The number of solids stuck in the filter's paper matrix is the most common occurrence.

I tried to bypass the coffee filter step, by heating herb extracts in a pan of clean water. The tiny solids were both floating all about and within the liquid medium. I only drank these un-filtered herb-drinks once. I suspect solids [?] got into my body! A big mistake!

Once most of the holes in the coffee filter are plugged up with solids, dump the excess liquids back into the hot pan sitting in the kitchen sink and replace the coffee filter. Be sure to have a silicone protective pad or two between the sink's surfaces and the hot pan of cooked herbs setting therein.





*fig. 6.13: The herb drinks can be aggressive against plastic material. Be sure to run the faucet often while processing the herbal drinks in the kitchen. If your patio has a sink, go there to finish filtering all of the herbal drinks for a few days. A quart yields more than two pints [enough for two days]. Two quarts would double that!*

I usually drink a pint of any herbal drink in the night [typically 2.5 nights per week]. That adds up to two full 10-ounce glasses per week. Some may wish to drink more, but I am only testing this new routine for the short-term! Again: the centrifuge method: it has living essential oils in them.

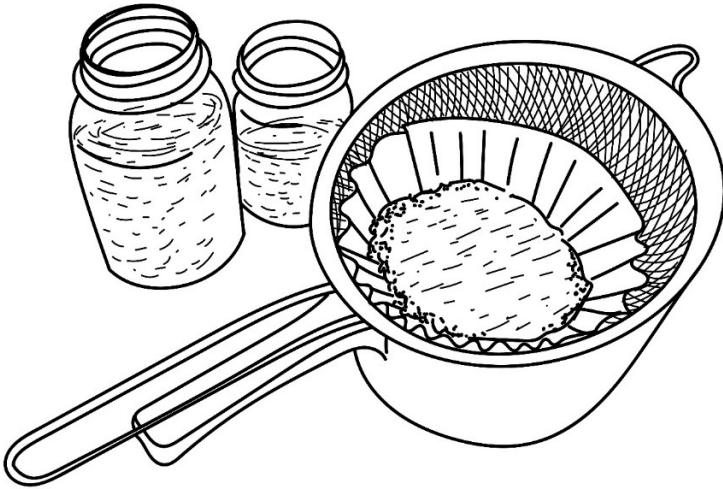
These herb-teas may have a concentration of one to five, but recently some extracts have been sold, that currently claim to have a concentration of ten and twenty parts [do be careful when buying the latter]. I have bought only the least concentrated herb-extracts possible. Avoid buys any 20 to 1 herb-concentrate. I have limited all my purchases of extract-herbs to 10 to 1 type or less! All herb-tinctures are typically 5 to 1 at their best!

How do I make my adjustments in the case of 10 to 1 herb-extracts? I will simply add fewer tablespoons of selected herbal extract put into the pan of water. For example, instead of two

tablespoons, I will add just one tablespoon of pre-selected herb extract.

This is not hard for me to remember; I just take careful notes before trying to consume any herb-drink! Again, when making my nightly herbal drinks [max. 3 nights per week], I simply use fewer table spoons in the makeup, if 10 to 1 herb-extracts are involved!

The final step is to collect the herbal drinks into pint-sized glass jars with lids. Also, they all go into the refrigerator and are consumed within a few days! Some students may try to administer much larger herb drink "batches." Do not do that. This is only my self-experiment at its best! Concentrate on the making of herb-teas with centrifuge machine.



*fig. 6.14: This is the end task – clean up the area and do it perfectly. The two glass jars are quart and pint jars. Sometimes there are excess fluids; do not throw them away. I will consume them by wiping my arms, legs, and face.*

The herb-drinks may be some what beneficial in the short-term. There is no way any of them can prove out to be alive and ready to serve man! In fact, all of them have been so perfectly separated into their singular bio-chemicals; that may mean there

is still a "good chance," that a few herb drinks will have some synergistic effects rendered to end user!

Volatiles and essential oils have been shown in scientific studies to be often beneficial to humans. These same scientific groups are so dedicated to the belief that all biochemicals are "equal to each other," as if they can easily provide benefits to mankind! I have stated in many parts of this publication that I disagree with their opinions.



