

HERBS

Traditional and Modern Uses for Common Herbs

The information presented here is for educational purposes only and should not be used for the diagnosis or treatment of disease.

The following is a brief listing of herbs and the traditional or modern uses typically ascribed to them.

ALFALFA - extremely high nutritive value, high in chlorophyll, vitamins such as vitamin K, minerals, trace elements and protein (25%). Used in arthritis, bleeding disorders, and menopause.

ALOE VERA - herb acts as a powerful laxative. Juice or gel acts as general healer/cleanser and topical aid to wound healing and burns.

BAYBERRY - astringent to stop bleeding from lungs, uterus and colon, poultice for slow healing sores, and as a gargle for sore throat and gums.

BLACK WALNUT - used for poison ivy and skin eruptions and rashes. Useful for intestinal parasites and worms.

BLACK COHOSH - female tonic acting as an anti-spasmodic for all nervous conditions, menstrual cramps and pains. Reduces joint inflammation.

BUCHU - for urinary and kidney disorders such as bladder weakness infection, and inflammation. Diuretic and urinary antiseptic.

BURDOCK - blood purifier used for arthritis, rheumatism, sciatica and skin problems. High in iron.

CALENDULA/MARIGOLD - infections, fevers and colds. First aid for wounds to speed healing and soothes pain and irritation.

CASCARA SAGRADA - laxative and bowel tonifier. Less habit forming than other laxatives. Stimulates secretion of entire digestive system.

CATNIP - for diarrhea, flatulence or colic in children. Mild sedative for nervous and emotional tensions.

CAYENNE - stimulant and strengthener of the digestive and circulatory system. For digestion, circulation, and to potentiate the effectiveness of other herbs.

CHAMOMILE - calming to the digestive and nervous systems. Used for insomnia, stomach aches, and for colic and teething in children.

CHAPARRAL - Blood purifier for arthritis, tumors and skin problems. Contains a powerful natural antioxidant.

CHICKWEED - Mild diuretic and laxative. Used for obesity, bleeding, and externally for skin problems and hemorrhoids.

COMFREY - healing properties help in ulcers, fractures, lung problems, and arthritis. Helps soothe mucous membranes, relieve and improve digestion.

DAMIANA - mild aphrodisiac. Helps balance female hormones, improve appetite, and relieve nervous depression in men and women.

DANDELION - blood builder and liver cleanser. High in calcium and iron. Mild laxative and diuretic. Roasted root used as coffee substitute. For hepatitis and high bloodpressure.

DEVILS CLAW - anti-inflammatory used in joint inflammations and arthritis.

DONG QUAI - aids female reproductive system. Menstrual and hormone regulator. Useful for hot flashes and PMS.

ECHINACEA - cleanser for the blood and lymphatic system. Stimulates immune function in colds, flu, sore throats and allergies.

EYEBRIGHT - detoxifier for inflammations and congestion. Used for allergies, colds and hay fever. Strengthens eyes and improves eye problem of all types. Can be used as an eyewash.

FENNEL - normalizes appetite, used for colic, flatulence, morning sickness, and with laxatives to prevent cramping.

FOENUGREEK - soothes mucous membranes lubricating the intestinal tract, and removes sinus and bronchial congestion. Used in fevers and headaches.

FEVERFEW - for arthritis in the active inflammatory stage, vertigo, tinnitus, and migraine headaches.

GINGER - stimulant that aids digestion and appetite, flatulence, colds, and flu. Helps with nausea in sea, air, and morning sickness.

GINGKO - improves peripheral, cerebral, and coronary blood flow. Recent research shows extract to improve memory and thinking, and to protect nerve cells through its anti-oxidant properties.

GINSENG - popular tonic available in Chinese, Korean, American and Siberian varieties. Mental, physical, and nervous stimulant. Helps to adapt to stress. Reputed longevity and sexual tonic.

GOLDENSEAL - natural antibiotic and antiseptic properties useful in colds, flu, and infection. Stimulates digestion and appetite. For mucous membrane & skin health and topically as an eyewash.

GOTO KOLA - nerve tonic used in senility, epilepsy, loss of memory and mental and physical exhaustion or sluggishness.

HAWTHORNE - heart tonic strengthening the heart muscle, improves circulation, regulates both high and low blood pressure.

HOPS - calming and sedative effects for insomnia, anxiety, muscle tension and spasms. Often combined with skullcap

JUNIPER BERRIES - stimulating diuretic and antiseptic used for bladder and kidney conditions such as edema, uric acid buildup, and chronic bladder infections.

LICORICE - expectorant for congestion. Soothes coughs, sore throats, and laryngitis. possesses estrogenic activity, helps in blood sugar problems and the deglycyrrhizinated form has benefited ulcers.

LOBELIA - antispasmodic and powerful bronchial dilator for asthma and bronchitis. Popular ingredient in stop smoking pills.

