

# Body Systems Herbal

Herbal Choices  
For  
Health & Healing



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# Body Systems Herbal

## Tonics

*Increase the tone of body tissues - Assist oxygen flow in the blood - Bring about added strength & vitality*

Cardio-Vascular	Digestive	Urinary	Immune	Respiratory
<b>Astragalus - Angelica</b> <b>Buckwheat - Garlic</b> <b>Gingko - Guggul</b> <b>Hawthorn - Lime Blossom</b> <b>Motherwort</b>	<b>Agrimony - Angelica</b> <b>Cardamon - Dandelion Rt</b> <b>Fennel - Gention</b> <b>Ginger - Milk Thistle</b> <b>Peppermint</b> <b>Psyllium husks</b> <b>Sage - Wood Betony</b> <b>Yarrow- Yellow Dock</b>	<b>Buchu</b> <b>Cornsilk</b> <b>Horsetail</b> <b>Parsley</b>	<b>Andrographis</b> <b>Astragalus</b> <b>Cleavers</b> <b>Echinacea</b> <b>Ginger</b> <b>Marigold</b> <b>Poke Root</b> <b>Reishi</b>	<b>Elecampane</b> <b>Goldenseal</b> <b>Mullein</b> <b>Plantain</b>
Skin	Nervous	Reproductive	Muscular-Skeletal	Endocrine
<b>Cleavers</b> <b>Marigold</b> <b>Nettles</b> <b>Red Clover</b>	<b>Ashwaganda</b> <b>Damiana</b> <b>Liquorice</b> <b>Oats</b> <b>Panax Ginseng</b> <b>Skulleap</b> <b>Valerian</b> <b>Wood Betony</b>	<b>(F) Agnus Castus</b> <b>(F) Black Cohosh</b> <b>(F) Raspberry (L)</b> <b>(M) Sarsaparilla</b> <b>(M) Saw Palmetto</b>	<b>Birch</b> <b>Bogbean</b> <b>Nettle</b> <b>Solomon's Seal</b>	<b>Borage</b> <b>Ginseng</b> <b>Liquorice</b> <b>Wild Yam</b>

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## System Affinities

*Those herbs which have an affinity for a particular system of the body.*

Cardio-Vascular	Digestive	Eliminatory	Immune	Respiratory	Skin	Nervous	Reproductive	Muscular-Skeletal
Bilberry Black Cohosh Cayenne Ginger Horsechestnut Prickly Ash Rosemary Turmeric Yarrow - * Lily of the Valley (R)	Agrimony Bayberry Fringetree German Cham. Herb Robert Hops Marshmallow Mugwort Meadowsweet. Slippery Elm Sage Wood Betony Yarrow Yellow Dock	Agrimony Artichoke Barberry Bogbean Celery Seed Centaury Cleavers Dandelion Leaf & Root Elecampane Fennel Fringetree Fumitory Gentian Lemon Balm Mahonia Milk Thistle Motherwort Prickly Ash St John's Wort Turmeric Wild Yam Yarrow Yellow Dock	Astragalus Burdock Bladderwrack Cleavers Echinacea Figwort Liquorice Marigold Ginseng Poke Root Wild Indigo Reishi Shitake	Angelica Aniseed Cayenne Echinacea Eucalyptus Goldenseal Grindelia Hyssop Licorice Pleurisy Root Poke Root Red Clover Thyme - *Lobelia (R)	Aloe Cleavers Chickweed Lavender Marigold Plantain Wild Pansy	Californian Poppy Hawthorn Hops Lemon Balm Lime Blossom Mugwort Motherwort Passionflower Prickly Ash Vervain Wild Oats Wild Lettuce Wood Betony - * Datura (R) * Henbane (R) * Belladonna ©	Blue Cohosh Black Haw Crampbark Damiana False Unicorn.R Lady's Mantle Motherwort Poke Root Prickly Ash Sherpherds Purse Partridge Berry Sage Saw Palmetto Wild Yam Yarrow	Alfalfa Angelica Black Cohosh Blue Cohosh Echinacea Horsetail Meadowsweet Wild Yam Willow

