Lesson 20: A Father and Son Golf Outing – Hepatics & Lithotriptics

"I'm glad the weekend is here at last!" Sam exclaimed to Dad over breakfast Saturday morning. "I learned so much at Dr. Bett's office this week, but I'm ready for a mental break. It will really be refreshing to go golfing with Mr. King and Jacob after church visitation this morning!"

"Yes, I had an eventful week at work also, Sam, and I'm looking forward to spending some quality time on the golf course with you, as I know Mr. King is with his oldest son. But don't let your brain rest too much yet, son – we're on our way to visit folks and invite them to come to church. The Lord may just lead us to some lost soul who needs to hear the Gospel, and we'll need to remember the plan of salvation and all the verses to go with it," Dad smiled at his eldest son.

Sam was glad to have a dad who always put the Lord first in his life, and who was concerned for the souls of others who did not know Him as their Savior. Even though Dad worked as a biological dentist, while Sam was leaning toward becoming a naturopath like Dr. Bett, Sam's main goal as he reached closer toward manhood was to be a CHRISTIAN man first, and to put his chosen profession after his God and his family. Just like Dad did.

The morning's visitation went well, and Sam and his dad found many people at home. Though none were interested in hearing the Gospel presentation, at least three people expressed an interest in coming to church on Sunday.

On their way to meet their friends at the golf course, Dad and Sam swapped stories about their work weeks.

First, Dad shared how Mr. King, who worked making custom dental appliances like retainers and bridges for teeth, had called to tell Dad how one of the Christian history magazines he had been reading had an article he had particularly enjoyed. When he realized upon seeing the photograph of its author at the end of the article that it was written by none other than Mrs. Smith, who worked as a freelance author, he enjoyed it even more.

Dad smiled. He always enjoyed it when a friend complimented Mom's writing, and it would bless her to hear about Mr. King's comments when he got back home.

Next, Dad told how he had finally finished removing the last of a patient's metal fillings safely, and replaced them with nontoxic material. Sam listened intently as Dad described the procedures used to prevent the off-gassing from the mercury in the fillings that were being removed from being inhaled by the patient and the dental professionals doing the work.

The more Sam thought about it, Dad's and his future chosen professions were really more similar than he had originally thought. They both had an interest in helping people stay healthy.

As Sam shared some of what he learned during his week, Dad's interest was piqued.

"So Sam, all this talk about hepatic and lithotriptic herbs fascinates me," Dad interjected as Sam was sharing some of the things he learned at Dr. Bett's office during the previous week.

"Can you tell me again the differences between those two types of herbs?" Dad requested.

Happy to share his newfound knowledge with Dad, Sam explained, "Sure, Dad. Hepatics are herbs that support the liver. Since the liver is like a 'filter' for toxins in the body, and because, in the world we live in, we are often exposed to many toxins on a daily basis – some unknowingly – liver support is a good idea for everyone, in Dr. Bett's opinion. But some people, because of their profession, their lifestyle, or due to other issues, need extra liver support. As a matter of fact, Dad, in your profession, because you spend so much time removing mercury fillings from people's teeth, you could probably use some hepatic support yourself."

"Hmmm, Sam. That's a good point," agreed Dad. "And what about those other herbs you were telling me about – the lithotriptic herbs – what are they for, again?"

"Lithotriptic herbs are ones used to help break up some sort of calculus, like a kidney stone, perhaps, so that the body can pass it more easily. There are a number of them, and it's important, as always, to have some professional guidance from someone such as Dr. Bett, before choosing to use one, but it's good to know that there are natural options available for many people."

"It sure is, Sam. God has been very good to us to put all these wonderful plants here for us to use for medicinal purposes. And also to allow you that position as learning assistant to a good Christian naturopath like Dr. Bett."

As they pulled into the golf course parking lot, Sam noticed Jacob and Mr. King just getting their golf clubs out of their car's trunk. As Jacob noticed Sam and his dad pull in, he waved so hard, it looked like his arm might fall off!

