

# Herbal Rx

A Guide to  
Natures Medicine Chest



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## Introduction

by  
John Hampton Posner

I'm not an expert at using herbs -- that's why I went to several of the books about herbs on my bookshelf and gathered what seemed important. Some herbs have more available information than others but within each herb's description are the things the herb is reputedly beneficial for. And remember...

**Good Health is your Divine Birthright --  
Herbs are just part of the Creator's Medicine Chest.**

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Editor's Note: The on-line version of this book, available at <http://www.Icon7.org/Pubs/>, is in Acrobat format and searchable for both the herb names and the physical ailments they are meant to treat.

Douglas McGruter, Editor

**AND GOD SAID... "BEHOLD,  
I HAVE GIVEN YOU EVERY HERB BEARING SEED,  
WHICH IS UPON THE FACE OF THE EARTH,  
AND EVERY TREE, IN WHICH IS THE FRUIT  
OF A TREE YIELDING SEED:  
TO YOU IT SHALL BE FOR MEAT."  
(Genesis 1:29)**

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## **Agrimony**

This herb is used for all digestive disorders, anemia. Will strengthen stomach, intestines, liver, gallbladder and kidneys.

## **Alfalfa**

Alfalfa is a good source of carotene (Vitamin A). It is useful in reducing fevers. Alfalfa is very beneficial to the blood, acting as a blood purifier. Contains natural fluoride, preventing tooth decay and helps rebuild decayed teeth..

## **Aloe - (Aloe vera)**

*Aloe barbadensis, Aloe vera, first-aid plant, medicine plant; Aloe ferox gives cape aloe.*

*Parts used:* Bitter juice and gel.

*Constituents - Bitter juice (drug aloe):* Anthraquinone glycosides and free anthraquinones, resins.

*Gel:* glucomanan, a polysaccharide similar to guar and locust-bean gums; also said to occur are steroids, organic acids, enzymes, antibiotic principles, amino acids, saponins, minerals.

*Uses:* Burns, cuts, and wounds.

Aloe yields two distinct medicinal substances. The juice (drug aloe), which is obtained by cutting the leaves at their base, and a gel extracted by breaking the leaves themselves. The juice is a powerful cathartic, which is hardly suitable for medicinal use.

The gel, on the other hand, is one of the most remarkable healing substances known. Applied locally it encourages skin regeneration and may be used directly on burns, cuts and wounds. It also has emollient properties. The gel is now available commercially but harsh solvents used in its extraction, and frequent adulteration, make many of these products unreliable. But aloe is easy to grow as a houseplant.

One of the great healing agencies we have among the herbs. Works wonderfully in cleaning out the

colon. Gives regular bowel movement. Aloe works well on any kind of sore on the outside of the body. Excellent remedy for piles and hemorrhoids.

Use in healing burns, skin rashes and itch, injuries, sores, insect bites and stings, poison oak and ivy, acne, herpes and wounds.

In Ayurvedic medicine aloe gel is one of the most important tonics for the female reproductive system, the liver and for cooling excess fire in the body. It imparts a youthful energy, rejuvenates the uterus, benefits premenstrual syndrome and prevents wrinkles from forming. It is rich in vital enzymes and is pleasant tasting. Ayurveda says that women undergoing menopause, who have had hysterectomies, and age 40 or over should take aloe daily. For this tonic effect take 2 tsp in water with a pinch of tumeric two or three times a day.

*Indications - Gel:* burns, inflammatory skin problems, PMS and gynecological conditions.

*Powder:* constipation

## **American Ginseng**

American ginseng is used widely by the Chinese as a tonic for the substance and fluids of the body. It moistens and lubricates while clearing deficient heat such as chronic, unabating fevers, irritability, thirst, night sweats, dryness and coughing up of blood, all with weakness, deficiency and debility. As such, it is valuable for AIDS.

## **Angelica**

Angelica is a most effective remedy to strengthen the heart. Excellent in diseases of the lungs and heart. With regular use of Angelica, there is a distaste for alcoholic drinks. Also a good remedy for stomach troubles, heartburn, and gas.

*Indications:* Colds, flus, pleurisy and other lung diseases, menstrual disorders from coldness, indigestion, spasms, ulcers and gas from coldness, arthritis, rheumatism.

## Anise

It can prevent fermentation and gas in the stomach and bowels.

### **Arnica - (*Arnica montana*)**

*Wolf's bane, mountain tobacco, mountain daisy*

*Parts used:* Dried flowers or extract. Homeopathic ointments and other preparations available.

*Constituents:* Volatile oil (containing thymol), resins, a bitter principle (arnicin), carotenoids, flavonoids.

*Uses:* Bruises and sprains.

Arnica is both a famous herbal and homeopathic remedy for wounds, bruises, and other injuries of all kinds. Arnica extract has been reported to increase the resistance of animals to bacterial infection by stimulating the action of white blood cells to clear away harmful bacteria. It has for instance been shown to be effective against salmonella. It also has a reputation used internally for reducing fevers. Goethe claimed this remedy saved his life when he was struck down with an otherwise uncontrollable high fever. Arnica also appears to stimulate the heart and circulation and cause reabsorption of internal bleeding.

*CAUTION: External use of this herb may cause skin rash or irritation in some people. Do not apply to broken or sensitive skin. Arnica should not be used internally except in its homeopathic form.*

### **Astragalus - (*Astragalus membranaceus*)**

*Milk-vetch root, huang qi*

*Parts used:* Root

*Constituents:* Glycosides, choline, betaine, rumatakenin, sugar, plant acid, beta-sitosterol, vitamin A.

*Uses:* To strengthen the immune system and the digestion.

First mentioned as a medicinal plant in the first century Chinese herbal the Shen Nong Ben Cao, this plant is one of the most famous herbs used in traditional Chinese medicine. According to the Chinese, it strengthens the digestion and the body's vital energy (called Qi in Chinese medicine). For this reason, it is used to treat lack of appetite and diarrhea that occurs because of a debilitated digestion. It also supports the lungs and enhances the immune system. Cancer, the journal of the American Cancer Society, reported that this herb appeared to strengthen the immune function of a high proportion of the patients taking it. Because of this astragalus may be taken by those who suffer frequently from colds.

Astragalus displays a so-called adaptogenic effect, on the one hand stopping debilitating sweating but on the other also producing a therapeutic sweat if this is appropriate. Astragalus helps discharge pus and promotes the healing of ulcers. The herb is thought more appropriate for young people than ginseng because, the Chinese say, it strengthens the outer energy while ginseng tonifies the inner energy. But these two herbs are often used together. Astragalus is also often combined with the famous Chinese blood tonic, Chinese Angelica, (Dang Gui) whenever there is poor circulation and lassitude. Astragalus is a major component of Jade Screen Powder which the Chinese use for low resistance and susceptibility to colds.

### **Barberry - (*Berberis vulgaris*)**

*Jaundice berry, pepperidge bush.*

*Parts used:* Bark, fruit.

*Constituents:* Alkaloids (including berberine, berbamine, oxyacanthine, jatrorrhizine, columbamine, palmatine, isotetrandine, bervulcine and megnoflorine), tannin, resin, fat, starch.

*Uses:* Stimulate the liver and gall bladder, and as a digestive tonic.

Barberry bark contains many active alkaloids,

useful to the medical herbalist. The alkaloids berberine, oxyacanthine, and columbamine are all strongly antibacterial. Berberine may also have antiviral properties and research shows that it dilates the arteries so lowering blood pressure as well as being anticonvulsant. It has been successfully used to treat Leishmaniasis (infections transmitted by sandfly). It is also effective in treating cholera.

*CAUTION: This herb should not be used during pregnancy as the alkaloid berberine stimulates the uterus.*

## **Basil**

*Uses:* Antispasmodic, appetizer, carminative, galactagogue, stomachic.

Basil's usefulness is generally associated with the stomach and its related organs. It can be used for stomach cramps, gastric catarrh, vomiting, intestinal catarrh, constipation, and enteritis. As an antispasmodic, it has sometimes been used for whooping cough. Basil has also been recommended for headache. Some of its other uses are indicated by the categories above.

*Preparation and Dosage:* Infusion: Steep 1 tsp. dried herb in 1/2 cup water. Take 1 to 1 1/2 cups a day, a mouthful at a time. Can be sweetened with honey if taken for a cough.

## **Bay - (Laurus nobilis)**

*Sweet bay, sweet laurel*

A pleasant tonic which gives tone and strength to the digestive organs. Is good for cramps.

*Parts used:* Leaves, oil.

*Constituents:* Volatile oil (1-3% comprising geraniol, cineol, eugenol terpenes), tannic acid, bitter principles.

*Uses - Culinary:* In bouquet garni; in stocks and casseroles.

Sacred to Apollo, this plant was used to make the

laurel crown of the victorious in classical times. It is most widely used as a culinary herb. Fresh leaves should be used in moderation as their flavour is much stronger than dried. They also stimulate the digestion.

*CAUTION: Prunus laurocerasus, now known as laurel, is a highly poisonous plant.*

## **Bayberry - (Myrica cerifera)**

*Wax myrtle, waxberry, candlebarry*

*Parts used:* Dried root bark

*Constituents:* Tannins, triterpenes (including myricadiol), flavonoid glycoside (myricitrin), resin, gum.

*Uses:* A stimulating astringent with a wide range of uses.

This plant produces an edible fat which is still used to make candles. The herb was a key astringent used by the North American Physiomedical herbalists and was a major component of Samuel Thomson's famous composition powder. Bayberry is used to treat the inflammation and infection of the gastrointestinal tract. It has been used to treat post-partum hemorrhage and taken internally and used as a douche is recommended for excessive menstruation and leucorrhoea. A hot decoction is employed to treat colds and fevers. The powdered bark has been used as a snuff or congested nasal passages and a decoction makes a good gargle for throat infections. A compress is effective for healing cuts and ulcers. Myricitrin is bactericidal and encourages the flow of bile. Another constituent, myricadiol is reported to cause retention of salt and potassium excretion.

*CAUTION: Avoid prolonged use.*

Bayberry has many useful properties for the body. It improves circulation. Tones all the tissues it contacts. Can be used as a gargle for a sore throat. A fomentation applied externally at night will relieve and prevent varicose veins.



*Indications:* Hepatitis, jaundice, enlargement of liver and spleen, acne, boils, chronic diarrhea and dysentery (amoebic, bacillary), fever, conjunctivitis, arthritis

## **Birch**

Use leaf tea for urinary problems and to expel intestinal worms. Has been used for rheumatism.

## **Bitterroot**

Especially valuable in gallstones. Excellent for poor digestion. Has a spendid effect on the liver, kidneys and bowels. Good for rheumatism. Helps rid the system of impurities.

## **Bittersweet**

Here is another herb God has given us for our benefit. Excellent in all skin troubles. Will purify the blood. It is very soothing to the body. Helps general irritability. Has a wonderful effect on the liver, pancreas and spleen.

## **Black Cohosh - (Cimicifuga racemosa)**

*Black snakeroot, bugbane, squawroot*

*Parts used:* Dried root and rhizome.

*Constituents:* Triterpene glycosides (actein and cimigaside), resin (cimicifugin), salicylates, isoferulic acid, tannin, ranunculin (which yields anemonin), volatile oil.

*Uses:* Nerve and muscle pain; arthritis.

This is an excellent herb to regulate menstrual flow and for menstrual cramps. Black Cohosh contains natural estrogen. Women who take synthetic estrogen have been able to switch to Black Cohosh with no withdrawal symptoms or side effects. And best of all, Black Cohosh has no cancer causing agents like synthetic estrogen.

This is another valuable remedy inherited from

the North American Indians. It is widely used for treating neuralgia. Its sedative effect is probably due in part to anemonin which depresses the central nervous system. Black cohosh is employed for treating headaches and tinnitus. A resinous compound insoluble in water lowers blood pressure and dilates the blood vessels. This ability to dilate the blood vessels is in character with another major activity of black cohosh, which is antispasmodic, easing cramping and muscle tension. The herb has been used to treat arthritis where there is muscular as well as joint pain. The salicylates in the plant are anti-inflammatory and research confirms that the whole plant has this effect, which is helpful to the respiratory system.

Black cohosh's antispasmodic action makes it a remedy for asthma and whooping cough. The herb is also effective in treating menstrual cramps and is useful during childbirth. According to the eclectic physician Dr. Felter, the remedy is "an ideal regulator of uterine contractions during labour".

*Indications:* Apoplexy, asthma, nervous conditions, cramps, delayed and painful menses, childbirth, measles, prolapsed organs, rheumatism, arthritis

*CAUTION:* A powerful remedy only to be used by those experienced in herbal medicine. Overdose can result in intense headache, dizziness, visual disturbances, a slow pulse rate and nausea and vomiting. Avoid in pregnancy.

## **Black haw - (Viburnum prunifolium)**

*Stagebush, sweet viburnum*

*Parts used:* Root, bark.

*Constituents:* Scopoletin, bitter principle (viburnin), triterpenoid saponins, salicosides, resin, plant acids (including valeric acid), tannin, arbutin.

*Uses:* Menstrual pains.

This is primarily a women's herb, often combined with crampbark: Scopoletin (a coumarin) in the plant has been identified as a uterine relaxant. It is an excellent remedy for menstrual cramping,

and is used by herbalists in helping to prevent miscarriage, and to prevent excessive flow at the menopause.

### **Black Mustard - (Brassica nigra)**

*Parts used:* Seeds and leaves.

*Constituents:* A glycoside (sinigrin) and an enzyme (myrosin); on contact with water, myrosin acts on sinigrin, setting free allyl isothiocyanate (mustard oil) responsible for mustard's pungent smell. Also: fixed oils (up to 37%), proteins, mucilage.

*Uses - Culinary:* With meat, in sauces, soups, and dressings.

*Medical:* Coughs, colds and indigestion.

Mustard oil is strongly antibacterial and anti-fungal but it can blister the skin. Mustard warms and stimulates the digestive system. The seeds make an excellent stimulating poultice (mixed with a soothing substance such as slippery elm powder) for stubborn coughs and arthritis joints. Mustard foot baths are good for poor circulation, chilblains, and upper respiratory mucus.

*CAUTION:* Overuse may blister the skin. Do not use it if your thyroid function is low or if taking thyroxine.

### **Bladderwrack - (Fucus vesiculosus)**

*Kelp*

*Parts used:* Whole plant.

*Constituents:* Mucilage, mannitol, volatile oil, potassium, iodine and many other minerals.

*Uses:* To supply minerals to the body; for rheumatism.

This seaweed was the original source of iodine, discovered in 1812. The weight-reducing reputation of bladderwrack is probably due to its effect on an underactive thyroid. The main herbal use of bladderwrack is to remineralize the body. External compresses and plasters are used to reduce the

inflammation and pain of arthritis.

### **Blessed Thistle - (Carduus benedictus)**

*Holy thistle, St. Benedict thistle, spotted thistle.*

*Uses:* Digestive tonic; to increase the flow of breast milk.

Blessed Thistle is an excellent stimulant tonic for the stomach and heart. It aids circulation and helps to resolve liver problems. Takes oxygen to the brain and strengthens memory. Because of its bitter taste, blessed thistle is used as a digestive tonic which stimulates the liver, increasing gastric and bile secretions. It also is reputed to increase the flow of mother's milk. It is diuretic and induces sweating. Used as a poultice or compress, the plant has a reputation for curing chilblains.

*CAUTION:* Strong infusions may be emetic and cause diarrhea.

### **Bloodroot**

For coughs and colds Bloodroot is effective. In small doses stimulates digestive organs and heart.

### **Blue Cohosh - (Caulophyllum thalictroides)**

*Squaw root, papoose root, blue ginseng, yellow ginseng.*

Has a lot of the same benefits of Black Cohosh, in that it is generally used to regulate menstrual flow and for suppressed menstruation, apoplexy.

*Parts used:* Root and rhizome.

*Constituents:* Alkaloids, cystine (caulophylline), baptifoline, anagryne, laburnine. Also caulosaponin, resins.

*Uses:* For suppressed periods with cramping pain; labour pains; arthritis; stomach cramps.

It is sometimes said that blue cohosh should not be used during pregnancy, but this was not the

experience of North American Indian women who drank the tea a few weeks before childbirth to make the birth process swift and easy, nor of experienced North American doctors in the Eclectic or Physiomedical herbal tradition who used it to counter restlessness and pain during pregnancy and to reduce labour pains. Blue cohosh eases the cramping pain of dysmenorrhoea. It has also been used to treat arthritis and ease stomach cramps.

*CAUTION: The herb should not be used during pregnancy, or where there is high blood pressure or heart disease. The seeds are poisonous.*

## Blue Violet

Relieves severe headaches and congestion in the head. Cleans out mucus in the system. Very effective in healing and giving prompt relief of internal ulcers.

## Blueberry leaves

Inflammations of the pancreas

## Bonset - (*Eupatorium perfoliatum*)

*Feverwort, agueweed, thoroughwort*

*Parts used:* Aerial parts.

*Constituents:* Flavonoids (including quercetin, kaempferol, rutin and eupatorin), erpenoids (including sesquiterpene lactones), volatile oil, resin.

*Uses:* Colds and flu; digestive tonic.

This was one of the common North American Indian remedies quickly adopted by white settlers in America.

## Borage - (*Borago officinalis*)

*Bugloss, burage*

*Parts used:* Leaves, flowers, seed.

*Constituents:* Mucilage, tannin, essential oil, potassium, calcium, pyrrolizoline alkaloids.

*Uses:* Coughs, depression.

Borage is a plant which deserves more medical research. Folk use suggests a variety of medicinal properties, a potential which has lately been endorsed by the discovery of high levels of gamma linoleic acid in the seeds. This is useful in many disorders (see evening primrose)

The ancients extolled the virtues of borage, pointing out its ability to counter melancholic states. Pliny repeats an ancient verse "I, Borage always bring courage". The seventeenth-century diarist, John Evelyn, wrote that borage was "of known virtue to revive the hypochondriac and cheer the hard student". This use suggests a supportive effect on the adrenal glands which may well be the case since comfrey, a close relative, has been shown to affect the sex hormones which stimulate the ovaries and testes. Such a hormonal effect is also indicated by the traditional belief that the leaves and seeds of borage could increase the milk supply of nursing mothers. Borage is also sweat-inducing in hot infusion, making it a good remedy for colds and flu, especially when these affect the lungs because it is also a good cough remedy. This plant's culinary use is in the leaves, which have a cucumber-like taste.

Does a wonderful job in reducing high fevers. Good for irritation of skin and mucous membranes. As a tea, it is good for lung problems.

*Indications:* fever, pneumonia, bronchitis, skin and mucous membrane inflammations, stress.

*CAUTION: Avoid excessive consumption.*

## Buchu

Buchu leaves are one of the best diuretics known. Excellent when there is pain while urinating. For acute and chronic bladder and kidney disorders, the herb Buchu is most helpful. Backache.