Cardio-Vascular System									
Circulatory	Hypo-tensive	Vasodilators	Cardio-Protective	Cardio-Stimulant	Anti-Coagulant	Anti-Inflammatory	Styptic-Haemostatic	Anti-Spasmodic	Diuretic
<i>Has an affinity for the circulation</i>	<i>Lowers blood pressure</i>	<i>Relax the muscular coating of blood vessels</i>	<i>Protects the heart</i>	<i>Stimulates the heart and circulation</i>	<i>Keeps the blood flowing preventing clotting</i>	<i>Reduces and manages inflammation</i>	<i>Stops bleeding anywhere in the system</i>	<i>Eases spasm in the muscles of the cardio-vascular system</i>	<i>Promotes production &amp; excretion of urine</i>
<b>Astragalus</b> <b>Angelica</b> <b>Bilberry</b> <b>Black Cohosh</b> <b>Buckwheat</b> <b>Cayenne</b> <b>Garlic</b> <b>Ginger</b> <b>Ginkgo</b> <b>Guggul</b> <b>Hawthorn</b> <b>H.Chestnut</b> <b>Lime Blossom</b> <b>Motherwort</b> <b>Rosemary</b> <b>Turmeric</b> <b>Yarrow</b>  <b>Lily of the Valley*</b> <b>(R)</b>	<b>Astragalus</b> <b>Black Cohosh</b> <b>Black Haw</b> <b>Crampbark</b> <b>Fenugreek</b> <b>Garlic</b> <b>Hawthorn</b> <b>Lime Blossom</b> <b>Motherwort</b> <b>Mistletoe</b> <b>Nettle</b> <b>Passionflower</b> <b>Skullcap</b> <b>Valerian</b> <b>Vervain</b> <b>Yarrow</b>	<b>Astragalus</b> <b>Hawthorn</b> <b>Lime Blossom</b> <b>Valerian</b>	<b>Bilberry</b> <b>Ginkgo</b> <b>Guggul</b> <b>Hawthorn</b>	<b>Cayenne</b> <b>Garlic</b> <b>Ginger</b> <b>Hawthorn</b> <b>Rosemary</b> <b>Yarrow</b>	<b>Bilberry</b>  <b>Guggul</b>  <b>Yarrow</b>	<b>Bilberry</b> <b>Buckwheat</b> <b>Ginger</b> <b>Ginkgo</b> <b>Guggul</b> <b>Hawthorn</b> <b>Horsechestnut</b> <b>Lime Blossom</b> <b>Turmeric</b> <b>Yarrow</b>	<b>Bayberry</b> <b>Blackberry</b> <b>Cayenne</b> <b>Cinnamon</b> <b>Cinquefoil</b> <b>Comfrey</b> <b>Cranesbill</b> <b>Goldenseal</b> <b>Herb Robert</b> <b>Horsetail</b> <b>Marigold</b> <b>Mullein</b> <b>Nettle</b> <b>Oak Bark</b> <b>St John's Wort</b> <b>Tormentil</b> <b>Turmeric</b> <b>Uva-Ursi</b> <b>Witch Hazel</b> <b>Yellow Dock</b>	<b>Black Cohosh</b> <b>Crampbark</b>  <b>Hawthorn</b>  <b>Lemon Balm</b>  <b>Lime Blossom</b>  <b>Motherwort</b>  <b>Valerian</b>	<b>Cleavers</b>  <b>Cornsilk</b>  <b>Dandelion Leaf</b>  <b>Lime Blossom</b>

