

## Herbal Menu

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Individual bespoke remedies are usually crafted from three or more herbs that support your unique health goals. These are dynamic remedies that move with the body to enhance natural elimination pathways, nourish depleted systems and target specific organs to revitalize and give you energy from a place of deep healing.

You are advised to consult with a qualified practitioner before embarking on herbal treatment as some plants are not suitable for everyday use.

Pregnant, lactating and TTC women need special care and to avoid strong herbs.

For those taking other medications please seek medical advice alongside herbal therapy to ensure the best individual treatment plan.

### Tinctures

*Product advice: 5ml x 3/day in water, with meals, away from other medication.*

**Yarrow** (analgesic, antispasmodic, bitter tonic)

*Achillea millefolium*

**Horse chestnut** (circulatory support, expectorant)

*Aesculus hippocastanum*

**Lady's mantle** (astringent, nervine)

*Alchemilla vulgaris*

**Agrimony** (analgesic, hepatic, antispasmodic)

*Agrimonia eupatoria*

**Angelica** (aromatic, bitter tonic, nervine)

*Angelica archangelica*

**Celery seed** (antirheumatic, antifungal, nervine)

*Apium graveolens*

**Burdock** (cleansing, bitter tonic, hepatic)

*Arctium lappa*

**Wormwood** (anthelmintic, bitter, oxytotic)

*Artemisia absinthium*

**Astragalus** (adaptogen, immune modulator)

*Astragalus membranaceus*

**Oatstraw** (nervine, vulnerary, nutritive)

*Avena sativa*

**Neem** (antimicrobial, bitter, emmenagogue)

*Azadirachta indica*

**Mugwort** (womb tonic, regulates menstrual cycle)

*Artemisia vulgaris*

**Barberry bark** (hepatic, bitter, antimicrobial)

*Berberis vulgaris*

**Marigold** (vulnerary, antispasmodic, cleansing)

*Calendula officinalis*

**Shepherd's purse** (hemostatic, diuretic)

*Capsella bursa-pastoris*

**Cayenne** (analgesic, circulatory stimulant)

*Capsicum minimum*

**Milk thistle** (hepatic, liver trophorestorative)

*Silybum marianum*

**Greater celandine** (hepatic, dysbiosis)

*Chelidonium majus*

**Black cohosh** (antispasmodic, cardiotonic)

*Cimicifuga racemosa*

**Cinnamon** (astringent, digestive, hypoglycemic)

*Cinnamomum zeylanicum*

**Chen pi** (strengthens HCL and spleen)

*Citrus reticulata*

**Hawthorn flowers + berry** (heart tonic, digestive)

*Crataegus oxyacantha*

**Artichoke** (hepatic, hypolipidemic, digestive)

*Cynara scolymus*

**Echinacea** (immunomodulatory, lymphatic)

*Echinacea purpurea*

**Siberian ginseng** (adaptogen, adrenal support)

*Eleutherococcus senticosus*

**Ephedra** (bronchodilator, nerve, heart stimulant)

*Ephedra sinica*

**Californian poppy** (analgesic, antispasmodic)

*Eschscholtzia californica*

**Eyebright** (antiseptic, astringent, antiallergic)

*Euphrasia officinalis*

**Fennel seed** (digestive, expectorant, antiemetic)

*Foeniculum vulgare*

