

NATURE'S PHARMACY

THERAPEUTIC GUIDE TO HERBAL MEDICINES

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HERBAL MEDICINE

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INTRODUCTION

For a newcomer into the world of Herbal Medicine, the most extraordinary feature of herbs is their incredible versatility. Herbal medicine dates back to the earliest written documents known to man. Dozens of medicinal plants, including myrrh, castor oil and garlic are mentioned in the Egyptian Ebers papyrus and the Indian Vedas, both dated back to at least 1500 BC. The healing properties of plants have not changed over time. What was a healing herb thousands of years ago is still a healing herb today!

The popularity of herbal medicine has exploded during the past decade, with herbal remedies becoming increasingly available in such conventional outlets as drugstores and even supermarkets. Herbs have powerful ingredients that, if used correctly, can help heal the body. Although herbal remedies are less likely than conventional medicine to cause side effects, herbs nevertheless can be very potent and must only be used with care.

It is always advisable to check with your doctor before beginning any program of nutritional, supplemental or physical activity change.

Herbs are available in a variety of forms including fresh, dried, in tablets or capsules, or in bottled or liquid forms. You can buy them individually or in mixtures formulated for specific conditions. Whatever type of product you choose, the quality of an herbal preparation-be it in capsule, tablet, tea, tincture, bath, compress, poultice, or ointment form-is only as good as the quality of the raw herb from which it was made. Here's a look at the different forms that are available.

Creams

Creams are mixtures of oils or fats with water. Since water and oils do not readily mix, it is necessary to add an emulsifying agent that prohibits their separation. Medicinal herbs, typically in the form of a tincture, infused oil or decoction of herbal, can then be added to creams. An herbal cream blend can be applied directly to the skin where it is absorbed by the body. Creams are permeable, allowing the skin to breathe and sweat.

Decoctions

Roots, barks and fruits are thicker and less permeable than the aerial parts (leaves and flowers) of medicinal plants. They do not release their active components by simple infusion. It is necessary to simmer these parts in boiling water in order to extract their medicinal constituents. The roots, bark or fruit should be cut or broken into small pieces. When preparing, in order to avoid losing volatile constituents, a lid should be placed

over the simmering pan. Separate the solids from the liquids after the decoction has cooled down. Decoctions can be taken hot or cold.

Essential Oils

Essential oils are the volatile oily components of aromatic plants, trees and grasses. They are found in tiny glands located in the flowers, leaves, roots, wood and resins. Essential oils are extracted by four main methods: steam distillation, expression, solvent extraction and effleurage. In the first method, the oil is extracted by the action of hot steam and then selectively condensed with water from which it is separated. In the second method, the oil is extracted by pressure or centrifugation. In the third method, the oil is dissolved in a volatile solvent that, when evaporated, leaves a heavy natural wax substance called concrete. When separated from the wax, the resulting liquid is called an absolute, the most concentrated form of aroma available. Effleurage is a longer process involving the dissolution of the oils in animal fat and its separation using alcohol. Although an essential oils' primary usage is in cosmetics and perfumery, many of them have proven therapeutic properties.

Infused Oils

Pure vegetable oils like sunflower, almond and olive oil are easily found at grocery stores. They have the property of dissolving the active, fat-soluble principles of medicinal plants and herbs. This process is called infusion and can be carried out at room temperature or higher. Infusion is a slower process than alcohol extraction but has the advantage of resulting in an oil

based solution of medicinal constituents that can easily be used to make creams and ointments.

Infusions

Infusions are a simple way of extracting the active principles of herbs through the action of hot water. The preparation of infusions is similar to the way we prepare tea. This method is used to remove the volatile components of the dried or green aerial parts (flowers and leaves) of herbs and plants. Infusions may use single herbs or a blend and can be consumed either hot or cold. Certainly this is the most common and least expensive method of extracting the medicinal compounds from herbs.

Ointments

Ointments are prepared like hot infused oils, the difference being that herbs are simmered in waxes or fats and contain no water. After separating out the simmered herbs, by squeezing and cooling, the result is a solid mixture of the wax or fat with the medicinal constituents of the plant. Petroleum jelly, soft paraffin wax and beeswax are some common bases used. Ointments form an oily barrier on the surface of injuries and carry the active principles to the affected area.

Syrups

With some rare exceptions, such as peppermint which is a familiar flavoring agent in toothpaste and chewing gum, infused or decocted herbs are not palatable, especially for children. In order to disguise their taste, infusions and decoctions can be mixed with honey or unrefined cane

sugar. This can be especially beneficial when caring for a cough or sore throat.

Tinctures

Most of the volatile components of medicinal plants and herbs are soluble in alcohol. By immersing dried or fresh herbs in alcohol, the active principles are easily extracted at concentrations that exceed those that can be achieved by infusion or decoction. These highly concentrated solutions will last for one to two years and are a convenient way to store and use medicinal. Ideally tinctures should be made using pure ethyl alcohol distilled from cereals. However, since this product is not available to the public a spirit such as Vodka, with 35-45% alcohol content can be used. The extraction process is fairly quick to achieve. A 50% mixture of herbs and alcohol kept in a tightly closed jar will hold a tincture ready for use when the need arises. Never use methyl alcohol, methylated spirits, isopropyl alcohol or any other kind of unknown spirit to make tinctures.

THE ACTION OF HERBS

The action of an herb is due in part to its active constituents. Active constituents are special chemicals or combination of chemicals and oils that are present in each particular plant and produce a particular result. These combinations may cause a synergistic reaction between various constituents of each plant thus providing a variety of effects.

Herbs are chosen and combined in preparations according to their action. The action depends on the active ingredients. Most herbs have several actions and the skill in choosing the right herbs for a particular patient's needs lies in selecting the right degrees of action and the best combination of actions in the individual herbs. Each of these may be altered when different herbs are combined.

Close study of the actions of each herb will improve your skill in understanding how and why these medicinal plants work. Below you will find a definition of the wide variety of actions herbs provide and the herbs that best represent that particular action.

Adaptogen

Substances which put the body into a state of non-specific heightened resistance in order to better resist stress and adapt to extraordinary challenges.

Aswagandha, Siberian Ginseng, Ginkgo, Gotu Kola, Ho-Shou-Wu, Licorice, Reishi, Schizandra, Shiitake, Suma.

Alterative

An herb that will help to restore the proper function of the body and increase its health and vitality. Sometimes Alteratives are referred to as blood purifiers.

Alfalfa, Black Cohosh, Blue Vervain, Boneset, Burdock, Chaparral Leaf, Chickweed, Cleavers, Cornsilk, Dong Quai, Echinacea, Garlic, Gentian Root, Golden Seal, Gotu Kola, Ho-Shou-Wu, Irish Moss, Kelp, Licorice, Mandrake, Nettle, Oregon Grape, Pau d'Arco, Prickly Ash, Red Clover, Red Raspberry, Rhubarb, St. John's Wort, Sarsaparilla, White Willow, Yarrow, Yellow Dock, Yerba Santa, Yucca.

Analgesic

Analgesics or Anodynes are herbs that reduce pain.

Blue Vervain, Catnip, Chamomile, Dong Quai, Feverfew, Ginger, Jamaican Dogwood, Hops, Kava Kava, Lobelia, Passion Flower, Pau d'Arco, Reishi, Safflower, Scullcap, St. John's Wort, Valerian, White Willow.

Anthelmintic

Herbs that work against parasitic worms, which may be present in the digestive system.

Black Walnut, Chaparral Leaf, Garlic, Mugwort, Sheep Sorrel, Wormwood.

Antibacterial

Herbs with properties that can inhibit bacterial growth.

Blessed Thistle, Cloves, Echinacea, Garlic, Kelp, Licorice, Myrrh, Pau d'Arco, Reishi, St. John's Wort, Scullcap, Yucca.

Antibilious

Herbs that help the body remove excess bile.

Barberry, Dandelion, Golden Seal, Mandrake, Vervain, Wild Yam, Wormwood.

Anticatarrhal

Herbs that help the body reduce excess mucous and phlegm.

Boneset, Echinacea, Elder, Garcinia, Garlic, Golden Seal, Hyssop, Marshmallow, Oregon Grape, Sage, Saw Palmetto, Uva Ursi, Wild Yam, Yarrow.

Antiemetic

Herbs that reduce the feeling of nausea and can help to relieve or prevent vomiting.

Barberry, Cloves, Elecampane, Fennel, Ginger, Oregon Grape, Red Raspberry, Wild Yam.

Anti-galactagogue

Herbs that prevent or decrease the secretion of milk.

Black Walnut, Sage.

Anti-inflammatory

Herbs that help the body combat inflammations.

Aswagandha, Blue Vervain, Butcher's Broom, Calendula, Cat's Claw, Chamomile, Chaparral Leaf, Cleavers, Devil's Claw, Eyebright, Fennel, Feverfew, Gentian Root, Guggul, Horehound, Hyssop, Licorice, Reishi, St. John's Wort, White Willow, Witch Hazel, Wormwood, Yarrow, Yucca.

Antilithic

Herbs that prevent the formation of, or help to remove stones or gravel from the urinary system.

Gravel Root, Hydrangea, Stone Root, Uva Ursi.

Antimicrobial

Herbs that can help the body destroy or resist pathogenic micro-organisms.

Calendula, Cat's Claw, Cloves, Echinacea, Eucalyptus, Feverfew, Juniper, Licorice, Myrrh, Olive Leaf, Pau d'arco, Red Clover, Rose Hips, St. John's Wort, Uva Ursi, Wormwood.

Antineoplastic

Herbs that have the specific action of inhibiting and combating tumor development.

Chaparral Leaf, Cleavers, Red Clover, Reishi, St. John's Wort, Shiitake.

Antiseptic

Herbs that can be applied to the skin to prevent and resist bacterial growth.

Bilberry, Black Walnut, Chamomile, Chaparral Leaf, Cloves, Echinacea, Elecampane, Eyebright, Gentian Root, Golden Seal, Horseradish, Myrrh, Oregon Grape, Parsley, Queen of the Meadow, Red Clover, Sage, Sarsaparilla, Schizandra, Thyme, Uva Ursi, White Oak Bark, White Willow, Witch Hazel, Wormwood, Yarrow.

Antispasmodic

Antispasmodics can prevent or ease spasms and cramps in the body.

Black Cohosh, Blue Cohosh, Blue Vervain, Boneset, Calamus, Chamomile, Cramp bark, Dill, Dong Quai, Fennel, Garlic, Hope,

Hyssop, Lady's Slipper, Licorice, Lobelia, Motherwort, Mullein, Oat Straw, Passion Flower, Pennyroyal, Pleurisy Root, Red Clover, St. John's Root, Scullcap, Thyme, Valerian, Wild Yam.

Aphrodisiac

Herbs used to stimulate sexual potency and passion.

Angelica, Astragalus, Damiana, False Unicorn, Ginseng, Kava Kava, Muira Puama, Schizandra, Suma, Yohimbe.

Aromatic

Herbs that have a strong and often pleasant odor and can stimulate the digestive juices.

Angelica, Anise Seed, Catnip, Celery Seed, Chamomile, Cloves, Fennel, Feverfew, Garlic, Ginger, Ho-Shou-Wu, Juniper, Peppermint, Rosemary, Sage, Sarsaparilla, Thyme, Valerian, Yerba Santa.

Astringent

Astringents contract tissue and can reduce secretions and discharges.

Agrimony, Bayberry, Bilberry, Blessed Thistle, Blue Vervain, Butcher's Broom, Calendula, Cleavers, Coltsfoot, Comfrey, Cordyceps, Cramp bark, Cyani Flowers, Eyebright, Garcinia, Hops, Golden Seal, Hops, Male Fern, Muira Puama, Myrrh, Nettle, Periwinkle, Queen of the Meadow, Saw Palmetto, Schizandra, Slippery Elm, Squawvine, St. John's Wort, Stone Root, Suma, Uva Ursi, White Oak Bark, Wild Cherry Bark, Witch Hazel, Wood Betony, Yarrow, Yellow Dock, Yucca.

Bitter

Herbs that taste bitter act as stimulating tonics for the digestive system.

Barberry, Blessed Thistle, Burdock, Catnip, Chamomile, Chaparral Leaf, Coltsfoot, Dong Quai, Elecampane, Eyebright, Feverfew, Gentian Root, Golden Seal, Hops, Ho-Shou-Wu, Hydrangea, Schizandra, Wormwood, Yellow Dock.

Cardiac Tonic

Cardiac tonics are herbs that act beneficially on the heart.

Cayenne, Cat's Claw, Guggul, Hawthorn, Hops, Kelp, Motherwort, Myrrh, Reishi, Siberian Ginseng.

Carminative

Carminatives are rich in volatile oils and expel gas from the stomach and bowels.

Angelica, Catnip, Chamomile, Cloves, Dill, Elecampane, Fennel, Feverfew, Garlic, Ginger, Hops, Hyssop, Juniper, Motherwort, Pennyroyal, Pleurisy Root, Prickly Ash, Queen of the Meadow, Thyme, Valerian, Wild Yam, Wormwood, Yarrow, Yerba Santa.

Cathartic

In large doses cathartics purge the bowels and stimulate glandular secretions.

Barberry, Cascara Sagrada, Hydrangea, Mandrake, Rhubarb, Senna, Yellow Dock. .

Cholagogue

Herbs that stimulate the release and secretion of bile from the gall bladder. They also have a laxative effect on the digestive system.

Barberry, Calendula, Dandelion, Gentian Root, Golden Seal, Mandrake, Milk Thistle, Oregon Grape, Wild Yam, Yellow Dock.

Demulcent

Herbs that are usually rich in mucilage and can soothe and protect damaged or inflamed tissue.

Chickweed, Coltsfoot, Comfrey, Cornsilk, Fenugreek, Garcinia, Irish Moss, Kelp, Licorice, Marshmallow, Milk Thistle, Mullein, Oat Straw, Psyllium, Pumpkin Seeds, Slippery Elm, Suma.

Depurative

Depuratives are herbs that remove impurities and cleanse the blood.

Black Walnut, Blessed Thistle, Burdock, Dandelion, Elderberry, Garlic, Gotu Kola, Oregon Grape, Pau d'Arco, Red Clover, Sarsaparilla, Watercress, Yarrow, Yellow Dock.

Diaphoretic

These herbs will aid the skin in the elimination of toxins through perspiration.

Angelica, Blessed Thistle, Black Cohosh, Blue Vervain, Boneset, Butcher's Broom, Calendula, Catnip, Chamomile, Elecampane, Fennel, Garlic, Ginger, Passion Flower, Peppermint, Pleurisy Root, Prickly Ash, Sage, Sarsaparilla, White Willow, Yarrow.