Digestive System				
Bitters	Carminatives	Hepatics	Alteratives	Cholagogues
<i>Taste bitter &amp; improve digestion</i>	<i>Help manage excess flatulence, &amp; trapped wind</i>	<i>Support the liver</i>	<i>Improve the body at a cellular level</i>	<i>Promote the flow of bile from the liver</i>
Bearberry Bogbean Centaury Dandelion Root Gentian German Chamomile Goldenseal Mugwort White Horehound Wormwood Yarrow	Angelica - Aniseed Caraway - Celery Seed Cinnamon - Dill Fennel Garlic Ginger Lemon Balm Marjoram Motherwort - Parsley Peppermint - Sage Spearmint - Thyme Valerian	Agrimony - Artichoke Barberry - Bogbean Centaury - Cleavers Dandelion Root - Elecampane Fennel - Fumitory Gentian - Lemon Balm Mahonia - Milk Thistle Motherwort - Prickly Ash St John's Wort - Turmeric Wild Yam - Yarrow Yellow Dock	Bogbean - Burdock Cleavers Dandelion Leaf & Root Echinacea Figwort. - Fumitory Garlic - Goldenseal Mahonia Nettle Poke Root Red Clover Sarsaparilla Yellow Dock	Artichoke Barberry Dandelion Fringetree Fumitory Gentian Goldenseal Greater Celendine Lemon Balm Mahonia Rosemary Sage Wild Yam Yellow Dock
Anti-Catarrhals	Anti-Inflammatories	Demulcents	Anti-Spasmodics	Laxatives
<i>Reduce the production of mucous in the digestive tract</i>	<i>Help reduce inflammation along the digestive tract</i>	<i>Rich in mucilage that soothes inflamed membranes</i>	<i>Ease spasm in the muscles of digestive tract</i>	<i>Promote the evacuation of the bowels</i>
Cayenne Cranesbill Garlic Goldenseal Herb. Robert Irish Moss Marshmallow Peppermint Sage - Thyme	Agrimony Cransebill - Dill German Chamomile Goldenseal Herb Robert Liquorice Marigold. - Marshmallow Meadowsweet Peppermint Spearmint Slippery Elm	Irish moss Marshmallow Root Mullein Plantain Slippery Elm Liquorice	Californian Poppy Crampbark Dill Fenugreek - Fennel German Chamomile Hops Lemon Balm Peppermint Wild Yam Valerian	Barberry. - Buckthorn Burdock Cleavers Dandelion Flax deed Fringetree Mahonia Rhubarb Root Senna Yellow Dock

Urinary System							
Urinary Anti-Septic	Anti-Catarrhals	Demulcents	Astringents	Anti-Lithics	Anti-Spasmodics	Anti-Inflammatory	Diuretics
<i>Destroy harmful bacteria</i>	<i>Reduce the production of mucus in the system</i>	<i>Herbs rich in mucilage - to soothe inflamed membranes</i>	<i>Arrest bleeding from the kidneys * (all cases should be under medical supervision)</i>	<i>Eliminate or dissolve stone or gravel</i>	<i>Relieve muscular cramp or spasm</i>	<i>Reduce inflammation across the body</i>	<i>Increase production &amp; secretion of urine</i>
<b>Bearberry</b> <b>Birch</b> <b>Boldo</b> <b>Buchu</b> <b>Celery Seed</b> <b>Cornsilk</b> <b>Couchgrass</b> <b>Goldenrod</b> <b>Juniper</b> <b>Yarrow</b>	<b>Goldenrod</b> <b>Uva-Ursi</b>	<b>Cornsilk</b> <b>Couchgrass</b> <b>Marshmallow Leaf</b>	<b>Beth Root</b> <b>Burr-Marigold</b> <b>Horsetail</b> <b>Plantain</b> <b>Tormentil</b>	<b>Gravel Root</b> <b>Hydrangea</b> <b>Parsley Piert</b> <b>Pellitory of the Wall</b> <b>Stone Root</b>	<b>Crampbark</b> <b>Sea Holly</b> <b>Valerian</b>	<b>Bilberry</b> <b>Buchu</b> <b>Cornsilk</b> <b>Couchgrass</b> <b>Goldenrod</b>	<b>Bearberry</b> <b>Cleavers</b> <b>Dandelion</b> <b>Yarrow</b>
Male Reproductive System							
Tonics	Prostate	Nervine/Trophorestorative					
<i>Tonics for the male system</i>	<i>To address issues in the prostate</i>	<i>To support the nervous system</i>					
<b>Couchgrass</b> <b>Cornsilk</b> <b>Uva-Ursi</b> <b>Yarrow</b>	<b>Saw Palmetto</b> <b>Sarsaparilla</b>	<b>Oats</b> <b>Damiana</b> <b>Skullcap</b> <b>Valerian</b>					

