

## GENERAL STRATEGIES FOR OPTIMAL HEALING & RESTORATION

Cortesia Herbal Products/Cortesia Sanctuary  
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Thank you for using our therapeutic-grade organic herbal remedies. Everyday, people's health and restoration is challenged by certain factors: diet, movement/exercise, stress, environment, water, medicinal inputs, mental will, to name a few. The best term to use to assess quality of life and health is "wellness." Wellness implies wholeness; therefore it is simply not enough to focus on symptoms, but to create a holistic approach for optimal intervention of cause while relieving symptoms. So, diet, movement, stress, water, etc. are worth analyzing.

We have helped thousands of people with our herbal products for decades. Add to this the fact that we are in our 60's (Sonji is 31 years old) and most certainly have experienced our share of health challenges (Lyme disease, shoulder and hand injuries, GI, knees, feet, hips, skin, back and pelvic issues, etc.) Without herbal remedies and other sound, commonsense strategies, we are convinced that we would not continue to experience good health, and efficient healing when injured. Whether you are new or experienced in using herbal remedies, we want to pass on some key and very safe strategies that can aid in your own health restoration.

### A HEALING WINDOW

Your body recreates itself, cell-by-cell, mostly within a 30-90 day window (much of it happens within 30 days!). Think of this period as a good **Healing Window** to conduct your protocol, **regularly without fail**. The day you start your protocol is **DAY 1** of your particular Healing Window.

To those people who say they are **NOT** experiencing healing benefits, the first question we ask is this: ***"Were you regular in taking your remedies, and did you attempt to utilize any other suggested healing strategies?"***

Consider this: as new cells replace old ones, the new ones can be vitalized with the micronutrients that only herbal remedies offer (prescription medications have no micronutrients) and a good alkaline-based organic diet. The old cellular debris must be flushed out, via the skin and Lymph system and liver. (To learn more about **Lymph System Health** during healing, please read this article on our website: <http://www.solomonsseal.net/lymphhealth.html>). So, in the **Healing Window**, you must also plan how to optimally flush out cellular debris and natural occurring toxins (endotoxins and exotoxins).

The **Healing Window** may be different depending upon the health condition or injury. Connective tissue injuries (ligaments, tendons, joint area, fascia) have few red blood cells, as compared to soft tissue like muscle — these injuries take longer to heal over many months, if not years (as with shoulder rotator cuff injuries). Buffering membranes in joint areas (both synovial and bursae) can heal quicker because their fluids can be replenished. Thus, bursitis can heal much faster than a ligament or tendon strain/injury.

**Strategy: Be *Regular* using your protocol. If using a tincture, use for 6 days then take a day off (this prevents dependency and gives a restful day to flush out cellular debris)**

### INCREASE WATER INTAKE!

To help all these natural herbs to be assimilated in tissues, joints, organs, and buffering membranes (the bursitis issue), ***YOU MUST INCREASE WATER INTAKE!*** Why? Visit our website for a detailed article: <http://www.solomonsseal.net/waterhealth.html>.

Our body is almost 70% water by design. Everyday, our body attempts to eliminate about 2.5 liters of water naturally (via urine, feces, sweat, breathing). However, most people are **water-deficient** because they do not take in enough water to support the daily loss, AND to add as moisture and buffer to tissues, joints and organs. Furthermore, water contains much needed oxygen for cellular health. An oxygen-rich body is alkaline and healthier. Water deficiency in the body creates an acidic state that actually supports disease and injury.

**Water and Weight Management:** If the human body consumes 16 oz. of water in a given hour, the metabolic rate will spike by as much as 30% for the next 30 to 40 minutes! This has profound effects for weight management. Why? There happens to be a single enzyme called **Lipase** that must be activated in your body in order to mobilize (get rid of) FAT. Water plays a key role in the activation of Lipase. Who would have thought that fat loss (i.e. weight loss) is limited if you are not drinking enough water everyday!

