

## DISCLAIMER:

If you use herbs, do so responsibly, get as much information as possible. Consult your doctor or trained herbalist about your health conditions and use of herbal supplements. These products are not intended to replace support and assistance of health practitioners. These products are not medicine in the general sense but supplements that aid the body to heal itself. Herbs may be harmful if taken for the wrong conditions, used in excessive amounts, combined with prescription drugs or alcohol. Just because a herbal remedy is natural, it does not mean it is safe!

You should be clear that wellness is not simply the absence of disease or symptoms, but a positive state of mental, emotional, social, and spiritual wellbeing. Herbs are natural products – they are natural because the body can recognize them as a whole plant.

### How to make a good cup of tea

Tea made from botanic material (leaves, seeds, flowers etc) is called a *herbal tea*.

This can be divided into:

- tisane
- decoctions
- infusions

A Herbal tea can be made from fresh or dried botanic material – be that leaves, flowers, seeds or roots and is made by pouring boiling water over the material and letting it steep for a few minutes. This is called an infusion.

The seeds and roots normally require the mixture to be boiled to release the ingredients. The tea “infusion or tisane” is then strained, sweetened with honey if so desired, and served. The material can be mashed to extract the compounds and oils.

Quantities of the herb required to make a cup of tea is usually between 1 – 2 tsp. Please look at the information for each individual herb for more specific information.

### Infusion: Leaves, flowers and powders

Take the required quantity of herbs and place in one cup of boiled water. Steep for 10-15 min. Strain and drink hot or cold.

### Decoction: Root, seeds or barks

Take the required quantity of herbs and place in 500 ml of water. Bring to the boil on the stove and remove from heat let it steep for 15-20 min.

### Mixture of various herbs:

If a mixture of 2 or more herbs have been made. Use a teaspoon of the **mixture** when making your tea.

| <b>Herb</b>   | <b>Pharmacological actions</b>  | <b>Suggested Traditional uses</b>   | <b>Directions and safety precautions</b>  |
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| <b>Agrimony</b><br><i>Agrimonia eupatoria</i>                     | Astringent, tonic, bitter, mild diuretic, vulnerary, antispasmodic, diaphoretic, carminative, hepatic, cholagogue | Good astringent, appendicitis, Incontinence, indigestion, diarrhea, stomach and intestinal ailments. Infections in the mouth/gums/throat. Good for wounds to stop bleeding.   | Infusion (1 -2tsp) of herb in 1 cup of boiled water, steep for 10-15min. Drink 3 times per day. Tincture 1-4ml three times per day. Not for pregnant or breastfeeding woman, or if on blood pressure medication.  |
| <b>African Potato</b><br>"Sterblom, Imkomfe"<br><i>Hypoxis</i>    | <i>Anti-oxidant, anti-inflammatory, antidiabetic, anticonvulsant and anti-cancer</i>                              | Immune booster, liver detox, anti-candida, anti-inflammatory. Acts as tonic, and has been used for prostate problems. Traditional use also include testicular tumours, prostate hypertrophy and urinary infections.   | Decoction (1-2 tsp) drink 3 times per day.  |
| <b>Alfalfa</b><br><i>Medicago sativa</i>                          | Diuretic, anti-inflammatory, antifungal   | Lowers total blood cholesterol and triglycerides and reduces aortic plaques. Beneficial as tonic, lactation, migraine, malnutrition, menopause, eczema, aids blood clotting, uric acid, anemia, pms, endometriosis, diabetes. High in Vit B12. Body alkalizer and detoxifies.   | Infusion (1-2 tsp) drink 1 per day. Not to be used during pregnancy, autoimmune diseases or when blood thinning meds are used.  |
| <b>Aloe</b><br><i>Aloe ferox</i><br><i>Bitter aloe, cape aloe</i> | Astringent, emollient, antifungal, antibacterial and antiviral, laxative  | Applied topically heals mouth sores and stimulates cell regeneration. Ingested, helps to lower cholesterol, reduces inflammation resulting from radiation therapy, increases blood vessel generation in lower extremities of people with poor circulation. Soothes stomach irritation, aids healing and acts as laxative. | Crystal or powder start with match stick head size (0.05g – 0.2g) and increase until desired effect. Swallow with water. Extremely bitter to taste. Do not use if pregnant, lactating. Do not use for prolonged periods.                                    |
| <b>Angelica</b><br><i>Angelica archangelica</i>                   | Astringent, tonic, diuretic, vulnerary, cholagogue, anti-inflammatory   | Indigestion, bronchitis, pleurisy, cystitis, loss of appetite, eczema, expectorant. Externally: helps for acne if wash face with tea, athletes foot   | Decoction (1tsp) in 1 cup of water, bring to a boil and simmer for 2 min. Remove from heat, let stand for 15 min. Drink 1 cup three times per day. Not during pregnancy or lactating. Can cause photosensitivity. Can have an effect on anticoagulant meds. |

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| <b>Aniseed</b><br><i>Pimpinella Anisum</i>             | <i>Digestive aid, expectorant, antispasmodic, antimicrobial, aromatic galactagogue</i> | Loosens phlegm, fights cough and relieves insomnia. Helps upset stomach and gas. Helps when there is persistent irritable coughing and for whooping cough. Contains phytoestrogens that mimic natural estrogens and help prevent breast cancer.  | Small dosages during pregnancy<br>May have allergic effect in some. May interfere with the activity of anticoagulant therapy. Infuse 1 tsp gently crushed seeds in 1 cup of boiled water. Infuse for 5 – 10 min in covered container. 1 cup three times per day. |
| <b>Arrow root powder</b><br><i>Maranta arundinacea</i> | <i>Starch</i>  | Easily digestible starch. Diarrhoea. Use for culinary purposes to thicken clear liquids.   | Use like corn starch.  |
| <b>Astragalus</b><br><i>Astragalus membranaceus</i>    | Immunomodulator  | Immune booster, diabetes, heart tonic, Anaemia. Increases white blood cell count, anti-cancer properties. Acts as a tonic to protect the immune system. Aids adrenal gland function and digestion. Increases metabolism, produces spontaneous sweating, promotes healing and provides energy to combat fatigue and prolonged stress. Increase stamina. | Decoction: (2-4 tsp) of root, one cup of water bring to a boil simmer for 10 – 15 min. Drink three times per day.<br>Tincture 4-8ml 3x/day<br>Not for people using immunosuppressive meds. Do not use if fever is present.                                       |
| <b>Basil</b><br><i>Ocimum basilicum</i>                | <i>Tonic, carminative, diuretic anthelmintic Antibacterial, anti ulcerogenic</i>       | Reduces stomach cramps and nausea, relieves gas, promotes normal bowel function, aids digestion and acts as a mosquito and fly repellent. Helps for internal parasites.  | Infusion: Use 1 cup of boiled water with 1-2tsp of dried leaves. Steep for 10-15 min. Drink 2- 3 times per day.<br><br>Do not drink for prolonged periods or when pregnant .   |
| <b>Barberry bark</b><br><i>Berberis vulgaris</i>       | Cholagogue, hepatic, antiemetic, bitter, laxative                                      | Gall stones, jaundice, liver congestion, malaria. Stimulate flow of bile. Enlarged spleen. Decrease heart rate, slows breathing, reduces bronchial constriction.   | Not to be used if high blood pressure or pregnancy. Stay within the recommended dosages<br>Decoction 1 tsp in 1 cup of water bring to boil simmer for 10 – 15 min.<br>Tincture 1-2ml 3x/day  |

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| <b>Bearberry Leaves</b><br>Uva-Ursi<br><i>Arctostaphylos uva-ursi</i> | Diuretic, astringent, antimicrobial, demulcent  | Kidney Stones, cystitis, bedwetting, diuretic. Promotes excretion of fluids, fights bacteria, and strengthens heart muscle. Good for disorders of the spleen, liver, pancreas and small intestines.            | Infusion: Use 1 cup of boiled water with 1-2tsp of dried leaves. Steep for 10-15 min. Drink 3 times per day.<br>Tincture 2-4 ml 3x/day.<br>Not during pregnancy or if serious kidney problems   |
| <b>Bedstraw or Cleavers</b><br><i>Galium aparine</i>                  | Diuretic, alterative, anti-inflammatory, tonic, astringent.                                     | Cystitis, incontinence, diuretic, anti-inflammatory, anti-cancerous, detox of liver, kidneys, pancreas and spleen, support lymphatic system, anemia. One of the best tonic available for the lymphatic system. | Infusion pour 1 cup of boiled water over 2-3 tsp of herb infuse for 10 min and drink 3 x/daily.<br>Use for periods up to 2 weeks only.<br>Tincture 4-8 ml   |
| <b>Bilberry</b><br><i>Vaccinium myrtillus</i>                         | Antioxidant, diuretic and urinary antiseptic.   | Anti-fungal, anti-bacterial, strengthens capillaries, reduces cholesterol, assist in eye health, diabetes, anti-cancer, stomach ulcers.  | Berries: Decoction<br>Leaves: Infusion<br>May interfere with iron absorption.<br>If diabetic only use under supervision of health practitioner.   |
| <b>Birch</b><br><i>Betula alba</i>                                    | Diuretic, anti-inflammatory, antiseptic, tonic  | Assist with breakdown of kidney and bladder stones, arthritis, gout, joint stiffness and pain, diuretic. Cystitis and other infections of the urinary system.  | Infusion pour 1 cup of boiled water over 1-2 tsp of herb infuse for 10 min and drink 1 cup 3 times daily.<br>Tincture 1-2 ml 3x/day<br>Not to be taken during pregnancy, Stay within recommended dosages.   |
| <b>Black Cohosh</b><br><i>Cimicifuga racemosa</i>                     | Emmenagogue, antispasmodic, anti-inflammatory, antirheumatic, alterative, nervine, hypotensive. | Balances female hormones, arthritis, sciatica, neuralgia, tinnitus, antispasmodic. Rheumatoid arthritis, menopause. Helps with cramping pain in the womb and cramping associated with ovulation.               | Not to be taken if you suffer from diabetes or high blood pressure. Not when pregnant, stay within the dosages. If want to use it to ease child birth take small amounts two weeks before expected delivery.<br>Tincture 2-4 ml 3x/day<br>Decoction 1 cup of water over ½ -1 tsp of dried root, bring to boil, simmer for 10-15 min drink 3x/day. |
| <b>Bladderwrack</b><br>Kelp<br><i>Fucus vesiculosus</i>               | Antihypothyroid, antirheumatic  | Balances under active thyroid, antirheumatic.  | Infusion, pour a cup of boiling water over 2-3 tsp of kelp, steep for 10 min. Drink 3 times daily.<br>May interfere with thyroid meds, not to be used during pregnancy, not for people on salt free diet.   |

