



Sage



Rosemary



Basilicum



Cilantro



Mint



# ENCYCLOPEDIA OF HERBAL MEDICINE

Easy 500 Herbs And Remedies For Common Ailments  
(Native American Herbal Apothecary And  
Herbal Dispensatory)

JOAN MABEL



Oregano



Thyme



Tarragon



Rucola



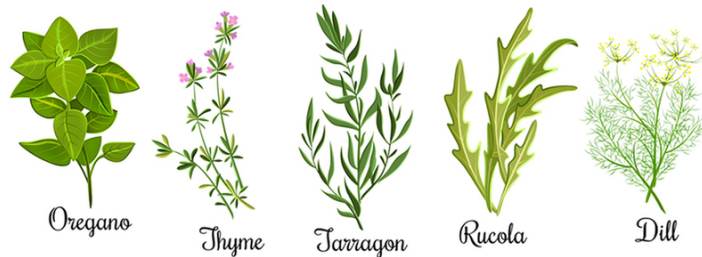
Dill



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By

Joan Mabel

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# INTRODUCTION

It has been the quest of humanity to find a medicine that is able to cure disease and alleviate pain since the beginning of time. Although scholarly evidence is sketchy, it seems that medicinal plant use was used from about 60,000 years ago. A more recent study showed definitive usage 5,000 years ago when a clay slab was discovered showing the preparation of plants for medicinal usage. Today, more than 50% of all traditional, western, and pharmaceutical medicines can be traced back to plants in some way or form.

While herbal medicine was used frequently before the 15th century, it was between the 15th and 17th century when herbal medicine came to the fore. Herbal tinctures, ointments, and teas were used throughout the world, and specific classifications for medicinal use began to take off, appearing in numerous languages. This scheme allowed the first word to identify the plant correlated with the genus while other remaining words explained what the plant was able to achieve medically. By the 19th century, with the aid of this polynomial classification system, the true power of herbs, plants and their medicinal value became apparent.

This popularity was, however, short-lived with the advent of Western medicine. Many scientific authors claimed that artificial drugs were able to achieve faster results. Proponents for herbal medicines are quick to remind one that western medicine is chemical and as such, creates a chemical storm within the human body that causes severe side effects. By the 20th century, though, there was a steep decline in the use of herbal medicines, and chemical alternatives were offered over natural medicines in an attempt to push almost instant gratification. While it is true that synthetic options do work quicker, natural alternatives offer longer-lasting, permanent results.

## **NATIVE AMERICAN HERBS**

Medicinal native plants have been cultivated from the forest and have been introduced for decades to home gardens. The production and usage of such medicinal plants in modern times reflect a safer form of life for the homesteader community, as well as a safe re-supply strategy for the preppers and bug-out enthusiasts. Although these home remedies are never meant to take the place of qualified medical treatment, it's good to know that you're not powerless if you wind up by yourself. Below is a collection of 14 fantastic plants you'll find in the wild. Others can also be picked up at garden centers and attached to your own private garden for medication.

## Parsley [*Petroselinum crispum*]



Parsley is a bitter, mild herb, which may boost your food flavor. Some find parsley to be just a curly green food garnish, but it really lets foods like stews produce a more natural taste. Parsley can help indigestion as an added benefit. Parsley is mostly grown annually,

but it will stay evergreen all winter long in milder climates. Peregrine plants must mature to be large and bushy.



## Mint [Mentha]



Mint types are numerous. Perhaps apply some mint to your iced tea for the season. Salt can freshen the air and help relax the stomach. But if you cultivate mint, note it's known as an unwanted herb. Mint spills over the Greenhouse and takes over. This is properly contained in barrels.

## Dill [*Anethum graveolens*]



Dill is a great flavoring for fish. It also assists in appetite, in preventing poor breath, and has the additional benefits of minimizing swelling and cramps. It's easy to grow dill. It will draw helpful insects like wasps and other aggressive insects to your yard, too. It also saves a trip to Santa Barbara Dentist!

## **Thyme[Thymus vulgaris]**



Thyme is a delicate herb in appearance. It is also used for potato, bean, and vegetable flavoring dishes. Thyme is widely found in cuisines like the Oriental, Italian and Provençal countries. Combine it with potatoes, poultry, and lamb. Soups and stews are also flavored with thyme. Thyme is a member of the family of mint. The most popular form is garden thyme with grey-green leaves and a minty, somewhat lemony scent.

## **Fennel[Foeniculum vulgare]**



Fennel is highly flavorful and spicy and is a main component of absinthe along with Anise. Fennel is found in the Mediterranean region and grows well in dry areas near to the coast or on the banks of the canal. The fennel's strongly aromatized leaves are similar in shape to dill. The bulb may be grilled or sautéed, or eaten raw. Fennel bulbs are used for garnishing or occasionally added to salads.

## French Tarragon[Fines Herbes]



The main component of 'Fines Herbes' is the new tarragon, which is the aristocrat of fresh herbs. A must-have for every Greenhouse with culinary herbs! It will transform an ordinary dish with its spicy anise flavor into a work of art. A little tarragon in a chicken salad creates a huge difference. The sauces, soups, and meat dishes are wonderful. Try on vegetables. Any hearty dish is the alternative.

## Catnip[Nepeta cataria]



What's more enjoyable than seeing the family cat go somewhat berserk at the catnip smell? Yet catnip is more than merely a stimulant to felines. It may be used both as a relaxant and a diuretic and laxative. When you buy catnip outside, mind your cats love to crawl in and chew on it. Yet having catnips in your backyard can be a disincentive to rodents too.

## Chives [*Allium schoenoprasum*]



Chives belong to the family of garlic, which can be the best compliment to sour cream. Chives are often used for flavoring and are known to be one of French cuisine's "great herbs." Chives emerged in Asia but were used for about 5,000 years as an ingredient to add to milk. Eggs, fish, potatoes, salads, shellfish, and soups work well with chives. Chives are a healthy source of both beta-carotene and vitamin C.

**St. John's Wort [*Hypericum perforatum*]**





St. John's wort is thought to alleviate depression and anxiety symptoms but should not be considered a cure. It can help relieve muscle discomfort, too. The rose was called this as the flowers grow about 24 June, which is John the Baptist's birthday. St. John's wort is also known as the weed, rosin rose, goatweed, chase-devil, or Klamath weed of Tipton. It is a common groundcover in gardens, as it is resistant to drought. This is a well-known herbal remedy for depression but not used in cooking.

## **Bay Leaves [*Laurus nobilis*]**



The fragrance of the noble leaves of the bay reminds you of balsam, clove, mint, and some even say, honey! Best known for its use in

heart-rending stews and other long-simmering dishes with a very salty, peppery, almost bitter flavor. Winter Savory [*Satureja montana*]

## Winter Savory



Winter Savory, a deliciously sweet culinary spice, brings an enticing taste to several dishes. Its antibacterial and anti-fungal properties are also used medicinally. Winter Savory, like its summer equivalent, is an aromatic Mint family culinary herb that supplements the strong flavor of seafood, beans, and poultry. During the cooking process,

while it loses some of this strength, Winter Savory retains aromatic qualities and is also used to spice liqueurs, creating a beautiful garnish to any salad.

## **Peppermint[Mentha piperita]**



Like other mints, peppermint is popular for digestive help and air freshening. Yet peppermint is also a healthy source of magnesium, potassium, and vitamin B. Peppermint is a combination mint and is a mix between water mint and spearmint. Peppermint oil may be used to spice but is effective as a natural pesticide as well. The symptoms of irritable bowel syndrome have been reported to decrease. Peppermint enjoys ample soil and part shade. It spreads easily like other mints, so try planting it in containers.

## **Stevia [Stevia rebaudiana]**



Stevia is an enticing plant in nature and a natural sweetener. The added benefit is that calories don't exist. Stevia is part of the sunflower family, which is native to Western hemisphere subtropical and tropical areas. Though it is a perennial plant, it can only thrive in North America's milder climates. You can add stevia to your summer garden, anyway. Often known as Sweetleaf or sugar leaf, it is grown for its sweet berries. Stevia could be used as a sweetener and as a replacement for sugar.

## **Lemongrass [Cymbopogon]**



Lemongrass stalks can include antioxidants such as beta-carotene and protection against inflammation of cancer and eyes. Lemongrass has a good citrus flavor. You should brew it in tea, then use it as a spice for herbs. You need to stay in at least Zone 9 to expand the outdoors. Outside it will grow up to six feet high, but if you grow it indoors, it would be significantly smaller.

## Bergamot [Bee Balm]



Bee Balm is gaining revived popularity as a culinary plant, making a perfect addition to pizzas, salads, bread, and other recipes that are complemented by the special taste of the plant. Bergamot is minty yet mildly sweet, rendering Oregano a perfect alternative. Bergamot has a long tradition of being used by many Native Americans as a healing herb, including the Blackfeet. To treat small injuries and bruises, the Blackfeet Indians used this hardy herb in poultices. A tea manufactured from the plant has also been used to treat infections of the mouth and throat triggered by gingivitis, as the plant

produces large amounts of a naturally occurring antiseptic, thymol, used in many brand name mouthwashes.

## **Oregano[*Origanum vulgare*]**



Oregano also belongs to the mint family and is native to Eurasia and the Mediterranean warm climates. Oregano is a seasonal herb which may be cultivated as an annual in colder climates. This is often referred to as wild marjoram and is loosely related to honey marjoram. Oregano is a favorite herb in Italian American food and is used for flavoring. It gained attention in the United States during World War II as troops came home with a taste for the "pizza herb."



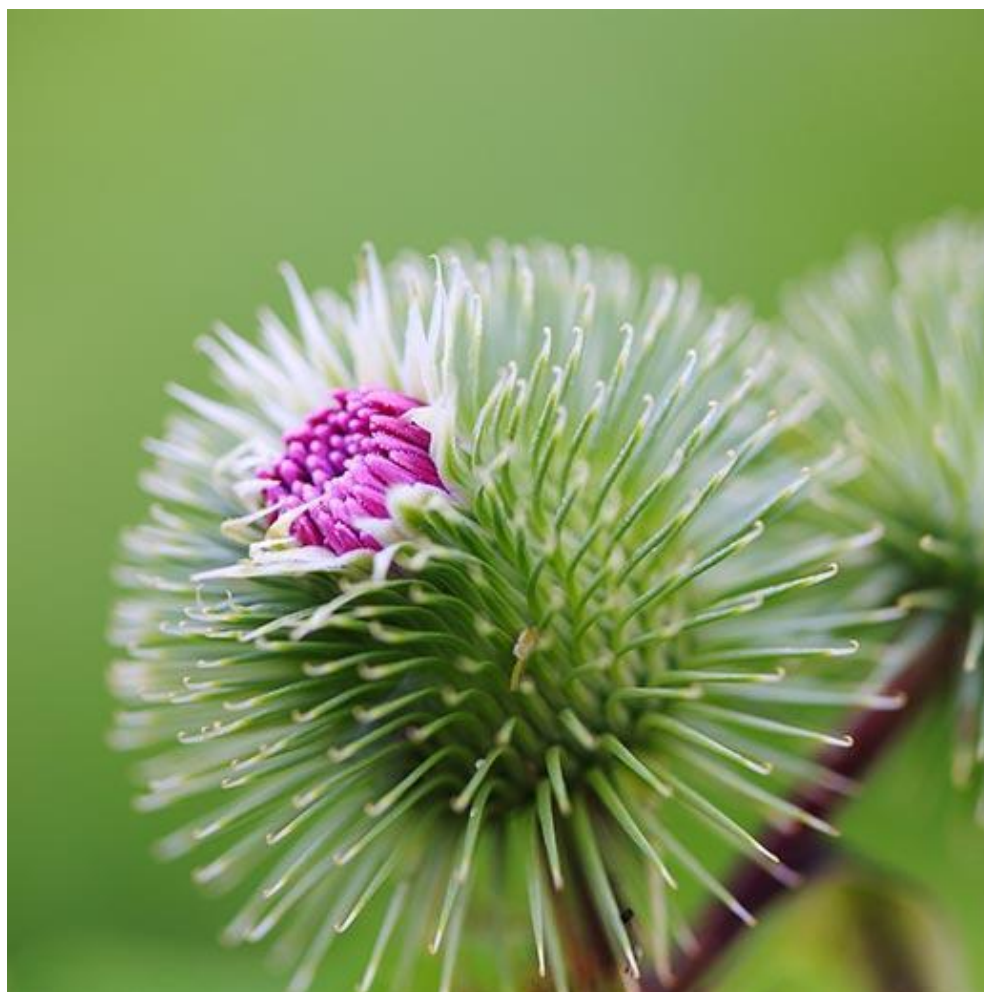


## **Comfrey[Symphytum]**

Cooked, mashed comfrey roots used as a topical remedy are good for inflammation, fractures, burns, and sprains. Only don't eat it: a new study suggests that eating in abundance it is toxic to the liver. Root formulations are dangerous for internal usage owing to differences in the pyrrolizidine alkaloid content because they are considered pyrrolizidine-free. While historically used comfrey root

tea, the danger of its pyrrolizidine alkaloids is substantial. Therefore, arrangements for comfrey root and young leaf need not be made in-house.

## **Burdock [Arctium]**



The roots and leaves form an outstanding tonic for the liver and help purify the body and blood. Most people use burdock root to help them get rid of acne symptoms, and that has a really good impact on a variety of skin issues, such as eczema. Render the dried root tincture in alcohol and drink 10-20 drops of tincture a day. Upon boiling them in water and discarding the water to eliminate bitterness, you may also consume the fresh leaves and roots.

## Dandelion [Taraxacum]



Place one teaspoon of the dried root in one cup of hot water as a general liver/gall bladder tonic and to promote digestion. A root-made tincture can be used three times a day. Some experts suggest tincture dependent on alcohol since the bitter values of alcohol are more soluble. One or two teaspoons of dried leaves may be applied as a moderate diuretic or appetite stimulant to one cup of boiling water and consumed as a decoction, up to three times a day.

## **Willow [*Salix babylonica*]**



Use one which you can quickly recognize to prepare willow as a medicine. Weeping willow grows in all of North America. Though not local, it thrives in any moist environment, and its droopy twigs and branches can be recognized. Over millennia the leaves and the bark were used as medicine. To produce an astringent, boil a palm with green leaves in one cup with water for 10 minutes. If no other medicinal care is appropriate, soak a clean cloth in this brew and

apply it directly to burns, abscesses, carbuncles, and ulcers. Boil the bark scrapings off many twigs and boil them for 10 minutes in one cup of hot water for a gritty anti-diarrhea cocktail. Take a couple of sips every 2 hours, then start until the effects go down.

The bark of many other willow family types, including the black willow, has been in use since 400 B.C. for inflammation and pain management. Black willow bark, a precursor of aspirin, produces salicin. It was once normal for people to chew the pain and fever relief directly on the rasped bark.



**Elderberry**

**[Sambucas]**

The elderberry is useful when added to the skin while treating wounds. Elderflower is used orally in many nations, including Germany, to combat respiratory illnesses such as colds and flu. Some evidence suggests that chemicals in elderflowers and elderberries may help reduce inflammation of mucous membranes, such as the sinuses, and help alleviate nasal congestion. Elder may have propensities to be anti-inflammatory, antiviral, and anticancer. Dosage is simple. Eat jam or wine made from elderberries only. But be mindful that the raw berries are slightly poisonous. They could have medication reactions with diuretics (water pills), diabetic medications, antibiotics, laxatives, theophylline (Theodor), or immune suppressant medicines.

**Black Walnut [Juglans nigra]**



The walnut green husks have many applications in traditional medicine. One teaspoon of the dried green husk content in one cup of hot water can create a terrible degustation, the agent that expels tea. Sip over the course of a day on one cup, and repeat for seven days. New walnut husks on minor cuts and wounds (they also stain the skin like iodine) were used as a replacement for iodine tincture as an antiseptic.

## **Jewelweed [*Impatiens capensis*]**



When you come into touch with poison ivy, oak, or sumac, find some jewelweed (*Impatiens capensis*), smash the moist, purplish plant into a slimy paste, and wash it all over the skin involved. Wash the jewelweed mush away with clean water after 2 minutes of touching. When you can manage so within 30 to 45 minutes of exposure to ivy, you will get minimal or no poison ivy response. While discovering the Jewelweed took more time, you will always feel some relaxation by using it as a shower. Jewelweed's going to cool poison ivy's itch.

## **Milk Thistle[*Silybum marianum*]**





This herb is another great item to pack in your medicine chest. With its ability to reduce inflammation, this herb has been known to have some rather amazing results. Milk thistle serves to boost liver function and, in some instances, has even been seen to reverse the effects of cirrhosis. If you have any inflammation whatsoever, simply apply some Milk Thistle directly to the area afflicted, and you will see results.

### **Red Clover [Trifolium pretense]**



Red Clover is a powerful herbal antibiotic that can greatly boost the immune system. This herb has even been known to increase the red blood cell count in those that use it. Interestingly enough, Red Clover is also a natural anticoagulant and can loosen up blood clots in a rather rapid fashion. This, in turn, provides a general boost in health no matter what you may be facing.



## **Yarrow [*Achillea millefolium*]**

This herb can get to work on inflammation and congestion in the human body almost immediately. This herbal antibiotic also works well against injuries, and as soon as it is applied to an injured site, it gets to work cleansing the injury and promoting the formation of blood platelets for a quick and effective healing.

This herb is a great antibiotic fighter, and its best work is done to reduce inflammation and boost the immune system. Just apply a small amount of this herbal antibiotic to the skin, and you will be able to enhance your body's ability to stand up to and survive all manner of airborne illnesses. Give this herbal Gauche Antibiotic a try!

## **Anise [*Pimpinella anisum*]**



This herb works out just great as an herbal antibiotic, killing most bacteria right on the spot. This herbal antibiotic also works on the urinary system, helping to clear up any incontinence that someone may be facing, and putting the whole body into a kind of detox, almost immediately. So drink up folks, because this Herbal Anise is on me!

## Chervil [*Anthriscus cerefolium*]



Chervil has a real proven ability when it comes to killing bacteria, getting rid of headaches, and calming upset stomachs. It is the latter from which many a camper has benefited. It is common practice for many survivalists to simply pop a leaf of chervil in their mouth and chew in order to relieve their upset stomach. I have tried this myself and can say that it really does wonders.

## Cloves [*Syzygium aromaticum*]



In a similar fashion to chervil, cloves have been placed directly into the mouth of many dental patients in order to kill bacteria and curb inflammatory agents. This herb also works as a mild form of pain reliever and can be used to successfully numb up a bad toothache if needed.

## Sage [*Salvia apiana*]



This medicinal herb takes survival medicine to a whole new life in the way that it can successfully reduce all manner of pain and kill bacterial infections on the spot. If you have fallen and sustained an injury, just a very small application of this healing herb will work to alleviate any pain that you may feel. Another great benefit of herbal sage is its ability to treat asthma.

## Valerian [*Valeriana officinalis*]



Valerian is also another very popular nighttime home remedies to deal with your anxiety. It contains some elements of mild tranquilizing properties that will almost guarantee you and will get you a good night's sleep. However, without all dreaded and the weird hangover feeling early in the morning that you may sometimes have to get with some other pharmaceuticals.



## **Lemon Balm [*Melissa officinalis*]**



Lemon Balm also is known as '*Melissa officinalis*' which is one herbal supplement and tea to

Some studies suggested that the use of lemon balm can decrease insomnia, anxiety, hyperexcitation, and fatigue.

A lemon balm extract should be taken 300mg at breakfast and 300mg at dinner too, which may help reduced insomnia mainly due to a decrease in nervousness and also to decreased agitation, guilt, hyperexcitation, and fatigue too.

## **California poppy [*Eschscholtzia californica*]**



*Eschscholtzia californica*, which is a tension-relieving, anti-anxiety, sedative, and antispasmodic herb. California poppy also helps with sleeplessness and quells a headache as well as muscular spasm from stress. Some gentle and non-addictive actions are much safer for children and the elderly.

## Wild Lettuce [*Lactuca virosa*]



Wild Lettuce is of the species of lactic vireos, which is a mild tranquilizer that may be used for calming a nervous or overactive nervous system. It is very suitable for anxious children or even adolescents. It majorly helps with insomnia. It is also a general pain reliever and antispasmodic that can primarily be used for short coughs.

## Rosemary [Salvia Rosmarinus]



The herb that makes chicken sing and soups taste wonderful helps treat headaches, nervous tension, a nervous stomach, cleanse the face, and can even help to stimulate hair growth. Great in teas, oils, and soaks.

## White Willow Bark [Salicin]



Salicin is an active ingredient in willow barks, and this ingredient is converted into salicylic acid in your body. This bark can reduce the level of prostaglandins that is a hormone-like compound in your body. This compound can increase inflammation, pain, and aches in your body. White willow bark is completely safe for your stomach. This bark can be used to get relief from muscle pains and menstrual cramps, arthritis, muscle pain, and knee pain. It is also good to reduce swelling.

## Valerian Root [*Valeriana officinalis*]



Valerian is an herb, and its roots are used to make medicine for sleep disorders. It is a common herb used with the combination of hops and lemon balms. The valerian root can cause drowsiness and is ideal for those suffering from insomnia. If you are using sleeping pills, then you are advised to treat it with valerian root. The women are suffering from the menstrual cramps and symptoms of menopause; they can use this herb for their treatment. The extracts and oil of the valerian root are used to flavor different food items and beverages.



**Arnica**

**[Arnica montana]**

It is an excellent herbal rub that can be used to cure your pain, acute injuries, and pain after surgery, injury, and extreme sports. This herb is useful for its anti-inflammatory properties.

## Ginseng [*Panax ginseng*]



There are various varieties of this herb, and *Panax ginseng* is the most common variety. It is known as Korean ginseng. Ginsenosides have anticancer and anti-inflammatory properties.



## Turmeric [*Curcuma longa*]



Turmeric contains curcumin that has distinguished antioxidant properties. It has anti-inflammatory, stomach-soothing, and antibacterial benefits. It is good to reduce tenderness by stimulating adrenal glands to amplify the hormone that is useful to reduce inflammation. Turmeric is good for the protection of the liver and helps you to solve digestive problems.

## **Aloe Vera [Aloe barbadensis miller]**



There are lots of benefits to the use of aloe Vera, such as it is helpful to treat constipation and skin disorders. It can fight with tumors and colorectal cancers. The aloe vera is available in the form of supplements and gel.

The aloe vera is famous for its healing properties, and it is specifically used to treat sunburn and relieve pain. The key symptoms of arthritis are inflammation and painful joints; you can take the help of aloe vera to treat rheumatoid arthritis.

## **Calendula [Calendula officinalis]**



This plant is famous for its anti-microbial and anti-inflammatory properties. It is good for topical use to treat abrasions, infections, and infected mucous membranes. It is easy to buy calendula herbal medicines from food stores and apply your wounds. If you want to treat internal infections, you can make a calendula tea with warm water (1 cup) and one tablespoon.

## **Chamomile [*Matricaria chamomilla*]**



Chamomile was a traditional medicine used thousands of years ago for the treatment of anxiety and upset stomach. The herb is used with a combination of other plants to get lots of health benefits. If you are suffering from heartburn, upset stomach, nausea, and queasiness, then you can use chamomile. It also proves helpful for the sore mouth and cancer. If you have any skin irritation, the chamomile can help you to heal your wounds.

## **Marshmallow Root**



This root is similar to white cylinders and famous for its sweet taste. This herb is found in the candy section of the grocery store. This plant has incredible properties to heal wounds wreaked on your body. This herb is great for extracting bacteria and toxins from your injury. It can heal bruises and burns. You can create poultice with marshmallow and apply on your wounds for speed healing.

## Passionflower [*Passiflora incarnate*]



The top part of the passionflower plant is used to make medicine for the sleep problems, anxiety, gastrointestinal ailments, nervousness, and withdrawal symptoms of the narcotic drugs. It is equally beneficial for asthma, hysteria, seizures, nervousness, irregular heartbeat, and high blood pressure. It can also be used to treat skin burns, pains, and swelling.

Its extracts are used in the food and beverages to flavor them. It can be used with the combination of other drugs to prop up tranquility and relaxation. You can combine it with the hops, skullcap, kava, valerian, and German chamomile. The chemicals found in the passionflower can make you calm and promote good sleep by relieving the effects of muscle spasm.

One study has found it has to be as effective as benzodiazepine drugs, but the only difference is without the drowsiness. Passionflower may also help you to feel an emotionally balanced and exceptionally beneficial way.

Nonetheless, if you suffer from exaggerated emotions, then this is by far one of the most efficient home remedies to deal with anxiety, and it needs to be part of your daily regimen.

## Cayenne Pepper [*Capsicum annuum*]



Cayenne pepper is excellent to speed up the blood clotting process at the site of your injury or wound. Antibacterial and anti-fungal properties can disinfect your wounds. With the use of cayenne pepper, the injury may stop bleeding in 10 to 12 seconds. You can



mix one teaspoon cayenne pepper in 8 oz. water and give it to the afflicted person.



## **Green Tea [Rheumatoid arthritis]**

Rheumatoid arthritis can cause severe inflammation to the body organs and joints, and its treatment requires time. If you want to treat it with the help of natural herbs, you can use green tea. The green tea has lots of useful compounds, including EGCG (epigallocatechin-3-gallate) that can interfere with the particular molecules of the immune system.

There are lots of health benefits of the green tea. By drinking one to two cups of the green tea on a regular basis, you will be able to reduce the risk of breast cancer, skin, lungs, and colon and bladder cancer.

## **Cat's Claw [Oxindole alkaloids]**



The Cat's Claw is a useful herb to treat stomach problems. It is famous for its exceptional properties to strengthen the immune system of your body. It will enable your body to fight infections and different infections. The oxindole alkaloids can enhance the capacity of the immune system to destroy the pathogens.