**Strategy:** The best experiment within the first 30 days of your protocol is this (the benefits are astounding): **Drink 3 quarts of plain, unfluoridated water daily.** Yes, you will pee a little more initially but your body will settle in to loving the necessary water. Point is: the water moves the herbs and minerals into body areas, as well as necessary oxygen; and, it helps expel old cellular debris and toxins. Once you provide the body with lots of water you may notice benefits such as: better fluidity of joints and tissues; cessation of clicking, stiffness, grinding, swelling, hot or touchy spots; nicer skin texture, weight loss, etc.

## DECREASE REFINED SUGAR INTAKE!

In general, the body uses sugar in three approximate ways:

- 50% is used immediately to create energy
- 10% is stored in the muscle and liver as glycogen
- 40% is stored as fats — triglycerides and cholesterol

Of all foods, **refined sugar** (exception is real honey, maple syrup, stevia) is perhaps the worst one for the body, yet on average, Americans consume over 22 teaspoons daily. Research shows that cancer cells have 15 times the sugar receptors than normal, healthy cells. In short, the body reads refined sugar somewhat as a poison (actually more addictive than opioids!) and attempts to do something about removing it, with great effort via the liver.

Sugar is the greatest cause of INFLAMMATION in the body. It works exactly opposite of what the body desires to heal — forcing the extraction of essential minerals, like Calcium, from tissues, joints and bones (often called “peeing your bones”). Researchers have determined that **one molecule of sugar extracts 54 molecules of Magnesium in the body.** This is in part one reason that about 80% of the population is chronically deficient of what experts consider to be the most important mineral in the body: Magnesium. By the way, soda and caffeine do the same.

**Strategy:** As you increase water intake, decrease or eliminate refined sugar intake. If you can do this for the first 30 days, you will most certainly experience benefits. But even if you try this strategy for ONE WEEK, you will feel the difference in your JOINTS, MUSCLES, and SKIN. Plus, that sugar craving will mostly go away.

## DIETARY LIFESTYLE CHANGES

The standard American diet (often called SAD) is primarily **ACIDIC**, stemming from *processed* foods, meats, dairy, grains, sugar, alcohol, salt, nitrites and nitrates, preservatives, sodas, etc. Nobel prize-winning research has proven that disease (especially cancer) and improper health restoration of injuries is supported and caused

by an acidic environment in the body, mostly created via diet.

**Strategy:** The optimally healthy option is to create a nutritionstyle that supports an **ALKALINE** body — eating live enzymes via fresh produce, whole grains, fresh juices, plenty of water, and exercise.

## **INCREASE MAGNESIUM INTAKE**

Most people suffer from chronic **Magnesium Deficiency** (this never shows up in blood tests!), as a result of diet, stress, injury, disease, aging, activity, and use of medications, among others causes. Magnesium, often called the Master Mineral, is perhaps the most important mineral in our body, responsible for up to a thousand enzyme reactions, cellular energy and metabolism, and as a controller of other minerals, especially calcium, that can do more harm than good if not regulated. If you are injured or have a disease, if you are very active or experience chronic fatigue — you absolutely need Magnesium! And it is a very inexpensive health fix! (Please read how topical Magnesium dramatically helped me, Forrest, with my Lyme disease, on our website: <http://www.solomonsseal.net/Magnesium.html#mgforrest>).

Oral Magnesium supplements are mostly ineffective with low bioavailability. The absolute best form is a **MAGNESIUM TOPICAL SPRAY** (often referred to as an “oil”). Our website has a large section (<http://www.solomonsseal.net/Magnesium.html>) to help you understand more the healing benefits of Magnesium, as a topical spray. *A topical Magnesium spray is 100% absorbed by the body within 20 minutes, without laxation!*

**Strategy:** The suggested dietary RDA for Magnesium is around 400mg. Medical researchers suggest that this should be at least double or triple for optimal health. As we age, we should always take in more Magnesium than Calcium (in truth, magnesium deficiency and overabundance of calcium in the body is what creates most bone and joint health issues and breakage, especially among post-menopausal women).

Shoot for at least 1200-2000mg of Mag absorption daily. You will not have laxation issues at all if the Magnesium is applied topically (If you took that much orally, you might spend a day on the throne!). You don't need that much Vitamin C, but make certain to get vitamins D, A and K to complement the Mag.