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| <p><b>Boldo</b><br/><i>Peumus boldus</i></p>       | <p>Diuretic, laxative, antibiotic, liver tonic and anti-inflammatory</p>   | <p>Boldo is specific for gallbladder problems, such as stones and inflammation. Used when there is visceral pain related to other problems in the liver or gallbladder. Gall stones, cystitis, hepatitis, diuretic. Assist with digestion, bladder and urinary tract infections. Aids in the excretion of uric acid and stimulates digestion.</p>   | <p>Infusion pour 1 cup of boiled water over 1 tsp of herb infuse for 10 min and drink 1 cup 3 times daily.<br/>Not for people with serious liver or kidney problems or obstruction of bile duct.</p>  |
| <p><b>Borage</b><br/><i>Borago officinalis</i></p> | <p>General tonic, anti-irritant, diuretic, diaphoretic, expectorant, anti-inflammatory, emulcent, mild sedative and anti-depressant.</p> | <p>Acts as an adrenal tonic and gland balancer. Contains minerals and essential fatty acids needed for proper cardiovascular function and healthy skin and nails</p>  | <p>The flowers are edible. Infusion pour 1 cup of boiled water over 1-2 tsp of herb infuse for 10 min and drink 1 cup 3 times daily.<br/>Do not use for prolonged periods.</p>  |
| <p><b>Buchu</b><br/><i>Agathos mabetulina</i></p>  | <p>Diuretic, urinary antiseptic</p>  | <p>This is the oval leaf Buchu, a blackcurrant-scented herb that stimulates and cleanses the urinary system and increases perspiration. The active ingredient is diosphenol or barosma camphor which is a potent antiseptic and diuretic. It is used internally for urinary tract infections, especially prostatitis and cystitis; digestive problems, gout, rheumatism, coughs, and colds. It is sometimes also included in weight loss formulas for excessive water retention problems. It is often combined with <i>Althea officinalis</i> (Marshmallow) for best results.</p> | <p>Infusion pour 1 cup of boiled water over 1-2 tsp of herb infuse for 10 min and drink 1 cup 3 times daily.<br/>Tincture: 1-2ml<br/>Not when pregnant, do not boil buchu leaves.</p>   |
| <p><b>Burdock</b><br/><i>Arctium lappa</i></p>     | <p>Alterative, diuretic, bitter, Antioxidant, antifungal, antibacterial</p>  | <p>Diuretic action, relieving the soreness and swelling caused by arthritis, rheumatism, sciatica and lumbago it, increases the flow of urine and promotes sweating. Externally it is good for skin problems such as eczema, psoriasis and even canker sores. Soothing for haemorrhoids and skin irritation in general. Helps cleanse the blood. Acts as antioxidant, may help to protect against cancer by helping control cell mutation.</p>  | <p>Decoction (1 tsp) of root pour one cup of water bring to a boil simmer for 10 – 15 min. Drink three times per day.<br/><br/>Can interfere with iron absorption. Should not be used if pregnant, lactating, diabetic, or cardiovascular difficulties.</p> |

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| <b>Butchers Broom</b><br><i>Rustus aculeatus</i>               | Anti-inflammatory<br>Venotonic<br>diuretic   | Can constrict veins and reduce inflammation. Improves circulation in hands and feet. Reduce oedema in legs and feet. Anti-inflammatory action to reduce swelling associated with arthritis and rheumatism. Reduces the pain caused by haemorrhoids.  | Infusion pour 1 cup of boiled water over 1-2 tsp of herb infuse for 10 min and drink 1 cup 2 times daily. Not to be used if high blood pressure, pregnancy. Stay within the recommended dosages. More effective when taken in combination of Vit C. |
| <b>Scotch Broom</b><br>Common broom<br><i>Cytisusscoparius</i> | <i>Heart and circulatory disorders, diuretic</i>   | Assists with regulating circulation. Low blood pressure, Cardiac problems e.g. palpitations,   | Infusion pour 1 cup of boiled water over 1-2 tsp of herb infuse for 10 min and drink 1 cup 3 times daily. Not to be used if high blood pressure, pregnancy. Stay within the recommended dosages.  |
| <b>Calamus</b><br><b>Sweet flag</b><br><i>Acorus calamus</i>   | Bitter tonic and stimulant.  | Indigestion, poor appetite, colic, stop smoking. Glandular disorder and gout, stimulate metabolism, anemia   | Tincture is generally used but dried root may be directly chewed. Infusion pour 1 cup of boiled water over 1-2 tsp of herb infuse for 10 min and drink 1 cup 3 times daily. Not to be used during pregnancy   |
| <b>Caraway</b><br><i>Carum carvi</i>                           | Carminative, antispasmodic, expectorant, emmenagogue, galactagogue, astringent, antimicrobial. | Colic, poor appetite, lactation. It may help for bronchitis and bronchial asthma and its antispasmodic actions help relieve menstrual pains. Caraway has been used to increase milk flow in nursing mothers.   | Infusion pour 1 cup of boiling water over 1 tsp of crushed seeds and infused in a covered container for 10 – 15 min drink 3x/day<br>Tincture 1-4ml  |
| <b>Catnip</b><br><i>Nepeta cataria</i>                         | Carminative, antispasmodic, diaphoretic, nervine, astringent.                                  | Lowers fever. Dispels gas and aids digestion and sleep,relieves stress, stimulates the appetite. Good for anxiety, colds and flu, inflammation, pain and stress.   | Can be given to children. Infusion 1 cup of boiled water over 2 tsp of herb and infuse in covered container for 10-15 min. Drink 3 x per day.   |
| <b>Cayenne Pepper</b><br><i>Capsicum annum</i>                 | Stimulant, carminative, anticatarrhal sialagogue, rubefacient, antimicrobial                   | Equalizes circulation, cholesterol, migraine, headaches, flu, coughs, arthritis, Stimulates blood flow, strengthening the heart , arteries, capillaries and nerves. General tonic, especially circulatory and digestive system. Effective in insufficient peripheral circulation leading to cold hands and feet. Very high in Vit C. | Small dosages during pregnancy. Avoid contact with eye. Tincture 0.25 -1 ml 3x/day<br>Infusion: ½-1tsp to infuse for 10 min. Mix a tablespoon of this infusion with hot water and drink when needed.  |

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| <b>Celery Seeds</b><br><i>Apium graveolens</i>        | Antirheumatic, anti-inflammatory, diuretic, carminative, antispasmodic, nervine. | Celery juice and seed are excellent diuretics that promote the flow of urine. Has calming effect on the digestive system. Helpful for rheumatoid arthritis and gout. Enhances appetite. Arthritis, cystitis, diuretic action reduces uric acid, calming effect on digestive system, enhances appetite, reduces blood pressure | Not to be used during pregnancy<br>Tincture: 1-4 ml<br>Infusion: Pour 1 cup of boiled water over 1-2tsp of crushed seeds, infuse for 10-15 min. Drink 3 times per day. Or eat sprinkled over food.         |
| <b>Centaury.</b><br><i>Centauriumerythraea</i>        | Bitter , hepatic   | Gastric or digestive stimulant .Poor appetite, indigestion, speed up metabolism, hepatic, liver and gall bladder complaints, tonic  | Infusion 1tsp of herb in 1 cup of boiled water, infuse for 5 – 10 min. Drink 1 cup per day before meals.<br>Not to be used during pregnancy.   |
| <b>Chamomile</b><br><i>Matricaria recutita</i>        | Anti-inflammatory, antispasmodic, anti-bacterial and anti-fungal                 | Anti-inflammatories similar in action to that of non-steroidal meds. Nausea, insomnia, muscular pain, colic, nervous disorders. Useful as mouth wash  | If allergic to members of the Daisy family plant including ragweed should not use. Not to be used during pregnancy. Can interact with warfarin or other blood thinning medication. Use as herbal infusion. |
| <b>Chaste tree Berry</b><br><i>VitexAgnus-castus</i>  | Gynaecological   | PMS, menopause, ovarian cysts, breast lumps, relieves muscle cramps, regulates and normalizes hormone levels and menstrual cycles.  | Infusion: Pour 1 cup of boiled water over 3g of crushed berries, infuse for 10-15 min. Drink 3 times per day. Not to be used during pregnancy.<br>Not to be given to children.                             |
| <b>Chickweed starweed</b><br><i>Stellaria media</i>   | Treatment of skin disorders  | Assists in the treatment of the itchiness caused by Eczema, psoriasis if applied topically, arthritis, diuretic, may lower blood lipids, a good source of vit C and other nutrients   | Infusion: Pour 1 cup of boiled water over 1-2tsp of crushed seeds, infuse for 10-15 min. Drink 3 times per day.<br>Fresh juice can be used topically. Can be used in ointments and creams.                 |
| <b>Cinnamon</b><br><i>CinnamomanVerum/ zeylanicum</i> | Astringent dyspeptic   | Nausea, indigestion, anti-parasitical, aids peripheral circulation. Warms the body and enhances digestion, especially the metabolism of fats. Useful for diabetes, weight loss.   | Can be consumed as preferred in food or dissolved in fluid. No more than 4 g per day.<br>Do not use during pregnancy in large amounts. Could interfere with blood thinning medication                      |

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| <b>Clove</b><br><i>Syzygium aromaticum</i>    | Antiseptic, antiparasitic digestive aid    | Anti-candida, anti-bacterial, TB, Anti-viral, nausea, anti-septic properties, antioxidants.   | ¼ tsp of powdered cloves in 1 cup of boiled water. Drink 3 times per day, can be consumed in food.<br>Stay within recommended dosages.   |
| <b>Cleavers see Bedstraw</b>                  |  |   |  |
| <b>Coltsfoot</b><br><i>Tussilago farfara</i>  | Expectorant and antitussive                | Dry cough, wheezing, hoarseness, bronchitis, sore throat.   | Do not use during pregnancy. Infuse the leaves 2.5g (1-2 tsp) in a cup of boiled water for 10-15 min. Drink 3 times per day. Do not use for longer than 3 weeks at a time.           |
| <b>Coriander</b><br><i>Coriandrum sativum</i> | <i>Stomachic, spasmolytic, carminative</i> | Digestive aid, anti-bacterial, anti-fungal and anti-phlegmatic  | For internal use the equivalent of about 3 g of dry fruit is considered an appropriate daily dose.<br>A tea can be made and added to other drinks or fruits may be chewed.           |
| <b>Corn silk</b><br><i>Zea Mays</i>           | <i>Diuretic</i>                            | Diuretic, Aids the bladder, kidney, and small intestine, good for edema, obesity, premenstrual syndrome and prostate disorders, urinary tract and removes mucus from the urine. Aid in slimming and treat cystitis, rheumatism and arthritis. | Infusion of 0.5g of herb in 150 ml of boiled water. Steep for 10 min and drink 3-4 times per day.  |
| <b>Couchgrass</b><br><i>Elymus repens</i>     | Diuretic, demulcent, antimicrobial         | Urinary infections, cystitis, gallstones, jaundice, gout, natural antibiotic. Kidney stones, lower cholesterol  | Infusion; 2tsp in 1 cup of boiled water. Steep for 10-15 min. Drink 3x/per day<br>Tincture 2-4ml 3x/day<br>Not when pregnant   |
| <b>Cowslip</b><br><i>Primula veris</i>        | <i>Expectorant, secretolytic</i>           | Mild sedative, assist with coping with stress and tension, nervous headaches, migraine and insomnia<br>Used as expectorants for bronchitis, coughs, colds and catarrh of the nose and throat.   | Infusion of 2-4g of herb . Steep for 10-15 min drink 1 cup 3 times per day<br>Not when pregnant  |
| <b>Crambark</b><br><i>Viburnum opulus</i>     | Spasmolytic                                | Period pains, threatened miscarriage, hiccoughs. Lower back and leg spasms and pain. Muscle spasms  | Decoction; 1-2 tsp of herb in 1 cup of cold water, bring to boil simmer for 10-15 min. Drink 3x/daily<br>Not when pregnant<br>People on blood thinning meds need to monitor closely. |