## **Astragalus Herbs [Polysaccharides,**



**saponins]**

It is a Chinese herb used to stimulate the immune system, digestion, and functions of the adrenal gland. It is a diuretic herb to help your body to fight against different infections. The herb has polysaccharides, saponins, and flavonoids contents.

The herb can be combined with ginseng to increase the strength and natural defense of the body. The anti-inflammatory properties of the

herbs are equally good for fever and other allergic reactions.

## **Licorice Root [Bupleurum falciparum]**



The Licorice is a plant, and its roots are used to make medicine. It is used to flavor foods, beverages, and tobacco. It is also beneficial to use for constant gastritis. It is also useful for the infections of

bacteria, including a cough, bronchitis, and sore throat. You can use it for liver disorders, malaria, CFS (chronic fatigue syndrome), food poisoning, and tuberculosis. It can be used with the combination of *Panax ginseng* and *Bupleurum falcatum* to enhance its benefits. It is important to produce essential hormones that enable your body to respond to stress.

## **Butterbur [Petasites]**



Butterbur, also known as Petasites, is another medicinal herb found in the Pacific North West. It can also be identified by its leaves that are rhubarb-like. Parts of this plant that are usable for medicinal purposes include the roots, leaves, and stem.

So, why is it ideal for treating headaches? The plant contains certain active substances called petasin and isopetasin. These compounds dampen inflammation, which, in turn, reduces headaches and migraines.

It is found in parts of Europe, Asia, and the USA. It commonly grows in areas that are wet and marshy. You can also get it in forests that are damp and along streams.

## **Goldenseal [Hydrastis Canadensis]**

Goldenseal is a perennial plant that is low-lying and that has leaves shaped like a palm. A white flower appears amidst every set of leaves, which later on turn into a red berry that gives off ten seeds.

It is considered a valid option for the treatment of acne because the plant's roots contain alkaloids named canadine, berberine, and hydrastine. These chemicals produce an astringent effect that is very powerful on mucous membranes. This astringent effect brings about a healing and calming effect on your skin.

The plant is native to southeastern Canada and the United States. It commonly grows in hardwood forests.



**Mullein [Verbascum]**

Mullein is a perennial plant that grows to around 3 meters tall. The leaves of this plant are soft, hairy, and arranged in a spiral manner. The flowers are yellow and appear atop the plant, giving it a unique appearance. The parts of this plant that are of medicinal value are leaves and flowers.

So, why is it good for treating nasal congestion? The plant contains tannin that has astringent properties. What this means is that it brings about the contraction of cells and tissues. This helps reduce the inflammation and which in turn reduces the irritation caused by the nasal congestion. This is why it is an effective remedy for nasal congestion.



The plant is found in Europe, Asia, and the Americas. It is often spotted in areas such as fields and ditches. If you are having a hard time finding it, you can easily find it in most natural food stores.

## **Oat seed [*Avena sativa*]**

Nervine tonic is another name of oat seed because of its significant impacts on mental health. This is a great plant that is used to treat symptoms of fatigue and stress related to the brain's health. Another benefit of this plant is to use it against many addictions, which are due to the brain's adaptability to this addictive against such as nicotine and cannabis. The withdrawal symptoms of these plants can be so intense that agitated and aggressive moods can prevail. It is a fantastic remedy to treat the symptoms of addiction. Stress is an essential factor that is associated with the brain's stress, and fatigue, and the use of oat seed effectively treats these symptoms. This plant has fantastic benefits of restoring the body's vital energy, which also plays an essential role in preventing stress and mood disturbances.

*Avena sativa* is the generic name of oat seed, which is used to nourish and improve the human nervous systems. Anxiety, impaired sleep, and decreased sexual performance, which are the secondary impacts of stress, can also be treated directly by using oat seeds regularly. This plant has superior benefits over many other herbs because of having an abundant supply of vitamins and minerals, which are highly crucial for the proper performance of the nervous system.

Adrenal stress can also be treated by using oat seeds in these two types of formulations.

## **Green tea [*Camellia sinensis*]**

Tea is well known and probably the most consumed beverage in the world. The use of this herb for medicinal purposes is well known and

has a strong research background. Black tea requires the essential and partial fermentation process of the tea leaves. However, green tea doesn't require these kinds of fermentation and can be produced through the process of steaming the leaves. This process reduces the oxidation capacities of enzymes present in tea leaves, and the preservation of polyphenol is achieved through this process. It is interesting to know that Polyphenols belong to a family of flavonoids which are present 30-40 percent of the total weight in dried green tea leaves. *Camellia sinensis* is a known name of dried and unfermented green tea leaves. It has a property to reduce bacterial and viral activities in the body. It is also essential in lowering down the increased concentration of lipids in the blood. The potency of green tea to lower down the blood cholesterol level is excellent, and thus it is a beverage of choice to reduce some extra pounds from the body. It is a potent anti-lipidemic agent. Its antioxidant benefits make it a perfect choice to detoxify the liver, kidneys, intestine, stomach, and skin. Its detoxifying and lipid-lowering benefits make it a perfect choice as a natural healer. The scientific base behind green tea is solid, and it is used in traditional as well as modern medicine as a natural source to treat many common illnesses of the human body. It is a super herb in holism, and the benefits of this herb are beyond the capacity of this essential book on holism.



### **Devil's Club [Oplopanax horridus]**

This plant belongs to the ginseng family, and botanically, it is considered in the Araliaceae family. Another name implied to this plant is Devil's stick or Devil's walking cane. Its roots leave as well as stem are used for herbal medicinal purposes in herbalism.

It should not be confused with the devil's claw, which is a plant grown in hot deserts.

This plant is widely produced in the northwest of America. It also contains many attributes of the ginseng family, which is essential to treat diabetes. It helps in curing the insulin resistance. It also helps in lowering the increased cholesterol levels in the blood. The most significant benefit of this herb is its use in weight loss and weight management coach, who knows its herbal impact can help his/her client to reduce some extra pounds in a natural and effective manner. This plant is really a blessing for diabetic patients because it helps in increasing the blood insulin levels and reducing the blood glucose spike after meals, which can be dangerous for pre-diabetics

and full-blown diabetic patients. Its anti-inflammatory and antioxidant nature helps in the recovery of cancer patients because it helps in reducing the weight and extra fat in cancer patients, which is caused due to stress. Cancer patients also possess poor insulin tolerance, and thus, it helps in this regard as well.

## **Alpha-lipoic acid [S or R-lipoic acid]**

It is also an essential supplement that is widely used in herbalism to cure many disorders and to prevent many diseases. Carrots, yams, and beef, as well as another type of red meat, are rich in alpha-lipoic acid. It has significant impacts on the energy supply of the body called ATP. It also has global effects on the body and can benefit nearly every organ and system of the body, including skin, liver, kidney, heart, and pancreas. It also has many antioxidant benefits, which makes it fit for everyday use. In cells of the body, alpha-lipoic acid contributes to enhancing the power of power grid units called mitochondria. It has been proved in cadaveric studies that alpha-lipoic acid is highly essential in treating age-related changes in the brain. It is a significant health supplement for patients of Parkinson's and Alzheimer's diseases.

It is a very natural type of COX-2 inhibitor, which is used as an anti-inflammatory and pain killer agent in many allopathic drugs. It is also very rich in glutathione and vitamin C. All these characteristics make it a perfect supplement for daily use.

In my practice and experience, my Top 5 Herbs selections tend to cover all my home-healing bases time and time again. Whether it relates to aches, cramps, nerves, or bruises—almost anything, really—I can usually turn to one of my fabulous five without a second thought. All their effects are well-studied, trusted, even versatile and far-reaching, covering a wide variety of ailments, troubles, and injuries. With some luck and practice, I'm sure they'll become your trusted allies, too!

But once in a while, you need another support herb (or two!) to cover your tail. Maybe one of these Top 5 just isn't doing the trick and needs a helping herb to go the extra mile. That, or you've run out your favorite go-to herb in your herbal cabinet, cupboard, or growing at-home apothecary.

**What do you do?** The answer—turn to one of the 25 following herbs I value as first-rate healers, with just as much study and traditional reputation as my top 5 to support their at-home use! You might not always need them—but knowing they're there, and what they do, will be comfort enough.



## **Alfalfa [Medicago sativa]**

A digestive cleanser, tonic, and nutritious food and medicine.

Enjoy Alfalfa sprouts? Both studies and traditional medicine hold that Alfalfa can have healing effects that combat cancer and digestive ailments. Use Alfalfa by eating it as sprouts or leaves raw in meals, or use fresh leaves in a thick infusion every day. Alfalfa is typically available as an over-the-counter supplement as well.

Alfalfa is a very cleansing digestive detoxifier to the gut. The research observed Alfalfa binding to carcinogens in the colon. European studies suggest regular consumption of Alfalfa helps lower cholesterol.

Alfalfa leaves are a significant source of Vitamin K, Potassium, Iron, Zinc, and Protein, as well as Vitamins A, B1, B6, C, and E.

Never consume Alfalfa seeds, especially in high amounts daily, as they will lead to developing a blood clotting disorder.

## **Arnica [Arnica montana]**

A sunny healer for bruises, muscle aches, sprains, and arthritis.

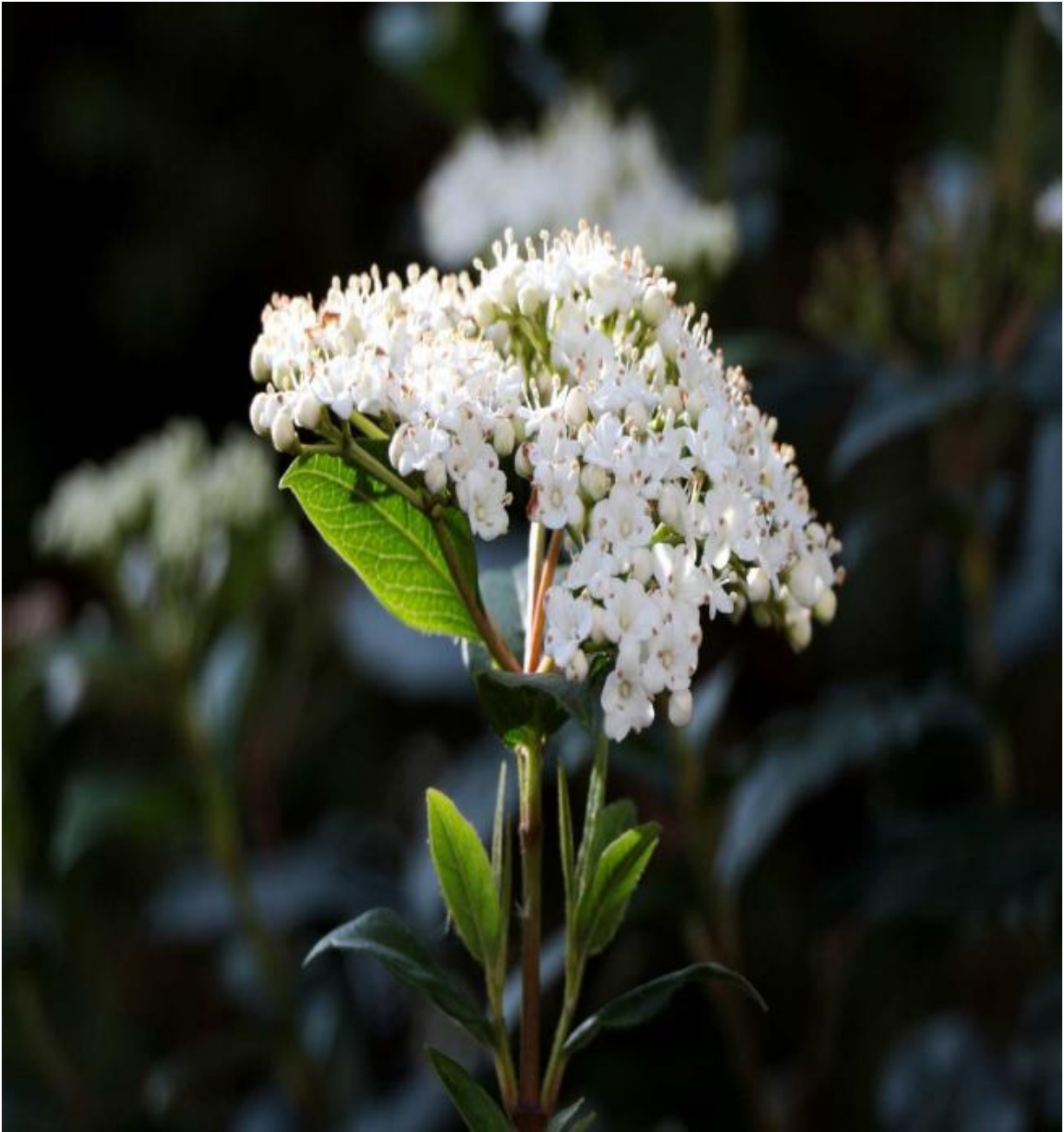
Use the dried flower heads in oils, salves, or tinctures for applying to the skin where muscles, bones, or joints are sore. Or, visit your local natural food or medicine section—Arnica creams and ointments tend to be popular and plenty!

Applying Arnica relieves pain and swelling greatly in bruises, contusions, or muscular injuries where the skin is not open. This is due to observed sesquiterpene lactones thought to activate and intensely fight inflammation.

Teas, tisanes, or liniments (in tincture or vinegar form) can be applied to areas in need of musculoskeletal pain relief. The flower heads can also be heated and bruised as a poultice.

Never take Arnica internally or put the product on open skin, such as wounds or burns. It can cause heart and respiratory problems if absorbed into the bloodstream.

## Black Haw [*Viburnum prunifolium*]



This beautiful bush—with bright red berries and cream-colored flowers—is a cornerstone favorite in United States Southern herbalism. It was once used for all sorts of women's health issues by Native Americans, even for childbirth, miscarriage, and labor. Now, it has settled into the comfortable role of allaying uterine cramps that



accompany menstruation—but anyone, man or woman, can enjoy its ability to take away intestinal or stomach cramps as well.

A compound in the roots and stems called scopoletin works to soothe spasms in smooth muscles, whether found in the digestive tract or uterus. It also works on the smooth muscle in the trachea, making Black Haw beneficial for asthma symptoms and attacks.

Black Haw should not be used in women who are pregnant, nor in children under 16 or those with Aspirin allergies.



**Black**

### **Cohosh [Actaea racemosa]**

Nature's healing hormonal resource for women.

A native to North America, this stunning plant (once used for snakebites in Native herbalism) has become an important herbal medicine for women today. It contains compounds called

“phytoestrogens,” which mimic estrogen and fit perfectly in female hormone receptors.

Some herbalists say Black Cohosh is good for women with menstrual problems. It is more precisely relieving for women with low estrogen levels: especially women in menopause. It can provide a natural hormone replacement therapy but check with your physician.

Some menstrual issues are, in fact, due to low estrogen. If you have PCOS (Polycystic Ovarian Syndrome), adult acne issues and/or irregular menses, consider getting your hormone levels checked and trying Black Cohosh.

Avoid Black Cohosh if you are pregnant, and make sure you are taking Black Cohosh, not Blue Cohosh, which can be dangerous. Avoid taking it if you have a liver disease.



## **Boneset [*Eupatorium perfoliatum*]**

It might be hard not to think this plant has something to do with bones. But actually, its ancient, old-time use was for alleviating colds, flu, and fevers so intense that they literally made your bones hurt! Use the dried leaves of this towering plant in a hot tea or tincture, and take daily for the duration of minor viral illnesses.

Before modern medicine, Boneset was used to fight dengue fever and cases of malaria that wouldn't respond to quinine bark—making it highly reputable to colds with fevers.

Studies claim that Boneset's effects on colds and flu are due to increased stimulation of white blood cells, which help fight off foreign infection.

Do not use the plant fresh, in large amounts, or every day for the long-term. It causes diarrhea, nausea, vomiting, and liver damage. It

contains pyrrolizidine alkaloids, much like Comfrey, when used fresh or often.

## Cinnamon [*Cinnamomum zeylonicum*]



Sweet spice for sweet problems—Diabetes and cholesterol.

Ironically, this spice commonly found with sweet foods happens to be excellent at blood sugar control. Cinnamon is the sweet, powdered inner bark residue from mighty evergreen trees native to India and

China. Cinnamon essential oils are available but should not be used internally. Supplements of Cinnamon are available, though it can, of course, be used in meals or in a tea or tincture at home.

Cinnamon affects insulin receptors and helps create glycogen, a storable sugar. Daily use can perhaps help type 2 diabetics manage their blood sugar levels.

Studies from both Japan and Canada revealed that Cinnamon also helps lower blood pressure and bad cholesterol in turn.

Avoid applying Cinnamon essential oil to the skin, as it may cause a burning rash. Do not take medicinal doses while pregnant.

## **Elder [*Sambucus nigra*]**

Esteemed virus-fighter and fever supporter of the herb world.

If you were to combine Echinacea, Boneset, and ginger together, you would have an entirely natural herbal medicine to combat any cold or flu that comes your way. Add Elder and all your bases are covered! This vivid, dark purple berry is not only delicious—it also stimulates the immune system and combats viruses. Dried Elderberries make a delicious tea or infusion and a tasty tincture. Drink 2-3 cups or take 2-3 droppers a day while sick. Elder supplements are out there, too.

Laboratory studies documented Elder extracts acting exactly like antiviral medicine, particularly for combating the flu. Elder might in fact, help fight any viral or respiratory infection, like colds, flu, or bronchitis.

Elder increases the body's ability to produce inflammatory "cytokines" during fevers, which are responsible for killing infections via the immune system.

Do not eat unripe berries or other parts of Elder plant. All parts, including unripe seeds, are slightly toxic and may produce nausea, vomiting, confusion, dizziness, and fainting. Use cautiously if you have an auto-immune condition.

## Eucalyptus [Eucalyptus globulus]



Australia's premier herb for respiratory healing.

A stunning Aussie tree now found all over the world, Eucalyptus has snuck its way into many over-the-counter cough medicines—maybe without us realizing we depend on plant healing already! Oils in the leaves are antibacterial, antiviral, and anti-inflammatory, but the plant is especially best at opening up the lungs and assisting with coughs.

Seek out Eucalyptus in essential oils and supplements. Dried leaves are available to make teas, tinctures, salves, and oils for healing as well.

A volatile oil in Eucalyptus, eucalyptol, acts as an “expectorant” and “bronchodilator.” These actions help open up air passageways, stimulate productive cough, and produce a thinner mucus that can more easily be expelled.

Eucalyptol is also antibacterial and antiviral, helping kill off illness and infection while also relieving respiratory symptoms. This plant’s natural oils are found in many cold-fighting lozenges, syrups, pills, and even chest-rubs.

Do not ingest Eucalyptus essential oils for any reason. Diabetics should avoid use, as it might lower blood sugar. Do not use if you take certain medications. Check with your doctor.



## Evening Primrose [*Oenothera biennis*]



An herbal source for Omega-3 and inflammation soothing.

Because it blooms in the evening, Evening Primrose is given a unique, mysterious name. Its benefits are not so mysterious, though—high amounts of plant mucilage contain Omega-3 fatty acids, making it a target in the herbal world for dealing with inflammatory issues. Evening Primrose is active only in oil form—lookout for oil capsules or topical oils at natural food stores. If you are an advanced herbalist, try making your own sun-infused oil of the seed pods.

Evening Primrose oil (compared to a placebo) helps improve symptoms of inflamed joints in Rheumatoid Arthritis patients due to Omega-3 ability to modulate inflammation.

Like Omega-3 found in anything else, Evening Primrose helps lower cholesterol, blood pressure, and the risk for heart disease.

If experiencing discomforts, discontinue use. Avoid excessive use internally if pregnant.

## **Goldenseal [*Hydrastis canadensis*]**

Nature's magic, natural antibiotic, and digestive tonic.

Goldenseal's use originated among the Native Americans, who then introduced it to English settlers. Today, it has achieved study and reputation enough to be one of the most wildly popular herbs—though it does hold an endangered status. Traditional and mainstream medicine alike uphold it as an antibiotic and healer of numerous digestive issues. Use the dried root to make a (very bitter) tea, tincture, ointment, or salve. Supplements are available—topical use can help with skin infections, internal for digestive ones.

Goldenseal's active alkaloid, berberine, has proven efficient at combating stomach or intestinal infections like Giardia, E. Coli, amoebic dysentery, or H. pylori, bacteria that cause peptic ulcers.

Topically, berberine helps fight fungal infections and alleviate psoriasis. Its powers also enter the arena of the cold-fighting world—Goldenseal's alkaloid also heightens immunity, which can help fight colds (though it cannot kill viruses).

Do not use if pregnant. Check with your doctor before using Goldenseal if you take prescription medications.

## **Milk Thistle [*Silybum marianum*]**

A one-of-a-kind liver herb—unparalleled in modern medicine.

Rarely is there a plant out there that can achieve what mainstream medications cannot. Milk Thistle is the exception. A spiny plant, the

seeds nonetheless have unmistakable powers on the liver. It might be just the healer for those experiencing liver issues. One can make a tea of the seeds as a home remedy. Milk Thistle supplements are readily available at most stores in capsule form.

Milk Thistle's healing compound, silymarin, prevents toxins and harmful chemicals from literally entering liver cells. It thus protects the liver from damage—even from alcohol, poisons, alkaloids, and NSAID's (like Ibuprofen). Seed preparations are even commonplace in European emergency rooms for mushroom poisoning.

The same compound catalyzes detoxification in the liver as well, making it a candidate for supporting Hepatitis A, B, C, Cirrhosis, and Jaundice.

## **Mint [*Mentha spp.*]**

A cooling, soothing must-have herb for mind and body.

Who could forget Mint? One of the most popular herbs, Spearmint and Peppermint alike are well-used and documented for their calming effects, not just on the nerves and mind—but also on the digestive tract, and for coughs, colds, and flu. Making a tea at home for use every day is perfectly safe, and Mints make excellent, tasty tinctures. Also, seek Mints in cough crops, syrups, capsules, and essential oil form.

Peppermint/Spearmint's active compounds soothe cramps, pain, indigestion, and flatulence in the digestive tract. In the meantime, they also help calm the mind.

Topical applications of essential oils help with nervous pains and aches, even headaches.

The menthol in all mints has found its way into many a cough and cold remedy. It acts as a decongestant, opens airways, soothes coughs, and expels mucus.

Do not apply essential oils to infants or small children. Avoid using Peppermint if you have heartburn, GERD, or a hernia.

## Motherwort [*Leonurus cardiac*]



A heart-warming ally for cardiovascular health.

Some may plague Motherwort as a noxious weed, with spiny, irritating burrs that attach to your clothes. Little do they know: a preparation of leaves and flowers could be one of the most astounding natural heart tonics out there! Make and use your own homemade tea or tincture, if you desire. Motherwort supplements are not uncommon either and are an option at natural food grocers.

A Chinese study observed Motherwort relaxing cells in the heart muscle. This then modulated blood pressure, strengthened heartbeat, and even showed the ability to regulate certain heart arrhythmias or palpitations.

The same heart effects have the ability to reduce anxiety, tension, and nervousness.

People taking clotting medications or with clotting disorders should avoid this.



## **Nettles [*Urtica dioica*]**

A stinging plant, overlooked superfood, and inflammation healer.

Did you know Stinging Nettles are more nutritious than any plants that might grow in your garden? That includes Kale, Spinach, and Lettuce. Think twice the next time you pull on gloves to remove them like a weed. Keeping those non-flowering, seedless Nettle tops might make for an incredibly nutritious supplement or relief for allergies. Pick with gloves, hang, and dry for 1 hour to remove the sting. Use a tincture or supplement for allergy and urinary issues, or cook up greens from Nettle tops before they flower. Opt for a thick infusion of the leaves for Nettle's nutritional content, excellent for the anemic or undernourished.

Nettles are a significant source of Vitamins A, B6, and C, Antioxidants, Protein, Potassium, Magnesium, Manganese, Iron, and Phosphorus.

Nettles suppress histamine response—great for allergy relief. A noted diuretic, this can be cleansing for urinary health. Studies even demonstrate an ability to reduce prostate growth in men.

Avoid use if you are pregnant. Avoid long-term use as well with diuretic herbs—they deplete potassium stores and lead to electrolyte imbalance.

## Plantain [*Plantago* spp.]



Not a banana—but a beneficial, understated stomach healer.

Plantain is a ubiquitous herb, found practically everywhere in the world. Once upon a time, it was revered as a cleansing, cancer-fighting folk remedy—there's no evidence of that, but today it instead holds the trophy as a digestive tonic, laxative, and topical wound healer. Incorporate Plantain into oils and salves for topical use, or consider a piping hot tea for bowel irregularity.

One Plantain species, “Psyllium,” has seeds that are popular, over-the-counter remedies for constipation. They certainly work—all Plantains have laxative action, so give it a try.

The leaves are high in fiber and Omega-3. Raw Plantain leaves added to salads can cleanse the digestive tract and improve inflammation all over the body.

Chew up and poultice Plantain leaves on itchy skin, rashes, bug bites, and stings. It provides immediate relief!

Avoid eating too much Plantain, as it may create an excessive laxative effect.

## **Rosemary [*Rosmarinus officinalis*]**

A mind-enhancing, anti-oxidant rich, delicious spice.

Rosemary is probably more well-known for perking up roasted vegetables and Mediterranean dishes. But its history of addition to foods is not only for taste—its antioxidant capabilities were so powerful they prevented foods from oxidizing and going rancid. Those same antioxidant capabilities can be amazing for age-fighting, while other compounds can kill bacteria, improve circulation, and reduce inflammation.

Rosemary’s powers to improve circulation are noted for helping stimulate and clarify mental function over time. Coupled with its antioxidants, this makes Rosemary an excellent supplement for the elderly.

The same circulation-enhancing help open up air passageways, assisting with breathing and working as a decongestant for coughs or colds. Rosemary’s antimicrobial could also be a further boon for combating infection of illnesses themselves.

