



Individual Organic Herbs & Spices



INDIVIDUAL ORGANIC HERBS

Astragalus Root

anemia, angina, asthma, fatigue, hypertension, immune system disfunction (frequent colds-flu), type 2 diabetes **May contradict with immune suppressant drugs such as cyclosporine & corticosteroids*

Burdock Root

nutrient dense food, promotes healthy skin, liver health, pre-biotic **Caution may increase skin conditions at first start.*

Calendula Flower

skin issues, stagnant lymph, minor infections, delayed menses **Avoid if allergic to the Asteraceae family*

Catnip

anxiety, colic, nervous stomach, fever, flatulence, stagnant digestion, muscle pain & cramping **Avoid if pregnant or nursing. Safe for children but not for extended periods of time*

Chamomile

relaxing, digestion, pain relieving, cold/flu, fever **Avoid if allergic to the Asteraceae family*

Cinnamon

Diarrhea, cold/flu, toothache, insulin resistance arthritis **Caution large amounts during pregnancy, if diabetic and taken regularly monitor insulin levels, not to taken in therapeutic doses at the same time as blood thinning medications.*

Dandelion Root

healthy liver function, nourishing food, digestion

Echinacea

infected wounds, colds & flu, acne, fevers, venomous bites, abscesses **There is conflicting evidence that Echinacea may adversely affect people with autoimmune conditions. Please consult your healthcare practitioner before use or avoid*

Elder Flowers

colds/flu, skin health, relaxing

Elderberry

colds/flu, fevers, strengths eyes, immune system

Feverfew

anti-inflammatory, antimicrobial, anticancer, immune system, bitter tonic, carminative, emmenagogue, nervine **Caution large amounts during pregnancy or nursing. Avoid if allergic to the Asteraceae family*

Ginger

migraines, colds/flu, nausea, heart health, stomach bugs **Caution large amounts during pregnancy or on blood thinning medications*

Oatstraw

high in vitamins & minerals, calmness, centeredness, promotes nervous & endocrine system. If pregnant consult health care practitioner **Avoid if you have celiac disease, caution if gluten sensitive or allergic*

Passionflower

quiets mind chatter, restless agitation & exhaustion **If pregnant consult health care practitioner*

Peppermint

digestion, pain relieving, calms spasms, fever

Raspberry Leaf

preparation for labor, diarrhea, nutrient dense

Reishi Mushroom

cardiac weakness, supports healthy immune function, stress related issues, asthma, chronic fatigue, insomnia, lowers cholesterol, supports blood sugar regulation, supports overall longevity **Avoid if pregnant or nursing. If taking blood sugar or blood pressure medications and reishi be sure to monitor to make sure they don't drop too low*

Rose Hips

Nutrient rich

Schisandra Berry

in TCM it is said to contain all five flavors: salty, sweet, sour, pungent and bitter

Skullcap

insomnia, chronic stress, headaches, sedative **Avoid if pregnant or nursing*

Tulsi/Holy Basil

stress, anxiety, high blood pressure, high blood sugar, depression, colds/flu, viral infections **Do not use pregnant if trying to conceive. If using insulin may need to adjust while taking holy basil. If using for blood sugar control, it should be used consistently*

White Willow Bark

stress, anxiety, high blood pressure, high blood sugar, depression, colds/flu, viral infections **Don't use if allergic to aspirin or other salicylate containing drugs. Do not give to children or adolescents with viral infections due to possibility of Reye's syndrome.. Consult your health care practitioner if you are pregnant or nursing or on any medications*

Yarrow

wounds, infections, fevers, UTI, bleeding wounds **Avoid if pregnant or nursing. Avoid if allergic to the Asteraceae family*

ORGANIC SPICES

Basil

Bay Leaf

Black pepper, corns & ground

Black pepper, smoked corns

Cardamom Pods

Cinnamon Sticks, chopped & powdered

Cloves, whole

Coarse Himalayan Pink Salt

Coarse Sea Salt

Coriander Seed

Dill Seed

Dill Weed

Fennel Seed

Garlic Granules

Ginger Root, chopped & powdered

Licorice Root

Orange Peel

Oregano

Parsley Leaf

Red Chili Powder, roasted

Rosemary

Star Anise

Tarragon

Thyme

Turmeric Root, chopped & powdered