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| <b>Cranesbill</b><br><i>Geranium maculatum</i>              | Astringent, antihemorrhagic, anti-inflammatory, vulnerary              | Female tonic, gastrointestinal problems, diabetes.<br>Astringent, antihemorrhagic, anti-inflammatory.<br>Bronchitis, tonsillitis and sore throat  | Tincture 2-4 ml.<br>Decoction; 1-2 tsp of herb in 1 cup of cold water, bring to boil simmer for 10-15 min. Drink 3x/daily<br>Not when pregnant<br>Not to be used longer than 3 weeks  |
| <b>Dandelion</b><br><i>Taraxicum officinale</i>             | Diuretic and digestive aid   | Liver tonic, jaundice, arthritis, acne, eczema, psoriasis, fat burner. Anemia, diuretic and digestive aid. High levels of potassium and vitamin A and iron. Has lowering effect on blood pressure. Enhances liver and gallbladder function, digestion. Treat liver disorders like jaundice. Excellent source of carotenoids that is converted in the body to Vit A. | Herb: infusion<br>Root: Decoction<br>Do not use with other diuretic medication.   |
| <b>Devils Claw</b><br><i>Harpagophytum procumbens</i>       | Anti-inflammatory, diuretic, sedative, antirheumatic, anodyne, hepatic | Relieves pain and reduces inflammation. Acts as a diuretic, sedative and digestive stimulant. Good for back pain, arthritis, rheumatism, diabetes, allergies, liver, gallbladder and kidney disorders. Arthritis, inflammation, assist with elimination of uric acid.   | Decoction: ½ to 1 tsp 1 cup of water, bring to boil simmer for 10-15 min. Drink 3x/per day. Use for at least 1 month before effect will be evident.<br>Not when pregnant  |
| <b>Dill</b><br><i>Anethum Graveolens</i>                    | Carminative, aromatic, anti-spasmodic, anti-inflammatory, galactagogue | Increases flow of milk, halitosis, indigestion. Good for flatulence and associated colic.   | Infusion: 1-2tsp gently crushed seed or tips. Pour 1 cup of boiled water and steep for 10-15 min. Drink a cup before meals.<br>Tinctures 2-4ml 3 times per day.   |
| <b>Dong Quai</b><br><i>Angelica polymorph var. sinensis</i> | Tonic, anemia, constipation, irregular menstruation and pain.          | Vaginal dryness, irregular/painful period, sinusitis, allergies. Acts as mild sedative, laxative, diuretic, antispasmodic and pain reliever. Strengthens the reproductive system. Used to treat female problems such as hot flashes, other menopausal symptoms and premenstrual syndrome.   | Decoction: 1 tsp in 1 cup of water, bring to boil simmer for 10-15 min. Drink 3x/per day. Use for at least 1 month before effect will be evident.<br>Not when pregnant<br>Not when pregnant, or diabetic or light-sensitive. It enhances the action of blood-thinning medication. |

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| <p><b>Echinacea</b><br/><i>Echinacea purpurea</i></p>      | <p>Antimicrobial, immunomodulator, anti-inflammatory, anticatarrhal, vulnerary, alterative</p> | <p>Helpful for microbial infections. Immune booster, acne, sinus, cystitis, boils, poison, flu, antibiotic, anti-viral. Stimulate certain white blood cells. Especially effective in upper respiratory tract.</p>  | <p><b>Herb:</b> infusion 1- 2 tsp in one cup of boiled water. Steep for 10-15min, drink 3x/day.<br/><b>Root:</b> Decoction 1-2tsp of herb per cup of water drink 3x/day<br/><b>Tincture:</b> 1-4ml 3x/day<br/>Not to be used if you suffer from autoimmune disease such as rheumatoid arthritis of lupus. Do not use for longer than 3 weeks only during acute infections.</p> |
| <p><b>Elder Flowers</b><br/><i>Sambucus nigra</i></p>      | <p>Diaphoretic, diuretic and laxative, antiviral</p>   | <p>Sinus, flu, catarrh. To soothe skin irritations. Traditionally used to treat colds and upper respiratory tract infections, hay fever.</p>   | <p>Infusion 3 g of flowers in 150ml of boiled water. Drink 3 times per day.<br/>Not when pregnant. Do not use the stems of this plant.</p>   |
| <p><b>Elderberry /leaves</b><br/><i>Sambucus nigra</i></p> | <p>Fruit: analgesic, diuretic, laxative, diaphoretic, antioxidant</p>                          | <p>Rich in vitamin C, rheumatism, diuretic, laxative. Colds, influenza, promotes sweating and soothing for upper respiratory infections. Combats free radicals and inflammation, enhances immune system function.</p>  | <p>Fruit is 3 g in 150 ml of water, steep in warm water and drink 3 times per day.<br/>Not when pregnant. Do not use the stems of this plant.</p>  |
| <p><b>Elecampane</b><br/><i>Inulahelenium</i></p>          | <p>Expectorant, antitussive, diaphoretic, hepatic antimicrobial</p>                            | <p>Helps for irritating bronchial coughs, especially in children. Good when there is lots of catarrh present. The herb both soothes irritation and promotes expectoration. Good for chronic cough, emphysematous conditions, chronic bronchitis and tuberculosis</p> | <p>Not when pregnant<br/>Tincture 1-2 ml 3x/day<br/>Infusion: 1 cup of cold water, pour over 1tsp of herb let it stand for 8 – 10 hours. Heat and drink hot 3x/day.</p>  |
| <p><b>Eyebright</b><br/><i>Euphrasia officinalis</i></p>   | <p>Anticatarrhal, astringent, anti-inflammatory</p>  | <p>Tonic and an astringent. Helps with problems of mucous membranes. Strengthens eyes, conjunctivitis, sinus, catarrh. Good for allergies, itchy and/or watery eyes and runny nose. Helps with hay fever</p>   | <p><b>Infusion</b> 1 tsp in 1 cup of boiled water. Steep for 5 -10 min. Drink 3x/day.<br/><b>Tincture</b> 1-4 ml 3x/day<br/>To make a <b>compress place</b> 1 tsp of herb in ½ liter of water. Boil for 10 min and let cool slightly. Moisten cloth in lukewarm liquid, wring slightly and place on the eyes.</p>  |

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| <b>Fennel</b><br><i>Foeniculum vulgare</i>   | Carminative aromatic, antispasmodic, anti-inflammatory, galactagogue, hepatic | Cellulite, suppresses appetite, increases lactation, colic, digestive aid, expectorant for coughs and colds. Promotes the function of the kidneys, liver and spleen. Relieves abdominal pain, colon disorders, gas and gastrointestinal tract spasms. Good after chemotherapy . Phytoestrogens with proven estrogenic activity.                               | Infusion 1-2 tsp of slightly crushed seeds in 1 cup of boiled water. Let it steep for 10 min. Drink 3x/day<br>Tincture 1-2 ml 3x/day<br>The powdered seed can be used for flea repellent.   |
| <b>Fenugreek</b><br><i>Trigonella foenum-graecum</i>                                 | Aphrodisiac, digestive tonic, demulcent and expectorant.                      | Catarrh, hair growth, breast development, stimulates milk production, as gargle helps to relieve sore throat. Helps lower cholesterol and blood sugar levels.   | Decoction can be made or daily dose of 3 – 18 g of seed.  |
| <b>Feverfew</b><br><i>Tanacetum parthenium</i> or<br><i>Chrysanthemum parthenium</i> | Migraine prophylactic, anti-inflammatory                                      | Migraine, headache, fevers. Combats inflammation and muscle spasms. Relieves nausea and vomiting  | <b>Infusion</b> 1 tsp in 1 cup of boiled water. Steep for 5 -10 min. Drink 3x/day.<br><br>If it is used with blood thinning meds, monitor closely. Not when pregnant  |
| <b>Frangula Bark</b><br><b>Alder buckthorn</b><br><i>Rhamnus frangula</i>            | <i>Stimulant laxative</i>   | Acts as a colon cleanser and laxative. Effective in colon disorders, constipation, and parasitic infestation  | Decoction. Use 2g of chopped bark is steeped in 150 ml of boiling water. Drink 3 cups. Tastes very bitter as a tea. Do not use for prolonged periods. Do not use during pregnancy.  |
| <b>Flaxseed</b><br><b>Linseed</b><br><i>Linum usitatissimum</i>                      | <i>Bulk laxative</i><br><i>Good source of omega 3</i>                         | Promotes strong bones, nails, and teeth as well as healthy skin. Useful for colon problems, female disorders and inflammation. Whole or crushed linseeds are taken orally as a bulk-forming laxative to treat chronic constipation and symptoms of irritable colon, spasmodic colitis and diverticulitis. Linseed lowers triglyceride and cholesterol levels. | The seeds are an excellent addition to a diet that is low in fiber. Flaxseed has the highest concentration of the phytoestrogen lignans of any other food.<br>Use 1 tablespoon of whole or cracked seed (not powder) three times per day. |
| <b>Fumitory</b><br><b>Fumaria officinalis</b>  | <i>Diuretic, laxative, alterative, hepatic</i>                                | Assists with skin problems such as eczema and acne. Its action is probably related to general cleansing mediated via kidneys and liver. Also as eye wash  | Tincture 1-2ml 3x/day<br>Infusion: Pour 1 cup of boiled water over 1-2 tsp of herb and infuse for 10-15 min. Drink 3x/day   |

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| <b>Garlic</b><br><i>Allium sativa</i>                          | <i>Antimicrobial, diaphoretic, hypocholesteremic, cholagogue, hypotensive, antispasmodic.</i> | Detoxifies the body and protects against infection by enhancing immune function. Lowers blood pressure and improves circulation. Helps stabilize blood sugar levels. Helps arteriosclerosis, arthritis, asthma, cancer.  | May interact with blood thinning meds. Not be used for lactating mothers.<br>Eat about a clove size amount.  |
| <b>Gentian</b><br><i>Gentiana tea</i>                          | Bitter, sialagogue, hepatic, cholagogue, antimicrobial, anthelmintic, emmenagogue             | Aids digestion, stimulates appetite and boosts circulation. Kills plasmodia and worms. Good for circulatory problems and pancreatitis.   | May cause headaches. Do not use when pregnant or if suffering from gastric or duodenal ulcers.<br>Tincture: 1-2 ml<br>Decoction: ½ tsp in 1 cup of water boil for 5 min. Drink warm 30 min before meals.   |
| <b>Ginger</b><br><i>Zingiber officinale</i>                    | Anti-emic, carminative, cholagogue, antispasmodic.  | Fights inflammation, cleanses the colon, reduces spasms and cramps, and stimulates circulation. A strong antioxidant and effective antimicrobial agent for sores and wounds. Protects liver and stomach.   | Limit intake to 2-4g daily. Limit intake when pregnant.<br>Small amounts 2g can be used to make tea infusion.<br>Not recommended for people who take anticoagulants or have gallstones.  |
| <b>Ginkgo</b><br><i>Ginkgo biloba</i>                          | Anti-inflammatory, vasodilator, relaxant, digestive bitter, uterine stimulant.                | Improves brain functioning by increasing cerebral and peripheral circulation and tissue oxygenation. Has antioxidant properties. Assists in Alzheimer's disease and relieve leg cramps by improving circulation. Beneficial for asthma, dementia, depression, eczema, headaches, heart and kidney disorders, memory loss and tinnitus. Shows promise as a treatment for vascular-related impotence | Infusion: 1-2 tsp of herb in 1 cup of boiled water. Steep for 10-15 min. Drink 3x/day.<br>Can take at least two weeks to see results.<br>Cannot be used by people who have bleeding disorders, or who are scheduled for surgery or a dental procedure. |
| <b>Ginseng (Siberian)</b><br><i>Eleutherococcus senticosus</i> | Adaptogen, tonic, stimulant, hypoglycemic   | Energy, depression, diabetes, aphrodisiac, assist with body withstand stress, mental alertness, colds and flu, improves overall health, reduces cholesterol and lowering blood pressure. Strengthens the adrenal and reproductive glands. Enhances immune function promotes lung functioning and stimulates the appetite.  | Not when pregnant<br>May interfere with cardiac meds and hypoglycemic agents.<br>Tincture: 50-100 drops 3x/day for 6weeks stop for 2 weeks.<br><b>Decoction: 1-2tsp in 1 cup of waterboil for 10 min. Drink three times per day.</b>                   |