Immune System				
Lymphatics	Immune Modulators	Immune Stimulants	Anti-Microbials	Anti-Virals
<i>Stimulate the circulation of lymph &amp; disperse glandular swellings</i>	<i>Balance the immune system</i>	<i>Stimulate the immune system</i>	<i>Help the body to destroy or resist pathogenic micro-organisms</i>	<i>Prevent viruses attacking the body</i>
<b>Andrographis</b> <b>Cleavers</b> <b>Marigold</b>	<b>Astragalus</b> <b>Andrographis</b> <b>Cinnamon</b> <b>Echinacea</b> <b>Garlic</b> <b>Rhodiola</b> <b>Shitake</b> <b>Thyme</b>	<b>Astragalus</b> <b>Andrographis</b> <b>Cinnamon</b> <b>Echinacea</b> <b>Garlic</b> <b>Panax Ginseng</b> <b>Reishi</b> <b>Rhodiola</b> <b>Shitake</b> <b>Thyme</b>	<b>Aniseed</b> <b>Burdock</b> <b>Caraway Oil</b> <b>Cayenne</b> <b>Clove</b> <b>Coriander</b> <b>Echinacea</b> <b>Elecampane</b> <b>Garlic</b> <b>Gentian</b> <b>Ginger</b> <b>Rosemary</b> <b>Sage</b> <b>Thyme</b>	<b>Astragalus</b> <b>Cranberry</b> <b>Elder</b> <b>Ginger</b> <b>Lemon Balm</b> <b>Liquorice</b> <b>Marigold</b> <b>Shitake</b> <b>St John's Wort</b> <b>Uva-Ursi</b>
Anti-Oxidants	Diaphoretics	Alteratives	Diuretics	Hepatics
<i>Protect the body from Free-radical activity</i>	<i>Help the skin to eliminate toxins through the skin</i>	<i>Improve the system at a cellular level</i>	<i>Promote release of toxins &amp; excess fluids through urine</i>	<i>Support the liver &amp; help the body as a whole</i>
<b>Buckwheat</b> <b>Gingko</b> <b>Guggul</b> <b>Marigold</b> <b>Reishi</b> <b>Tumeric</b>	<b>Angelica</b> <b>Cleavers</b> <b>Echinacea</b> <b>Garlic</b> <b>Ginger</b> <b>Guggul</b> <b>Lime Blossom</b> <b>Marigold</b> <b>Yarrow</b>	<b>Burdock</b> <b>Cleavers</b> <b>Echinacea</b> <b>Garlic</b> <b>Panax Ginseng</b> <b>Shitake</b> <b>Wild Indigo</b>	<b>Burdock</b> <b>Cleavers</b> <b>Figwort</b> <b>Marigold</b>	<b>Cleavers</b> <b>Dandelion Root</b> <b>Elecampane</b> <b>Fennel</b> <b>Lemon Balm</b> <b>St John's Wort</b> <b>Tumeric</b> <b>Wild Indigo</b> <b>Yarrow</b>

Respiratory System				
Anti-Tussives	Anti-Catarrhals	Anti-Inflammatories	Demulcents	Anti-Spasmodics
<i>Reduce Cough severity &amp; ease expectoration - clear the lungs</i>	<i>Reduce the production of mucus</i>	<i>Can reduce inflammation In the system</i>	<i>Anti-irritant - soothe inflamed membranes</i>	<i>Ease spasm in the muscles - act</i>
Angelica Balm of Gilead Elecampane Garlic Hyssop Irish moss Liquorice Marshmallow - Mullein Pleurisy Root Sundew Sweet Chestnut Leaf Thyme Violet Leaves White Horehound	Cayenne Garlic Echinacea Elderflower Ground Ivy Plantain Marshmallow Mullein Sage Thyme Yarrow	Elderflower Goldenrod Hyssop Irish moss Liquorice Marshmallow Leaf & Flower Mullein Plantain Sage Yarrow	Elecampane Goldenrod Liquorice Lungwort Marshmallow Mullein	Aniseed Fennel Garlic Grindelia Lobelia (R) Wild Cherry Bark Wild Lettuce
Astringents	Relaxing Expectorants	Stimulating Expectorants	Amphoteric Expectorants	
<i>Herbs that can reduce catarrh secretion &amp; excretion</i>	<i>Calming to irritating cough whilst removing mucus from the body</i>	<i>Promote expulsion' of mucus from the body</i>	<i>Normalisers which act in different ways dependent on the body's needs</i>	
Eyebright Ground Ivy Plantain Sage Yarrow	Aniseed Cherry Bark Fennel Goldenseal Grindelia Hyssop Irish moss Lobelia Liquorice Lungwort Marshmallow Thyme Vervain	Anise Caraway Cowslip Daisy Elecampane Fenugreek Ipecac Sweet Violet White Horehound	Elderflower Garlic Mullein	