"Looks like Jacob is happy to see you," noticed Dad.

"I'm so glad the Lord provided such a beautiful day for a father and son golf outing!" smiled Sam, as he and Dad opened the doors to their van and reached for their own golf bags.

Lesson 20: What Are Some Common Hepatic Herbs?

Which herbs are hepatics?

Choose one of these herbs to profile below:

Name of Hepatic Herb:

Latin Name:

What is this herb most commonly used for?

How is it used?

Draw a picture of this herb:

When, if ever, should using this herb be avoided?

What other safety information should be noted before using this herb?

Draw a picture of this herb:

Lesson 20: What Are Some Common Lithotriptic Herbs?

Which herbs are lithotriptic in nature?

Profile one lithotriptic herb below:

Name of Lithotriptic Herb:

Latin Name:

What is this herb most commonly used for?

How is it used?

Draw a picture of this herb:

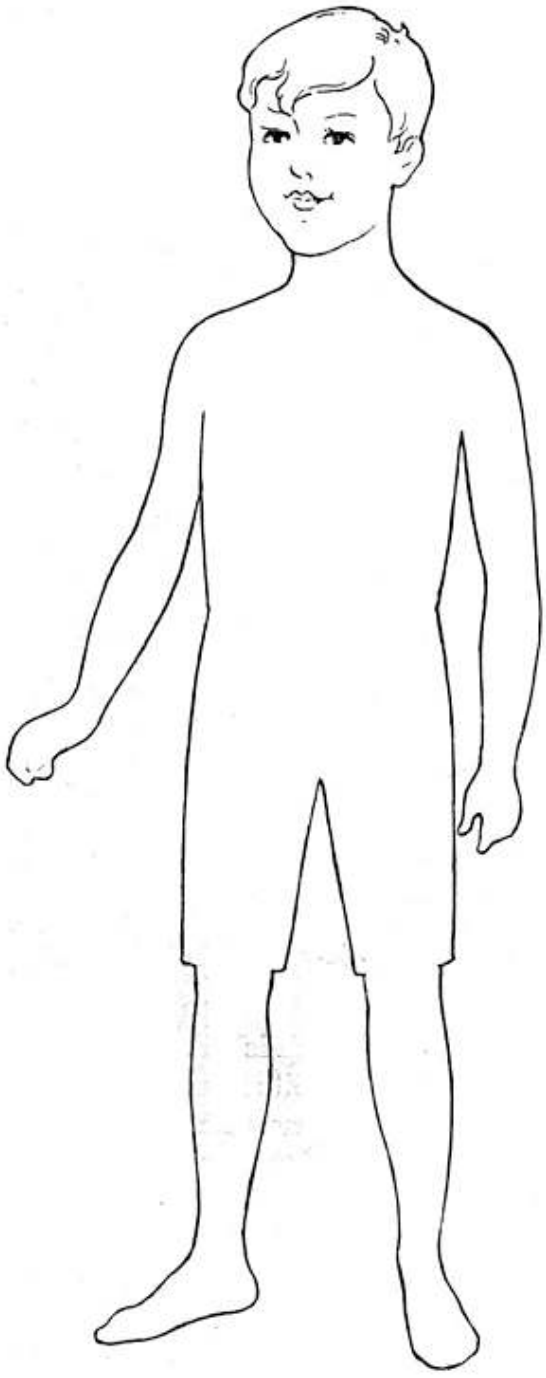
When, if ever, should using this herb be avoided?

What other safety information should be noted before using this herb?

Draw a picture of this herb:

Lesson 20: The Lymphatic System

Draw the principal organs/parts of the lymphatic system onto the outline of the body below, labeling them:



How does this system work?

What can yo do to support this system and encourage homeostasis in the body?

Lesson 20: The Lymphatic System and Homeostasis

Today's research and writing assignment will require you to write at least two full paragraphs telling, in your own words, the answer to the question below.

How Does the Lymphatic System Support Homeostasis in the Rest of the Body?