



Krebs Reference:
*Bulletin of the
 Nevada State Board of Health,
 No. 1, pp. 7-9,
 Carson City, Nevada, 1920*

Current Herbal Reference

Michael Moore, in his book, Medicinal Plants of the Pacific West, (Red Crane Books—1993), notes that *Lomatium* “definitely helps simple head colds and shortens the duration of overt influenza viral infections.” It also seems to be “helpful in limiting the severity and number of respiratory infections in those with slow viruses” (chronic fatigue syndrome). He suggests trying it with HIV infections, again due to its ability to improve general resistance to respiratory infections. And Moore notes the use of *Lomatium* tincture as first aid for skin infections, and gargle for sore throats.

Flue Epidemic Treatment

During the influenza epidemic which started in Northern Nevada in 1918, Dr. Ernst T. Krebs, M.D. of Carson City wrote about this plant medicine: “There is probably no therapeutic agents so valuable in the treatment of influenzal pneumonia and, as far as being tried, in ordinary lobar pneumonia if started early.” After observing there were very few deaths from influenza in the nearby Washoe tribe, Dr. Krebs began to utilize *Lomatium* (aka *Leptotaenia*). From his extensive experience, he reports: “It is a powerful tonic to the respiratory mucous membranes. it is a bronchial, intestinal and urinary antiseptic. It seems to stimulate the (lungs and stomach), and causes a slow pulse with increased volume and reduced tension. It is a pronounced diaphoretic and somewhat diuretic, and it is a stimulating and sedative expectorant. In large doses it is a laxative, and in extreme doses emetic.”



Orders & Questions

866-775-1570

**MTN. Oaks LLC
 Doyle, California U.S.A.**

**Website:
www.lomatium.com**

-IMPORTANT WARNING-

Information in this brochure is not to be used as a substitute for the advice and supervision of a health care professional. This information has not been evaluated by the FDA and is not intended to diagnose or treat any disease. Mountain Oaks makes no claims as to the results of using its products.

CAUTION: Do not take *Lomatium* while pregnant or breast-feeding.

Dosage For Flu Symptoms

Tincture: 10-20 drops in a little water every 1-2 hours while symptoms are acute. Reduce to 2-4 times a day as symptoms subside.

Capsules: Take two or three capsules at onset of symptoms, plus another capsule every hour or two while symptoms are acute. Reduce to one capsule every 12 hours as symptoms subside.

Dosage for Chronic Viral Infections: use the lower dosage, as listed on the bottles.

Tincture: 10-15 drops, 2-4 times a day.

Capsules: 1 per 12 hours.

Side Effects

A skin rash may sometimes occur while taking *Lomatium*. There have been fewer reports of the skin rash with the powdered product in capsules. **If a skin rash develops, discontinue use.** Taraxacum herb may alleviate the rash. The anti-bacterial properties of *Lomatium*, at higher doses, could disrupt the ‘friendly’ bacteria normally found in the intestinal tract. If this occurs, try adding acidophilus to the diet.



Lomatium Dissectum

Indian Carrot

Biscuitroot

Indian Balsam

Balsamea

Fern-Leaf Desert Parsley

**Historical Use As An
 Anti-Viral & Anti-Bacterial
 By Native Americans
 Of The Western U.S.**

Purified & Standardized Extract
 Lomatium Dissectum Whole Root

Offered In Three Forms:

- * Double-Extracted Tincture
- * Glycerine Solution (Alcohol-Free)
- * Powdered Form In 22.5 mg. Capsules
- * 1 Capsule Equals 40 Drops Of Tincture

866-775-1570



Paite Names:

tob-aw-sa-ve; tob-sa; tob-sah-ab; tob-sup.

Sboshone Names:

tob-sa, tob-aw-sa-ve; tob-sup.

Washeo Names:

dosa; doza

Botanical Name:

Leptotaenia dissecta was changed in 1942 to *Lomatium dissectum*.

Great Basin Native Medicine

“Of all the ailments to which the Indian is heir, probably there is none which has not been treated in one way or another by remedies prepared from the root of this plant.”

“Although considered universally as a panacea, the medicines most commonly used for Coughs and Colds, and disorders such as Hayfever, Bronchitis, Influenza, Pneumonia and Tuberculosis.”

“The more generally used remedy for such ailments is prepared by merely boiling the dried root and administering the decoction as a tea. Another method is to inhale the fumes of the root which is burning in a bed of live coals. The patient arranges a cloth over his head and inhales the fumes.”

“Frequently, raw pieces of root are chewed for **Sore Throat**. The root is also the basis of a number of antiseptics; the decoction as an external wash for **Smallpox, Skin Rashes, Cuts** and **Sores**.”

“The crushed root, raw or boiled, can be utilized as a poultice for **Swellings, Sprains** or **Rheumatism**.”

Reference: *Medicinal Uses of Plants by Indian Tribes of Nevada*, by Percy Train, James R. Henrichs and W.Andrew Archer. U.S. Dept. of Agriculture—1941.



Cheri Quincy, D.O.

Internal Medicine

*Santa Rosa Medical Group
(California)*

Dr. Cheri Quincy Reports

In 1997, I began recommending *Lomatium* extracts to my patients with Hepatitis C, and was excited to note a majority of the people using it regularly, as part of a program, had dramatic reductions in viral counts. Many experienced improvements in energy. Since then I have recommend it for other viral syndromes, upper respiratory illness and sinusitis with good results. It seems helpful both by itself and in combination with other herbs, depending on the condition.

Hepatitis C Testimonial

I found I had Hepatitis C in 1994 when donating blood, and my doctor confirmed this. Interferon therapy was too expensive so I just let it go. I had aching bones and muscles, and low energy. In 1999, I met a local medicine man and was told a native plant he called Indian Carrot might help. He said it was used by the Native Americans for colds, flu and several other things. I took the yellow *powder twice a day, together with Silymarin from the drug store. After the first three weeks I began to feel better with no aches and pains as before. In six months I had a viral test which showed I was clear of the virus.

—David Evans, California

***Yellow powder is the same *Lomatium* extract in capsules from Mountain Oaks.**



Please See Our Website For Photos Of The Plant.
Under **Botany**, Click On **Plant Photos**.

www.lomatium.com

Meet This Medicine Plant

Lomatium dissectum “lo-may-shum di-sect-tum” is the family Apiaceae. A gardener would recognize its umbel-shaped flower heads as similar to parsley or dill. The flowers may be red or yellow, and stand 2-3 feet tall. The basal leaves look very much like those of the carrot plant. This plant is a perennial and it takes many years to develop large roots which are the medicinal part of the plant.

If you nick the root, it oozes a sticky sap with a biting medicinal odor. growing on steep rocky hillsides, it prefers the semi-arid climate of the Great Basin and Safebrush country in the interior Northwest United States.

Experienced organic growers using sites within it’s natural range have found the plant to be no large than a pencil after six years. The plant’s adaptation to semi-arid locations includes summer dormancy, and this programming is maintained even with irrigation. So at this time, we must rely on wild-crafting.

Ecological Harvesting Methods

There is appropriate concern about over-harvesting any medicinal herb which is primarily obtained by wildcrafting. *Lomatium dissectum* is not considered an endangered plant at this time, and we only collect in a wide distribution of abundant sites. Our harvesting methods are respectful to environment, and our aim is to maintain sustainability of the wild growing areas of *Lomatium* while making the least possible impact to the native habitat