Diuretic

Herbs that increase the flow of urine and help in the removal of toxins from the system.

Alfalfa, Astragalus, Bilberry, Blue Vervain, Buchu, Burdock, Butcher's Broom, Cleavers, Cornsilk, Cyani Flowers, Dandelion, Dill, Dong Quai, Elecampane, False Unicorn, Fennel, Golden Seal, Gotu Kola, Gravel Root, Hawthorn, Juniper, Marshmallow, Nettle, Parsley, Parthenium, Pleurisy Root, Prickly Ash, Red Clover, Safflower, Sarsaparilla, Saw Palmetto, Squawvine, Uva Ursi, White Willow, Yarrow.

Emetic

Emetics are herbs that cause vomiting when taken in specific doses (generally high doses).

Calamus, Elecampane, False Unicorn (in large doses), Lobelia, Mandrake, Poke root.

Emmenagogue

Herbs that stimulate and normalize the menstrual flow.

Black Cohosh, Blessed Thistle, Blue Cohosh, Blue Vervain, Butcher's Broom, Calendula, Catnip, Chamomile, Cramp Bark, Dong Quai, False Unicorn, Fennel, Fenugreek, Feverfew, Ginger, Golden Seal, Hope, Lobelia, Motherwort, Myrrh, Pennyroyal, Prickly Ash, Squawvine, St. John's Wort, Valerian, Vitex, Wormwood, Yarrow.

Emollient

Herbs that are applied to the skin to soften, soothe, or protect it.

Coltsfoot, Comfrey, Fenugreek, Flaxseed, Irish Moss, Kelp, Marshmallow, Mullein, Slippery Elm.

Expectorant

Herbs that assist the body in expelling excess mucous from the respiratory system.

Anise Seed, Blue Vervain, Calamus, Chaparral Leaf, Chickweed, Coltsfoot, Comfrey, Cordyceps, Elecampane, Fennel, Fenugreek, Garlic, Golden Seal, Horehound, Hyssop, Licorice, Ma Huang, Marshmallow, Mullein, Myrrh, Nettle, Pleurisy Root, Red Clover, Reishi, Schizandra, Slippery Elm, Thyme, Wild Cherry Bark, Yerba Santa.

Febrifuge

The febrifuges help the body to bring down fevers.

Angelica, Blessed Thistle, Boneset, Calendula, Cayenne, Gotu Kola, Lobelia, Peppermint, Prickly Ash, Rose Hips, Sage, Scullcap, White Willow, Wormwood.

Galactagogue

Herbs that help breast-feeding mothers increase the flow of mother's milk.

Blessed Thistle, Blue Vervain, Dill, Fennel, Fenugreek, Horsetail, Marshmallow, Milk Thistle, Nettle, Vervain.

Hepatic

Hepatics strengthen and tone the liver as well as stimulate the flow of bile.

Barberry, Cascara Sagrada, Celery Seed, Cleavers, Dandelion, Fennel, Golden Seal, Mandrake, Milk Thistle, Motherwort, Oregon Grape, Prickly Ash, Wild Yam, Wormwood, Yarrow, Yellow Dock.

Hypnotic

Hypnotic herbs will help induce sleep (not a hypnotic trance).

Hops, Passion Flower, Lady's Slipper, Scullcap, Valerian.

Hypotensive

Remedies that reduce elevated blood pressure.

Astragalus, Cat's Claw, Hawthorn, Hops, Reishi, Valerian, Yarrow.

Laxative

Herbs that promote the evacuation of the bowels.

Barberry, Boneset, Burdock, Butcher's Broom, Cascara Sagrada, Cleavers, Dandelion, Golden Seal, Licorice, Oregon Grape, Senna, Rhubarb, Yellow Dock.

Mucilage

Mucilaginous herbs contain gelatinous constituents and will often be demulcent.

Fenugreek, Flax Seed, Irish Moss, Kelp, Marshmallow, Parthenium, Psyllium, Slippery Elm.

Nervine

Herbs that strengthen and tone the nervous system, easing anxiety and stress.

Black Cohosh, Blue Cohosh, Blue Vervain, Catnip, Chamomile, Cramp bark, Damiana, Feverfew, Ginkgo, Ginseng, Hops, Jamaican Dogwood, Lady's Slipper, Motherwort, Oat Straw, Passion Flower, Periwinkle, Red Clover, Scullcap, Valerian, Wild Cherry Bark, Wormwood.

Oxytocic

Herbs that stimulate the contraction of the uterus.

Blue Cohosh, Dong Quai, Golden Seal, Red Raspberry, Squaw Vine.

Parasiticide

Herbs that can kill parasites in the digestive tract and on the skin.

Black Walnut, Blue Vervain, Chaparral Leaf, Cloves, Elecampane, Feverfew, Gentian Root, Pumpkin Seeds, Wormwood.

Pectoral

Herbs that have a general strengthening and healing effect on the respiratory system.

Angelica, Chickweed, Coltsfoot, Comfrey, Elecampane, Golden Seal, Licorice, Marshmallow, Mullein, Slippery Elm.

Purgative

Can produce very strong laxative effects and watery evacuations.

Aloe Vera, Cascara Sagrada, Rhubarb, Senna, Yellow Dock.

Rubefacient

Herbs that simulate circulation locally when applied to the skin.

Capsicum, Cloves, Fennel, Ginger, Horseradish, Nettle, Peppermint, Prickly Ash.

Sedative

Strong herbs that can quiet the nervous system.

Black Cohosh, Bugleweed, Catnip, Celery Seed, Chamomile, Cramp Bark, Hops, Kava Kava, Lady's Slipper, Lobelia, Motherwort, Passion Flower, Periwinkle, Red Clover, Saw Palmetto, Scullcap, St. John's Wort, Valerian, Wild Yam.

Sialagogue

Herbs that stimulate the secretion of saliva from the salivary glands.

Cayenne, Gentian Root, Ginger, Horseradish, Licorice, Prickly Ash, Rhubarb.

Stimulant

Herbs that quicken and enliven the physiological function of the body.

Angelica, Bayberry, Calamus, Calendula, Catnip, Cayenne, Cloves, Dandelion, Elecampane, False Unicorn, Fennel, Feverfew, Ginger, Ginkgo, Ma Huang, Muira Puama, Myrrh, Prickly Ash, Sarsaparilla, Schizandra, Valerian, Wild Yam, Wormwood, Yarrow.

Stomachic

Herbs that promote digestion and strengthen the stomach.

Catnip, Chamomile, Chickweed, Cloves, Elecampane, Fennel, Gentian Root, Ginger, Golden Seal, Papaya, Peppermint, Red Raspberry, Rhubarb, Wood Betony, Yerba Santa.

Tonic

The tonic herbs strengthen and tone either specific organs or the whole body through nutritional stimulation.

Alfalfa, Angelica, Ashwagandha, Astragalus, Black Cohosh, Black Walnut, Boneset, Burdock, Calendula, Catnip, Cat's Claw, Cayenne, Chamomile, Cleavers, Coltsfoot, Cordyceps, Cyani Flowers, Damiana, Dandelion, Echinacea, Elecampane, Fenugreek, Garlic, Gentian Root, Ginger, Siberian Ginseng, Golden Seal, Gotu Kola, Hawthorn, Hops, Ho-Shou-Wu, Hydrangea, Licorice, Male Fern, Milk Thistle, Motherwort, Muira Puama, Myrrh, Nettle, Oregon Grape, Poke root, Prickly Ash, Red Clover, Red Raspberry, Sarsaparilla, Saw Palmetto, Schizandra, Sheep Sorrel, Skullcap, Squawvine, Spirulina, Suma, Uva Ursi, Watercress, Wild Yam, Wormwood, Yarrow, Yellow Dock, Yohimbe.

Vulnerary

Herbs that help promote healing of external wounds and cuts.

Aloe Vera, Calendula, Chickweed, Comfrey, Elder Flower, Golden Seal, Horsetail, Hyssop, Male Fern, Marshmallow, Mullein, Myrrh, Plantain, Rhubarb, Sage, St. John's Wort, Slippery Elm, Wood Betony.

GUIDELINES FOR WORKING WITH HERBS

The general consensus when working with herbs to correct a health problem is that it will take at least a month of consistent use to correct one year of the time you've had the problem. For example, if you have had a problem for 3 years, it will take about 3 months to correct itself. This is obviously a guideline, but it does put a bit of perspective into the use of herbs. They are not magic bullets. Instead they work to heal, balance and restore your body's natural systems and not just mask your health concern.

Guidelines for the safe use of herbs

- Investigate before you buy or use herbs.
- Check with your doctor before you try an herbal medicine. He or she may or may not be thoroughly versed in all herbal medicines, but they may be able to prevent you from making a dangerous mistake.

- Do not take an herbal remedy instead of the medicine prescribed by your doctor without discussing it first with your doctor.
- Avoid herbal remedies if you are pregnant or breast-feeding.
- Using well-established brands of herbal remedies increases your chances of getting a reliable product.

As with all complementary therapies, individuals considering herbal therapy should talk to their doctor to avoid harmful interactions with current medications and treatments.

In addition to the herbs commonly used by herbalists today, this listing includes a number of nutritional supplements, such as vitamins, minerals and nutritional foods. While the focus so far has been entirely on herbs, these additional items were added to provide the reader with a fuller understanding of the products available at your local health food store, all of which can help restore health, healing and wholeness in your life.



A, Vitamin

Vitamin A prevents night blindness and other eye problems, as well as some skin disorders such as acne. It enhances immunity, may heal gastrointestinal ulcers, protects against pollution and cancer formation, and is needed for the maintenance and repair of epithelial tissues.

Acidophilus

Lactobacillus acidophilus is a bacterium that exists in the body and is important in the maintenance of the normal level and consistency of bacteria in the body.

Acidophilus has been used to re-establish the normal consistency of bacteria in the gastrointestinal tract (stomach and intestines) and vagina. Acidophilus has been used in the treatment and/or prevention of vaginal

yeast infections, yeast infections of the mouth, antibiotic-induced diarrhea, and urinary tract infections.

Agrimony

Agrimonia parviflora

Agrimony is commonly used as an astringent and homeostatic to inhibit bleeding, to restore tonic to the stomach and intestines, and to counteract flaccidity. It has also been shown to have antiviral properties. Agrimony is known for its throat soothing properties and helps cut mucus in the throat.

Alfalfa

Medicago sativa

"Father of all foods". Alfalfa is a nutritive grass that is used in many mineral supplement formulas. It helps regulate estrogen and other hormone levels, and enriches breast milk. Alfalfa is a diuretic and aids digestion and intestinal cleansing. It is an excellent source of the powerful cleansing and deodorizing agent chlorophyll. Alfalfa seems to stimulate the body to remove toxins from the blood while reducing cholesterol and balancing blood sugar levels.

Algin

Algin is an absorbing fiber that is derived from Pacific brown kelp. Dieters can use it to provide a feeling of fullness can use it. Its bulking action encourages normal elimination. Its binding action absorbs and helps eliminate heavy metals. It also provides protection from other modern day pollutants, carcinogens, and toxins.

Aloe Vera

Aloe Vera

Aloe Vera has historically been known for assisting the functions of the gastrointestinal tract and for its properties of soothing, cleansing and helping the body to maintain healthy tissues. This plant has a reputation of facilitating digestion, aiding blood and lymphatic circulation, as well as supporting kidney, liver and gallbladder functions. It naturally alkalizes digestive juices to prevent over acidity - a common cause of digestive complaints.

Angelica

A. atropurpurea

Angelica is similar to the Chinese herb Dong quai and is often recommended by herbalists as a treatment for flatulence and stomach pains, and as a stimulant to invigorate circulation to warm the body. By far, the most common use of Angelica is to promote menstrual flow and help regulate irregular menstrual cycles. Angelica contains a number of compounds that are photosensitizers, which upon direct contact with the skin, may lead to a skin rash after being exposed to the sun. Do not take during pregnancy because it can cause uterine contractions.

Anise Seed

Pimpinella anisum

Anise seeds act to remove excess mucus in the gastrointestinal area.

Antioxidants

Antioxidants are increasingly recognized for their critical

ability to neutralize free radicals in the body, preventing damage to cell structures including DNA. Free radical damage contributes to aging and degenerative disease processes. A daily antioxidant supplement will reduce the damage caused by sunlight, environmental toxins, exercise, stress, and other factors.

Apple Cider Vinegar

Apple cider vinegar helps the body get rid of toxins and nourishes the digestive processes.

Ashwagandha

Withania somnifera

Ashwagandha has been a prized adaptogenic tonic in India for 4000+ years. It is often promoted as a sexual and energy tonic. It is said to work mainly on the reproductive and nervous systems, coupled with rejuvenating qualities. It is used for tumors, inflammation (including arthritis), fevers, and a wide range of infectious diseases.

Astragalus

A.membranaceus

Astragalus is known for its support of T-cell function and overall immune strength at a very deep level in the body. It is known to increase strength and vitality. Astragalus helps in the elimination of toxins, thus promoting the healing of damaged tissues. It combats fatigue by nourishing exhausted adrenal glands. Astragalus is an adaptogen herb which has been credited with increased longevity of cells. It helps prevent coronary heart disease by improving circulation.

~ B ~

B1, Vitamin

Thiamine

Vitamin B1 has positive effects on the nervous system, mental well being, skin, eyes, and hair. Vitamin B1 is a water-soluble vitamin that the body uses to process carbohydrates, fat, and proteins. It is considered an "anti-stress" vitamin because it is believed to enhance the activity of the immune system and improve the body's ability to withstand stressful conditions. It may also enhance circulation, help with blood formation, and other metabolic processes.

B2, Vitamin

Riboflavin

Vitamin B2 nourishes skin, nails, hair, growth, reproduction and vision. The body needs more of this nutrient during stressful situations. Unlike other B

vitamins, riboflavin is not found in many foods, so the most common cause of deficiency is lack of dietary intake, especially in the elderly. Symptoms of riboflavin deficiency include fatigue; slowed growth; digestive problems; cracks and sores around the corners of the mouth; swollen magenta tongue; eye fatigue; soreness of the lips, mouth and tongue; and sensitivity to light. Riboflavin is an important nutrient in the prevention of headache and some visual disturbances, particularly cataracts. Riboflavin plays a crucial role in certain metabolic reactions, particularly the conversion of carbohydrates into sugar, which is "burned" to produce energy. It also works as an antioxidant by scavenging damaging particles in the body known as free radicals.