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| <b>Goat's Rue</b><br><i>Galega officinale</i>     | Hypoglycemic, galactagogue, diuretic, diaphoretic   | Lactation, diabetes, stimulates breast development, Alzheimers, repairs damaged nerves. Help with reduction of blood sugar. Increase milk flow.  | May potentiate the action of hypoglycemic drugs.<br>Tincture 1-2 ml<br>Infusion: 1 cup of boiled water over 1 tsp of dried herb and infuse for 10-15 min. Drink 2x/day  |
| <b>Golden Rod</b><br><i>Solidago virgaurea</i>    | Diuretic<br>Urinary antispetic  | Catarrh, sinus, cystitis, laryngitis<br>Aids in treatment of kidney and bladder infections as well as urinary calculi and kidney gravel.   | Infusion using 1-2 tsp of herb (2-3 g) steep in 1 cup of boiled water. Drink 3 times daily. Daily dosage is 6-12 g  |
| <b>Golden Seal</b><br><i>Hydrastis canadensis</i> | Anti-inflammatory , digestive aid, bitter , hepatic, alterative, anti-microbial, laxative | Tonic effect on the mucous membranes. Fights infection and inflammation. Cleanses the body. Increases the effective of insulin and strengthens the immune system, colon, liver, pancreas, spleen and lymphatic and respiratory systems. Used at the first sign of cold, flue, or sore throat from developing.<br><br><b>Barberry (berberis vulgaris) alternative source for berberine.</b> | Infusion 1 cup of boiled water over ½ - 1 tsp of powdered herb infuse for 10-15 min. Drink 3x/day. If not powdered make decoction.<br>Not to be used if have high blood pressure or pregnancy. Do not use for longer than 2 weeks.<br>Do not use during pregnancy.        |
| <b>Green Tea</b><br><i>Camillia sinensis</i>      | Anti-oxidant, stimulant   | <b>Anti-oxidant</b> , asthma, arthrosclerosis, assist with high cholesterol, anticarcinogenic, cirrhosis of the liver, food poisoning, peridental disease, herpes virus. Weight-loss aid. Reduce free radicals in body   | Infusion.<br>Do not use in large quantities if pregnant or lactating due to caffeine. Persons with anxiety or irregular heartbeat should limit intake to 2 cups pr day.   |
| <b>Hawthorn</b><br><i>Crataegus monogyna</i>      | Cardiotonic, diuretic, astringent hypotensive   | <b>Tonic for most cardiovascular disease.</b> Dilates the coronary blood vessels, lowers blood pressure and cholesterol levels and restore heart muscle. Decreases fat deposit levels. Useful for anemia, cardiovascular and circulatory disorders, high cholesterol and lowered immunity.   | Do not take if you already take medication for heart disease without consulting with health practitioner.<br>Infusion 2 tsp of herb in 1 cup of boiled water, infuse for 10-15 min. Drink 3x/day only effective if taken for periods of 6 weeks.<br>Tincture 2.5ml 3x/day |

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| <b>Holy Thistle</b><br><b>Blessed thistle</b><br><i>Centaurea benedicta</i>                       | Appetite stimulant,<br>dyspepsia<br>Bitter tonic, appetite<br>stimulant               | Stimulates the appetite and stomach<br>secretions. Used for internal cancers,<br>diabetes, gout and rheumatism, liver,<br>inflammation, improves circulation,<br>cleanses the blood, and strengthens the<br>heart. May act as brain food. Good for<br>female disorders and increases milk flow in<br>nursing mothers. | Make an infusion using 3g (1 – 2<br>tsp) of herb in a cup of boiled<br>water. Steep and drink twice<br>daily one hour before meals.   |
| <b>Hops</b><br><i>Humulus lupulus</i>   | Sedative, hypnotic,<br>antimicrobial,<br>antispasmodic,<br>astringent<br>Bitter tonic | Has a marked relaxing effect, useful for<br>insomnia. Relieves anxiety. Stimulates the<br>appetite. Useful for cardiovascular<br>disorders, hyperactivity, insomnia,<br>nervousness pain, restlessness, shock,<br>stress, toothaches and ulcers   | Infusion: 1 tsp/ (05g) in 1 cup of<br>boiled water. Infuse in covered<br>container for 10-15 min. One cup<br>per night to assist with sleep.<br>Should not be used by people<br>who take antidepressants or are<br>experiencing depression. |
| <b>Horehound white</b><br><i>Marrubium vulgare</i>  | Expectorant,<br>antispasmodic, bitter<br>vulnerary<br>emmanagogue                     | Decreases thickness and increases fluidity<br>of mucus in the bronchial tubes and lungs.<br>Helps for non- productive cough. Boosts<br>the immune system. Useful for indigestion,<br>loss of appetite, bloating, hay fever,<br>sinusitis and other respiratory disorders.   | Infusion: Pour 1 cup of boiling<br>water over ½ tsp of herb infuse<br>for 10-15 min. Drink 3x/day.<br>Daily intake of 4-5 g of herb.<br>Stay within dosages, at high<br>dosages can have cardioactive<br>and uterine stimulation effects.   |
| <b>Horse Chestnut</b><br><i>Aesculus hippocastanum</i>  | Astringent, anti-<br>inflammatory, venous<br>tonic                                    | Protects against vascular damage, makes<br>capillary walls less porous, shields against<br>UV radiation damage. Good for varicose<br>veins, reducing excess tissue fluids and<br>easing nighttime muscle spasms in the<br>legs.   | Infusion: 1-2tsp on one cup of<br>boiled water. Steep for 10-15min.<br>Drink three times per day.<br>Tincture: 1-4ml.<br>Can be used as lotion.<br><br>May interact with anticoagulant<br>medication.                                       |
| <b>Horseradish Root</b><br><i>Armoracia rusticana</i>   | Respiratory and urinary<br>tract infections   | Traditionally used to treat bronchial<br>conditions and urinary tract infections. Best<br>known as a spice.<br>The fresh juice is effective against peptic<br>disorders, dyskinesia of bile ducts and<br>catarrhs of the upper respiratory tract.   | Root 10g per day in food or if<br>prefer a decoction can be made.<br>Stay within recommended<br>dosages.  |
| <b>Horsetail</b><br><i>Equisetum arvense</i>  | Astringent, diuretic,<br>vulnerary  | Astringent for the genitourinary system. Acts<br>Skin, hair and nail conditioner, Astringent,<br>diuretic, inflammation and enlargement of<br>prostate, pain of rheumatism and gout   | Infusion; 2tsp in 1 cup of boiled<br>water. Steep for 15-20 min.<br>Drink 3x/day<br>Tincture 2-4ml 3x/day<br>Not when pregnant<br>To be used internally for period of<br>2-3 weeks  |
| <b>Hoodia</b><br><i>Hoodia gordonii</i>   | <i>Appetite suppressant</i>   | Appetite suppressant, gives energy and is<br>mood enhancing.  |   |
| <b>Hydrangea</b><br><i>Hydrangea aborescens</i>   | Diuretic, antilithic  | Enlarged Prostate problems, kidney stones,<br>incontinence/bedwetting. Stimulates the<br>kidneys and acts as a diuretic. Good for<br>bladder infection, kidney disease, obesity<br>and prostate disorders.  | Decoction: 2tsp of root in 1 cup<br>of water, bring to boil and simmer<br>for 10-15 min. Drink 3x/day.<br>Tincture 2-4 ml<br>Do not consume leaves.   |
| <b>Hydrocotyle</b><br><b>Gotu kola</b><br><b>Indian pennywort</b><br><br><i>Centella asiatica</i> | Venous insufficiency,<br>wound-healing, general<br>tonic. Adaptogen                   | Diuretic, hypothyroidism, kidney stones.<br>Helps eliminates excess fluids, decreases<br>fatigue and depression, stimulates central<br>nervous system. Promotes wound healing<br>and good for varicose veins and for heart<br>and liver function.   | Infusion of 1 tsp/0.6g of herb in<br>cup of boiled water. Infuse for 10-<br>15 min. Drink 3 times per day.<br>May cause dermatitis if applied<br>topically  |

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| <b>Hypoxis see African Potato</b><br><i>Hypoxis rooperi</i> | Immune booster, liver detox, anti-candida, anti-inflammatory.                           |   |  |
| <b>Hyssop</b><br><i>Hyssopus officinalis</i>                | Antispasmodic, expectorant, diaphoretic, nerve anti-inflammatory, carminative           | Traditionally for respiratory ailments (Cough, catarrh, bronchial inflammation and nasal congestion), Promotes expulsion of mucus, relieves congestion, regulates blood pressure and dispel gas. Good for circulatory problems.                   | Infusion: 1 cup of boiling water over 1-2 tsp of herb, infuse for 10-15 min. Drink 3x/day<br>Do not use during pregnancy   |
| <b>Indian Corn Beard</b><br><i>Zea mays</i>                 | Diuretic  | Cystitis, water retention, prostatitis. Disorders of the urinary tract. It is thought to be valuable for slimming, and to treat cystitis, rheumatism and arthritis. Is used in China as oedema treatment  | An infusion of 0.5g in 150 ml of boiled water is taken several times a day.  |
| <b>Irish Moss</b><br><i>Chondrus crispus</i>                | Expectorant, demulcent, anti-inflammatory<br>Anti irritant                              | Mainly to treat cough and bronchitis. It is a mucilaginous and therefore sedates dry coughs and also gastric inflammation. Expectorant, tuberculosis, coughs, bronchitis, gastritis, ulcers, intestinal disorders, cystitis, dry hair             | Decoction 0.30g herbs in cold water for 15 min, boil for 10 – 15 min in 3 liter of water or milk, strain and drink a cup at a time.  |
| <b>Juniper Berries</b><br><i>Juniperus communis</i>         | Diuretic, anti-inflammatory and decongestant. Antimicrobial, carminative, antirheumatic | Water retention, arthritis, cystitis. Acts as a diuretic, anti-inflammatory, and decongestant. Helps regulate blood sugar levels. Helpful in treatment of asthma, bladder infection, fluid retention, gout, obesity and prostate disorders.       | Infusion: 1tsp of lightly crushed berries in 1 cup of boiled water, steep for 20 min in covered container. Drink 3x/day.<br>Not when pregnant. May interfere with absorption of iron and other minerals when taken internally. Should not be used during pregnancy. Should not be used by persons with kidney disease. |
| <b>Knotgrass/knotweed</b><br><i>Polygonum viculare</i>      | Traditional expectorant   | Traditionally used to treat coughs, bronchial catarrh and inflammation of the mouth and upper respiratory tract. Incontinence, stone formation, weeping eczema, mucus & bloody discharge from urinary & reproductive organs, diarrhea, dysentery. | Infusion of 1.5g of the herb in 150 ml of boiled water. Drink several times per day.   |
| <b>Kola Nuts</b><br><i>Kola vera (schum)</i>                | Central nervous system stimulant, antidepressant, astringent, diuretic                  | Energy Booster, stimulant of human consciousness. Can be used during depression associated with weakness as a stimulant. Helpful in anorexia  | It contains caffeine.<br>Decoction 1-2 tsp of powdered nuts in cup of water bring to the boil and simmer for 10 – 15 min. Drink when needed.<br>Tincture 1-2 ml 3x/day.  |