Medicinal doses of Rosemary are not recommended during pregnancy. Do not ingest essential oil, and discontinue use if it causes burns on the skin.



## Reishi [*Ganoderma tsugae*]



An immune-boosting mushroom for allergies and inflammation.

Most wouldn't think of mushrooms as being medicinal, yet modern research is quickly proving that they are. At the front of this research is Reishi, an enormously gorgeous fungus with species native to both Asia and North America. Adaptogenic, anti-inflammatory, and even anti-tumor effects have been noted. You can use it in a tea, tincture, or extract at home, though most find its taste terribly bitter. Supplements are widely available at natural food stores.

Reishi contains polysaccharides and triterpenes, which modulate the immune system's creation of inflammation. It can thus help with the pain and management of auto-immune disorders—like Rheumatoid Arthritis or Lupus.

These same immune benefits can help with chronic allergies over time, whether sinus, respiratory or even food-related allergies or sensitivities.

Avoid using Reishi if you take blood pressure medication or anticoagulant drugs. Stop use altogether if you develop allergy symptoms.



**Tea Tree [Melaleuca alternifolia]**

The herbal world's skin healer, cleanser, and protector.

Among herbs, Tea Tree's power as an antimicrobial is almost unrivaled. Originating from Australia (like Eucalyptus), it is now a standard herbal product available everywhere, especially for skin issues and wounds.

When applied to the skin, Tea Tree can rid you of any infection imaginable. Oils in the plant have been observed destroying and inhibiting Staphylococcus bacteria, even antibiotic-resistant strains. Use it as a wound cleanser in a pinch.

Tea Tree makes a wonderful astringent for acne, as it kills acne-causing bacteria. Use a wash after poison ivy, sumac, or oak

exposure to prevent the outbreak.

Tea Tree not only destroys bacteria but fungus as well. Use it also for Athlete's Foot, Candida, toenail, and vaginal yeast infections, only topically.

A gargle and rinse (not swallowed) can kill mouth bacteria and prevent gingivitis.

Never take Tea Tree internally; it can be fatal. Discontinue use if you develop rash, redness, contact dermatitis, or allergy.

## **Thyme [Thymus vulgaris]**

A sprig of flavor for the cough, cold, and respiratory spells.

Much like Eucalyptus and Mint, Thyme too has snuck its way into many an over-the-counter cold and flu remedy. This is probably because this culinary herb also has bronchio-dilating, decongestant, expectorant, and anti-microbial powers. Make a tea of the sprigs, or keep your own tincture for use at home. It's also found as a popular essential oil for topical use and healing supplement for internal use.

Thyme's properties act through thymol, a volatile oil that helps open up the airways and clear mucus.

Thymol is also the anti-microbial ingredient in some mouthwashes. Consider using Thyme as a mouth rinse for preventing gingivitis and mouth infections.

Do not use Thyme essential oil internally. Consult your doctor if you are taking medicinal doses of Thyme, and you have thyroid issues.



## **Turmeric [*Curcuma longa*]**

A curry cornerstone that heals digestive inflammation.

Yes, Turmeric is most famous for adding color, body, and deep flavor to curry blends from India. But in the country's culinary and Ayurvedic traditions, the bright yellow powdered root miraculously soothed inflammation like no other. Today, its properties are highly

celebrated, respected, and touted all over the world by science and tradition alike.

Turmeric's active ingredient, curcumin, is an anti-inflammatory especially influential on the digestive tract. Research shows that it eases the symptoms of those with Crohn's Disease, IBS (Irritable Bowel Syndrome), and Colitis.

Topical applications have also been seeing helping the inflammatory pain of Rheumatoid and Osteo-arthritis alike.

Avoid taking excessively large amounts. Avoid using Turmeric if you have a blood clotting disorder or take blood clotting medication.

## **Fenugreek**

Fenugreek is strongly associated with prosperity and wealth. When used in charms and spell bags, it will attract money and prosperity to you. You can sprinkle infused oils made with fenugreek throughout your home to increase the prosperity of those who live there. If you take a glass jar and position it in your kitchen (which is thought to be the heart of a home), add a couple of seeds of fenugreek into it every day to increase the flow of money and wealth coming into the home and prevent it from leaving.

## **Bergamot**

Bergamot is very strongly associated with magic related to wealth, success, luck, and prosperity. It should be in as many of your spells related to these pursuits as possible. You can add bergamot to any spell trying to bring success in any form into your life to add extremely powerful energies to your working. It can be added to a spell ball to attract luck to the bearer when taking risks or trying to draw good fortune to them. It can also be used in spells of protection and preventing anything from interfering in your success. Occasionally bay will also be used in items to promote peaceful sleep.

## **Cinnamon**

Adding cinnamon to your magic will add a dash of power and vitality to any spell. It is used to attract success, luck, love, power, and wealth to you. It is particularly good at doing this when used in spell bags or charms. You can also use cinnamon in spells to attract romantic love into your life or to increase the level of passion in an existing relationship. Cinnamon is also sometimes used in spells to increase psychic abilities and divination powers. It can provide clarity to the messages you receive and open up your psyche to receive ones you might not normally hear.

## **Marjoram**

Marjoram is an herb of protection and defense. Hang a sprig of it in your doorway to keep your home safe from intrusion and protect it from malevolent entities. Add it to a spell bag and keep it in the glove box of your car to prevent break-ins and theft. Anoint a ring with oil infused with marjoram and wear it daily to create a personal protection charm. If used in a magical bath for a consecutive week it will cleanse you of sadness, anguish, and grief. Marjoram can also be added to incense or spell bags focused on prosperity to draw added wealth.

## **Vervain**

Vervain is a versatile herb. It has very strong protective powers. Add it to a spell ball or charm and carry it with you to keep yourself safe from harm. Bury some near your front door to protect your home and prevent invaders from entering. If used in a dream pillow it will keep the sleeper safe from nightmares or from negative entities if they are lucid dreaming. Add Vervain to a magical bath to cleanse yourself from negativity and unwanted energies and to bring balance to your personal energies.

## **Mint**

Use mint in your spells and magical workings when you need to increase or improve the communication occurring between people. It will help in opening the flow of ideas and help prevent miscommunications from occurring. When used in a spell bag or magical bath it will help encourage healing and will help relieve migraines. If you keep a sprig of mint in your wallet it will help attract prosperity and wealth to you. If you have a business, sprinkle some mint across all the doors to bring customers your way and increase your visibility and success.

## **Dill**

Dill is associated with powerful energies to attract money and prosperity to you. Rub oil made with dill on a dollar bill and keep it in your wallet to attract money and financial success to you. It is also great for helping you keep clear thoughts and a sharp mind in financial matters. Use it in spell bags or bottles as a strong protective charm for a person or space. It will prevent negative or malevolent entities from affecting the protected person or space. It can also provide blessings and positive influences if used in the consecration of tools or of a space.

## **Myrrh**

Myrrh is an herb strongly attuned with magical energies and the forces of the Universe. When included in magical workings it will increase the potency and range of any spell or ritual cast. When added to incense myrrh is great for consecrations of people or tools. It can also be used this way during meditation to reach a deeper meditative state and open paths within your mind that are difficult to access. Often myrrh is blended with frankincense to create particularly powerful magical blends used in most rituals.

## **Dragon's Blood**

Dragon's blood is a key ingredient in workings related to protection and defense. It will increase the power and intensity of spells worked



to banish negative forces, people, or habits from your life. It will provide protection against further interference or negative influences and will keep habits from returning if used in a spell bag or charm. Dragon's blood is also strongly attuned to magical power and energies, so it will increase the power of your magic as a whole if included in spells and rituals. You can add it to ink for increasing the chance of success for wishes written with it.

## **Frankincense**

Frankincense is another herb with strong attunements to magical energy. When used in incense, it will increase the potency and effectiveness of your spells and rituals. It is especially good for use in magical workings that are meant to increase your determination, self-discipline, and willpower or to aid in the completion of a difficult task. Include it at the start of a long-term project or working to increase its chances of continued success and prevent mishaps or setbacks. Frankincense will increase your overall level of success, both personally and professionally. It is associated with the holiday of Yule and should be included in any rituals or spells to celebrate and observe that day.

## **Morning glory**

Morning glory is most often used in spells of banishing or binding. Use caution when casting such spells, as they are very powerful and can have unintended consequences. They should be reserved for a last-choice scenario. To banish a negative person from your life and bind them to prevent them from doing further harm to you, themselves, or others wrap a morning glory vine nine times around a photograph of them (just them- no one else in the photo) or a poppet created in their image.

## **Thyme**

Thyme will help increase your prosperity, luck, and financial success. When added to a spell ball or charm it will attract wealth to you and

bring in new business or job opportunities. Use it in an incense to open your eyes to new possibilities and bring luck in your financial endeavors. When carried with you or incorporated into personal charm thyme will bring loyalty and affection into your life and help others see the best in you.

## **Allspice**

Allspice, as the name implies, is a wonderful spice used for success in business, and also to relieve mental tension. More so, it can be used as a healing herb and can be used to create a healing herbal bath.

## **Aniseed**

Aniseed is a medicinal herb that can help treat

Low sex drive

Digestive problems

Coughs

Excess flatulence

Cramps and nausea

Insomnia

Headaches/migraines

Anxiety/depression

Habitat/Growing conditions

The aniseed plant is local to southwest Asia and the Mediterranean. This plant requires lots of sun with fertile soil that drains well.

Foraging/harvesting aniseed

To harvest aniseed in its natural environment, you can cut the stems underneath the head of the flowers. If the seeds are not yet ripened fully, you will need to tie the stems together using twine or whatever string that you have on hand.

### Medication interactions

Using aniseed can make estrogen pills ineffective when combined.

Aniseed can prevent some methods of birth control from working properly.

Aniseed can also prevent tamoxifen, a cancer medication, from working properly.

### Side effects/Precautions

Some people have an allergic reaction to aniseed

Aniseed has been reported to lower blood sugar in some people

You should avoid using aniseed for longer than four weeks at a time

## **Arnica**



Arnica is an herb that has medicinal flowers.

Arnica flowers can treat these ailments

Bruising

Dandruff

Minor aches and pains

Vision problems

Osteoarthritis

Muscle soreness

Habitat/Growing Conditions

Arnica can be found in the mountains of Europe. Arnica thrives when it is at a high elevation. This plant's ideal environment would be about six thousand feet above sea level.

## Foraging/harvesting arnica

Arnica commonly grows at fairly high altitudes in meadows/fields. The best time to forage for and harvest arnica is between the beginnings of June through the end of July. The exact days will vary depending on plant growth, weather, terrain, etc.; when harvesting any plant or herb, you will need to make sure that you have the proper tools.

If you are out foraging for the leaves, flowers, or any parts of the top of the plant, you will want to bring a tool for cutting along with proper gloves and footwear. To harvest arnica, you can cut multiple stems or flower heads at once and hang to dry or cut only the flower heads and allow them to set and dry for at least a week.

## **Boldo**



Boldo is an herb that is fairly common in the world of herbal medicine.

Boldo can help treat

Treat headaches

Gallstones

Water retention

Anxiety

Constipation

Bladder infections

Habitat/Growing conditions

The boldo plant is local to Argentina, Chile, Peru, Ecuador, and Bolivia. Boldo grows in full sun and at raised altitudes such as slopes or hillside meadows.

## **Brahmi**



Brahmi is an aquatic herb with many medicinal properties.

Brahmi can help treat

Poor memory or memory loss

Declining brain function

Insomnia

Anxiety

Indigestion

Habitat/Growing conditions

Brahmi grows in wet aquatic environments and grows excellently in and around bodies of water.

## **Cannabis**

Cannabis has quite a few medicinal uses, and this herb helps thousands of people all over the world.

Cannabis can help treat

Nausea

Vomiting

Anxiety

Depression

HIV/aids

Cancer

Chronic pain

Epilepsy

Diabetic neuropathy

PTSD or post-traumatic stress disorder

Glaucoma

And it can even help you stimulate weight gain



## **Cactus Plant**

This herb specializes in protection and banishing evil spirits. It does not require much efforts. Simply plant it around your home, specifically in all the four directions of North, East, South, and West, and it does its job effectively.

## **High John**

Here is a multipurpose herb often worn as an amulet. It is highly effective for strengthening men's sexual prowess. It is also used for making oils and can be incorporated into incense and powders. High John gives luck, protection, financial blessings, success, and strength, among others. It is also known as The Conqueror Root.

## **Fennel Seed**

The fennel seed is particularly good for protection, developing courage and for purification. For people who are possessed by one adverse spirit or the other, fennel seeds help to liberate them. Medicinally, it is useful for cooking, helps to reduce weight and aids digestion.

## **Vitex**

Do you know problems associated with infertility seldom result from imbalances in the body's cycles or hormone levels? Vitex is one of the most effective and natural methods of accomplishing internal balance. Among this herb's many advantages and benefits is its ability to help balance out a woman's menstrual cycle, better and normalize ovulation, and enhance the body's levels of progesterone.

## **Maca**

Fertility problems, notably those associated with imbalances, are not just limited to women. Although maca can help women regulate their estrogen levels, its gains also extend to men. Maca has been shown

to counter many of the harmful effects of high estrogen levels. Besides helping increase a man's libido, maca can also increase sperm count and sperm motility, strengthening pregnancy chances.

## **Tribulus**

Tribulus is another herb that has demonstrated beneficial in increasing a man's fertility levels. Tribulus mainly targets the pituitary gland, causing it to enhance and boost the body's levels of testosterone.

## **Dong Quai Herb**

Dong Quai is one of the strongest herbs used to promote female fertility. By fostering increased blood flow to the pelvic area, dong Quai effectively corrects abnormal menstrual cycles, reduces and alleviates period cramps, and is especially useful for women who have just quit taking birth control.

### **How to Use dong Quai**

You can find most Chinese herbs in gross or raw form, including roots, leaves, and berries, which you can mix with boiling water!

You can see the pill form combined with other herbs (or sold individually as dong Quai). The dried form, you can boil or strain as tea or soup (Be aware that Dong Quai is unusually taken on its own).

Dong Quai herb has been certified to help lessen symptoms connected with menopause and menstruation. You should know black cohosh is usually used with dong Quai.

Note: Please, make sure you buy from a highly dependable and reliable source. Above all, try and read labels completely as this could impact the dose you habitually take.

## **Red Raspberry**

Ideal in hot or cold teas, raspberries help prepare the uterus for pregnancy. Besides improving uterine health, raspberries also contain high levels of calcium and a variety of other vital vitamins and minerals.

Some herbs have been in use for thousands of years, and their advantages have long been known. Besides vitex, maca, Tribulus, dong Quai, and red raspberry, there is a host of other herbs that can help both men and women enhance their body's health to increase the chances of becoming pregnant.

It is best you know the Red raspberry leaf tea has also been used to prevent unnecessary bleeding, strengthen the uterus, and improve labor issues. Red raspberry leaves are great in many nutrients and may offer health advantages for women expecting a baby and non-pregnant women.

## **Dang Gui**

Do you know Dang Gui is a traditional Chinese medicinal herb commonly used for women's health? The shocking thing is that even some people with no regular Chinese medicine training are familiar with it. Also known as tangkuei, Chinese angelica root, or Dong Quai, this medicinal herb is best known for regulating the menstrual cycle. However, the acceptable uses for this material extend beyond menstruation.

Dang Gui falls into the category of "blood tonics," or those substances which are used to boost, strengthen, or enrich the blood in the body. For example, those trying to build their uterine lining to receive and support an embryo may benefit from medicinal herbs from the blood tonic category. Dang Gui also has therapeutic action in Chinese Medicine to invigorate blood circulation and relieve pain. For this reason, this medicinal herb is also commonly used to relieve other symptoms associated with menstruation, such as cramping, irregular menstruation, and PMS.

## **Tribulus Terrestris**

Do you know Herbs such as Tribulus Terrestris, Swedish Flower Pollen, Muira Puama, Maca root etc. have been used through the ages to boost testosterone levels and help men increase their energy and vigor? The herbs, blended perfectly with amino acids such as L-Lysine, L-Arginine, and L-Carnitine, along with Zinc Oxide, Zinc Aspartate, Vitamin E etc., promote the prostate gland and ejaculatory ducts to work with greater strength and potency. Collectively, they help in boosting semen volume and improve the fertility rate.

## **Mint**

Mint is also related to the female gender. It helps to clear headache especially. Simply inhale the steam from it while boiling in hot water. It can promote effective communication, and energize one. In addition, it is known to bring happiness and good luck to a home.

## **Chamomile**

This beautiful herb helps to relieve stress, brings luck and is also used for purification purposes. If you have difficulty sleeping, focusing on your meditation or relaxing, simply sprinkle it around your home. You could also use it to protect against evil or magical attacks. For gamblers, chamomile brings good luck! You could wear it like a garland around your neck or, if you are not so daring, simply carry some of them in your pocket, and you're good to go!

## **Five Finger Grass**

This herb is used for different purposes. First, it could bring you luck in terms of finance and love. It also brings favor to gamblers and business people. In addition, it can be used for purification and for removing hexes. Some Witches prefer to call it Cinquefoil or just Five Fingers.

## **Coriander**

Coriander is an herb that restores peace and promotes harmony in difficult situations. You can use it in spells to diffuse tension and relax the atmosphere after a heated argument. It can also help with finding a middle ground in debates and finding a compromise to come to a solution. Coriander is often used in spells and workings related to love and union as well. It is thrown instead of rice as an environmentally friendly option during handfasting or marriage ceremonies. Used in spell bags or oils, it will attract the love of all sorts to you.

## **Ginseng**

Ginseng is strongly associated with energy involving romantic love, lust, passion, and fertility. It is good to use in spells and rituals with the purpose of attracting a lover or romantic partner to you. Add it to a magical bath to increase your attraction and charisma or use it in a tea to bolster your confidence and self-worth. If you can obtain a piece of ginseng root, you can engrave a wish into it and bury it to make your wish a reality.

## **Juniper**

Juniper is a versatile herb. String it into ropes or garlands to protect your home, car, or a person from violence or theft. Doing this will also prevent negative energies from building up and interfering with magical energy being used and directed. If fashioned into a bracelet, juniper will attract love of all forms and friendship to you. Adding juniper to your spells and rituals will increase your abundance and prosperity and keep it flowing consistently. Juniper will also promote health and wellness for anyone wearing or carrying it and it can be used to increase healing energies in magic focused on that purpose.

## **Lavender**

Using lavender will bring you peace, joy, a release from stress. If used in a dream pillow, lavender will promote restful and deep sleep. You can increase this effect by incorporating it into a magical bath

beforehand. When it is added to a spell bag or charm it will help bring more love into your life and assist in attracting a romantic partner. Lavender is also used in spells and workings involving healing (especially mental or emotional) and those focused on protection and purification.

## **Parsley**

Parsley will bring balance and harmony to the workings it is included in. Use it in a spell ball or charm to break unproductive patterns and help create new paths going forward. Hang it around your kitchen to attract luck and peaceful energies into your home. Keep some in your wallet to draw prosperity and financial success to you. Parsley will also help draw romantic love and a sense of peace to you if carried or used in a magical bath. A bath with parsley added in will also promote healing and increase your strength after an injury or illness.

## **Patchouli**

The use of patchouli in magical workings typically focuses on love and prosperity. If burned as an incense it will increase the vitality and passion within an existing relationship. Use it with a spell bag or charm to attract romantic partners to you. You can use it in a magical bath to increase your attraction to romantic partners or to increase your financial success. Offerings of patchouli will help ensure the success of a new business venture or increase your chances of getting a job you are interviewing for. Add some patchouli to your wallet to attract money to you and bring financial success.

## **Rose**

Include rose in your magical workings whenever you want to add positive energies to your spells and rituals. It is primarily used to attract romance, partners, and romantic love, but it is also great for use in bringing platonic love, friendship, and feelings of happiness and joy into your life. Add rose into a magical bath if you need some

help loving yourself as much as you should. Use it in spell bags or charms to attract love and positive people into your life. Create an incense with rose to bring positive energies into a space and to increase positive thinking.

## **Tonka bean**

Tonka bean will aid you in determining your path and reaching the goals you set for yourself along the way. It will bring you courage when you are facing stressful situations and help you overcome challenges or obstacles that are in the way of accomplishing what you set out to do. It is also useful in spells and rituals to attract love, joy, and friendship into your life. You can carry it with you to attract love and luck to you. When added to a magical bath or incense it will increase the potency of any magical workings dedicated to the pursuit of love and happiness.

## **Yarrow**

Yarrow is an herb of love. It can be incorporated into potpourri or scattered around the site of a wedding or handfasting to bring seven years of happiness and joy to the couple tying the knot. If used in a magical bath it will promote increased self-love and attract love in all forms into your life. Yarrow can also be turned into a charm to help you overcome your fears by placing it in a yellow bag or piece of fabric along with a note listing your fears.

## **Vanilla bean**

Adding vanilla beans to your spells and rituals will increase the potency of any magical workings dedicated to love, romance, and passion. Use oils infused with vanilla to create a personal charm you can wear every day to attract romantic partners and increase your self-love. Burn incense with vanilla bean to increase the passion and steaminess within an existing relationship. You can also use it in magical baths to regain personal energy stores that have been depleted or lost during the struggles and challenges faced in life.

Carry some with you to draw love into your life and see events with a clearer perspective.

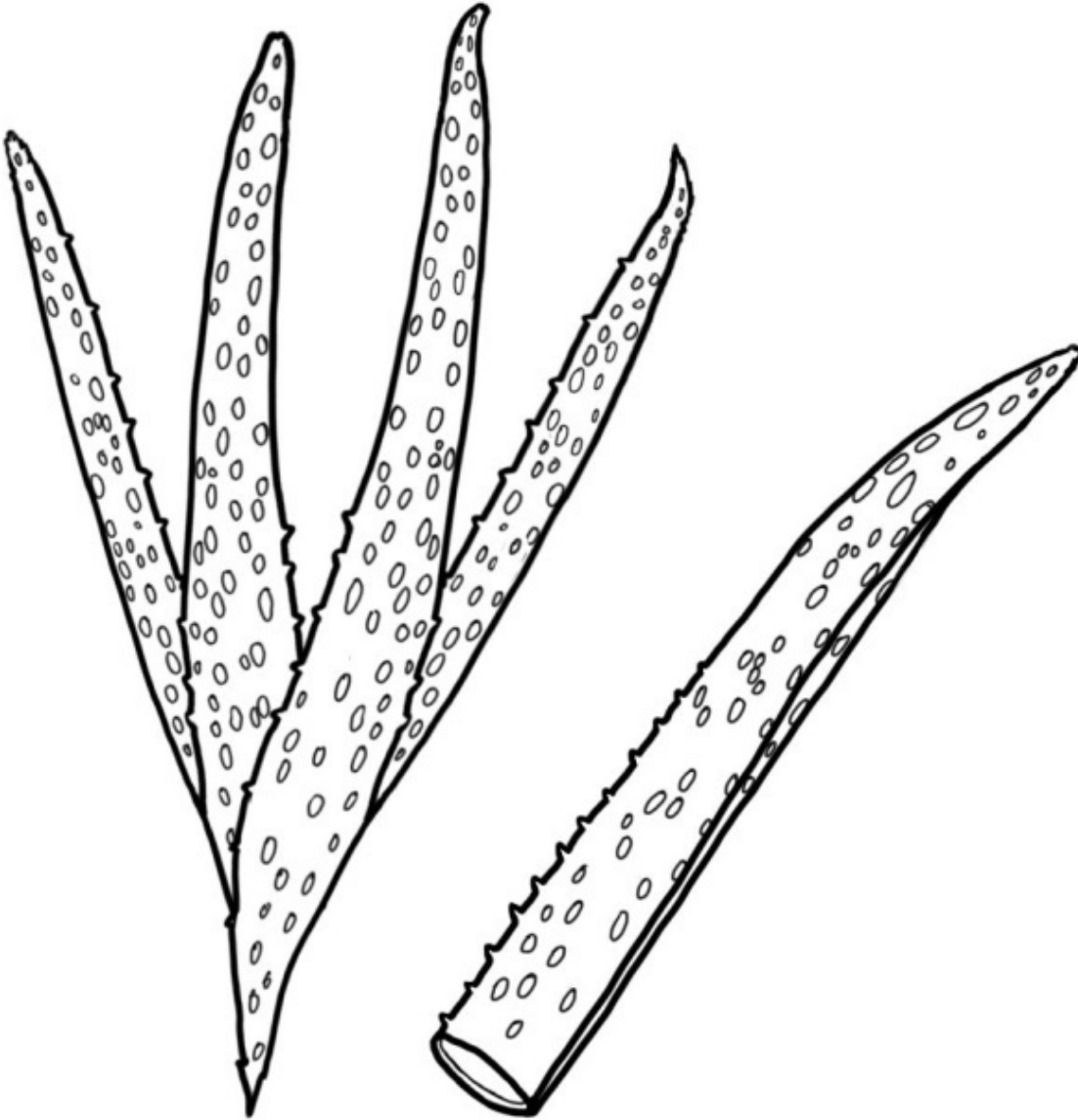
## **Aloe Vera**

(Aloe vera)

### History

Native to Africa, the physical healing powers of aloe vera are well documented. Legend states that Alexander the Great arranged treatment for his legion of soldiers with aloe vera when they were injured. The Egyptian queen Cleopatra is reported to have used aloe vera as part of her beauty routine. Aloe vera was indeed a sacred plant to the ancient Egyptians, as is evidenced by the inclusion of aloe vera in the paintings that adorned the walls of the temples, conferring religious symbolism to this succulent plant.





### Characteristics

The aloe vera plant has green or green and white variegated leaves with small spines on the outer edges. The most common parts used are the leaves and the gel contained within them. Aloe vera gel is often used to treat burns and other skin irritations but is also found in cosmetic products such as shampoo and toothpaste. Aloe vera is also an edible plant with sap that is known to soothe upset stomachs.