B3, Vitamin

Niacin

Niacin, vitamin B3, is required for a broad range of body functions including the release of energy from foods, the maintenance of the body's hormone control systems, tissue repair, and nervous system function. Nicotinic acid supplements have been used to reduce blood cholesterol levels and protect against recurrent heart attacks. Niacinamide is a related chemical but is not effective for circulatory problems or elevated cholesterol.

B6, Vitamin

Pyridoxine HCL

Vitamin B6 is necessary to metabolize B12 in the body. It helps the body release excess water and nourishes the nervous system. Vitamin B6 is necessary for the formation of hemoglobin in the blood and also normalizes blood glucose levels. Research has also suggested that

the vitamin may play a key role in treating autism, heart disease, premenstrual pain, carpal tunnel syndrome, and a many other conditions such as anemia, osteoporosis and nervous system disorder.

B12, Vitamin

Cyanocobalamin

Vitamin B12 is used in the production of energy and it nourishes the nervous system. It is an especially important vitamin for healthy bone marrow (where blood cells are formed) and the nervous system. The most important use of vitamin B12 is to improve the symptoms of pernicious anemia. These symptoms include weakness, pallor, and neurologic symptoms such as burning or prickling of the hands and feet, loss of balance, confusion, loss of memory, and moodiness. It helps maintain healthy nerve cells and red blood cells and is needed DNA the genetic material in the cells.

Barley Juice

Hordeum vulgare

A very nutritious supplement that gives quick energy, providing 30 times more B1 and calcium than milk, 7 times more vitamin C than oranges, and 5 times the iron of spinach. Barley juice is also high in amino acids (protein) and many minerals. Barley greens are also a superior source of chlorophyll, the nutrient-rich by-product of photosynthesis, which makes plants green.

Barberry

Berberis vulgaris

Historically, barberry was used by the North American

Indians for treating the liver, and was found to be effective in cases of jaundice. Barberry nourishes the liver and gallbladder and helps the bile to flow freely. It helps remove toxins from the bowels.

Bayberry

Myrica cerifera

Bayberry bark is an important stimulating tonic and astringent herb. It helps tighten tissues including the organs, skin and digestive tract. Bayberry has an antibacterial action as well, that makes it good for treating minor infections. It can be made into a tea or diluted tincture for topical use or as a gargle. The tea has also been used as a douche for various minor female problems. It is contraindicated for active inflammations.

Bee Pollen

Bee pollen is nutritionally complete. It is one-third protein, containing 22 amino acids and 27 mineral salts, as well as many vitamins. Bee pollen is often used by athletes to improve energy. Extra energy is also required when recovering from illness or debility. Bee pollen is also used to improve immunity and reduce sensitivity to many outdoor allergens. About 1 in 200 people are allergic to bee pollen.

Bentonite, Hydrated

This colon cleanser absorbs and removes toxins from the intestinal tract. It can also be used externally to absorb toxins and excess oil from skin pores.

Beta-Carotene

Beta-carotene is a substance from plants that the body converts into vitamin A. It acts as an antioxidant and an immune system booster. The body can store beta-carotene much better than it can store vitamin A. Beta-carotene does not have the risk of toxicity in large amounts that vitamin A does. Large amounts can color the skin yellow, but this is harmless.

Bilberry

Vaccinium myrtillus

This potent antioxidant is capable of crossing the blood-brain barrier to neutralize free radicals in brain tissue and other nerve tissue, including the eyes. Bilberry helps improve night vision. Other benefits for the eyes include reduced eye irritation from smog, light sensitivity, and help for macular degeneration. Although vision will often improve during the first two weeks, continued use over time is needed for the greatest benefit. Bilberry also strengthens blood vessels and capillaries to help with easy bruising and varicose veins. Another important use is to help diabetics regulate blood sugar.

Bioflavonoids

Bioflavonoids are nutrients, which are related to the Vitamin C family. They cannot be synthesized by the body, and therefore must be obtained from food or supplements. Bioflavonoids are helpful in nourishing the integrity and strength of capillaries and cells.

Biotin

Biotin assists in the metabolism of fat and protein, and nourishes the muscles in the body.

Black Cohosh

Cimicifuga racemosa

Black cohosh root is a bitter astringent that has been used for bites and stings. Black cohosh has estrogenic effects. It stimulates uterine contractions, acting as an aid in childbirth. It is a sedative and central nervous system tonic. It is used in arthritis, sedative, pain, and female tonic formulas; it is particularly effective for menopausal depression. Do not use during pregnancy - stimulates menstrual flow and tones the uterus. It contains a gastric irritant that may cause nausea or headaches if too much is used.

Black Currant Oil

Black currant oil is rich in linoleic acid and gamma-linolenic acid (GLA). This substance supports the body's ability to manufacture hormone-like substances known as prostaglandins, which help regulate functions of the circulatory system. GLA assists the body with its energy processes and is a structural component of the brain, bone marrow, muscles and cell membranes.

Black Walnut

Juglans nigra

Black walnut is a rich source of important trace minerals such as iodine, manganese and chromium. It is used to rid the bowel of parasites such as tapeworms. It is also used as an antifungal in cases of Candida yeast,

ringworm, athlete's foot and thrush. Tropical travelers take black walnut frequently to head-off "Montezuma's Revenge". It can be used to treat skin reactions to poison oak and other skin problems including eczema, psoriasis, canker sores, boils and impetigo.

Blessed Thistle

Cnicus benedictus

Blessed Thistle is regarded as an excellent appetite stimulant, and is used in the manufacture of "bitters" to be taken before meals to stimulate stomach and intestinal activity, and aid in digestion and circulation. It is also used in the treatment of constipation and flatulence, and is considered an excellent heart tonic and blood purifier. Blessed thistle is often used to treat of a variety of liver problems, such as jaundice and hepatitis. Because painful menstruation can involve the liver, Blessed thistle is a common component of herbal formulas used to relieve menstrual symptoms.

Blue Cohosh

Caulophyllum thalictroides

Blue cohosh root has also been known as papoose root, squaw root, yellow ginseng and blue ginseng. It is used to regulate menstruation, menstrual pain and delayed menstruation. It also relieves many kinds of muscle cramps and spasms. It can increase perspiration and urine production. For the last month of pregnancy, it is used to stop early false labor, and is used at the start of labor to insure easier dilation and birth.

Blue Vervain

Verbena hastata

Blue vervain nourishes the digestive, nervous and respiratory systems. It helps the body maintain balance during the winter season, and fortifies it against the organisms that can promote the flu, coughs and colds. This herb acts as a diaphoretic, which means that it helps the body eliminate toxins through the pores by stimulating perspiration. Blue vervain is an alternative to Lobelia.

Boneset

Eupatorium perfoliatum

Boneset stimulates the immune system's white blood cells to destroy microorganisms more effectively. Boneset has also been recommended to produce sweating and may also be used to help clear the upper respiratory tract of mucous congestion.

Boron

Boron aids in the proper metabolism of vitamins and minerals involved with bone development, such as calcium, copper, magnesium and vitamin D. In addition, boron appears to affect estrogen and possibly testosterone as well, hormones that affect bone health.

Buchu

Agathosma Betulina

Employed as a diuretic and antiseptic, buchu is used in the treatment of inflammation of the urethra, blood in the urine, bladder infections and other chronic urinary tract

disorders. It is also said to be an effective remedy for kidney stones, cystitis, and rheumatism.

Bugleweed

Lycopus virginicus

Historically, bugleweed was used to treat coughs and as a sedative. Today, the main use of this herb is for treating mild hyperthyroidism where it is often combined with other herbs (including lemon balm and gromwell) used to treat mildly overactive thyroid function.

Bugleweed is reported to be effective at arresting internal bleeding and has been successful in working to control excessive menstruation.

Burdock

Articum lappa

Historically, burdock has been used to purify the blood, to treat gout and ulcers, arthritis, rheumatism, and help with skin conditions such as acne and psoriasis. In India and Russia, the root has been used as a popular anti-cancer remedy, and in China it is believed to be an effective aphrodisiac, useful in treating impotence and sterility.

Burdock is an effective diuretic, a mild laxative, and aids in the elimination of uric acid.

Butcher's Broom

Ruscus Aculeatus

Butcher's broom root is one of the most potent remedies for a wide spectrum of circulatory ailments ranging from thrombosis and phlebitis, to varicose veins and hemorrhoids. It strengthens tissues, tightens veins and capillaries, and reduces clotting by thinning the blood.

Butcher's broom is also used to clean the liver and kidneys.



C, Vitamin

Vitamin C is an antioxidant that is required for tissue growth and repair, adrenal gland function, and healthy gums. It aids in the reproduction of anti-stress hormones and interferon. It protects against the harmful effects of pollution, helps to prevent cancer, protects against infection, and enhances immunity.

Calamus

Acorus calamus

Calamus has been historically used for lack of mental focus, stomach problems, acidity, and as an aid to quit tobacco smoking. Externally, it is added to the bath to quiet the nerves and induce a state of tranquility.

Calamus has emmanagogic properties and should be avoided during pregnancy.

Calcium

Calcium is necessary for healthy bones and teeth, for clotting of the blood, for the functioning of nerve tissue and muscles (*including the heart*), for enzymatic processes, and for controlling the movement of fluids through cell walls. It also acts to balance the amounts of other minerals and promotes better use of iron by the body. Current research suggests calcium reduces the incidence of colon cancer and reduces blood cholesterol levels. Deficiency symptoms may result in arm and leg muscle spasms, softening of bones, back and leg cramps, brittle bones, rickets, poor growth, osteoporosis, tooth decay and depression.

Calendula

Calendula officinalis

Calendula tinctures, ointments, and washes are commonly used to speed the healing of burns, bruises, and cuts – as well as the minor infections they cause. Infusions, extracts, and ointments prepared with calendula petals have been used to induce menstruation, produce sweat during fevers, and cure jaundice. Calendula preparations were also used in the United States during the 19th century to treat stomach ulcers, liver complaints, conjunctivitis (pink eye) and wounds. Researchers discovered that compounds in calendula petals help reduce inflammation and control bleeding as well.

Caprylic Acid

Caprylic acid is a fatty acid which helps to destroy *Candida albicans* fungus.

Capsicum

Capsicum Annum, Capsicum frutescens

Capsicum is the fruit of peppers. It is an important catalyst herb in most herbal formulas except nervines. Its stimulant effect speeds the circulation and aids the absorption and effectiveness of the formulas. Capsicum is surprisingly good for ulcers because it stimulates the protective mucus-forming membranes of the stomach. It is also high in vitamins and minerals needed for healing. Capsicum can be applied directly to a wound, or swallowed to stop unnatural bleeding or a heart attack in progress. It is one of the most versatile stimulant herbs known.

Cascara Sagrada

Rhamnus purshiana

"Sacred Bark" root is a popular remedy for chronic constipation because it is not habit-forming. It is used to increase the secretion of digestive fluids, create large soft bowel movements, and stimulate the peristaltic action of the colon. Most people use it at night to promote elimination in the morning. It can sometimes cause the discomfort of griping. It is well suited for the elderly. Cascara sagrada can be used to correct habitual use of other laxatives while gradually restoring natural colon activity.

Catnip

Nepeta cataria

This plant is similar to other mints such as peppermint or spearmint. It has a calming effect on the nervous system and stomach that helps improve digestion and reduce

cramps and gas. It calms upset stomachs (including colic, hiccups, and nausea), and helps nervous headaches. Although it might seem a contradiction, catnip stimulates the central nervous system while relaxing and calming to the body, relieving tension. It is used as a harmless tranquilizer for hyperactive children. Catnip will cause sweating and can be used in enemas to bring down a fever, relax the colon and ease cramping.

Cat's Claw

See *Una de Gato*

Cayenne

See *Capsicum*

Celery Seed

Apium graveolens

Historically, celery seed has been known to assist the process of digestion. Many believe it lowers blood pressure. Celery produces perspiration and therefore is good in helping those who are seeking to lose weight. Celery seeds contain vitamins A, C and B-complex.

Chamomile

Matricaria chamomilla

Chamomile flowers combine the best characteristics of refreshing, relaxing and cleansing. Chamomile is the most popular herbal tea flavor in the world. Its oils are also anti-inflammatory and antibacterial and contain beneficial flavonoid. People who depend on chemical stimulants (including caffeine and sugar) will find that chamomile is a relaxing tonic for jangled nerves. By

relaxing smooth muscle contractions, chamomile can ease GI irritations, as well as stomach and menstrual cramps. By soothing inflamed tissues, it can also cool canker sores and skin irritations. Chamomile may cause allergic reactions in persons sensitive to ragweed or daisies.

Chaparral Leaf

Larrea Tridenta

Chaparral is an effective herbal antibiotic and can be used as a treatment for intestinal parasites. Chaparral has also been historically employed as a remedy for the treatment of colds, flu, and diarrhea. Avoid use during pregnancy.

Charcoal, Activated

Activated charcoal has an amazing ability to "attract" and absorb. This makes it ideal for removing poisons from the body. Charcoal absorbs intestinal gas, providing relief from bloating and can help to remove the intestinal coating that prevents normal absorption. It is also used internally for hangover, high cholesterol, food poisoning and to remove wastes from underactive kidneys or liver. It is used externally for insect bites/stings and surface infections. Don't use for more than a few days at a time, because it absorbs other nutrients as well.

Chasteberry – See Vitex

Cherry Juice

Cherries are a rich source of antioxidants that can help fight cancer and heart disease. In addition, they contain compounds that help relieve the pain of arthritis, gout and even headaches.

Chickweed

Stellaria media

Chickweed is a mild, soothing, cooling, nutritious herb. Externally, chickweed can be employed for skin disorders such as eczema, psoriasis, boils, ulcers, and a variety of rashes. Internally, chickweed can be used to treat blood disorders, gout, fevers, asthma, arthritis, constipation, lung disease, and aid in weight control, where it has been called an appetite depressant. Mildly diuretic, many herbalists believe that this activity helps dissolve body fat deposits and fatty tumors.

Chitosan

Chitosan provides a natural source of fiber and acts like other dietary fibers by benefiting the circulatory system. It also helps the body maintain normal functions of digestion and elimination.

Chlorophyll

Chlorophyll builds blood, rapidly improves blood oxygenation and helps cleanse the body. It can be mixed with water to make a light green drink or swallowed plain. It has a minty green taste. Some have rubbed it directly onto the skin of invalid friends to improve their energy. You can put liquid chlorophyll in your pet's water to stop body odor and can take it yourself for the same purpose. Liquid chlorophyll is an alfalfa extract and is stabilized by

replacing the magnesium in the chlorophyll with copper and sodium.