## **Buckthorn Bark**

Keeps the bowels regular, but is not habit forming. Does not irritate the bowels. Effective remedy for appendicitis. Expels worms. Will remove warts.

### **Burdock - (*Arctium lappa*)**

*Great burdock, great bur, clotbur, cocklebur, beggars buttons, lappa, cockle buttons.*

*Parts used:* Fresh or dried roots, leaves, seeds.

*Constituents - Root:* Up to 50% inulin, polyacetylenes, volatile acids (acetic, propionic, butyric, isovaleric), nonhydroxyl acids (lauric, myristic, stearic, palmitic), tannin, polyphenolic acids.

*Seeds:* 15-30% fixed oils, a bitter glycoside (arctiin), chlorogenic acid.

*Leaves:* arctirol, fukinone, taraxasterol.

*Uses - Culinary:* Dandelion and burdock bitter, candied stalks; root as vegetable.

*Medical:* Skin disorders (eg. boils and acne), arthritis.

Burdock purifies and cleanses the tissues and blood and for this reason should be used gently over a period of time. The whole plant has mild diuretic, sweat-inducing, and laxative properties. It is prescribed for skin diseases such as eczema and psoriasis. Burdock has an anti-microbial action which has been attributed to the polyacetylenes in the plant. This explains its reputation for treating skin eruptions such as boils and acne. Its antimicrobial property, together with its diuretic action, also makes it useful for treating cystitis.

Old-time North American herbalists particularly valued the seeds to treat skin problems, while in China the seeds are used to treat the eruptions of measles, sore throats, tonsillitis, colds, and flu. The roots and leaves can also be used to treat rheumatism and gout because they encourage the elimination of uric acid via the kidneys. The bitter taste of burdock is tonic to the digestive system; the leaves are said to stimulate the secretion of bile. Research has shown that the seeds can lower blood sugar in rats.

In France, the fresh root is also used for lowering blood sugar, its insulin content making it particularly suitable for diabetes. Burdock leaves are useful externally as a poultice for bruises and skin problems. A lotion of the leaves or root massaged into the scalp is good for falling hair. All parts of the burdock plant have a reputation for curing cancers.

Extremely good for removing toxins from the body. Strong blood purifier and cleanser. One of the best herbs for severe skin problems. Good for advanced cases of arthritis.

## **Burnet**

Burnet is an excellent herb to cleanse the chest, lungs and stomach. Useful in expelling bladder stones.

## **Butternut Bark**

Strengthens intestines. Works well for constipation, sluggish liver, fevers or colds.

## **Calamus**

Ailments of the liver, stomach and intestines can greatly be improved with the Calamus herb. Other excellent benefits of calamus: helps to destroy taste for tobacco, improves gastric juices. Applied externally to help heal sores and burns.

## **Calendula**

Promotes mending and healing of cuts or wounds when a poultice is applied.

*Indications:* Cuts, sores, wounds, burns, fevers, earaches, irritated eyes, fevers, cramps, bruises, measles, chicken pox and other eruptive skin diseases, bleeding wounds or hemorrhoids

### **Camphor - (*Cinnamomum camphora*)**

*Parts used:* Camphor, oil.

*Constituents:* Safrole, acetaldehyde, terpineol, eugenol, phelandrene, pinene.

*Uses:* Externally for rheumatic pains.

Camphor has been distilled from the wood of this tree for hundreds of years, and has been known and used in the West since the twelfth century. Its main use is as a remedy for painful joints.

*CAUTION:* Avoid prolonged exposure to fumes.

## **Caraway**

Strengthens and gives tone to the stomach, prevents fermentation in the stomach, and aids in digestion.

## **Cascara Sagrada**

What a wonderful herb. One of the best remedies for chronic constipation. Will stimulate the secretions of the entire digestive system. Excellent remedy for gallstones. Is very valuable when there are hemorrhoids associated with poor bowel movement.

*Indications:* Constipation, indigestion, poor appetite, sluggish bowels, hemorrhoids, colitis, liver congestion, jaundice, cirrhosis

## **Catnip**

Catnip benefits our body best by quieting our nervous system. Good for stomach gas or cramps, aids in digestion. Helps clean out mucus in the body, apoplexy.

## **Cayenne (capsicum)**

Acts as the catalyst, spreading all other herbs quickly to the place in the body where they are needed, acting especially on the upper part of the body. It will also stop internal or external bleeding. One of the most important herbs. Not enough can be said about this wonderful healer. Normalizes blood pressure. Improves entire circulatory system. Feeds the cell structures of arteries, veins

and capillaries so they will regain elasticity.

Cayenne is one of the best stimulants. When the body is stimulated properly, the healing and cleansing process starts, allowing the body to function normally. Every home should have Cayenne on hand.

*Culinary notes:* The good chef keeps Cayenne at his fingertips, as indispensable in flavoring meats and sauces. Used with restraint, it will also add flavor interest to eggs, fish and vegetables. Crushed Red Pepper - sometimes called "Pepperoni Rosso," "Pizza Pepper," "Coarse Crushed Red Pepper" - is often used in spaghetti, pizza and other Italian dishes and is frequently placed on the dining table in Italian and Mexican-style restaurants for customers who want still more pungency.

*Indications:* Heart tonic, poor circulation, colds, flu, indigestion, loss of appetite, joint aches and pains, lowered vitality and energy, diarrhea, cramps, toothaches, swellings, headaches, depression, bleeding, sprains, arthritis, inflammations of the pancreas.

## **Celery**

Effective for incontinence of urine. Good in rheumatism and also nervousness.

## **Centaury - (Erythraea centaurium)**

*Parts used:* Dried flowering aerial parts

*Constituents:* Several bitter glycosides (gentiopicrin, centapicrin, swietiamarin, gentioflavoside), alkaloids (gentianine, gentianidine, gentioflavine), phenolic acids, triterpenes, wax.

*Uses:* Centaury, a member of the gentian family, shares several constituents with gentian, as well as its bitter tonic effect. Taken before meals, it stimulates the gastric secretions and the liver and gallbladder so it is a useful herb for the digestion. This is why it is used in vermouth and several bitter liqueurs. It is gently laxative and taken after

meals is an excellent remedy for heartburn. It can also reinforce the action of antiworm herbs.

Like many bitter tonics centaury is effective in reducing fever and has been used in place of quinine. Research indicates that this action is due in part to its phenolic acid. Another constituent, gentiopicrin, has been reported to have antimalarial properties. Research also confirms the plant's potential for treating rheumatism and gout, for the alkaloid gentianine has exhibited strongly anti-inflammatory properties.

This plant has several other healing properties. The famous German herbalist Father Sebastian Kneipp, recommended centaury for melancholy and for calming the nerves. In Egypt the plant is used to treat high blood pressure and kidney stones. All over Europe it is used to remedy anaemia and liver and gallbladder disease. This herb stimulates the activity of the salivary, stomach and intestinal gland, thereby relieving constipation, gas and promoting proper digestion, anemia.

## **Chamomile**

Chamomile has a high concentration of easily assimilable calcium which makes it particularly useful for soothing the nerves in nervous conditions such as nervousness, irritability, restlessness, hypertension, insomnia, cramps and spasms. It is also calming to the gastric system, soothing nervous stomachs and aiding indigestion, gas, pain and other stomach disorders.

*Indications:* Nervousness, hypertension, restlessness, insomnia, nervous stomach, indigestion, gastric ulcers, gas, colic, stomachache, teething and related problems such as earache, neuralgic pain, stomach upset, stomach disorders, infantile convulsions, menstrual cramps and to bring on menses

## **Chaparral**

A good blood purifier. Has been very useful in arthritis. Rebuilds new tissue and tones the body.

May be taken for colds and flu.

*Indications:* Cancer, tumors, parasites, constipation, diarrhea, skin diseases, scabies, dandruff, itching, eczema, warts, bacterial and viral infections.

## **Chervil - (*Anthriscus cerefolium*)**

*Medicinal part:* Flowering herb

Chervil is an annual plant cultivated in many places as a kitchen spice. The round, finely grooved, branched stem grows 12 to 26 inches high from a thin, whitish root. The leaves are opposite, light green, and bipinnate, the lower leaves petioled, the upper sessile on stem sheaths. The small, white flowers grow in compound umbels from May to July. The elongated, segmented seeds ripen in August and September.

*Uses:* Digestive, diuretic, expectorant, stimulant.

The juice pressed out of the fresh flowering herb is popularly used for various purposes including scrofula, eczema, gout stones, abscesses, dropsy, and women's abdominal complaints. The infusion is popularly used in Europe to lower blood pressure.

*Preparation and Dosage: Infusion:* Use 1 tsp. fresh or dry herb with 1/2 cup water. Take 1/2 to 1 cup a day, unsweetened, a mouthful at a time.

## **Chickweed - (*Stellaria media*)**

Rich in vitamin C and minerals-especially calcium, magnesium and potassium. This herb helps to carry out toxins. Very good blood purifier. It will heal and soothe anything it comes in contact with. Dissolves plaque in blood vessels.

*Indications:* Any itching conditions, rheumatism, boils, ulcers, abscesses, sore throat, fevers, excess fat

*Parts used:* Aerial parts.

*Constituents:* Saponins, mucilage.

*Uses:* Skin diseases.

Chickweed has similar uses to soapwort but is safer to use internally. Its main use, however, is external as a poultice or ointment for skin irritation and inflammation as well as for skin ulcers. Boils, carbuncles, and abscesses respond well to a poultice. Internally chickweed has a reputation for treating rheumatism and bronchitis.

## **Chicory**

Chicory is valuable for many ailments. Effective in disorders of the kidney, liver, urinary canal, stomach and spleen. Helps to expel the morbid matter and tones up the system in general.

## **Chives - (Allium schoenoprasum)**

*Parts used:* leaves

*Constituents:* Essential oil (containing sulphur).

*Uses - Culinary:* In savoury dishes from salads, soups, and soft cheese to grilled meats. Appetizer, digestive.

Chives are used extensively in cooking. In Europe they are layered on top of a thick bacon omelette.

Chive is a widespread perennial plant, both cultivated and wild. It grows to a height of 8 to 12 inches from a small, elongated, bulbous root. The leaves are hollow, cylindrical, closed at the top and dilated to surround the stem at the bottom. The otherwise naked stem bears a terminal globose cluster of reddish-blue or purple flowers in June and July. The fruit is a three-sided black seed.

*Medicinal part:* leaves

*Preparation:* Always use fresh, and avoid subjecting to heat (such as boiling with soup). The common method of chopping it fresh and sprinkling it over food just prior to serving is best.

Chives help to stimulate appetite and to promote the digestive processes. The plant also contains iron and arsenic (in harmless amounts) and may therefore be helpful for anemia.

## **Cilantro - (Coriander - Coriandrum Sativum)**

*Medicinal part:* Seed

Coriander is a small annual plant that has been cultivated for thousands of years and is still grown in North and South America, Europe, and the Mediterranean area. The round, finely grooved stem grows 1 to 2 feet high from a thin, spindle-shaped root. The leaves are pinnately de-compound, the lower ones cleft and lobed, the upper finely dissected. From June to August the white to reddish flowers appear flat, compound umbels of 3 to 5 rays. The brownish, globose seeds have a disagreeable smell until they ripen, when they take on their spicy aroma.

Annual herb. All zones in conditions noted below. Grows 12-15 in. high. Delicate fern-like foliage; flat clusters of pinkish white flowers. Aromatic seeds crushed before use as seasoning for sausage, beans, stews, cookies, wines. Young leaves used in salads, soups, poultry recipes, and variety of Mexican and Chinese dishes. Grow in good, well-drained soil, full sun. Start from seed (including coriander seed sold in grocery stores); grows quickly, self-sows.

*Uses:* Antispasmodic, appetizer, aromatic, carminative, stomachic.

In addition to the indicated uses, coriander can be applied externally for rheumatism and painful joints. Coriander also improves the flavor of other medicinal preparations. At one time it was considered to have aphrodisiac effects.

*Preparation and Dosage - Infusion:* Steep 2 tsp. dried seeds in 1 cup water. Take 1 cup a day.

*Powder:* Take 1/4 to 1/2 tsp. at a time.

## **Cinnamon - (Cinnamomum zeylanicum)**

*Parts used:* Dried bark

*Constituents:* Volatile oil, tannins, mucilage, gum, sugars, resin, calcium oxylate, coumarin.

*Uses - Culinary:* Savoury foods in Asian cuisines; with cooked fruit; in cakes.

*Medical:* Colds, diarrhea

The bark of *Cinnamomum zeylanicum* is generally considered to be of better quality than cassia bark from *C. cassia*, valued as an aromatic spice since ancient times and as a medicine to treat colds, to warm the digestion, and to ease flatulence. Also used to ease menstrual cramps, its astringency makes it valuable for controlling diarrhea. Cinnamon-bark oil is antibacterial, inhibiting *E. coli*, *Staphylococcus aureus*, and thrush (*Candida albicans*)

Cinnamon is widely used in Asian cuisines. In western cooking it is employed to bring out the flavour of cakes, and is added to cakes stewed fruit, and is added to winter drinks such as mulled wine.

## **Cleavers**

One of the best remedies for kidney and bladder troubles. Useful in obstructions of the urinary organ such as stones or gravel. Makes an excellent wash for the face to clear complexion.

## **Colombo Root**

To strengthen and tone the entire system; this is one of the best and purest tonics. Can be used for colon trouble.

## **Coltsfoot - (Tussilago farfara)**

*Ass's foot, horse's hoof, hallfoot,  
the son before the fathers.*

*Parts used:* Flowers and leaves.

*Constituents:* Mucilage, alkaloid, saponins, tannis (especially in the leaf), zinc, potassium, calcium.

It is very soothing to the mucous membranes. Improves lung troubles. Excellent in relieving the chest of phlegm. Useful for asthma, bronchitis and spasmodic coughs.

*Uses:* Colds and coughs; as a poultice for sores.

The Latin name signifies coltsfoot's ancient use for coughs for which for centuries it has been smoked as tobacco, or taken as a tisane or as a syrup. In former times a replica of the coltsfoot flower was to be found above the door of pharmacies in Paris, an emblem of the effectiveness of their medicine.

Today, coltsfoot retains its importance for it combines an effective expectorant action with the soothing and healing qualities of the mucilage it contains. It is good for most respiratory problems as well as colds. The fresh leaves applied externally as a poultice to ulcers and sores are soothing and healing, an effect due in part to the zinc the plant contains. Coltsfoot contains a low content of the pyrrolizidine alkaloid senkirkine which by itself may damage the liver. However, trials in Sweden found that a decoction boiled for 30 minutes contained no detectable pyrrolizidine alkaloids while further research indicates that the abundant mucilage in the plant made the minute amount of alkaloid in the plant safe.

*Indications:* Cough, asthma, bronchitis, whooping cough, emphysema, laryngitis, hoarseness, flu, cold, sore throat, difficulty in breathing

*CAUTION:* There is medical controversy about this plant; it is best to avoid excessive consumption.

## **Comfrey - (Symphytum officinale)**

*Knitbone, boneset, bruisewort, consormol, knitback*

*Constituents:* Mucilage, allantoin (up to 0.8%), tannins, resin, essential oil, pyrrolizidine alkaloids, gum, carotene, glycosides, sugars, beta-sitosterol and steroidal saponins, triterpenoids, vitamin B12,



protein (up to 35%), zinc.

*Uses - Culinary:* Fresh leaves and shoots as vegetable or salad.

*Medical:* Here is another splendid herb the home should not be without. Acts as an infection fighter and blood cleanser. Used for kidney and bladder ailments. Helps eliminate bloody urine. Eases pain, helps repair and heal cuts, wounds, burns and bruises. Anemia.

*Indications:* Asthma, skin wounds and tears, bites, stings, boils, inflammatory lung conditions, coughs, fevers, bleeding, fractures, broken bones, bruises and burns (external); respiratory and digestive disorders.

Comfrey is one of the most famed healing plants. Its remarkable power to heal tissue and bone is due to allantoin, a cell-proliferant that promotes the growth of connective tissue, bone, and cartilage, and is easily absorbed through the skin. Recent American research has also shown that comfrey breaks down red blood cells, a finding that supports its use for bruises, hence its country name, bruisewort. Comfrey is also useful externally as a poultice for varicose ulcers and as a compress for varicose veins. It also alleviates and heals minor burns.

Comfrey has always been a traditional remedy for gastric ulcers, and work at a London teaching hospital has shown that it inhibits a prostaglandin that causes inflammation of the stomach lining. Comfrey is also traditionally used to treat colitis. It is a useful remedy for bronchitis and other respiratory disorders.

In 1968, Japanese scientists first reported the presence of pyrrolizidine alkaloids in comfrey. Subsequent Australian research found these alkaloids in several plants of the Borage family and reported that rats fed with up to 33% of comfrey leaf in their diet suffered liver cancer. But one of the few investigations using the whole plant has shown that it is not carcinogenic but the very opposite. Moreover, Japanese doctors recommend a vinegar extract of the herb for cirrhosis of the

liver.

Several studies have found that comfrey can influence the sex hormones (note its steroidal saponin content) which stimulates the ovaries and testes. Gerard, prescribing comfrey for back pain, noted that it caused "involuntary flowing of the seed in men".

*CAUTION:* In view of the controversy about the plant, avoid excessive consumption of comfrey.

## **Coriander**

Coriander is very strengthening to the heart. Is a wonderful stomach tonic.

## **Cornsilk**

Useful where there is trouble with the prostate gland in urinating. Excellent remedy for kidney and bladder trouble.

## **Corydalis - (Corydalis bulbosa)**

*Parts used:* Tuber and rhizome.

*Constituents:* Alkaloids (corydaline, corybulbine, isocorybulbine, corycavidine, corycavamine, corydine, bulbocaprine, protopine, tetrahydropalmatine and at least ten others).

*Uses:* Pain relief.

This powerful plant is the source of the alkaloid bulbocaprine which was used in orthodox medicines to treat convulsions, Parkinson's disease and Menière's disease. In Chinese traditional medicine, corydalis is a major pain reliever used particularly for menstrual cramping, gastric and abdominal pain, and headaches. According to Chinese research, Corydalis has an analgesic effect approximately 1% that of the strength of opium.

*CAUTION:* This herb should only be used by trained herbalists. RESTRICTED.

## **Crampbark - (*Viburnum opulus*)**

*Guelder rose, highbush cranberry, snowball tree.*

*Parts used:* Stem & bark.

*Constituents:* Bitter resin (viburnin), valeric acid, salicosides, tannin.

*Uses:* Cramps.

Crampbark is an excellent muscle and nervous relaxant good for cramping pains. It is particularly useful for easing painful periods and the cramping pains of pregnancy (it is used to prevent miscarriage for which it is often combined with black haw). Like black haw, crampbark is also used by herbalists to prevent excessive menstrual flow at the menopause.

*CAUTION:* The fresh berries are poisonous.

