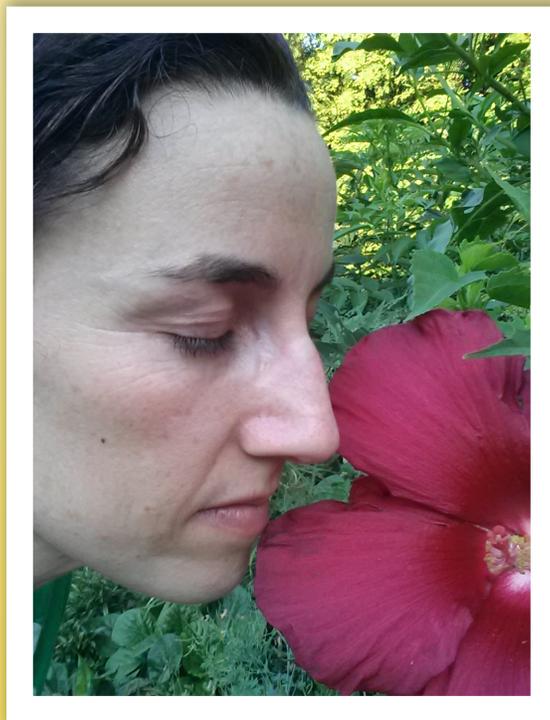


Healing with Hibiscus, Jackass Bitters &

10 More Potent Maya Rainforest
Herbal Remedies

Jahnan Derso



Healing with Hibiscus, Jackass Bitters, And 10 More Potent Maya Rainforest Herbal Remedies

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Introduction

Are you curious about different herbs to heal your everyday problems? Do you want to know some new herbal remedies from the rainforests of Belize? In this introduction you will learn some of the basic herbs of the Mayan rainforest climate. These ancestors have left us with powerful ways to heal ourselves with some known and unknown herbs.

These remedies are a blend of indigenous wisdom from the Maya people of Belize, Spanish Catholic rituals, Caribbean cultural remedies, and the Western knowledge of my teacher Rosita Arvigo laced throughout. During her apprentice with Don Eljio Panti, Belizean Shaman, she learned the depths of Mayan Spiritual Healing with Herbal Remedies. Through my comprehensive course work with her, as well as studying many books, these are the Top Healing Remedies of the Mayan Rainforests.

*Disclaimer: I am a Licensed Massage Therapist of over 10 years, however, I am not a doctor. The FDA has not evaluated these statements. These products are not intended to diagnose, treat, cure or prevent any disease. Please, talk to your health practitioner if you have serious health conditions or concerns with taking these herbal remedies.

**Healing with Hibiscus, Jackass Bitters,
*And 10 More Potent Maya Rainforest Herbal Remedies***

**Here's My List of the Top Herbs to Use
from the Rainforest of Belize:**

- 1. Red Hibiscus Flowers**
- 2. Jackass Bitters**
- 3. Man Vine**
- 4. Castor Oil**
- 5. Allspice Berries**
- 6. Ginger**
- 7. Floral Spiritual Baths**
- 8. Copal**
- 9. Strong Back**
- 10. China Root**
- 11. Oregano**
- 12. Fig Tree**

Let's dive into one at a time...

12 Potent Maya Rainforest Herbal Remedies

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1. Hibiscus Flower

Health Benefits of Hibiscus Flowers:

Red Hibiscus Flowers are the most medicinal color flower used for healing. Hibiscus is high in Vitamin C and Iron. It's known to lower blood pressure and cholesterol.

How I Prepare Hibiscus:

The most common way to use Hibiscus Flowers is in the tea form. I also tincture it for special conditions.