Chondroitin

Chondroitin sulfate is found in joints and connective tissues. Supplementation of chondroitin can help the body to rebuild damaged, inflamed and painful joints such as those found in osteoarthritis. Chondroitin also inhibits the enzymes that destroy cartilage and improves the ability of nutrients circulating in the blood to reach cartilage tissue.

Chromium

Chromium is the central atom of GTF (Glucose Tolerance Factor). Insulin works with the GTF molecule to regulate blood sugar levels by transporting glucose into the body's cells. The liver also needs chromium to manufacture and control fatty acids, lecithin, cholesterol and lipoproteins.

Cleavers

Balium Aparine

Cleavers may be used safely in a wide range of problems where the lymphatic system is involved. These include swollen glands anywhere in the body, especially in tonsillitis and adenoid trouble. Cleavers is also helpful in skin conditions, especially the dry kind such as psoriasis. It is helpful in the treatment of cystitis and other urinary conditions where there is pain, and may be combined with urinary demulcents for this purpose. There is also a long tradition for the use of cleavers in the effective treatment of ulcers and tumors.

Cloves

Caryophyllus Aromatices

Clove oil is highly antiseptic and is a time-honored remedy for toothaches. It is also used to stop vomiting. It also has a history of relieving indigestion, controlling diarrhea, and healing cuts and bites.

Co-enzyme Q10

Studies that have been conducted on this co-enzyme in the past 40 years demonstrate that it can help maintain healthy immune and cardiovascular systems, tissues and organs, and oral health (especially the gums). It also assists the body to maintain proper weight balance.

Colloidal Minerals

Trace minerals are needed by the body in small amounts for very important functions such as building enzymes and hormones. They are required for daily energy and nightly repair processes. Even when we eat fresh fruits and vegetables, they are often grown in mineral-depleted soil. Trace mineral supplementation often gives remarkable, unexpected health benefits and, along with a good multiple vitamin supplement, should be in most health programs.

Colloidal Silver

Colloidal Silver is an effective anti-microbial substance. The very minute ionized particles of silver suspended in pure water appear to inhibit the function and metabolism of bacteria, fungi, protozoa and viruses. It works quickly on contact. Colloidal Silver can be taken orally or applied

directly to skin, including open wounds. It can safely be atomized and inhaled or used as eye drops.

Colostrum

Lactating mammals produce colostrum during the first few days after giving birth. It contains many nutrients not otherwise found in milk, including immune-system components and growth factors. Immune factors in colostrum improve immune system responses to viral, bacterial, and fungal infections. Some act directly against pathogens, others stimulate or train the immune system, while others regulate immune system reactions and are important for autoimmune inflammatory bowel diseases. Colostrum also supplies growth factors which promote cellular activity, including T-cell production, improved healing and replacement of aging cells, bone growth, cellular energy production, fat burning and blood sugar regulation.

Coltsfoot

Tussilago Farfara

Coltsfoot is a traditional remedy employed in the treatment of coughs and respiratory problems such as the persistent cough associated with bronchitis, silicosis and emphysema.

Comfrey

Symphytum officinale

Comfrey nourishes the pituitary gland (the master gland of the body), as well as the bones and skin. It also strengthens the respiratory system and is considered to be one of nature's great healers.

Cordyceps

Cordyceps sinensis

Cordyceps has the reputation of restoring energy and slowing the aging process. It improves the function of and protects the kidneys from toxic damage. It simulates a variety of immune cell functions including natural killer cells and CD4 lymphocytes. It lowers blood pressure, platelet aggregation, LDL cholesterol, and triglycerides while raising HDL and blood supply to the heart and brain. It improves regulation of blood sugar and insulin production. People using immune-suppressing drugs, anticoagulant drugs, or bronchodilators should consult their health care practitioners before using this product. Pregnant or lactating women should also consult their practitioners before using.

Cornsilk

Zea mays

Cornsilk is nourishing to the urinary system. It is a soothing diuretic that reduces inflammation and helps kidney, bladder and prostate dysfunctions including painful urination. It is claimed to dissolve kidney stones and sediment. By helping the kidneys, cornsilk is also recommended for the regulation of fluids in the body and has been used for high blood pressure and water retention. Although cornsilk is rich in many nutrients such as iron and silicon, its vitamin K content is important to control bleeding such as during childbirth.

Cramp Bark

Viburnum Opulus

Cramp bark is most notable as a muscle and nervous

relaxant for cramping pains. It is especially helpful with the cramping of PMS and the menstrual period. Avoid Cramp bark in cases of blood clotting impairment.

Cranberry

Cranberry contains a compound that prevents bacteria from adhering to the walls of the bladder and rest of the urinary tract. This prevents the bacteria from spreading and eventually results in the halt of infection. Using cranberry on a regular basis may help prevent the formation of kidney stones.

Creatine

Creatine is an important normal part of the energy-production cycle in each cell. It helps to recycle ATP (adenosine triphosphate), which is used up by muscle contraction. It is often used by athletes to build muscle mass, increase strength, and reduce recovery time after a strenuous workout. Creatine also helps maintain healthy blood cholesterol levels. Do not become dehydrated. Drink at least 64 ounces of pure water daily while supplementing with Creatine.

Cyani Flowers

Cyani flowers soothe the nervous system and exert a positive influence on tissues of the eyes. Cyani flowers are an excellent heart and nerve tonic, where it helps to normalize heart rhythm and strengthen contractile force. It is also used for cardiac weakness, nervous disorders with weak heart beat, poor circulation, mental depression and fear. It can also be used to support poor memory, erectile dysfunction due to inadequate circulation, hot

flashes, melancholy during menopause, and hypochondria.

~ D ~

D, Vitamin

Vitamin D, a fat-soluble vitamin, is required for the absorption and utilization of calcium and phosphorus by the intestinal tract. It is necessary for growth and is especially important for the normal growth and development of bones and teeth in children. It protects against muscle weakness and is involved in regulation of the heartbeat.

Damiana

Turnera aphrodisiaca

Damiana is a central nervous system tonic with benefits for the reproductive organs. It stimulates the production of the male hormone testosterone. It is often used by women for hormone balancing, hot flashes, infertility and menopause. Damiana is used for both frigidity in women

and impotence in men. It is recommended where there is unbalanced nervous anxiety. It may stimulate fertility by increasing sperm count in men and strengthening the ovum in women. Do not use if you are experiencing a urinary system inflammation or are pregnant.

Dandelion

Taraxacum officinale

Dandelion root is a bitter laxative, tonic, and diuretic that is commonly used for liver and spleen ailments as well as joint pain and eczema. Dandelion is a rich source of minerals and vitamin A. The salts in dandelion act to neutralize the acids in the body. Dandelion has helped serious liver conditions such as hepatitis, jaundice and cirrhosis by stimulating the liver to clean the blood better. Dandelion has also helped strengthen the kidneys and is used in combinations for high blood pressure and water retention. It is rich in organic sodium and potassium (both essential electrolyte minerals), and does not deplete the body of potassium like some chemical diuretics.

Devil's Claw

Harpagophytum procumbens

Devil's claw is an herb, which has been used in Europe and Africa for hundreds of years. It is known for its ability to nourish the skeletal system. Studies indicate that its action is similar to cortisone. It helps the body lessen the severity of pain in joints and connective tissues.

DHEA

DHEA stands for dehydroepiandrosterone, a human "master" pre-hormone substance that the body makes in

the adrenal glands. Supplemental DHEA is used by the body to balance the body's control systems. It can enhance insulin sensitivity and immune system function. Our levels of DHEA start to decline at about age 25; at age 75, they are down to 10-20% of peak. People who use DHEA report feelings of youthfulness, improved mental acuity and muscle definition, etc. Don't take extra. More is not better. Too much for too long can cause hormone imbalances leading to side effects including breast enlargement in men and "beer bellies" in women.

Dill

Anthum Graveloens

Dill is a natural preservative. Historically it has been used to improve digestion, soothe an upset stomach, ease colic, prevent flatulence and halt diarrhea. Dill leaves are a stimulant. They are useful in increasing the secretion and discharge of urine and in counteracting spasmodic disorders. They are a soothing medicine and help to improve the functioning of the stomach. This herb is used regularly to avoid digestion problems and prevent constipation. This herb is especially useful for children. Dill is useful in stimulating and regulating menstrual flow. It is effective in spasmodic menstrual pain in girls and absence of menstruation due to anemia.

Dong Quai

Angelica sinensis

Dong quai root has a reputation for stimulating female reproductive organs and for being a general nerve and organ tonic. It is considered the "female ginseng" although both are useful to women. Men sometimes use dong quai for kidney problems and related symptoms

including eczema. Dong quai helps to regulate monthly periods, relieve menopausal hot flashes, eliminate cramps, as well as help a mother's recovery after childbirth. It is also used for pernicious anemia because it is high in iron and cobalt. It is usually used for the 7-10 days of each month when it is needed, rather than continuously. Avoid using during early pregnancy.



E, Vitamin

Vitamin E is a powerful antioxidant that is important in the prevention of cancer and cardiovascular disease. It improves circulation, is necessary for tissue repair and is useful in treating premenstrual syndrome and fibrocystic disease of the breast. It promotes normal blood clotting and healing, reduces scarring from some wounds, reduces blood pressure, and aids in preventing cataracts. It also is key in promoting healthy muscles and nerves as well as healthy skin and hair.

Ephedra

See Ma Haung

Essiac Tea

Of all alternative remedies for cancer, Essiac Tea is the

favorite and most popular. It has been used for over 60 years to remedy the side effects of cancer treatments and to remedy cancer itself. Many users of Essiac believe that Essiac can and does improve the body's ability to fight cancer, and that Essiac is effective at reducing the side effects of chemotherapy and radiation treatments. Users have also reported that with the reduction in chemotherapy/radiation side effects, they are much better able to handle the full course of their treatments without interruption and delays.

Echinacea

Echinacea purpurea

Modern scientific studies now validate Echinacea's traditional usage as a topical agent to help the body repair skin wounds, and internally to enhance the immune system. The active constituents in Echinacea, which are thought to bolster the body's defense, are known as polysaccharides. Polysaccharides stimulate the activity of macrophages, white blood cells that destroy bacteria, viruses, other foreign invaders, and even wayward cells. It also activates the body's production of interferon, a specific protein that protects cells against the invasion of viruses.

Elderberry

Elderberry strengthens the immune system to fight viral infections. It also stimulates the skin, kidneys and lymph system to eliminate toxic stagnations, which serve as a happy home for infectious bacteria.

Elecampane

Inula helenium

Elecampane contains a chemical that helps expel parasites and kills some bacteria and fungi. It is used against a variety of intestinal parasites including amoebic dysentery, pinworms, hookworms, and giardiasis.

Essential Fatty Acids

Essential fatty acids (EFA) are sometimes referred to as vitamin F. The body cannot make EFA; they must be supplied in the diet. Essential fatty acids nourish the body at the cellular level. They strengthen cell membranes, help to maintain mood, support and help to maintain healthy skin. In addition, essential fatty acids have been shown to help relieve diabetic neuropathy as well as PMS symptoms.

Eucalyptus

Eucalyptus globules

Eucalyptus oil is a powerful antiseptic and is used to treat pyorrhea (gum disease). It can also be used on burns to prevent infections. The oil breathed in may help clear the sinuses, as will the steam from boiling the leaves. When mixed with water or vegetable oils, it can make a good insect repellent. A small drop on the tongue is reported to ease nausea.

Evening Primrose Oil

Evening primrose is a rich source of omega-6 oils. The body can use these oils to build prostaglandins needed for a wide range of body functions. Fatty acids are required for many body functions including regulating

temperature, building nerve sheaths, and producing energy.

Eyebright

Euphrasia officinalis

Eyebright is used internally and in many eyewash formulas. It has antibacterial and astringent properties that make it useful for cleansing the eye. It is extremely rich in vitamins A and C. Eyebright especially aids conjunctivitis and sore, stinging inflammation of the eyes. It can improve vision, relieve intra-ocular pressure, and protect the optic nerve in early stages of glaucoma. It is claimed to remove cataracts, but this takes a year or more.



F, Vitamin

See Essential Fatty Acids

False Unicorn

Helonias dioica

False unicorn has been used to improve fertility, help prevent miscarriage and to ease the nausea of morning sickness during pregnancy. It is especially recommended where there is a "heavy dragging feeling" in the lower abdomen. As a balancing, regulating herb, it can ease menstrual cramps and bleeding as well as improve delayed or absent menstruation. It is also used by men for impotence and prostate problems. False unicorn supplies rare trace minerals including sulfur, copper, cadmium and cobalt. An unexpected benefit is false unicorn's ability to treat worms and other parasites.

Especially large doses can induce nausea and vomiting, so use with caution during pregnancy.

Fennel

Foeniculum vulgare

Fennel has aromatic oils that are similar to peppermint and catnip. Fennel seeds are a general tonic that acts to stimulate the production of digestive juices. The result is better and quicker digestion of food with less intestinal gas and flatulence. Fennel also calms muscle spasms, including coughing and bronchitis. Fennel may have an estrogenic action that promotes menstruation, so it should not be used during pregnancy. Afterwards, it increases mother's milk. It may carry over into the milk to help reduce colic in the baby.

Fenugreek

Trigonella foenum-graecum

Fenugreek has been used historically as an expectorant, mucilaginous, and restorative. Fenugreek is one of the oldest medicinal plants, dating back to the ancient Egyptians and Hippocrates. Fenugreek soothes inflamed tissues and improves mucus and lymph system flow. It can be taken for bronchitis or fevers and gargled to help relieve a sore throat. According to some research, it may be good for reducing serum cholesterol.

Feverfew

Chrysanthemum parthenium

Studies demonstrate that the regular use of feverfew can reduce the severity and frequency of migraine headaches in most sufferers, especially when applying warmth to the

head. Feverfew may also relieve painfully active inflammatory arthritis. It inhibits the release of histamine from mast cells and may help allergies. The studies also revealed the potential to reduce high blood pressure.

Flax Seed

Linum usitatissimum

Flax is used as an aid to achieving cardiovascular health, to help in menopause, and as a mild laxative. Research reveals that lignan in flax seed shows a lot of promise in fighting diseases including a possible role in cancer prevention, especially in breast cancer. It is thought that lignan metabolites can bind to estrogen receptors, hence inhibiting the onset of estrogen-stimulated breast cancer. Other benefits show that flax seed may also help lower blood triglycerides and blood pressure. It may also keep platelets from becoming sticky, therefore reducing the chance of a heart attack.

Flax Seed Oil

Flax seed oil is the richest known source of alpha-linolenic acid. Fatty acids are required for many body functions including regulating temperature, building nerve sheaths, and producing energy. Essential fatty acids are used to build prostaglandins, which are required for many other critical bio-chemical processes.