## **Cubeb Berries**

Excellent in chronic bladder troubles. Will increase flow of urine.

## **Damiana**

Excellent herb for helping with sexual impotency and infertility for both male and female. Strengthens reproductive organs. Helps with menopause, hot flashes.

## **Dandelion - (*Taraxacum officinale*)**

*Pee in the bed, lion's teeth, fairy clock.*

*Parts used:* All

*Constituents - Root:* The bitter principle taraxacin, triterpenes (including taraxol and taraxasterol), sterols, inulin, sugars, pectin, glycosides, choline, phenolic acids, asparagine, vitamins, potassium.  
*Leaves:* Lutein, violaxanthin, and other carotenoids; bitter substances; vitamins A, B, C, D (the vitamin A content is higher than that of carrots); potassium and iron.

*Uses - Culinary: Leaves:* As coffee substitute.

*Root:* In salads.

*Flowers:* As wine.

*Medical:* As digestive tonic for constipation, liver and gallbladder disease, rheumatism, and skin diseases.

The greatest effects of this herb is on the liver. It helps to detoxify any poisons in the liver. Dandelion has been beneficial in lowering blood pressure.

The humble dandelion is one of nature's great medicines. The root is a mildly laxative bitter tonic, valuable in dyspepsia and constipation. It stimulates the liver and gallbladder (mainly due to its taraxacin content), substantially increasing the flow of bile. It is useful in diseases of the liver and gallbladder. The leaves, which in spring are excellent in salads, are a powerful diuretic as attested to by one of its common English names "pee in the bed", exactly echoed in France as "pis en lit".

The diuretic power of the dandelion has been favourably compared with a common diuretic drug, Frusemide. However, unlike conventional diuretics, dandelion does not leach potassium from the body; its rich potassium content replaces that which the body loses. Dandelion cleanses the blood and tissues, and is useful in the treatment of skin diseases and rheumatism. Application of the plant's sap is said to remove warts, while the flowers make an excellent country wine. In China, a related species, *Taraxacum mongolicum*, has been used to treat infections, particularly mastitis.

*Indications:* Anemia, indigestion, liver congestion, hepatitis, jaundice, cirrhosis, constipation, skin eruptions, breast sores, tumors, cysts, promotion of lactation, urinary bladder and kidney infections, kidney and gallstones, diabetes, hypoglycemia, inflammation of the pancreas.

## Dill

Has been used as a nerve calming tea.

## Dong Quai

This is a most wonderful herb for female troubles. It helps to maintain a proper balance of female hormones. It has been tested clinically to overcome Vitamin E deficiency symptoms. Calms the nerves. Is effective in all menstrual disorders.

## Echinacea

Works especially well in glandular infections and ailments. Used to treat strep throat, lymph glands. Cleanses the morbid matter from the stomach. Also expels poisons and toxins. Should be taken with Goldenseal for the best results; add Cayenne when quick action is needed for infestions.

## Elder - (*Sambucus nigra*)

*Parts used:* Flowers (internal), berries, leaves, bark (external)

*Constituents - Flowers:* Small quantity of essential oil (containing palmitic, linoleic, and linolenic acids), triterpenes, flavonoids (including rutin), also pectin, mucilage, sugar.

*Berries:* sugar, fruit acids, vitamin C, bioflavonoids

*Leaves:* cyanogenic glycosides, vitamins, tannins, resins, fats, sugars, fatty acids.

*Uses:* The biggest use for Elder is in the first stages of colds, flu or catarrh.

The Elder is one of our most widely useful plants. The flowers are sweat-inducing in hot infusion (bioflavonoids in the plant encourage the circulation) and combined with yarrow and mint are specific for the treatment of colds and flu. Elderflowers also reduce bronchial and upper-respiratory catarrh and are used to treat hayfever. Externally a cold infusion of the flowers may be used as an eyewash for conjunctivitis and as a compress for chilblains.

Elderflower ointment can be used for irritation of the skin and chilblains. A gargle made from elderflower infusion or elderflower vinegar alleviates tonsillitis and sore throats. Elderflowers have a mild laxative action and in Europe have a reputation for treating rheumatism and gout. The berries are mildly laxative and sweat-inducing, and simmered with sugar, make a winter cordial for cough and colds.

*CAUTION:* Elder leaves, roots, and bark should not be used internally.

## Elecampane (*Inula helenium*)

*Scabwort, yellow starwort, wild sunflower*

*Parts used:* Root and rhizome; in Chinese herbal medicine the flowers are preferred.

*Constituents:* Volatile oil (up to 4% including alantolactone, isoalantolactone and azulene), inulin (up to 44%), sterols, resin, pectin, mucilage.

*Uses:* Respiratory disorders; digestive tonic.

This wonderful herb is a stimulant, relaxant and tonic to the mucous membranes. Useful in coughs, asthma and bronchitis.

Elecampane's Latin name comes from Helen of Troy, from whose tears it is said to have sprung. The story is perhaps a clue to ancient use of this plant, because it promotes menstruation and is good for treating anemia. However, the main use of the plant is for the respiratory system. In former times, it was a specific for TB. Recent research on 105 plant lactones found that the alantolactone and isoalantolactone in elecampane were powerful anti-bacterial and antifungal agents. Today the warming and expectorant elecampane is used to treat asthma, bronchitis, and other pulmonary infections. Its better tonic properties stimulate and regulate disordered or weak digestions increasing the flow of bile.

Alantolactone in the plant expels worms and the plant has long been used externally for scabies,

herpes and other skin diseases from which it gained its country name scabwort. Other scientific research indicates that elecampane has a sedative effect on mice.

## **English Lavender - (Lavandula Labiatae)**

Evergreen shrubs or sub-shrubs. Native to Mediterranean region. Prized for fragrant lavender or purple flowers used for perfume, sachets. Grayish or gray green aromatic foliage. Plant as hedge or edging, in herb gardens, or in borders with plants needing similar conditions - cistus, helianthemum, nepets, rosemary, santolina, verbena.

All need full sun and loose, fast-draining soil. Little water or fertilizer. Prune immediately after bloom to keep plants compact and neat. For sachets, cut flower clusters or strip flowers from stems just as color shows; dry in cool, shady place.

Most widely planted. Classic lavender used for perfume and sachets. to 3-4 ft. high and wide. Leaves gray, smooth on margins, narrow, to 2 in. long. Flowers lavender, 1/2 in. long, in 1 1/2-2 ft.-long spikes in July-August. Dwarf varieties: 'Compacta' (Compacta Nana), to 8 in. tall, 12-15 in. wide; 'Hidcote', slow growing to 1 ft. tall, with very gray foliage and deep purple flowers; 'Munstead', most popular dwarf, 1 1/2 ft. tall, with deep lavender blue flowers a month earlier than the species; 'Twickel Purple', 2-3 ft. high, with purple flowers in fanlike clusters on extra-long spikes. Attractive to bees.

## **Ephedra - (Ephedra sinica)**

*In the US: Mormon tea, Desert tea*

*Parts used:* Dried young stems

*Constituents:* Alkaloids (including ephedrine, norephedrine, methyl ephedrine, pseudoephedrine), tannins, saponin, flavone, essential oil.

*Uses:* Asthma, hayfever.

Used in Chinese medicine for thousands of years, this herb is the source of the alkaloid ephedrine, first extracted in 1885. Ephedrine was hailed as a cure for asthma because of its power to relax the airways. Once in common use, however, the isolated drug was found to raise blood pressure markedly, and it is now hardly ever used to treat asthma. Herbalists, however, use the whole plant which contains six other related alkaloids, one of which, pseudoephedrine, actually reduces the heart rate and lowers blood pressure. This plant has been used in China for thousands of years, yet no underivable side-effects have been recorded from the proper administration of the whole plant.

Ephedra is used to treat asthma, hayfever and other allergies. In China it is also used for the first stages of a cold or influenza (its volatile oil inhibits the influenza virus) and for arthritis and fluid retention. In the USA a related species, known as mormon tea or desert tea, has also been used for fever and for kidney and bladder problems.

*CAUTION: The herb should be avoided in severe hypertension, glaucoma, hyperthyroidism, prostate enlargement, and coronary thrombosis; it should not be taken by anyone using MAOI antidepressant. RESTRICTED.*

## **Evening primrose - (Oenothera lamarkiana)**

*O. biennis*

*Parts used:* Extracted oil

*Constituents:* Essential fatty acids, especially gammalinoleic acid (GLA)

*Uses:* PMS and many other disorders.

Were it not for an increasingly substantial body of scientific evidence backing the extraordinary therapeutic range of the oil extracted from the evening primrose plant, the claims made on its behalf would seem mere quackery. Evening primrose oil can have startling effects in the treatment of the premenstrual syndrome (PMS)

In 1981, at St. Thomas's Hospital, London, 65 women with PMS were treated with oil of evening primrose. Of these 61% experienced complete relief, and 23% partial relief. One symptom, breast engorgement, was especially improved. 72% of the women reported feeling better.

In November 1982, the prestigious British medical journal, the Lancet carried the results of the double blind crossover study on 99 patients with ectopic eczema. This showed that when high doses of evening primrose oil were taken about 43% of the patients in the trial experienced an improvement.

Studies of the effect of evening primrose oil on hyperactive children also indicate that this form of treatment is beneficial in calming the children down. About two-thirds of the children treated responded favourably. Evening primrose oil, it appears, is also useful to counteract alcoholic poisoning. It is highly effective in preventing hangovers. A study in Inverness, Scotland, demonstrated that the oil will encourage a liver damaged by alcohol to regenerate. Other work indicates that oil of evening primrose can help withdrawal from alcohol and ease post-drinking depression.

Another Scottish study has shown that evening primrose oil can help dry eyes and brittle nails. When combined with zinc the oil may be used to treat acne. More controversially, oil of evening primrose is also claimed to be of benefit to sufferers of multiple sclerosis. Its use for MS sufferers has been recommended by Professor Field who directed MS research at the UK Medical Research Council's Demyelinating Diseases Unit. Oil of evening primrose is also effective in guarding against coronary artery disease. Its active ingredient, gammalinoleic acid (GLA), is a powerful anti-blood-clotter. It has also been shown to reduce blood pressure in animals with high blood pressure. A New York hospital discovered that people more than ten percent above their ideal body weight lost weight when taking the oil.

Perhaps the most remarkable study of all was

completed at Glasgow Royal Infirmary in 1987 using evening primrose oil to treat patients with rheumatoid arthritis. 60% of patients taking the oil were able to stop their normal anti-arthritis drugs, and those taking fish oil in addition to evening primrose oil fared even better. There is scientific explanation for these extraordinary results. GLA is a precursor of a hormone-like substance called PGEI which has a wide range of beneficial effects in the body. The production of this substance in some people may be blocked. GLA has been found in oil extracted from blackcurrant seeds and borage seeds, both of which are now commercial sources of this substance.

*CAUTION: Side effects of headache, skin rashes, and nausea have been reported. Use for epileptics is not recommended.*

## **Eyebright**

Excellent for weak eyesight. It also has a cooling and detoxifying property making it excellent for inflammations.

*Indications:* Conjunctivitis, eye infections, eye weakness, ophthalmia, inflammations of nose, throat and lungs

## **Fennel Seed**

Fennel is one of the most highly recommended remedies for gas, acid stomach, gout, cramps and spasms. Other benefits include: excellent obesity fighter, makes a good eyewash, very good liver cleanser.

## **Fenugreek**

Has been used in the following with excellent results: Allergies, Anemia, Coughs, Disgestion, Emphysema, Migraine Headaches, Intestinal Inflammation, Ulcers, Lungs, Mucous Membranes, Sore Throat.

## **Feverfew - (*Tanacetum parthenium*)**

*Parts used:* Leaves

*Constituents:* Sesquiterpene lactones (including parthenolide and santamerine), volatile oil, tannins.

*Uses:* Headaches and migraines, arthritis.

Feverfew is one of a handful of medicinal plants to be thoroughly scientifically investigated. In 1978 several British newspapers carried the story of a woman who had cured her severe migraine headaches with feverfew leaves. In a subsequent clinical study, seven out of ten patients taking feverfew claimed that their migraine attacks were less frequent or less painful or both. In about one in three patients, there were no further attacks. Further clinical studies have revealed that the plant can have other medicinal benefits, apparently allaying nausea and vomiting, relieving the inflammation and pain of arthritis, promoting restful sleep, improving digestion, and relieving asthma attacks. Researchers believe that sesquiterpene lactones in the plant may inhibit prostaglandins and histamine released during the inflammatory process, so preventing spasms of blood vessels in the head that trigger migraine attacks.

Over half the feverfew users involved in clinical studies reported pleasant side effects. Some people said that feverfew helped their depression. This is in line with traditional use. Culpeper wrote that feverfew in wine might help those "troubled with melancholy and heaviness or sadness of spirits".

*CAUTION: One side-effect associated with feverfew is mouth ulcers. If this occurs, stop taking the herb.*

Anyone that suffers from migraines should give this herb a try. It works wonders in fighting against migraines. Thousands have successfully been helped without any side effects.

Some other benefits of this herb are: Helps reduce inflammation in arthritic joints; has been used to restore liver to normal function.

*Indications:* Headaches, migraines, colds, flu, fever, digestive problems

## **French Sorrel - (*Rumex scutatus*)**

*Bucklerleaf sorrel, garden sorrel*

*Parts used:* Leaves.

*Constituents:* Oxalates, in small quantities, vitamin C.

*Uses - Culinary:* In salads, egg dishes, sauces, soups; with fish.

Young green sorrel leaves have a slightly acid, lemony taste. Sorrel contains vitamin C and is a nutritious cleansing herb in spring. The leaves can be eaten raw in salads, cooked in butter, or incorporated into sauces and soups.

*R. acetosa* is a related species with leaves that may be eaten either raw, boiled or cooked like spinach and eaten with turnips or light meats such as lamb.

*CAUTION: Due to the oxalic acid content of this plant, avoid sorrel if you are suffering from arthritis or kidney disease. Avoid large doses.*

## **Fumitory - (*Fumaria officinalis*)**

*Earth smoke*

*Parts used:* Aerial parts

*Constituents:* 7 alkaloids (including fumarine and protopine), bitter principles, tannic acid, fumaric acid, mucilage, resin, potassium.

*Uses:* Eczema

The name fumitory derives from the plant's smoke-like appearance when viewed from afar. It has a long history of use for the treatment of skin diseases. It is mildly laxative, diuretic, and

stimulates the flow of bile.

*CAUTION: Large doses can cause diarrhea.*

## **Garlic - (*Allium sativum*)**

Parts used: Cloves

**Constituents:** Volatile oil, vitamins A, B, and C, fats, amino acids. The oil contains alliin which once the cloves are crushed or cut, is converted to allicin. Once exposed to air, allicin is converted to diallydisulphide which is the component responsible for the antibacterial (gram-negative and positive) effect of garlic.

**Uses - Culinary:** Used widely, especially in Mediterranean and eastern cuisines; in butters, vinegars, and garlic salt.

**Medical:** Colds, coughs, to aid digestion, for high blood pressure, arteriosclerosis.

Garlic has been used as a food and medicine since at least the time of the ancient Egyptians. The Greek historian Herodotus tells us that the slaves who built the Great Pyramid ate great quantities of it. Modern science has confirmed many of garlic's reputed healing properties. Experiments conducted in India show that eating garlic can significantly lower blood cholesterol and other fats. Research at George Washington University, USA, shows that garlic can also reduce blood clotting, so making it useful in cardiovascular disease. Since garlic has also been shown to reduce blood pressure in both animals and humans, it is evidently useful in guarding against strokes which can occur when blood pressure is raised or the blood clots in the cerebral arteries.

In both World Wars, garlic was applied to wounds to prevent septic poisoning and gangrene. Garlic has also been used successfully to control diarrhea, dysentery, pulmonary TB, diphtheria, whooping cough, typhoid and hepatitis. It is effective against many fungal infections and trichomonas. It can be used to expel worms. Garlic has been shown to lower blood sugar levels, indicating its use in controlling mild diabetes.

Herbalists consider garlic to be a first-rate digestive tonic, and also use it to treat toothache, earache, coughs, and colds (regular intake can prevent colds and reduce excess phlegm). Garlic's old reputation for treating cancer has received scientific support from two Japanese researchers who showed in 1963 that injections of garlic extract killed tumour cells in rats.

**Properties:** Increases internal heat; stimulant, diuretic, diaphoretic, hypotensive, alterative, digestant, carminative, expectorant, antiseptic, antispasmodic, parasiticide, antibiotic.

**Indications:** Colds, flu, coughs, bronchitis, pneumonia, lung ailments, infections, fevers, sore throats, ear aches, high or low blood pressure, indigestion, circulation, arthritis, rheumatism, pains, cholesterol, worms, dysentery, fungus, candida, vaginal infections, leukorrhea.

## **Gentian Root**

Useful in fevers and colds. Beneficial to the female organs. Used to strengthen the digestive organs and increase circulation. Gentian root is most helpful for liver complaints.

**Indications:** Indigestion, poor appetite, gas, nausea, heartburn, gastritis, diarrhea, constipation, hepatitis, jaundice, anal itch, herpes, rash, vaginal discharge and itch, urinary tract infections

## **German Camomile - (*Matricaria chamomilla*)**

Camomile is one of the herbs that is used both as a beverage, and for medicinal purposes. Has a good taste to it. It is excellent for a nervous stomach. For women, Camomile has been found to relieve cramping associated with the menstrual cycle. Good for fevers with chills.

**Parts used:** Dried flowers.

**Constituents:** Volatile oil (containing chamazulene, farnesene, bisabolol), flavonoids (including

rutin and guercimertrin), coumarins (including umbelliferone), plant acids (including valerianic acid), fatty acids, cyanogenic glycosides, salicylate derivatives, polysaccharides, choline, amino acids, tannin.

*Uses:* Insomnia, anxiety, digestive problems of nervous origin.

Modern research substantiates the use of chamomile as a remedy for a broad range of complaints. Chamomile flowers contain a beautiful blue volatile oil (azulene). Two of its components, bisabolol and chamazulene are powerful antiseptics. Chamazulene relieves pain, encourages wound healing, is anti-inflammatory and anti-spasmodic. Applied externally it promotes the recovery of burns and soothes eczema. A recent study shows that bisabolol speeds up the healing of ulcers and can prevent them occurring. In addition, bisabolol has also been shown to be anti-microbial. Another constituent, belliferone, has anti-fungal properties. This and chamazulene have been shown to be effective against thrush (*Candida albicans*) and tests using chamazulene showed it to kill the bacteria *Staphylococcus aureus*.

The tea has a sedative action, inducing sleep. In one American hospital, chamomile tea given to a group of 12 patients put ten of them to sleep within ten minutes. Herbalists use the relaxing effect of chamomile tea for restless or hyperactive children and in small amounts for teething babies. It can work in the same way by adding a strong infusion to bath water.