- If you'd like an immune supportive tea with Hibiscus you can try the blend I make. It has Hibiscus, Ginger, Echinacea, and Hyssop. And for pregnant women I make a version without Hyssop. Find them on the Hibiscus Tea and More Page:

http://www.hibiscushealing.com/store/p47/Hibiscus_Tea_Blend_-_Immune_Booster.html

- Hibiscus is also in the Rainforest Remedies Hortence's Female Formula. It plays the role as iron support. To learn more about the Female Formula visit:

<http://www.hibiscushealing.com/hortences-female-formula.html>

Quick Recipe:

- The dried flowers make a wonderful tea. This method is called a decoction. You boil ½ cup of dried hibiscus flowers & ½ tsp of cinnamon in a quart of water. Leave it at a low rolling boil for 20 minutes. Then take it off the heat and strain it. You can chill this or serve it warm. To purchase this blend follow the link:

http://www.hibiscushealing.com/store/c5/Hibiscus_Teas_and_More_.html

2. Jackass Bitters

Health Benefits of Jackass Bitters:

This plant is an antiviral, antifungal, antiparasitic and antimicrobial.

How I Prepare Jackass Bitters:

Because Jackass Bitters is so strong to the taste, it's most commonly ingested in the tincture form. This method allows you to take less and still receive the effects.

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⇒ Find the Jackass Bitters Tincture here:

<http://www.hibiscushealing.com/jackass-bitters.html>

Quick Recipe:

- For Parasites take 1 dropper full three times a day. (1 dropper full is ¼ tsp.) It's such a strong killer of the parasites, so also take Probiotics to rebuild the flora in your gut. You must take the Jackass Bitters at a different time than the Probiotics, however. You can take the Jackass Bitters on an empty stomach and the Probiotics 10 minutes before a meal. Then after 3 weeks of this treatment, get a colonic to flush out the dead parasites. Continue to take the Probiotics to repopulate the flora in your gut.
- For an organ cleanse, the Detox Formula is your best match. It includes Jackass Bitters, but also has the Maya Herbs Chicoloro, Billy Webb, and Guaco. This combination of herbs will tonify your organs and detoxify your blood. Learn more at this blog post when you do a cleanse with the Detox Tonic: <http://www.hibiscushealing.com/cleansing--detoxifying-your-organs>
- I also prepare Jackass Bitters in a very unique way. I steep it in Witch Hazel to make a face astringent. To learn more about what is in this special Herbal Face Toner check it out here: <http://www.hibiscushealing.com/face-toner.html>
- Because of its anti-viral properties, Jackass Bitters is in Hibiscus Healing herbal salve. This is a great addition to the already numerous healing properties of salve. I reveal a very intense burn story and how herbal salve healed me completely in one week with no scars or infection here: <http://www.hibiscushealing.com/healing-burns-naturally-how-i-healed-a-major-burn--you-can-too>

3. Man Vine

Health Benefits of Man Vine:

Man Vine is a sedative and antispasmodic. It's also a nervine, which relaxes the nervous system, thus reducing stress, anxiety and insomnia.

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How I Prepare Man Vine:

This dried vine is best in the tincture form so it can enter the blood stream directly and bring fast relief to the nervous system or cramping organs. Man Vine by itself is in a tincture called the Nerve Tonic. It's also an ingredient in 4 other Rainforest Remedies because of its effectiveness in calming the nerves, muscles, and organs.

Quick Recipe:

- I enjoy taking the Nerve Tonic as one of my go-to remedies to relax myself from stress. For this case you can take it as needed. Here's the link for the Nerve Tonic: [http://www.hibiscushealing.com/nerve-
tonic.html](http://www.hibiscushealing.com/nerve-tonic.html)

- For insomnia take 1 dropper full before bed. Or put a dropper full in a cup of chamomile tea and drink an hour before bedtime. Here is the link for more tips and herbs to help you fall asleep soundly: <http://www.hibiscushealing.com/how-to-get-a-good-night-sleep>

- Man Vine is also in the Belly Be Good Tonic. Here's a blog post to learn more about how to use the Belly Be Good Tonic to end upset stomachs, constipation, and gastritis: <http://www.hibiscushealing.com/how-to-have-a-belly-be-good>

- The Strong Back Tonic has Man Vine. Here's a blog post with further information on relieve back pain and muscle spasms: <http://www.hibiscushealing.com/easing-back-pain--asthma>

- The Male Tonic has Man Vine. For overall men's health this is the tonic of choice. <http://www.hibiscushealing.com/male-tonic.html>

- Man Vine is also in the Female Tonic. Here's a blog post with how and why all women should use the Female Tonic: <http://www.hibiscushealing.com/why-every-woman-needs-to-take-the-female-tonic>

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4. Castor Oil

Health Benefits of Castor Oil:

Castor Oil is a very intense purgative, and I don't recommend using it internally. Used externally it is very safe. It reduces inflammation and increases lymphatic flow.