Place the Magnesium spray on your affected injury AND on your lymph areas, especially upper chest, breast, armpit and neck areas. Spray some on inside and back of knees, elbows, and to bottoms of feet. All these places are rapid absorption areas into deep cellular structures. A facial spray is a great wake-me-up and energy booster in the day, if the felt need.

If you did two Mag applications a day for 30 days (as research purports), you can be certain of optimal Mag and mineral restoration, and very noticeable benefits. This is very easy and an inexpensive effort, so it is worth a try.

## **TAKE MSM DAILY**

MSM (methylsulfonylmethane) is a natural occurring way to ingest much-needed elemental Sulfur for connective tissue and joint health. The elemental sulfur is vital as a co-catalyst with magnesium for cellular regeneration and tissue healing, and to replenish the synovial and bursae fluids. When you combine the MSM with increased water alone, you will feel benefits of very increased flexibility, joint aching relief, etc. (Note: we also put MSM in our Magnesium sprays!)

**Strategy:** Take MSM crystals/powder (not capsules or tablets), 1 tsp. each morning and evening (sulfur is water soluble and is depleted about every 12 hours). The gold standard for MSM for humans (yes, animals love it,

too!) is from Kala Health: <http://www.kalahealth.com>. A supply will last you many months!

## KEEP MOVING & USE MOIST HEAT

Movement and exercise are critical for health restoration. The old idea of passive convalescence has yielded to the proven benefits of movement to keep the protective Fascia that surrounds all our body parts and systems like a flexible steel sock, flexed and fluid. Movement also importantly oxygenates our cells, however much or little we move!

**Movement Strategy:** Do gentle stretches, range of motion, and weight-bearing movements. Walking (and swimming) is great overall for moving all body systems and joints. Use resistance bands (tubes, or sheets) — the grasping and slight tension in pulling (it is both force and torque) is good for exercising deep muscles, the fascia, and oxygenating the cells.

**Moist Heat Strategy:** Consider using **Moist Heat** therapy when relaxing, as described in detail in our *Heal Yourself Tips* section of our website: <http://www.solomonsseal.net/moistheat.html>. This is very good medicine with sound science behind it! After administering a topical spray and/or salve, place a heating pad over a slightly damp cloth on top the affected area, for 45 minutes or so. This allows very deep tissue penetration of the herbs and oils. Only ice muscle and soft tissue injuries very briefly after injury or strain; never ice connective tissue, bursae, or joint injuries— it will certainly do more harm than good, as a researched fact.

## THE 1-2-3 METHOD — USING OUR PRODUCTS TOGETHER

Healing strategies can have a synergistic-additive effect, just as when certain herbs are combined to create a greater bioavailability. Over decades of work, we are certain that a strategy of “simple in means, rich in ends” is a valid one. To learn in detail the benefits of the **1-2-3** Method, visit our webpage: <http://www.solomonsseal.net/123Method.html>.

Here’s how to use our products together:

- A. Thoroughly rub our **Magnesium Spray** on affected areas and lymph nodes. Rub enough to create skin heat (above 105F) so that there is deep penetration of the micronutrients. If using our **Quick Relief Spray**, do the same. After 20 minutes (100% absorption of the Magnesium) wipe any residue off with a damp cloth.
- B. Thoroughly rub our **Deep Penetrating Salve** (formerly called **Acute & Chronic Injury Salve**), like above. A little bit of salve goes a long way — you used too much if it feels too greasy on your skin after rubbing in. Now is a good time, if relaxing, to use Moist Heat for 45 minutes.
- C. Take your oral **TINCTURE**, as directed on the bottle. You can take it when doing the above, or independently. Administer at least an hour either side of food consumption. Under the tongue (sublingual) is a straight shot into the bloodstream; holding it there or in the mouth with just a bit of water is great. Hold maybe 15-30 seconds and then swallow. If the remedy is quite stout (like our famous **Formula #6: All-in-One**), putting the drops in a little warm water is good. Just hold the sips in the mouth briefly before swallowing.