**Cleavers** (lymphatic, nervine, cleansing)

*Galium aparine*

**Reishi mushroom** (immune support, adaptogen)

*Ganoderma lucidum*

**Ginkgo** (brain, kidney, nerve and heart tonic)

*Ginkgo biloba*

**Licorice** (adrenal support, demulcent)

*Glycyrrhiza glabra*

**Devil's claw** (antirheumatic, antioxidant)

*Harpagophytum procumbens*

**Hops** (bitter, antispasmodic, nervine)

*Humulus lupulus*

**Gotu kola** (adaptogen, brain and endocrine tonic)

*Hydrocotyle asiatica*

**St. John's wort** (antiviral, vulnerary, nervine)

*Hypericum perforatum*

**Elecampane** (expectorant, lung tonic)

*Inula helenium*

**Black walnut hull** (antiparasitic, thyroid support)

*Juglans nigra*

**Wild lettuce** (sedative, pain relief)

*Lactuca virosa*

**Motherwort** (heart, nerve, and uterine support)

*Leonurus cardiaca*

**German Chamomile** (carminative, antihistamine)

*Matricaria recutita*

**Lemon balm** (mood, heart support, antiviral)

*Melissa officinalis*

**Holy basil** (antidepressant, digestive)

*Ocimum sanctum*

**Peony** (uterine and female tonic, nervine)

*Paeonia lactiflora*

**Passionflower** (antispasmodic, antidepressant)

*Passiflora incarnata*

**Jamaican dogwood** (pain relief)

*Piscidia spp.*

**Plantago** (vulnerary, lung and kidney tonic)

*Plantago lanceolata*

**Wild cherry bark** (antitussive, sedative)

*Prunus serotina*

**Rehmannia** (blood and kidney tonic, postpartum)

*Rehmannia glutinosa*

**Rhubarb root** (liver and digestive support)

*Rheum officinale*

**Yellow dock root** (enhances elimination and absorption)

*Rumex crispus*

**Elderflower** (immune tonic, allergies, rhinitis)

*Sambucus nigra*

**Schizandra berry** (adaptogen, nervine, fatigue)

*Schisandra chinensis*

**Baical skullcap** (antihistamine, antibacterial)

*Scutellaria baicalensis*

**Skullcap** (antispasmodic, nervine, anxiolytic)

*Scutellaria lateriflora*

**Goldenrod** (astringent, carminative, kidney tonic)

*Solidago virgaurea*

**Dandelion root + leaf** (bitter, diuretic, liver, skin)

*Taraxacum officinalis*

**Thyme** (antimicrobial, dysbiosis, lung support)

*Thymus vulgaris*

**Linden flower** (heart and nerves support)

*Tilia x europaea*

**Red clover** (lymphatic, hormonal conditions)

*Trifolium pratense*

**Nettle leaf** (nutritive, antihistamine, kidneys)

*Urtica dioica*

**Bilberry** (vision issues, fragile capillaries, rheumatic complaints)

*Vaccinium myrtillus*

**Mullein** (respiratory support, antimicrobial)

*Verbascum thapsus*

**Vervain** (hepatobiliary system, antispasmodic)

*Verbena officinalis*

**Crampbark** (skeletal, smooth muscle relaxant)

*Viburnum opulus*

**Ashwaganda** (adaptogen, immune modulator)

*Withania somnifera*

**Prickly ash** (circulatory stimulant, lymphatic)

*Zanthoxylum spp.*

**Ginger** (antioxidant, digestive tonic, rheumatism)

*Zingiber officinalis*

£15/100ml (bitters/acute/children)

£30/250ml (2 week supply)

£60/500ml (1 month + supply)