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| <b>Lavender</b><br><i>Lavandula officinalis</i>         | <i>Carminative, antispasmodic, relaxing nervine, antidepressant, rubefacient, emmenagogue, hypotensive</i> | Induces calm, depression, insect repellent. Good for headaches psoriasis and other skin problems. Tonic for nervous system. For depression combines well with rosemary, kola or skullcap.  | Infusion: one cup of boiled water over 1 tsp of herb. Steep for 10 min in covered container. Drink 3x/day. Should not be used during pregnancy.   |
| <b>Lady's Mantle</b><br><i>Alchemilla vulgaris</i>      | Astringent, diuretic, anti-inflammatory, emmenagogue, vulnerary  | Ladies hormone stabilizer, excessive bleeding. Has anti-inflammatory, diuretic and anti-viral effects. Helps to heal mucous membranes, improve blood clotting, and increase perspiration. Helps to regulate menstruation, easing symptoms during menopause   | Infusion: 2tsp of herb on a cup of boiled water. Steep for 10-15 min. Drink 3 times per day. Tincture 2-4ml three times daily. Interferes with iron absorption and other minerals. Not to be used when pregnant.  |
| <b>Lemon Balm</b><br><i>Melissa officinalis</i>         | Carminative, nervine, antispasmodic, antidepressant, diaphoretic, antimicrobial, hepatic                   | Relieves spasms in the digestive tract and is useful in flatulent dyspepsia. Mild antidepressant properties. Appropriate for neuralgia, anxiety-induced palpitations, insomnia, migraine associated with tension. Tonic effect on the heart and circulatory system. Lower blood pressure. Has some hormone regulating effects.   | May interfere with thyroid hormones. Infusion pour 1 cup of boiling water over 2 – 3 tsp of dried herb, infuse in covered container for 10-15 min. Drink 3 times per day.   |
| <b>Lemongrass</b><br><i>Cymbopogon citratus</i>         | <i>Sedative, stomachic</i>   | Acts as an astringent, tonic, and digestive aid. Good for the skin and nails. Useful for fever, flu, headaches, and intestinal irritations.  | Used in perfumes and other products as a fragrance. Can be used in oriental cooking.  |
| <b>Lily of the Valley</b><br><i>Convallaria majalis</i> | Heart stimulant  | Heart tonic, shortness of breath, angina. This strengthens the contraction of the heart muscle, lowers the internal heart pressure and thereby increases the efficiency of the heart. It also has venotonic effects and promotes the excretion of sodium and potassium salts in the urine.   | The herb is toxic and must only be administered under the supervision of a qualified practitioner. If taken in large amounts can cause nausea, vomiting and gastro-intestinal symptoms. It is poorly absorbed by stomach.   |
| <b>Liquorice Root</b><br><i>Glycyrrhiza glabra</i>      | Expectorant, demulcent, anti-inflammatory, antihypertensive, antispasmodic, mild laxative                  | Research has demonstrated that it has effect on the endocrine system and liver. It is helpful for Constipation, IBS, ladies hormone stabilizer, indigestion, diabetes, glands, colic, hepatitis B. Fights inflammation and viral, bacterial and parasitic infection. Cleanses the colon. Has estrogen and progesterone-like effects. Beneficial for allergies, asthma, chronic fatigue syndrome, depression, emphysema, enlarged prostate, premenstrual syndrome, menopausal symptoms. | Decoction ½ -1 tsp in 1 cup of water, bring to a boil. Simmer for 10-15 min and drink 3 times per day. Tincture dosage is 1-3 m Do not use when suffering from untreated high blood pressure, or during pregnancy, or if you suffer with diabetes, glaucoma or have a history of stroke. Might deplete potassium. |
| <b>Lobelia</b><br><i>Lobelia inflata</i>                | Antiasthmatic, antispasmodic, expectorant, emetic, nervine   | Has a general depressant action on the central and autonomic nervous systems and on neuromuscular activity. Its specific use is bronchial asthma and bronchitis. Assist in the following: spasmodic asthma, whooping cough, spasmodic croup, membranous croup, infantile convulsions,  | Side effects are similar to nicotine and tobacco and include nausea, vomiting, diarrhoea, coughing, tremors and dizziness. Do not use during pregnancy or lactation. Infusion pour 1 cup of boiling   |

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|  |   | epilepsy, tonsillitis and pneumonia   | water over ¼ tsp of herb infuse for 0-15 min. Drink 3x/day   |
| <b>Lycopodium</b><br><i>Lycopodium clavatum</i>                | Diuretic, sedative, antispasmodic   | Diuretic, helps for inflammations of the urinary tract  | Infusion   |
| <b>Mate Yerbe</b><br><i>Ilex paraguariensis</i>                | Stimulant, diuretic   | Fights free radicals, cleanses the blood, and suppresses appetite. Fights aging, stimulates the mind, stimulates the production of cortisone and tones the nervous system. Enhances the healing powers of other herbs. It is a diuretic used for mental and physical fatigue. It is a tonic, stimulant and used in natural slimming remedy. | Infusion, pour 150 ml of hot water over 1 tsp of herb. Steep and strain.<br>Should not be used by people who suffer from insomnia<br>Can be drunk 3 time per day.  |
| <b>Marigold (Calendula )</b><br><i>Calendula officinalis</i>   | Anti-inflammatory, antispasmodic, lymphatic, astringent, vulnerary, emmenagogue, cholagogue, antifungal | Inflammation of the skin, uterine tonic, acne. Soothes skin irritation, promote healing. Gastric and duodenal ulcers, gall-bladder problems, menstruation and painful periods   | Infusion 1-2 tsp of herb in cup of boiled water, steep for 10-15min. Drink three times per day<br>Can be applied externally in lotions, ointments, bruises, diaper rash, burns.<br>Tincture 1-4ml 3x/day   |
| <b>Marshmallow Root or leaves</b><br><i>Althea officinalis</i> | Demulcent, emollient, diuretic, anti-inflammatory, expectorant  | Restores mucus lining, anti-inflammatory, bronchitis, kidney stones, vaginal dryness. Pain caused by ulcers, enteritis and colitis  | <b>Leaves:</b> Infusion 1-2 tsp in cup of boiled water, steep for 10-15min. Drink three times per day<br><b>Root:</b> Cold infusion 2-4g overnight<br>May delay the absorption of other drugs taken at the same time.  |
| <b>Meadowsweet</b><br><i>Filipendula ulmaria</i>               | Antirheumatic, anti-inflammatory, carminative, antacid, antiemetic, astringent.                         | Anti-inflammatory, gout, fever, cystitis. Tightens tissues and promotes elimination of excess fluid. Good for colds, flu, nausea, digestive disorders, muscle cramps and aches and diarrhea. Helpful for children with diarrhea.  | Infusion 1- 2 tsp in 1 cup of boiled water, cover the cup when infusing. Infuse for 10-15 min. Drink 3x/day<br>Tincture; 2-4 ml 3x/day<br>Because this plant contains compounds related to aspirin, it should not be used when pregnant. Avoid if sensitive to salicylate. |
| <b>Milkthistle</b><br><i>Silybum marianum</i>                  | Digestive tonie, hepatoprotective   | Cirrhosis, hepatitis, increases lactation, rejuvenate the liver, increases production of bile used for breakdown of fats. Protects the liver from toxins, and free radical damage. Also protects the kidney. Good for gallbladder and adrenal disorders, psoriasis.   | Infusion 1 tsp of herb in 150 ml boiled water. Steep for 10-15min. Drink 3 times daily.  |
| <b>Mistletoe</b><br><i>Viscum album</i>                        | Cytostatic,   | Supportive treatment for cancer, degenerative inflammation, high blood pressure, poor circulation (as heart tonic) and as sedative.   | 2.5g of dried herb is soaked in 1850ml of cold water for 10-12 hours. Heat slightly before drinking – 1 – 2 cups per day.  |
| <b>Motherwort</b><br><i>Leonurus cardiaca</i>                  | Nervine, emmenagogue, antispasmodic, hepatic, cardiotonic, hypotensive                                  | The herb is useful when stimulating delayed or suppressed menstruation, esp. when anxiety or tension is involved. Relaxing tonic during menopause. Good heart tonic strengthens without straining. Good for tachycardia esp. when anxiety or stress is involved. Supportive treatment of thyroid hyperactivity.                             | Infusion: 1 cup of boiled water over 1-2 tsp of herb infuse for 10-15 min. Drink 3x/day.<br>Not when pregnant, until onset of birth.<br>Not to be used if you have blood clotting disorders, high blood pressure and heart disease.  |
| <b>Moringa Leaves</b><br><b>Moringa oleifera</b>               | Antibiotic substances<br>Purgative, emetic  | High in vit A, calcium, magnesium, potassium zinc, iron. Stimulate immune   | Make an infusion use one teaspoon on a cup of boiled   |

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|   |   | system and metabolism. If taken on empty stomach acts as a laxative. Protects liver and kidneys. Helps during weight loss.   | water, drink three times per day. Do not use if you are using anti-coagulant medication and are pregnant.  |
| <b>Mustard Black</b><br><i>Brassica nigra</i> | Rubefacient, irritant, stimulant, diuretic, emetic  | Externally it stimulates circulation in the area applied and relieves muscular and skeletal pain.<br>Use internally for feverishness, colds and influenza  | No side effect or drug interactions have been reported.<br>Poultice: 100g of ground mustard seed mix with enough warm water to form thick paste. Spread on cloth, leave on for 1 minute and remove from area. If skin is red after application soothe with olive oil.<br>Infusion 1tsp of ground mustard or crushed mustard, infuse for 5 min. Drink 3x/day. |
| <b>Mullein</b><br><i>Verbascum thapsus</i>    | Laxative, painkiller, respiratory catarrh, diuretic   | Acts as laxative, painkiller. Clears congestion. Useful for asthma, bronchitis, difficulty breathing, earache, hay fever, and swollen glands. Used in kidney formulas to soothe inflammation   | Infusion of 3-4 g per day – 1 g in 150 ml of boiled water. Drink 3 times per day.  |
| <b>Mugwort</b><br><i>Artemisia vulgaris</i>   | Bitter tonic, stimulant, nervine tonic, emmenagogue   | Digestive stimulation is indicated. Mild nervine action that may help ease depression and tension. Also has an effect to normalize menstrual flow. Expel threadworm and roundworm. Treat dyspepsia and lack of appetite.   | If allergic to asteraceae plant family can cause sensitivity.<br>Tincture 1-4 ml 3x/day<br>Infusion: Pour 1 cup of boiled water over 1-2 tsp of herb cover the container when steeping to ensure the volatile oils is not lost. Steep for 10-15 min, drink 3 times per day.  |
| <b>Myrrh</b><br><i>Commiphora myrrha</i>      | Acts as an antiseptic, disinfectant, expectorant and deodorizer, astringent and anti-inflammatory | Stimulates the immune system and gastric secretions. Tones and stimulates mucous tissue. Helps to fight harmful bacteria in the mouth. Good for bad breath, periodontal disease, skin disorders, asthma, bronchitis, colds, sinusitis, herpes simplex and ulcers.  | Tincture is preferable as it dissolves easier in alcohol.<br>Dosage is 1-4 ml daily.<br>Infusion can be made to gargle with for mouth ulcers. For internal use only under supervision of health practitioner. Not when pregnant  |
| <b>Neem</b><br><i>Azadirachta indica</i>      | Skin healing, possibly anti-malarial, contraceptive, anti-arthritis                               | Widely used in Ayurvedic medicine, to treat skin infections and wounds. Detoxifier, weightloss, skin rejuvenator, blood purifier, promotes healing, malaria, tuberculosis, rheumatism, jaundice.   | Infusion use 1 tsp of herb in 150 ml of water. Drink 1-2 per day. Do not use when pregnant or lactating.   |
| <b>Nettle</b><br><i>Urtica dioica</i>         | Diuretic, expectorant, pain reliever and tonic<br>Antirheumatic<br>Urological (roots)             | Good for <i>Hair loss, eczema, anaemia, headaches</i> , migraine, symptoms of hay fever, enlarged prostate. Improves goitre, inflammatory conditions and mucous conditions of the lungs.<br>The roots can be used for urological problems such as enlarged prostate.<br>The leaves are rich in minerals and vitamins | The leaves can be infused at 2 tsp of the leaves in cup of boiled water, steep for 10-15 min Drink 3 times per day.<br>The roots can be used as decoction 1 tsp in 150 ml of water bring to the boil, steep for 20 min and drink 3 times daily.  |
| <b>Oakbark</b><br><i>Quercus alba</i>         | Astringent, anti-inflammatory, antiseptic   | Diarrhoea small frequent doses, haemorrhoids, bleeding gums, internal bruising. Decoction can be used for tonsillitis, pharyngitis and laryngitis to gargle with.  | Do not use for constipation.<br>Decoction put 1 tsp of bark in 1 cup of water, bring to a boil and simmer for 10-15 min. Drink 3 times per day.  |
| <b>Oats straw</b><br><i>Avena sativa</i>      | Nervine tonic, antidepressant,  | Angina, PMS, depression, male sexual tonic, hysteria. Acts as an antidepressant  | Infusion 1-3 tsp of herb in 1 cup of boiled water steep for 10 -15 min.  |