Chamomile is a famous remedy for digestive upsets, flatulence, heartburn, and diarrhoea. A German study shows that it acts on the smooth muscle of the intestine and uterus to relax spasms. So as well as for digestive problems, herbalists sometimes use this plant to relieve painful menstruation and for premenstrual migraines. The extracted oil diluted in a vegetable oil, rubbed on to the affected part, eases the pain of rheumatism and gout. A compress of chamomile flowers has been used to treat sciatica and

ointment containing the oil are antiseptic and soothing for itchy skin conditions like eczema. Steam inhalations can clear phlegm and help asthma and can cleanse the skin in cases of acne. A compress can treat cracked sore nipples and a tea is useful for sore gums and as an eyewash. Its flowers are frequently used in herbal preparations for the hair (such as shampoo and dye).

Roman chamomile (*Anthemis nobillis*) has many of the properties of German chamomile.

*CAUTION:* Large doses may cause vomiting.

## Ginger

Works in a way similar to capsicum, however, its action is primarily toward the pelvic areas and the extremities. Everyone is familiar with this spice, but very few realize it can make us healthier. It stimulates the circulatory system, is very good remedy for a sore throat, has a cleansing effect on the kidneys and bowels.

*Indications:* Colds, flus, lung complaints, sore throat, diarrhea, pains, cramps, spasms, indigestion, nausea, gas, mucus conditions, poor circulation, earache, dandruff, diarrhea, menstrual difficulties due to cold

## Ginseng

*Oriental ginseng (ARALIACEAE Panax ginseng), Chinese ginseng, Korean ginseng, Japanese ginseng.*

This is a tremendously valuable herb. In China they call Ginseng a cure-all. Excellent to build resistance against stress, both mental and physical. Has been considered by many people to slow the aging process.

*Parts used:* Dried root.

*Constituents:* About eleven hormone like saponins (called ginsenosides by the Japanese and panaxosides by the Russians), volatile oil, sterols, starch, sugars, pectin, vitamins B1, B2 and B12, choline, fats, minerals (including zinc, copper, magnesium, calcium, iron, manganese, vanadium).



*Uses - Medical:* As tonic, particularly for people weakened by disease, old age, or stress. Ginseng (in Chinese, "Renshen", meaning "man root") is the king of tonics. For centuries in the East, top-grade roots have been valued more than gold. There are many different grades of ginseng. Wild ginseng, particularly that from Manchuria, is considered the best but is phenomenally expensive. Cultivated ginseng comes in two varieties, white and red. The red is cured by steaming which gives it its colour and reputedly a warmer nature than the white. Most Korean ginseng is of the red variety and is stronger or more yang in nature than that from China.

Unfortunately, the fame of ginseng has led to misconceptions about its use and to low grade or adulterated products being sold as ginseng in the West. Despite its Latin name *Panax*, meaning panacea, it is not universally applicable in every illness. It should not be taken during acute inflammatory disease or bronchitis since it can drive the disease deeper and make it worse. Moreover, in China, ginseng is rarely used on its own, but is usually combined with other herbs, such as licorice or Chinese dates, which temper its powerful nature. Ginseng is best taken by someone made weak by disease or old age.

Modern research reinforces traditional views about ginseng. The several hormone-like substances in the plant are thought to account for its simultaneously sedative and stimulating (adaptogenic) effect on the central nervous system. Experiments in Russia carried out since 1948 indicated that ginseng improved concentration and endurance. The effect of ginseng on nurses in a London hospital in another experiment was similar. An often quoted work by the American scientist Siegal, entitled *Ginseng Abuse Syndrome*, (GAS), apparently compromising the safety of ginseng has recently been demonstrated to have little or no foundation.

American ginseng (*Panax quinquefolium*) is considered by the Chinese to be less stimulating and warming than their own indigenous variety. It contains some but not all of the same ginsenosides. San Qi ginseng (*Panax pseudoginseng*)

is probably the most important wound-healing herb in the Chinese pharmacopeia. It has been used successfully to treat angina pectoris. Siberian ginseng (*Eleutherococcus senticosus*) is reputed to have similar properties to oriental ginseng.

## **Globe Artichoke - (*Cynara scolymus*)**

*Parts used:* Flower heads, leaves, root.

*Constituents:* A bitter principle (cynarin and sesquiterpene lactones), flavonoids including scolymoside, inulin, cynaropicin and several enzymes, taraxasterol, sugars, and a volatile oil.

*Uses:* Liver and kidney complaints; arteriosclerosis.

The flower heads of this plant are a common vegetable, but the rest of the plant provides excellent herbal medicine. Two components, cynarin and scolymoside, have been shown to stimulate bile secretion which accords with the traditional use of this remedy for treating sluggish livers and debilitated digestions. Cynarin has also been demonstrated to lower both cholesterol and triglyceride levels in the blood which explains why in Europe the plant is widely used to treat arteriosclerosis. The herb is also diuretic, and is used to treat kidney diseases and protein in the urine.

## **Golden Rod - (*Solidago canadensis*)**

*Woundwort, Aaron's rod*

*Parts used:* Flowering tops, leaves.

*Constituents:* Saponins, flavonoids, tannins, essential oil.

*Uses:* Urinary and kidney infections and stones; catarrh.

Good for kidney and urinary infections and stones, golden rod also helps to ease backache caused by these conditions. Because of its cleansing and

eliminative action, it can also be used to treat arthritis. Its tannins make it a useful remedy for diarrhoea. In North America, it has a reputation for clearing upper respiratory mucus.

## **Golden Seal**

*Yellow root, orange root, Indian turmeric, eye root.*

*Parts used:* Rhizome and root.

*Constituents:* Alkaloids (hydrastine and berberine, also canadine and others), resin, volatile oil.

*Uses:* Inflammation of the digestive system.

Golden seal is a famous North American Indian medicine. It is one of the most effective herbal remedies for inflamed and cattarrhal conditions of the mucous membranes. It is invaluable in treating peptic ulcers and strongly stimulates the secretion of bile. An infusion makes an effective douche for trichomonas and thrush (*Candida albicans*). A mouthwash or gargle of golden seal is good for infected gums and sore throats. It is an ingredient in many soothing and healing eye lotions and eardrops. An external wash is highly effective in eradicating skin infections or sores, particularly impetigo or ringworm, although it stains the skin yellow. Modern research confirms the plant's potential. The plant's major alkaloids hydrastine and berberine are sedative and tend to lower blood pressure. Both exhibit a strong antibacterial and even an anti-viral action.

*CAUTION: Berberine stimulates the uterus. Do not use golden seal during pregnancy.*

This herb is most valuable because it is a remedy for scores of ailments. Here are just a sample: Bladder infections, Bronchitis, Cankers, Coughs, Colds, Earaches, Inflammations (pancreas), Mouth sores, Mucous membranes, Nasal passages, Ulcers, and the list goes on. This is an expensive herb, but ask anyone that has ever used Golden Seal and they will tell you it is well worth it. When used to treat extreme infections, combine with Echinacea in a 50/50 mixture and use Cayenne as a catalyst to expedite the results.

*Indications:* Infections, inflammations, ulcers, flus, fevers, hemorrhoids, leucorrhoea, bladder infections, dysentery, constipation, colitis, heartburn, indigestion, liver congestion, cancer.

## **Gota Kola**

Gota Kola is known as the "Memory" herb. It stimulates circulation to the brain. Considered to be one of the best nerve tonics. Many people use Gota Kola to increase the learning ability. In my own experience with my grandfather I discovered it would relieve many of the symptoms of senility when used daily as a tea.

## **Gravel Root**

Excellent remedy for gravel and stones of the kidneys and bladder.

## **Greater Celandine - (Chelidonium majus)**

*Parts used:* Aerial parts.

*Constituents:* Orange latex containing about ten alkaloids including chelidonine, chelerythrin, protopine, sanguinarine, saponin.

*Uses:* Gallbladder disease and stones.

Greater Celandine is an excellent remedy for stimulating the liver and gallbladder as well as being specific for infections of the gallbladder and gallstones. The plant has narcotic properties and is reputed to have an anticancer activity. The external application of the orange latex to warts is an old and often successful folk remedy.

*CAUTION: Poisonous in large doses. RESTRICTED.*

## **Grindelia - (Grindelia camporum)**

*Gumplant, tarweed, rosinweed*

*Parts Used:* Aerial parts.

*Constituents:* Resin (around 20%), volatile oil, saponins (including grindelin), alkaloid, tannins, selenium.

*Uses:* Asthma and bronchitis.

Grindelia is antispasmodic and expectorant, and particularly valuable for treating asthma and bronchitis because of its ability to relax the bronchi and expel phlegm from the airways. It should be used regularly in small doses. Grindelia slows a rapid heart rate and its antispasmodic effect also extends to the arteries so that it tends to lower blood pressure. It may also be used in asthma of cardiac origin. Grindelia can be used to relieve hayfever. Externally it is soothing to insect bites and for poison-ivy rash.

*CAUTION:* Large doses are toxic. Use as directed by a qualified practitioner.

## **Hawthorn**

Hawthorn is highly regarded for its benefit to the heart. It is used to strengthen and regulate the heart. Good for people under stress. Useful in treating high and low blood pressure. Very effective in relieving insomnia.

*Indications:* Heart weakness, aging heart problems, palpitations, angina, high and low blood pressure, arrhythmia, insomnia, food stagnation, valvular insufficiency, arteriosclerosis, poor digestion

## **Heather - (Erica vulgaris)**

*Heath, ling.*

*Parts used:* Fresh flowering tops.

*Constituents:* Alkaloid, arbutin, citric and fumaric acids, volatile oil, tannin, flavonoids, carotene.

*Uses:* Urinary disease.

Heather has a long history of use in traditional medicine. It has a reputation as a mild sedative, but its most important property for modern herbalists is its action as a urinary antiseptic, due

to the arbutin it contains (see Uva Ursi), it is also employed to treat gout and rheumatism. A bath of heather water can help to relieve rheumatic pains. Numerous other decorative species of heather are available to the gardener.

## **Holy Thistle**

*Blessed Thistle*

This plant is very soothing to the brain and strengthens the memory capacity. One of the best known remedies for migraine headaches. When taken, it goes to work cleansing the blood. Especially good for liver, lung and kidney.

## **Honeysuckle - (Lonicera periclymenum)**

*Parts used:* Aerial parts.

*Constituents:* Mucilage, glucoside, salicylic acid, invertin.

*Uses:* For skin infections.

This sweet-smelling shrub was once used extensively in medicine but is now valued mainly for its perfume. There are many different species, most of which are prized by gardeners for their fragrance. They include *L. caprifolium*, the Italian honeysuckle, *L. tartarica*, from Siberia, and *L. xylosteum* from Asia and eastern Europe.

## **Hops - (Humulus lupulus)**

*Parts used:* Dried female strobiles.

*Constituents:* Volatile oil, up to 1%, (comprising mostly humulene, myrcene, B-caryophyllene and farnescene), plus over 100 other compounds including geraniol, linalool, citral, linionene and serolidol; also a bitter resin complex (3-12%) which includes valeronic acid, lumulone, and lupulone. The oil and bitter resins together are known as lupulin. In addition, condensed tannins; flavonoid glycosides (astralagin, quercitrin, rutin); fats; amino acids and oestrogenic substances; asparagin.

*Uses:* Insomnia, nervous tension, gastrointestinal spasm.

Observing the tendency of hops to intertwine around willows and other trees, Pliny called the plant "willow wolf" from which it gained its Latin name *lupulus*. Although the use of hops in brewing was known since Roman times, their widespread introduction was resisted, particularly in England, until the 17th century. During the reign of Henry VIII, parliament was petitioned against the hop as "a wicked weed what would spoil the taste of the drink and endanger the people". After the introduction of hops into brewing, the drink flavoured in the old way with plants such as costmary and ground ivy was known as ale, while that brewed with hops was given the German name "bier".

Hops have been used as a medicine for at least as long as for brewing. The flowers are famous for their sleep inducing sedative effect, whether drunk as a tea or slept on as a hop pillow (probably due to the valeronic acid, resin and oil). The volatile oils released while sleeping on a hop pillow probably affect the brain directly through its olfactory centre.

Modern research shows that hop extracts relax smooth muscle, especially that of the digestive tract. Hops are therefore used in combination with other herbs to treat such disorders as irritable bowel syndrome, Crohn's disease and nervous stomach. The ability of hops to relax and soothe is complemented by the antibacterial activity of components lupulone and humulone, which reduce inflammation, and the plant's overall bitter- tonic effect. This hops can allay infection of the upper digestive tract which may play a significant role in provoking gastric and duodenal ulcers.

Female hop pickers can suffer disruption or complete absence of menstruation due to the absorption of the oil through their hands. This is due to the oestrogenic principles in hops, and accounts for its traditional anaphrodisiac effect in men. The hormonal properties of hops

probably account for its use in skin creams and lotions, marketed for their alleged skin-softening properties. The asparagin in the plant gives it some diuretic effect.

Valuable for those with insomnia. Will produce sleep when nothing else will. Has been used successfully to decrease the desire for alcohol. Will tone liver.

*CAUTION:* The pollen from the strobiles may cause contact dermatitis. Because of the sedative effect, hops are not recommended in the treatment of depressive illness.

## **Horseradish - (*Cochlearia armoracia*)**

*Armoracia rusticana*

*Parts used:* Fresh root.

*Constituents:* Sinigrin (a glycoside which combined with water yields mustard oil), vitamin C, asparagin, resin.

*Uses:* Horseradish is a powerful circulatory stimulant with antibiotic properties due to the mustard oil it contains. It is effective for lung and urinary infections because mustard oil is excreted through these channels. Its diuretic effect is due to asparagin. It is taken internally for gout and rheumatism. The root must be used fresh; you should grate it outside (to avoid getting the acrid essential oil in the eyes) and combine it with cider vinegar and honey. Use it externally as a poultice for rheumatic joints and to stimulate blood flow.

*CAUTION:* Overuse may blister the skin. Do not use it if your thyroid function is low or if taking thyroxine.

## **Horsetail - (*Equisetum arvense*)**

*Mare's tail, shave grass, bottlebrush, pewterwort.*

*Parts used:* Aerial parts.

*Constituents:* Silica (up to 70% in soluble form), saponins (including equisetonin), traces of alkaloids (nicotine, palustrine and palustrinine),

flavonoids, manganese, potassium, sulphur, magnesium, tannin.

*Uses:* Urinary infections and stones; lung complaints and arteriosclerosis.

Horsetail is rich in minerals, especially silica. Therefore, it makes for strong fingernails and hair, good for split ends. Studies have shown that fractured bones will heal much faster when horsetail is taken. Good for eyes, ear, nose, throat and glandular disorders.

In prehistoric times horsetail grew as high as trees; though smaller in size, the modern descendant is a potent medicinal plant. The herb is a major source of silica, and so it was regularly prescribed for lungs damaged by TB. The plant is a storehouse of minerals and is recommended in cases of anaemia and general debility. Horsetail tea is good for broken nails and lifeless hair. It is also useful when white spotting occurs on the nails (a symptom said to indicate a calcium imbalance in the body). Its silica encourages the absorption and use of calcium by the body and also helps to guard against fatty deposits in the arteries. Horsetail's astringent action stops bleeding, making it valuable for treating stomach ulcers. It has a mild diuretic effect but its astringency makes it useful in the treatment of bedwetting in children. It is also used to treat an inflamed or enlarged prostate, cystitis and urinary stones.

## **Hydrangea**

Excellent for backaches caused by kidney trouble. Valuable in bladder troubles. Works wonderfully for those with severe rheumatism.

## **Hyssop - (Hyssopus officinalis)**

*Parts used:* Flowering herb.

*Constituents:* Volatile oil (up to 2%, comprising mainly pinocamphone, isopinocamphone, pinenes, camphene, and terpinene as well as over 50 other compounds), a glycoside (hyssopin), tannin (up to 8%), flavonoids, insoluble acid, oleonic acid, a bitter

substance (marrubiin), resin, gum.

*Uses:* Colds, flu, bronchitis, upper respiratory catarrh; bruises and burns.

Hyssop comes from the Hebrew name Esob, and the plant is mentioned many times in the Bible. Hippocrates recommended hyssop for chest complaints and today herbalists still prescribe it for a range of respiratory disorders such as influenza, colds and bronchitis. The bitter principle in the plant, marrubiin (also present in white horehound), has expectorant qualities. Hyssop extracts have exhibited antiviral activities (especially against the Herpes simplex virus that causes cold sores). Used externally, hyssop is also good for treating burns and bruises.

Here's another herb that has a score of beneficial effects on the body. Valuable for asthma. Excellent blood regulator. It has a splendid effect on the mucus lining of the stomach and bowels. Good remedy for any eye trouble, apoplexy.

*CAUTION:* Small doses only should be used: consult a qualified practitioner.

## **Jamaican dogwood - (Piscidia erythrina)**

*Fish-poison tree, fish fuddle.*

*Parts used:* Bark.

*Constituents:* Alkaloid, glycosides (piscidin, jamaicin, ictthyone); flavonoids; plant acids; a saponin; glycoside; tannin.

*Uses:* Insomnia, neuralgia, toothache, spasmodic dysmenorrhoea.

In South America, the pounded leaves and young branches of this tree are used to stupefy fish so they can easily be caught. But the chemicals in the plant are only poisonous to cold-blooded creatures. Its toxicity has been reported low in most animals and an extract of the plant has been shown to be sedative in cats. It also has an antispasmodic effect on smooth muscle. The main herbal use is

as a sedative and painkiller. It is useful to treat insomnia, neuralgia and menstrual cramping. Scientific reports also indicate that Jamaican dogwood can calm the cough reflex and reduce fevers, which provides two further therapeutic possibilities.

### **Juniper - (Juniperus communis)**

*Parts Used:* Berries (the female cone).

*Constituents:* Volatile oil (major components pinerie, myrcene, sabinente, also limonene, terpinene, camphene and thujone), sugars, vitamin C, flavonoids, resin, gallotannins.

*Uses - Culinary:* To flavour gin and liqueurs.  
*Medical:* Cystitis, for rheumatism and gout.

A great herb to be used for kidney ailments. Helps the removal of waste products from the bloodstream. Excellent as a preventive for all disease.

Due to their oil, juniper berries are a potent diuretic, imparting to the urine a smell of violets. The oil is antiseptic, making the plant valuable in treating cystitis and urethritis. Juniper berries are a warming tonic for debilitated digestions and help relieve flatulence. Chewed, the berries sweeten the breath and heal infected gums. External frictions of the diluted essential oil ease neuralgia, sciatica and rheumatic pains. Steam inhalations of the berries are an excellent treatment for colds, coughs and excessive phlegm.

*CAUTION:* Do not use juniper during pregnancy or where there is kidney disease. The internal use of the volatile oil is dangerous and only for professionals.

### **Kava Kava**

Will induce sleep and help nervousness. When taken as a tea at night one will get a deep, restful sleep.