Folic Acid – Vitamin B9

Folic acid is essential to human health. It is required for the duplication of DNA during the process of building new tissue. Having a baby is an obvious case of "building new tissue." Because deficiencies of folic acid frequently

cause growth defects, especially of the brain and spinal cord, all women in their childbearing years should take 400 mcg of folic acid daily. This amount should be doubled to 800 mcg during pregnancy.



GABA

Gama-aminobutyric acid (GABA) is a calming neurotransmitter in the brain. It is used as a supplement by adults and children to inhibit an over-stimulated nervous system, as well as to promote the release of growth hormones that encourage the development of lean muscle mass. GABA is sometimes helpful for attention deficit hyperactivity disorder (ADHD), dyslexia, and seizures.

Garcinia

Garcinia Cambogia

Garcinia is a South Asian plant that is nutritionally beneficial in blocking the production of fats. Scientific research conducted on this herb since 1969 demonstrates that it slows the body's conversion of carbohydrates and excess calories to fat, decreases

production of harmful fats (low-density lipoproteins), promotes sustained energy levels by enhancing the body's production of glycogen, reduces the body's desire for excess food, and helps to nutritionally support the metabolism and burn calories. Human studies indicate that garcinia may be especially effective when combined with chromium and L-carnitine.

Garlic

Allium sativum

Garlic is one of the most important herbs, having a broad range of well-documented healing properties. It acts as an antimicrobial against bacteria, fungi and worms, fights blood clots, stimulates bile, lowers blood sugar and cholesterol, and improves blood LDL/HDL ratio. Garlic has been found to be effective in treating a myriad of conditions in the circulatory, urinary, respiratory and digestive systems largely because of its aromatic sulfur-containing oils.

Gentian Root

Gentiana lutea

Gentian root nourishes and strengthens the digestive system. It stimulates the appetite, nutritionally supports the liver, and nourishes the spleen, pancreas, stomach and kidneys.

Germanium

Germanium is concentrated in plants such as garlic and ginseng that build the body's resistance to disease. It helps oxygenate the cells, removes waste hydrogen, stimulates the production of interferon, and reduces

blood viscosity. Germanium is removed from the body within 20 hours, but it binds with toxic metals such as lead and mercury so that they can be eliminated at the same time. Research suggests that organic germanium can help stop the spread of cancer cells and improve general body tissue health.

Ginger

Zingiber officinale

Ginger root is an aromatic stimulant that improves digestion and appetite. It is more effective than Dramamine for motion sickness. Rather than blocking the feelings of nausea in the brain, it acts directly on the stomach and liver to reduce nausea and vomiting. Ginger also stimulates the circulatory system. A study has shown that ginger can prevent the onset of migraine headaches, especially if they start with strong nausea or vertigo. Another study showed that a moderate amount of ginger is a safe remedy for morning sickness during pregnancy; it helps about 2 out of 3 sufferers.

Ginkgo Biloba

Ginkgo biloba

Ginkgo biloba decreases capillary permeability and platelet aggregation to improve peripheral circulation. In the brain it improves neural activity, cerebrovascular circulation, protects membranes, and restores serotonin receptors. The Chinese have used ginkgo for centuries to build vitality and alertness. Ginkgo is used to treat memory loss with aging, early stages of Alzheimer's disease, depression, poor circulation to the extremities,

impotence, recovery from a stroke, ringing in the ears, early stages of macular degeneration and diabetic retinopathy. Individuals with poor blood flow to the brain may experience a mild, transient headache for the first 2-3 days of use.

Ginseng, Siberian

Eleutherococcus senticosus

Oriental ginseng root is a general tonic that helps the body cope with debility and weakness. The Chinese enjoy long term use of ginseng for added energy, a sense of well being, and improved health rather than for treatment of specified diseases. As an adaptogen, it helps to balance and strengthen many body systems. Thus, it is used in chronic stress situations including debilitating disease, chronic conditions and aging but NOT inflammation or fever.

Ginseng, Wild American

Panax quinquefolium

American ginseng has been traditionally used as a general tonic, as a natural restorative for the weak and wounded, and to help the mind restore mental alertness and retention. American Ginseng is also believed to increase stamina and has been used historically for stress, fatigue characterized by insomnia, poor appetite, nervousness and restlessness.

Glucosamine Sulfate

Glucosamine sulfate is an amino acid/sugar material the body can use to build new tissue in joints, cartilage,

tendons and ligaments. It gradually reduces osteoarthritis pain by promoting the healing process.

Golden Seal

Hydrastis canadensis

Golden seal root has a reputation as a general bitter tonic and as a remedy for various gastric and genitourinary disorders. It is a rapidly effective, antibiotic, anti-inflammatory, healing tonic and is often recommended for a variety of inflamed mucous membranes conditions, including stomach, intestinal, vaginal and rectal. It is also recommended for cirrhosis of the liver and hepatitis. It is frequently used to support damaged or infected tissues including the eyes, mouth and throat. Golden seal should be used with caution by hypoglycemic persons because it is known to lower blood sugar levels.

Gotu Kola

Centella asiatica

Gotu kola is used for ailments of the nervous system, including epilepsy, schizophrenia and memory loss. It builds circulation in the brain and lower limbs. Gotu kola exhibits antibiotic activity. It helps to break down the cell walls of invaders so that the body's immune system is more effective. Externally it is also popular to treat skin diseases including psoriasis and leprosy. Gotu kola has a reputation for promoting longevity. Gotu kola is NOT the same as the kola nut and does not contain caffeine.

Grapefruit Pectin

Grapefruit contains pectin, a form of soluble fiber that forms a gel-like substance in the intestinal tract that can

bind to fats (like cholesterol) and toxins and help eliminate them from the body. In animal studies, grapefruit pectin inhibited the formation of atherosclerosis.

Grapeseed Extract

Grapeseed extract is one of nature's most potent antioxidants. It has been used to treat deteriorating diseases and conditions with great success. Grapeseed extract helps Vitamin C enter the body's cells, thus strengthening the cell membranes and protecting the cells from oxidative damage.

Gravel Root

Eupatorium Purpureum

Gravel Root is used primarily for kidney stones or gravel, chronic urinary tract problems, such as cystitis and urethritis, frequent and nighttime urination, rheumatism, gout and bursitis.

Green Tea Extract

Camellia sinensis

Green tea is made from the same plant as black tea except that black tea is processed by fermentation, which damages its important therapeutic phytochemicals. Green tea contains bioflavonoids that are very potent antioxidants with immune and circulatory system benefits. Research has shown that they inactivate some viruses, reduce the risk of several fatal diseases including cancer, decrease the risk of blood clots, prevent strokes, and lower blood cholesterol levels. Green tea

may also help regulate blood pressure and blood sugar levels.

Guggul

Commiphora mukul

Guggul is a gummy yellowish resin plant extract from India. It is clearly a cardiac tonic that strengthens muscles, nerves and bone tissues. It's properties are similar to niacin and fish oil. It clears cholesterol from arteries and veins and breaks up hardening and stagnation. It builds the lymphatic and immune system and reduces inflammation; the list goes on. This is a very impressive herb. It has been described as "probably the most powerful cholesterol lowering herb known." About 1% of users experience a mild allergic skin reaction.



Hawthorn Berries

Crateagus oxyacantha

Hawthorn berries are widely used to strengthen and balance the heart and circulatory system. Researchers believe that hawthorn helps the heart in several ways. It dilates coronary arteries to improve blood supply. It may increase the heart's pumping force, eliminate heart rhythm irregularities, and remove cholesterol from arterial walls. It has been used to reduce angina attacks (with long term use) and prevent cardiac complications in elderly patients with pneumonia and influenza. Even though hawthorn is safe, you should discuss adding hawthorn to your treatment with your physician.

Ho-Shou-Wu (Fo –Ti)

Polygonum multiflorum

Ho-Shou-Wu has been compared to ginseng because of

their similar properties. Large amounts for long periods are suggested for restorative purposes. It seems like all of the internal organs and body systems are listed as being built up by regular use of Ho-Shou-Wu. It is claimed to keep hair from graying, increase fertility, and benefits both diabetes and hypoglycemia. It is especially important to older and weakened individuals.

Hops

Humulus lupulus

Hops is an herbal nervine that has relaxing and sedative effects on the central nervous system. Hops are best when used as needed to ease restless tension that may produce headache, indigestion or insomnia. Hops is also known to help cleanse the lungs and kidneys. Hops have been recommended to reduce the desire for alcohol and ease Delirium Tremens (DT's). This may seem like a contradiction because hops are used to make beer. They contain two chemicals that kill bacteria and can be used as a minor herbal antibiotic. Do not use this sedative if suffering from extreme depression.

Horehound

Marrubium vulgare

Horehound is soothing to the respiratory system and is a natural expectorant. Horehound affects respiration directly by dilating vessels and acting as a serotonin antagonist. Horehound's popularity as a cough remedy can hardly be disputed and is used in virtually thousands of bronchial medications around the world due to a high content of volatile oil. This oil has vasodilator, as well as expectorant properties. The water extracts have

biological activity that could affect respiratory centers in the brain in a positive manner.

Horseradish

Armoracia Rusticana

Horseradish can be used both internally and externally. Horseradish is an excellent diuretic, and is good for digestion problems. It is also a good expectorant and is soothing for respiratory problems. Externally, it can be used to alleviate the pain and stiffness caused by rheumatism.

Horsetail

Equisetum arvense

Horsetail is a diuretic and astringent that has been used to help control incontinence, including bed wetting. It both strengthens the bladder and eliminates water. It is a good "spring cleaning" detoxification herb. It is recommended for urinary tract infections. Horsetail contains a very high amount of silicon and calcium in a bioavailable form. This makes it very popular in formulas to build and provide elasticity to bones, hair, skin, nails and teeth. Fractured bones heal much faster when horsetail is taken.

Hydrangea

Hydrangea arborescens

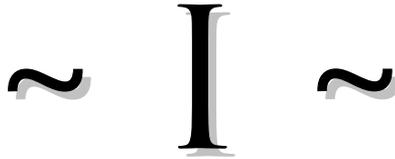
Hydrangea is a diuretic that has the reputation for dissolving kidney stones and relieving kidney related backache. It is also used where there is a prostate problem including non-specific urethritis and other general inflammations of the urinary system in the aged.

Hydrangea is recommended for removing calcium deposits and relieving arthritis swelling over time.

Hyssop

Hyssopus officinalis

Hyssop has been used for hundreds of years as an herbal remedy for afflictions of the respiratory system. It soothes throats and nourishes the lungs. Hyssop - In the past, hyssop was so highly esteemed it was regarded as a virtual cure-all. Currently an undervalued medicinal herb, hyssop is potentially useful as it is both calming and tonic. It has a large spectrum of uses which are due to its anti-spasmodic action. It is used for coughs, bronchitis and tightness in the chest, respiratory catarrh, sore throat and common cold. As a sedative, hyssop is a useful remedy against asthma in both children and adults, especially where the condition is exacerbated by mucus congestion.



Inositol

Inositol nourishes the brain and helps balance cholesterol levels. It also helps the body break down fats effectively. Inositol promotes production of lecithin in the human body, and may be important to the eyes, skin, and cardiovascular system. It has many other uses including treatment of depression and is necessary for proper function of nerves, brain, and muscles. Inositol is a fundamental ingredient of cell membranes and is necessary for proper function of nerves, brain, and muscles in the body.

Iodine

The thyroid depends upon minerals, especially iodine, to function properly and to secrete adequate amounts of thyroxine and triiodothyronine. These hormones influence

metabolic rate and body temperature, as well as regulate protein, fat, and carbohydrate utilization in cells.

Irish Moss

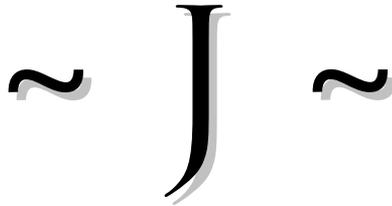
Chondrus crispus

Irish moss is high in nutrients and nourishes the glandular system, lungs, and kidneys. It purifies the body's cells and strengthens the thyroid gland.

Irish moss is considered an excellent remedy for tuberculosis, coughs, bronchitis, and intestinal problems. It is high in nutrients and nourishes the glandular system, lungs and kidneys. It purifies the body's cells and strengthens the thyroid gland. It makes a nourishing food for those recovering from tuberculosis and other illnesses.

Iron

In North America, 58% of the population consumes less than the recommended daily amount of iron. Iron deficiency is the single most common nutrient deficiency in the world today. Growing children, females and athletes all have increased need for iron in order to avoid anemia. Iron is vital to healthy blood and is an essential part of the oxygen-carrying hemoglobin of the blood.



Jamaican Dogwood

Piscidia erythrina/Piscidia piscipula

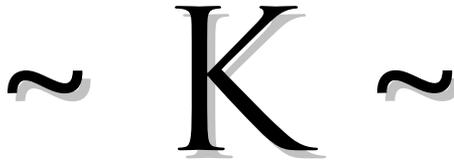
Jamaican Dogwood is a powerful remedy for the treatment of painful conditions such as neuralgia and migraines. It can also be used in the relief of ovarian and uterine pain. Its main use, however, is perhaps for insomnia, when this is due to nervous tension or pain.

Juniper Berries

Juniperus Communis

Juniper is a healing diuretic that helps stimulate the kidneys and adrenal glands to remove acidic toxins from the body. It is exceptionally cleansing. The berry juice has been used as an effective wound disinfectant, for infectious bedsores and to aid uterine recovery after childbirth. Because juniper strengthens tissues, it has

been used to stop internal bleeding including diabetic hemorrhage.



Kava Kava

Piper methysticum

Scientists believe that Kava serves as a mild central nervous system depressant by acting on the limbic system of the brain. The result is a better attitude, reduced sense of stress, release of anxious tension, and more restful sleep without intoxication. Medical studies show therapeutic benefits for patients with anxiety disorders. Some believe that it improves access to the subconscious and helps them remember lucid dreams. Kava tends to reduce pain, especially of cystitis and peptic ulcers. It has a strong anti-fungal action, but not against *Candida*. In Traditional Chinese Medicine, kava opens obstructed Chi flow throughout the body. This leads to better circulation without increasing the heart rate. It should not be used by pregnant or lactating

women, in conjunction with alcohol, or while operating machinery.