### Magickal Properties

The Latin vera is the feminine form of “true,” making the spiny leaves of the aloe vera plant useful in spells designed to halt gossip. Because of its soothing nature, aloe can also be used in healing spells.

## **Honeysuckle**

Honeysuckle will help you increase your intuition and psychic ability. When used in magical workings, it will increase your clarity during divination. When used in a dream pillow, it will help you reach a state of lucid dreaming and bring prophetic dreams to you. If used in incense during meditation honeysuckle will help you reach a deeper state and open your mind to messages from the Universe you may not have otherwise heard. Decorate your sacred space with honeysuckle flowers to increase the potency of the magical energies flowing through it and to attract magical entities to assist you in your workings.

## **Iris**

Iris is an herb associated with knowledge, wisdom, and the pursuit of enlightenment. It will help you identify, define, and hold to your personal beliefs and ideas, no matter how strong the opposition may be. Using it in incense during divination will increase the clarity and detail with which you can interpret the messages you are receiving. It should be included in any dedication, initiation, or blessing spells and rituals. It is particularly effective when consecrating wands and other symbols of the element of Air. It will also increase the effectiveness of spells and rituals related to intellectual or academic endeavors.

## **Jasmine**

Jasmine is an herb that is often used to attract love, romance, and peace into your life. If added to a spell bag or magical bath it will help you attract a romantic partner. It will also bring more love of all sorts into your life in general and increase your self-confidence. Additionally, jasmine will increase your psychic abilities and attract

prophetic dreams and messages to you. It is useful in divination to assist in clear interpretations of messages that are received. You can also use jasmine in purifying and charging your crystals, and it is especially effective when used with anything made from or including quartz.

## **Lemon balm**

Lemon balm is a bright herb of happiness, success, and luck. It is useful when working spells and rituals for mental and emotional healing or to relieve anxiety and depression. If added to a spell bag, it will attract lucky occurrences to you and bring success in your endeavors. Lemon balm is also used in workings involving psychic abilities and divination. If added to incense used during divination it will promote clarity of sight and a more nuanced understanding of the messages received. Add it to a dream pillow to increase your chance of having a prophetic dream and for better understanding of the symbols that arise.

## **Mugwort**

Mugwort should be included in any magical working that involves divination, psychic abilities, or prophecy. When added to dream pillows it will assist you in attempts at lucid dreaming. It will also bring prophetic dreams and increase the clarity with which you understand the messages incorporated into your dreams. Use Mugwort in magical baths before attempting divinations to increase your psychic abilities and your receptivity to the messages the Universe has to send you. Add springs of Mugwort to where you store your divination tools to deepen your attunement to them and increase their effectiveness during readings. If you add a spell bag with Mugwort in it under your bed it will assist in projection and travel within the astral realm.

## **St. John's Wort**

When added to a spell bag or charm, St. John's Wort will help you overcome challenges, find your personal strength and courage, and keep you moving forward through hard times. It will also protect you from negative magic and malevolent entities. When used in a dream pillow, it will bring about prophetic dreams. St. John's Wort is also used to increase divination success and psychic abilities. When kept with your divination tools, it will help cleanse them and increase your attunement to them, which will give you clearer readings that can be interpreted in more detail.

## **Wormwood**

Use wormwood when you are trying to banish negativity from your life. When added to a magical bath it will cleanse you of anger, frustration, and other negative emotions. Carrying it in a spell ball or charm will protect you from malevolent magics and entities. Leave a bit in your car to prevent accidents and avoid losing your way. If added to an incense, wormwood will increase your psychic abilities. If burned during divination it will increase your receptivity to messages from the Universe and help you in understanding how to decode those messages. This method can also be used to summon spirits to you, but be cautious if you attempt this, as it can have unintended or unfortunate consequences if you are not prepared.

## **Chamomile**

How to efficiently use chamomile? Now that science and practice have determined that chamomile is very effective in dealing with various problems in the body, you should have a pretty clear idea of how to use it safely in your home. What makes chamomile such a special herb is that it can be incorporated in many ways. Topical applications, oils, infusions, among others. These alternatives facilitate decision making. After all, the important thing is to cover all possible fronts and reinforce what is "damaged" in our organism. Although, of course, these methods will depend exclusively on the disease we are facing.

## **Salvia**

This plant of Mediterranean origin, widely known in different latitudes of the world, is one of the most popular medicinal herbs according to my experience. Used for medicinal, culinary and cosmetic purposes, sage is the key to overcoming specific conditions. Its anti-inflammatory properties are the reason why it is used today both to relieve muscle aches and to treat rheumatism, arthritis or osteoarthritis. There are many ways to take sage. Everything will depend, of course, on the purpose you pursue with its use. Here are the proper ways to include sage in your life.

### **Infusions.**

The method preferred by most. Infusions are not only simple to prepare but represent an almost total guarantee of positive results. Hence the popularity they have gained in recent years in the commercial world. You don't have to go too far to know someone who has included sage infusions in their daily habits. Nowadays, many specialist shops or herb shops sell these already prepared infusions. Personally, I prefer to prepare them on my own, in the quiet of my home. If your idea is to do it personally, it's easier than you could imagine. Just boil some water. Just as the water reaches the boiling point, add 5 sage leaves to the bowl and allow it to continue boiling for another 15 minutes. The last step is to remove the water from the container and let the liquid rest for about 5 minutes before ingesting it.

## **Licorice**

Yes. It is well known to you, dear reader, that licorice is a plant with a lot of medicinal properties perfect for those who have liver-related conditions or for any process involving angina, laryngitis, asthma and colds. Its chemical composition (triterpenes and flavonoids) make this plant an indisputable weapon to use on the digestive system as a healer of gastric ulcers, in addition to its effects on the respiratory tree.

The main international phytotherapy organizations recommend the consumption of licorice with the appearance of the first digestive symptoms. For example, burning or dyspepsia. They also suggest its use as an adjuvant in the treatment of gastric or duodenal ulcers. But do you have any idea how you can administer this medicinal herb?

## **Oregano**

Oregano is famous for its healing properties in different latitudes. Like other plants included in this book, the properties of oregano can be exploited in many possible ways. This is what makes this plant one of the most beloved options in many of the countries I've had the opportunity to explore. It is worth remembering that, among all the properties of this herb, the most popular are: anti-inflammatory, expectorant, digestive and soothing. Don't be fooled by the use of oregano in pizzas. Its aroma, yes, is exquisite. But the healing potential of this plant is as much or more surprising than its delicious smell. There are many ways to use it, many of which are associated with specific ailments.

## **Basil**

Basil can bring many benefits to your health. It is one of the reference medicinal plants to relieve sore throat, to eliminate acne, to improve all those symptoms inherent in bronchial diseases and even to combat many types of fungi. Its essential oils contain antioxidant elements, which contributes significantly to improve your immune system.

## **Rosemary**

This heart shrub has been used for centuries to flavor food with its robust earthiness. It is a potent magikal herb as well and can be used to heal a variety of ailments and support the overall health of an individual in many ways. Outside of the body, sprigs of rosemary built into a wreath, or laid upon an altar, offer up a great energy of opening and acceptance. Rosemary, when sniffed, clears the nostrils

and opens the mind. It is a sacred plant involved in many rituals of fertility and abundance and has a great way of banishing unwanted energies from the self and the home.

You can dry it or keep it fresh and use it to dispel unwanted spirits, and also as a tonic to help with memory, in spells of fidelity, in rituals of power and protection and for purification. You can use rosemary in your bath water to enhance your sacred bath rituals and you can also decorate parts of your home with it, making it into bouquets and keeping it in fresh water.

## **Thyme**

This culinary herb is more than just for seasoning a roast chicken. It is a dainty herb and has a very feminine nature, unlike the very masculine rosemary. It can help with your attitude, promoting a more positive vibration for you. According to some folklore, thyme is a favorite of the fairies who will be drawn to your garden more if you plant thyme in it, promoting more work for you with fairy magik.

Thyme is also beneficial in herbal baths to aid with rheumatism and overall ache and pain in the body. It has been known to ward off nightmares, and a few sprigs under the pillow can help with this energy. For spell work, use time to increase strength and courage. It is also powerful during the Spring to leave behind Winter's chill to embrace Spring's renewal and rebirth.

## **Sage**

This herb is used in casting work to promote long life, wisdom, protection and the fulfillment of wishes. It can be used to help with the grief and sorrow after the death of someone you love. Using sage to make wishes is a common practice for witches and all you have to do is write your wish on a sage leaf, fresh or dry, sleep with it under your pillow and then bury it in the ground the following day. It is an herb of wisdom, healing grief and sorrow, and granting wishes and should be brought into the work you do regularly.

## **Lavender**

This beautiful herb is best known for its aroma and is often used as an aromatherapy oil or as a dried herb, put into sachets or small pillows to help promote a relaxed and calm state of mind and feeling of tranquility. In your rituals and spell work, Lavender can be used for fertility, the strengthening of love and to help sharpen the mind.

Using lavender regularly as an essential oil or aromatherapy will help you stay grounded and in balance with your inner harmony of love and peacefulness. It can work well as an incense when dried and burned and so could be used in spell work in this manner to promote these magikal qualities.

## **Garlic**

Garlic is very powerful. It has a potent aroma and spicy flavor that has been used frequently throughout history for more than just cooking. Conversely, it is said that garlic can be used in the same way to attract a lover so make sure you set the right intention when you hang your garlic around the house.

Garlic is also considered an antibiotic when ingested raw and cut up. It has a powerful healing impact when taken during times of illness or to prevent common colds and flus. It will always be an important herbal remedy to keep in your kitchen even when you aren't flavoring your food with it.

This list of herbs is just scratching the surface of a wide variety of herbs you can use that are in your common everyday garden. As a rule of thumb, try not to buy your herbs from a grocery store; grow them yourself either in a small garden in your home or in pots and containers. The work you do with herbs is a valuable part of your Wiccan experience. Harvesting, drying, and utilizing your herbs from the seedling up is a great way to help you bond and connect with the energies of the Earth.

If it is not possible for you to grow all of your magikal herbs, try finding them in nature and wild crafting. Look for places that these



herbs grow and ask permission from the plant to take some of it home for magikal uses. You can find an even greater variety of seasonal plants, flowers and herbs in this way.

The next herbs are some that might not seem as common to the everyday cook or kitchen witch but will become very valuable to your Wiccan practices and should be kept around your cupboard for magikal uses.

## **Mugwort**

This herb is a must have for any Wiccan. It has the power to open the mind and the third eye to enhance prophetic dreams and visions that will transport you forward on your journey and help you align with spirit. It has been used as an herbal smoke that you can inhale to promote these visions or simply burning it as an incense, or as a smudging stick, can have an equally powerful and less damaging impact on the lungs. Mugwort as an herbal tea is also well worth the effort of drying it and making an herbal tea infusion to be drunk before bed to promote lucid dreaming. You can also sleep with sprigs of Mugwort under your pillow for the same effect. Put in your bath water as well, and have a ritual bath that will offer you visions and help you journey quest with your spirit guides to help you.

## **Rose Hips**

Rose hips are the part of a rose stem that build up after the rose petals and bloom have all fallen away, leaving a hard, round bud that contains high quantities of Vitamin C and other powerful minerals. It is a very healing remedy and kept around the cupboard, it can be very useful during times of sickness or bouts of cold and flu. It is also an inspiring flavor and scent when brewed as a tea and can be very uplifting and dispels depression and anxiety. Rose hips are also well-known to help with the cycles of womanhood and can promote a healthy uterus and menstrual flow. Used as a skin treatment, rose hip oil can feel very soothing to aging and dry skin. The magik of rose hips in rituals is that it can offer a very strong feminine balance

and energy to help you promote love with wisdom and celebrate the power of the goddess energy in all things.

## **Arnica**

Arnica is a healing herb that is used to treat bruises, sore muscles, and aching joints. Arnica is a must have in your healing cupboard and it will always be useful as a remedy for the musculoskeletal system of the body. Magically, this herb has a powerful potency to protect and empower the body as much as it heals it. Working with the magikal properties of arnica in your rituals and spells can bring about an attitude of power and virility as well as a stronger acceptance of your magikal abilities and skills. Let it come into your spell work to help your confidence as you embrace and explore the reality and practice of Wicca.

As you continue to explore herbs in your Wicca work, find new ones every day that speak to you. You may want to start your own Wiccan garden to keep your focus on certain herbal magik and every season you can plant a new variety of herbs to explore. You can also forage for them in the wild and learn about what is growing at what time of year and discover the magik of using herbs and remedies seasonally.

**Lavender**



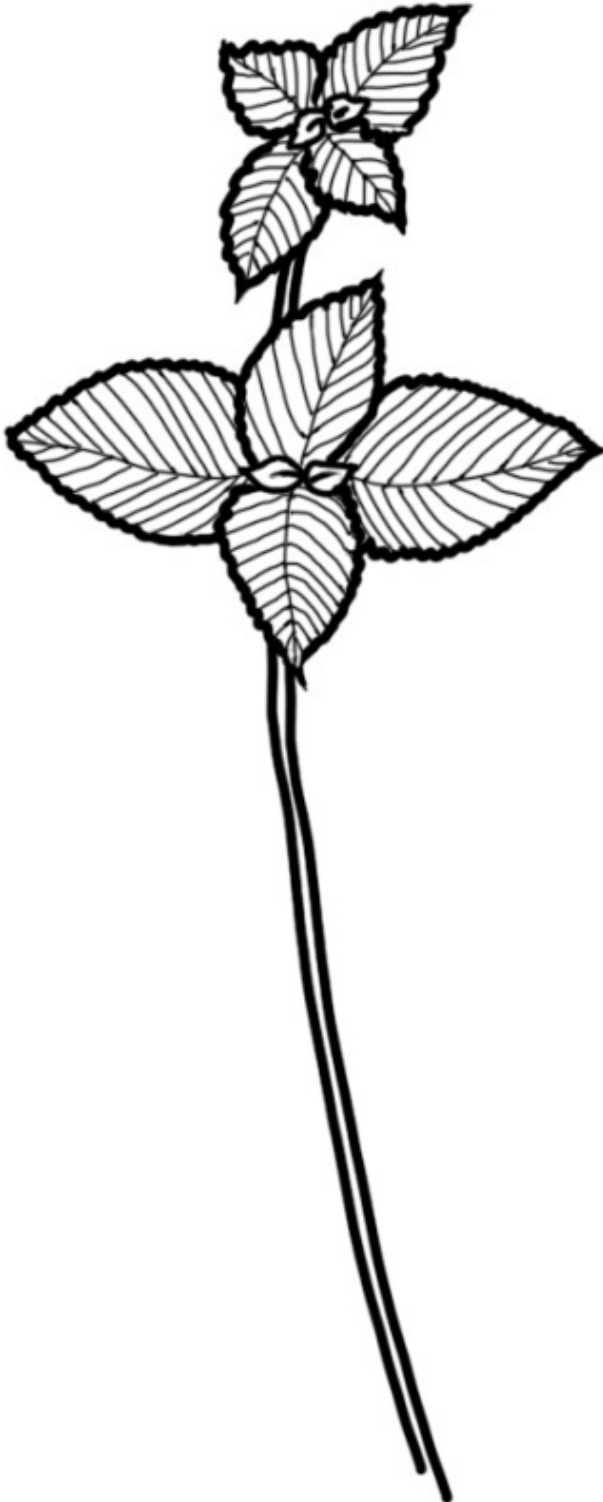
(*Lavandula angustifolia*)

### History

The evergreen leaves can have a bluish appearance and grow from 1 to 1¾ of an inch long. The flowers bloom on 1½–2½-inch spikes. Lavender requires full sun and excellent soil drainage in order to thrive. Its scent is relaxing and can be uplifting all at the same time. It can be placed in your pillow to help you sleep or mixed into essential oil for aromatherapy use.

# Lemon Balm

(*Melissa officinalis*)



## History

Lemon balm has a long and storied use. From Dioscorides to Culpeper, as well as the pioneering herbalist Hildegard von Bingen, the many virtues of lemon balm have been recorded and celebrated. Some of these benefits include mood elevation and digestive issues, as well as toothaches.

## Characteristics

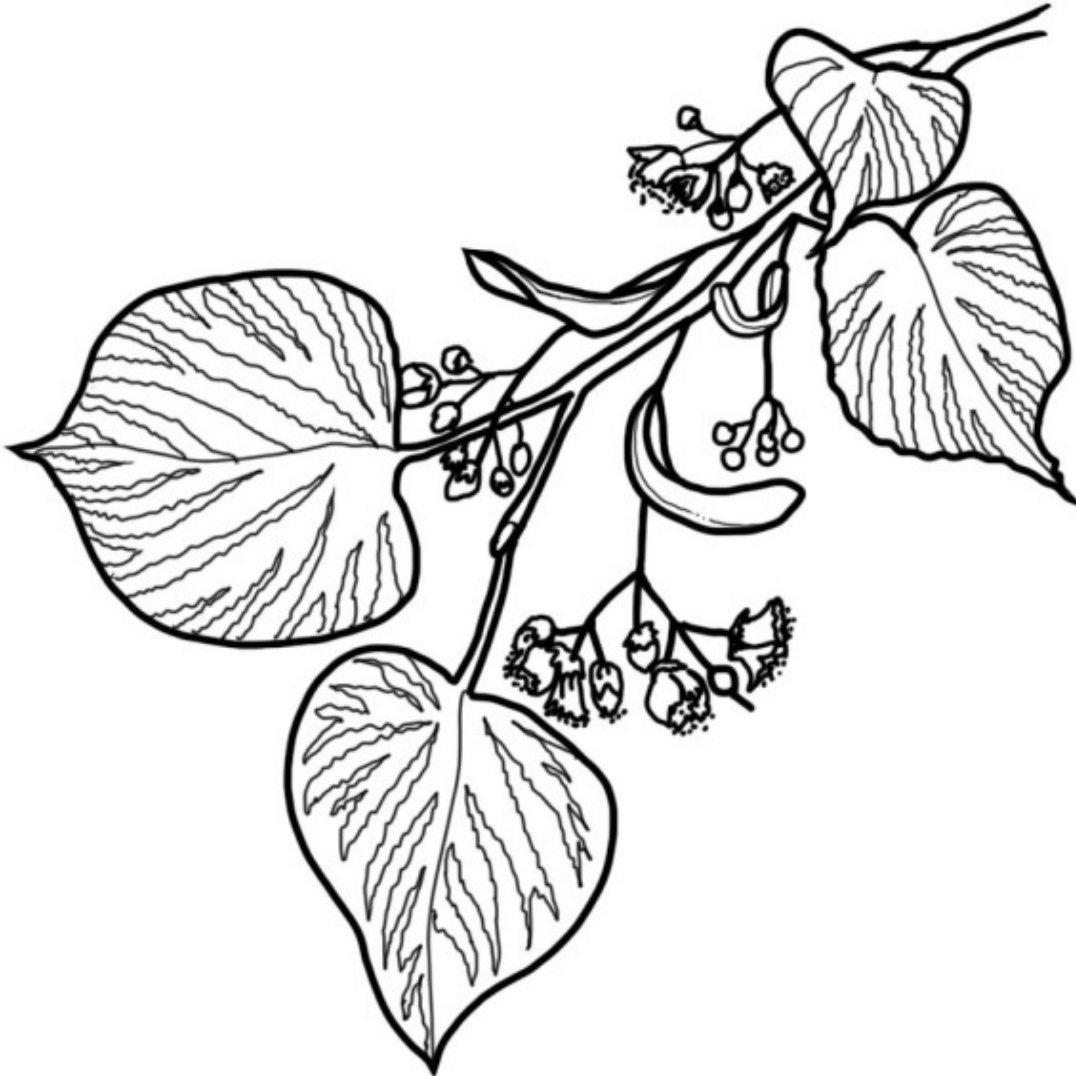
A perennial herb, lemon balm is a member of the mint family. Its citrus-like fragrance and flavor make it a desirable herb for culinary applications as well as infusions and herbal teas. Native to the Mediterranean, lemon balm is cultivated throughout the world. It is also known as bee balm. Its leaves have a wrinkled appearance, and its flowers are tiny and white, sometimes appearing very pale yellow.

## Magickal Properties

In magick, lemon balm is evocative of strong emotions. It is used in love magick to attract love and heal broken hearts. Since it is calming and soothing, it can be used in a ritual bath, consumed as an infusion, or used in a topical ointment.

# Linden

(*Tilia cordata*)



## History

Since the late Middle Ages, infusions of linden flowers have been used as a remedy for fever, headaches, indigestion, and hysteria.

## Characteristics

These large deciduous trees, also called basswood, can grow up to 100 feet tall. Linden blooms in the spring, and its white and yellowish



flowers are gathered soon after and dried thoroughly in the sun. (Linden flowers are delicate and spoil easily.)

### Magickal Properties

Linden flowers have nerve-calming properties. In magick, linden is used for calming, clearing, and de-stressing. For example, infusions of linden can be added to a ritual bath in preparation for a sabbat or rite.



## **Echinacea**

Echinacea is one of the oldest herbal remedies used in the world. It is known to promote immune system health and may provide direct antiviral support. This healing herb has long been popular among herbalists, and it is now the subject of current scientific research and clinical trials. Echinacea's flowering parts and roots have proven effective in alleviating the symptoms of common cold, viral bronchitis, and upper respiratory tract infection. This natural antiviral may provide a healthier and occasionally more effective alternative to pharmaceuticals.

*TIP* : Use Echinacea to cure various skin problems, such as simple herpes, acne, psoriasis, ulcers, boils, burns, wounds, eczema, and abscess. Try fresh or dried Echinacea root in a homemade decoction. Start with 2 handfuls of the root and 1 liter of water. Bring them to a boil; allow them cook until the volume is reduced by 1/4. Let the decoction cool, then strain. Store in a bottle for use within 3-4 days; wash the skin with it up to 3 times a day.

## Cat's Claw Herb



Cat's Claw is a Peruvian herb, *Uncaria tomentosa*, commonly called 'una de gato' in Spanish. This "new" botanical nutrient has been studied at research facilities in Peru, Hungary, Austria, Italy, Germany, and England since the 1970s and continues drawing interest among the natural health care community. Some are even calling it the "Miracle Herb from the Rain Forest of Peru." Until now, it has been practically unheard of in the United States, but the benefits are clear. Studies have found that the herb can help with the treatment of stomach and intestine disorders, arthritis, menstrual irregularities, bursitis, depression, allergies, herpes, diabetes, cancer, lupus, and chronic fatigue syndrome.

**TIP** : Cat's Claw is great for treating candidiasis. Take Cat's Claw bark decoction and drink 2-3 times a day or have Cat's Claw capsules or extract.

## Elderberry



An extract of the common black elderberry, *Sambucus nigra*, can fight viruses by “disarming” the protein spikes on the particles’ surface; these spikes help the virus penetrate host cells. Elderberry is popular for use in food and is considered one of nature’s oldest remedies. According to some research, these therapeutic properties are attributed to flavonoids. It is these compounds that give Elderberry its color, which is where it derives its antioxidant and protective benefits. Elderberry is particularly effective against HIV and the herpes and influenza viruses. In lab tests, it was determined Elderberry could reduce infectivity of HIV strains and inhibit replication in four strains of the herpes simplex virus, and in a

Norwegian independent study, it was determined the extract alleviated influenza symptoms.

*TIP* : Did you know that elderberries can be used to treat conjunctivitis? Use a decoction extracted from *Sambucus williamsii* flowers. Be sure to cool and strain the liquid extract before using it on your eyes.

# Lemon Balm



For centuries, lemon balm and its essential oils have been administered to alleviate indigestion, improve sleep, and ease anxiety and nervousness. For instance, lemon balm was used by ancient Romans and Greeks in healing insect stings and bites.

Lemon balm is now naturalized to grow around the globe, but was native to south-central Europe. Often, it is planted in herb gardens because bees are attracted to it, but most insects are repelled by the tart aroma given off by the leaves – from which the essential oil citronella is extracted. The plant can grow up to 2 ft and shows light yellow flowers that blossom where the leaves and stem meet.

*TIP* : Lemon Balm counteracts dysmenorrhea, i.e. painful menses. Soak Lemon Balm leaves in water, then add the infusion to your bath water. Lemon Balm can also help start your menstruation cycle.



## Licorice Root

Licorice root has a long history of being used for medicinal purposes and flavoring or confectionery applications, especially among the Egyptians, Greeks, Chinese, and other Asian nations. It is called *gan cao* in Chinese and known as “sweet herb.” The root has a distinct flavor, comprising a hint of anise, and tastes sweeter than sucrose (sugar). The underground stems and roots of this herbaceous perennial, *Glycyrrhiza glabra*, contains several healthy compounds: flavonoids, anethole, volatile oils, chalcones, plant sterols, asparagine, coumarins, and glycosides. Licorice root’s use for flavoring in candies has recently been replaced by anise, but it’s still a major ingredient in tobacco products, herbal lozenges, and natural medicines.

Some studies have suggested, though, that even with its health benefits, there is a key compound, glycyrrhizic acid, that can raise blood pressure levels if the root is used regularly and in large

quantities. Applying processed licorice root is an alternative that lacks the acid. Look for deglycyrrhizinated licorice root (DGL root) instead.

*TIP* : Did you know that Licorice Root is a good concomitant with most herbs, and enhances their effectiveness, when taken in small doses? It is also known as a harmonizer and pacifier.



**Leaf**

**Olive**

Olive trees and their leaves have long been popular for their ability to combat microbes and infections and provide protection for your skin, which is why extracts are applied as a powerful tonic to boost the immune system. Research conducted at the Rappaport Faculty of Medicine in Israel found that olive leaves virtually kill nearly all bacteria, especially *E. coli* and *Candida albicans*. After years of study, scientists isolated oleuropein as the specific molecule responsible for Olive Leaf's antibacterial properties.