Testers of 100ml can be purchased for £15

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## **Teas**

*Product advice: 1tsp-1tbsp per mug, infuse covered for 10 minutes, strain.*

**Yarrow** (analgesic, antispasmodic, bitter tonic)

*Achillea millefolium*

**Lady's mantle** (hemostatic, pelvic tonic, nervine)

*Alchemilla vulgaris*

**Marshmallow leaf** (demulcent, immune tonic)

*Althea officinalis*

**Oatstraw** (mood and nerve issues, nutritive, skin)

*Avena sativa*

**Borage** (adrenal and urinary tonic, demulcent)

*Borago officinalis*

**Marigold flowers** (antibacterial, lymphatic, skin)

*Calendula officinalis*

**Lemon peel** (cellular health, digestive, skin)

*Citrus limonum*

**German chamomile** (analgesic, antihistamine, antispasmodic, digestive)

*Matricaria recutita*

**Cinnamon cut bark** (antimicrobial, astringent, circulatory stimulant)

*Cinnamomum zeylanicum*

**Hawthorn leaf + flower** (heart tonic, digestive)

*Crataegus oxyacantha*

**Meadowsweet** (rheumatic conditions, acidity)

*Filipendula ulmaria*

**Cleavers** (lymphatic, nervine, cleansing)

*Galium aparine*

**Hibiscus** (cools and eliminates excess fluids)

*Hibiscus sabdariffa*

**Gotu kola** (adaptogen, brain and longevity)

*Hydrocotyl asiatica*

**Lavender** (liver, digestive, mood, sleep support)

*Lavandula angustifolia*

**Motherwort** (heart palpitations, uterine tonic)

*Leonurus cardiaca*

**Alfalfa** (nutritive in anaemia, chronic illness, pregnancy and postpartum)

*Medicago sativa*

**Lemon balm** (antiviral, carminative, heart balm)

*Melissa officinalis*

**Mint** (antiparasitic, antiviral, antispasmodic)  
*Mentha x piperita*

**Catnip** (sedative, digestive, nervine, colic)  
*Nepeta cataria*

**Passionflower** (nervine, insomnia, worry)  
*Passiflora incarnata*

**Plantain** (vulnerary, lung and kidney tonic)  
*Plantago lanceolata*

**Rose petals** (astringent, blood and heart tonic)  
*Rosa gallica*

**Red raspberry leaf** (female tonic, nutritive)  
*Rubus idaeus*

**Sage** (antifungal, dyspepsia, fluid regulation)  
*Salvia officinalis*

**Elderberry** (immune support, eliminations)  
*Sambucus nigra*

**Schizandra berry** (adaptogen, nervine, fatigue)  
*Schisandra chinensis*

**Skullcap** (antispasmodic, nervine, anxiolytic)  
*Scutellaria lateriflora*

**Dandelion root** (prebiotic, liver and digestive)  
*Taraxacum officinale*

**Red clover** (lymphatic, hormonal conditions)  
*Trifolium pratense*

**Thyme** (antimicrobial, dysbiosis, lung support)  
*Thymus vulgaris*

**Nettle leaf** (nutritive, antihistamine, kidneys)  
*Urtica dioica*

**Heartsease** (immune, skin and mood support)  
*Viola tricolor*

**Ginger** (antioxidant, digestive tonic, rheumatics)  
*Zingiber officinalis*

£10/100g (1-2 week supply)

£20/200g (1 month supply)

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### Infused Oils

*Product advice: apply sparingly as needed to alleviate pain, swelling, bruising and to support the tissues to heal. It is advised to do a small patch test first before applying to larger areas, and cover with gauze to avoid staining clothes. Not for internal use.*

#### **Arnica flowers**

*Arnica montana*

(analgesic, reduces swelling, bruises without broken skin)

#### **St. John's wort**

*Hypericum perforatum*

(vulnerary, herpetic sores, sunburn, nerve pain, dermatitis)

#### **Mullein**

*Verbascum thapsus*

(earaches, bone fractures, joint swelling, nerve irritation, connective tissue health)

£20/100ml (topical use only)

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### Powders

*Product advice: 1tsp mixed well in water or milk x 3/day, followed by a large glass of water.*

**Marshmallow root** (demulcent, soothes irritated gut lining, antacid, increases enzyme production)

*Althea officinalis*

**Burdock root** (hepatobiliary, dry skin, blood sugar stability, endocrine support)

*Arctium lappa*

**Marigold** (vulnerary, antispasmodic, cleansing)

*Calendula officinalis*

**Turmeric** (antifungal, restorative, antioxidant)

*Curcuma longa*

**Cardamom** (digestive, antacid, antispasmodic)

*Elettaria cardamomum*

**Meadowsweet** (analgesic, antacid, gut healing)

*Filipendula ulmaria*



**Fennel seed** (digestive, expectorant, antiemetic)

*Foeniculum vulgare*

**Licorice** (adrenal support, demulcent)

*Glycyrrhiza glabra*

**Elecampane** (expectorant, lung tonic, prebiotic)

*Inula helenium*

**German chamomile** (analgesic, antihistamine, antispasmodic, digestive)

*Matricaria recutita*

**Schizandra** (adaptogen, nervine, fatigue)

*Schisandra chinensis*

**Ashwaganda** (adaptogen, immune modulator)

*Withania somnifera*

**Slippery Elm bark** (nutritive, gut inflammation)

*Ulmus fulva*

**Ginger** (antioxidant, digestive tonic, rheumatics)

*Zingiber officinalis*

£15/100g (acute/culinary use, 2 week supply)

£30/200g (1 month supply)