*fig. 6.15: I have been taking herb drinks for only a couple of months. There are possible benefits maybe ongoing within my body. I just cannot define them perfectly!*

It is very relieving to witness the herbal drinks waiting in the refrigerator. It means I will have herb drinks for the next few days. Oh yes, I do often feel much better, even relieved for a day or more. But I can not point to any benefit with surety!

But the "very moment in life" is not why I am taking herbs drinks daily and long-term. It is to keep higher levels of wellness "well established and stable," within my entire body!

## **MY LAST COMMENTS REGARDING THIS BOOK'S CONTENTS**

The timely events that are happening around the world are both unique and have never happened before in our history. Wearing masks on the street may become the permanent routine when crossing paths with other human beings.

I think some of the streets around us are now way too risky to wonder even close. Entire communities are currently blocked for different classes of people. Co-mingling with any others has basically halted. The larger city sewers are full of Covid-19 and other low-life creatures.

My advice to the reader. Take what you read and learn with careful consideration: First! Then over time, change in any direction, that will assure full benefits to maintain your higher levels of wellness in home, business and vehicle.

Yes, I have stated specific herbs are worth taking daily and long- term, they are based on my opinion - no others. Why? They are the only one's that have benefited me both daily and long-term.

Every person is different, and their degree of healthiness is most likely questionable - in the first three years of self-experimenting any pre-selected herb-listing important to each student reader of this book.

After three years of self-administering your own selected herbs; it will be most assuredly be a different environment for your body inside and out: all will be by my experiencing, both daily and long term. There are many essential oils [entity] to be discovered do your own study and be silent. Be careful who you talk to about these herbs and living longer! Most will reject all you say to them. Relax and smile and say nothing more to them!

Avoid other advice-preaching websites online. Stay with the scientists and their efforts to reveal the inner workings of pre-selected herbs of interest. Try to seek some useful information [by yourself] even from the scientific point of view in mind: They should be never ignored completely.

Realize only some of the doctors practice what they preach! I personally believe taking selected herbs can not only extend my life with least suffering, but permit me least visits to the medical professionals, unless necessary.

I will continue my own study and learning and within three years advance this book to its next level. There are much to discover, why not be “alive and well” in the frontlines!

## **PLEASE KEEP THIS IN MIND**

Selecting herb-listings that service the enter bloodstream is priority one. To lead clusters of essential oils [herb-groups] to manage the cell-communities of body is priority two!

To do any of the two priorities, only selecting plants of burden that have true essential oils [entities] that will manage the body's connective muscles and tissues are the end priority.

When selecting any list of herb-powders, be sure all are taken from - leaves, flowers and their stems. All other parts of the plant of burden may not be capable of servicing man. Why service only mankind? The mystery was purposely put in plant of burden's DNA!

Ask the scientific community why they didn't photograph any essential-oils [entity] in its living state within teas or tinctures a long-time ago? Why? It may invalidate all their work today!

There are more plants of burden to be found in nature. I have chosen the “best herbs” for my own need! There is no actual need for me today, to select any other herbs in nature!

I prefer my readers [students] take on this discovery task - with their own “means and ways.” Oh I still must meet doctors, from time to time, but on my conditions. The only exception is when surgeons are “bent over me” on their operating table: I will always be most grateful for extending my lifetime even more!

Finally, why not choose your own herb-listings for your own healthful benefits or even take your chances managing clean living practices in real time. Please remember all this book is

first-person report, I am most willing to release it to others willing to seek higher levels of wellness by way of their own efforts. It has taken me much energy to review all this book's contact. Please consider review of the press-release edition at [herbvested.com](http://herbvested.com)

Signed,

Darrell Parrish

[www.herbvested.com](http://www.herbvested.com)

