

HERB INFORMATION

A

ACAI BERRY- high in antioxidants, nutritious, astringent.

ACACIA BERRY- soothes the throat and over-nursed nipples, for Inflammation and irritated mucus membranes.

ACEROLA BERRY- high in vitamin C, strengthens immune system, cancer preventative.

AGRIMONY- used for skin diseases, liver disorders, jaundice and kidney stone, contains large amounts of tannins, good diuretic and general tonic. Useful for stones in bladder & kidneys and to reduce mucus.

ALFALFA-High in vitamin K & trace minerals, it Alkalizes the body and detoxifies the liver. Rebuilds the teeth, relieves arthritis reduces bruising.

ALOE- One of the oldest known therapeutic herbs. Good for healing & soothing most skin wounds and conditions, digestion and absorbing toxins.

ANAMU- used for many yeast infections, colds and viruses. Helpful In leukemia and cancer stimulating immune function and cell production.

ANDROGRAPHIS- could strengthen immune system, release interferon and Japanese reports it stopped cancer cells from multiplying, possible help in the fight against Aids.

ANISE- Stimulates most glands, controlling female estrogen levels. The oil is helpful for Bronchitis, emphysema and spasmodic asthma.

ANGELICA-Good for colic, heartburn, digestion and colds. Not for diabetics or pregnant women.

APPLE CIDER VINEGAR- antiseptic, anti-fungal, good for weight-loss and used for detoxifying, may help reduce cholesterol.

APPLE PECTIN- mentioned often in cancer, asthma, and weight loss.

ARNICA FLOWERS- external use, packs used for pain and swelling. Useful for arthritis and joint pain.

ASAFOETIDA- a spice, said to prevent hysteria, anti-flatulent, useful after childbirth.

ASTRAGALUS-increases energy and resists weakness & disease. A valuable tonic for those under 36.

ASHWAGANDHA - relieves fatigue, nervous exhaustion and memory loss. A mild sedative, reducing mental chatter and long-Lasting energy without stimulants. Promotes tissue regeneration and slows aging process.

B

BARBERRY- One of the best medicinal plants in the Americas. Good blood purifier and for used for anemia. Assists malnutrition and in liver conditions.

BARLEY GRASS-Used to boost the immune system and treat arthritic symptoms. High in chlorophyll.

BASIL-Antibacterial and antispasmodic properties good for stings and bites. A stimulant for extreme exhaustion.

BAYBERRY-Astringent and stimulant, it helps clear sinus congestion and makes a good sore throat gargle.

BEAN PODS FAVA- useful for Herpes and fever blisters, also in the treatment of Parkinson's Disease.

BEE POLLEN-Contains 35% protein. Promotes energy and resistance to disease. Considered a sexual rejuvenate.

BEET POWDER-good plant sources of iron. Tones and rebuilds the liver.

BENZOIN GUM- external use, treatment of many skin problems, disinfecting the affected tissue.

BILBERRY- reduces many eye strains and glaucoma conditions. Improves blood circulation.

BIRCH— Internally used for Arthritis and Rheumatism and a blood cleanser, externally the oil is used for Eczema and other skin conditions.

BITTER MELON- for use with other herbal combinations, for diabetes, colds, HIV viruses and psoriasis, short term and judicious usage.

BLACKBERRY LEAF-Used for fever, colds, mucus discharge, diarrhea.

BLACK COHOSH- Not during pregnancy! Used for most Inflammations, female pains, headaches and as a safe sedative.

BLACK HAW - related to Crampbark, it eases menstrual pains and prevents miscarriage.

BLACK WALNUT HULL-expels internal parasites. Use externally on ringworm and athlete's foot. Rich in manganese.

BLADDERWRACK— Useful for weight-loss due to slow thyroid.

BLESSED THISTLE- treats liver congestion, appetite loss, lowers fevers, resolves blood clots. Related to Milk Thistle. Increases milk flow.

BLOOD ROOT- fights gingivitis and plaque as a toothpaste, for pneumonia, sinus congestion, to cure migraine and as a paste treating skintags, mostly external use.