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|  | nutritive, demulcent, vulnerary   | and restorative nerve tonic. Increases perspiration. Helps to ease insomnia. Good for Bed-wetting, depression, stress and skin disorders.   | Drink 3 times per day.<br>Tincture 3-5ml 3x/day   |
| <b>Olive Leaf</b><br><i>Oleauropea L.</i>                                      | Anti-septic, astringent, anti-viral, anti-fungal, immune booster, anti-oxidant  | Used for chronic fatigue, arthritis, psoriasis, tranquilizer, fever. Helps to dilate coronary arteries and improve circulation of blood through the heart. Good for moderately high blood pressure, infection of the urinary tract and Nephritis. Helps to lower blood sugar - diabetes and to facilitate passage of gall stones.                                     | Infusion of 1 tsp of herb in 150 ml of boiled water. Steep and drink 3 cups per day.  |
| <b>Parsley</b><br><i>Petroselinum crispum</i>                                  | Diuretic, emmenagogue, carminative, antispasmodic, expectorant, hypotensive.  | <i>Rich source of vitamin C.</i> Diuretic, dropsy, bladder and kidney stones and disorders, jaundice, water retention. Has a stimulating effect on menstrual process. Anti-cancer properties. Helps bladder, kidney, liver, lung, stomach and thyroid function.   | Infusion use 1 cup of boiled water over 1-2 tsp of herb, infuse for 5 – 10 min in covered container. Drink 3 times per day. Daily dose of 6 g<br>Not to be used in medicinal dosages during pregnancy. Contains high levels of Vit C                              |
| <b>Passion Flower</b><br><i>Passiflora incarnate</i>                           | Nervine, hypnotic, antispasmodic, anodyne, hypotensive.   | Used for its sedative and soothing properties and to lower blood pressure, prevent tachycardia and relieve insomnia. Effective as antispasmodic and for neuralgia and viral infections of nerves e.g. shingles. Helpful in asthma associated with spasmodic activity and tension.   | Infusion 1 cup of boiling water over 1 tsp of dried herb infuse for 15 min. Use 2-3 cups per day. Can cause sleepiness and should not be used during driving or operation of machinery. Not to be used during pregnancy. Potentiate the effect of sedative drugs. |
| <b>Pau D'Arco</b><br><i>Tabebuiaim petiginosa</i>                              | Antimicrobial, anti-inflammatory  | Anti-candida, anti-biotic, anti-viral, lupus, asthma, eczema. Helpful for AIDS symptoms, allergies, cancer, cardiovascular problems, inflammatory bowel disease, rheumatism, tumors, and ulcers. Supportive treatment in cancer.  | Decoction 1 tsp of bark in one cup of water, bring to the boil and steep for 10-15 min. Drink 3 times per day.<br>Also called lapacho.  |
| <b>Peppermint</b><br><i>Menthapiperita</i>                                     | Carminative, Antispasmodic, digestive aid, anti-inflammatory, aromatic, diaphoretic, antiemetic, nervine, antimicrobial analgesic | <i>Good carminative with relaxing effects on the muscles of the digestive system.</i> Nausea, colic, headaches, flu, stimulates flow of bile. Helps to relieve indigestion, anti-spasmodic. Can help with insomnia.   | Infusion pour 1 cup of boiling water over 1 tsp of herb and infuse in a covered container for 10 min. Drink as often as needed.   |
| <b>Plantain ribwort</b><br><i>Plantago major</i>                               | Vulnerary, expectorant, demulcent, anti-inflammatory, astringent, diuretic, antimicrobial   | Acts as gentle expectorant while soothing inflamed and sore membranes, making it ideal for coughs and mild bronchitis. Acts as a diuretic and is soothing to the lungs and urinary tract. May slow the growth of tuberculosis bacteria. Has a healing, antibiotic, and styptic effect when used topically for sores and wounds. Useful for indigestion and heartburn. | Infusion 1 cup of boiled water over 2 tsp of dried herb and infuse for 10 min. Drink 3 times per day.<br>Can be made into an ointment for haemorrhoids and cuts.  |
| <b>Poke root</b><br><b>Pigeonberry/inkberry</b><br><i>Phytolacca Americana</i> | Antirheumatic, stimulant, anticatarrhal, purgative, emetic, anti-inflammatory   | <i>Eliminate</i> catarrh, and support lymphatic cleanser. Help with infections of the upper respiratory tract. Helpful for tonsillitis, laryngitis, swollen glands and mumps. Chronic rheumatism and arthritis, neuralgia and lumbago, mastitis, ovaritis, enlarged thyroid, and enlarged lymph nodes.  | Stay within the recommended dosages.<br>Decoction only ¼ tsp of root in 1 cup of water, bring to a boil and simmer gently for 10-15 min. Drink 3 times per day.   |
| <b>Pelargonium</b><br><i>Pelargonium</i>                                       | <i>Antibiotic and immune stimulant</i>  | For the treatment of acute and chronic infections of the nose, ear, chest.  | Decoction of 1 tsp in 150 ml of water, bring to the boil, steep for   |

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| <i>sidoides</i>  |   | Supportive treatment in Tuberculosis and Chronic Bronchitis. The fleshy roots are used for the manufacture of this tincture. Widely recognized and used in Germany. South African grown plant, also grown on the small Indian Ocean Island of Reunion.  | 10-15 min and use three times per day.  |
| <b>Pygeum</b><br><b>Red stinkwood</b><br><i>Prunus africanum</i> | <i>Urological, benign prostate hyperplasia</i>    | Reduces inflammation and congestion. Lowers levels of inflammatory compounds in the prostate. Effective in reducing prostate enlargement and symptoms associated with benign prostatic hyperplasia such as urinary hesitancy, weak urine flow, and recurrent urinary infections. Combine well with nettle root and saw palmetto berries.  | Decoction of 1 tsp in 150 ml of water, bring to the boil, steep for 10-15 min and use three times per day.  |
| <b>Quassia Chips</b><br><i>Quassia amara</i>                     | Bitter tonic, antimicrobial                       | The extremely bitter wood or extracts thereof were formerly much used as a bitter tonic to stimulate appetite and digestion. Traditionally also as anthelmintic and insecticide.  | Tea made from 0.5g of herb, bring to the boil in 250 ml of water, steep for 10-15 min. Can be drunk 3 times per day before meals.   |
| <b>Raspberry Leaves</b><br><i>Rubus idaeus</i>                   | Astringent, tonic parturient                      | Long tradition of use in pregnancy to strengthen and tone the tissue of the uterus. Diabetes, eases labour, reduces menstrual bleeding, relaxes uterine and intestinal spasms and strengthens uterine walls. Promotes healthy nails, bones, teeth and skin. Gargle for mouth inflammations.   | Infusion pour 1 cup of boiling water over 2 tsp of dried herb and infuse for 10 – 15 min. Drink freely.   |
| <b>Red Clover</b><br><i>Trifolium pratense</i>                   | Tonic, Expectorant, antispasmodic, phytoestrogens | Immune booster, psoriasis, anti-cancer properties. Red clover assists during menopause due to large amounts of phytoestrogens in this plant. , skin inflammation. Fights infection, suppresses appetite, and purifies the blood. Relieves menopausal symptoms such as hot flashes. Good for bacterial infections, coughs, bronchitis, inflamed lungs, inflammatory bowel disorders, kidney problems, skin disorders. Assists to lower cholesterol (LDL) | Infusion 1-2 tsp of herb in a cup of boiled water. Steep for 10-15 min, drink three times per day. Do not use during pregnancy or lactation.  |
| <b>Rhubarb</b><br><i>Rheum palmatum</i>                          | Bitter, laxative astringent.                      | Fights infections and eliminates worms, enhances gallbladder function, promotes healing of duodenal ulcers, good for constipation, disorders of the colon, spleen and liver, bacillary dysentery, diarrhoea, astringent, tonic.   | Decoction ½ - 1 tsp of the root in 1 cup of water, bring to a boil and simmer for 10 min. Drink in morning and evening. Not when pregnant. May reduce the absorption time of orally administered drugs. Can deplete potassium supplies. |
| <b>Rosehip</b><br><i>Rosa canina</i>                             | Diuretic, good source of vitamin C                | Treatment of ailments of the gastrointestinal tract. Colds, gastric inflammations, diarrhoea, rich in Vitamin C.  | High in vitamins. Infusion of 1 tsp of herb in one cup of boiled water. Steep for 10-15 min and drink 3 times daily.  |