# #1 WORKSHEET IS FOR A SINGULAR HERB AND ITS RESULTS COLLECTED HERE!

## STEP 1: SCIENTIFIC NAME PLACE HERE:

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- \_\_\_\_ searched these key series +essential oils+leaves+flowers+stems+science study+pdf]
- \_\_\_\_ searched these key series +essential-oils+herb infusion+tinctures+science studies+pdf
- \_\_\_\_\_ searched these key series +essential oils+inhalation+anxiety+science study+pdf]
- \_\_\_\_ searched key series +essential oils+stress relief+synergistic effect+science study+pdf]
- \_\_\_\_ searched these key series +essential oils+inhalation+behaviors+science study+pdf]
- \_\_\_\_ searched these key series +essential oils+inhalation+metabolites+science study+pdf]

**some alternate key words:** bioactive compounds, health benefits, bacteria fungus, infestations, human pathogens, tinctures, insomnia, mental exhaustion, burnout, memory loss, fatigue.

## STEP 2:

ARE TEST RESULTS BASED ON A HERB EXTRACT OR A DRY PLANT POWDER OR TEA?

ESSENTIAL-OIL BY DISTILLATION \_\_\_\_ ESSENTIAL-OILS BY POWDER TEA OR INFUSION \_\_\_\_\_

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## STEP 3:

IDENTIFY ALL THE METABOLITES FOUND WITHIN EACH STUDY HERB OF CHOICE

NUMBER OF PRIMARIES \_\_\_\_\_ NUMBER OF SECONDARIES \_\_\_\_\_

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**STEP 4:**

MAKE A LIST OF THE MAIN FOLKLORE REMEDIES  
DECLARED IN VARIOUS STUDIES

\*\*\*\* [believe little in posted folklore]\*\*\*\* [believe some in posted folklore] \*\*\*\*

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**STEP 5:**

FLAVOR SINGULAR TEST STATEMENT: USE KEY WORDS  
OR SUMMARY INITIAL FLAVOR:

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ANY AFTER-TASTE:

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**STEP 6:**

SUMMARY OR CONCLUSIONS OBSERVED DURING  
SEARCH EFFORTS, AND IF ANY IMPORTANCE SUCH AS,  
EFFECTIVE KILLS OF GRAM-NEGATIVE OR GRAM-  
POSITIVE,

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**#2 WORKSHEET HEREIN: GROUP HERB-MIXINGS  
COLLECTED RESULTS!**

STEP 1: LIST ONE TO SEVEN SCIENTIFIC NAMES OF HERBS  
COMMINGLING HEREIN!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

**STEP 2:**

HERBS LISTED ABOVE KNOWN TO ACTIVELY CLEAN  
BLOOD OR BODY FLUIDS?

BLOOD: \_\_\_\_\_

WATER: \_\_\_\_\_

**STEP 3:**

NOTE BY LAYERING METHOD, WAS CAKING COMPLETE /  
PARTLY IN HERB-MIXINGS?

YES, COMPLETELY: \_\_\_\_\_

NO, ONLY PARTLY: \_\_\_\_\_

**STEP 4:**

REMOVAL OF SPENT HERB-MIXINGS, WAS EXCESSIVE  
ANY SPENT OILS STICKING TO THE SIEVES?

YES \_\_\_\_\_ NO \_\_\_\_\_

**STEP 5:**

HOW MANY MINUTES BEFORE SENSING THE SMELL  
WITHIN THE OFFICE SPACE OR BEDROOMS

5 MIN. \_\_\_\_, OR 10 MIN. \_\_\_\_ OR 20 MIN. \_\_\_\_

**STEP 6:**

FLAVOR TEST STATEMENT: EXPRESS WITH BEST FEW  
POSSIBLE WORDS

INITIAL FLAVOR: \_\_\_\_\_

ANY AFTER-TASTE: \_\_\_\_\_

**STEP 7:**

AROMA TEST STATEMENT: EXPRESS WITH BEST FEW  
POSSIBLE WORDS

INITIAL AROMA: \_\_\_\_\_

LATER AROMA: \_\_\_\_\_

**STEP 8:**

DEEP BREATH COUNTING: NUMBER OF INHALATIONS  
TAKEN IN THIS SESSION?

AT BEGINNING: \_\_\_\_\_

AT THE MIDDLE: \_\_\_\_\_

AT THE ENDING: \_\_\_\_\_

POST ALL COMMENT BELOW AND BACK OF THE WORKSHEET

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