BLUE-COHOSH-Relieves spasms and cramps, often used during childbirth.

BLUE VERVAIN-Used for chest colds, insomnia, worms, fatigue etc. Considered a cure all and sacred plant by some.

BLUE VIOLET- useful for asthma, bronchitis and lung cancer.

BOLDO LEAF- used for earaches, insomnia and flatulence, an appetite stimulant.

BONESET- Promotes perspiration, reduces, treats rheumatism.

BORAGE- For treatments involving the digestive system, also soothing to mucous membranes of the mouth and throat.

BROMELAIN- said to reduce blood clots and plaque in the heart arteries. relieves some gastronomical problems.

BUCHU-Considered one of the best herbs for urinary disorders, more useful with other herbal combinations.

BUCKTHORN BARK-laxative milder than cascara. It is considered safe for chronic constipation.

BUPLERUM- stops herpes Simplex, improves circulation useful in rheumatoid arthritis.

BURDOCK-good blood purifier used for alleviating skin problems such as boils, abscesses, acne and eczema. Reduces arthritic swelling.

BUTCHERS BROOM-Improves circulation and strengthens veins and capillary walls so it is used for hemorrhoids, varicose veins and “restless leg syndrome”.

BUTTERBUR ROOT- antispasmodic and analgesic, used to prevent migraines.

C

CALAMUS ROOT - treats hyperacidity in stomach. benefits the liver. Increases mental focus. The tincture is a parasitocidal for lice and scabies.

CALENDULA-Antiseptic, externally it heals wounds and burns, slows bleeding.

CARDAMOM- increases appetite. useful for depression, spice.

CASCARA SAGRADA-One of the best herbal laxatives. Considered safe for the elderly. A good gallstone remedy, it increases secretion of bile.

CATNIP-Treat colic in children. A good sleeping and digestive aid.

CATS CLAW - a good anti-inflammatory and immune stimulant. Helps all forms of arthritis, detoxifies the intestinal tract and replenishes friendly bacteria.

CATUABA- A calmative and aphrodisiac. Claims usage for stress, depression and memory.

CAYENNE-equalizes the circulation stimulates the heart. It is used to stop bleeding internally and externally.

CEDAR TIPS- seasoning meats for a smoky flavor, burned for spiritual reasons and meditation.

CELEDINE-externally used for many skin disorders, eczema and skin cancer and for wounds, warts and psoriasis.

CELERY SEED-Often used in the treatment of Gout, Rheumatism and arthritic bone spurs. Produces perspiration and an increased urine flow.

CHAMOMILE-Good digestive aid and sedative. It also kills bacteria and fungi, especially gram positive bacteria and Candida albicans.

CHANCA PIEDRA- significant mention of usage for-kidney stones, liver and hypertension.

CHASTE TREE BERRY— disputed as an aphrodisiac or an anaphrodisiac. Used by Women for PMS in Germany and by male bodybuilders in USA for its effect on testosterone. It is also used for some menstrual problems and treating infertility.

CHAPARRAL-It is considered an herbal antibiotic, used for abscesses, acne, arthritis, back aches and tumors.

CHARCOAL ACTIVATED— useful in many bowel issues and in acute poisonings to filter it from the blood stream, seems to hinder absorption of ethanol (booze) into the blood.

CHIA SEEDS- High in protein and omega~3 fatty acids, gluten free and low glycemic index.

CHICKWEED-Treats blood toxicity fevers Soothes and cleanses the lungs. As a poultice to draw out poisons.

CHICORY- used to control the appetite and too many other benefits to mention.

CHLORELLA- used for heavy metal detoxification, cancer growths and healthy gums. Has all B, c, E vitamins. High in minerals.

CINNAMON- stops formation of peptic ulcers without interfering with gastric acid, stops uterine and other bleeding.

CITRIC ACID- a preservative preventing bacteria growth, used often in natural cosmetics and bath products as it has been approved by the FDA.

