

Natural Healing Express Weekly

Column 350 Tommie Bass / Appalachian Folk-Medicine

You all may have noticed I missed last week's article. Unfortunately, I was in Indianapolis attending the funeral of a dear friend's Mother. But this lady wasn't just a Mom. She was the Matriarch of Indianapolis Motor Speedway. Mari Hulman George was also responsible for the command, "Gentlemen, Start Your Engines!" at almost every Indy 500 for the last 50 years. Last Saturday, she completed her final race. She was one of the nicest people in motorsports and gave me great words of wisdom throughout my career in racing. She was an animal and music lover and would be so proud of the recent law banning Greyhound racing in Florida. Many of those pups will need homes, so if you are so inclined to adopt, please get in contact and we help bring one of these babies home! Godspeed Mari! We will miss you! So, this week's article is on Appalachian Medicine and one of its best personalities, "Tommie" Bass. When Tommie passed on August 31, 1996, (age 88) he was probably this most well-known herbalist in the US. Tommie lived his entire life in Alabama. If you would like to further your research on this amazing pioneer, there is a video documentary called "Tommie Bass: A Life in the Ridge and Valley Country" which is absolutely amazing.

Anyhow, Tommie was instrumental in helping not only the folks in his region, but across the US as well in getting the word out about the wonderful use of herbal medicine. He specialized in Poke Root, butterfly weed, Echinacea, feverfew, senna, Angelico, red root and perhaps my favorite – wild cucumber bark. Yes, wild cucumber bark. Many of his formulations paved the way for herbalist medicine's top manufacturers.

So, what are some of Tommie's best instructions regarding Appalachian Medicine? It kind of boils down to three categories; Treat your symptoms with locally grown remedies, embrace history and practice alternatives.

Tommie suggests move into spring with clear sinuses. He believed strongly in consuming locally grown honey which would familiarize your body with the local pollen. Tommie combined local honey with nettle and chickweed to nullify allergies. For increased effect, he added Ginseng for more energy and lung health. He suggested drinking local tea with local honey in it.

Tommie loved history and often suggested treating wounds like folks did in the civil war. There was a lack of technology and modern age complicated pharmaceuticals at that time. Thus, many herbal salves, tinctures, teas and poultices were utilized. Wounded veterans used herbs and botanicals to recover. Tommie also believed strongly in the practice of prayer. Many traditional Appalachians still practice in the Native American tradition.

In addition, Tommie had a wonderful sense of humor which seemed to accompany him during his long and healthy lifetime.

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be! Come try some healthy gourmet food – delicious and fast! Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732 or 317 409 1500 email: skscham@aol.com Address -204 W Main St, Lena, IL 61048. Website: www.naturalhealingexpress.com Facebook: Natural Healing Express