### **Kelp**

Has a high content of natural plant iodine, for proper function of the thyroid. Iodine also is needed because it helps fight infection. Kelp has high levels of natural calcium, potassium, and magnesium (excellent for nails and hair).

### **Lady's Slipper - (Cypripedium pubescens)**

*Yellow lady's slipper, nerve root*

*Parts used:* Dried root.

*Constituents:* Volatile oil, glucosides, resins, tannins.

*Uses:* To calm nervous tension, for headaches, cramps.

The North American Indians use this root for nervous diseases and to allay pain. It relaxes and calms nervousness and tension. The plant provides a gentle and effective treatment for nervous headaches; it quiets anxiety, and promotes sleep. It also eases muscle and menstrual cramping. Recently lady's slipper has become difficult to obtain. It is a protected species.

Lady's Slipper is a highly effective remedy for recurring headaches. For liver or stomach problems. Lady's Slipper combined with Camomile is an effective remedy. Appendicitis.

*CAUTION:* Large doses can cause headaches and disorientation. The fresh plant can cause contact dermatitis.

### **Lavender - (Lavandula officinalis)**

*Parts used:* Dried flowers.

*Constituents:* Volatile oil (up to 1.5%, containing linabol, linalyl acetate, lavendulyl acetate, terpinenol, cineole, camphor, borneol, pinene, limonene), tannins, coumarins (coumarin, umbelliferone, hemiarin), flavonoids, triterpenoids.

Spike lavender (*L. latifolia*) contains an oil rich in cineole and camphor.

*Uses:* Burns, stings, headache, coughs, and colds.

One of our best loved scented herbs, lavender or its oil is also one of the best remedies for burns and stings. It is excellent, too, for helping to heal cuts and has a strong antibacterial action. It has many other uses. Herbalists use the oil to kill the diphtheria and typhoid bacilli as well as streptococcus and pneumococcus. Lavender has traditionally been used to treat chest infections, coughs, and colds, either as an infusion or a steam inhalation. It has sedative properties and is good for calming anxiety and tension, as well as relaxing spasms of the digestive tract. An infusion is good for nervous headaches and a few drops of the oil used in a massage oil will help relax muscles and ease neuralgic and rheumatic pain. A strong infusion used as a douche is effective for leucorrhoea. Excellent combined with other herbs that have a strong taste.

*CAUTION: Lavender oil should only be taken internally under supervision.*

### **Lemon Balm - (*Melissa officinalis*)**

*Bee balm, melissa, sweet balm.*

Perennial herb. All Zones. To 2 ft. Light green, heavily veined leaves with lemon scent. White flowers unimportant. Shear occasionally to keep compact. Spreads rapidly. Grow in rich, moist soil, in sun or part shade. Very hardy. Propagate from seed or root divisions. Self-sows. Leaves used in drinks, fruit cups, salads, fish dishes. Dried leaves help give lemon tang to sachets, potpourris.

*Parts used:* Fresh leaves, picked just before flowering.

*Constituents:* Volatile oil (up to 0.2%, comprising citral, citronellal, eugenol acetate, geraniol and other components), polyphenols, tannin, flavonoids, rosmarinic acid, triterpenoids.

*Uses:* For colds, flu, depression, headache and indigestion.

The great Moslem physician Avicenna recommended this plant because "it makes the heart merry" and to this day the herb and the isolated oil used in aromatherapy are recommended for nervousness, depression, insomnia, and nervous headaches. The volatile oils in the plant (particularly citronellal) have a sedative effect even in minute concentrations. No wonder that the plant was an important ingredient in Medieval cordials, distilled to strengthen the heart and lift the spirits. Lemon balm is also an excellent infusion to take after meals, easing the digestion and relieving flatulence and colic. Scientific research now supports this use, since the oils (particularly eugenol) have antispasmodic activities. Oil of balm also has an antihistaminic activity which encourages use of the plant to help allergic sufferers such as those with eczema. In fact, aromatherapists and herbalists use the diluted oil as a massage for this purpose. Another important medicinal use of lemon balm is to promote menstrual periods and ease period pains.

Hot infusions of lemon balm are sweat inducing, useful for treating colds and flu. Lemon balm has antiviral properties effective against mumps, cold sores (*Herpes simplex*), and other viruses. It is thought that both the polyphenols and tannin present in the plant are responsible for this effect. When used in infusion, however, lemon balm is best used fresh or freeze-dried because the volatile oils in the leaves tend to disappear during the drying process. Balm oil has been reported to be antibacterial too.

### **Lemon Verbena - *Aloysia triphylla* (*Lippia citriodora*).**

Deciduous or partially evergreen herb-shrub. Zones 9, 10, 14-24. Borderline hardy as far north as Seattle if planted against warm wall. Legginess is the natural state of this plant; it's the herb that grew like a gangling shrub in grandmother's garden. Prized for its lemon-scented leaves. Used

in potpourri, iced drinks; leaf put in bottom of jar when making apple jelly. Grows to 6 ft. or taller; narrow leaves to 3 in. long are arranged in whorls of 3 or 4 along branches. Bears open clusters of very small lilac or whitish flowers in summer. By pinch-pruning, you can shape to give interesting tracery against wall. Or let it grow among lower plants to hide its legginess. Give full sun, good drainage, average water.

## **Licorice - (*Glycyrrhiza glabra*)**

*Parts used:* Roots and runners.

*Constituents:* Glycyrrhizin, flavonoids, isoflavonoids, chalcones, coumarins, triterpenoid saponins, sterols, starch, sugars (up to 14%), amino acids, amines (asparagine, betaine, choline), gums, wax, a volatile oil.

*Uses - Culinary:* As flavouring in confectionery.

*Medical:* Sore throats, coughs, heartburn, ulcers, colic.

Licorice is one of the most commonly used herbal remedies because it has the ability to harmonize and blend all the other herbs in a prescription and is useful to mask the taste of many bitter remedies (glycyrrhizin is 50 times sweeter than sugar).

However, licorice is itself a most valuable medicine. In the body glycyrrhizin yields glycyrrhetic acid, which has a similar structure to the hormones of the adrenal cortex. This may explain why licorice demonstrates potent anti-inflammatory and antiarthritic effects similar to cortisone. There is a case on record of a woman with failure of the adrenal cortex who was supported solely on a regular intake of licorice. The adrenal-like effect of licorice also makes it anti-allergic.

Licorice is a valuable remedy for the digestive system. It is gently laxative and lowers stomach-acid levels, so relieving heartburn. It has a remarkable power to heal stomach ulcers because it spreads a protective gell over the stomach wall and, in addition, it eases spasms of the large

intestine. Licorice can neutralize many toxins such as those of diphtheria and tetanus. It also increases the flow of bile, and lowers blood cholesterol levels. In addition it has a marked ability to reduce irritation of the throat (similar to codeine) and yet has an expectorant action. It is also effective in helping to reduce fevers (glycyrrhetic acid has an effect like aspirin). In addition, evidence now exists that licorice is antibacterial, and has a possible oestrogenic effect.

This herb works as a mild laxative. Will strengthen both heart and circulatory system. Helps put vitality into the body. Has been used successfully for the throat and injured throat muscles.

*CAUTION:* The action of licorice is like that of the hormone ACTH, causing retention of sodium and potassium and a rise in blood pressure. Although the plant contains asparagine which acts to counter this tendency, avoid licorice if you have high blood pressure or kidney disease or are pregnant. Avoid prolonged use of large doses.

## **Lobelia - (*Lobelia inflata*)**

Lobelia is the most powerful relaxant in the herb kingdom. Lobelia is an antispasmodic. It relieves spasms in a way that no other herb can perform. It is one of the herbs most helpful to correct obstruction of a prostate nature, and it also relieves swelling. A low estimate would be 50 ailments Lobelia could help. A few of the most beneficial would be Allergies, Bronchitis, Colds, Coughs, Headaches and Migraine Headaches, abscesses.

*Indications:* Asthma, spasms and twitches, muscles tension, asthma, bronchitis, pneumonia, hiccough, whooping cough, relaxing respiratory passages, stop smoking, emetic, cough

## **Lungwort - (*Pulmonaria officinalis*)**

*Lycii berries, Wolfberry*

*Part Used:* Fruit.



This small, red, sweet-tasting berry strengthens the blood, treating anemia, dizziness, poor eyesight, night blindness, blurred vision, tuberculosis and thirst. It also alleviates sore back, knees and legs and helps impotence, seminal and nocturnal emission, leukorrhea and reproductive secretions. It is very high in beta-carotene.

*Indications:* Anemia, dizziness, night blindness, blurred vision, tuberculosis, impotence, seminal and nocturnal emission, leukorrhea

## **Malva Flowers**

This herb can help to soothe inflammation in the mouth and throat. Helpful for earaches.

## **Mandrake**

There is no better herb for chronic liver problems. Mandrake is very useful in regulating the bowels.

## **Marigold - (*Calendula officinalis*)**

*Marybud, bull's eyes*

*Parts used:* Flowers.

*Constituents:* Carotenoids, resin, essential oil, flavonoids, sterol, bitter principle, saponins, mucilage.

*Uses - General:* Skin creams, culinary Dye for butter of cheese; leaves in salads; tea.

*Medical:* First aid, ulcers, painful periods.

Marigold, in the same family as arnica, displays many of its wound-healing properties. It is antiseptic and antibacterial promoting healing so that a compress or poultice of the flowers is excellent first aid for burns, scalds, stings and impetigo. A compress is useful to treat varicose veins and chilblains, while a cold infusion may be used as an eyewash for conjunctivitis. Marigolds are also antifungal and so can help to cure thrush (*Candida albicans*). The sap from the stem has a reputation for removing warts, corns and callouses. Marigold flowers are an excellent remedy for inflamed or ulcerated conditions,

whether used externally as in varicose ulcers (use a poultice) or internally to treat gastritis, gastric, or duodenal ulcers. It is a useful digestive remedy because it stimulates the flow of bile. Marigolds are called after the Virgin Mary, a fact which may be connected with the ability of marigold infusions to allay painful menstruation and bring on delayed periods.

*CAUTION:* Avoid during pregnancy.

## **Marsh woundwort - (*Stachys palustris*)**

*Parts used:* Aerial parts

*Uses:* For gout, cramp, and other pains in the joints.

This plant had a strong reputation as a healer in the sixteenth century and adherents of traditional medicine still use a bruised woundwort leaf to stop bleeding. But the plant is used by modern herbalists for its antispasmodic properties, particularly for cramping pains. The closely related hedge woundwort (*S. sylvatica*) also has a healing reputation.

## **Marshmallow**

Does much to help heal and soothe inflamed areas of the body. Works well for poor kidneys and bladder. For urinary problems, Marshmallow is useful.

*Indications:* Tuberculosis, cough, diabetes, dryness and inflammation of the lungs, kidney stones and inflammation, bladder infections, whooping cough, internal bleeding, malnutrition, wounds, burns, skin eruptions, ulcers, gastritis, increases mother's milk

## **Milkweed**

A most trusted remedy for female complaints. Will increase the flow of urine. Works well for bowel and kidney trouble. Asthma.

## **Motherwort - (*Leonurus cardiaca*)**

*Parts used:* Aerial parts.

*Constituents:* Alkaloids (including leonurinine and stachydrine), bitter glycosides (leonurine and leonuridin), tannins, a volatile oil, vitamin A.

The English name indicates an important use of this herb as a sedative particularly valuable in treating the anxiety after childbirth or at the menopause. This effect is thought to be due to the glycosides which also seem to have a short-term ability to lower blood pressure.

The Latin name, *cardiaca*, derives from the Greek word for heart. Since ancient times, motherwort has been used to treat palpitations and rapid heart beat, especially when associated with anxiety. Chinese herbalists also use motherwort for its diuretic properties. Motherwort is invaluable for treating absent or painful periods particularly when the flow is scanty. It can help regulate menstruation and treat functional infertility.

*CAUTION: The alkaloid stachydrine has the effect of hastening childbirth, so the herb should not be taken during pregnancy. Chinese research on *Leonurus heterophyllus*, a relative of the European motherwort, showed that decoctions of the plant were as effective as the drug ergotamine in causing the uterus to contract after delivery.*

This is one of the most wonderful remedies for suppressed menstruation and other female troubles. If one has a chest cold, great results come from taking Motherwort. Complaints of nervousness can be relieved with this herb. Indications: all menstrual disorders, postpartum pain, abdominal masses, infertility, swellings, nervousness, cardiac tonic, palpitations, cramps, gas, insomnia, heart problems, tachycardia

## **Mugwort - (*Artemisia vulgaris*)**

*Moxa, St. John's herb.*

*Parts used:* Aerial parts.

*Constituents:* Volatile oil, bitter principle (absinthin), flavonoids, tannin.

Used by women since ancient times, in the west mugwort is held to provoke delayed or absent periods, and is therefore said to be contra-indicated in pregnancy. In China, however, it has been used to prevent miscarriage. Mugwort helps to regulate periods and stop pain and like wormwood was used externally as a compress to speed up the birth process and to help expel the afterbirth. Like wormwood, it also activates the digestive process and stimulates the liver. In China, in the form of moxa, it is burnt on or near the skin to alleviate rheumatic pains caused by cold and damp. Both in China and Europe it is also used externally to treat rheumatism and gout.

*CAUTION: Mugwort's use during pregnancy should be avoided except as prescribed by a qualified herbal practitioner. Avoid prolonged use and large doses.*

This herb can relieve rheumatism and gout. It is a kidney and bladder helper. Abscesses. For female trouble, especially suppressed menstruation, splendid results are received from Mugwort herb.

*Indications:* Menstrual and abdominal pain, excessive menstrual bleeding, nosebleeds and spitting blood - all from coldness; preventative to miscarriage, calms the fetus, parasites and worms, colds, flu, insomnia, nervousness, pain, dreams, rituals

## **Mullein**

Mullein is high in iron, magnesium and potassium. Splendid for entire respiratory system. Asthma. Helps pulmonary ailments. Strengthens sinuses. Allows for free breathing. Mullein is very effective in relieving swollen joints.

## **Myrrh - (*Commiphora molmol*)**

*Parts used:* Gum-resin

*Constituents:* Volatile oil, about 8%, (containing heerabolene, limonene, dipentene, pinene, eugenol, cinamaldehyde, cuminaldehyde, etc.), resins, up to 40% (including commiphoric acids), gum (about 50%).

*Uses:* Sore throats and infected gums: thrush (*Candida albicans*); athlete's foot.

Since ancient times myrrh has been the herbalist's cleansing agent, countering putrefaction and poisons throughout the body. Its antifungal, antiseptic and astringent action makes it a major ingredient of gargles and mouthwashes, and a useful agent for treating thrush (*Candida albicans*) and athlete's foot. It also stimulates the circulation and is expectorant.

Myrrh has been with us for thousands of years. This was one of the precious spices brought to our Lord Jesus when he was born. Cleans colon and brings order to the digestive system. Removes bad breath. Has been called the herbal breath freshener. Sinus problems that have been with people for years, have improved with the use of Myrrh. Asthma.

## **Nettle Herb**

It is an excellent remedy for kidney trouble. This herb, in combination with Seawrack, will bring splendid results in weight loss. Nettle tea is good for fevers and colds. Most excellent remedy for dandruff, and will bring back the natural color of hair.

*Indications:* Arthritis, rheumatism, asthma, eczema, skin eruptions, hemorrhage, low energy, stopped urine, gravel, kidney and bladder infections. Backache.

## **Nutmeg**

Nutmeg is probably in most kitchens, used as a seasoning. But nutmeg also can be used to help the body by preventing gas and fermentation in the stomach.

## **Oak - (*Quercus robur*)**

*Parts used:* Bark

*Constituents:* Up to 20% tannin, gallic acid, ellagitannin.

*Uses:* Sore throats, piles, varicose veins and bleeding.

Oak bark is a powerful astringent, possessing the therapeutic qualities of plants rich in tannins. It was once generally used in the leather industry for tanning. The powdered bark used as snuff is good for nosebleeds. As a gargle, a decoction is excellent for throat infections. Taken internally, oak bark stops the acute diarrhoea of gastroenteritis. Used as a douche it is useful for leucorrhoea, and as an ointment for piles. Externally a cold compress is good for burns and cuts.

## **Oregano - (*Origanum vulgare*)**

*Wild marjoram*

*Parts used:* Leaves.

*Constituents:* Essential oil (comprising thymol, organene, and carvacrol), bitter principles, tannic acids, resins.

*Uses:* With many meats, stuffings, and Mediterranean dishes such as pizza.

Like its close relative marjoram, oregano is widely used in cooking. It was once also used to flavour beer. Like marjoram it is an aid to digestion.

## **Oregon Grape Root - (*Mahonia aquifolium*)**

*Berberis aquifolium, Mountain grape, Rocky Mountain grape, holly leaved barberry.*

*Parts used:* Root and rhizome.

*Constituents:* Alkaloids (berberine, berbamine, oxyacanthine, and herbamine).

*Uses:* Liver and gallbladder complaints and chronic

skin disease.

Oregon grape root has a considerable reputation as a blood purifier, cleansing the tissues and blood of toxins and waste products. Its bitter components stimulate the liver and gallbladder and are tonic to the digestion and mildly laxative. It is used for skin diseases such as psoriasis, eczema, acne, and cold sores. This herb draws toxins from the blood, thereby cleansing the blood. Useful in helping rheumatism.

*Indications:* Hepatitis, jaundice, gallstones, constipation, skin diseases, cancer, tumors, arthritis.

*CAUTION:* Like barberry bark and golden seal which also contain the alkaloid berberine, this herb should not be used during pregnancy.

## Origanum

Will help rid poisons from the body. Expels gas from stomach and bowels. This herb is very strengthening to the stomach in general. It is excellent for relieving a sour stomach.

## Parsley

Parsley is extremely high in iron. It has more iron than any other green vegetable. Parsley is excellent for removal of kidney and gallstones if they're not too large. For ailments of the liver, parsley does well. Good tonic for blood vessels, capillaries, arterioles.

*Indications:* Edema, frequent urination, bedwetting, bladder and kidney infections, indigestion, gas, intestinal worms, stones, delayed menses, menstrual water retention and swollen breasts

## Passion Flower

Is a pure and natural, mild sedative. Very relaxing. Useful to calm nerves and blood pressure. A deterrent for alcoholism.

## Peach

Has a splendid influence over the body's nervous system. Has nice soothing effect. Excellent for bladder and uterine troubles. Will relieve water retention.

## Pennyroyal - (Hedeoma pulegium)

*European pennyroyal, pudding grass, lurk-in-the-ditch*

*Parts used:* Flowering herb

*Constituents:* Volatile oil (up to 1% comprising mainly pulegone, also menthone etc), tannins.

*Uses:* As an insect repellent and for the flu.