*TIP* : Did you know that Olive Leaf is best used as an immunity booster? Oleuropein contained in olive leaves fights against viruses and bacteria that cause cold sores. Simply apply Olive Leaf extract over cold sores or take 1/4 tsp. of Olive Leaf extract in a half-full glass of water.

## **Black Seed**



Even though it has gone by many names, such as black caraway, black cumin, black sesame, onion seed, and Roman coriander, *Nigella sativa* is primarily known today as black seed. The humble seeds of the annual flowering plant are immensely powerful – with the capability to heal a body poisoned by chemical weapons, destroy MRSA, and regenerate a diabetic's dying beta cells. Although too few know it exists, these tiny seeds have a long history of being used for their healing properties.

In fact, the earliest record of it being cultivated for use originates from ancient Egypt, nearly 3,300 years ago, where the extracted

essential oil was discovered in the pharaoh Tutankhamun's tomb. Within the Arabic world, black cumin is called *Habbatul barakah* , which translates to "seed of blessing." Further, in Islam, it is taught that the prophet Mohammed called black cumin "a remedy for all diseases except death."

*TIP* : Did you know that Black Seed oil is used to treat common skin ailments? A decoction prepared from its seed and apple cider vinegar is applied over acne, rashes, psoriasis, eczema, dermatitis, allergies, wrinkles, burns, etc. It heals and nurtures the skin and makes it more beautiful.

## Green Tea



The health benefits of green tea, *Camellia sinensis*, were validated recently by scientific research, but this tea leaf has been used for more than 4,000 years as a natural remedy within traditional Chinese medicine. Flavonoids are at work in this herb, too. This group is called catechins, and they can inhibit infections, the influenza virus specifically, by binding to a certain protein, the haemagglutinin, and preventing entry into the living cells. Research conducted in China, studying isolated catechin derivatives and Green Tea extract, shows that the viral enzymes DNA polymerase and reverse transcriptase

that support viral replication can be blocked. Tested compounds were determined to be effective in hindering the hepatitis B and herpes simplex viruses and HIV.

*TIP* : Did you know that Green Tea can help with hair problems, especially with male baldness? Drink 1 cup of Green Tea 3 times a day or purchase Green Tea capsules to take twice a day.

## Ashwagandha (*Withania somnifera*)



The ashwagandha plant, *Withania somnifera*, has a long history of use within Ayurvedic medicine. It has been used to relieve stress, enhance libido, and as a remedy for exhaustion and general weakness. An important aspect of Ayurvedic medicine are formulas referred to as Rasáyana tonics, and they are applied consistently over time to help regenerate body and brain tissues. Ashwagandha is one of the rare herbs that are so potent, offering numerous health benefits, that experts of Ayurveda consider it a Rasáyana therapy that can be applied on its own.

*TIP* : Did you know that Ashwagandha can heal carbuncles in as little as 4 weeks? Leaves can heal it at a much faster rate. Note that some people may face difficulty digesting Ashwagandha. They may want to take Ashwagandha with digestive herbs like Pepper and Ginger.

## Ginseng



Traditional Chinese medicine has used *Panax ginseng* to improve digestion, strengthen the lungs, enhance energy, and calm a restless spirit. It is a standard ingredient in dietary supplements, even energy drinks, that improve mental alertness, sports performance, and vitality. Additionally, Asian Ginseng contains anticancer and anti-inflammatory properties and has been shown to promote immunity, especially when fighting a cold or the flu. When attempting to purchase this herb, be aware that three different herbs are commonly known as 'ginseng': American ginseng (*Panax quinquefolius* ), Asian or Korean ginseng (*Panax ginseng* ), and Siberian ginseng (*Eleutherococcus senticosus* ). Even though Siberian ginseng provides many of the same properties as American and Asian ginseng, it is not considered a "true" ginseng.

**TIP :** Did you know that Ginseng has the ability to balance the blood pressure? In case of hypotension, it increases the blood pressure, and at the same time it restores blood pressure to normal in case of increased blood pressure.

## Ginkgo Biloba



Ginkgo Biloba extract comes from the ancient herb, which has proven benefits for the elderly population, especially enhancing the body's use of oxygen, which then improves mental capabilities like concentration and memory function. Ginkgo has also been found to reverse retina damage and enhance long-distance vision. Scientific research has also confirmed its capability to treat depression, vertigo, tinnitus, sinusitis, and headache. Even though the Chinese have used ginkgo biloba, often called *Maidenhair*, medicinally for centuries – literally, Ginkgo trees have been traced back nearly 300 million years – modern applications are supported by German research, where the herb can be acquired with a prescription.

*TIP* : Ginkgo is a perfect remedy for aged people. Ginkgo also optimizes the flow of blood and enhances the sensation and consequently the pleasure. This way it promotes libido in both men and women. It also promotes lubrication and helps prevent ovarian cancer.

## Colloidal Silver



Colloidal Silver is a substance comprising silver particles being suspended in liquid, which is nearly impossible to filter or separate.



Colloidal Silver and similar formulas that contained silver salts were popular with early 20th century physicians; however, in the 1940s, use was largely discontinued due to the discovery of safer, more effective modern antivirals and antibiotics. Only fifty years later, Colloidal Silver saw a resurgence in the market of alternative medicine, with claims that it has extensive “cure-all” properties. Colloidal Silver remains available in a variety of countries as a homeopathic remedy or dietary supplement.

*TIP* : Colloidal Silver is often used to treat skin ulcers. It reduces swelling and redness and prevents infection by helping wounds heal.

## **Zinc**

In a 2011 Cochrane review, researchers found that applying Zinc can be an effective element in treating colds. Doctors suggest taking Zinc supplements, in tablet, syrup, or lozenge form, within 24 hours of noticing the symptoms may enhance recovery and alleviate symptoms.

People with poor diet and digestive issues (like Crohn’s disease); who are breastfeeding, strict vegetarians, or alcohol abusers are more likely to suffer a zinc deficiency and will benefit the most from Zinc supplements.

*TIP* : Avoid use of intranasal Zicam. These zinc-containing formulas have been withdrawn from the US market.



## **Pau D'arco (Pink Trumpet Tree)**

Pau d'arco, *Tabebuia avellanedae* , is native to South America and has been applied in herbal medicine to treat ulcers and boils, general pain, various cancers, arthritis, dysentery, inflammation of the prostate gland, and fever. You may recognize the following names for pau d'arco: *Taheebo tree* , *Ipe roxo* , *Tabebuia avellanedae* , and *Lapacho* . There are reports of the medical use of this resilient tree from as early as 1873. The pau d'arco tree is known for its exceptionally hard wood; so much so, in fact, that its name means “bow stick” in Portuguese. This is because the tree is used to make hunting bows. Whereas, medicine is derived from the wood and bark.

**TIP** : Did you know that Pau D'arco has antibacterial and antifungal properties that help to cure a number of bacterial and fungal infections, e.g. candidiasis, athlete's foot, and even parasitic worms.

To cure candidiasis, drink Pau D'arco tea, 2-3 cups a day, or take it as capsules or an extract.



**St.**

## **John's Wort**

St. John's Wort, *Hypericum perforatum*, is a well-known herbal remedy that has also been called hypericum. The remedy is an extract of the plant's leaves and flowers. For several centuries, St. John's Wort has been used as a traditional medicine for healing mental health issues, especially depression, and wounds. This herbal remedy is still popular with the public because it's available for purchase at local shops and pharmacies, but it should be handled like a drug due to its pharmacologically active agents, such as hypericin. The specific element that gives St. John's Wort its healing properties isn't known, but it appears to have a direct effect on the

enzymes and hormones noradrenaline, monoamine oxidase, and serotonin, its receptors, and its receptor expression.

*TIP* : St. John's Wort is good for punctured wounds, relieves post-operative pains and spasms after injury, or can be used instead of morphine after operation. Not only that, but it can also resolve problems related to children bedwetting.



## **Cordyceps (Caterpillar Fungus)**

Cordyceps is a fungus that grows in the upper altitudes of the Himalayan mountains and the Tibetan plateau. Do not confuse this with your everyday, local grocer's mushroom. Technically, it is a caterpillar *and* a fungus. The fungus attaches directly to a caterpillar, then consumes the carcass as its food. Stems that grow from this combination produce spores seeking out hosts of their own. Cordyceps has been applied as an herbal medicine for numerous issues and as an aphrodisiac for centuries in China and Tibet. Despite its benefits, Cordyceps was so expensive its use was restricted to those with great wealth.

*TIP* : Did you know that Cordyceps has a great impact on the entire cardiovascular system? It cures heart-related problems and enhances the circulation of the blood. Also regulates the blood pressure and strengthens the heart muscles, regulates its rhythm, and remarkably increases cardiac hypoxia tolerance.

## Rhodiola



Rhodiola is a notable herb, long known for its strength as an adaptogen. For that property, it has a varied history of medicinal uses. Greek physician Dioscorides included *Rhodiola rosea* and its medicinal applications in the prominent medical text *De Materia Medica* in 77 AD. Chinese emperors sought out “the golden root” from Siberia, while the Vikings consumed Rhodiola to increase endurance and physical strength. It is noted that Mongolian doctors used it to treat cancer and tuberculosis, and the central Asian cultures brewed Rhodiola tea to alleviate cold and flu symptoms. To this day, it is applied to increase levels of energy, support the nervous system, enhance libido, fight depression, assist with weight loss, boost immunity, improve memory, and support capacity for exercise.

*TIP* : Did you know that Rhodiola relieves the symptoms of fatigue and enhances physical performance? It is known to regulate the hormones and improve muscular strength.



## **Boneset**

Boneset, *Eupatorium perfoliatum* , acquired its common name from its capacity to break the lethal fevers, so severe they were associated with being “bone deep” in a person’s body, then called “bone fever,” that developed with influenza. Even earlier than that, Native Americans were using boneset to alleviate bodily aches and pains and enhance healing broken bones. Applying the herb as a tea or infusion did not become popular until much later, as many early applications of boneset took the form of topical plasters or poultices.

*TIP* : If you get constipated, take Boneset. It helps in proper bowel movement and gives relief. It can also improve digestion and is considered as a good appetizer.



## Eleuthero (Siberian Ginseng)



Eleuthero is also called Siberian ginseng, *Eleutherococcus senticosus*, and has been prized as an adaptogen for centuries in Russia, China, and other Eastern countries. As previously mentioned, it is not considered a “true” ginseng like the American and Asian ginsengs because of its unique active chemical components. These active components are called eleutherosides and are believed to support immunity. Traditionally, Siberian ginseng has been applied to enhance vitality, energy, and longevity, plus reinforce the immune system against cold and flu.



*TIP* : Siberian Ginseng is great to help overcome altitude sickness. It relieves this sickness by improving the supply of oxygen in the blood. You can take Siberian Ginseng in a capsule form (300 mg per day) or 10 drops of tincture in 1/4 glass of water. Drink it twice a day.

## **Redroot**

Redroot is an underutilized, yet powerful medicinal plant. Many Eclectic texts display little to no information on it, but Redroot received better representation in the *King's American Dispensatory*

(1898 edition. That misrepresentation resulted from the leaves of the plant being used rather than the roots – which were far more powerful and provided different support. Additionally, Western medicine took so long to recognize the importance of the spleen and the lymphatic system in terms of treating disease and general function.

*TIP* : Redroot can be used for treating tonsillitis. Apply Redroot bark by boiling it in water for 15 minutes and gargling with the infusion at least 2 times a day.



## **Reishi Mushroom (Ganoderma)**

Red reishi mushroom contains beta-glucans, the water-soluble polysaccharides, and hetero-beta-glucans and is considered the highest quality among the mushrooms available. Those polysaccharides are known to lower blood pressure, enhance the immune system, and fight tumors. One of the other red reishi active ingredients is the ling zhi-8 protein, which supports immune system function, as well. Medical patients going through an organ transplant or taking immunosuppressive medicines need to practice caution when taking red reishi supplements. It is considered very safe, but an immune-modulating substance could produce an adverse interaction.

*TIP* : Did you know that Reishi Mushroom is very well known as an anti-cancer treatment? It reduces anabolic activity, hence making it anti-tumor and helps the healing process. It also rids the body from toxins, strengthens the immune system, detoxifies the liver, protects the good cells from radiation. Therefore, to better protect the patient

from radiation, it is advised that the administration of Reishi should start before radiation therapy and continue after exposure. It is a very important supplement for the treatment of liver cancer.



## **Turmeric**

Turmeric comes from a tropical plant, which is a member of the ginger family. The root stalk of this plant has a long history of being used in Chinese and Indian Ayurvedic medicine to treat conditions such as depression, heartburn, fibromyalgia, diarrhea, colds, and stomach bloating. Curcumin is one of Turmeric's main components and is said to provide healing properties.

*TIP* : If you think you are unwell, no matter how seriously, and your disease has not been diagnosed, take Turmeric for a month! Because Turmeric does not mix with water and it's not fully ingested by the small intestine mucosa, try mixing Turmeric with a little black pepper to make the absorption more effective. It will increase the

absorption considerably. You can also add sesame, olive, or coconut oil to dissolve it.

## Rosemary



Lab testing has shown that Rosemary, *Rosmarinus officinalis*, has antioxidant properties. Antioxidants work to neutralize the harmful particles in your body called free radicals, which have a direct effect on DNA, weaken cell membranes, and even kill cells. In additional lab testing, Rosemary oil may have antimicrobial properties; it was able to destroy some fungi and bacteria inside test tubes. However, it wasn't clear that Rosemary would produce the same result in humans. Medicinally, Rosemary has been employed to support the nervous and circulatory systems, promote hair growth, enhance memory, and relieve muscle pain. One lab test determined that long-term, daily use could prevent thrombosis. Though none of the following uses have been confirmed with scientific review, Rosemary is also associated with alleviating indigestion, causing miscarriage (abortifacient), and increasing urine and menstrual flow. Rosemary is

commonly added to food as a spice, especially in Mediterranean cooking, and as a fragrance in soaps and various cosmetics.

*TIP* : Did you know that Rosemary is proven to be effective for treating baldness? It is also effective in easing headache symptoms. Regular head and forehead massage with Rosemary oil is quite effective to get rid of headache.





## Coriander Plant

Coriander, *Coriandrum sativum*, is a small, pleasantly aromatic, and spicy, hollow-stemmed plant found in the Apiaceae, or parsley, family. The herb's essential oil is extracted from the seeds, which measure a diameter of approximately 4-6 mm. Coriander has been used in traditional medicines and to flavor dishes since the ancient times. Though native to Southeastern Europe, coriander is grown across Europe, in the Middle East, Turkey, India, and China. In the West, coriander is often referred to as cilantro. This annual plant can reach 2 ft in height and displays branching stems, producing soft, smooth, deep green, leaves that may have two or three lobes. On a mature plant, small, light pink flowers will bloom that eventually turn into the oval-shaped, or globular, seeds (fruits).

**TIP** : Did you know that Coriander is very effective as a supplement treatment for heavy metal poisoning? Eat 1 cup of fresh Coriander leaves or chutney for 7 days every 6 months.

## Sarsaparilla



Sarsaparilla is the name of a perennial, trailing vine, berry-producing plant, and natural herb that is typically used in the treatment of psoriasis, eczema, and other skin disorders, but has also been applied in the treatment of syphilis, rheumatism, and liver disease. Promoted as a blood purifier, sarsaparilla products were used as sweat inducers, diuretics, tonics, and ingredients in several other applications, such as patent medicines. Sarsaparilla has also been employed to rejuvenate the male sex drive and in natural body-building compounds as an anabolic steroid replacement because testosterone is believed to be one of its main elements. Sarsaparilla is a native plant to Latin America, South America, Mexico, and the Caribbean islands, and it was exported to Europe in the 15th century.

*TIP* : Sarsaparilla is best known as a treatment for skin diseases. Grind its root with water. Apply on affected areas twice a day (works well for psoriasis).



## Flaxseed

Flaxseeds are probably best known for their heart-health properties, from providing high fiber content to being a rich source (at 50-60%) of omega-3 fatty acids, specifically alpha linolenic acid. Potassium, protein, dietary fiber, B vitamins, antioxidants, and lignans (a group of phytoestrogens) can also be found in these powerful little seeds. While the seeds of the flax plant could be used whole, ground into a meal, or distilled to create Flaxseed oil (a vegetable oil also known as linseed), it is the seeds that are better for reducing the bad LDL cholesterol according to the *American Journal of Clinical Nutrition* . The *Journal of Clinical Oncology* determined that ground flaxseeds can hinder the growth of a prostate cancer tumor.

*TIP* : Flaxseeds are an excellent remedy if you have constipation. Simply take 1 tbsp. of bulk seed with a glass of water to avoid constipation.

## Basil



Basil, a bushy, annual plant, is among the oldest and most popular herbs, grown especially for its medicinal leaves and seeds, brimming with phytonutrients that have notable health benefits. In many traditions across the globe, this plant is considered a “holy herb.”

Basil, *Ocimum basilicum* , belongs to the family Lamiaceae and is native to India, Iran, and tropical regions within Asia. This herb grows best in tropical climates. A mature plant can reach about 100 cm, on average, in height. Basil leaves are silky, light green, about 2.5 in long, 1 in broad, displaying in an opposite arrangement. The purple or white flowers can get quite large and appear in terminal spikes.

There are four varieties of Basil: Sweet basil, or “Mediterranean” cultivar, typically has light green leaves; Asian basil, *Ocimum sanctum* , has a stronger ‘clove’ flavor and displays large, hairy stems, pink flowers, and red or purple leaves; lemon basil has a “lemon” flavor; and Thai basil, *O. basilicum* or ‘*Horapha* ,’ shares

characteristics with Asian basil but has a licorice-type aroma and displays narrow and pointed, light-green leaves.

*TIP* : Did you know that the seeds of Basil have a special medicinal effect on the body? They cool the body down, especially in the summer. So it's recommended to take Basil leaves in winter and Basil seeds in summer.



**Wood Betony**

Wood Betony is a healing herb for many ailments. This perennial herb belongs to the family Labiatae and is known for being tall. It can grow up to 70 cm tall and contains numerous bright purple flowers, which grow in clusters of up to 15 on the very end of the upright, thick green stem. Betony is often prescribed by herbalists to treat neuralgia, anxiety, migraine, gallstones, high blood pressure, and heartburn and to inhibit sweating. Also, it can be applied topically in an ointment to treat cuts and sores.

*TIP* : Betony is a bitter and aromatic herb, and it relieves gastritis, heartburn, and gas; improves appetite, and supports digestive health. To relieve acid reflux, use 2-4 drops of liquid extract or prepare a root decoction and have it once a day.

## Cardamom



Cardamom belongs to the family Zingiberaceae and falls into two genera: Elettaria (Green) and Amomum (Black). This seed pod has long been popular due to its healing and culinary properties. Native to the evergreen rain forest in southern India, and the spice grows in



certain tropical countries. Typically, the plant can reach 4 m in length and grows in thick clumps. It starts bearing the seed pods after approximately two years of plantation. Each pod can reach approximately 1-2 cm in length.

Both cardamom varieties produce three-sided pods covered by a papery thin, yet tough outer layer. Inside, tiny, aromatic seeds, ranging in color from deep brown to black, appear in vertical rows with a thin membrane covering each grain. Amomum pods appear large and dark brown, while Elettaria pods appear smaller and light green.

Black cardamom, *Amomum subulatum* , is also called Nepal cardamom (“bari” or “kali elaichi”) and is a relatively bigger pod compared to Elettaria cardamom. The pod displays a rough, dark brown outer layer and can reach approximately 1-2 cm in diameter and 2-4 cm in length. These pods produce an intense, camphor-like flavor generally used in spicy stews in China and the sub-Himalayan plains of Pakistan, India, and Nepal.

*TIP* : Did you know that Cardamom is very effective in treating stress and depression? Crush Cardamom and put it in 1 cup of water. Boil on low flame, strain, and add a little honey. Drink it lukewarm once a day.

## **Chamomile**



Chamomile is a popular medicinal herb, since ancient times, and the term actually describes a variety of daisy-like plants. Two of the most common species are German chamomile, *Matricaria recutita* , and Roman chamomile, *Chamaemelum nobile* . They each provide unique health benefits, but both have been prized since ancient times in Rome, Greece, and Egypt for their anti-inflammatory and calming properties. Chamomile became even more popular through the Middle Ages as people started using it to treat numerous medical issues such as skin diseases, asthma, cancer, colic, nervous complaints, fevers, nausea, inflammation, and various children's

ailments. In terms of being a popular remedy, it could be considered the European counterpart to Asian or Korean ginseng.

*TIP* : Chamomile is the best aid for irritated children. When the child wants a lap all the time and cries when put down for bed, or when one of his cheeks is red and hot, and the other is pale and cold, then prepare a little Chamomile tea and the child will calm down.



## **Cinnamon**

Cinnamon is a commonly used “warming” herb in Chinese medicine that supports digestion and circulation. It is a go-to ingredient for tea that is used to treat nausea during pregnancy and reduce hemorrhage after the baby’s birth. This herb also promotes peripheral circulation, boosts vitality, fights congestion, warms the body systems, improves digestion, eases abdominal spasms, and stimulates the body’s vital organs.

*TIP* : Did you know that Cinnamon is a great herbal remedy to treat diabetes? Make a Cinnamon infusion by soaking pieces overnight in a bowl of water. Drink the infusion half an hour before your first meal of the day.



## Clove

Cloves, *Syzygium aromaticum* , are among the highly revered spices, with culinary and healing properties that are recognized across the globe. This spice is technically the “flower buds” blooming on an evergreen tree belonging to the family Myrtaceae and native to rain forests in Indonesia. The buds start out pale in color, then eventually turn green. By the time they are harvested, the cloves will develop into their distinct bright red. Mature buds achieve nearly 2 cm in length before they are picked.

*TIP* : Clove is a great herbal treatment for toothache and gingivitis. It can also help to get rid of bad breath and dry mouth or diminish cavities. For toothache, chew 2 Cloves and apply around the sore teeth. If you prefer to use essential oil, add 1 drop to a cotton ball then place around the sore teeth.



## **Oregon Grape Root (Creeping Mahonia)**

Oregon Grape is applied to treat those diagnosed with cold sores, acne, psoriasis and eczema, and acute and chronic urinary tract infections. The roots and stems are the medicinal parts of this plant, and the best time to harvest is during the early spring, fall, and winter. Wait for the berries to fall off, but don't wait so long that new leaves sprout. Holding out for this particular period makes sure the medicinal properties of the plant are concentrated below the soil. Then, scrape the medicinal bark off the roots and stems to be used fresh in tinctures or later after being dried to make infusions.



## **Ginger**

Ginger is typically applied by herbalists to treat digestive problems, but it is also used to alleviate arthritis, motion sickness, and symptoms of the common cold. This spice has made a regular appearance in Asian cuisine for over five thousand years, but, in China, history of its use strictly as a remedy has lasted over two

thousand years. Later on, Europeans believed its power came from the Garden of Eden, and early American settlers used it as an ingredient in beer.

*TIP* : Did you know that Ginger is effective in cases of premenstrual syndrome? Use Ginger root to make a tea and take it twice a day, or chew a piece of fresh Ginger. It will help to relieve the symptoms associated with PMS by soothing cramps, relieving nausea, and reducing mood swings and fatigue.



## Oregano

Oregano is a naturally therapeutic herb with potent phytochemicals providing health benefits whether it is used in your cooking or directly as a medicinal supplement. Popular in Mediterranean dishes, and known most for the flavor it brings to pizza sauce, oregano adds Vitamins A, B6, C, E, and K to your diet, along with potassium, calcium, fiber, magnesium, iron, and folate. It is also known as “*wild marjoram*” throughout Europe due to its relation to sweet marjoram, but oregano means “mountain joy” and the ancient Romans and



Greeks revered the herb as a symbol of happiness. In fact, drawings from those times depict the tradition of brides and grooms wearing a laurel of oregano like a crown.

*TIP* : Oregano actively fights against infections and several skin-related problems, including acne. It can give you smooth and infection-free skin. Acacia (Catechu)



## **Acacia trees**

For thousands of years, Acacia trees have been known for their medicinal properties, decorative uses, and strong wood. Today, Acacia's popularity has grown due to renewed focus on its medicinal properties and recommendations from herbalist experts to use it as a natural remedy to alleviate a wide variety of disorders. It's said that Hebrews have long considered the wood of the acacia tree sacred and that a legend exists stating Christ's crown of thorns had come from an acacia tree.

*TIP* : Acacia can help you get rid of parasitic roundworms, e.g. ascaris. Drink 26 mL bark decoction of catechu 2 times a day.

## Goldenseal



Goldenseal is known for its ability to stimulate the body's immune system, and so, it has been used medicinally throughout history. This herb is believed to have powerful antiviral properties, making it popular for use against the flu and common cold. Due to extreme harvesting in the wild, this bushy plant is considered an endangered species. Before this, it generously grew in the wild within rich soils; it displays bright yellow flowers that generate a beautiful red oil upon infusion.

## Juniper



Juniper, *Juniperus communis* , has natural antiseptic, antibacterial, diuretic, and antiviral properties. The medicinal part of the evergreen trees, blue-black scales from the tree's cones, known as the "berries," are popular to treat a variety of health conditions. It has provided support during childbirth and been a remedy for infectious diseases.

Juniper grows wild in regions of North America, Asia, and Europe. *Juniperus communis* is the most common variety of juniper in North America, among the many out there. This particular variety can reach 10 ft tall and displays seed cones and leaves that resemble needles. Scales from the cones of the male juniper take 18 months to ripen, while the scales of a female juniper take 2-3 years to ripen.