CLAYS- Bentonite: for hair and internal elimination of toxins. French Green: Most popular in facials. Kaolin: deodorants and skin care products. Moroccan Red: A prized treasure for toning the skin, high in skin pampering minerals. Fullers Earth: Skin-lightener and for acne and oily skin.

CLEAVERS- an anti-inflammatory and diuretic, used for many skin conditions.

CLOVES - kills some bacteria involved in food poisoning, the oil depresses the transmission of nerve impulses.

COLTSFOOT- relieves lung congestion can increase blood pressure.

COMFREY-promotes strong bones and healthy skin. Used externally and internally to help heal fractures & wounds. Helps stop internal bleeding.

COPAL GOLD- common use is burning for ritual purification.

CORIANDER- an aphrodisiac and condiment, a diuretic, for liver cancer and stimulates the memory, useful for panic attacks and insomnia.

CORN SILK-Antiseptic diuretic for bladder and kidney problems.

CRANESBILL ROOT (WILD ALUM)-stops external and internal bleeding. Treats diarrhea and can be used as a douche.

D

DAMIANA-Helps balance hormones, used as an aphrodisiac and a diuretic.

DANDELION-clears and stimulates the liver to clear toxins. It is high in vitamins, minerals, and nutritive salts. Aids digestion and normalizes blood pressure.

DIATOMACEOUS EARTH (food grade)- insecticide and pesticide, for removing parasites in humans and animals.

DEVILS CLAW- Anti-inflammatory and blood cleanser to treat arthritis, rheumatism, and carpal tunnel syndrome.

DONG QUAI-used for female problems: to regulate the cycle, quell cramps, and hot flashes. Don't use if pregnant or during a period of heavy flow.

DRAGONS BLOOD- promotes healing and used for some blood disorders.

DULSE- highly nutritious, as with other sea vegetables it may assist an underactive thyroid.

E

ECHINACEA-It stimulates the immune system and can be used for most any infection: colds & flu, earaches, tooth abscesses, blood poisoning, insect and snake bites. Nontoxic even for small children and pregnant women.

ELDERBERRY-Detoxifies tissue at cellular level, useful for colds and the like, increases circulation and reduces fever.

ELECAMPANE- for water retention, rich in naturally occurring insulin, also assists the pancreas in all functions.

ELEUTHRO ROOT- "Siberian Ginseng" A tonic which promotes mental and physical endurance. It also treats hot flashes and irregular periods.

EUCALYPTUS- has antiseptic properties, use to clear sinuses and for discharging wounds (short term usage only)

EYEBRIGHT-protects and maintains health of the eye. It can remove cysts caused by chronic conjunctivitis.

F

FENNEL— Used to reduce colic in babies Digestive aid that suppresses appetite.

FENUGREEK—expels mucus from the lungs, lowers fever and soothes the throat. it contains lecithin which dissolves fat and cholesterol. Lowers blood sugar.

FEVERFEW-relieves migraines if taken daily. Also treats arthritic Inflammation and helps circulation to the brain.

FLAX SEED- used as a bulking agent for constipation, good for arthritis. heart disease, depression, etc...

FOTI-Rejuvenates the endocrine glands, used for mental depression and helps the memory. Reputed to prevent blood clots, lower blood pressure, prevents gray hair and promotes fertility.

FRANKINCENSE- immune enhancing functions and treating colitis, in a paste concoction to heal wounds.

G

GALANGAL- Thai and Indonesian spice(ginger family), and used In the treatment of some skin infections.

GARONIA-appetite suppressant inhibits fat storage. believed to be very useful for weight-loss.

GARLIC-Natural antibiotic, anti-fungal and parasitocidal, it also aids poor digestion, lowers cholesterol. It stimulates cell growth and rejuvenates body functions.

GENTAIN-One of the best stomach tonic. It strengthens the pancreas, spleen and kidneys. It Is an appetite stimulant.

GINGER-A hot tea promotes sweating. It relieves nausea, indigestion & gas, Absorbs toxins and helps control flu symptoms. Increases circulation and lowers cholesterol.

GINKGO-Improves circulation to the extremities, including the brain. Used for many senility problems caused by slowing circulation such as coldness. tinnitus, vertigo, Alzheimer' s.