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| <b>Rosemary</b><br><i>Rosmarinus officinalis</i>                            | astringent and decongestant<br>anti-oxidant,<br>carminative,<br>antispasmodic              | Circulation and nerve stimulant. It has a toning and calming effect on digestion. Headaches, hair loss, anti-oxidant, increase BP<br>Fights free radical, inflammation, bacteria and fungi. Stimulates circulation and digestion. Can be used as an antiseptic gargle. Stimulate the function of the gallbladder.   | Infusion pour 1 cup of boiling water over 1 – 2 tsp of dried herb and infuse in a covered container for 10-15min. Drink 3 times per day.<br>Do not use if you have high blood pressure or are pregnant.  |
| <b>Rue</b><br><b>Herb of grace</b><br><i>Ruta graveolens</i>                | Antispasmodic,<br>emmenagogue,<br>antitussive,<br>antimicrobial, bitter,<br>abortifacient. | Regulate the menstrual cycle and bring on suppressed menses. Cramps, strengthen capillaries, relieves muscular spasms. Increases peripheral circulation and lowers elevated blood pressure.   | Do not drink during pregnancy. Infusion 1 cup of boiled water over 1-2 tsp of herb infuse for 10-15 min. Drink this 3 times per day.<br>Stay within recommended dosages.   |
| <b>Sage</b><br><i>Salvia officinalis</i>                                    | Antiseptic,<br>antispasmodic,<br>carminative   | Helps with Excessive sweating, especially for menopausal women and people who perspire more than normally; laryngitis, decreases flow of milk.<br>Stimulates the central nervous system and digestive tract and has estrogenic effects on the body. In a tea form can be used as a hair rinse to promote shine and hair growth. Remedy for gingivitis and mucosal inflammation of mouth and throat. | Infusion Daily intake 4-6 g. 1 tsp of herb in one cup of boiled water, infuse for 10-15 min. Drink 3 times per day. Stay within recommended dosages, do not use for prolonged periods. Interferes with the absorption of iron and other minerals when taken internally and decreases milk supply in nursing mothers. Small dosages during pregnancy. Can increase blood pressure |
| <b>Sarsaparilla Root</b><br><i>Smilax officinales</i>                       | Anti-inflammatory<br>Tonic<br>Diuretic<br>Skin treatments                                  | Increases testosterone & sperm count, tonic, psoriasis. Good diuretic – induces sweating and urination, relieves swelling and soreness of arthritis.<br>Treat psoriasis and various other skin conditions. Aphrodisiac  | Decoction 1-4 g of dried root are taken three times per day.   |
| <b>Saw Palmetto</b><br><i>Sereno aerepens</i>                               | Acts as a diuretic,<br>urinary antiseptic, and<br>appetite stimulant                       | Tonic for male reproductive system, prostate problems. Helps for Benign prostatic hyperplasia can be combined with nettle root for this.  | Decoction<br>Have prostate checked on a regular basis.   |
| <b>Scullcap</b><br><i>Scutellaria laterifolia</i>                           | Anticonvulsant,<br>sedative, anti-inflammatory, anti-allergic, circulatory                 | Epilepsy, anxiety, insomnia, muscular spasms, alcoholism, drug addiction. Aids sleep, improves circulation and strengthens the heart muscle. Relieves muscle cramps, pain, spasms and stress. Good for anxiety fatigue, cardiovascular disease, headaches and rheumatism Useful in treating barbiturate addiction and drug withdrawal   | Infusion of 1-2 g of the dried herb can be taken three times per day. Not to be consumed by children under 6 years.  |
| <b>Senna</b><br><i>Cassia angustifolia</i><br>or<br><i>Senna alexadrina</i> | Laxative   | Intestinal cleanser without any gripe.  | Not when pregnant<br>Infusion of 1g of leaves or pods in a cup of water. Drink once and repeat only if desired effect has not been achieved. Do not use for chronic constipation or over long periods.   |
| <b>Shepherds Purse</b><br><i>Capsella bursa-pastoris</i>                    | Astringent, diuretic,<br>anti-inflammatory   | Duodenal ulcer, anti-tumor, anti-inflammatory<br>As an astringent it is effective in diarrhoea, wounds, and nose bleeds. Haemorrhage, bleeding piles.   | Do not use when you have kidney stones. Not when pregnant.<br>Tincture 1-2ml<br>Infusion: 1-2tsp infuse for 10 min in 1 cup of boiled water. Drink 3x/day  |
| <b>Slippery Elm</b>   | Demulcent, emollient   | Soothes inflamed mucous membranes of  | Herbal powder 4 g of powder  |

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| <b>Red elm</b><br><i>Ulmus rubra</i>                                     |  | the bowels, stomach and urinary tract. Good for diarrhea and ulcers and for treatment of ulcers and for treatment of colds, flu and sore throat. Beneficial for Crohn's disease, ulcerative colitis, diverticulosis, and gastritis.   | steeped in 500 ml of water and taken 3 times per day.   |
| <b>St John's Wort</b><br><i>Hypericum perforatum</i>                     | Anti-inflammatory, astringent, vulnerary, nervine, antimicrobial | <i>Taken internally has sedative and pain-relieving effect. Can be used for treatment of neuralgia, anxiety, tension and similar problems. It is especially appropriate for use when menopausal changes trigger irritability and anxiety. Mild to moderate Depression, insomnia, neuralgia, hysteria, help to fight viral infections</i>  | Infusion: 1 cup of boiled water over 1 – 2 tsp of herb infuse for 10 – 15 min. Drink 3x/day. Tincture: 2-4 ml<br>Do not take with other antidepressants unless under medical supervision. May increase sensitivity to sunlight. It can interact with some drugs including antidepressants, birth control pills, and anticoagulants.   |
| <b>Sutherlandia – Cancer bush</b>  | Adaptogenic tonic  | Wasting syndrome in AIDS, TB and cancer. Improves immune system and increases quality of life. Treats heartburn, gastritis, reflux oesophagitis, peptic ulceration, hot flushes and irritability in menopause. Mild asthma, rheumatism and rheumatoid arthritis support. Assists in increasing weight in AIDS, Cancer and TB patients. Helps in Diabetes.   | Infusion of 1-2g of dry herb in cup of boiled water up to 3 times daily.  |
| <b>Sweden Bitters</b><br>11/19 herb Sweden bitters                       | Bitter tonic   | May assist with the following conditions:<br>Memory; Pain and dizziness.<br>Stomach cramps, colic and digestive problems.<br>Gallbladder, dropsy. Hemorrhoids.<br>Epilepsy. Liver and kidney ailments.<br>May be beneficial as supportive therapy for cancer.<br>Anemia. May assist in restoring lost appetite.<br>Fever (hot or cold)<br>Scars, blemishes, boils, bruising as well as wounds.<br>Frost bitten hands or feet.<br>Corns, insect bites or stings. | <b>Preparation:</b> Herb mixture is put into a wide-necked 2 litre bottle and 1.5 litre of rye or fruit spirit (gin, vodka, cane) is poured over it. Bottle is left standing in the sun or near the stove for 14 days. Shake lightly once a day. Strain, pour into smaller bottles. Seal well. Store in a cool place. For further instructions and directions please refer to Maria Treben book – Health through Gods pharmacy. Alternatively refer to <a href="http://www.mariatreben.com">www.mariatreben.com</a> . |
| <b>Tansy</b><br><i>Tanacetum vulgare</i> or <i>Chrysanthemum vulgare</i> | Traditional vermifuge  | Balances delayed menstruation, anti-parasitical e.g. worms. Traditionally used as anthelmintic against tapeworm, roundworm, threadworms.  | Daily dosage is 1-2g of herb taken as an infusion on an empty stomach in the morning. Tansy oil can be very toxic.  |
| <b>Thuja</b><br><i>Thuja occidentalis</i>                                | Expectorant, antimicrobial, diuretic, astringent, alterative     | Warts, anti-fungal, anti-parasitical. The bronchial catarrh, thuja promotes expectoration<br>Thuja has a specific reflex action on the uterus and may help with delayed menstruation<br>Eczema: Thuja liquid extract tincture is used to cure eczema like skin conditions.  | Safety considerations: Due to its content of thujone, large doses of thuja may be toxic. Avoid during pregnancy. It could be poisonous if consumed in large doses, resulting in vomiting, headaches, diarrhea, convulsions, and nervousness.  |
| <b>Thyme</b><br><i>Thymus vulgaris</i>                                   | Antiseptic Expectorant, spasmolytic, antibiotic                  | Cough, asthma, colds, flu, whooping cough, sore throat. Has strong antiseptic properties. Lowers cholesterol levels. Eliminates scalp itching and flaking if hair is rinsed with it.  | Infusion  |

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| <b>Turmeric</b><br><i>Curcuma longa</i>                      | Anti-tumor, anti-oxidant, anti-parasitical, antibiotic, anticancer and anti-inflammatory        | Anti-tumor, anti-oxidant, anti-parasitical, relieves head colds and arthritic aches. Fights free radicals, protects the liver against toxins, aids circulation, lowers cholesterol, improves blood vessel health. Curcumin inhibits the growth of the estrogen receptor in the breast cancer cell line.                                  | Herbal powder<br>Do not use if you suffer from biliary tract obstruction as curcumin stimulates bile secretion.  |
| <b>Uva Ursi</b> See bearberry                                |   |  |  |
| <b>Valerian Root</b><br><i>Valeriana officinalis</i>         | <i>Sedative effect</i>  | Acts as a sedative improves circulation and reduces mucus from colds. Anxiety, insomnia, high blood pressure, depression, stress and tension.  | Decoction<br>Stay within the recommended dosages. Should not combine with alcohol.   |
| <b>Vervian</b><br><i>Verbena officinalis</i>                 | <i>Diuretic, expectorant, bitter tonic,</i>   | Strengthens the nervous system. Promotes liver and gallbladder health. Reduces tension and stress. Induces sweating. Promotes menstruation and increases mother's milk. Useful for mild depression, insomnia, headaches.   | Infusion<br>Not when pregnant  |
| <b>Veronica Speedwell</b><br><i>Veronica officinalis</i>     | <i>Traditional expectorant, general tonic, and diuretic, antiarthritic, appetite stimulant,</i> | Expectorant in cases of catarrhs of the respiratory tract. Useful for dyspepsia, biliary, as gargle for inflammation of mucous membranes of mouth and throat   | Infusion of herbs 2-3 cups per day.  |
| <b>Walnut (Black) English walnut</b><br><i>Juglans regia</i> | <i>Astringent and anti-diarrhoeal</i>   | Aids digestion and acts as a laxative. Helps heal mouth and throat sores. Cleanses the body of some types of parasites. Good for bruising, fungal infection, herpes, poison ivy, and warts. Is used for a wide variety of skin ailments topically.   | Internal use: Decoction of 1.5g of herb in cup of water, bring to a boil. Steep for 5-10min and drink 1 – 2 per day.<br>External use: Decoction using 5g of herb in 200 ml of water.   |
| <b>Wild Yam</b><br><i>Doiscorea villosa</i>                  | <i>Antispasmodic, anti-inflammatory, anti-rheumatic, hepatic, cholagogue, diaphoretic</i>       | Natural plant progesterone, menopause, vaginal dryness. Relaxes muscle spasms, reduces inflammation and promotes perspiration. Good for colic, gallbladder disorders, hypoglycemia, irritable bowel syndrome, kidney stones, neuralgia, rheumatism and female disorders, including premenstrual syndrome and menopause-related symptoms. | Decoction 1-2tsp in a cup of water, bring to the boil, simmer for 10 – 15 min. Strain and drink 3x/day<br>Tincture 2-4ml<br>Not when pregnant.   |
| <b>White willow bark</b><br><i>Salix alba</i>                | <i>Analgesic, anti-inflammatory, tonic</i>  | <i>Best known for relief during rheumatism and gout.</i> Headaches, cystitis, inflammation, arthritis. Relieves pain. Good for allergies, headache, backache, nerve pain, joint pain, inflammation, menstrual cramps. Considered to be the natural form and original source of the modern aspirin.                                       | Decoction put 1-2 tsp of bark in 1 cup of water, bring to a boil and simmer for 10-15 min. Drink 3 times per day.<br>Not when pregnant. May interfere with absorption of iron and other minerals when taken internally. Do not use if allergic to aspirin. |
| <b>Witch Hazel</b><br><i>Hamamelis virginiana</i>            | <i>Astringent, anti-inflammatory, anti haemorrhagic</i>   | Diarrhoea, dysentery, varicose veins, haemorrhoids, astringent. Applied topically has astringent and healing properties and relieves itching. Good for hemorrhoids, mouth and skin inflammation and phlebitis. Very useful in skin care.   | Infusion: 1 cup of boiled water over 1tsp of herb. Steep for 10-15 min and drink 3x/day<br>Can be made into ointment<br>Tincture: 1-2 ml   |
| <b>Wormwood</b><br><i>Artemesia</i>                          | <i>Bitter, carminative, antimicrobial,</i>  | Worms, diabetes, parasites. Acts as a mild sedative eliminates worms, increases  | Infusion 1 cup of boiled water over 1-2tsp of dried herb. Steep for  |