Kelp

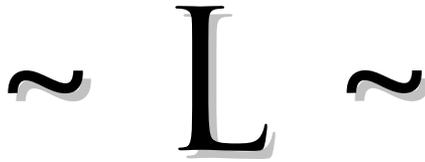
Fucus vesiculosus

Kelp is a pacific seaweed that is very high in minerals, including iodine. These minerals are key ingredients in producing body-regulating enzymes. Iodine is important for thyroid disorders and obesity. Iodine feeds the thyroid which controls metabolism. Thus, kelp is used for weight loss and a supplement for pregnancy. Kelp is believed to strengthen the heart and brain.

Kudzu

Pueraria Montana

Chinese Kudzu has been used in China since at least 200 BC to reduce the abuse of alcohol. Chinese Kudzu contains daidzein, which blocks alcohol metabolism in the liver. Kudzu is also used alone or in combination with other products for symptoms of alcohol hangover, such as headache, upset stomach, dizziness, and vomiting. It can be used orally for managing alcoholism and drunkenness, myalgia, measles, dysentery, gastritis, fever, diarrhea, thirst, cold, flu, neck stiffness, and as a diaphoretic. It is also used for hypertension, angina pectoris, arrhythmia, migraine, deafness, diabetes, traumatic injuries, sinusitis, urticaria, pruritus, and psoriasis.



L-Carnitine

L-carnitine is part of every muscle cell. It draws fatty acid molecules into the mitochondria, where they are burned to produce energy. In doing so, the level of blood triglycerides is reduced. A deficiency of L-carnitine can result in the buildup of fat in muscles, heart and liver. A deficiency can occur from crash dieting or when too much fat is consumed. L-carnitine has been used effectively to treat several fatty liver disorders.

L-Glutamine

L-Glutamine helps the body to regulate energy efficiently. It is needed to burn glycogen (a primary fuel for the brain) and it stimulates mental alertness and learning ability. L-glutamine is also needed in the brain as a neurotransmitter. Supplementation reduces behavior problems and autism in some children. L-glutamine also

reduces cravings for sugar and alcohol in larger doses. It has been used to reduce the pain and fatigue of an inefficient metabolism.

L-Lysine

L-lysine is not produced within the body and must be obtained from the diet. This is often difficult, because it is typically destroyed by cooking. L-Lysine regulates the ovaries, mammary and pineal glands. It works with vitamin C/bioflavonoids to build collagen for new connective tissue and bones. L-lysine is necessary for amino acid assimilation. It is used to fight fever blisters, cold sores and mouth ulcers (herpes simplex virus).

L-Tyrosine

Tyrosine is a non-essential amino acid. It can be manufactured by the body with proper nutrition. Tyrosine transmits nerve impulses to the brain, helps overcome depression, improves memory, increases mental alertness, and promotes the healthy functioning of the thyroid, adrenal and pituitary glands.

Lady Slipper

Cypripedium pubescens

Lady slipper contains nervine properties. Its action is so safe it may be used to calm hyperactive children.

Lecithin

Lecithin is essential to every cell and organ in the body. It provides nourishment to the body so that it can regulate metabolism, increase defenses, and break down fat and cholesterol. Lecithin can also help prevent arterial

congestion, distribute body weight, increase immunity to virus infections, clean the liver, and purify the kidneys.

Licorice Root

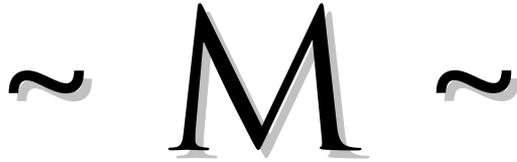
Glycyrrhiza glabra

Licorice root is a very sweet herb. Its anti-spasmodic, anti-bacterial and anti-inflammatory actions make for excellent throat lozenges and ulcer remedies. It helps to destroy viruses and to stimulate and clear the lymphatic system. Licorice feeds and activates the adrenal glands for a higher, more even level of energy. It is used by hypoglycemics to improve blood sugar regulation.

Lobelia

Lobelia inflata

Lobelia is a muscle relaxant. The liquid extract is used to stop asthma attacks, severe coughing or convulsion. Lobeline is similar to nicotine and is used to reduce the desire for tobacco, while the rest of the herb helps to clear the lungs. Its relaxing, antispasmodic, expectorant qualities make it ideal for cleaning the lungs and lymph system. Larger doses can bring on nausea.



Ma Huang / Ephedra

Ephedra equisetina

Ma Huang is a popular Chinese herb that has been promoted as a decongestant and anti-asthmatic. It is also a cardiac and central nervous system stimulant. The circulatory stimulation diverts blood flow from the digestive tract and forces more blood to the brain and limbs, thus reducing fatigue and hunger. Caution is recommended for those who have high blood pressure or weak internal organs.

Maca

Maca has been used in Peru for thousands of years as both a food and an herbal medicine. It is recommended for fertility problems, sterility, and other sexual disorders. In Peru, maca has long been used as a potent aphrodisiac. Maca is thought to act on certain areas of

the body that produce hormones and energizing substances, which enhance libido and increase virility. Due to this hormone balancing effect, maca can also used before, during and after menopause to alleviate symptoms.

Magnesium

Magnesium is essential as an enzyme activator and is involved in the formation and maintenance of body protein. Magnesium plays an important role in regulating the neuromuscular activity of the heart by maintaining normal heart rhythm. Magnesium is also necessary for proper calcium and Vitamin C metabolism. A deficiency of magnesium may result in calcium depletion, heart spasms, nervousness, muscular excitability, mental confusion, and/or the formation of kidney stones.

Male Fern

Male fern helps the body get rid of tapeworm. Externally, male fern is considered excellent for healing wounds and has been known to treat cancerous tumors.

Mandrake

Podophyllum peltatum

Mandrake is a powerful medicine, exercising an influence on every part of the system, stimulating the glands to healthy action. It is a gastro-intestinal irritant, a powerful hepatic and intestinal stimulant. Mandrake works with the liver, gallbladder and all aspects of digestion, especially bowel regulation. It is highly valuable in dropsy, biliousness, dyspepsia, liver and other disorders. Its most beneficial action is obtained by the use of small doses

frequently given. In such circumstances, it acts admirably upon all the secretions removing obstructions, and producing a healthy condition of all the organs in the system. In still smaller doses, it is a valuable remedy in skin diseases

Manganese

Manganese is an antioxidant nutrient which is important in the breakdown of amino acids and the production of energy. Manganese is necessary for the metabolism of Vitamin B-1 & Vitamin E. This mineral activates various enzymes which are important for proper digestion and utilization of foods. Manganese is also a catalyst in the breakdown of fats and cholesterol, helps nourish the nerves and brain, is necessary for normal skeletal development, and maintains sex hormone production. A deficiency of manganese may result in paralysis, convulsions, dizziness, ataxia, loss of hearing, digestive problems, and blindness & deafness in infants.

Marshmallow

Althea officinalis

Marshmallow root is a classic cooling and wetting herb for conditions that are hot and dry. It has been used since ancient Greece for bronchitis, whooping cough, dysentery, cystitis, and incontinence. Other internal uses include inflammatory stomach and bowel problems, lung irritations, urinary tract infections, and swollen joints. It even increases and enriches mother's milk. Like slippery elm, it will absorb poisons and reduce inflammation, including ulcerations and wounds that won't heal. It is used externally on abscesses, boils and even varicose veins.

Melatonin

Melatonin is a hormone secreted by the pineal gland when it gets dark. It is produced in decreasing quantities as we get older. Artificial lights, stimulant beverages and stress can disrupt normal body rhythms. Thus, melatonin supplements can be very helpful for jet lag or occasional insomnia. Because it can cause drowsiness, it should only be used shortly before bedtime. If you experience unusually vivid dreams, you can cut back on the amount you use.

Milk Thistle

Silybum marianum

Milk Thistle is among the most ancient of all known herbal medicines, having been used as a folk remedy for centuries for liver complaints. Silymarin from milk thistle has been shown to have a protective effect against many types of chemical toxins, as well as alcohol. An extract of milk thistle is used to improve liver function, protect against liver damage, and enhance regeneration of damaged liver cells. Clinical studies have confirmed the usefulness of standardized milk thistle extracts in cases of cirrhosis, toxic liver and other chronic liver conditions.

Morinda/Noni

For thousands of years, natives of the Pacific Basin have made healing preparations from *Morinda citrifolia*. It is called "Nono" in Tahiti and "Noni" in Hawaii. It strengthens weak sinews and muscles as well as weak and sore backs while reducing pain and swelling. Scientists have documented its ability to relieve minor depression. *Morinda* benefits the digestive, intestinal,

respiratory, nervous, skeletal and immune systems. It is especially good for painful joints and skin health by cleansing the blood of acids. It builds the immune system by increasing the white blood cell count.

Motherwort

Leoncrus Cardiaea

Motherwort is an herb most beneficial to women's health. It can help relieve pain during childbirth and when used for several days after birthing, can help prevent uterine infection. It also helps relax women who tend to 'over-mother'. It is said to make mothers more joyful.

MSM (Methyl-sulfonyl-methane)

MSM is an organic form of sulfur that should be part of our daily nutrition. It is found in fresh animal and vegetable foods but it is easily destroyed by food processing and cooking. MSM is used to reduce asthma reactions, improve wound healing and improve the replacement rate of epithelial cells such as the stomach lining. It is also beneficial for immune problems, arthritis, skin blemishes and some mental functions. It can break up scar tissue and reduce calcium deposits. Its anti-inflammatory effects help with allergies, asthma, rheumatoid- and osteoarthritis, lupus, and TMJ.

Muir Puama

Liriosma ovata

Muir puama, also called "potency wood," contains a substances that work to enhance the psychological and physical aspects of sexual function. It has a long history as a sexual stimulant and aphrodisiac, where it improves

sexual desire and enhances the libido. In men it increases testosterone levels, improves circulation to the prostate and can help to attain and maintain an erection. In women, it can help with menstrual problems such as cramps and PMS. As a central nervous system tonic it can help combat fatigue and exhaustion, and neuromuscular problems. It is also used to treat nerve pain, depression, hookworms, and nervous system disorders.

Mullein

Verbascum thapsus

Mullein leaf soothes irritated and painful mucous membranes. Its ability to reduce swelling makes it helpful for diarrhea, water retention, bronchitis and arthritis. It can be used externally in poultices. Internally, mullein inhibits the growth of bacteria and is effective against viral infections as well. It is a good respiratory decongestant and expectorant.

Myrrh

Myrrh Gum's three great actions are on digestion, infection, and vaginitis. Myrrh gum is antiseptic to mucous membranes, and, curiously, both inhibits over secretion as well as dis-inhibits under secretion of these tissues. Thus, it normalizes mucous membrane activity. For 4,000 years, Myrrh has been known as a powerful natural antiseptic, antibacterial, antiviral, anti-inflammatory, and antifungal that combats infections of the lungs, skin, and urinary and intestinal tracts. Since antiquity, Myrrh has been used to relieve pain and alleviate sinusitis, gingivitis, periodontal disease and sore throat, and has long been used to help bolster the body's

natural immune defenses. Myrrh is also a natural deodorizer and can help to sweeten the breath. Myrrh Gum acts directly and rapidly on the peptic glands to increase activity, and in this way, increases digestion. In cases of dyspepsia accompanied by excess mucous formation, Myrrh is highly recommended by today's herbalists.



Nettles

Urtica Diocia

The fresh juice or an infusion of the nettle plant has been used to stimulate the digestive system and to promote milk flow in nursing mothers. As an astringent it is also use for blood in the urine, hemorrhoids, and excessive menstrual flow. Nettle is a helpful remedy for ailments of the urinary tract and is said to reduce susceptibility to rheumatic problems and colds. A decoction of the plant is good for diarrhea. A decoction of the root is recommended for external use on the scalp for loss of hair. Nettles stimulate uterine contractions in animal studies, and therefore pregnant women should not use it internally.

Niacin,

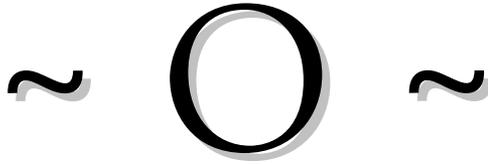
See B3, Vitamin

Noni

See Morinda

Nopal

Nopal is prickly pear cactus. It contains pectin, mucilage and gums that absorb dietary fat. Nopal may reduce the amount of fat that is absorbed by the intestines and enters the bloodstream. Nopal is especially beneficial for the liver and pancreas. These two organs work together to regulate blood sugar and cholesterol. It has been used to reduce inflammation and increase the flow of urine.



Oatstraw

Avena sativa

Oatstraw contains high amounts of bone-building materials. Oatstraw helps hold calcium in the body and is very high in silica. Oatstraw has a calming effect on the nerves.

Olive Leaf

Although olive leaf extract has only been in use for a relatively short time, initial results are very positive. Supplemental olive leaf extract often helps with viral, bacterial, fungal and protozoan infections including influenza, the common cold, Epstein-Barr Virus, herpes 1 and 2, shingles, AIDS, chronic fatigue, hepatitis B, pneumonia, tuberculosis, gonorrhea, and malaria.

Omega-3 EPA

Omega-3 Fatty Acids, like EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), are the constituents of fish oils that may protect against heart attacks by thinning the blood. They also act as anti-inflammatory agents, and may be worth trying if you have an auto-immune disorder or arthritis. Many versions of these substances are on the shelves of health-food stores, from salmon oil to capsules of concentrated EPA. Additional benefits of Omega-3 oils include lowered LDL cholesterol and triglyceride levels in the blood, improved circulation with decreased platelet stickiness, reduced blood pressure, and increased immune system function. Omega-3 Fatty Acids may affect the nervous system and improve symptoms of mental illness, and may also improve the effectiveness of our nutrients such as niacin.

Oregon Grape

Berberis Aquifolium

Oregon grape is a powerful antibiotic that deserves respect. Oregon grape is best known as a lymphatic and liver-stimulating blood cleanser. It is particularly effective for skin diseases, which often occur when metabolic acids build up in the body. It helps restore the skin to a smooth clear condition. Oregon grape contains both berberine and hydrastine, which are effective against infections. Oregon grape can be used as a substitute for golden seal. It is used both internally and externally for chicken pox, acne, skin fungus, eczema and psoriasis.



PABA

PABA, para-aminobenzoic acid, helps assimilate pantothenic acid and nourishes the skin. PABA aids healthy bacteria in producing folic acid, and supports the formation of red blood cells. PABA is often found in sunscreen products for its ability to protect the skin from UV rays. It is also said to help return hair to its natural color.