GINSENG (Panax)- physical restorative helps adapt to stress and increases endurance and longevity.

GLUCOSAMINE SULPHATE- an amino acid said to prevent cartilage degeneration and for arthritis.

GOLDEN ROD- used for kidney and bladder stones, with other herbs for flu and upper respiratory infections.

GOLDENSEAL ROOT-Natural antibiotic used with all infections. Treats ulcers, tonsillitis, bladder infections. Do not take If pregnant or have low blood sugar.

GOTU KOLA-Used In India for longevity. It has remarkable rejuvenating properties, strengths the heart and veins and activates brain cells.

GRAPE SEED- (extract)- believed to help heart disease, cancer and aging skin, destroys free radicals in the body.

GRAVEL ROOT- helps prevent and possibly diminish stones In the body by increasing the removal of waste by the kidneys

GRAVIOLA-kills cancer cells, slows tumor growth, for high blood pressure, dilates blood vessels, for depression.

GREEN TEA (extract)- can neutralize free radicals, treats flatulence, helps digestion and mental processes.

GUARANA SEED- contains caffeine, stimulant and should be used with caution.

GYMNEMA SYLVESTRE- used to suppress the desire for sweets, reduces blood sugar levels after ingesting sweets.

H

HEMP SEED- Seed: high in protein, has all amino acids and essential fatty acids for healthy life. Oil: one of the finest vegetable oils used for body care products.

HENNA- for hair and some skin products, anti-fungal, improves circulation, helps itching.

HAWTHORNE-Strengthens heart muscles and is used to normalize blood pressure and for cholesterol.

HIBISCUS- said to lower the blood pressure, a diuretic, aphrodesiac, sedative and a darn good tea.

HONEYSUGKLE- high in calcium, magnesium, potassium, anti-inflammatcry, said to reduce blood pressure.

HOPS- a powerful sedative, strong yet safe. Improves appetite, good for the heart & liver problems.

HOREHOUND-breaks up colds & bronchial catarrh, useful for singers sustaining vocal chords

HORNY GOATWEED- used as an aphrodisiac, regulates low testosterone, a few cautions mentioned for liver.

HORSE CHESTNUT- used for poor leg circulation, diarrhea, arthritis, varicose veins and some external skin conditions.

HYDRANGEA ROOT-useful In lymphatic conditions with poor blood, for severe Rheumatism, gallstones and gout.

HYSSOP LEAF- used for congestion and lung ailments, and strengthening the immune system.

I

IRISH MOSS-Used for Chronic lung and respiratory problems, dry coughs, irritated membranes, weight reduction.

J

JASMINE FLOWERS- A relaxant, assists in milk flow, anxiety. cholesterol. Lowers blood sugar.

JERGON SACHA- kills viruses, useful for Aids, neutralizes venom.

JUNIPER BERRY- treats urinary problems such as stones, urine retention, uric acid buildups. Anti-inflammatory for arthritis.

K

KAVA KAVA-Excellent for anxiety, nervousness and insomnia.

KELP-Good for thyroid and goiters. (mod for hair, nails and protects from radiation poisoning. High in minerals.

KOLA NUT— used as an appetite suppressant, diuretic and aphrodisiac, also for childhood asthma and headaches.

KUDZU- Often used to treat alcoholism by reducing the 'need', also for headaches and post-menopausal women.

L

LADY'S MANTLE- sudden infections of the mouth and throat. Cuts, scrapes, and burns were bathed to prevent infection. Used to treat heavy menstruation, menstrual cramps, and disagreeable symptoms of menopause.

LAVENDER- a wonderfully calming aroma, often used for headaches, anxiety and strengthens hair roots as a diluted massage oil.

LEMON BALM- said to promote longevity, brightens the spirit and sharpens the brain.

LEMON GRASS-used for cramps, headaches, dizziness and stress, also treating colds with a fever.

LEMON VERBANA- said to relieve many stomach discomforts, slightly sedative, also used for nasal congestion.