*TIP* : Juniper berries extract has anti-inflammatory properties.  
Greater Celandine



## Greater celandine

Greater celandine, *Chelidonium majus* , has long been used in several European countries. Dioscorides, Pliny the Elder, and the ancient Greeks in general described Celandine as a reliable detoxifying agent. For the Romans, Celandine was employed as a blood cleanser. French herbalist Maurice Mességué touted Celandine tea for treatment of liver problems. Traditional Chinese medicine and Western phytotherapy also praise its healing properties. Greater Celandine extracts have exhibited the capacity to protect the liver and a notable toxicity toward harmful organisms. Such a capacity has generated interest in employing Greater Celandine as a major aspect of protocols supporting and cleansing the gallbladder and liver.

*TIP* : This herb is very effective in treating warts. Keep in mind, though, the fresh juice can be toxic and could blister your skin, so dab no more than 3 warts at the same time with a cotton ball no more than 3 times a day.



## **Neem (Margosa)**

The last fifty years has seen the expansion of neem tree products beyond Asia and into other parts of the world, allowing American and European scientists to study its potential medical benefits. This ancient tree from Asia has been a source of medicinal extracts for centuries. Bearing a history that extends to the beginning of Hinduism, the neem tree continues to be a valuable herbal remedy for daily life and alleviating various irritants and ailments. India's history has documented farmers who purposefully grew neem trees for the medicinal benefits as early as the Vedic period, 1500-600 BC. Neem has also been used medicinally in India within traditional Ayurvedic herbal healing treatments. As people learn more about Neem and studies provide positive results about its use, this ancient herbal remedy can become a more widely accepted aspect of daily health regimens.



### **Sanguinaria (Bloodroot)**

Sanguinaria is an extract taken from the root of the *Sanguinaria canadensis* and *Poppy fumaria* species. It is a plant alkaloid shown to possess antioxidant, antimicrobial, and anti-inflammatory properties. Due to those properties, it is popular as a toothpaste additive and an antiseptic mouth rinse to inhibit dental plaque and gingival inflammation. Sanguinaria is defined as a cationic molecule, which means that it converts to an alkanolamine form at a pH greater than 7 from an iminium ion form at a pH less than 6. Sanguinaria has been found to impede platelet aggregation caused by a sub-threshold concentration of thrombin, arachidonic acid, and collagen.

### **Goldenseal Orangeroot**

A native to North America, goldenseal was commonly used by Native American tribes to protect against nearly everything. Its primary active ingredients--berberine and beta-hydrastine--have massive anti-inflammatory and astringent benefits, not to mention it is a powerful antibacterial, antifungal, and decongestant. Typically seen in the wild, the vast market demand on this miracle herb has put its supplies at risk so beware of any goldenseal merchandise labels that don't say "organically cultivated" Perhaps you've heard through the grapevine about one of the goldenseal's most popular applications --to produce a false negative when urine is tested for prohibited drugs, from marijuana to cocaine. However, there is no hard evidence showing the goldenseal works for this purpose in line with the University of Maryland Medical Center.

## **Mountain Arnica**

Plant some arnica in your garden, and you're going to have this perennial for two springs. You will realize this medicinal attractiveness due to its glowing yellow, daisy-like appearance and around, hairy stalks. Though its active ingredients are primarily regarded as analgesic and anti-inflammatory, some herbalists use it as an antibiotic, especially for topical skin ailments. It was revered since the 1600s for its pain-relieving prowess. German philosopher Goethe is rumored to have smoked its leaves and drank its tea to ease chest discomfort. Many studies have recently concluded that the herb is effective for relieving muscle pain because of vigorous exercise. In reality, a 2003 study published in Homeopathy revealed it worked better than the placebo for treating muscular soreness on runners who just finished a 26.2-mile marathon. Arnica is usually considered toxic in amounts more significant than what you'd see in cosmetics or food. In reality, the amount you discover in herbal or homeopathic remedies are generally so diluted they are deemed secure. Do not use on broken skin, before or after the operation (it increases flow), or when you have digestive conditions. It's considered unsafe to inhale or use as aromatherapy.

## **Black Cohosh Plants**

Black cohosh will be your best friend if you experience painful or uncomfortable menopausal or PMS symptoms. The mixture of its ingredients--tannins, resins, fatty acids, 27-deoxyactein, isoflavones, triterpene glycosides, and formononetin--mimic the hormone estrogen and has been clinically shown to alleviate congestion, cramps, bloating, mood swings, depression, and much more. North American Indians used black cohosh to treat gynecological conditions, kidney problems, malaria, snake bites, coughs, and colds. Herbalists have since primarily focused on women's pain related to the uterus, ovaries, infertility, and labor pains. At the same time, it's also used in alternative remedies for neurological and lung ailments. Researchers urge not to take black cohosh if you are breastfeeding, pregnant, diagnosed with breast cancer, or possess hormone-sensitive problems that could be triggered by the herb, which stimulates estrogen in the body. Should you take the herb internally, take a rest after one year. Also, stop if you are experiencing unwanted effects like upset stomach, headaches, cramps, weight gain, spotting, or bleeding between menstrual periods. It thrives in moist, organic grime and must undergo a completely warm and cold cycle to heat until the seeds germinate. Ensure success by putting mature seeds in autumn; therefore, it experiences the process and up your odds of growing throughout its first spring.

## **Cayenne Plant Herb**

In case you cannot tolerate the heat, you may want to up your tolerance. Cayenne is much more than only a spicy blossom; it is a wellness superfood. This wonderful little spice does on your body exactly what it does to your mouth, makes things sexy quickly. It speeds recovery, quickens flow, ups metabolism, boosts immunity, and hair development. It is just like a shot of adrenaline directly to your wellness. Capsaicin, which dials up the pepper's warmth, was extensively studied because of its curative properties. Researchers have looked at over 300 research of its effects on metabolism and revealed that it does accelerate weight loss and mood desire. It is a



hot herb and must be managed with caution, particularly for anyone who has sensitive skin.

## **Clove Aromatic**

Clove is an incredibly nutrient-dense spice whose active ingredient, eugenol, was studied broadly. Filled with manganese, magnesium, iron, magnesium, vitamin K, and fiber, this miracle flower bud is admired for the anti-inflammatory, antiviral, antibacterial, and antimicrobial properties. Although studies have been inconclusive, it is used to supplement contemporary cancer treatment and remedies and other ailments such as hepatitis with positive outcomes. Since the eighth century, cloves have been a significant part of the Asian and European trade. In reality, wars are fought within the spice. Clove is deemed safe when taken in quantities typically found in foods, but no studies are done taking the herb for medicinal use in the long run. The active ingredient in clove, eugenol, slows blood flow, so avoid eating clove post-surgery or when you are taking blood thinners. Cloves are the flowering buds of recurrent clove trees. They grow readily in moist, tropical locations or rich, reddish soil. Their perfect requirements are tight shade and rain.

## **Valerian Herb**

It is most often considered "brain foods" since its sweet spot helps cure and encourage the nervous system. The first European colonists sent valerian together with all their possessions to begin a new life in the area. Since this herb is a natural strain and pain reliever that is simple to grow, packaging it because a cure-all has been a no-brainer is among my preferred nerve tonics and muscle relaxants. It functions well for many people; a small proportion of individuals find it annoying and too stimulating. It's useful for insomnia, pain, irritability, headaches, digestive issues because of nerves and muscle aches in people for whom it works. Based upon the person, the odor is relished or deemed offensive. I rather adore the smell, that reminds me of violets, or wealthy, sweet ground. Others might discover that Since the origin is full of volatile oils, it

needs to be infused instead of decocted. Valerian is often tinctured or vaporized instead of taken as tea due to its odor, even though its flavor is very agreeable. Herbalists are in a debate about whether the dried or fresh herb functions better. I find it is an issue of personal taste. Indeed, it is better smelling and tasting when new, but I discover that the dried root functions in addition to the fresh root. Cats adore valerian roots, too, more than catnip. Sprinkle some in their bed or on the ground for a few playful antics.

## **Comfrey *Symphytum***

This herb was an essential beauty ingredient with historical civilizations because of its skin healing, anti-aging, and youth-promoting consequences. It moisturizes, causes skin cell turnover, brightens, protects against germs, inflammation, redness, and soothes skin layers. It had been famous for healing broken bones from the Middle Ages, even though contemporary scientists have yet to affirm this specific remedy function. It is not advised to take comfrey by mouth because of its pyrrolizidine alkaloids, leading to lung disease, cancer, and liver damage. You will love comfrey in your backyard since its vibrant blue and purple blossoms appear fantastic, it's easy to develop, and it contrasts beneath the shade of other plants and trees. The only downside is that if you want to get rid of it, then fantastic luck. Its origins are delicate, breakable, and sprout new plants quickly and efficiently.

## **4.9 Genus *Aloe Vera***

Apart from being simple to watch over, it is helpful to have available on-demand first aid for burns, sunburns, scrapes, or any other skin condition. For more severe problems, such as arthritis pain, gut difficulties, or inflammatory conditions, many herbalists maintain a jar of aloe vera skin healing juice in their refrigerator to spike their morning cup of tea. Aloe is the most excellent beautifier, regarded as a critical weapon in Cleopatra's skincare regimen. There are brains behind its beautifying power, also. Studies have shown it could be effectively utilized to deal with asthma and diabetes.

## **Ginger**

As an all-purpose cure-all and immunity booster (thanks to therapeutic ketones such as gingerol), ginger competes with its culinary counterpart, garlic, in efficacy in treating many different conditions. You have probably already been appreciating its medicinal advantages if you are a lover of Thai, Indian, or Chinese cooking. Like garlic, you can get tremendous healing benefits by integrating the herb into your culinary regularly more frequently.

## **Ginseng Genus Panax**

While ginseng has been a significant part of Traditional Chinese Medicine for thousands of years, it has only lately come into vogue in the USA, having been analyzed for an assortment of ailments and conditions which range from moderate to severe. The herb is a significant force in strengthening immunity and healing digestive, heart, and nervous system difficulties and healthy addition to an anti-aging beauty regimen.

## **Hops Flowers**

Hops are the female blossom of the plant that is mythical. The herb has been demonstrated to be good at triggering weight reduction, treating menstrual disorders, calming anxiety, and balancing moods through the years. And not only when it is brewed and packaged using a beer can. It is used today in many different preparations, from teas to anti-aging skincare. As a result of its prevalence in home brewing (versus residence recovery), it is projected that almost three-quarters of jumps manufacturing were DIY at-home combinations in pre-war instances. Hops are deemed nontoxic and safe. But some individuals should take caution when using since they could make depression worse. They also stimulate estrogen, thus avoiding if you have been diagnosed with breast cancer. Hops can also interact with anesthesia, causing the individual to undergo

heightened consequences. Hops are proven to be harmful to puppies.

## **Hyssopus Officinalis**

Hyssop gets its star power in the herbal Medicine world by its properties as an antiseptic, cough reliever, expectorant, and because of its aromatic qualities. Gourmet chefs revere it for the flavor-enhancing kick it gives to soups, stews, salads, and sauces. This herb was just another favorite of the Greeks, namely Hippocrates, Galen, and Discords. In their times, the herb was readily suggested for an assortment of issues--many popularly as a decongestant, disinfectant, and stimulant. Today, its anti-inflammatory benefits are sought by those who have muscle tension, neck pain, anxiety, or throat problems due to overworking their voices. Actors, public speakers, singers, politicians, teachers, and many others may find hyssop's performance quite useful. Add its essential oils into a carrier oil. It creates a fantastic massage or bath oil or combines with just about any oil to get a nourishing, antibacterial facial treatment. Hyssop is known to be safe in low doses with a couple of exceptions. As it's packed with ketones, avoid pregnancy because the herb may cause uterine distress or trigger menstruation. If you're prone to seizures, avoid taking this herb since it might spur their onset or heighten them.

## **Lavender Herb**

Lavender is no one-hit-wonder. Powerfully, in fact, it's one of the few essential oils which herbalists recommend applying directly to the skin for healing cuts, wounds, scrapes, and bruises with zero side effects. In ancient times, a pound of lavender blossoms would set you back about a month's salary if you're a farmworker. The Greeks discovered early that crushed and properly treated lavender could release a relaxing fume when burned. Later it was used for smoking, mummifying, and perfuming. French chemist René-Maurice Gatehouses, who coined the term aromatherapy, endured terrible burns after a laboratory explosion. In a last-ditch effort at recovery,

he rubbed his traces with lavender essential oils, which sped healing and left his skin almost scar-free. A recurrent, lavender is a hardy plant ready to grow nearly anywhere. In reality, you've likely noticed it growing in meadows, near roadsides, and in lush, mountainous areas. While its typical habitat makes it appropriate for Zones 5 to 8, give this herb some sunlight, warmth, and moist, well-drained dirt, and it is a happy camper.

## **Yarrow *Achillea millefleur***

Yarrow is one of the fascinating herbs. You will find it. Said for a cure-all, it's been widely used across the planet for centuries in many different modalities and civilizations. It is best known for its dual nature. For instance, it triggers bleeding and stops bleeding. It makes sense because yarrow, like spearmint, is known to be "amphoteric," meaning it moves to the place in or on your body where it's needed. At the same time, it's soothing and stimulating, depending on the patient's needs. Even more intriguing, it works almost immediately, significantly if reducing swelling or stopping bleeding, also carries down high fevers in record time (that is because it's also diaphoretic and triggers sweating!).

Yarrow is named after Achilles, the Greek Trojan War pioneer, who used it during battle. He jumped his warriors' feet from the herb to stop bleeding and cure their wounds more quickly. Yarrow is one of our most versatile and healing plants, beloved and respected by people using it. A gorgeous roadside weed, yarrow is best recognized by its creamy white flowers that bloom in clusters atop a stem throughout the summertime. Yarrow blossoms and leaves are exceptional diaphoretics (promote sweating). Diaphoretics such as yarrow are often suggested to reduce a fever by helping someone produce sweat. Yarrow is also a very useful first-aid remedy used to prevent bleeding internally and externally. It can be applied externally as a poultice or wash or taken internally as a tea or tincture. If that is not enough, yarrow also has beneficial effects on the lungs and heart. Yarrow can be prepared as an infusion, tinctures nicely, and can be encapsulated. It will make a bitter extract, so combine it with tastier herbs for use as a digestive aid

and diaphoretic. The dried, powdered leaves and flowers are helpful first aid items for disinfecting wounds and assisting cuts in preventing bleeding.

## **Burdock Arctium**

If you've had Japanese takeout recently, Chances are you've had burdock root. New studies have even shown that it may be prebiotic, which encourages the growth of beneficial bacteria in your intestines and keeps you healthy in cold and flu season. If you create it like a side dish in your home, gourmets and herbalists will tell you two things: Leave the skin--it's got enormous nutrients and soak the roots for 15 to 20 minutes before broiling, boiling, or sautéing to shed its bitter, muddy notes. Do not worry; it's tastier than it seems. Most recently, burdock had its 15 minutes of fame in the '90s with the explosion of Velcro. George de Mistral invented the cloth fastening device in 1948 after going on a hiking trip, and his dog and locating burdock burrs stuck on his clothes and his best buddy's fur. Burdock is one of those aggressive, impossible-to-destroy weeds you have likely tried to ruin if you have a garden. In other words, before you learned about its incredible healing possible. A real survivor, this herb grows on just about any dirt from dry to rocky to damp, survives freezes and droughts, and also doesn't have a taste about the sun.

## **Licorice or Licorice**

The Actual herb (instead of the candies) is Naturally sweet--50 times sweeter than sugar, actually --and chock full of healing chemicals. Even more shocking, the ingredient which produces licorice so sweet (glycyrrhizin acid) is one of the root's secret weapons thanks to its anti-inflammatory, antiviral, and anti-arthritis advantages that mimic hydrocortisone and corticosteroids from the body. While much of licorice's benefits are still considered lore--though the herb has been used extensively throughout Europe and Asia for centuries--an injectable form of the plant was revealed in a clinical trial to effectively fight hepatitis C. Herbalists state that ginger falls into the group of "Mediterranean plant." In other words, it enjoys full sunlight,

higher warmth, and sandy to partially sandy soil. If you are raising this herb indoors, be aware that you will want about three years until it is medicinally prepared to use if you take it from seed to harvest. The practical and delicious attributes of licorice help make it one of the most crucial herbal remedies. It is used for many situations, including bronchial congestion, sore throat, coughs, and effective antifungal medication for shingles, herpes, and other viral infections. Using its exceptional mucilaginous properties, licorice can heal the respiratory tract and digestive tract's inflammation and be soothing and healing to nausea. It is excellent for toning the endocrine system also can be a particular herbal remedy for adrenal exhaustion. In traditional Chinese medicine, licorice is regarded as a "superior medicine" and is used as a harmonizer in many formulas. Licorice is very sweet and must be blended with other herbs to be more palatable. Though most men and women enjoy the flavor and taste of licorice, several individuals have a strong aversion. It can be produced into a wash or poultice for viral diseases such as herpes and shingles as tea. For adrenal exhaustion, tiredness, and fatigue, drink 2 to 3 cups of licorice tea a day, blended with additional endocrine tonic herbs like wild yam, sarsaparilla, burdock root, and saffron. For sore throats, prepare ginger for a cough syrup; mix it with pleurisy root and elecampane for deep-seated bronchial inflammation, and blend it with marshmallow root for digestive inflammation and ulcers.

## **Mullein Verbascum**

An expectorant and antispasmodic, though some researchers have questioned its effectiveness as an antibacterial, others in Clemson University discovered mullein to successfully fight bacteria like *Staphylococcus aureus*, *Staphylococcus epidermidis*, *E. coli*, and pneumonia. Another European plant initially considered ward off evil spirits; this specific herb was considered among the 23 most potent healers in Egyptian medication. Mullein, a biennial, makes a great addition to any backyard --it's appealing and lures in both bees and birds. Once it thrives in Zones 3 to 8, it's pretty happy everywhere you plant it. If you're into nature walks or outside exploration, you've

likely seen it growing in the wild in areas, by streams, in woods, or adjacent to highways. (It's easy to see, given its own skinny, stalk-like stem and seven-foot stature.) It is among my favorite wayside weeds. It is always so stately, sometimes sending its flowering stalk several feet high into the sky. That stalk is filled with beautiful, fragrant yellow blossoms that produce the very best oil for ear infections. The flowers both fight the disease and relieve the pain. The elongated fuzzy leaves that form a rosette at the base of this plant are used for hundreds of years in cough formulas and can be used for all manner of respiratory and bronchial asthma and infections. The leaves are also excellent for curing vaginal imbalances and are suggested whenever there's glandular swelling. Mullein leaves and flowers may be utilized in capsule, tea, and tincture form. For bronchial congestion, colds, and coughs, combine the leaves with coltsfoot leaves and peppermint and prepare tea. To fight ear infections, prepare a solar infused oil in the blossoms, using olive oil.

## **Eucalyptus Gum Trees**

Eucalyptus gets its title from its healthy Active ingredient, eucalyptol, which constitutes about 70 percent of its compounds. It has significant anti-inflammatory, antiseptic, antiseptic, antiviral, decongestant, and antimicrobial properties. Its woody oils create a potent aromatherapy instrument for balancing and stimulating the mind, body, and emotions and treating viral ailments and respiratory ailments. Utilizing the herb for steam inhalation can also be excellent for clearing out the lungs, starting nasal passages, and treating sinuses. With over 300 species and 700 unique varieties, eucalyptus is a favorite among healers for centuries. Aborigines used it to disinfect wounds, lessen pain, and push fevers. Taken at the onset of colds, fever, flu, sinusitis, bronchitis, or other ailments, it's said to accelerate healing and shorten sickness. Eucalyptus must be diluted before applying topically to the skin. If you have diabetes, note that eucalyptus Growing chamomile indoors is easy and rather ordinary. It requires full sun and well-drained soil. If you're planting outside,



heads up, this tree won't achieve its maximum height possible unless you live in a warm climate.

## **Rosehips Rose Haw**

While this beautiful red fruit is revered for its vitamin C content, it is like a multivitamin grown to a tree due to vitamins A, D, E, essential fatty acids, and antioxidant-rich flavonoids. Rosehips are used to flavor teas and jellies, and it is a good thing for the immune system. While fresh rose hips constitute a significant source of vitamin C, dried rosehips? Not so much. The act of drying the plant zaps a fantastic piece of its C content.

## **Self-Heal Plant Herb**

Popular in skincare lines due to its high vitamin C, vitamin K, thiamine, and tannins material, self-heal is popularly famous for its antiseptic, antibacterial, and anti-inflammatory advantages. It's rooted in gourmet circles too: Self-heal's leaves and stalks (dried or fresh) are the key ingredients on your next farm-to-table gourmet or salad soup. Its fabulous purple blossoms brighten any bowl of greens with no guests using Its title "self-heal" stems from the fact that at once, this superb herb has been regarded as a panacea. Its ingredient profile includes cancer preventative, STD (sexually transmitted disease) remedies, and antioxidants proven to prevent cardiovascular disease and improve immunity. It is required to enhance mood from a psychological standpoint, increase energy levels, balance hormones, and wake self-confidence and life force. In reality, it's one of those only herbal essences created to a skin lotion made to reinforce self-health and self-sustenance.

## **Thyme Herb**

You are packed with natural recovery Stash this herb on your medication kit to resist everything from colds and influenza symptoms to baldness and fantastic breath. As you would not expect to get this herb on your skincare regimen, its antibacterial,

antibacterial, antifungal, and astringent qualities make it a shoo-in for curing demanding acne, preventing blemishes, toning and tightening skin, and deodorizing head. Not bad for something you generally look for in herbs de Provence. If saltwater could speak, it would let you know about how it was utilized by the Egyptians to mummify the dead or the way the Greeks gave it into their warriors to reinforce courage. As it is antiseptic, thyme was used by physicians to wash wounds.

## **Witch Hazel Hamamelidaceae**

The anti-inflammatory power of the wild tree. Great for healing sunburn, bug bites, and bruises, and you are going to discover that it's an essential addition to backpacks and camping equipment. Witch hazel is equally as popular in attractiveness circles. Its eye drops and astringent properties make it a superb component in anti-aging skincare formulas and nourishing spa treatments. Add it into a cotton ball for everyday usage and then swipe face to fight acne, decrease fine lines and wrinkles, and shrink pores and remove makeup. At one stage, the tree has been known as a "water witch" because its branches have been used to find underground mineral and water resources. Since they blossom in sunlight, they are often planted by men and women who require a visual psychological increase or aromatherapeutic pick-me-up through the long winter season. The inner bark of this shrub is a powerful pain reliever and astringent. It's considered to act on the lymph system to stop inflammation and bleeding, both externally and internally. It's beneficial for digestive bleeding, hemorrhoids, varicose veins, as well as nausea.

Additionally, it is suggested to prevent bleeding of the lungs and nose. Witch hazel can be made into a tincture or salve and employed externally as an astringent, disinfectant scrub.

Additionally, it produces a fantastic cleaner for distressed skin. It's still easy to locate witch hazel extract in pharmacies, as well as some grocery stores. Just be sure that it's pure distilled witch hazel produced from the bark of *Hamamelis virginiana*.

## **Wild yam**

Wild yam has an intricate activity physically and can be used for several essential functions. It's the primary source material for both steroid manufacturing and is a hormone stimulant. It hastens the endocrine glands' process and assists in the everyday use of both genders' reproductive systems. It's been used as a treatment for the menstrual disorder, to stimulate digestion and liver, and to increase fertility in women that are progesterone deficient. Wild yam additionally has nervine and antispasmodic properties. Also, it's a superb treatment for soothing muscle cramps, colic, and uterine pain. It's also beneficial for relieving liver blockage and normalizing gut function. Use wild yam in formulations for the reproductive system of both women and men.

Additionally, it can be made in teas, tinctures, and capsules. It's seriously depleted in its typical habitat. Buy only from cultivated sources.

## **White oak Herb**

White walnut Herb Bark is a strong astringent and disinfectant. The high tannin content from the bark, leaves, and gall creates the white walnut incredibly helpful for treating asthma, dysentery, and migraines. It may be ready as an astringent, antiseptic wash for wounds, poison oak, and poison ivy. It's also employed as a gargle for sore throats and gum and tooth diseases, as a douche for leukorrhea, and a wash or poultice for varicose veins. The white pine's inner bark is often used, but the leaves and gall can also be full of tannins and quite astringent. It's usually made into a decoction for internal functions and an antiseptic ointment for outside parts. White pine bark also tinctures nicely and can be found in formulations for tooth/gum ailments, sore throats, and skin ailments like poison oak and poison ivy.

## **Astragalus Herb**

Called "the young individual's ginseng," astragalus reinforces the immune system and also helps reconstruct the bone marrow book that regenerates the body's protective shield. It's a superior tonic herb that is used in treating chronic imbalances. It's also handy for regulating the metabolism of dietary sugars, and consequently, it's helpful for individuals with diabetes. Astragalus is best utilized in tea for long-term illness, reduced energy, and encouraging and building profound immune power. Astragalus may also be used in capsule form. Or just eat it as is placing a complete root or two at a kettle of soup and simmer for many hours, or even chew on it just like a licorice stick; it is quite yummy.

## **Biennial Plants**

Farmers and a boon to herbalists. It's just the best herb to the skin and may be used internally and externally for psoriasis, eczema, psoriasis, as well as other skin-related imbalances. It's a superior tonic herb for the liver. Its pleasant flavor is frequently formulated with additional less yummy "liver " Burdock creates a fine-tasting tea teenager with problem skin may try it mixed with juice or other herbal teas. Decoct the origin and function of meals as a digestive aid. The seeds are frequently utilized in lotions for skin.