Pantothenic Acid (Vitamin B5)

Pantothenic acid is used throughout the body. It is required for glandular balance and production of hormones and enzymes. Thus, it affects energy levels, growth and tissue repair, and our ability to deal well with all types of stress. Deficiency can cause chronic fatigue, hair loss and graying, muscular weakness, digestive

disorders, constipation, depression and many other debilitating symptoms. Deficiency can also be a factor in allergies and asthma.

Papaya

Papaya is a safe and natural digestive aid. It contains an enzyme called papain, which helps the body break down protein in the body.

Parsley

Petroselinum sativum

Parsley is a diuretic and is frequently used in formulas to build internal organs including kidney, thyroid, liver and prostate. Parsley is especially known as a digestive aid where it improves digestion and reduces cramping and gas after meals. It also acts as a breath freshener to help cover the odor of garlic. As a diuretic, it helps get rid of excessive water but doesn't deplete potassium like many commercial diuretics. It eases painful urination due to an enlarged prostate. Parsley stimulates the menstrual process, helping delayed, difficult or painful menstruation. It helps dry up mother's milk.

Parthenium

Parthenium integrifolium

Parthenium has been commonly sold as Echinacea purpurea for more than 50 years. They are both in the sunflower family and their roots bear an uncanny resemblance to each other. Many people have used these parthenium products, and received benefits. Some European research on the benefits of Echinacea has documented parthenium by mistake. Parthenium does

contain compounds that stimulate the immune system. The root is diuretic and helpful for urinary diseases. It appears to be a liver-stimulating bitter that promotes blood detoxification. In fact, the entire sunflower family has an affinity for the liver and other digestive and cleansing organs.

Passion Flower

Passiflora incarnata

Passion flower is a mild sedative nervine. It is more likely to help you sleep than to generate "passion". Passion flower is an effective tranquilizer. It is not narcotic so there is no possibility of addiction. It relaxes digestive and uterine spasms and helps relieve pain. It may also relax blood vessel spasms, which would make it helpful for migraines and coronary health. It kills many molds, fungi and bacteria and has been used as a wound dressing.

Pau d'arco

Tabebuia heptaphylla

Pau d'arco bark is a very effective immune building and antifungal herb. Externally, it is used as a poultice for skin diseases including eczema, psoriasis, fungal infections, hemorrhoids and skin cancers. Internally, it is a blood purifier that is used for systemic yeast infections like *Candida albicans*, and to strengthen the immune system. This is the herb that South American Indians have historically used to fight tumors. Research shows that Pau d'arco contains substances that are highly effective against cancer.

Pennyroyal

Mentha Pulegium

Pennyroyal is often recommended to inducing sweating to aid in eliminating toxins from the body. It also serves to relieve gas, stimulate digestive action and to relieve nausea. It is often used as a treatment for relief of symptoms during the early stages of colds and flu. It can also be consumed before retiring to bed for its mild sedative action. Pennyroyal tea has also been employed to promote menstrual flow, and as an abortifacient to initiate self-abortion.

Peppermint

Mentha piperita

Peppermint is a proven aid to digestion. It is also a mild antispasmodic, which makes it useful for relieving menstrual cramps and nausea. As a mild vasodilator, it creates a warm feeling by stimulating circulation. The oil of peppermint has been shown to be antimicrobial and antiviral as well. Be aware that concentrated peppermint oils may cause skin irritation if used straight out of the bottle.

Periwinkle

Vinca Major

Periwinkle is an excellent all-round astringent that may be used either internally or externally. Its main use is in the treatment of excessive menstrual flow, either during the period itself (menorrhagia), or with blood loss between periods (metrorrhagia).

Pleurisy

Asclepias Tuberosa

Pleurisy Root is effective against respiratory infections where it reduces inflammations and assists expectoration. Pleurisy Root can also be used in the treatment of bronchitis and other chest conditions. Its reputation as an effective diaphoretic and anti-spasmodic is the reason why it is so highly valued in the treatment of pleurisy and pneumonia.

Potassium

Potassium is a critical component of all cells. Excess use of salt and inadequate consumption of potassium foods can contribute to a sodium/potassium imbalance. The result can be any of hundreds of uncomfortable symptoms that reflect hard/dry tissues. These can include: high blood pressure, dry skin, hardened tissues, excessive thirst, nervousness, irregular heart beat and poor reflexes.

Pregnenolone

Pregnenolone is the body's most basic steroid hormone. It is used to make progesterone, DHEA, and cortisol. When the body regains an adequate supply of this control system source material, it seems like everything works better; the senses may seem sharper, and energy and mood improve as well. Levels of pregnenolone in the body tend to decline with age. Supplemental pregnenolone may benefit those concerned about the effects of aging such as declining mental function or sex drive, hot flashes, and the development of degenerative diseases or disorganized tissue such as "age spots". Not

for use by individuals under 40 years old, pregnant/lactating women, men with severe prostate inflammation (BPH), or those with hormone responsive cancer. Consult a health care professional if any medical condition is present or you are taking a prescription drug. Do not use more than the recommended dose.

Prickly Ash

Zanthoxylum americanum

Prickly Ash nourishes and enhances circulation throughout the entire body. It helps with cramping due to deficient blood and lymphatic circulation. Prickly ash may also help with varicose veins. Warming like capsicum, the action of prickly ash is slower, but longer lasting

Psyllium Hulls

Plantago psyllium

Psyllium hulls are an effective mucilaginous, high fiber, bulk laxative. Psyllium hulls are the outer covering of the psyllium seed and contain much more fiber than the seed germ. They swell in water to 8-14 times their dry volume. They are about 70% soluble fiber compared with only 7% for oat bran. The fiber contributes to a feeling of fullness. It modulates the absorption of cholesterol and simple sugars. Psyllium is an ideal supplement for the generally poor fiber content of our modern processed diet. Filling the bowel stimulates peristaltic action to have a movement. Drink plenty of water with psyllium.

Psyllium Seeds

Plantago psyllium

Psyllium seeds include both the germ and the husk. The

husk contains most of the bulking mucilage and is desirable for use as a bulk laxative. The germ is nutritive and contains additional oils and protein binding tannins. The lubricating oils include linoleic, oleic, stearic and palmitic acids.

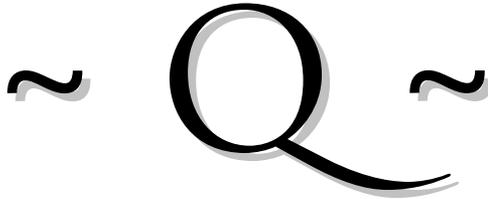
Pumpkin seeds

Cucurbita pepo

Pumpkin seeds are a good source of zinc, a tissue-building and male tonic nutrient. They have been used for prostate and bladder problems. The seeds are also an effective vermifuge, especially while fasting. They work to expel intestinal parasites like tape-worms and round worms. Pumpkin seeds are also recommended for stomach problems and nausea such as morning sickness.

Pyruvate

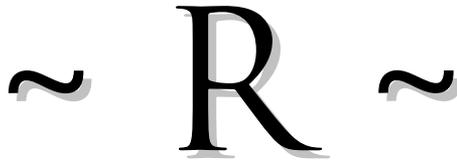
Pyruvate (pyruvic acid) is an important chemical in all living cells. Pyruvate increases the body's ability to metabolize carbohydrates in the mitochondria of each cell where calories are burned and energy is produced. It also helps to move glucose from the bloodstream into the muscle cells using a process called "glucose extraction."



Queen of the Meadow

Eupatorium Purpureum

Queen of the Meadow has been established clinically as an effective treatment for rheumatic and gouty conditions caused by uric acid deposits in the joints. Because of its stimulating effect on glands and organs that clear the body of toxins and wastes, it is also helpful in most forms of inflammatory distress. It is also valued for its properties to help heal strains, sprains, and the associated aches. It nourishes the ligaments and tendons, and assists in restoring their normal function. It helps release inorganic deposits from the joints and tissues.



Red Clover

Trifolium pratense

You would not think that common meadow clover could be so important, but people suffering from wasting due to AIDS, cancer, tuberculosis, and venereal diseases have found and come to love red clover. Red clover is often combined with chaparral, pau d'arco and goldenseal. Red clover also helps the liver and kidneys in cleansing the body, helps the lungs with coughs, and builds vitality where there is nervous exhaustion. It is estrogenic in larger amounts.

Red Raspberry

Rubus idaeus

Red Raspberry leaves make one of the most renowned herbal teas. It has a wide reputation as a female tonic for relieving excess menstrual bleeding. It strengthens and

normalizes female organs. Pregnant women use red raspberry throughout the entire term, where it is used to relieve nausea, prevent spotting, tone the uterus in preparation for childbirth, reduce false labor and the pain and bleeding of child-birth, and increase milk production. Red raspberry is astringent, antiseptic and anti-diarrheal. It is very rich in manganese. It relieves vomiting in weakly children and helps heal canker sores.

Reishi

Ganoderma lucidum

Reishi has been used for more than 4000 years in traditional Chinese medicine. It is believed to be the oldest mushroom used in medicine and is one of the most respected medicinal mushrooms today. Reishi is used to alleviate the effects of stress, strengthen the heart, protect the liver, soothe the nerves, normalize blood pressure, inhibit the release of histamine (thus relieving the allergic inflammatory response), support adrenal function, stimulate the immune system, slow the aging process, and is anti-carcinogenic and anti-bacterial in nature.

Rhubarb

Rheum plamatum

Rhubarb can help dissolve mucus adhering to the walls of the colon and is considered a mild laxative that produces a soft stool 6-10 hours after ingestion. Rhubarb is especially well suited for children since it is very mild in action.

Rose Hips

Rosa species

Rose hips are the dried fruit of roses. They are famous as a rich natural source of vitamin C, bioflavonoids and other vitamins and minerals including A, E, B complex, D, iron and calcium. Rose hips are recommended to strengthen fragile capillaries and other tissues, benefiting bruises, varicose veins, fractures and hemorrhoids. They are important immune system builders, infection fighters, and good for nervous and stressful situations. They are recommended to prepare a woman for labor and delivery. Strengthening the perineum can help prevent the need for a episiotomy. Labor and recovery time can be reduced. Babies can pink up faster and catch fewer infections after birth too.

Rosemary

Rosmarinus officinalis

Rosemary is a stimulant of the circulatory system. It is used to treat bites and stings externally. Internally, it is used to treat migraines and bad breath, and to stimulate the sexual organs. It is also used to treat nervous disorders, upset stomachs, to regulate the menstrual cycle, and to ease cramps. The essential oil is used as an inhalant as a decongestant, and to enhance memory and clear concentration. It is also used in lotions to ease arthritis and muscle pain.

Royal Jelly

Various herbalists claim that royal jelly is especially effective in halting or controlling the aging process, nourishing the skin, and erasing facial blemishes and

wrinkles. Royal Jelly has also been used to treat cases of fatigue, depression, convalescence from illness, the "growing pains" of adolescence, and in preventing the signs of normal aging or even premature senility. As a general tonic for treating the menopause or male climacteric and to improve sexual performance, royal jelly supposedly has a general systemic action rather than any specific biological function.



Safflowers

Carthamus tinctorius

Safflowers is a digestive bitter that aids the digestion of oils. It helps to thin and remove cholesterol buildup in arteries as well as clean tissues and joints throughout the body. It stimulates the liver and gallbladder where it improves the movement of bile. It can also help remove hardened phlegm and congested lymph. One benefit may be the reduction of enlarged breasts. Safflowers are used to reduce lactic acid accumulation during competitive sports.

Sage

Salvia officinalis

Sage is a warming stimulant for a weakened digestive or nervous system. Sage has the drying ability to decrease perspiration and decrease lactation during weaning. It

also dries up persistent sniffles. Sage is made into a tea for laryngitis and hoarseness. Sage also has the reputation of strengthening concentration, improving memory, producing calmness and clarity, and returning hair to its original color.

Sarsaparilla

Simlax

Cowboys often ordered sarsaparilla (root beer) because it was both the most widely used treatment for syphilis in the 1800's and was also considered a male aphrodisiac. Research shows that components of the root attack microbes in the body. Sarsaparilla is a diuretic and can be used to support congestive heart failure, high blood pressure, and premenstrual fluid retention. It promotes sweating. It is especially good for skin problems such as psoriasis, acne, rashes and hives. Sarsaparilla is a popular herb in glandular balance formulas. It contains saponin, which is chemically similar to testosterone and anabolic steroids.

Saw Palmetto

Serenoa serrulata

Saw palmetto is an important glandular-strengthening herb. It is considered a tonic for the whole body. It strengthens the thyroid, which controls overall glandular function. It also strengthens digestion, the lungs, and other tissues that are damaged by debilitating, wasting or chronic diseases. In men, it is used for impotence, sterility, underdeveloped testicles and enlarged prostate. In women, it is used for infertility, lack of stamina, ovarian dysfunction and underdeveloped breasts.

Schizandra

Schizandra Chinensis

Schizandra helps the body adapt to stress and nourishes the nervous system. It increases the supply of energy to the cells in the brain, muscles, liver, kidneys and glands. Schizandra is cherished among women as a sexual enhancer and youth invigorator.

Scullcap

Scutellaria lateriflora

Scullcap is a nervous system and muscle relaxant when there is excess excitement or uncontrolled movement. It seems to have been recommended for almost every ailment of the nervous system. Relief of nervous tension may improve learning and logical thinking. As an antispasmodic, it has a sedative action that contributes to formulas for asthma, seizures, menstrual cramping, and Parkinson's disease. Scullcap is also used in formulas for pain, insomnia, addiction recovery and vertigo.

Senna

Cassia acutifolia

Senna leaves stimulate the peristaltic action of the colon. Senna is usually combined with digestive herbs such as ginger or fennel to avoid gripping. Senna is found in many over-the-counter laxatives. Do not use if pregnant or with digestive tract inflammation, including hemorrhoids. Senna can cause dependency if used for extended periods.

Shitake

Lentinus edodes

Shiitake mushrooms can be used to boost the immune system, protect the body from cancer (and even shrink existing tumors), lower blood cholesterol levels, reduce blood pressure, and combat viruses and bacteria. Shiitake contains vitamins, minerals, amino acids, and a number of polysaccharides, which are linked to countering cancer, primarily by promoting immune function rather than attacking cancer cells directly.

Slippery Elm

Ulmus fulva

Slippery elm bark is mild-flavored and very nutritious; it has a food value similar to oatmeal. It expands and should be taken with plenty of water. It is a contact healer that coats, soothes and heals irritated or inflamed tissues, including hemorrhoids, ulcers, burns, and sore throats. It is a mild bulk laxative that absorbs toxins from the bowel. Slippery elm and marshmallow are very similar. For babies or debilitated persons, slippery elm can be made into a healing gruel.