LICORICE-Hormone balancer and natural cortisone. Used for hypoglycemia, stress, female problems and sore throats.

LINDEN-calms excitable children, used for tension headaches and muscle, and as a diuretic and flush.

LOBELIA-A powerful relaxant, used to lessen withdrawal from nicotine or alcohol. Good for pleurisy & pneumonia. Emetic in large amounts.

LYCII BERRY- used for erection problems and to strengthen the kidneys and nourish the liver.

M

MACA- "Peruvian Ginseng" high in minerals and fatty acids, carbohydrates, protein...etc, endurance. Almost endangered.

MANDRAKE ROOT- mostly used for bowel and liver complaints, known to dissolve and remove tumors, should only be used in formulas with other herbs.

MARJORAM- for cramps, coughs, gas and respiratory problems and as a gargle for sore throat and gums, the oil is used for toothaches.

MARSHMALLOW-soothes irritated lungs and removes mucus. Used as a poultice for gangrene and wounds.

MEADOWSWEET- compresses for pain, externally for cellulite, mentioned for fatigue and nervousness.

MENTHOL CRYSTALS—in ointments for pain, as an inhalant for nasal congestion, relieves itching & pain in liniments.

MILK THISTLE-Protects the liver from toxins and helps it regenerate. An antioxidant, it helps prevent hardening of the arteries. Helps recover from hepatitis or alcohol abuse.

MISTLETOE- quiets the nerves and mental activity, used for dizziness, migraines and blood pressure.

MORINGA- contains extensive nutrient concentrations, like calcium, magnesium, dietary fiber, iodine, lutein, zinc, selenium, zeatin and beta-carotene, Vitamin A, B3 and it is a complete protein containing 18 amino acids (8 essential).

MOTHERWORT- for postpartum depression could decrease level of fat in the blood, for fevers and Rheumatism.

MSM- used for chronic pain, from joint inflammation, scars and wrinkles, allergies and for radiation poisoning.

MUGWORT- strengthens the liver and gall bladder, used for travel-sickness, used in liniments for bruises and strains."

MULLIEN-loosens mucus and dilates lung passages. It has a calming effect on nerves, helps sore throats and the oil is used for earaches.

MYRRH GUM-Powerful antiseptic used as a mouthwash or gargle for a sore throat.

N

NEEM- used for intestinal worms and peptic ulcers and externally to help wound, boils and some skin conditions.

NETTLE Leaf- nutrient rich, it relieves sinus congestion and neutralizes uric acid. Root: prostate problems, including prostatitis and benign prostatic hyperplasia.

NONI FRUIT- mentioned uses for some respiratory issues, assists the immune system, increases endurance and used for impotence.

OAT STRAW-improves the appetite, good for hair and nails, and nervous conditions.

OLIVE LEAF- reduces blood pressure, helps blood circulation, known uses for diabetics .

OREGON GRAPE ROOT-Purifies the blood by activating the liver. Helps digestion and heats skin diseases caused by toxins.

ORRIS ROOT- mostly used as a fixative in perfumes, or in combinations as a talcum powder.

OSHA ROOT- used for viral respiratory infections, eliminate toxins through sweating, helps yeast infections and carpal tunnel inflammation.

P

PAPAIN- for shingles and psoriasis, parasitic worms, used with treatments for tumors, also to chill-proof and stabilize beer.

PAPAYA LEAF-contains the enzyme Papain which breaks down proteins to a digestible form. Heals ulcers and internal bleeding.

PARSLEY LEAF-An excellent diuretic. Good for gall bladder problems.

PASSION FLOWER-a relaxant that helps control nervousness, agitation and twitching particularly in the young.

PATGHOULI- treats some stress-induced problems, on aphrodisiac, said to be an antidote for snake bites and stings.

PAU D'ARCO-an anti-fungal, antibiotic and antiviral. It's strengthens the immune system and thus resistance to disease. Also used against malaria.

PENNYROYAL- induces sweating, used for fevers and delayed menstruation, helps expel intestinal gas

PEONY- used for pain and swelling from injuries, used for gout and eczema.