The Latin name derives from pulex (flea) because of pennyroyal's power to repel fleas and other insects. The herb in a hot infusion has always been used by herbalists for colds as it promotes sweating. *Hederoma pulegoides* (American pennyroyal) has the same properties.

A wonderful herb to relieve high fevers. Brings on perspiration allowing for good circulation. Excellent remedy for toothaches; also the gout. Useful for skin diseases. The chest and lungs benefit from Pennyroyal too. Backache.

*Properties and Uses:* Carminative, diaphoretic, emmenagogue, sedative. Pennyroyal was commonly used in nineteenth-century medicine to induce perspiration at the beginning of a cold and to promote menstruation. It was taken also with brewer's yeast to induce abortion. It is helpful against nausea and nervous conditions but should not be taken during pregnancy. American Indians used pennyroyal tea for headache and for menstrual cramps and pain. The tea also makes a good external wash for skin eruptions, rashes and itching.

*Preparation and Dosage:*

*Infusion:* Use 1 tsp. herb with 1 cup water. Take 1 to 2 cups a day.

*Tincture:* Take 20 to 60 drops at a time, as needed. For children, give small, frequent doses.

*CAUTION: Pennyroyal promotes menstruation, and should never be used by pregnant women or if pregnancy is suspected. The oil taken internally can be highly toxic and should only be used as prescribed by a qualified herbalist. There are a number of cases of the deaths of women who tried to procure abortions by taking the oil.*

## **Peony**

Is very beneficial for kidney and bladder problems. The herb is very potent -- Use in *SMALL DOSES*

## **Peppermint - (Mentha piperata)**

Everyone who drinks coffee should replace it with a cup of Peppermint tea. Coffee brings so many harmful effects to the body. It weakens the heart, is bad for the digestion, and can cause constipation. However, Peppermint has a very good taste, and is a most splendid remedy for headaches. If more people used Peppermint they would find their entire system working more normally.

*Indications:* Colds, flus, fevers, headache, indigestion, gas, colic, nausea

## **Periwinkle**

Periwinkle tea can be used for nervous conditions. Makes a good remedy for diarrhea.

## **Peyote - (Lophophora williamsii)**

*Peyotl (Aztec name), Devil's root, dumpling cactus, mescal button, pellote, sacred mushroom, medecine*

*Contains:* Mescaline, anhalamine, anhalonidine, peyotine, anhalonine, lophophorine, and possibly others.

Often confused with: (sophora secundiflora), lophophora which grows roughly in the same range as sophora (mescal bean), a hard red seed found on the woody, indehiscent pods of the evergreen bush

Sophora secundiflora. 1/2 bean, very intoxicating for a day, then you sleep 2-3 days. (1 bean = fatal dose). (called by Mexicans frijolillo)

In 1885, Dr. Valery Harvard, Capt./Asst. Surgeon stationed near Presidio, Texas wrote: "Of the abundant Cacti the most remarkable species... (Pellote) bearing a beautiful flower and used medicinally by Mexicans... was not before observed on this side of the Rio Grande... The fleshy part of the plant is used, and pieces are found in most Mexican houses. An infusion of it is said to be good in fevers. It is principally as an intoxicant that the Peyote has become noted, being often added to "tizwin" or other wild fermented native drinks to render it more inebriating. If chewed, it produces a sort of delirious exhilaration which has won for it the designation of "dry whiskey."

Medicinal Part: The plant

*Description:* Peyote is a succulent, spineless cactus which grows in the arid regions of southern Texas, Mexico and Central America. A thick taproot produces the globular or top-shaped, dull bluish-green plant, which is a 2 or 3 inches across and features from seven to thirteen vertical, more or less distinct ribs. One or more pale pink to white, funnellform flowers grow in the middle of the top, surrounded by long hair. The pinkish to red fruit is club-shaped and contains black seeds.

*Properties and Uses:* Cardiac, emetic, hallucinogenic, narcotic. The primary use for peyote is to induce visions in a ritualistic or religious context, particularly in American Indian tradition and formally, in the Native American Church. The hallucinogenic constituent of peyote is mescaline, an alkaloid which also acts to stimulate the heart and respiratory system but has narcotic effects in higher doses. Mescal buttons are sun-dried pieces of the plant; four to five buttons (215 to 230 grains) are enough to induce visions. A session with peyote produces a loss of the sense of time, partial anesthesia, relaxation of the muscles, dilation of the pupils and often nausea and vomiting. One Indian tribe used the root to treat scalp diseases

and as a hair tonic.

*CAUTION: Use with extreme care, and only under supervision of someone familiar with it.*

### **Pill-bearing spurge - (Euphorbia hirta)**

*E. pilulifera, Asthma weed, Queensland asthma weed, catshair*

*Parts used:* Aerial parts.

*Constituents:* Glycoside, alkaloid, triterpenoids, sterols, tannis.

*Uses:* Asthma

This common tropical plant causes relaxation of the bronchi, making it easier for asthmatics to breathe. It is also helpful for clearing upper-respiratory phlegm and hayfever. In the tropics it is used to treat amoebic dysentery.

*CAUTION: Although this is one of the few members of the spurge family not poisonous to humans, overlarge doses may cause nausea and vomiting.*

### **Plantain**

This herb is one of the best remedies for all cuts, any skin infections, and chronic skin problems. Because of its soothing properties, Plantain works well in a score of ailments. Useful for infections of all kinds, including ailments such as hemorrhoids and inflammations.

*Indications:* Urinary infections, insect bites and stings, wounds, burns, scrapes, hemorrhoids, infections and inflammations, ulcers, diarrhea, excessive menstrual discharge

### **Pleurisy Root - (ASCLEPIADACEAE Asclepias tuberosa)**

*Canada root, flux root, orange swallow-wort, tuber root, white root, windroot, milkweed, butterfly weed.*

*Parts used:* Root.

*Constituents:* Glycosides including asclepiadin, and possibly cardiac glycosides; volatile oil, resins. Wide range of respiratory complaints, specifically pleurisy.

Formerly official to the United States. One of the best herbs to break up a cold. Helps bronchial complaints. Asthma.

*Pharmacopeia.* This plant was revered as a healer by the North American Indians and called after the Greek god of medicine, Asclepias, by American doctors because of its power to save lives. Its powerful sweat-inducing and expectorant properties have ensured that it continues to be used for colds, flu, and respiratory problems.

*CAUTION: The fresh root may cause nausea and vomiting.*

### **Prickly Ash**

Increases circulation in the entire body. For complaints of rheumatism and arthritis, splendid results occur with this herb. Good for weak digestion. Makes a good blood purifier. Asthma.

### **Princes Pine**

This herb is well noted for producing diuretic action without irritant side effects. Prolonged use of this herb tea is said to dissolve bladder stones. Recommended for rheumatism and chronic kidney problems.

### **Psyllium**

One of the best colon cleansers among herbs. Lubricant to the intestinal tract. Removes putrefactive toxins from the intestines.

### **Purple coneflower - (Echinacea angustifolia)**

*Black samson, echinacea, rudbeckia, Missouri snakeroot*

*Parts used:* Dried root and rhizome.

*Constituents:* Essential oil (including humulene and caryophyllene), glycoside, polysaccharide, polyacetylenes, isobutylalkalamines, resin, betanin, inulin, sesquiterpene.

*Uses:* Immune enhancer; for skin diseases and general infections.

Herb valued by North American Indians and frontiersmen of the US, purple coneflower became a famed remedy for snake bite and for cleansing and healing suppurative wounds. Today herbalists regard it as one of the finest blood cleansers, especially for skin problems, such as boils and abscesses, associated with impure blood.

This herb is also an excellent remedy for tonsillitis, inflamed gums, and for mucus in the nose, sinuses, lungs, and digestive tract. Externally the plant is used to treat wounds or ulcers, where it reduces putrefaction and pain. A wash of purple coneflower can help relieve the unbearable itching of urticaria and this treatment is also good for stings and bites. The antibiotic effect of the plant has been scientifically verified.

Purple coneflower has a deserved reputation of enhancing the immune system. Research shows that it stimulates the production of white blood cells, which fight infection, and that the polysaccharide has an anti-viral activity. For this reason, the plant may be useful in treating viral infections such as glandular fever (mononucleosis) and post-viral syndrome (myalgic encephalomyelitis). There is also evidence to show that it is helpful for allergies.

## **Queen's delight - (*Stillingia sylvatica*)**

*Queen's root, yawroot*

*Parts used:* Root (not more than two years old)

*Constituents:* Volatile oil (up to 4%), acrid fixed oil, acrid resin (sylvacrol), tannins, calcium oxybate, cyanogenic glycosides, starch.

*Uses:* Respiratory complaints; skin diseases.

Once thought to be a reliable cure for syphilis (which it is not), Queen's delight is now used as a stimulating expectorant to treat bronchitis and laryngitis when the cough is harsh (the herb promotes the flow of saliva). In small doses it is laxative and diuretic; in large doses it is cathartic and emetic. It also has a considerable reputation as a blood cleanser for treating skin conditions.

*CAUTION:* Large doses of this herb can irritate mucous membranes and it should always be used with care.

## **Raspberry**

Raspberry is very high in minerals, and a source of vitamins. Very helpful for all female organs and problems. It will decrease the menstrual flow without stopping it altogether. Eases menstrual cramping.

*Uses - Leaves:* Anemia, pregnancy, childbirth, menstrual cramps and cycle regulation, hemorrhoids, diarrhea, dysentery, bleeding;

*Fruit:* Regulate menses, frequent urination, impotence, spermatorrhea, premature ejaculation

## **Red Clover**

One of the best herbs we have, because the body's entire system will benefit from Red Clover. EXCELLENT TO PURIFY THE BLOOD. If Red Clover is taken freely the results against acne and other skin problems will be amazing.

## **Rosehips**

Has very high content of Vitamin C. Is an infection fighter. Good for stress of all kinds. Researchers believe arteriosclerosis is a deficiency disease of Vitamin C.

## **Rosemary**

*Culinary notes:* Rosemary, an evergreen shrub of the mint family (also known as Rosa Maria) was famous "for strengthening the memory" as long as 2,000 years ago. This has made it the perfect

symbol of fidelity for lovers.

In medieval times, when incense was very costly, Rosemary was much used in religious ceremonies, for weddings, funerals and church holidays generally. It was also supposedly a powerful charm against witches and the "evil eye." Its lovely name joins two Latin words meaning "dew of the sea" because it thrives best where fogs roll in from the sea as along its native Mediterranean.

Rosemary Leaves look like little inch-long pine needles and are available only in whole form. Measure, crush and allow about 15 minutes simmering to release flavor. Rosemary is a friendly herb, teaming well with numerous other spices. It is an excellent spice for spoon bread and vegetables such as eggplant, turnips, cauliflower, green beans, beets, summer squash. Rosemary enhances fruits deliciously, especially citrus fruits. It is one of the more potent herbs, so it should be used with restraint for best effect.

Old time remedy. Excellent for colds, coughs and nervous conditions, especially nervous headaches. Brings good results for sores around mouth.

## Rue

Rue is one of the oldest known herbs. Rue is a splendid remedy for many of man's illnesses. Works well to relieve suppressed menstruation. Rue is used for stomach troubles and cramps in the bowels. Clears dizziness in the head.  
*RUE SHOULD NOT BE BOILED.*

## Saffron

*Culinary notes:* Saffron, dried stigmas of a member of the crocus family, and the world's most expensive spice, has been treasured from the remotest times. Homer sang of the "Saffron-robed" morn; Solomon listed it among other fragrant delights; a Persian poet watching the setting sun thought of "Saffron-colored viands on an azure dish."

Each *Crocus sativus* blossom yields only three

stigmas, which are delicate orange-yellow filaments which must be picked by hand. It takes 225,000 stigmas to make a pound of Saffron, accounting for the high cost of this spice.

Very fortunately, a little Saffron goes a long way. In fancy rolls and biscuits Saffron is added in the form of Saffron tea (steeped in hot water) to impart rich golden color as well as an intriguing exotic aroma. Saffron is a famous seasoner of *Arroz con Pollo* and *Bacalao Vizcaino* (Cod Fish a la Biscay) both great Spanish dishes. Saffron is particularly good in rice dishes. Add a pinch of spice to the boiling water before putting in the rice.

Saffron is a native of the Mediterranean area. We import most of our Saffron from Spain. Portugal is also a source.

A pure and natural digestive aid. Will soothe the entire digestive tract. Can relieve gout and arthritis. Promotes perspiration. Therefore, very helpful in colds and cold symptoms.

## Sage - (*Salvia officinalis*)

*Red sage*

*Parts used:* Leaves.

*Constituents:* Up to 2.8% volatile oil (including thujone, cineole, borneol, linalool, camphors, salvene, pinine, etc), oestrogenic substances, salvin and carnosic acid, flavonoids, phenolic acids, condensed tannins.

*Uses - Culinary:* Widely used with pork and poultry.

*Medical:* Sore throats, colds, indigestion, hot flushes, and painful periods.

The Chinese were happy to trade with the Dutch three times the amount of their best tea for European sage. The botanical name *Salvia* also suggests its importance. It comes from the latin word *Savare*, to save. For centuries sage has been esteemed for its healing powers. It is a first-rate remedy in hot infusion for colds. The phenolic acids it contains are antibacterial, especially potent against *Staphylococcus aureus* while thujone is



a strong antiseptic. Sage tea combined with a little cider vinegar used as a gargle is excellent for sore throats, laryngitis, and tonsillitis. As a mouthwash sage tea is effective for infected gums and mouth ulcers. Due to its volatile oil, sage has both a carminative and stimulating effect on the digestion. Sage also fortifies a debilitated nervous system. Another remarkable property of this plant is its ability to stop sweating. Its oestrogenic properties make it useful for the treatment of the hot flushes of the menopause. Sage also has the reputation of drying up the flow of breast milk in nursing mothers. It is also useful in amenorrhoea and painful periods.

A number of other species of sage are cultivated for their medicinal and culinary properties. The oil of the decorative clary sage (*Salvia sclarea*) is used in aromatherapy. *S. lyrata* and *S. urticifolia* are common North American varieties.

*CAUTION: Although sage has more thujone than wormwood it seems a far safer plant. But the tea should only be taken for a week or two at a time because of the potentially toxic effects of thujone.*

*Culinary notes:*

Sage, hardy perennial of the mint family and native to the northern shores of the Mediterranean, has been known and esteemed for centuries not only as a fine seasoning for foods but also as a medicine.

Ancient herbalists believed that the use of Sage strengthened the memory. (A sage or wise man would have a long memory.) Doctors at Salerno, the great medieval school of medicine, asked "How can a man die, who grows Sage in his garden?" Supposedly, too, Sage thrives when its owner is prosperous, especially if the wife rules the home. Slender and green when picked, Sage Leaves turn a silver grey when dried.

For several centuries Sage has been used in American kitchens for pork and other meats, in poultry stuffings, in baked fish, salad dressings and showder. Sage cheese is expected on the Thanksgiving tables of many New Englanders. It belonged in the "buddle of sweet herbs" mentioned

so often in old recipe books. It goes into poultry seasoning and large quantities are used in commercial meat packing and processing.

Sage comes in whole, rubbed and ground form. Rubbed Sage has a fluffy consistency, as opposed to the fine powder of Ground Sage. Many cooks and sausage makers, especially in the South, feel the rubbed product gives a superior flavoring effect. Sage is imported from Yugoslavia, Albania and other areas of southern Europe.

*Medicinal notes:*

Sage works very well for several body ailments. Gives circulation to the heart. One of the best remedies for stomach troubles. Excellent for complaints of poor digestion. Useful as a hair tonic.

*Properties and Uses:*

Antihydrotic, antispasmodic, astringent. Sage's best-known effect is the reduction of perspiration, which usually begins about two hours after taking sage tea or tincture and may last for several days. This property makes it useful for night sweats, such as those common with tuberculosis. A nursing mother whose child has been weaned can take sage tea for a few days to help stop the flow of milk. The tea has also been prescribed for nervous conditions, trembling, depression, and vertigo. It is said to be helpful too in cases of leucorrhoea, dysmenorrhoea, and amenorrhoea. As an astringent, it can be used for diarrhea, gastritis, and enteritis. As a gargle, the tea is good for sore throat, laryngitis, and tonsillitis. It also helps to eliminate mucous congestion in the respiratory passages and the stomach. Finally, crushed fresh sage leaves can be used as first aid for insect bites.

*CAUTION: Extended or excessive use of sage can cause symptoms of poisoning.*

*Preparation and Dosage:* Use leaves collected before flowering.

*Infusion:* Steep 1 tsp. leaves in 1/2 cup water for 30 minutes. Take 1 cup a day, a tablespoonful at a time.

*Powder:* Take 1/4 to 1/2 tsp. powdered leaves at a

time.

*Tincture:* Take 15 to 40 drops, three or four times a day.

*NOTE: Wild or lyre-leaved sage (Salvia lyrata), found in dry woodlands of the eastern U.S. and characterized by lyre-shaped basal leaves, has properties like those of garden sage; but it also contains acrid substances, and its crushed leaves have been used to remove warts. It is generally used in mixtures rather than alone.*

## **Sanicle**

Both root and leaves can be used. This is a powerful cleansing herb; one of the best. It is very effective internally as well as externally. Expels mucus and poisonous waste matter from the body.

## **Sarsaparilla**

Splendid remedy for rheumatism and gout. Acts as a diuretic. Excellent in balancing both male and female hormones. Sarsaparilla contains the male hormone testosterone. (This is an important hair growing hormone.)

*Indications:* Skin diseases, herpes, psoriasis, arthritis, rheumatism, gout, venereal diseases, nervous disorders, epilepsy

## **Sassafras**

Has a very useful effect on the blood system. Because it purifies the blood so well, it is excellent for all skin disorders; especially ailments such as acne. It stimulates the action of the liver to clear toxins from the body.

## **Savory - (Satureja hortensis)**

*Bean herb, summer savory.*

Part Used: The herb.

Savory is an annual plant that grows wild in the Mediterranean area and is widely cultivated elsewhere as a kitchen herb. Its branching root

produces a bushy, hairy stem which grows from 1 to 1 1/2 feet high, often taking on a purple hue as it matures. The opposite, small, oblong-linear leaves are sessile or nearly so and may have hairy margins. The pink or white, two-lipped flowers grow in whorl-like cymes from July to October. The entire plant is strongly aromatic.

*Properties and Uses:* Astringent, carminative, expectorant, stimulant, stomachic. Savory teas is a safe remedy for most stomach and intestinal disorders, including cramps, nausea, indigestion and lack of appetite. As an astringent, it makes a good remedy for diarrhea. The tea also serves as a gargle for sore throat. Savory has also been said to have aphrodisiac properties.

*Preparation and Dosage: - Infusion:* Steep 2 to 4 tsp. dried herb in 1 cup water. Take 1 cup a day, a mouthful at a time.