MARSHMALLOW - mucilaginous properties make it excellent for soothing mucous membrane irritation in the urinary tract gastrointestinal and respiratory system. High in minerals and calcium.

MILK THISTLE - antioxidant and liver protector. Used in hepatitis and liver damage due to alcohol, drugs, and chemical toxins. Actually regenerates the liver.

MULLEIN - expectorant used for congestion, sinus & bronchial asthma, and earaches.

NETTLE - for food and environmental allergies. Popular hair tonic for baldness and dandruff. Rich in iron, silica and potassium.

OREGON GRAPE ROOT - stimulates bile secretion and acts to tonify the liver and remove toxins from the blood. Therefore it is used in psoriasis, eczema, herpes, acne, hepatitis and rheumatoid arthritis.

PARSLEY - excellent diuretic. Used for bladder infections, gallstones, kidney problems, arthritis pain, and to stimulate digestion.

PASSION FLOWER - antispasmodic and nerve sedative. Used for nerve conditions such as headache, worry, anxiety, and PMS.

PAU D' ARCO - also known as Taheebo or Lapacho. Popular for candida yeast infection and other fungal, bacterial and viral infections. Immune system booster and blood purifier.

PENNYROYAL - improves bloodflow and muscle tone in uterine problems. Also for cramps and late spotty menses.

RED CLOVER - Blood purifier and cleanser. Calms nerves. Combined with chaparral to treat cancer and break up tumors.

RED RASPBERRY - useful during the whole of pregnancy due to ability to strengthen reproductive system, relieve nausea, prevent premature labor and miscarriage, and improve milk production.

SARSPARILLA - contains steroidal compounds and possible hormone precursors. Used as blood purifier in rheumatism, and physical weakness. Extracts popular for muscle building.

SAW PALMETTO - helps break down mucous and fat. General tissue and endurance builder. Shown to benefit prostate problems.

SENNA - powerful laxative for chronic constipation.

SKULLCAP - nutritive herb for nervous system. Aids nerve health, spasms, twitches, and insomnia.

SLIPPERY ELM - has mucilage properties that help to soothe ulcers and gastrointestinal inflammations, sore throats and burns.

ST. JOHN'S WORT - Used in pain and depression. Recently popular as extract against viral infections such as herpes or Epstein-Barr.

UVA URSI - relatively safe diuretic used for urinary tract problems, kidney stones, and water retention.

VALERIAN - strong tranquilizer and nervous system sedative for pain, headaches, excessive nervousness, and insomnia.

YARROW - opens pores to increase sweating in colds and flu. Helps sore throat.

ACNE - Burdock, Chaparral, Dandelion.

ALLERGY/HAYFEVER - Echinacea, Marshmallow.

ANEMIA - Alfalfa, Dandelion.

ARTERIOSCLEROSIS - Hawthorne, Garlic.

ARTHRITIS - Black cohosh, Chaparral, Fever few.

BALDNESS - Chaparral, Nettle.

BLADDER & URINARY DISORDERS - Burdock, Cranberry, Goldenseal, Juniper, Marshmallow.

BLOOD PRESSURE (high) - Cayenne, Garlic, Hawthorn, Passion Flower.

BLOOD PRESSURE (low) - Dandelion, Parsley.

BRONCHITIS - Comfrey, Lobelia, Cayenne.

COLDS/INFECTIONS - Echinacea, Eyebright, Garlic, Goldenseal.

CONSTIPATION - Senna, Cascara Sagrada.

DIABETES - Golden Seal, Juniper, Dandelion.

DIURETIC - Cranberry, Juniper, Uva Ursi, Parsley.

FEMALE HORMONE IMBALANCE - Alfalfa, Dong Quai, Sarsparilla.

FEMALE TONIC - Blue Cohosh, Black Cohosh, Dong Quai, Red Raspberry.

GALL BLADDER - Barberry, Cascara Sagrada, Dandelion.

HEADACHE - Feverfew, Hops.

IMMUNE DEFICIENCY - Echinacea, Pau D'Arco.

INSOMNIA/ANXIETY - Chamomile, Hops, Skullcap, Valerian.

INDIGESTION - Comfrey, Dandelion, Ginger, Peppermint.

LIVER PROBLEMS - Dandelion, Chaparral, Oregon Grape, Milk Thistle.

LUNG CONGESTION/COUGH - Licorice, Lobelia.

MEMORY - Gotu Kola, Ginkgo Biloba.

MENOPAUSE - Alfalfa, Dong Quai, Licorice.

MENSTRUAL PROBLEMS - Black Cohosh, Blue Cohosh, Dong Quai.

PMS - Dandelion, Dong Quai, Sarsparilla.

PROSTATE PROBLEMS - Burdock, Comfrey, Chaparral, Red Clover.

STIMULANT/TONIC - Ginseng, Cayenne, Ginger.

ULCERS - Comfrey, Aloe Vera Gel, Marshmallow, Slippery Elm.