PEPPERMINT-Relieves gas pains, colic, chills and fever. Increases mental alertness.

PLANTAIN-Externally the leaves stop bleeding and neutralize poisons from insect bites. Good for lung ailments.

PLEURISY ROOT- mostly used for bronchial and respiratory ailments, breaking up congestion and mucus.

POKE-use with extreme caution, in small amounts with other herbs and under a doctor's supervision for reducing inflammation, cleansing the lymphatic system and externally for acne and eczema.

PRICKLY ASH BARK-increases circulation and induces sweating. it is used for colds and poor digestion. The bark powder can be applied to relieve toothache.

PSYLLIUM-mucilaginous fiber used for constipation, colitis and hemorrhoids.

PUMPKIN SEED- an excellent parasitocidal. contains nearly 4 times the beta-carotene than carrots, also rich in iron and Magnesium.

PYGEUM BARK- helps men with benign prostate hypertrophy (BHP), does not stimulate estrogen production in men.

Q

QUASSIA- used for an upset stomach, possible assisting leukemia or blood cancer.

R

RED CLOVER BLOSSOM-A blood purifier, relaxing to the nerves and safe for children. May promote fertility.

RED RASPBERRY LEAF-effective for menstrual problems, decreasing blood flow without stopping. Relieves morning sickness and strengthens uterine walls for childbirth.

RED ROOT- an expectorant, used for some lung conditions and for viral skin conditions.

REISHI MUSHROOM- helps prevent alcohol-induced fatty liver and cirrhosis. stimulates interleukin-2, which fights some cancers. Reduces fibroid growth, treats high blood pressure.

RHODIOLA ROOT-many uses: fatigue, headaches. aging, immune system...etc.

RHUBARB- a powerful laxative, use sparingly and in herbal combinations, used in our Essiac Tea.

ROSE PETALS- mostly in bathing herbs and potpourris, mentioned uses as a gargle for sore throat.

ROSE HIPS- a rich source of vitamin C, used to treat colds and flu, cancer; diarrhea, coughs, dysentery, exhaustion and migraines.

ROOIBOS- antiviral, anti-anxiety and anti-allergy. Reduces age-related mental decline. Reduces heart disease.

ROSEMARY - helps brain cells responsible for memory and reasoning, improves circulation to the brain. Relieves intestinal cramps and cases bloating. it has fungicidal action destroying Candida Albicans but not healthy bacteria of digestive tract, externally popular for hair growth.

RUE- used for a hesitant menstruation, for vertigo, applied for sciatica pain, mentioned assistance in multiple sclerosis.

S

SAFFLOWER- increases urine flow, used for lovers, gout and uric acid and is soothing to the digestive tract.

SAGE-reduces perspiration and dries up breast milk flow. Used for nervous systems.

SARSAPARILLA-A good blood purifier, it is also used by athletes as a source of muscle-building hormones. Clears some skin eruptions and is used for gout.

SASSAFRAS- mentioned often for skin issues and aids the pituitary gland in releasing an ample amount of protein.

SAW PALMETTO BERRY-reduces enlarged prostate. Used to build stamina and rid lungs of mucus. Can increase breast size in women.

SCHISANDRA BERRY— a valuable herb for stress, nerves, fatigue, helpful in building the body's immune system.

SCULLCAP-Good for neuralgia and nervous tension. Helps reduce high blood pressure and disorders of the nervous system as epilepsy.

SENNA-a powerful laxative often combined with ginger to prevent cramping. Helps eliminate intestinal worms. Do not use while pregnant.

SHATAVARI- a diuretic and aphrodisiac used for infertility and some digestion issues, externally for stiffness in joints.

SHAVEGRASS- good for hair and nails and healing fractured bones 'by holding calcium in the body.

SHEEP SORREL- assists the body in expelling gravel from the kidneys, used for degenerative diseases and cancer, a main ingredient in our Essiac Tea.

SHITAKE, MUSHROOM- stimulate the immune system producing more interferon, China and Japan use it in the prevention and treatment of cancer.