## SUMMARY

When injured, the body goes through **3 Overlapping Phases of Healing: Inflammation, Repair, and Remodeling**. Visit our website for an excellent article: <http://www.solomonsseal.net/3PhasesHealing.html> and another one discussing **Inflammation**: <http://www.solomonsseal.net/inflammation.html>.

Your active involvement in **repair** and **remodeling** is key to health restoration, as the strategies on this sheet suggest. The fact is, in attempting to recreate itself within a window of time, the body cannot fully recreate itself 100% like new, especially with connective tissue injuries.

Areas where we use our joints a lot (knees, ankles, shoulders, hips, elbows, hands) tend to heal slower and create scar tissue. Research shows that even so, all connective tissue injuries only recover 80% optimal use of the area in a best-case scenario. So, we must be realistic in our health restoration yet work for 100% functional repair, remodeling and use of our as-best-as-possible restored tissues!

Be hopeful. Your healing is a time of great self-love. It is an opportunity to gain tremendous knowledge and intuition about how certain body parts work. So, be a curious student of your injury, and set a course for optimal recovery. Know that most health conditions respond best with a good mental attitude.

Each person's health story is unique. Therefore, these herbal remedies may not fully work for you, meet your expectations, or may take longer for your body to assimilate. Plant medicine is often subtle, so being dedicated over a key period of time is invaluable.

Herbal remedies are overall very benign to the body. Consequently, there is wiggle room to experiment with well-created remedies. Remedies especially seek the cause of an injury. The select herbs we use are well known for working with cause and symptom, for the types of injuries and health conditions we discuss on our website. However, after 40 years of practice, we are still students ourselves of the miracle of plant-based medicine. Therefore, customer feedback is invaluable for us to learn more about effective healing strategies and options.

Lastly, remember that blessings of health, peace, and healing will always be supported by an attitude and devotion to: *Reverence for Life & Health*.

### ON OUR BLOG: Helpful Articles on Specific Topics and Health Conditions/Injuries

- **Treating Bursitis with Solomon's Seal**  
(<http://solomonsseal.wordpress.com/2010/03/31/treating-bursitis-with-solomons-seal/>)
- **Treating Bursitis of the Elbow with Solomon's Seal**  
(<http://solomonsseal.wordpress.com/2010/04/29/treating-bursitis-of-the-elbow-with-solomons-seal/>)
- **Treating Bursitis of the Knee with Solomon's Seal**  
(<http://solomonsseal.wordpress.com/2010/04/28/treating-bursitis-of-the-knee-with-solomons-seal/>)
- **Treating Low Back, Sacral Pain & Sciatica with Solomon's Seal**  
(<http://solomonsseal.wordpress.com/2010/03/24/treating-low-back-pain-sacral-pain-sciatica-with-solomon's-seal/>)
- **Treating Dance Injuries of the Foot & Ankle with Solomon's Seal**  
(<http://solomonsseal.wordpress.com/2010/05/26/solomon's-seal-for-dance-injuries-of-the-foot-and-ankle/>)
- **Joint Pain & Injury — How Solomon's Seal May Help**  
(<http://solomonsseal.wordpress.com/2011/03/15/joint-pain-and-injury---how-solomons-seal-may-help/>)
- **I am Overweight: How Can Solomon's Seal Help My Knee Problems?**  
(<http://solomonsseal.wordpress.com/2010/01/27/i-am-overweight-how-can-solomons-seal-help-my->

[knee-problems/](#))

- **Treating "Mommy Thumb" (De Quervain's Tendonitis) with Solomon's Seal**  
(<http://solomonsseal.wordpress.com/2011/01/26/treating-mommy-thumb-de-quervains-tendonitis-with-solomons-seal/>)
- **Healing Texting, Thumb & Repetitive Stress Injuries (RSI) with Solomon's Seal, Part 1** (<http://solomonsseal.wordpress.com/2010/02/12/healing-texting-thumb-and-repetitive-stress-injuries-rsi-with-solomon-s-seal/>)
- **Healing Texting, Thumb & Repetitive Stress Injuries (RSI) with Solomon's Seal, Part 2** (<http://solomonsseal.wordpress.com/2010/03/01/using-solomon-s-seal-tincture-for-texting-and-thumb-injuries/>)
  