Spirulina

Spirulina pratensis

Spirulina is a blue-green fresh water algae. It is an excellent source of amino acids (protein), chlorophyll, vitamins and minerals. It stimulates the thyroid to produce energy and is recommended as part of weight control and blood sugar control programs. Spirulina is an herb that is said to "correct polarity reversal".

Squaw Vine

Mitchella repens

Squaw vine strengthens the uterus, and helps relieve congestion there and in the ovaries. It may help strengthen the body's defense against vaginal infections. This herb is often used for both menstruating and pregnant women. The Native Americans used it in the last few weeks of pregnancy to prepare for childbirth. Squaw Vine is used for menstrual irregularities and for vaginal discharge. It is tonifying to both the uterus and ovaries and helps to relieve congestion. Other uses include: dropsy, gravel, suppression of the urine, diarrhea. It has a calming effect on the nervous system and may improve digestion. As a salve, it may be applied to sore nipples while nursing. Other external uses include as a wash for skin problems.

Stevia

Stevia rebaudinceae

Stevia is a safe, all-natural alternative to artificial sweeteners and refined sugar in the diet. Stevia is eight times as sweet as sugar. It is a good source of chromium and other minerals. Stevia may be safely used as a sweetening agent by both diabetics and hypoglycemic persons in small quantities.

St. John's Wort

Hypericum persoratum

St. John's Wort is known for its soothing, anti-depressant properties. It is also beneficial for the respiratory and immune systems, both of which are damaged by smoking. It is often used to help improve the irritable,

stressed disposition of individuals trying to break their addiction to tobacco and alcohol. St. John's Wort may cause photosensitization, so be cautious of overexposure to sunshine. Persons taking antidepressant prescription drugs should not take St. John's Wort at the same time.

Stone Root

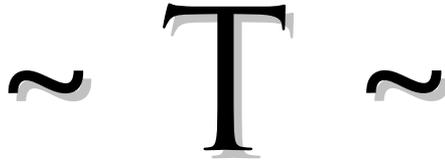
Collinsonia Canadensis

Stone root has been used in the treatment of a variety of ailments, including hemorrhoids, varicose veins, benign prostatic hypertrophy, and chronic laryngitis. It has a long history of use as a remedy for diverticulitis, dysentery, colitis, rectal pain, and other disorders of the digestive system. Stone root, a strong diuretic, has most often been used in the reduction of urinary sediment in order to prevent kidney stones. It has been used in combination with gravel root and hydrangea for this purpose. It has also been used as a general cardio tonic. Stone root is often combined with saw palmetto to aid in the treatment of prostate trouble.

Suma

Pfaffia paniculata

Suma is an adaptogen herb, which helps the body adapt to stress, and acts as a tonic to the entire system. By enhancing the body's immune system, Suma aids in preventing free-radical damage to the body. Suma contains significant amounts of Germanium, a trace mineral which stimulates the immune system and helps promote oxygen flow to cells. It also contains "allantoin", a substance which assists in healing wounds.



Taurine

Taurine is a non-essential amino acid (*can be manufactured by the body with proper nutrition*). Taurine helps stabilize the excitability of membranes, which is very important in the control of epileptic seizures. Taurine and sulfur are considered to be factors necessary for the control of many biochemical changes that take place in the aging process. Taurine also aids in the clearing of free radical wastes.

Tea Tree Oil

Melaleuca alternifolia

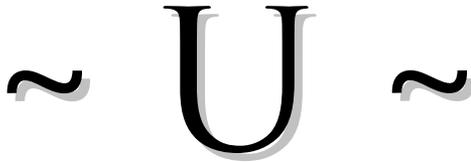
Tea tree oil can be applied directly to the skin to stimulate regeneration of injuries and fight bacterial and fungal infection. It can also be used internally to fight infections. It is proven effective against bacteria that cause strep,

staph, typhoid, diphtheria, pneumonia, meningitis and gonorrhea. It helps heal without scarring.

Thyme

Thymus vulgaris

Thyme is an invigorating digestive stimulant. Thyme is an important respiratory herb. It is helpful for both acute and chronic lung problems. Used with honey, it is a classic for fighting whooping cough and provides relief for sore throat, fever and congested lungs. Thyme also has a long reputation for helping uterine problems; thus, it was called "Mother Thyme." It encourages menstruation and reduces pain. It is even recommended before bedtime to avoid nightmares.



Una de Gato/Cat's Claw

The highly effective properties contained in the inner bark of the cat's claw plant have a profound and positive influence on the body's defense system. Studies indicate that this herb may be beneficial in ameliorating a host of modern day afflictions, which have no answers from the orthodox medical arena. It is known to help nutritionally support the body's defense, circulatory and gastrointestinal systems through its antioxidant and build properties.

Uva Ursi

Arctostaphylos uva-ursi

Uva ursi is a urinary system astringent. Because it is a diuretic and antiseptic, it has been used to help bedwetting, bladder infections, cystitis, kidney congestion and stones. It is also found in most prostate remedies.

Uva ursi is sometimes recommended as an aid for diabetics. Because uva ursi reduces blood circulation to the uterus, it helps to reduce after-birth hemorrhaging and helps to shrink the womb afterwards. For the same reason, large amounts should not be used during pregnancy to avoid poor circulation to the fetus. Uva Ursi sometimes colors the urine dark green or brownish-green; this is harmless.



Valerian Root

Valeriana officinalis

Valerian root is a strong herbal nervine. It has been used as a calmative, sedative and antispasmodic for problems such as anxiety, nervousness, hysteria, cramping and convulsions. It helps bring on sleep, except in instances where there is excessive stimulus such as itching or “Restless Leg” syndrome. Valerian is also a pain reliever and has helped nervous headaches. Valerian works best where the nervous user is “cold”; otherwise it can have the opposite effect intended. Hops should be used if the user is “hot”, red-faced, excited, or has a fast pulse. Valerian smells like old socks and long term use in large doses can result in melancholy and depression.

Valine

Valine is an essential amino acid, which cannot be

manufactured by the body. Valine promotes mental vigor, muscle coordination and calm emotions. Valine is critical for processes relating to muscle metabolism, tissue repair, and nitrogen balance. Valine is rare among amino acids, in that it produces a stimulating effect within the body. Valine helps the repair and growth of muscle tissue and helps maintain the nitrogen balance in the body and preserves the use of glucose.

Vervain

Verbena officinalis

Vervain is used to treat the liver and diseases related to the liver, exhaustion, fatigue, fever, insomnia, asthma, post-natal depression, as well as painful or irregular menses. It is also used to help increase the flow of a mother's milk. The Chinese use it to treat malaria, dysentery, and congestion. It is also used as a pain reliever and to reduce inflammation. Do not use during pregnancy.

Vitex

Vitex agnus castus

Vitex is used as a normalizing herb for the reproductive system. It is most commonly used in treating infertility, PMS, menopausal problems, and hormonal imbalances. It is most effective when taken over a period of time, and in conjunction with other herbs used for the same purposes. It is also known as chaste tree fruit, or chasteberry.



Whey

Whey is derived from the cheese-making process, and is full of vitamins and minerals. It is also a superior protein source with a protein efficiency rating that exceeds that of soy, wheat, and even whole milk. This means that the protein in whey is used more efficiently by the body than by the protein from these other sources.

White Oak Bark

Quercus alba

White Oak bark is a strong astringent that has been used in cases of anal fissures and hemorrhoids. It can also reduce diarrhea and dysentery. It can be used externally as a poultice or internally to stop bleeding. Externally, it is used to cleanse and shrink poison oak, bites and stings, as well as surface wounds and sores. It causes capillaries to constrict and thus reduce bleeding and can

be used both internally and externally for varicose veins and fatty tumors.

White Willow

Salix alba

White Willow Bark has been known for at least 2,000 years for its ability to alleviate pain and reduce fever. It is used to break fevers, soothe headaches, and reduce pain and swelling in arthritic joints. White willow bark is also beneficial for infections, heartburn, cancer, and neuralgia. It is used in dyspepsia connected with the debility of the digestive organs. In convalescence from acute diseases, in worms, chronic diarrhea and dysentery, its tonic and astringent combination renders it very useful. As an astringent, it has also been recommended for internal bleeding, and as a diuretic for gouty and rheumatic problems. White Willow Bark is also very useful in acute phases and for muscle pains. Some reports also hint that White Willow Bark reduces blood sugar levels and inhibits the production of prostaglandins that cause cramping in females.

Wild Cherry Bark

Prunus virginiana

Wild Cherry Bark is an excellent calming and soothing agent for irritated mucosal surfaces, but is of little value during an actual allergic reaction. Its primary action in an herbal respiratory formulation is to soothe any mildly irritated surfaces that result from allergens escaping the adsorptive action of normal mucosal surfaces.

Wild Yam

Dioscorea villosa

Wild yam has many effective uses. It is known to relax the muscles and promote glandular balance in women. Wild Yam contains natural plant components known as phytochemicals, which help the body balance hormone levels. Wild Yam nourishes the digestive system and the nerves.

Witch Hazel

Hamamelis virginiana

Witch hazel has been recommended for treating internal and external hemorrhage, bruises, inflammation, hemorrhoids, diarrhea, dysentery, varicose veins, burns, scalds, insect bites, and bags under the eyes.

Wood Betony

Betonica officinalis

Wood betony is a sedative tranquilizer for adults and children. It relaxes muscles, blood vessels, bowels and organs. It is used for nervous anxiety and tension, as well as headaches and neuralgias caused by nerves or high blood pressure. It is especially recommended for head and face pain. It is often claimed to strengthen the heart. It stimulates the immune system and is said to protect against many diseases.

Wormwood

Artemisia absinthium

Wormwood is also a powerful remedy in the treatment of worm infestations, especially roundworm and pinworm. It may also be used to help the body deal with fever and

infections. Due to its general tonic action, Wormwood will be of benefit in many diverse conditions because it benefits the body in many general ways.



Yarrow

Achillea milleforlium

Yarrow has been used extensively to stop bleeding of all kinds, externally and internally, and for wounds, sores, rashes and piles. It is also used to encourage sweating and is found in arthritis, pancreas, blood purifier, and infection herb formulas. Yarrow encourages sweating which can reduce fevers and takes pressure off the kidneys and help remove toxins from the body. Studies have shown that yarrow protects the liver from chemical damage and can be used to treat hepatitis. Yarrow can produce darkened urine.

Yellow Dock

Rumex crispus

Yellow Dock root has a reputation as a liver tonic, gallbladder tonic, and one of the best organic sources of

iron available. Yellow dock is used frequently for anemia during pregnancy and at all other times, too. Skin conditions, in particular, are relieved when the liver is strengthened. These include psoriasis, acne, hives and other eruptions. Yellow dock contains natural "soaps" that help loosen and remove poisons from the body.

Yerba Santa

Eriodictyon Spp.

The Spanish learned of this plant from the Indians who boiled the fresh or dried leaves and used the preparation for such problems as coughs, colds, sore throats, mucus, stomach aches, vomiting and diarrhea. Yerba santa helps the body expel mucus from the respiratory tract. It is known as a blood purifier and strengthener of the digestive system.

Yohimbe

Pausinystalia yohimbe

Long considered an effective aphrodisiac, yohimbe has been shown to stimulate sexual desire and performance. Studies indicate that yohimbe can improve sexual performance in those suffering from physiological and psychological impotence. Scientists have also recently found evidence that yohimbe may aid in weight loss by suppressing the body's ability to store fat. Yohimbe is not without side-effects, which can include sweating, nausea and vomiting. Those taking MAO inhibitors such as tranquilizers, antidepressants or blood-pressure medications should not take yohimbe or any compounds containing yohimbine. Use of yohimbe is also contraindicated for pregnant women as well as persons with kidney disease, heart disease, liver disease,

diabetes or ulcers. Persons with a history of psychoses should also avoid Yohimbe as it has been known to trigger new episodes of psychotic reaction.

Yucca

Yucca baccata

Yucca root contains a foaming, soapy sap. It is most often included in formulas designed to "break up obstructions", which include the chronic degenerative diseases of arthritis and rheumatism. It contains saponins that are precursors of cortisone, which is an anti-inflammatory agent naturally produced by the adrenal glands. This may be another way that yucca is helpful for arthritis. Yucca alkalizes the body as it cleans out waste acids. By cleaning the colon and regulating colonic bacteria, yucca helps to reduce the burden on the other eliminative systems of the body: kidneys, liver, lymph, and blood.



Zinc

Zinc is required for tissue growth, repair and maintenance. Wounds heal better when there is enough zinc. Zinc often speeds healing of gastric ulcers. It is part of the insulin molecule (which regulates blood sugar levels) and over 25 other digestive and metabolic enzymes. Zinc is used and eliminated rapidly within days of a serious injury or burn. A loss of smell or taste may represent a zinc deficiency. Men often take supplemental zinc for prostate health; too little can lead to prostate enlargement. Women often take moderate amounts of zinc for PMS (with calcium), during pregnancy and while nursing.



Bestselling author Dr. Rita Louise is the founder of the Institute of Applied Energetics and the host of Just Energy Radio. She is a Naturopathic Physician and a 20-year veteran in the Human Potential Field. Her unique gift as a medical intuitive and clairvoyant illuminates and enlivens her work. Author of the books Man-Made: The Chronicles Of Our Extraterrestrial Gods,

Avoiding The Cosmic 2X4, Dark Angels: An Insider's Guide To Ghosts, Spirits & Attached Entities and The Power Within, Dr. Louise credits early childhood influences for the direction her life would take.

A frequent consultant to the media, Dr. Louise has appeared on television and has been a featured guest on many radio shows such as *Coast to Coast w/George Noory*, the *Jerry Pippin X-Zone Radio*, 21st Century Radio, The Kevin Smith Show, , *Contact Radio*, *Second Site Radio*, and *Out Of This World Radio*. She also appears monthly on Feet To The Fire Radio with her "*SoulHealer Moments*".

Dr. Louise has appeared as a keynote speaker at events such as the *Paradigm Symposium*, *Whole Life Expo*, *ASPE Paranormal Symposium* and the *Texas Ghost Show*. She has also spoken to organizations such as *Naturopathic Medical Association*, *Institute Of Noetic*

Sciences, MUFON, and the *Texas Department of Health*. She is also a regular contributor to publications including *New Dawn Magazine*, *Atlantis Rising*, *In Light Times*, and *The Edge News*. Her alternative health articles have also appeared in publications such as *Fate Magazine*, *Today's Dallas Woman*, *Inner Self Magazine*, *Holistic Health News* and *The Psychic Journal*.

For more information or to order additional copies of Nature's Pharmacy visit: www.SoulHealer.com