Female Reproductive								
Uterine Tonics	Analgesics	Emmenagoges	Hormonal Normalisers	Astringents	Demulcents	Bitters/ Hepatics	Anti-Spasmodics	Nervines / Adaptogens
<i>Tone the uterus</i>	<i>For pain relief associated with menstrual cycle</i>	<i>Stimulate normal menstrual flow. * (Avoid in pregnancy)</i>	<i>Balance &amp; normalise function of the endocrine glands</i>	<i>To address heavy bleeding</i>	<i>Soothe inflamed membranes</i>	<i>Can be used to support the liver which is involved in hormonal fluctuation</i>	<i>Ease cramping in the uterus</i>	<i>To address any anxiety or stress</i>
Black Cohosh Blue Cohosh False Unicorn Root Motherwort Raspberry Leaf Squaw Vine	Black Haw Californian Poppy Crampbark German Chamomile Skullecup Squaw Vine Wild Lettuce Valerian * (R) Belladonna Datura Henbane Yellow Jasmine	Agnus Castus Blue Cohosh False Unicorn Root Motherwort Mugwort Parsley Squaw Vine Yarrow	Agnus Castus Black Cohosh Dong Quai Chaste Tree Liquorice Shatavari Wild Yam	Agrimony Bayberry Lady's Mantle Raspberry Leaf Reymannia Yarrow	Bearberry Blue Cohosh Cornsilk Golden Seal Irish moss Marshmallow	Bearberry Couchgrass Echinacea Garlic Juniper Wild Indigo Yarrow	Black Haw Crampbark Ginger Skullecup Wild Yam Valerian	German Chamomile Motherwort Oats St Johns Wort / Ashwaganda Damiana Nettle Seed

Nervous System				
Nervines	Trophorestoratives	Anxiolytics	Anti-Depressants	Adaptogens
<i>Herbs that relax the nervous system</i>	<i>Restore &amp; nourish an exhausted system</i>	<i>Address anxiety, tension &amp; stress - relaxing the system</i>	<i>Ease low-mood &amp; depression</i>	<i>Help the body to adapt to stress</i>
Black Cohosh Black Haw Californian Poppy Crampbark Damiana German Chamomile Hawthorn Lemon Balm Lime Blossom Motherwort Mugwort - Passionflower Red Clover - Rose Rosemary - Skullcap St John's Wort Valerian Wild Oats Wood Betony	Damiana Oats Skullcap Valerian Wood Betony	Ashwaganda Californian Poppy Gingko Holy Basil Hops Lemon Balm Motherwort Mugwort Reishi Rosemary Skullcap Wild Rose	Ashwaganda Damiana Mugwort Oats Reishi Valerian Wood Betony	Ashwaganda Astragalus Hawthorn Nettle Seed Panax Ginseng Reishi
Sedatives	Hypnotics	Anti-Inflammatory	Analgesics	Anti-Spasmodics
<i>Calm &amp; soothe</i>	<i>Induce sleep</i>	<i>Help reduce inflammation across the nervous system &amp; nerves</i>	<i>Pain-relieving to the nerves</i>	<i>Address spasm in the nervous system &amp; nerves</i>
Californian Poppy Hops Lemon Balm Lime Blossom Passionflower Valerian Vervain Wild Lettuce Wood Betony - <b>Henbane (R)</b>	Californian Poppy Hops Mistletoe Passionflower Valerian Wild Lettuce	Lemon Balm Lime Blossom Oats St John's Wort	Californian Poppy Crampbark Ginger Hops Passionflower Skullcap ST Johns Wort Turmeric Vervain Wild Lettuce	Californian Poppy Lemon Balm Oats Passionflower Skullcap Vervain Wild Lettuce