How I Prepare Castor Oil:

I have experienced great relief by using castor oil externally with heat. In my career as a massage therapist and as a colon hydrotherapist, the Castor Oil Hot Pack Treatment is used frequently.

Quick Recipe:

- Warm the Castor Oil first in a double boiler.
- Take a small piece of wool, flannel, or cotton and saturating it in castor oil. You can add multiple pieces of the fabric to increase the impact.
- Place it on the area of concern for healing. To prevent staining and keep the heat in, you can use a piece of saran wrap on top of the castor oil fabric.
- Place a hot water bottle or heating pad on top of the saran wrap to keep it heated. If you find that the hot water bottle is falling off, simply place a towel on top of the bottle. You can keep the pack on for up to one hour.

- For more tips on Castor Oil Hot Packs, visit my blog post:
<http://www.hibiscushealing.com/castor-oil-packs-to-reduce-inflammation-and-more>

5. Allspice Berries

Health Benefits of Allspice Berries:

This culinary classic is a stimulant as well as a digestive tea to remove gas.

How I Prepare It:

The best way to extract its properties is through tea. It's often used to flavor rice, thus reducing gas.

Quick Recipe:

- To make a tea boil 3 TBS Allspice Berries in 1 quart of water. Let it steep for 15 minutes then strain. It can be drunk as needed.

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- To purchase Allspice Berries click here:
http://www.hibiscushealing.com/store/p52/Allspice_Berry_Tea.html

6. Ginger

Health Benefits of Ginger:

Beyond alleviating digestive complaints, it is very therapeutic to drink for nutritional benefits. In the fresh form, it is high in copper. It also helps to reduce inflammation as well as boost the immune system. Thus it helps fight colds and muscular pain.

How I Prepare It:

I make it as both a hot and cold drink. Below is the recipe for a hot tea decoction with fresh Ginger Rhizome.

Fresh Ginger Root is also added to the Female Tonic. This is good to note for tincture makers. You can make tincture with dried herbs, fresh herbs, or in this case a combination of the two.

Here is a link to the Female Tonic:

- <http://www.hibiscushealing.com/female-tonic.html>

Quick Recipe:

- Boil a quarter to half a pound of fresh ginger root in a quart of water. (Depends on how strong you like it.) Wash the ginger first. Cut it into chunks. You can keep adding water and re-boiling the ginger.
- If you are using dried ginger root, you only need about 1 teaspoon. Boil water and pour the water over the dried ginger root. Let it steep covered for 15 minutes. I like to add ginger to tea blends because it gives it a nice kick and adds health benefits. It's in three of my tea blends: Hibiscus ImmuniTea, Pregnancy ImmuniTea and the very yummy Ginger Vanilla Rooibos Tea. Here is links to teas with dried ginger root in them:

<http://www.hibiscushealing.com/hibiscus-tea-and-more.html>

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7. Copal

Health Benefits of Copal:

Copal is a tree resin. It is used ceremonially with prayers to ward off evil spirits and bad energy especially Mal Vientos (Evil Winds) or Mal Ojo (Evil Eyes, like someone looking with jealousy). Regardless of what you believe, it's used in clearing the space of negativity.

How I Prepare It:

The easiest way to use copal is to burn it over coals. I like a small incense burner that holds one charcoal. I light the charcoal using little sugar tongs, blow on it, and then place it in the holder. I place the small copal resin on top, and it slowly sizzles emitting a pleasant smoke.