*Culinary Notes:* In spite of its appetizing name and the fact that this herb of the mint family has been known for centuries, very little by way of myth or superstition clung to it. The Greek physician, Hippocrates, born 460 B.C., listed savory as a cure for bilious attacks. It was one of the 13 spices added to wine when making a 15th-Century cough medicine. Shakespeare referred to Savory in the *Winter's Tale*, "Here's flowers for you; Hot lavender, Mints, Savory, Marjoram."

While both an annual Summer Savory and a perennial Winter Savory are grown, it is included in the poultry seasoning blend and is, by itself, very good in meats, meat dressings, chicken, soups, salads and sauces. Try a pinch of Savory in scrambled eggs or omelets, too.

Savory is sold whole or ground. We import most of ours from Yugoslavia and France. The leaves are small, seldom exceeding 3/8 of an inch in length, and brown-green when dried.

## **Saw Palmetto Berries**

Where there is mucus in the head and nose, relief is found with this herb. Diseases of both male and

female reproductive organs can be helped with this herb. Asthma.

### **Scullcap - (*Scutellaria laterifolia*)**

*Helmet flower, mad-dogweed, Virginian skull cap*

*Parts used:* Aerial parts

*Constituents:* Flavonoid glycosides (including scutellonin and scutellanein), volatile oil, bitter principles, tannin.

*Uses:* Nervousness, depression, insomnia, headaches.

Scullcap is an excellent tonic for the nervous system. It is good for treating anxiety, depression, insomnia, and nervous headaches. Its bitter taste is also strengthening and stimulating to the digestion. In former times, skullcap had a reputation for treating epilepsy and rabies, as one of its common names implies. A number of other species appear in older herbals, but their medicinal properties have not been thoroughly investigated.

*CAUTION:* Large doses may cause dizziness, mental confusion, and erratic pulse rate.

As a nerve sedative, Scullcap is one of the best herb remedies, because the entire nervous system is influenced in a calming and soothing way. Used as a hangover remedy. Helps in digestion.

*Indications:* Apoplexy, restlessness, irritability, insomnia, nervous conditions, epilepsy, headache, drug and alcohol withdrawal, PMS, twitching and spasms

### **Seawrack (Bladderwrack)**

It is one of the best herbs to combat obesity. Has splendid effects on glandular afflictions. If one has been overweight for a long period of time without success in keeping the weight off, very satisfying results are found with the herb Seawrack.

### **Senna**

Senna makes for a most splendid laxative. However, it sometimes causes bowel cramps which can be overcome by combining Senna with an aromatic herb.

### **Shepherd's Purse - (*Capsella bursa-pastoris*)**

*Witch's pouches, pickpocket, pepper and salt, mother's heart.*

*Parts used:* Dried or fresh aerial parts.

*Constituents:* Choline, acetylcholine and tyramine, saponins, mustard oil, flavonoids.

*Uses:* To stop bleeding; for varicose veins.

Shepherd's purse, which gains its name from the purse-like shape of its seed pods, is one of the most important herbs to stop bleeding, an effect due to the tyramine and other amines it contains. The herb is diuretic, due in part to its mustard oil. It is good for urinary infections, blood in the urine, and profuse menstruation. Such symptoms must always be investigated by a medical practitioner. It is also a useful remedy for hemorrhoids, for varicose veins and to halt nosebleeds. The leaves are eaten as a cabbage in many places.

Shepherd's purse is one of the most effective herbs to stop bleeding of all sorts. It helps stop hemorrhages of the stomach, intestines, lungs, uterus and other internal bleeding. It is also used for excessive menstrual and postpartum bleeding. It is a diuretic and so aids genito-urinary problems, bladder infection bleeding and difficult urination. The herb may be applied topically as a poultice to stop nose bleeds or bleeding hemorrhoids. The tincture is a quick-acting and effective way to take the herb. It must be made from the fresh herb to extract its potent properties. Very valuable remedy for diarrhea.

*Indications:* Hemorrhaging, bladder infection, difficult urination, internal or external bleeding, nosebleeds, bleeding hemorrhoids:

## **Skunk Cabbage - (ARACEAE Symplocarpus foetidus)**

*Meadow cabbage, polecat weed, skunkweed.*

*Part used:* Root.

*Constituents:* Volatile oil, resin, acrid principle, silica, iron, manganese.

*Uses:* Asthma, whooping cough and bronchitis.

Skunk cabbage has an unpleasant smell when bruised but it is a highly useful herb nonetheless. It is antispasmodic and expectorant with somewhat sedative properties and is prescribed for tightness of the chest, irritable tight coughs and other spasmodic respiratory disorders. In addition, it is sometimes used to calm the nervous system. It also has a diuretic action. Skunk cabbage was introduced into Europe during the last century.

*CAUTION:* The fresh plant can cause blistering.

## **Slippery Elm**

Here's one of those herbs that works well for many, many ailments. Normalizes bowel movement. Relief is found from hemorrhoids. Relieves constipation. Cleans out colon. Aids in digestion. Most useful for diarrhea. Remedy for kidney troubles, lung pain. Eases eye pain. Slippery Elm enemas are indicated in serious cases of inflamed pancreas. Excellent for abscesses in the stomach and colon. Many other positive benefits to the body are derived from this most wonderful herb.

*Preparation:* Cut slippery elm bark into pieces the size of a match. Put a large handful in 4 qts. cold water, simmer 10-15 min., stirring frequently, cover tightly, let set 30 min. This draws the healing jelly out of the bark.

*Indications:* Indigestion, nausea, ulcers, colitis, sore throat, cough, bronchitis, lung bleeding, hyperacidity, sores, wounds, burns, tumors, boils, rash

## **Soapwort - (Saponaria officinalis)**

*Bouncing Bet, fuller's herb*

*Parts used:* Rhizome

*Uses:* Cleansing preparations, Skin conditions.

Both the Latin and common names indicate a traditional use of this plant in washing. It was especially useful in the textile trades for cleaning cloth. This and the medicinal properties of soapwort are due to the hormone-like saponins it contains, which lower the surface tension of water and produce a lather. Within the body, these saponins are mildly irritant to the respiratory and digestive systems. This soapwort is expectorant and laxative in small doses. It has an ancient reputation used both internally and externally for treating skin conditions such as psoriasis, eczema, boils, and acne. Its use for gout and rheumatism is probably effective because of the anti-inflammatory property of its saponins. Soapwort is also said to increase the flow of bile.

*CAUTION:* In large doses soapwort is a strong purgative and even mildly poisonous, so it should only be used as prescribed by a qualified herbalist.

## **Solomon's Seal Root**

Mainly used for external problems. It makes a good poultice for bruises. Used as a week for skin problems and blemishes.

## **Sorrel**

Works especially well as a remedy for kidney trouble. Also expels gravel from the kidney. When the kidneys are functioning properly, the entire body will feel better. Also, the skin will look much clearer when the kidneys are working as they should. Good for fevers with chills.

## **Spearmint**

Spearmint has a wonderful taste, and will help the

body with many ailments. Will relieve suppressed, painful or scalding urine. Helpful for gas in the stomach. Very quieting and soothing to the nerves. All should have this herb in their home to help the body.

*NOTE: NEVER BOIL SPEARMINT*

### **Speedwell**

Excellent for respiratory ailments. It also has been used for stomach ailments, and migraine headaches. Used as a gargle for mouth and throat sores.

### **Spikenard**

Excellent herb for skin ailments such as acne, pimples, blackheads, rash and general skin problems. One of the best for this purpose. Very useful in coughs, colds and all chest afflictions.

### **Squaw Vine**

Squaw vine is extremely useful for the treatment of water retention. Also, is used with spledid results for sore eyes, when used as a wash.

*Indications:* Excessive menstrual bleeding, irregular menses, childbirth, leukorrhea

### **St. John's Wort**

Powerful as a blood purifier. Very good in cases of tumors and boils. Very good in chronic uterine problems. Will correct irregular menstruation. *Indications:* anxiety, nervous tension, neuralgia, nerve pain, sciatica, burns, wounds, depression

### **Star Anise**

To promote appetite and to relived flatulence. When added to other herbal teas it helps to improve their taste while not disturbing their medicinal value.

### **Strawberry**

One of the most common plants which everyone is familiar with. But very few know the medicinal value of strawberry. It tones up the system in general. Will cleanse the stomach. Very useful as a preventive for diarrhea.

### **Sumach Berries**

A tea made of this herb is very cleansing to the system. For sores and cankers in the mouth, there is none superior. Works well for all bowel complaints.

### **Summer savory - (*Satureia hortensis*, *Satureia montana*)**

*Winter savory*

*Parts used:* Leaves

*Constituents:* Essential oil (comprising mainly carvacrol and cymene), phenolic substances, resins, tannins, mucilage.

*Uses - Culinary:* With vegetables, legumes, and rich meats.

These two plants are closely related. Summer savory is an annual with pink, lilac, or white flowers. Winter savory is a sturdier perennial. Both summer and winter savory are stimulating to the appetite and are commonly used culinary herbs. Their flavour is hot and peppery and goes particularly well with beans. Savory can also be used sparingly in salads. The Italians were among the first to use the herb, which in Roman times was made into a sauce with vinegar. The leaf is now used commercially to flavour salami. The flavour of winter savory is inferior to that of summer savory, being both coarser and stronger.

### **Sweet Marjoram - (*Origanum marjorana*)**

*Knotted marjoram*

*Parts used:* Leaves.

*Constituents:* Essential oil, mucilage, better substances, tannic acid.

*Uses:* Marjoram, which belongs to the same genus as oregano, has been used for centuries as a culinary, and to a lesser extent a medicinal, herb. It is often used in meat dishes, especially with sausage. Its success as a culinary herb may be due in part to its properties as a digestive aid.

Pot marjoram (*O. onites*) is cultivated widely in northern latitudes as a semi-hardy alternative to this herb. Additional species, including *O. dictamnus* (from Crete), *O. pulchellum* and *O. spicileum* are also grown.

A wonderful herb for general aches and pains. Splendid effect in combination with Camomile and Gentian. Very beneficial for a sour stomach or loss of appetite.

### **Tansy - (*Tanacetum vulgare*)**

*Chrysanthemum vulgare*

*Parts used:* Dried aerial parts.

*Constituents:* Volatile oil (containing up to 70% thujone), bitter glycosides, sesquiterpene lactones, terpenoids including pyrethrins, tannin, resin, vitamin C, citric acid, oxalic acid.

*Uses:* Insect repellent, To expel worms

Tansy, like wormwood, is rich in thujone which is potentially damaging to the central nervous system if taken in too large doses or for too long. However, in the hands of a trained herbalist it is useful for expelling worms (roundworm and threadworm). Externally tansy tea can be used as a wash to treat scabies and as a compress to bring relief to painful rheumatic joints. Tansy was one of the herbs strewn on the floor in the Middle Ages to deter fleas and other insects.

*CAUTION:* Tansy is a strong emmenagogue (provoking the onset of a period) and should not be used in pregnancy. It can be fatal when taken in large doses.

An old, well-known remedy used to tone up the system and soothe the bowels. Strengthens weak veins. Will expel worms. Very good for the heart. Good for fevers with chills. Backache.

### **Tarragon (*Artemisia dracunculus*)**

*Parts used:* Fresh or dried leaves.

*Constituents:* Essential oil.

*Uses:* Tarragon was formerly used in the treatment of toothache. But its most important property, its distinctive, appetizing taste, has assured it a lasting role as a culinary herb - especially in French cuisine.

Evergreen or deciduous shrubs or woody perennials. All Zones. Several species are valuable for interesting leaf patterns and silvery gray or white aromatic foliage; others are aromatic herbs. Plant in full sun. Drought resistant. Keep on dry side. Divide in spring and fall. Most kinds excellent for use in mixed border where white or silvery leaves soften harsh reds or oranges and blend beautifully with blues, lavenders, and pinks.

*A. dracunculus.* FRENCH TARRAGON. TRUE TARRAGON. Perennial. To 1-2 ft.; spreads slowly by creeping rhizomes. Creeping habit. Shiny dark green, narrow leaves - very aromatic. Woody stems. Flowers greenish white in branched clusters. Dies to ground in winter. Attractive container plant. Cut sprigs in June for seasoning vinegar. Use fresh or dried leaves to season salads, egg and cheese dishes, fish. Divide plant every 3 or 4 years to keep it vigorous. Propagate by divisions or by cuttings. Plants grown from seed are not true culinary tarragon.

*Culinary notes:* Tarragon, native to Siberia, seems to have been virtually unknown in Western Europe until the 13th Century. Its English name, Tarragon, comes from the Spanish taragona and resembles the French estragon and both names are derived from the Greek word for dragon. That's because of its serpentine root formation. The slender, pointed

leaves are dark green in color.

Although Tarragon belongs to the aster family it has an aroma with a hint of anise about it. Americans think first of Tarragon vinegar or Tarragon salad dressings, but this distinctive herb is a delightful seasoning for chicken and seafood, Bechamel or tartar sauce and seafood or egg salads.

Tarragon is produced in the United States and imported from France. It is sold in the whole form.

### **Thuja - (*Thuja occidentalis*)**

*Arbor vitae, tree of life, white cedar, yellow cedar, American cedar.*

*Parts used:* Leaves and young twigs.

*Constituents:* Volatile oil (comprising up to 65% thujone, also fenchone, borneol, limonene, pinene, camphor, myrcene), flavonoid glycoside, mucilage, tannin.

*Uses:* Bronchitis and excessive phlegm.

Thuja was an old North American Indian remedy for delayed menstruation; scientific research has shown that it is a stimulant to smooth muscles, such as those of the uterus and bronchial passages. Its stimulating expectorant effect is useful for treating bronchitis. Externally, herbalists use an infusion as a wash for infectious skin diseases such as impetigo or scabies. An ointment is a reputed cure for warts. A hot compress eases rheumatic pains.

*CAUTION: Not to be used in pregnancy. Thujone, the main constituent of the volatile oil, is toxic in any quantity so the herb should only be taken in small doses and for no more than a week or two at a time. Thuja should be used as prescribed by a qualified practitioner.*

### **Thyme - (*Thymus vulgaris*)**

*Garden thyme*

*Parts used:* Flowering aerial parts.

*Constituents:* Volatile oil (about 1%, consisting

of phenol, thymol, carvacrol), monoterpene hydrocarbons (eg terpinene) and alcohols (eg linalool), tannin, flavonoids, saponins.

*Uses - Culinary:* Used widely, especially with meat, poultry, in stuffings.

*Medical:* Sore throats, colds, coughs.

Both major components of the volatile oil, thymol and carvacrol (but particularly the former) are antibacterial and antifungal. Thymol also expels worms, especially hookworms and ascarids. (It also kills mosquito larvae). As a gargle or mouthwash thyme is an excellent remedy for sore throats and infected gums. In hot infusion, thyme tea is sweat-inducing and so is effective against the common cold. Because its volatile oil is partly excreted through the lungs, it is also good for bronchitis. It is often used to treat whooping cough too. Thyme has a marked expectorant effect causing the coughing up of viscid mucus.

Thyme tea eases flatulence and soothes the digestive system. This is due to the antispasmodic effect of the volatile oil on smooth muscle. Externally baths of thyme are used to ease rheumatic pains and the oil is often used in liniments and massage oils. An ointment made from thyme is used to treat shingles (Herpes zoster).

*Culinary Notes:* "You smell of Thyme," was one of the finest compliments one ancient Greek could pay another. Thyme was, to them, the symbol of elegance. Even today, centuries later, the Thyme scented honey of Mt. Hymettus near Athens is world-famous.

The Roman Pliny knew Thyme as a medicine, advising melancholy people to stuff their "crying pillows" with Thyme. In medieval days a sprig of Thyme was a favorite decorative motif.

Thyme is a perennial plant of the mint family. It has been a favorite herb in American cookery for many generations. It goes into New England clam chowder; Creole seafood dishes and middle western poultry stuffings. Flavorful, too, in cottage

cheese, creamed chipped beef or creamed chicken. Thyme butter is good over creamed white onions, braised celery, asparagus, green beans, eggplant and tomatoes.

Everyone uses Thyme in their kitchen to add flavor to food. But it has medicinal properties as well. Removes mucus from the head, lungs and respiratory passages. Fights infection. Brings pain relief to migraine headaches.

*Properties and Uses:* Antielmintic, antispasmodic, asthma, carminative, diaphoretic, expectorant, sedative. As a tincture, extract, or infusion, thyme is commonly used in throat and bronchial problems, including acute bronchitis, laryngitis, and whooping cough, and also for diarrhea, chronic gastritis, and lack of appetite. For coughs and spasmodic complaints, make the medication from the fresh plant. A warm infusion promotes perspiration and relieves flatulence and colic. Oil of thyme (thymol) has a powerful antiseptic action for which it is used in mouthwashes and footpastes. Thymol is also effective against ascarids and hookworms. As a local irritant, it can be used externally for warts or to encourage the flow of blood to the surface. Thyme baths are said to be helpful for neurasthenia, rheumatic problems, paralysis, bruises, swellings, and sprains. A salve made from thyme can be used for shingles.

*CAUTION:* Excessive internal use of thyme can lead to symptoms of poisoning and to overstimulation of the thyroid gland.

*Preparation and Dosage - Infusion:* Steep 1/2 tsp. fresh herb or 1 tsp. dried herb in 1/2 cup water for 3 to 5 minutes. Take 1 to 1 1/2 cups a day, a mouthful at a time.

*Oil:* Take 2 to 3 drops on a sugar cube, two or three times a day.

*Tincture or Extract:* Take 10 to 20 drops, three times a day.

*Bath Additive:* Make a strong decoction and add to bath water.

## **Wild thyme (T. Serpyllum)**

Has similar properties. Other decorative garden varieties are also available.

*CAUTION:* Although the whole plant in medicinal doses is safe, the isolated volatile oil is toxic in any quantity and should not be used internally except by professionals. Avoid this remedy if you are pregnant.

## **Tumeric (Curcuma longa)**

Best known in this country as an ingredient in some prepared mustards - or in mustard pickles has had many diversified uses in Asian countries throughout the centuries.

The aromatic roots of Turmeric are related to ginger and Turmeric will do well wherever ginger thrives. Not only does Turmeric have exotic aroma, but its intensely saffron-yellow color long ago made it a valuable dye stuff. In many eastern countries, it's still used as a cosmetic which gives the skin a golden glow. It has many uses in the religious and ceremonial life of the Orient.

Tumeric is one of the important spices in curry powder. It is available in ground form for use in all kinds of everyday dishes. Very good in chicken, seafood or egg dishes or with rice, creamed potatoes and macaroni. A little Tumeric is a flavorful addition to mayonnaise for seafood salads or in melted butter for corn-on-the-cob. Tumeric is imported from India, Haiti and Peru.

## **Twin Leaf**

Here is a most excellent remedy for chronic rheumatism. Splendid gargle for throat troubles.