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| <i>absinthium</i>  | <i>anthelmintic, antidepressant.</i>   | stomach acidity and lowers fever. Useful for loss of appetite and for liver, gallbladder, gastric and vascular disorders, including migraines.  | 10-15 min. Drink 3 times daily.<br>Tincture 1-4ml 3x daily<br>Not when pregnant<br>Do not use in high doses or for extended periods. Should not be used by those who suffer from any type of seizure disorder.                                 |
| <b>Wood betony</b><br><b><i>Stachys officinalis</i></b>              | <i>Sedative and bitter tonic</i>   | Stimulates the heart and relaxes muscles. Improves digestion and appreciation of food. Good for cardiovascular disorders, hyperactivity, nerve pain, headaches and anxiety attacks. Helps for mouth ulcers and gingivitis when gargled.       | Do not use during pregnancy.<br><br>Herbal infusion of 1-2 g of herb in cup of boiled water. Drink 3 times daily.  |
| <b>Wilde Als</b><br><b>African wormwood</b><br><i>Artemisia afra</i> | Bitter tonic, analgesic, anthelmintic.   | Traditionally used for coughs, colds, sore throat, influenza, asthma, headaches, indigestion, flatulence, colic constipation. Gout and intestinal worms.  | Fresh leaves can be boiled and steam inhaled for blocked nose. Infusion of dried leave 1-2 tsp in 1 cup of water 2 per day. Do not use when pregnant or lactating. Do not use for prolonged periods.   |
| <b>Yarrow</b><br><i>Achillea millefolium</i>                         | Diaphoretic, hypotensive, astringent, anti-inflammatory, antispasmodic, diuretic, antimicrobial, bitter, hepatic | Traditionally used to treat arthritis, fever, the common cold and hypertension. Haemorrhoids, painful menstruation, lowers blood pressure. Fever, stimulates digestion and tones blood vessels. Cystitis<br>Externally good for wound healing | Not when pregnant<br>People sensitive to the asteraceae family may have allergic reactions.<br>Tincture: 2-4ml<br>Infusion: Use 1-2tsp of herb three times per day. Daily dosage of 5g.<br>For sitzbath – 100 g of herb in 20 litres of water. |

**NB** This information is not intended to substitute a competent Health Care professional's advice or treatment.

| Classification of Healing Property   |   |
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| Alterative   | Gradually altering or changing a condition, also a blood purifier.  |
| Anodyne  | Relieving pain.   |
| Antiperiodic   | Preventing the periodic return of certain diseases.   |
| Antiseptic   | Destroying infection-causing micro-organisms.   |
| Antispasmodic  | Relieving or preventing involuntary muscle spasms or cramps.  |
| Aperient   | Mild and gently acting laxative.  |
| Aromatic   | Substance with a spicy scent and a pungent but pleasing taste. Useful for fragrance and often added to medicines to improve their palatability.                               |
| Astringent   | Temporarily tightening or contracting the skin or tissues. Checks the discharge of mucus and blood, etc.  |
| Carminative  | Checking formation of gas and helping to dispel whatever gas has already formed.  |
| Cholagogue   | Promoting the discharge of bile from the system.  |
| Demulcent  | Mucilaginous substance that soothes the intestinal tract.   |
| Deobstruent  | Clearing obstruction from the natural ducts of the body.  |
| Depurative   | Removing wastes from the body, purifying blood.   |
| Detergent  | A cleansing action.   |
| Diaphoretic  | Promoting sweating. Commonly used as an aid for relief of the common cold.  |
| Diuretic   | Promoting flow of urine.  |
| Emmenagogue  | Promoting menstruation.   |
| Emollient  | Softening and soothing skin when applied externally.  |
| Expectorant  | Loosening phlegm in the mucous membrane of the bronchial and nasal passages thus facilitating its expulsion.  |
| Haemostatic  | Checking internal bleeding.   |
| Hepatic  | Affecting the liver.  |
| Laxative   | A gentle cathartic that helps to promote bowel movements.   |
| Mucilaginous   | A soothing quality for inflamed parts.  |
| Nervine  | Calming nervous irritation from excitement, strain or fatigue.  |
| Pectoral   | Relieving ailments of the chest and lungs.  |
| Refrigerant  | Generally cooling in effect and also reduces fevers.  |
| Sedative   | Calming the nerves.   |
| Stimulant  | Increasing or quickening various functions of the body such as digestion and appetite. It does this quickly, whereas a tonic stimulates general health over a period of time. |
| Stomachic  | Strengthening and toning the stomach and stimulating the appetite.  |
| Tonic-   | Invigorating or strengthening the system.   |
| Vasodilator  | Widening blood vessels.   |
| Vermifuge  | Destroying and helping to expel intestinal worms.   |
| Vulnerary  | Application for external wounds.  |
| The above information was gleaned from the Nutrition Almanac, by Lavon J. Dunne, P.237 and from various other sources. |   |

| <b>Medicinal Herbs by Actions and Targets in the body</b> |   |
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| <b>Actions</b>  | <b>Herbs</b>  |
| <b>Antibacterial/<br/>Antiviral</b>                       | Aloe, Aniseed, Astragalus, Burdock, Catnip, Cayenne, Chickweed, Echinacea, Elder, Garlic, Golden Seal, Lady's Mantle, Lemongrass, Licorice, Meadowsweet, Myrrh, Olive Leaf, Pau D'arco, Red Clover, Rosemary, Slippery Elm, Turmeric, Uva Ursi(Bearberry), Valerian   |
| <b>Anticancer/<br/>Antitumor</b>                          | Astragalus, Birch, Burdock, Dandelion, Fennel, Garlic, Green Tea, Licorice, Milkthistle, Parsley, Pau D'arco, Rosemary, Turmeric  |
| <b>Antifungal</b>   | Alfalfa, Aloe, Burdock, Cinnamon, Rosemary  |
| <b>Anti-Inflammatory</b>                                  | Alfalfa, Aloe, Bilberry, Birch, Boldo, Buchu, Butcher's Broom, Calendula, Catnip, Chamomile, Devil's Claw, Echinacea, Elder, Fenugreek, Feverfew, Flax, Ginger, Golden Seal, Juniper, Lady's Mantle, Licorice, Meadowsweet, Mullein, Mustard, Pygeum, Rosemary, Turmeric, White Willow, Wild Yam, Witch Hazel   |
| <b>Antioxidant</b>  | Bilberry, Burdock, Celery, Elder, Ginger, Ginkgo, Green Tea, Milkthistle, Olive Leaf, Rosemary, Turmeric, Yerba Mate  |
| <b>Cleanser/<br/>Detoxifier</b>                           | Alfalfa, Dandelion, Elder, Garlic, Ginger, Golden Seal, Licorice, Pau D'arco, Rosemary, Yerba Mate  |
| <b>Bones/Joints</b>                                       | Alfalfa, Black Cohosh, Cayenne, Celery, Dandelion, Devils Claw, Feverfew, Flax, Garlic, Ginger, Nettle, Live Leaf, Pau D'arco, Peppermint, Primrose, Raspberry, St. John's Wort, Sarsaparilla, Skullcap, Wild Yam   |
| <b>Brain<br/>/Nervous System</b>                          | Astragalus, Bayberry, Bilberry, Catnip, Celery, Chamomile, Chaste Tree, Devils Claw, Dong Quai, Eyebright, Fennel, Fenugreek, Feverfew, Ginger, Ginseng, Golden Seal, Gotu Kola(Hydrocotile), Hops, Lavender, Lemongrass, Licorice, Marshmallow, Motherwort, Oat Straw, Passionflower, Peppermint, Plantain, Rosemary, Sage, Sarsaparilla, Skullcap, Thyme, Valerian, Vervain, White Willow, Wormwood, Yerba Mate   |
| <b>Circulatory/<br/>Cardiovascular</b>                    | Aloe, Barberry, Bayberry, Bilberry, Black Cohosh, Borage, Butcher's Broom, Cayenne, Celery, Chickweed, Cinnamon, Devil's Claw, Elder, Garlic, Gentian, Ginger, Ginkgo, Ginseng, Gotu Kola(Hydrocotile), Green Tea, Hawthorn, Hops, Horse Chestnut, Hyssop, Licorice, Motherwort, Olive Leaf, Parsley, Passionflower, Pau D'arco, Peppermint, Primrose, Rosemary, Skullcap, Uva Ursi(Bearberry), Valerian  |
| <b>Gastrointestinal/<br/>Digestive System</b>             | Alfalfa, Aloe, Aniseed, Bilberry, Boldo, Buchu, Burdock, Catnip, Cayenne, Chamomile, Cinnamon, Clove, Dandelion, Devils Claw, Fennel, Fenugreek, Flax, Garlic, Gentian, Ginger, Ginseng, Golden Seal, Gotu Kola(Hydrocotile), Green Tea, Juniper, Lady's Mantle Lemongrass, Licorice, Marshmallow, Meadowsweet, Olive Leaf, Parsley, Peppermint, Plantain, Red Clover, Red Raspberry, Rosemary, Sage, Slippery Elm, Thyme, Turmeric, Uva Ursi(Bearberry), Valerian, Vervain, Wormwood, Yerba Mate |
| <b>Hair/Nails/Teeth</b>                                   | Borage, Burdock, Clove, Hops, Irish Moss, Lemongrass, Nettle, Red Raspberry, Sage, Vervain, White Willow  |
| <b>Immune System</b>                                      | Astragalus, Bayberry, Burdock, Devils Claw, Echinacea, Eyebright, Elder, Garlic, Ginseng, Golden Seal, Green Tea, Licorice, Milkthistle Myrrh, Red Clover, White Willow, Yerba Mate   |
| <b>Muscles</b>  | Celery, Feverfew, Ginger, Hawthorn, Horse Chestnut, Lady's Mantle, Licorice, Meadowsweet, Skullcap, UvaUrsi, Valerian, Wild Yam   |
| <b>Reproductive<br/>System</b>                            | <u>Menopause:</u> Chaste Tree, Dandelion, Devils Claw, Licorice, Motherswort, Sage, Wild Yam  |
|   | <u>Menstruation:</u> Black Cohosh, Calendula, Chamomile, Chaste Tree, Corn Silk, Dong Quai, Feverfew, Licorice Motherswort, Primrose, Red Raspberry, Rosemary, Sarsaparilla, Valerian, Wild Yam   |
|   | <u>Prostate:</u> Buchu, Golden Seal, Hydrangea, Juniper, Licorice, Milkthistle, Parsley, Pumpkin, Pygeum, Saw Palmetto, Uva Ursi(Bearberry)(Bearberry)  |
|   | <u>Sexual Function/Hormones:</u> Alfalfa, Chaste Tree, Dong Quai, Gotu Kola(Hydrocotile), Sarsaparilla, Saw Palmetto,   |
| <b>Respiratory Tract</b>                                  | Aniseed, Astragalus, Catnip, Cayenne, Chickweed, Elder, Fennel, Fenugreek, Feverfew, Garlic, Ginkgo, Ginseng, Golden Seal, Green Tea, Irish Moss, Juniper, Licorice,  |