## **Cayenne Pepper Capsicum Annuum**

Cayenne is loved worldwide, together with, and it is somewhat deserving of all of the attention it gets. Not only is a fantastic fired-up culinary herb used in all types of dishes globally, but it's also a highly valued medicinal plant. It functions as a catalyst into the system, stimulating the body's natural defense mechanisms. It's antifungal properties and is a superb heating circulatory herb. It's among the very best heart tonics, raising the pulse and toning the muscle. In the end, it's a tremendous carminative, sparking the digestive process and assisting with constipation and congestion. Cayenne may be appropriately used in several formulations (capsules, teas, tinctures, and food preparations) as a catalyst or activity herb. The burning sensation it generates is shallow rather than harmful. Cayenne,

though secure, is sexy. A pinch of cayenne in a tincture formulation may overwhelm, along with a grain or grain within an herbal pill, may send one to the ceiling! Use with care and only in little quantities

## **Raspberry Herb**

Measure apart chia, raspberry leaves and seeds Are thought of as among the trendiest new superfoods around. It is no surprise. Beauty fans are fairly psyched about its capacity to eliminate acne scars, treat and prevent breakouts, reduce wrinkles, smooth skin surface, and even skin tone. Blackberry foliage makes an equally excellent (and antioxidant-rich) substitution. Raspberry is widely known for its advantages of encouraging pregnancy, labor, and delivery. Many civilizations have used it to deal with a vast selection of ailments, such as hypertension, kidney disorders, and illnesses. Topically, its leaves are a very potent disinfectant and are applied to wounds to accelerate recovery. Raspberry bushes flourish in Zones 3 to 9 in regions with complete sunshine, fertile, well-drained dirt, and decent airflow. Do not plant near a place that develops or is used to create tomatoes, potatoes, peppers, eggplants, bramble berries, or roses, which may cause harmful diseases that could attack and destroy the fruit.

## **Slippery Elm**

Slippery elms, together with other elm trees, partly because of their low prices and slow-growing character, making their inhabitants slow to replenish. It's possible to discover little and full-grown trees offered in specific nurseries in addition to online because their bark remains in demand. Most herbalists substitute marshmallows in recipes whenever permitted or readily available. A wholesome tree could top 60 feet tall. What is coveted for medicinal usage is the bark in the branches. Slippery elm is famed because of its "mucilaginous" consistency, meaning that the thick, gooey texture is inherent in certain crops. Together with its natural anti-inflammatory, anti-irritant features, this viscosity makes it a soothing, nourishing ingredient in contemporary skincare lines. Back in the day, Native Americans

utilized to soak slippery elm bark, cover wounds and permit it to dry over the wounded area since the bark exerts its therapeutic compounds to the skin.

## **Chaste Tree Herb**

Chaste tree, a tree native to the Mediterranean Area, has been used by Europeans since early times. It's among the main herbs for nourishing and feeding both women and men's reproductive organs and is incredibly valuable in restoring energy and overall tone into the female system. (While the chaste tree is an essential herb for many women, it does not work for everybody; listen when first using it to see whether it is the best option for you.) Many men and women use it to boost their sexual energy, even though there's some controversy regarding whether it arouses or depresses sexual appetite. I find it amphoteric inactivity, meaning it wakes or pushes determined by what your body requires while still addressing the imbalance's origin. Chaste tree berries taste and look somewhat like black pepper. Even though they may be vaporized in tea, they are ordinarily utilized in tincture or capsule form. They may also be placed into a pepper grinder, also used like pepper.

## **Cleavers Herb**

Often found growing near chickweed; they appear to relish the identical habitat. And both are usually combined in formulas too. Additionally, cleavers are a superb lymphatic cleanser and are frequently used as a safe, effective treatment for swollen glands, tonsillitis, and several tumors. Prepare in precisely the same manner as chickweed.

## **Coltsfoot Herb**

Coltsfoot is a frequent weed found growing along roadsides, ditches, and streams all over the USA. We frequently confuse it with dandelion, as the blossoms are alike. However, coltsfoot blossoms at the first aspect of spring, before the big, curved leaves appear.

## **Comfrey Herb**

Full of allantoin and profoundly recovery, Comfrey is widely utilized in calming poultices, salves, and lotions. It eases and activates the healing of tissue. It's absolutely among the best herbs for torn ligaments, bruises, strains, and other harm to the joints or bones. The origin and the foliage have comparable properties; the head is more powerful; the vegetation is much more palatable. Utilize them both in salves and lotions. The origin is decocted, the foliage is infused. Much like coltsfoot, studies many years ago discovered traces of PLAs in comfrey. The classes were not conclusive, and that I, personally, together with several other herbalists, continue to use comfrey. However, I do not use it in formulations intended for internal usage by others. You may decide for yourself if you feel comfortable eating comfrey. But comfrey is safe to use for outside functions; everybody agrees with it!

## **Cornsilk Herb**

The corn silk (flower pistils) has been utilized as a goat tonic. It can excite and wash urinary passages while soothing inflammation. It's among the best herbs for counteracting bed-wetting and incontinence. Corn silk can be surprisingly flavorful, tasting somewhat like fresh corn on the cob. Use it as tea throughout the day to reinforce the urinary system. Take corn silk for a tincture at night to help avoid bed-wetting. Other remedies, such as Kegel exercises, should be utilized together with corn silk for the treatment to be effective.

## **Echinacea Herb**

Best immune-enhancing herbs, which we all know of and among the main herbs of the time. Though exceptionally successful, it's not known to have any side effects or residual buildup within the body. It's also a superb herb for the lymphatics. Though powerful and influential, it's 100-percent secure, even for young kids and the elderly. Take echinacea in regular tiny doses in tea or tincture form to

improve immunity at the very first indication of a cold or influenza. It's also practical for bronchial diseases as a tea or tincture. Use it as a spray to get sore throats. For sore mouth and gums discomfort, create a mouthwash in the root, using peppermint or spearmint essential oil to taste it.

## **Geranium Crane's-bill**

Geranium's mother nation is South Africa, but it's been used worldwide for many years to resist infections, migraines, migraines, and much more. A potent astringent, it's famous for cleaning, opening, and diminishing the size of your pores (a wonder must-have for young skin). You'll find it from tonics, toners, skin lotions, serums, and lotions. Additionally, a mood booster, add it into a diffuser in your workplace or close to your tub to soften spirits and fight stress. Herbalists (as well as centuries of anecdotal proof from physicians and nurses) say it is well worth adding to your arsenal of treatments to its anti-inflammatory, antifungal, and antibacterial properties. Early settlers to North America used it for stomach disorders such as nausea, cramps, and gastrointestinal disorders in addition to sexually transmitted diseases (STDs) and killing warts. A famous disease fighter, you would find geranium in treatments for vaginal infections, menstrual flow, toothaches, as well as acute issues such as typhoid fever. Geraniums are relatively easy to develop, capable of withstanding an assortment of harsh conditions like heat or drought. Their ideal situation is full sun, hot temps, and a covered place, making it suitable for a windowsill inside.

## **Elder Herb**

You'll discover this yummy product in many pharmacies in addition to natural food shops throughout Europe. In the USA, elderberry syrup and tincture are popular remedies for cold and influenza germs, though you're more inclined to locate them in pill and organic food shops than in pharmacies. Both the berries and blossoms are strong diaphoretics: by causing sweat, and they reduce fevers. Elder has strong immune-enhancing and antibacterial properties as well and



can be much better when combined with echinacea. Elderberries make a number of the greatest syrups and perfumes you will ever taste. Each summer, I gather the significant, aromatic horizontal clusters of elder blossoms and make elderflower fritters a special summer treat. People who have blueberries are safe to consume, though most men and women agree that it is best not to eat the fruit uncooked to cook, tender, or tincture it. The berries of red-green, a little tree that grows in high elevations and appears like the blue-green, except its vivid red fruit, aren't edible. Do not eat red elderberries!

## **Chickweed Herb**

Chickweed can be seen globally in moist, cultivated Soil and is often regarded as a weed. It's frequently utilized in salves and poultices for migraines and other skin irritations. It's a mild diuretic and can be suggested for water retention. Additionally, chickweed is a treasure trove of nutrients, such as potassium, calcium, and iron. They may also be juiced; they are incredibly useful, mixed with lemon juice. A mild infusion of chickweed is incredibly soothing. This herb does not dry or store well, so to conserve it for future usage, consider tincturing a number of the following crop of chickweed that pops in your backyard. As opposed to seeing it as a bud, see it because of the recovery, tender, and stubborn little plant.

## **Oregon Grape Mahonia Auditorium**

The origins of the Gorgeous holly-like plant Are gaining popularity since they contain berberine, a compound like the active ingredient in goldenseal. Oregon grape root is used in goldenseal to help avoid overharvesting of the herb; however, Oregon grape is also a slow-growing perennial using a restricted growing range. Much like goldenseal, Oregon grape root is used both externally and internally to combat infections. It's exceptional anti-inflammatory, antiseptic, and antibacterial properties. It's frequently utilized in formulations to encourage liver wellbeing and digestive troubles.

Additionally, it is an essential herb for skin issues like eczema, psoriasis, eczema, and psoriasis. A decoction of the root may be utilized as a topical scrub for diseases. Whether picking yourself or buying it from retailers, then take care to encourage sustainable practices that restrict the potential of overharvesting Oregon grape roots. Though often successful where it's located rising, Oregon grape has a restricted selection. If wild inhabitants appear to be diminishing, we might determine that this herb be utilized from just cultivated resources, leaving the uncontrolled stands to grow.

## **Elecampane Elf dock**

You'll discover this yummy product in many pharmacies in addition to natural food shops throughout Europe. In the USA, elderberry syrup and tincture are popular remedies for cold and influenza germs, though you're more inclined to locate them in pill and organic food shops than in pharmacies. Both the berries and blossoms are strong diaphoretics: by causing sweat, and they reduce fevers. Elder has strong immune-enhancing and antibacterial properties as well and can be much better when combined with echinacea. Elderberries make a number of the greatest syrups and perfumes you will ever taste. Each summer, I gather the significant, aromatic horizontal clusters of elder blossoms and make elderflower fritters a special summer treat. People who have blueberries are safe to consume, though most men and women agree that it is best not to consume the fruit raw but to cook, dry, or tincture it. The berries of red-green, a little tree that grows in high elevations and appears like the blue-green, except its vivid red fruit, aren't edible. Do not eat red elderberries!

## **Fennel Herb**

A Favorite carminative and digestive help, Fennel was utilized by the ancient Greek doctors to get all manner of gastrointestinal troubles and to increase and enhance blood flow in nursing mothers. It's a powerful antacid, both excess polyunsaturated acid in the stomach and lowering uric acid in the joints, thus helping to fight inflammation.

They may also be used to ease colic. With their licorice-like taste, fennel seeds are rather yummy and are frequently blended with other flavorful herbs to create formulations more palatable. They may be prepared as a tea to ease colic, enhance digestion, and expel gas in the system. (Recall, however, the gasoline does not evaporate but is discharged, which means you might be tooting somewhat!) Nursing mothers can drink 2-3 cups of fennel tea every day to increase the stream of your milk. Fennel tea also creates a soothing scrub for inflammation and soreness in the uterus. It may be used with infection-fighting herbs such as goldenseal to treat conjunctivitis and other eye ailments. (Recall, however, breed the fennel tea nicely to not get any herb particles on your eyes).

## **Ginkgo Biloba plant**

Ginkgo Biloba Slow-growing large perennial shrub that can live into a rugged old era. The only survivor of the earliest known tree genus, Ginkgoaceae, dates back over 200 million years. And possibly it's standing as a veritable living fossil account because of its outstanding ability to help with recall and memory. Ginkgo functions as a "brain food" and is an excellent memory aid. Additionally, it enhances energy and enhances circulation. I propose ginkgo as a regular tonic herb for anybody experiencing memory loss or "brain exhaustion " Recently, it's been proven to stop the development of Alzheimer's disease if administered in therapeutic dosages (i.e., standardized extracts) within a period. Ginkgo has to be used with consistency for many weeks until you will find its advantages. Generally speaking, ginkgo is thriving as a tea, a tincture, or capsules to fortify the brain and flow. Due to its effects on the blood and circulatory system, ginkgo should be stopped for two weeks before and after the operation. Even though it is not usually a problem in these instances, it is much better to err on the side of care.

## **Yellow dock Herb**

This abundant crazy weed of gardens, areas, and roadsides is very possibly among the very best herbs for the whole digestive tract, including the liver. The massive taproot is full of anthraquinones, which possess a laxative activity. Though yellow dock root does not contain much iron, it assists in the assimilation and distribution of iron in our bodies, making it especially helpful for anyone who has low iron. It's among the very best herbs for nausea and fatigue brought on by low iron levels. The origin is an excellent help for slow digestion and constipation. The chemical components are easily extracted utilizing a water decoction and from alcohol. Yellow dock creates a somewhat bitter decoction; therefore, it's best formulated with much more yummy herbs. The tincture is excellent for the liver, liver, and digestion. It may be added to formulations because of its analgesic properties. It creates an iron-rich syrup, incorporating other iron-rich herbs like nettle, chickweed, dandelion leaves, and root.

## **Goldenseal Herb**

It is quite possibly among the very Valuable and useful plants of North America. Especially effective at curing mucous membranes, goldenseal is employed in cleaning washes for your eye, as a douche for diseases (cautious: it may be too drying to your vagina if not appropriately formulated), in mouthwashes for sore mouths and mouths, and at the topical treatment for psoriasis and psoriasis. Goldenseal is quite bitter and is commonly utilized as a bitter tonic and digestive aid. The origin is infused (maybe not decocted) as a sour tea, which may be used as a mouthwash for gum diseases and as a topical wash for cuts. Blend the herb with echinacea to help fight infections and colds. If used within a period, goldenseal becomes an irritant to the mucous membranes, resulting in inflammation and aggravation. Always rotate its usage (for example, five days on, two days away), nor use it for more than three months at one time.

## **Hawthorn Herb**

Hawthorn is very possibly the best herb Tonic herb there's. It's been admired and surrounded by legend for centuries and can be employed as a curative plant in each nation it develops in. Hawthorn dilates the veins and arteries, allowing blood to flow more freely by discharging cardiovascular constrictions and blockages. Additionally, it can help maintain wholesome cholesterol levels. As it's regarded as food instead of medicine, it's usually considered safe to use together with heart medicine. But if you are taking any type of pharmaceutical, you should check with your healthcare practitioner before using herbal supplements. Hawthorn is yummy as a tea, syrup, and shake, and it could also be tinctured.

## **Hibiscus Flowering Plant**

Hibiscus is packed with vitamin C, Bioflavonoids, antioxidants, and many other minerals and vitamins. With its abundant, glowing reddish pigment, it elevates its affinity for the center, and, honestly, it's an excellent heart tonic. The giant tropical blossoms make a brilliant reddish tea that's tasty and sour, with a sweet aftertaste. Hibiscus is frequently formulated with stevia or other sweet herbs to improve its taste. It brightens any tea with its fantastic ruby red color. Consider creating a thick hibiscus syrup and then add it into sparkling water for a yummy punch. Packed with vitamins and minerals, this drink is much superior compared to sugar-loaded soda.

## **Marshmallow Herbal**

Family, which also has hibiscus and hollyhock. It's a particularly benevolent household; it does not have any poisonous members, and several of those "malls" are utilized for food and medication. Marshmallow is among the most famous members of the family. The Romans believed its origin for a yummy vegetable, and also, the candy leaves were considered a culinary cure for one of many ancient civilizations. Early leaders in the USA boiled the powdered root with glucose to produce a sweet confection, which later morphed into the marshmallow we understand today. (Regrettably,

the new candy is devoid of this herb for which it's named.) A soothing, mucilaginous herb, marshmallow creates a yummy tea for sore throats, respiratory distress, and gastrointestinal troubles. It's excellent for helping to soothe and treat ailments and other inflammatory conditions.

Additionally, it is especially beneficial for treating urinary tract infections and urinary problems, and in such instances, it's often combined with other sinus tonics like chickweed and cleavers. The powdered root or foliage may be blended to a paste with water for soothing skin irritations. Marshmallow and oatmeal may also be utilized in the bath for a gentle clean. Marshmallow may be tinctured, but its mucilaginous components are more soluble in water than in alcohol. Therefore, water preparations like tea and syrup are more powerful.

## **Milk Thistle Herb**

The seeds of the large wild thistle have been Nature's most significant help for damaged liver tissue. It directly stimulates liver functioning and rebuilds damaged liver cells. Its tonifying activities make it a valuable part of cleansing applications and an essential nutritional supplement for individuals whose livers are compromised by illness, hepatitis, or alcoholism. Milk thistle seed can also be valuable for the gallbladder as well as the kidneys. The hard-black sources ought to be ground so the chemical components can be quickly drawn out. Utilize the floor seeds into tinctures or tea or scatter them straight on food.

## **Motherwort Leonurus Cardiaca**

Properties for ladies, particularly for menopausal women, but it is equally valuable as a heart tonic. It's an excellent tonic for strengthening and nourishing the heart and its blood vessels. It's appreciated as a remedy for several women's issues, for example, delayed menstruation, uterine cramps related to scanty menses, water retention, and hot flashes and mood swings through menopause. Motherwort grows readily in the backyard. Prepare as

an extract flavored with tastier herbs and drink a few cups per day. Or get ready as a tincture.

## **Nettle Herb**

Often regarded as a pesky plant by anglers, Nettle is nonetheless appreciated by herbalists worldwide. It's a flavorful wild green when steamed and rich in minerals and vitamins, particularly calcium and iron. It's an age-old treatment for allergies, hay fever, and respiratory ailments. Due to its nutrient density, and notably its bio chelated calcium, nettle is great for kids and is remarkably suggested for growing pains, as soon as their joints and bones ache. A superb reproductive tonic for women and men, nettle is used to relieve the symptoms of PMS and menopause and enhance fertility in both men and women once the infertility is a result of inadequate nutrition. Nettle is also known as a scalp and hair tonic; it is believed to maintain a complete head of healthy hair. It may be utilized to substitute spinach in almost any recipe; however, it should always be nicely cooked; if undercooked, it will sting you! It's also tasty as a tea that may be served many times each day to stop allergies. Nettle is also potent as a tincture.

## **Common Oats**

Among the best nutritive tonics for your Nervous system, oats are suggested for nervous exhaustion, anxiety, and irritation. The plant's mucilaginous properties allow it to be especially helpful in Treating injury to the myelin sheath surrounding nerve pathways: calcium and protein. Oats are popular partly green until the plant has Turned gold. The milky green shirts and the stalks produce flavorful tea. Among the very best, I believe. Make it powerful and combine with lemon juice. The tea works well for those that are anxious, hyperactive, or worried. You can also use oats to produce a soothing bath for skin discomforts.

## **Parsley Herb**

This superb garnish shouldn't be left slighted across the side of a dish. It might be, in reality, a very nourishing thing for your meal. It'll enhance immunity and can be suggested whenever you're vulnerable to infections. An essential herb for kidney and bladder issues, it's a safe, potent diuretic. Due to this, you shouldn't use parsley in almost any amount when breastfeeding, as it might impede the stream of milk.

## **Plantain Herb**

Plantain is a frequent weed found growing through the temperate areas of the earth. It's frequently the first plant introduced to kids -- place it upon any "boo-boo" or bee sting, and it heals fast. Plantain is one of the very best herbs for poultices of a variety. It is an essential herb for curing blood pressure and blood pressure and is usually employed both externally and internally for this objective. Plantain seeds are full of mucilage and are frequently utilized in laxative blends because of their soothing majority actions. In reality, the psyllium seeds used in Metamucil are generated by a *Plantago* species. Even though it's frequently described as sour-tasting, plantain is very mild in taste and produces a beautiful extract. It's an excellent herb for poultices for all sorts of skin issues. Additionally, it may be added to foods or used as an herbal first aid powder to get diseases.

## **Purple Passionflower**

Compounds have calming, sleep-inducing consequences. In reality, the plant has been FDA-approved as an over-the-counter remedy for sleeplessness and sedation. Still, because of insufficient proof regarding its safety and efficacy, it had been pulled out of the market in 1978. If you'd like those effects today, just boil some passionflower tea, stash a few of these fresh herbs beneath your pillow, and allow the Zazas to start. Passionflower can likewise be Mother Nature's cure for emotional and mental difficulties associated with stress, mood, anxiety, and associated ailments. Another study demonstrated the herb was successful in reducing stress-related to



undergoing an operation. Passionflower is usually considered secure with a couple of exceptions. Avoid if pregnant since the herb was known to cause uterine contractions. Additionally, avoid just two to three weeks before the operation as it might increase anesthesia's effects at the min.

## **Red clover Herb**

A part of the pea family, crimson clover has long, slender roots that penetrate several layers of dirt and draw vitamins, minerals, and other components that are usually not located close to the planet's surface. It's famous for its ability to repair nitrogen from the soil, thus functioning as a natural fertilizer. As a medicinal herb, red clover is among the finest respiratory tonics, helpful for young kids in addition to adults, and it's also among the most excellent detoxification herbs. It's but one of those ingredients in conventional anticancer formulations like the Horsey formula and Essie tea. Red clover produces flavorful tea. Combine with other herbs like mullein for chronic respiratory difficulty or use nettle for tea to construct the bloodstream and enhance it. The tea or tincture may be used to stop and remove undesirable growths such as tumors, cysts, and fibroids. Hemophiliacs, or individuals with "lean" blood (people who snore heavily or whose blood does not clot easily), shouldn't use red clover. It's referred to as a blood thinner and may encourage prolonged bleeding.

## **Red raspberry**

Raspberry was cited in Chinese herbal. It was also a beneficial treatment for the North American continent's indigenous peoples, which believed it a nourishing tonic and therapeutic cure for nursing and pregnant women. It's been utilized as a uterine tonic and anabolic supplement since. Raspberry leaves are full of minerals and vitamins, especially iron and calcium. It helps reduce excessive menstruation and is among those exceptional tonics for childbirth and pregnancy. Also, it makes a fantastic mouthwash for sore or

infected teeth. It can also be ready in tincture and capsule type and can be made into a yummy syrup.

## **Rosehips**

Rosehips contain more vitamin C than Any herb, and lots of times that of citrus fruit, even when quantified g by the gram. Rose leaves may also be utilized and are toning and astringent. The beautiful fragrant flowers are used in heart and love potions and several flower essence formulas. Make new rose hips to a vitamin-rich jam or syrup. Rose hips make a flavorful, mild-flavored tea, perfect on a chilly night, sipped with a roaring fire. Or attempt infusing the leaves, buttocks, and blossoms together to get a complete increased tea.

## **St. John's Wort**

If you have taken any type of road trip Across the USA and Canada, you have likely noticed this herb growing on the side of this street. This herb has been widely studied because of the potent antifungal, antifungal, anti-inflammatory antibacterial and antifungal properties. Its striking buds are most likely best known for their effect on feel-good hormones, such as dopamine, noradrenaline, and dopamine, making it a highly effective antidepressant treatment. (It requires three weeks of constant use because of its mood-boosting consequences to kick.) Hippocrates was a significant fan of St. John's wort and listed its applications in his medical records. It is natively European but has appeared fairly much anyplace. Australia, which currently develops it as an exportable crop, generates 20 percent of its international distribution. Even though it's been used for hundreds of years for neurological impairment and is held in high respect by herbalists, St. John's wort was only recently "rediscovered" because of its antidepressant pursuits. It's effective against moderate depression and appears to raise the spirits used regularly. The gorgeous reddish oil made magically in the merry yellow flowers is an excellent help for injury and is among the most extraordinary topical remedies for bruises, sprains, burns, and injuries of all types. Surely make St. John's Wort Oil; it's among the

best medicinal oils. The blossoms and leaves may also be tinctured or prepared as an extract (use roughly 70 percent blossoms to 30 percent leaves).

## **Ova ursi Herb**

The ground. Its leather like leaves is relegated to create tea for bladder and kidney ailments. It's a potent diuretic, astringent, and urinary antiseptic which soothes and soothes urinary passages. Ova ursin is the most successful as an extract for inflammation and disease. A potent infusion mixed with lemon juice can be useful for kidney and bladder ailments. But a decoction will bring a wealthier concentration of tannins along with also the plant's astringent properties.

## **Wild cherry Herb**

Wild cherry bark is among the very It's a pectoral expectorant, meaning that it will help expel mucus in the lungs, also helps relax and calm the pectoral muscles. It's among the few herbs included from the United States Pharmacopeia and may nevertheless be found in specific industrial cough remedies. It is also a digestive bitter, which enhances digestion and also promotes healthy bowel function. For dry, hacking coughs or spastic coughs that simply will not stop, consider mixing wild cherry bark using valerian root. Made into a tea or tincture, this is a superb combination that will help relax the muscles and expel deep mucus.

## **Stevia Herb**

Sweeter than sugar is far better for you. It has no calories and does not promote tooth decay. It's suggested for pancreatic ailments and higher glucose. Also, it's a kind of sugar that individuals may easily tolerate. In reality, stevia is used to treat diabetes. Envision a sweetener that's very good for people with diabetes! Though stevia was tested extensively in different nations, it had been banned in the USA on the pretext that its security was unknown. However, when

the sugar sector became involved and procured an interest in stevia creation, stevia immediately became legalized, and stevia products started appearing on market shelves. Due to its extreme sweetness, stevia is primarily utilized to improve the taste of teas. But recall, just a tiny amount will do! If you include a pinch a lot into a cup of tea or a recipe, you will ruin the taste. Then I propose making stevia no longer than two percent of the entire formula to control the sweetness.

## **Turmeric Flowering Plant**

It is among the very best herbs for resistant Wellness and is frequently overlooked due to echinacea's massive popularity. However, it has declared its reputation for centuries because of its immune-enhancing properties and is highly known because of its anti-inflammatory and antibiotic actions. In East Indian medication, it's appreciated as a blood clot and metabolic Remedy. It's used to regulate the menstrual cycle, alleviate cramps, reduce fevers, enhance lousy circulation, and alleviate skin ailments.