To purchase copal click the link:

- http://www.hibiscushealing.com/store/p46/Copal_Resin.html

Quick Recipe:

In Maya culture, it's most auspicious to burn Copal on a Friday. Walk around your whole house clockwise (both inside and outside). As you do burn it, hold your intention to clear any negativity and create protection in your space. Then sit and meditate or pray in the space after you've cleared it and bring in positive energy to your being and space. You can also burn copal while you do a floral spiritual bath. If you want to learn more about Floral Spiritual Baths click here:

- <http://www.hibiscushealing.com/heal-your-soul-with-floral-spiritual-baths>.

8. Strong Back

Health Benefits of Strong Back:

Strong Back is used to relieve Backaches, Neck pain, Muscle spasms, and Athletic strains. Strong Back is also an anti-spasmodic, which means it relaxes soft muscles, lending the ability to halt the onset of asthma. For the purpose of this guide, we are focusing on its role in treating backaches - specifically, backaches related to muscle spasms & muscle pains.

How I Prepare It:

In Belize they do make teas with Strong Back. I find it easiest to take in the tincture form because when you are in pain you need it to go right into the

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blood stream. The Strong Back Formula contains three medicinal plants: Wild Yam, Man Vine, and Strong Back.

- Here is the link for Strong Back Tincture:
<http://www.hibiscushealing.com/strong-back.html>

Quick Recipe:

When back pain strikes, take 1 dropper full (1/4 tsp) of Strong Back Tonic right away. Then take a hot bath with ½ cup of Epsom Salts in it. Relax with your back submerged for at least 20 minutes. When you get out, take 1 dropper full of Strong Back Tonic again. Use it 3-5 times a day as needed to keep your muscles relaxed. Continue to take a nightly Epsom Salt bath.

9. Oregano

Health Benefits of Oregano:

Oregano is an anti-fungal, anti-viral, anti-bacterial, decongestant, and an expectorant. The leaves are good for an antiseptic wash for wounds and burns that are infected. It's also used in cooking because it's good for digestion.

How I Prepare It:

For upper respiratory track conditions I use it as a tea and in the essential oil form. I prepare a hot bowl of water and put three drops of high-grade oregano oil in the water (I prefer Young Living Essential Oils because when you inhale the oil it goes into your lungs.) With your eyes shut, place your head over the bowl a few inches to a foot from the water (depends how hot it is). Place the towel over your head to make a seal. You want the steam and Essential Oils to go up your nose and not escape. Stay in your little tent and breath deeply for a few minutes. Then take a break. Go back in and repeat the treatment breathing deeply for a few more minutes. You can do this for about 15 minutes. Repeat this daily while condition persists. Here are the full directions on how to do a sinus steam with essential oils:

- <http://www.hibiscushealing.com/sinus-steam-with-essential-oils-so-you-can-breathe-again>
- To order Oregano Oil, click here:
<https://www.youngliving.org/mamashealthcare>

Quick Recipe:

- The essential oil is also good for killing foot fungus, commonly known as plantar warts. Put it in a carrier oil for before applying it to the

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plantar wart. For best results use a razor blade to dig out the plantar wart. Be carefully not to go too deep that it bleeds. You will see one or more small black dots. These are the roots of the wart, and this is what you want to cut out. Then apply the oregano oil to the spot. Put a fresh Band-Aid on it. Repeat the oil treatment every evening after a shower. Only use the razor blade if the wart makes a hard lump.

- For women Oregano Herb plays an important role in cleaning the uterus and induces menses. Find it in Hortence's Female Formula here:

<http://www.hibiscushealing.com/hortences-female-formula.html>

10. Aloe Vera

Health Benefits of Aloe Vera:

This is a very common plant used all over the world! It originally comes from Africa, but has spread far and wide as it grows inside and outside. Aloe Vera is quickly applied to heal burns, especially water burns and sunburns. Traditionally, Mayan people use it to help remove stubborn thorns, splinter, or even fish scales. It works to soothe many skin conditions including rashes, bedsores, ulcers, diaper rash, fungus, boils, and more. It's so well known for topical use on the skin because it not only heals skin, but prevents scarring. One of the things Aloe Vera is doing is balancing the pH of the skin. It also does this internally. It cools heat conditions such as a hot stomach lining or inflamed liver. It helps ease constipation and can even be used as a purgative. Although Aloe Vera tonics are therapeutic, it should not be overused. It can be harmful if excessively used internally.