SLIPPERY ELM BARK-used for inflammation of lungs, bowels and stomach.

SPEARMINT- soothes the stomach and intestines and for nausea, relieves a stressful urination.

SPINACH- aids recovery of diseased organs, fatigue, low and high blood pressure, migraines and as an infusion for scalp massage for healthy hair

SPIRULINA-70% protein, high nutrient source. It produces a perceptible energy boost and promotes all-over health.

SQUAW VINE- good for building female organs. Relieves painful menstruation.

ST JOHNSWORT—Helps depression and hysteria by raising serotonin levels over time. it is an expectorant and fights viral infections.

STEVIA HERB- highly regarded for food and tobacco cravings and for Weight reduction.

STONE ROOT- used for headaches and constipation, assists worsening varicose veins and hemorrhoids

STRAWBERRY LEAF- An astringent and diuretic, for a slow metabolism, mentioned for gonorrhea and chlamydia.

SUMA-an energy tonic adaptogen, considered at least as good as Panax Ginseng in effect. Good for those with chronic fatigue or low energy.

T

TANSEY- an anti-inflammatory, used for intestinal worms and for a regular menses, as well as to stimulate hair growth

THYME—parasitocidal for intestinal worms or for skin parasites as ringworm, crabs & lice. Also used for bronchitis.

TRIBULUS- assists in testosterone production, popular with body builders, said to improve sexual behavior, recently said to improve chances for conception.

TRIPHALA- “Three Fruits” Amaiaki, Harlaki & Bibhitaki: used to detoxify and clean the body, blood and liver, possible cancer prevention.

TULSIHOLY BASIL-anti-stress nerve tonic, used for ringworm and skin diseases, strengthens the kidneys, externally used for headaches in a paste with sandalwood. Etc.

TURMERIC-stimulates flow of bile in the liver and breaks down dietary fats. Used as anti-inflammatory for arthritic pain.

U

UVA URSI-great diuretic to treat kidney and bladder infections. Good for diabetics.

V

VALERIAN ROOT-quiets the nervous system and promotes sleep. Used for heart palpitation.

VERVAIN BLUE -often used at the onset of a cold or flu. Settles a nervous stomach and is used for irregular menses.

W

Water Hyssop [Brahmi]: — Historically it has been used to treat a variety of ailments including asthma, epilepsy, leprosy, indigestion, memory retention and as a mild sedative.

WATERCRESS- high in potassium and vitamin c and natural vitamins, minerals and trace elements.

WHEATGRASS- a super-food, used for treating cancerous growths and other degenerative diseases, good for body building and expelling metals from the body.

WHITE OAK BARK-Astringent used on varicose veins and in enemas and douches.

WHITE WILLOW BARK-The original aspirin, relieves pain, lowers “fever and is a good anti-inflammatory.

WILD CHERRY BARK-Loosens mucus in the throat and chest, calms respiratory nerves and thus helps coughs and asthma.

WILD LETTUCE- a sedative, used for relieving chronic pain, spasms and cramps.

WILD YAM ROOT-relieves morning sickness and helps prevent miscarriage.

WOOD BETONY-calming to the nerves and a gentle laxative, useful for migraines and Parkinson's Disease.

WORMWOOD- expels worms. many uses in the G.I Tract and menstrual cramps.

Y

YARROW FLOWER- opens pores permitting discharge of internal poisons, shrinks hemorrhoids, used for female yeast infections.

YELLOWDOCK- used for many skin and blood issues and is high in Iron.

YERBA MATE - energizing tonic contains caffeine. Vitamins C, A and B-complex. National drink of Argentina.

YOHIMBE- A valuable aphrodisiac, should be avoided with high blood pressure and heart arrhythmia.

YUCCA ROOT- primarily used for arthritis and rheumatism, extracts of the root make excellent soaps and shampoo.

DISCLAIMER:

We trust you will use common sense and thoroughly research an herb before use. Herbsnthings is not responsible for-the misuse of the plant materials. We can't provide you with medical advice, dosage information, potential drug herb reactions or assistance with questions relating to injury or illness.

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