- **10 Surefire Ways to Increase Pain and Reduce Healing**  
(<http://solomonsseal.wordpress.com/2010/04/17/10-surefire-ways-to-increase-pain-and-reduce-healing/>)
  
- **Does Worry Make You Sick?**
  
- **Solomon's Seal and the Healing Effects of Touch**  
(<http://solomonsseal.wordpress.com/2010/04/11/solomons-seal-and-the-healing-effects-of-touch/>)
  
- **Solomon's Seal and the Healing Effects of Prayer & Affirmation**  
(<http://solomonsseal.wordpress.com/2010/02/18/solomons-seal-and-the-healing-effects-of-prayer-affirmation/>)
- **How Flower Essences Enhance Physical & Emotional Healing**  
(<http://solomonsseal.wordpress.com/2010/06/04/enhance-physical-healing-with-the-emotional-healing-of-flower-essences/>)
  
- **Solomon's Seal: Healing & Regenerative Effects on Injuries**  
(<http://solomonsseal.wordpress.com/2010/02/11/solomons-seal-healing-regenerative-effects-on-injuries/>)
  
- Solomon's Seal: Adverse Effects or Side Reactions
- **Solomon's Seal: Increased Healing Benefits with 7 Key Herbs**  
(<http://solomonsseal.wordpress.com/2010/04/28/solomons-seal-increased-healing-benefits-with-7-key-herbs/>)
  
- How Long to Take Solomon's Seal Tincture
- How Much Solomon's Seal Tincture to Take
- How Solomon's Seal Works to Heal You
  
- **Solomon's Seal Tea: Healing Benefits**  
(<http://solomonsseal.wordpress.com/2011/02/14/solomons-seal-tea-healing-benefits/>)

#### **DISCLAIMER:**

The information presented on this Strategies Sheet and our Website is intended for educational purposes only. The advice and experiences offered are for informational purposes. We do not make any claims for "cures," though many people do use herbs for the maintenance of good health. See your Health care practitioner when



suffering from a serious or chronic illness. Self-diagnosis and treatment, which is your moral right, should be done with an eye of discernment.

These statements have not been evaluated by the FDA and are not intended to diagnose, cure, treat or prevent disease, illness or distressing conditions. Individual results may vary. It is always advisable to consult with your own health care provider and/or to fully educate yourself as to the benefits and possible complications of any alternative form of treatment.

Much of what is known about herbal interventions is based upon historical use and anecdotal comments and observations from use. Medicine today is primarily focusing on an efficacy-based model, meaning proof by scientific, controlled research. The intent is to ensure safety of use for the consumer. The consequence, however, is that much about the folk-based use of plants, including their preparations by well-intended and informed herbalists, is under question. Similarly, efficacy-based medicine places little value on testimonial response. This is why the FDA does not permit testimonies by users on websites — personal observations may wrongly influence or give hope to others.

To be honest, much of what is known about plants is about drawing a reference to how their known components can affect the body. In other words, a plant (like Solomon's Seal) is, in truth, only theorized to be capable of affecting the body in certain ways by examining its phytochemical make-up.

This is why we provide a page specific to analyzing the restorative qualities of Solomon's Seal [HERE](#). Other plants may also have some of these same phytochemical properties that affect the body in the same way. Both scientific research and real-time observation of plant components and effects is necessary to create a body of knowledge and information by which to draw conclusions that people may follow.

In summary, by visiting our website and reading its educational material, AND by using any products offered on our website, you are acknowledging the fact that plant-based remedies, although very safe when properly prepared and formulated, do not generally have strong-based science to support claims of use, other than historical and anecdotal observation. The FDA and other regulatory agencies, including international ones, are especially vigilant about the claims made for herbal remedies, whether they are true or not. To that point, we have attempted to be as straightforward as possible with the information provided on our website, information sheets, and articles about the herbs described and potential benefits.

**Whew! Now that is what you call a DISCLAIMER!!**