How I Prepare It:

I use it in countless ways both fresh, as juice, and in the stable form of Aloe Butter. The Aloe Butter is in my herbal salve and lip balm.

- This therapeutic herbal lip balm will heal your lips day & night:
<http://www.hibiscushealing.com/lip-balm.html>
- Herbal Salve in three sizes:
http://www.hibiscushealing.com/store/c4/Herbal_Salve.html
- Learn more about using Fresh Aloe Vera to heal sunburns:
<http://www.hibiscushealing.com/10-self-care-tips-to-healing-sunburn>

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Quick Recipe:

- Here's how I use fresh Aloe in my hair. Split open the fresh plant arms and gather the juice in a bowl or the palm of your hand. Slather it from the roots to tips of your hair. Let it sit for 20 minutes to 2 hours, then wash it out.
- This treatment will balance the pH of your hair. Make sure to do it regularly. Always use shampoo and conditioner with Aloe Vera in them.

11. China Root

Health Benefits of China Root:

This thorny vine actually has very crucial roots! One of the root causes of many diseases is dirty blood. The need to sanitize our blood from time to time is very important to maintain overall health. Symptoms of dirty blood are acidity, toxicity, rheumatism, skin conditions, uncomfortable menses, and circulation issues. Lyme disease also causes dirty blood. Even certain foods and environmental toxins cause dirty blood.

How I Prepare It:

The roots are harvested and tinctured in alcohol. China Root is a main ingredient in many of the Rainforest Remedy Blends such as the Blood Tonic, Female Tonic and the Female Formula. In the tonics for women, anemia is a common issue. All three of these tonics help boost a woman's iron levels. To sanitize the blood, the Blood Tonic is useful for both genders.

Quick Recipe:

To cleanse your blood take the Blood Tonic, take 1 dropper full three times a day, morning, noon, and night. I recommend taking a full 2 ounces bottle as a treatment until symptoms subside. Here is the link for the Blood Tonic:

⇒ <http://www.hibiscushealing.com/blood-tonic.html>

12. Fig Tree

Health Benefits of the Fig Sap:

Anti-fungal, kills warts and ringworms, treats boils. This remedy is not just Mayan; my Ethiopian husband brought this culturally knowledge to our family.

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How I Prepare It:

This sap is applied to kill skin fungus, warts, ringworm and even boils.

Quick Recipe:

When the stem of the fig is pulled from the tree or even when the stem is pulled from the fruit, a white sap oozes out. Apply this white sap directly to the area affected. Keep applying it until the wart swells up, then it will heal itself after that. Don't scratch it. Keep it clean and if you need to, keep it bandaged.

Closing Thoughts:

The healing herbs of Belize are unique and potent. Their effectiveness has almost surprised me because of the immediate shift I feel when taking them. The other element you can feel good about is that the herbs are sustainably harvested with prayer. I then turn the herbs into tinctures with more good health intention. If you want to discover more about the Rainforest Remedies Line of Herbal Tinctures go here: <http://www.hibiscushealing.com/rainforest-remedies-tinctures.html>

This guide is meant to get you started with choosing what Maya Herbal Remedies may be right for you. Feel free to use the links to learn more and explore my website. Please, contact me if you have any questions at: <http://www.hibiscushealing.com/contact-jahnan.html>

I'm a believer that for most things that come up you can treat yourself using herbal remedies. This practice is called Self-Care. You don't need to go to a doctor for everything. Sure there are times for Western Methods, but I encourage you to take charge of your health. Learn, study, connect with others who have walked this path and you too can become confident in your own Self-Care Practice.