Muscular Skeletal System				
Anti-Rheumatics <i>Reduce heat, pain &amp; swelling in the joints.</i>				
Tonics	Anti-Inflammatory	Alteratives	Diurectic	Circulatory Stimulant
<i>Increase the tone of body tissue</i>	<i>Reduce inflammation</i>	<i>Improve the system at a cellular level</i>	<i>Promote release of toxins &amp; excess fluids through urine</i>	<i>Stimulate circulation &amp; bring heat into the body</i>
Birch Bogbean Nettle Solomon's Seal	Angelica Birch Devil's Claw Echinacea Feverfew Licorice Meadowsweet Turmeric Wild Yam Willow Yarrow	Bladderwrack Bogbean Burdock Cleavers Dandelion Root Kelp Mahonia Nettle Poke root Yellow Dock	Bearberry Birch Celery Seed Dandelion Leaf Juniper Parsley Yarrow	Bayberry Cayenne Ginger Horseradish Mustard Peppermint Prickly Ash Rosemary
Demulcents	Rubefacients	Analgesics / Nervines	Adaptogens	Nutritive
<i>Those herbs containing mucilage to soothe the irritated membranes</i>	<i>Can be used in a carrier oil as an infused oil to be applied externally</i>	<i>For pain relief whilst supporting the nervous system</i>	<i>Help the body adapt to stress</i>	<i>Nutrient, vitamin &amp; mineral -rich</i>
Marshmallow Root Slippery Elm Solomon's Seal	Cayenne Fennel Ginger Horseradish Mustard Oils of: Peppermint Rosemary Thyme Wintergreen Lavender	Birch Californian Poppy Ginger Meadowsweet Passionflower Skullcap Turmeric Wild Lettuce Willow Valerian	Ashwaganda Astragalus Hawthorn Herb Robert Nettle Seeds Panax Ginseng Reishi Saw Palmetto	Alfalfa Dandelion Nettle Oats

Skin				
Vulneraries	Alteratives	Anti-Microbials	Anti-Priuritics	Nervines
<i>Support healing of the skin - when applied externally.</i>	<i>Improve the body's health at a cellular level.</i>	<i>Help the body to destroy or resist pathogenic micro-organisms</i>	<i>Reduce itching when applied externally.</i>	<i>Often useful to calm the skin - can be used internally and externally</i>
Aloe Chickweed Lavender Marigold Marshmallow Leaf Mullein Oats Plantain St John's Wort Wild Pansy Yarrow	Burdock Cleavers Figwort Fumitory Mahonia Marigold Nettles Red Clover Sarsaparilla Thuja Yellow Dock	Echinacea Garlic Marigold Myrrh Pasque Flower Thuja Thyme Wild Indigo	Chamomile Chickweed Calendula (Marigold) Cleavers Goldenseal Peppermint St John's Wort	Lavender Oats Passionflower Red Clover Skulleap St John's Wort Valerian
Anti-Inflammatories	Astringents	Lymphatics	Digestives / Hepatics	Diurectics
<i>Can be used internally &amp; Externally to reduce inflammation</i>	<i>Can be useful to dry up cases of weeping skin</i>	<i>Help to drain inflamed skin &amp; support the whole body</i>	<i>Help promote digestion &amp; liver - promote detoxification</i>	<i>Help to eliminate toxins via urine</i>
German Chamomile Feverfew Lemon Balm Plantain Skulleap Yarrow	Mullein Nettles Plantain Sage Yarrow	Cleavers Echinacea Garlic Marigold Poke Root	Agrimony Catnip German Chamomile Lemon Balm Motherwort Lime Blossom	Agrimony Burdock Celery Seed Cornsilk - Couchgrass Dandelion Root Elder Fennel Seed Marshmallow Saw Palmetto Yarrow

# Body Systems Herbal

Created to support those with an interest in learning more about herbalism, or  
For those who require a reference guide to develop knowledge or indeed to provide healing support and advice.

This herbal is not an alternative for a healthy lifestyle, diet, exercise, sleep and water intake.

**Tonics** - Can be taken daily as a cold infusion and used over time where there is an issue in a particular system or indeed to support general health and vitality.

**System Affinities** - work well with a particular system or more in the body.

**Body Systems - Therapeutic Actions** - Within each body system, there are certain 'therapeutic actions' which are relevant to support that system.  
For Example: Hypo-tensive action is relevant for the circulatory system.

**Herbal Choices** - The list of herbs given in each section of the Herbal is a list of possible herbs which carry that particular therapeutic action. Finding the herb or herbs that are most suited to an individual will vary.

**Seek advice:** If you have a health condition or are taking pharmaceutical medication.

\*\* Some herbs are 'contra-indicated' with health conditions and medications, meaning that they should not be taken at the same time.

\*\* It is important to seek advice.

**R = Restricted Herbs** - These are herbs which contain powerful alkaloids and require strict supervision and dosage by a qualified practitioner.

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