This weird rant is predicated on the following. Man has coevolved with many well-known spices for more than a thousand years. Man has coexisted if not coevolved with the phytochemicals of the plant ancestors of Biblical spices for thousands of faith-based years, or maybe millions of years according to evolutionists. I share with Bharat Aggarwal, author of Medicinal Spices, due out in 2011, the belief that among the medicinal plants, spices are among the best and safest.

One spice, turmeric, has been estimated to contain 5,000 chemicals, all biologically active. I suggest then that all spices will have about that many chemicals, and the number will swell to 50,000 as technologies improve by 2020. I suspect but cannot yet know, wildly speculating that a very small fraction of those chemicals (well below 1%) are unique to that one species, with some (~10%) unique to the genus or family, and some 40% rather widely distributed through the green plants, and close to 50% are ubiquitous, occurring in all living green plants.

I, an evolutionist who wishes he was a believing Deist, maintain that man or man’s predecessors have coevolved with the phytochemicals for hundreds of thousands if not millions of years. Over these years man has evolved homeostasis for many of the evolutionarily familiar phytomedicinal compounds. Man, when out of balance, homeostatically sequesters from his foods needed or balancing chemicals and rejecting those unbalancing chemicals in excess.

There are many medicinal plants in this world, but the spices average best medicinally often provably as efficacious as synthetic pharmaceuticals, and almost always safer and cheaper. Spices are loaded notably with antiinflammatory, antioxidant and antiseptic phytochemicals making them notably efficacious against chronic killers like cancer, cardiopathy, and diabetes. Man empirically learned many other uses for the spices, having selected them for preserving their foods in days before refrigeration. Indeed they can preserve us too. That’s why I and several others speak of them as the spices of life.

Man has no genetic experience with newly created synthetics pharmaceuticals which work on a single target. And even though they are efficacious when the patient is properly diagnosed, they tend to unbalance the patient in other chemical arenas. Spices tend to homeostatically balance the patient.

Heretically, I believe that in almost all cases, even properly targeted pharmaceuticals should be accompanied by an intelligently administered dose of spices which have been proven to potentiate the synthetic. I think it borders on criminal to allopathically challenge the use of herbs when taking chemotherapy for cancer, especially with turmeric.

The old adage “better living thru chemistry” should be replaced with BETTER LIVING THRU PHYTOCHEMISTRY.

Through studies of the Multiple Activities Menus (MAM; See Capsicum MAM below), a megaGatesian computer could ask on a rather solid evidence base which herb of the 250,000 in this world is best for which individual with which ailment. Until we are sure that shamans and Medline cannot do this empirically or intuitively, we should pursue the proof or disproof of the philosophical principles I have espoused so poorly here. Can we really call the espousal of 50,000 pleiotropically active phytochemicals in each individual plant reductionistic?
Spice Chest Food Farmacy

My backache is a special backache, induced by both cervical and lumbar scoliosis, spondylosis, and stenosis. Coincidently an allopathically inclined osteopath suggested topical capsaicin (and I suggest internal cayenne as well – it helps). I was pleased with that osteopathic recommendation.

I have been focused on spices and food farmacy for the last five years or so preparing a spice database. I think a famous spice-loving oncologist, Bharat Aggarwal, shares with me the opinion that spices are the best of medicinal plants. I print out first below, my secretary’s recent search of my spice database for backache. Fortuitously. I have spent 40 years scoring various studies, consistently I hope, of 3,000 species and some thousands of indications and activities.

Also day before yesterday I asked Judi to first search my minuscule database of 200 spice species listing the highest evidence score on top. Only one, capsicum, attained an evidence score of 2. That means an extract of the plant has been proven clinically for this indication. It means folk evidence only, and 1 means chemical, epidemiological, in vivo or in vitro evidence, 2 means clinical proof or approval by Germany’s commission E, or the Caribbean TRAMIL commission, for that indications (or activity), And I used the evidence we adduced to draft the protocol.

What would be my Spice Chest Food Farmacy protocol? Remember that I cannot recommend any food unapproved by the FDA as a medicine. Capsaicin has been approved. But if I were a licensed physician, not afraid of the FDA, I would suggest topical application of hot peppers or pure capsaicin (FDA-approved) alternating with a vertebral mustard plaster topically. And I would indulge in four herbal teas a day, comprised of those tastier mints like spearmint and peppermint, and believe it or not, spiced with capsaicin or hot sauce, maybe even black pepper as a synergist, and ginger (with its several COX-2-Is). And sweetened with Stevia. Believe it or not, I never had this piquant BackBracer tea before. Not bad. Might try that topically on the spine as well as it contains analgesics, like menthol, capsaicin (hmm, should add some of wintergreen’s methyl salicylate). I recommend also a hot bath with melissa, wintergreen, and peppermint if you are generously endowed with herb. To each her own taste, tea or bath. Other higher scoring tea ingredients to consider; frost mint; thyme, wild mint, yarrow, and then bayberry, ground ivy, lemongrass, mallow, flaxseed, and walnut, for variety.

Phytochemical Database
http://www.ars-grin.gov/duke

Multiple Activities Menu:
http://www.ars-grin.gov/duke/plants.html
http://www.ars-grin.gov/duke/dev/all.html

Bioenergy Handbook
http://www.hort.purdue.edu/newcrop/duke_energy/

A Database of Central American Ethnobotany
Infusion therapy continues to be associated with a relative high risk of complications. To decrease this risk it is essential to not only develop standards but to also have practical guidance in implementing them. This first edition of the Standards for Infusion Therapy developed by the RCN and other multi-professional organisations provides both these requirements with clearly defined standards supported by practical guidance. The standards are provided as statements, which can be readily incorporated into local Infusion Related Policies and Procedures, Performance Improvement Programmes, Per Reductionist View. Humankind is reduced down to separately functioning parts. For professionals that have a reductionist view: they treat body functions independently for greater expediency and efficiency. Isolate, define, and treat. Holistic Approach.Â How is occupational therapy used as a means? The use of a specific occupation to bring about change in the client's performance. Example: Going out to the mall to make small talk and walk around (improves social skills and physical abilities). Equivalent to an activity. How is occupational therapy used as an end? End goal = for the client to become independent. The desired outcome of intervention is derived from the person's values, experiences, and culture. Reductionistâ€™s Rant. Promising Herbs and Phytochemicals for Chronic Hepatitis C Virus Infection. James Duke.Â Reductionistâ€™s Rant. â€œ herbs can be as good as pharmaceuticals and better at reaching body areas that pharmaceutical cannot reachâ€œ. We need a controlled and honest clinical comparison. Ceanothus americanus (New Jersey tea, red root) â€“ the root is used medicinally.Â The new therapy has significantly improved the virologic response, however, the adverse effects associated with this new therapy (i.e., severe anemia, impairment of CYP450-3A4 liver detoxification pathways leading to drug-drug interactions) bring their value into question (Salam and Akimitsu 2013). Our database fortunately shows a number of herbs and spices that have NS3 protease inhibitory actions.