## **Upland Cress - Cruciferae**

Summer annual. It is sometimes called PEPPER GRASS and tastes like watercress. Easy to grow as long as weather is cool. Sow seed as early in spring as possible. Plant in rich, moist soil. Make rows 1 ft. apart; thin plants to 3 in. apart (eat thinnings) Cress matures fast; make successive sowings



every 2 weeks up to middle may. Where frosts are mild, sow through fall and winter. Try growing farden cress in shallow pots of soil or planting mix in sunny ditchen window. It sprouts in a few days, can be harvested (with scissors) in 2-3 weeks. Or grow it by sprindling seeds on pads of wet cheesecloth; keep damp until harvest in 2 weeks.

### **Uva-Ursi - (Arctostaphylos uva-ursi)**

*Bearberry, beargrape, hogberry, rockberry, mountain cranberry.*

*Constituents:* Arbutin (about 8%), methyl arbutin, flavonoids, allantoin, tannins, phenolic acids, volatile oil, resin.

*Uses:* Used in traditional medicine in the Middle Ages, uva-ursi is a diuretic herb. In the body the arbutin in the plant converts to hydroquinone, a urinary disinfectant. This is especially effective with alkaline urine, which can be achieved by observing a vegetarian diet.

*CAUTION: Long-term use of uva-ursi may produce toxic effects, since large doses of hydroquinone are poisonous. Normal medicinal use, however, is perfectly safe.*

Uva-ursi herb is one of the most reliable remedies for bladder and kidney infections, and infalmmations of the pancreas. Will cleanse and strengthen the spleen. Is a digestive stimulant.

*Indications:* Poor circulation, amenorrhea, dysmenorrhea, indigestion, skin disorders, anemia, wounds, bruises, Backache.

### **Valerian**

Valerian is a wonderful gift from God. It has a most useful healing effect on the nervous system. Very quieting and calming. Good for entire circulatory system. Will promote sleep if taken as a tea at night. The drug, Valium, is synthetically made from Valerian Root.

*NOTE: NEVER BOIL VALERIAN ROOT!*

*Indications:* Bladder and kidney infections, stones, blood in the urine, postpartum hemorrhage and shrinking of uterus

### **Vervain**

This herb should be in every home. A marvelous remedy for fevers. Will often clear a cold overnight. Good for expelling phlegm from throat and chest. Will expel worms when everything else fails. Excellent when the breath is short and there's wheezing. Appendicitis, apoplexy, asthma.

### **Violet (same as Blue Violet)**

Will give relief to severe headaches. Relieves pressure in the head.

### **Wahoo**

Used as a laxative. For lung and chest infections, and inflammations of the pancreas, very good results come from the Wahoo herb.

### **Watercress - (Nasturtium officinale)**

*Parts used:* Stems and leaves

*Constituents:* Vitamins A, C and E, nicotinamide, a glycoside, gluconasturtin, volatile oil, manganese, iron, phosphorus, iodine, copper, calcium.

*Uses - Culinary:* In soups and salads.

*Medical:* Coughs, indigestion, gout, and arthritis.

Hippocrates described watercress as a stimulant and expectorant, and herbalists still make use of these properties in the plant to treat coughs and bronchitis. Its stimulating qualities and the minerals it contains make watercress important nutritionally, useful in convalescence and general debility. It invigorates the digestion and is diuretic, helping the body to unload toxic wastes from the tissues and blood. It lowers blood sugar. Chewed raw it invigorates and strengthens the gums. Pulped with sea salt, it makes a healing poultice for

gout and arthritis.

*CAUTION: Wild watercress may be host to the deadly liver fluke. Use only plants grown commercially in watercress beds.*

### **White Birch - (Betula alba, plus B. pendula, B. verrucosa)**

*Silver birch, paper birch*

*Parts used:* Leaves, bark, oil, sap.

*Constituents - Buds:* Volatile oil which includes the camphor-like betulin.

*Young leaves:* Rich in saponins; also a flavonoid derivative, hyperoside resin, tannins, sesquiterpenes, betuloventic acid, vitamin C.

*Bark:* Betulinol and a glycoside.

*Uses - Culinary:* Sap in wine or vinegar; used as a sweetening agent.

*Medical:* Fluid retention, arthritis, gout, urinary stones or infections. The graceful birch has been immensely useful to northern peoples. They have made wheels, hoops for casks, brooms and switches from its wood. The sap, preserved with cloves and cinnamon, was once taken to treat skin diseases like acne as well as rheumatism and gout.

Birch-leaf tea is a powerful diuretic capable of dissolving kidney and bladder stones. It also kills off a harmful bacteria in the kidneys and urinary tract. To obtain the full diuretic effect herbalists add a pinch of sodium bicarbonate (baking soda) to the infusion which promotes the extraction of the diuretic hyperoside. The leaves also have a substantial reputation for treating rheumatism, arthritis, and gout. Birch leaves can be used to treat fluid retention due to heart or kidney malfunction. In addition the tea lowers blood cholesterol levels and stimulates the flow of bile. A decoction of the bark has been used to allay intermittent fevers. Oil extracted from the buds or bark has been used externally in lotions to treat psoriasis and eczema. This oil should not be confused with sweet birch oil which is extracted from black birch (*Betula lenta*) native to North America.

### **White Clover**

A tea made very strong, and applied externally to sores is very beneficial to the healing process. A very fine blood purifier. Will cleanse the system very well.

### **White Horehound - (Marrubium vulgare)**

*Parts used:* Aerial parts

*Constituents:* Up to 1% marrubiin (a bitter principle), diterpene alcohols (eg marrubiol and murrubenol), small amounts of alkaloids, traces of volatile oil and a sesquiterpene, tannin, saponin, resin.

*Uses:* Respiratory disorders; as a bitter digestive tonic.

This is one of the bitter herbs ordained to be eaten at Passover supper by the Jews. The plant's bitter principle, with its expectorant properties, is responsible in part for the major medicinal use of white horehound for respiratory disorders. The volatile oil in the plant has the same expectorant property, as well as dilating the arteries. But the effect of white horehound extends throughout the body. It also has a folk reputation for calming a nervous heart. This too has scientific backing for marrubiin in small amounts has a normalizing effect on irregular heartbeats. In hot infusion white horehound is sweat-inducing. In cold infusion it is a bitter tonic to the digestive system. Scientific evidence also shows that, as marrubiin breaks down in the body, it strongly stimulates bile production. This is another property that seems to have been known for centuries since white horehound was traditionally a reliable liver and digestive remedy. The plant has also been used to reduce fevers and treat malaria.

Very useful for acute or chronic sore throat and coughs, asthma.

### **White Oak Bark**

A very strong astringent. One of the best herbs for

piles and hemorrhoids. Increases the flow of urine. Removes kidney stones and gallstones. In fevers, brings down temperature. Excellent for varicose veins. It may be used in a douche for vaginal infections.

## **White Willow**

Useful in all stomach troubles, especially sour stomach and heartburn. However, because of its pain relieving properties, it is mostly used for minor aches and pains of the body. It is mentioned in Egyptian Papyri, and Hippocrates prescribed it many times for pain and fevers.

## **Wild Alum Root**

Wild Alum Root is a powerful astringent for the body. Very useful in cholera, diarrhea and dysentery. Excellent used as a rinse for sores in the mouth, and bleeding gums. The powder of Wild Alum Root sprinkled on a wound or cut will help stop the bleeding immediately. Excellent to rid mucus and pus in the bladder and intestines.

## **Wild Cherry**

Tones up the system. Loosens phlegm in the throat and chest. Asthma can improve with this herb.

*Indications:* Coughs, whooping cough, asthma, bronchitis, indigestion, diarrhea, gastritis, ulcers

## **Wild Lettuce - (Lactuca virosa)**

*Parts used:* Dried leaves.

*Constituents:* Bitter latex (containing lactucin, lactucone, lactupicrin), a trace of an alkaloid, triterpenes, iron, vitamins A, B1, B2, and C.

*Uses - General:* In soaps, shampoo, and bath bags.

*Culinary:* Relaxing tea.

*Medical:* Insomnia, anxiety, irritating coughs.

A wild relative of the garden lettuce, this plant

contains a potent milky latex, sometimes called "lettuce opium" because it looks and to some extent acts like that extracted from the poppy. Lettuce latex has been used in cough mixtures to replace opium. The whole plant is sedative, and helps to induce sleep can calm restlessness and anxiety. It has a sedative effect on the respiratory system too, and is used for treating whooping cough and nervous and dry irritating coughs. It can also help to reduce muscle and joint pain but is not a cure for conditions that cause this.

*CAUTION:* Overdosage may cause poisoning.

## **Wild Oregon Grape**

Is a good blood purifier. Good for all uterine diseases, and chronic skin diseases. Useful to both liver and kidney troubles.

## **Wild Yam - (Dioscorea villosa)**

*Colic root, rheumatism root*

*Parts used:* Root and rhizome

*Constituents:* Steroidal saponins (including dioscin and trillin which yield diosgenin), phytosterols, alkaloids including dioscorine, tannins, starch.

*Uses:* Rheumatoid arthritis, colic, threatened miscarriage, menstrual cramps.

Very relaxing and soothing to the nerves. For people who get excited easily, Wild Yam is most useful. It also will help expel gas from the stomach and bowels.

In 1943 the scientist Russell Marker astonished the world when, on a shoestring budget, he made two kilos of the female hormone progesterone from the wild Mexican yam (*Dioscorea mixicana*). Until 1970, diosgenin derived from the wild yam was the sole source of the hormonal material used to make the contraceptive pill.

Wild yam has traditionally been used for easing menstrual cramping and for threatened miscarriage. Its antispasmodic action makes it

good for flatulence and colic caused by muscle spasm. The herb also promotes the flow of bile and so is sometimes used to ease the colic of gallstones. Wild yam is anti-inflammatory (again because of its steroidal saponins) and herbalists prescribe it for the inflammatory stage of rheumatoid arthritis. This plant also has a diuretic effect which, combined with its antispasmodic property, makes it benefit painful conditions of the urinary tract. Its antispasmodic action also makes it useful for treating poor circulation and neuralgia.

### **Wintergreen**

This is an old-time remedy. Taken in small, frequent doses, it will stimulate the stomach, heart and respiration. Helpful in obstructions in the bowels. Valuable in colic and gas in the bowels.

### **Witch Hazel**

Will restore circulation. For stiff joints, Witch Hazel works wonderfully. Antiseptic.

### **Wolfberry**

This small, red, sweet-tasting berry strengthens the blood, treating anemia, dizziness, poor eyesight, night blindness, blurred vision, tuberculosis and thirst. It also alleviates sore back, knees and legs and helps impotence, seminal and nocturnal emission, leukorrhea and reproductive secretions. It is very high in beta-carotene.

*Indications:* Anemia, dizziness, night blindness, blurred vision, tuberculosis, impotence, seminal and nocturnal emission, leukorrhea

### **Wood Betony - (Stachys betonica)**

*Parts used:* Flowering herb.

*Constituents:* Tannins (up to 15%), saponins, alkaloids (betonicine, stachydrine, trigonelline).

*Uses:* Headaches, neuralgia, liver complaints, cuts, bruises.

The tannins in wood betony make it effective as a poultice for cuts and bruises (its three alkaloids are likewise found in yarrow, also known as a wound-healer). Taken internally, it stimulates the circulation and is useful in the treatment of headaches and migraines. The plant relaxes the nervous system and helps relieve neuralgia. In France, it is recommended for liver and gallbladder complaints. The powdered leaves were once used as snuff, and an infusion has traditionally been used to clear head colds. Trigonelline is reported to lower blood sugar levels.

Betony is of great value when there is pain in the face and head. Opens obstruction of the liver and spleen. Cleans impurities from the blood. For indigestion, heartburn and cramps in the stomach. Betony is most beneficial. Backache.

### **Wood Sage**

Will help promote appetite. Combined with Chickweed, good external wash for old sores. Increases urine flow and menstrual flow.

### **Woodruff**

Woodruff is a very beneficial herb where gravel and bladder stones exist. Used as a calmative for nervous conditions such as restlessness, insomnia, and hysteria. A tea made of this herb is good for relieving stomach pains.

*When using, use in small doses as it is very potent.*

### **Wormwood - (Artemisia absinthium)**

*Green ginger*

*Parts used:* Aerial parts.

*Constituents:* Volatile oil (mainly composed of thujone, but also other compounds including chamazulene), bitter principle (absinthum),

carotene, vitamin C, tannins.

*Uses:* Bitter tonic, expels worms.

One of the bitterest plants, wormwood was once used to flavour absinthe, a drink which has been banned in its native France since 1915 because too much of it causes incurable damage to the nervous system. Today, wormwood is used mainly as a bitter tonic, stimulating the appetite, the digestive juices, peristalsis and the liver and gallbladder. True to its name it also expels worms, especially round and threadworms. The azulenes in the plant are anti-inflammatory and reduce fevers. The Latin name comes from the Greek goddess Artemis, who took care of women during childbirth. In ancient times this was a favourite women's herb, bringing on periods, though it is not used in this way today.

*CAUTION:* Wormwood is classified as dangerous by the U.S. Food and Drug Administration.

## **Yarrow - (*Achillea millefolium*)**

*Nosebleed, millefoil, thousandleaf*

*Parts used:* Aerial parts, especially the flowering heads.

*Constituents:* Up to 1.4% volatile oil (composed of up to 51% azulene; borneol, terpineol, camphor, cineole, inoartemesia ketone, and a trace of thujone), lactones, flavonoids, tannins, coumarins, saponins, sterols, a bitter glyco-alkaloid (achilleine), cyanidin, amino acids, acids (including salicylic acid), sugars (including glucose, sucrose and mannitol).

Perennials. All Zones. Yarrows are among the most carefree and generously blooming perennials for summer and early fall, several being equally useful in the garden and as cut flowers (taller kinds may be cut and dried for winter bouquets). Leaves are gray or green, bitter-aromatic, usually finely divided (some with toothed edges). Flower heads usually in flattish clusters. Yarrows thrive in sun, need only routine care: moderate watering (though they endure drought once established), cutting back after bloom, dividing when clumps get crowded. Fire retardant.

*Uses - General:* in skin cleansers.

*Medical:* Colds and flu; digestive tonic; wound healing.

Yarrow is one of the best-known herbal remedies for fevers. A hot infusion induces a therapeutic sweat which cools fevers and expels toxins. Like all sweat-inducing remedies, yarrow encourages blood flow to the skin and this helps to lower blood pressure, an action which is also due to the flavonoids in the plant which dilate the peripheral arteries. The flavonoids also help to clear blood clots. The alkaloid in yarrow has been reported to lower blood pressure; the cyanidin influences the vagus nerve, slowing the heart beat.

Tannins in the plant are probably responsible for yarrow's reputation as a wound healer, hence its country name nosebleed. Its Latin name is derived from a legend that Achilles used yarrow's wound healing powers on his men. Yarrow is good for all kinds of bleeding, external and internal. It can be used internally for bleeding piles but conversely it can also be used to treat absent periods.

Yarrow also has anti-inflammatory properties, a fact which has been confirmed by medical research which suggests that this is due to a mixture of protein carbohydrate complexes in the plant. We know too that both cyanidin and azulene are anti-inflammatory, as is salicylic acid. This may account for the fold use of yarrow in treating rheumatism.

In China, yarrow is used fresh as a poultice for healing wounds. A decoction of the whole plant is drescribed for stomach ulers, amenorrhoea, and abscesses.

*CAUTION:* Taking yarrow orally may cause sensitivity to sunlight in some people.

This is an extremely valuable herb to have on hand at all times. Yarrow is unsurpassed for flu and fevers. Heavily used at the beginning, a cold usually breaks up within twenty four hours. Yarrow has a very healing and soothing effect on the mucous

membranes.

## **Yellow Dock**

Most wonderful blood purifier. Therefore, good in all skin problems. Helps tone entire system. Excellent cleansing herb for the lymphatic system. Is an endurance builder.

*Indications:* Hemorrhage, nosebleeds, hemorrhoids, bruises, wounds, excessive menstrual bleeding, menstrual cramps, colds, flus, fever, chicken pox, measles, leucorrhea

## **Yerba Santa**

Excellent for bronchial congestion, as well as all chest conditions. Effective when there is much discharge from the nose. Good for rheumatism.



## Herb Sources of Vitamins, Minerals & Trace Minerals

Many botanical plants contain vitamins, minerals and trace minerals. The body can usually digest vitamins and minerals much easier through plant origin than those of fish or animal origin. Therefore, herbs are excellent to impart the vitamins and minerals our bodies need. For your benefit, we have listed below some of the best herb sources of vitamins and minerals.

### ***Vitamins***

#### **Vitamin A**

Alfalfa  
Black Cohosh  
Cayenne  
Eyebright  
Red Clover  
Saw Palmetto Berries  
Yarrow  
Yellow Dock

#### **Vitamin B**

Blue Cohosh  
Cascara Sagrada  
Fenugreek  
Hawthorn  
Licorice  
Papaya

#### **Vitamin C**

Cayenne  
Bee Pollen  
Chickweed  
Comfrey  
Echinacea  
Garlic  
Golden Seal  
Juniper Berries  
Peppermint

#### **Vitamin D**

Alfalfa  
Dandelion  
Red Raspberry  
Rosehips  
Sarsaparilla

#### **Vitamin E**

Burdock  
Comfrey  
Dong Quai  
Kelp  
Scullcap  
Slippery Elm  
Yarrow

#### **Vitamin F**

Red Raspberry  
Slippery Elm

#### **Vitamin K**

Alfalfa  
Gota Kola  
Yarrow

### ***Minerals***

#### **Calcium**

Aloe  
Cayenne  
Camomile  
Fennel  
Marshmallow  
Sage  
White Oak Bark

#### **Cobalt**

Dandelion  
Horsetail  
Juniper Berries  
Lobelia  
Parsley  
Red Clover  
White Oak Bark

#### **Iodine**

Bladderwrack (seawrack)

#### **Iron**

Burdock  
Chickweed  
Ginseng  
Hops  
Mullein  
Nettles  
Peppermint  
Rosemary  
Sarsaparilla  
Scullcap  
Yellow Dock

#### **Magnesium**

Alfalfa  
Catnip  
Ginger  
Gota Kola  
Red Clover  
Rosemary  
Valerian  
Wood Betony

#### **Potassium**

Aloe  
Blue Cohosh  
Cayenne  
Cascara Sagrada  
Chaparral  
Fennel  
Golden Seal  
Parsley  
Rosehips  
Slippery Elm  
Valerian  
Yarrow

## **Zinc**

Burdoch  
Camomile  
Dandelion  
Eyebright  
Hawthorn  
Licorice  
Marshmallow  
Sarsaparilla

## **Trace Minerals**

Alfalfa  
Black Cohosh  
Burdock  
Cascara Sagrada  
Chaparral  
Dandelion  
Hawthorn  
Horsetail  
Lobelia  
Parsley  
Red Clover  
Rose Hips  
Sarsaparilla  
Valerian  
Yellow Dock