## **Lemon Balm**

Lemon balm scents are so stunningly fantastic, you will almost forget it is an extremely potent anti-inflammatory, antifungal, antibacterial and antifungal agent. It is a natural treatment for digestive disease, mood ailments, viruses such as herpes and shingles, and feelings of despair, depression, and despair. Even though most men and women place this luscious herb from the garden for its aromatic odor, they soon find the effects in their disposition to be uplifting and transformative. Recent research has indicated that the herb's antioxidant and polyphenol profile enhance memory, enhances focus and clarity, and could have the ability to fight Alzheimer's disease and cell regeneration. Lemon balm was utilized throughout the Middle Ages throughout Europe from Greeks and Romans for all from grooming sword wounds to turning baldness to healing fainting.

## **Peppermint**

Peppermint was known as a “burst of pure Green energy” It is not that there are not more potent stimulants, but not one makes You feel renewed and refreshed. It is useful for curing nausea, relieving stomach discomfort, and draining the mouth of filthy tastes. Its bright, fresh flavor is a Frequent ingredient in Eat the refreshing herb or prepared as an extract for slow digestion. Refreshing mouthwash. Due to its sweet, refreshing taste, peppermint is Frequently utilized in formulations to help cover the taste of less yummy herbs. Even though Peppermint dries nicely, it's yummy when freshly harvested in your garden.

## **Ajwain**

The herb is very potent and can cause temporary low blood pressure when used to control high blood pressure and elevated heart rate. But this occurrence usually normalizes quite quickly. When taken in excessive doses, it can cause a slow heart rate.

## **Alfalfa**

Rich in vitamin K, this herb is an antihemorrhagic and works to stabilize the production of prothrombin in the liver, which assists in clotting. It can be taken by those who are prone to excessive bleeding and bruising.

## **Aloe**

Aloe vera has incredible antiseptic, anti-inflammatory, moisturizing antibacterial, and skin regeneration properties. When taken orally, it balances the PH levels of the stomach and eases the esophagus when suffering from heartburn.

## **Anise**

With its anti-inflammatory, antiviral and antibacterial properties, anise is used to fight infections, to ease pain and swelling, and as a digestive aid. It also relieves the symptoms of menopause, keeps blood sugar levels in check, and works to prevent the formation of stomach ulcers.

## **Arnica**

Used for pain management to reduce the size and appearance of bruising, bump, and the associated pain, Arnica is a long-used anti-inflammatory.

## **Artichoke Leaf**

High in cancer-fighting properties, artichoke leaf is mostly used for its heart-healthy properties. It regulates cholesterol levels, eradicating LDL cholesterol, and increasing HDL cholesterol while regulating blood pressure. It has been shown to ease an irritable bowel and aid digestion, and regulate blood sugar levels.

## **Ashwagandha**

Made from the root of the herb, this is an excellent destresser. It relaxes the neurotransmitters in the brain and protects brain cells against cortisol damage. Taken at the end of the day, Ashwagandha boosts sleep quality and regulates REM.

## **Astragalus**

Astragalus is a powerhouse of antioxidants, minerals, and vitamins and is used for numerous health ailments. It is believed that this herb promotes longevity and has skin healing properties and immune-boosting properties. Commonly used to fight colds, influenza, and allergies, astragalus is a heart health herb that everyone should add to their diet.

## **Bacopa**

Bacopa works on the brain's hormonal system and is an effective tool in combating depression, anxiety, and ADHD. It boosts cognitive thinking and concentration while lowering cortisol levels.

## **Barberry**

Highly nutritious and packed full of anti-bacterial and antifungal properties, barberry is a versatile herb. It can be used to replace nutrients lost when suffering from diarrhea while treating the cause and symptoms of diarrhea and correcting the metabolic system. It balances insulin levels within the body to help fight diabetes and is a known cancer prevention herb.

## **Basil**

A popular herb in seasoning, basil regulates high blood pressure and is an excellent antihypertensive option. It works to block calcium channels in the body and ensures that while still supplying much-needed vitamin C to the body.

## **Bayberry**

Bayberry is primarily used to stimulate the circulatory system encouraging stable blood pressure and a healthy heart. You can use it to treat colds that have infected the sinuses and ease the symptoms of colitis. In large doses, Bayberry can be used to induce vomiting.

## **Bilberry**

It may be a close relative of the cranberry, but bilberry contains a strong chemical compound, anthocyanins. These compounds are a type of flavonoid that promotes blood flow and strengthens the capillaries. These compounds are so potent that they have been shown to improve the tiny capillaries in the eye and have shown reversal of eye damage and improvement in eyesight.

## **Birch**

Birch works well as an anti-inflammatory used to regulate the pain and symptoms of arthritis. Because of its mild properties, you can combine this herb with other arthritis herbs to address both the cause and the symptoms of this disease.

## **Bishop's Weed**

Bishop's weed is a versatile herb that you can use for everything from controlling the pain associated with angina to preventing asthma attacks and curing digestive uneasiness. The true power of Bishop's Weed, though, is the work it does on the renal system. It breaks down kidney stones, encourages excess fluid expulsion in the body, and promotes overall renal health.

## **Bitter Apricot**

Bitter apricot is a cancer-fighting supernova, working to fight cancer-creating cells on a cellular level. As if that wasn't impressive enough, bitter apricot reduces the inflammation associated with arthritis and psoriasis, lowers blood pressure, improves eye health and vision, boosts the immune system, and promotes liver health.

## **Black Bean**

Black beans are a powerhouse of medicinal properties used to lower and regulate blood pressure. They are used to manage diabetes, build strong bones, counteract the effects of osteoporosis, as a preventative against cancer, and a weight loss aid.

## **Black Cohosh**

Black Cohosh supports the female hormonal system and works to improve the brain-to-ovary messaging system by keeping cell receptors healthy. To date, no other herb or western medicine has proven to be as effective as black cohosh in controlling night sweats,



hot flashes, and relaxing uterine contractions. Recent medical trials have shown impressive improvements when treating PCOS (polycystic ovarian syndrome) when used black cohosh.

## **Black Mangrove**

This herb has a deep tradition rooted in Indian culture and is used to cure almost all skin disorders. Its antimicrobial effects are so strong that lore says it is used to treat snake and insect bites. Modern herbal medicine, however, praises this herb for its blood pressure stabilizing properties. Numerous studies have shown it to be incredibly effective in lowering blood pressure quickly.

## **Black Pepper**

High in antioxidants, which fight free radicals, black pepper improves insulin levels in the body, aids digestion, and lowers LDL cholesterol levels. Its anti-inflammatory properties mean it is instrumental in treating diseases that cause pain and inflammation of the joints, muscles, and skin.

## **Black Plum**

Black plum, which is high in antioxidants, lowers blood pressure and works against the chemicals which trigger a heart attack.

## **Black Tea**

High in antioxidants, black tea has long been used to improve heart health, aid in proper and efficient digestion, a blood glucose stabilizer, and a destroyer of LDL cholesterol. Alongside its “cousin” Green Tea, no other herb packs as much of an antioxidant punch as this everyday herb.

## **Bladderwrack**

With its strong blood cleansing properties, bladderwrack is most often used to rid the body of toxins to treat the cause of some diseases. These cleansing properties make it a useful herb to add to one's diet when suffering from arthritis, gout, psoriasis, or kidney ailments like kidney stones. It supports the entire renal system and assists in treating urinary tract infections and kidney infections. For heart health, it is used to prevent the hardening of the arteries.

## **Blessed Thistle**

Blessed thistle is prepared as a tea and used to treat the common cold symptoms. It is when blessed thistle is used for its digestive properties, though, that the real power of this herb comes to the fore. As a digestion aid, it encourages appetite while replacing lost nutrients in the body, supports colon and renal health, and increases breast milk production in breastfeeding mothers.

## **Brahmi**

Brahmi is filled with potent antioxidant properties. Thus, it is strongly associated with cancer-fighting properties. It boosts brain function and eases the symptoms associated with ADHD, improving concentration, restlessness, anxiety, and panic disorders. Because of its ability to improve mental health issues, it also lowers stress-induced high blood pressure.

## **Breadfruit**

The leaf extract of breadfruit has been shown in studies to be beneficial to organ health. It is primarily used to treat hepatitis and liver disease primarily. It is also instrumental in fighting diseases of the spleen, kidneys, and pancreas.

## **Brigham**

Brigham tea is a strong flu and cold killer used to treat viral and bacterial infections. In the past, people used its antiviral and

antibacterial properties to cure sexually transmitted diseases like syphilis and gonorrhea.

## **Buchu**

Hailing from Southern Africa, buchu has been used by the indigenous people for a variety of illnesses. Today, buchu is used as a diuretic and anti-inflammatory. But you distill it into brandy, which you can use as a tincture base.

## **Calendula Plant**

Traditionally used to bring on menses in women who do not menstruate correctly and to ease menstruation pain, calendula is one of the most prized herbs in a herbalist's possession. This is because its complex phytochemical compounds act in various ways to heal the body. Calendula is versatile on every level and deserves its top spot for curative qualities. It is used as a digestive aid to ease muscle spasms and to cure digestive ulcers.

## **California Poppy**

Used for nervous disorders, California Poppy is used to assist sleep when suffering from nerve-related insomnia. It is particularly effective in treating nervous tension and restlessness and has been useful in treating bedwetting in children. The other chemical compounds in this herb treat urinary health and liver health.

## **Calamus**

This herb is a strong sedative that should be used in small doses to treat the symptoms of arthritis and to ease the muscle tension and spasms associated with a stroke. Calamus, when taken in its full dosage, is hallucinogenic and has been known to give people a general feeling of wellbeing.

## **Caraway**

Another herb that has been widely studied, caraway is effective in treating digestive and colon issues and offers relief to those who are suffering from irritable bowel syndrome.

## **Cardamom**

Cardamom is widely available and grows naturally in almost any environment. Its original medicinal use, though, was as an expectorant. Thus, it works very well as a natural treatment of bronchitis. Its anti-inflammatory properties help the body to gain relief from the aches and pains associated with flu, and its antiseptic properties fight infection at a cellular level.

## **Cat's Claw**

Used primarily in Traditional Chinese Medicine and Eastern Herbal Medicine, cat's claw is useful in not only lowering blood pressure but also to relieve the neurological symptoms associated with Alzheimer's and Parkinson's Disease. Cat's Claw is a veritable host to numerous extremely toxic phytochemicals when synthesized individually, but as a whole, the herb is a potent medicine against the horrible side effects of neurological diseases.

## **Catnip**

Not just used to calm antsy cats, catnip is a powerful calming and sedative which works on the center of the brain which controls relaxation. Catnip is used to treat anxiety, depression, and panic disorders and is useful when trying to break insomnia cycles when taken as a tea.

## **Carrot**

When your grandparents told you to eat all your carrots so that you can see in the dark, they weren't lying. Carrots contain vitamin K, potassium, fiber, and beta carotenes essential for eye health and

improving waning eyesight. As a bonus, carrots fight LDL cholesterol and assist in digestion.

## **Cayenne**

Capsicum, which is found in cayenne and other peppers, is a powerful painkiller and, when used topically, can fight the effects of almost all pain from migraines to arthritic pain. It is used in most pharmaceutical topical creams and gels nowadays but is most effective when applied directly to the skin as a herbal ointment. Cayenne is also great in aiding digestion and is a fantastic dietary aid.

## **Celery**

Initially used to 'grow' strong bones, celery is a rich source of vitamins and minerals. Packed with folate, potassium and vitamins, A, C, and K, celery encourages bone growth and healthy bone density. Coupled with this, it has a very low glycemic index and steadies the body's blood sugar levels. There has been some evidence that shows that the antioxidants found in celery are a great addition to your heart health regime.

## **Chamomile**

Long used as a sleep aid, chamomile has shown its versatility in applications for mental health issues. Chamomile, when applied directly to the skin, eases itchiness, redness, and inflammation associated with skin disorders and rashes. When ingested, it soothes the digestive system.

## **Chaste-Berry**

Chaste berry relieves the symptoms of PMS, alleviates uterine cramps, and works to stimulate the production of progesterone in order to combat estrogen dominance.

## **Chervil**

Chervil is used for its diuretic qualities and effectively treats gout, edema, and hormonal fluid retention. The active compounds found in this herb also lowers blood pressure and offers relief from the symptoms of eczema.

## **Chicory**

When the bark of chicory is made into a tincture or tea, it has a strong diuretic effect. It encourages the body to eliminate toxin build up in the kidneys naturally. Because of this, it is a useful tool in combating the swelling and retention that often accompany gout and other rheumatic diseases. Chicory has shown to improve the discomfort of osteoarthritis and seems to have a positive effect on bone density and strength when applied topically.

## **Chickweed**

High in vitamins, A, C, and B, chickweed was once used to prevent and treat scurvy.

## **Chiko**

Native to South America, Chiko is a diuretic that works with other herbs against high blood pressure. When administered in patients with a high fever due to viral heart disease, the herb shows a significant reduction in body temperature. It works quickly to flush the body of excess fluids and toxins. In clinical trials, Chiko showed to cause a substantial decrease in arterial pressure, stopping an oncoming heart attack quickly.

## **Chinese Angelica**

Used for blood health in Traditional Chinese Medicine, this herb has a powerful effect on the circulatory system and is used to treat blood

deficiencies. It is also known to regulate pain receptors in the body and helps to balance immune system responses.

## **Chinese Hawthorn**

Chinese hawthorn is a powerful heart health herb used in Traditional Chinese Medicine for centuries. Clinical trials have shown that the herb lowers blood pressure and pumps the body full of healthy flavonoids and potent antioxidants. When paired with cat's claw, stroke, heart attack, and deep vein thrombosis were all treated successfully, making this herb an essential part of the heart health medicine cabinet.

## **Chocolate**

Also known as Cocoa, Cocoa Bean, and Malvaceae, chocolate is more than a delicious sweet treat. Natural cocoa powder is rich in flavonoids, which have been shown to prevent heart and cardiovascular diseases. The flavonoids found in chocolate stimulate the creation of nitric oxide in the body, which is essential for properly dilating the blood vessels and veins. Daily consumption of dark chocolate is shown to keep blood pressure stable.

## **Cinnamon**

The warm, sugary sweet aroma of cinnamon may be deceiving when you consider its ability to stabilize sugar levels in the body. Cinnamon fights against insulin resistance and, because of this, is a top contender in treating type 2 diabetes. It improves digestion, fights gut bacteria with its antimicrobial properties, and reduces high blood pressure associated with diabetes.

## **Chrysanthemum**

Chrysanthemum is a versatile herb that you can draw upon to treat just about any ailment, from blood pressure issues to diabetes edema. Its antioxidant properties make it a useful tool in boosting the

immune system's response to viral and bacterial attacks, and it has been shown to inhibit the growth of cancerous cells in the prostate.

## **Cilantro**

Cilantro is a powerful blood detoxifier that is used to rid the body of heavy metals that we ingest daily. It is known to lower anxiety, improve the quality of sleep, and settle uneasiness associated with anxiety disorders. It protects against heart disease and urinary disease and has strong digestive properties.

## **Clove**

Clove possesses chemicals which hinder the production of stomach acid and work within the digestive system to relieve trapped gas. This pungent herb is incredibly high in antioxidants and prevents the growth of bacteria, allowing the body's natural immune system time to respond to viral and bacterial attacks. Chewing on a clove when you have toothache significantly eases the pain and fights bacteria contained in the mouth to speed up healing.

## **Coconut**

High in healthy fats, coconut is packed with antioxidants that fight off disease on a cellular level. Its chemical compound makeup regulates insulin levels in the body, and when applied topically, it soothes and eases skin disorders' symptoms.

## **Coffee Weed**

The leaf of the coffee weed plant has been used in western herbal medicine for centuries when treating aortic disorders. The herb relaxes the aortic rings of the heart, which allows for lower blood pressure and regular heartbeat. Particularly effective in treating heart rhythm issues such as angina and arrhythmia, coffee weed was once the target of a fierce clinical trial, which showed that the herb



was more effective in treating rhythmic heart issues than western pharmaceutical drugs.

## **Comfrey**

Also known as knitbone, people use comfrey for a variety of health issues. Originally used as a medical tissue healer and anti-inflammatory, it is said that comfrey is strong enough to heal broken bones, tear in the muscles, and limb sprains. When combined with arnica, comfrey is an effective pain management and tissue healing herb.

## **Common Tobacco**

When applied topically, common tobacco is a powerful anaesthetic and is used in the treatment of pain associated with backache, arthritis, gout, bone breaks, sprains, and psoriasis.

## **Corkwood**

The extract and infusions made the stem and bark of the corkwood tree work on the colon and digestive system to slow diarrhea and assist in the digestion of nutrients correctly when suffering from a stomach bug. Later clinical trials showed that cork wood also had significant blood pressure-lowering capabilities, but it is used primarily to heal the body from gastroenteritis microbes.

## **Corn Silk**

Corn silk supports renal health and is used to treat the inflammation, irritation, and infection of the prostate, bladder, and kidneys.

## **Cramp Bark**

Cramp bark is an antispasmodic that relaxes the muscles and eases pain and inflammation.

## **Cumin**

Cumin is a versatile herb that people use to treat heart conditions. Because it is high in antioxidants, cumin fights the growth of cancerous cells. It also has been known to regulate insulin levels. Cumin, when consumed regularly, aids digestion and helps weight loss.

## **Dandelion**

Dandelion contains potent antioxidants and is filled with nutrition, minerals, and vitamins though many see it as a pesky weed. It reduces inflammation in the body, particularly the lungs, and treats the common cold, influenza, and respiratory infections. The antioxidants present also allow for the leveling of blood sugar levels and LDL cholesterols and offers liver support.

## **Devil's Claw**

Long hailed as the king of anti-inflammatory properties, this African herb is a powerful anti-inflammatory. Used to combat the pain and inflammation associated with arthritis, chronic back pain, and tension headaches, devil's claw promotes overall joint health.

## **Dill**

Rich in magnesium and vitamins A and C, this herb is used to protect against heart disease and, because of its antioxidant properties, fights against cancer.

## **Echinacea**

You can use the entire echinacea plant to boost the body's immune system. Studies into the use of the herb show that echinacea works on both the symptoms and the cause of viral and bacterial infections.

## **Elderflower**

Elderflower is a powerful diuretic but is most commonly used for its ability to fight the common cold, influenza, bronchitis, sinusitis as a result of viruses and bacteria. It recently became popular again when its virus-fighting qualities were used to combat the effects of the Swine Flu outbreak.

## **Eucalyptus**

Eucalyptus is an amazing herb that has been shown to freshen the breath, fight pain and inflammation, relieve the effects of stuffy and blocked sinuses, dries up chest congestion, repels insects, and kills fungal infections of the skin.

## **Evening Primrose**

This mega herb has exceptional healing properties. It is known for its ability to regulate the female hormonal system, but you can use it to treat a host of ailments. The diverse phytochemical compounds found in evening primrose are anti-inflammatory and help with muscular and skeletal pain, as well as enriching and healing the skin when applied topically. Add evening primrose oil to balms, ointments, and salves to extend their shelf-life.

## **Eyebright**

Eyebright kills harmful bacteria and supports overall skin health. It works on the circulatory system to effectively pump blood around the body, taking oxygen rich blood to sick skin. Its antibacterial properties are useful in fighting secondary infections, which sometimes occur when infected with a cold or flu.

## **Fennel**

With its gentle licorice aromas and delicate taste, fennel is ideal for brewing into a tea. The entire plant can be used for its medicinal

properties. It is a great source of essential vitamins and minerals, and its soothing capabilities help ease bloating and expel trapped gas. Because of its antioxidants, fennel can be added daily to one's diet to promote heart health and as a cancer fighter.

## **Fenugreek**

Fenugreek works on the hormonal systems of both men and women, boosting testosterone, increasing milk supply in lactating mothers, and supporting prostate health. Fenugreek has also been known to lower insulin levels and support liver health.

## **Feverfew**

Feverfew, traditionally used to treat fevers, can also be used to treat the pain associated with arthritis. The actual abilities of this herb are found in its ability to prevent migraines, though. The tannins and parthenolide found in feverfew block the production of prostaglandins in the brain, hindering inflammation, and preventing migraines and headaches from developing.

## **Flaxseed**

Rich in linolenic acid and essential fatty acids, flaxseed is used to treat heart disease, inflammatory bowel diseases, and arthritis. Because it is high in omega 3 fatty acids, flaxseed has been shown to decrease LDL cholesterol significantly and shows promise in reducing cardiovascular inflammation.

## **Foxglove**

Foxglove is a powerful herb for heart health people use in the treatment of congestive heart failure. Its other uses include asthma treatment, relief of headaches and muscle spasms, and controlling the frequency of epileptic seizures.

## **Gentian**

Gentian is classified as a bitters herb and is used to aid digestion, ease heartburn, ease the symptoms of diarrhea and vomiting associated with gastroenteritis. There is some evidence to support gentian's intestinal parasite killing abilities and its ability to regulate the menstrual cycle.

## **Geranium**

Geranium is used for its ability to work on the brain and control the release of cortisol while blocking neurotransmitters. It is effective in treating panic and anxiety disorders, depression, and other mental health issues. Studies show that it blocks pain receptors in the brain, making it an effective painkiller. New studies show that continued use of geranium displays anti-inflammatory properties.

## **Giant Dodder**

Originally used for heart health, the giant dodder also works to cure urinary tract infections and is useful in treating pancreatic issues. This herb's true power is in its psychiatric powers, though. Clinical trials show that giant dodder, when consumed in the correct doses, helps cure morbid and unipolar depressive bouts better than pharmaceutical drugs.

## **Ginger**

Ginger cures a plethora of human diseases and is known to ease morning sickness and nausea. It lowers blood sugar levels, fights LDL cholesterol, inhibits the growth of cancer cells, relieves period pains, and reverses arthritis.

## **Ginkgo Biloba**

It has been shown to reverse some of the signs of stroke and brain damage and improves cognitive thought. Ginkgo is versatile in its uses, though, and you can use it to treat dizziness, vertigo, memory retention, hearing loss, and tinnitus.

## **Ginseng**

Once seen as a powerful aphrodisiac, ginseng is now a universal curer. Scientific research is sketchy on how exactly ginseng works, but the phytochemical compounds found in the herb seem to promote life longevity and a general feeling of vitality.

## **Goldenseal**

Goldenseal is a strong anti-inflammatory and is used to treat skin irritations, bruising, and tissue damage. While you can use goldenseal to treat diarrhea and stomach viruses, it is often not recommended because of its ability to be poisonous if taken in high doses. Best to use topically, goldenseal is a rare find due to its endangered species status and should preferably be grown at home in your herb garden.

## **Gotu Kola**

Gotu Kola is a powerful neurological herb which is used to treat the symptoms of Alzheimer's and Parkinson's Disease. It helps to reduce anxiety and stress-related issues and is effective in treating depression and panic disorders. Primarily used for ADHD support, this herb improves concentration, cognitive thought processes, memory retention and the restlessness often associated with ADHD.

## **Greater Celandine**

Greater Celandine works on the digestive system to encourage digestive health. It is used to ease the symptoms of gastroenteritis and irritable bowel syndrome and is known for its ability to fight stomach cancers. Its digestive properties extend to liver and gallbladder health and assists the body in flushing out toxins.

## **Green Chiretta**

Known as the “King of Bitters,” green chiretta is a digestive aid which assists in easing the symptoms of indigestion and heartburn. Its high antioxidant properties support liver function, and it is an effective toxin eliminator.

## **Green Oats**

Green oats contain a unique combination of phytochemicals. Well known for its ability to fight the symptoms of ADHD and restlessness, this herb has also been known to improve blood flow by dilating the muscles and blood vessels. It has shown to have inflammatory properties as well, but its brain-boosting health is where its true power lies.

## **Guarana Plant**

Guarana is an energy booster and is used to decrease fatigue, improve concentration, and increase memory retention. New scientific evidence shows that guarana also supports heart health and offers pain relief when taken over a period of time.

## **Harmal**

Used to treat various parasitic infections, including lice and tapeworm infestations.

## **Hawthorn**

Hawthorn has been shown to treat the effects of arrhythmia and heart enlargement successfully and is considered to be the best heart tonic known to man. Studies have not shown that hawthorn reverses these conditions but does show that the herb strengthens already deteriorated heart muscles, reduces cholesterol build-up, and lowers blood pressure.

## **Heartsease**

Heartsease is a dynamic herb that is packed with phytochemicals that are used for numerous ailments including an analgesic effect, antibacterial properties, blood cleansing, diuretic properties, expectorant capabilities, and heart-healing properties.

## **Hibiscus**

More than a beautiful flower, hibiscus is packed full of antioxidants. It boosts liver function, lowers fat levels in the blood, lowers blood pressure, and flushes toxins from the blood. Hibiscus makes a wonderfully flavorful tea that has also been used to encourage weight loss in recent years.

## **Horsetail**

The active compounds found in horsetail are used for renal function and protection. Its ability to work on the kidneys and bladder, coupled with its antimicrobial capabilities, fights urinary tract infections and expels excess bodily fluid to help move out kidney stones. Horsetail has also shown to strengthen the bladder and can be used to combat incontinence.

## **Hops**

Hops is an effective treatment for mental health issues and is used to treat anxiety and panic-related disorders, depression, insomnia, and ADHD.

## **Honeysuckle**

Honeysuckle was used as a contraceptive in the past, but there is no evidence to support its efficacy. However, it is an excellent laxative that flushes the body of toxins and is known to counteract mild poisons that have been ingested. Its chemical composition works with the pancreas to regulate insulin levels and it has shown promise in easing the inflammation and pain associated with gout and arthritis.



## **Horseradish**

Horseradish is an extremely high source of natural antioxidants. Studies have shown that it has the ability to prevent the growth of colon, stomach, and lung cancers. Its tart flavor promotes gastric acid production, improving digestion. The nutrients contained in the herb work to boost the immune system.

## **Hydrangea**

Hydrangea is used to treat issues with the renal system and is excellent for the overall health of the prostate, bladder, kidneys, and urinary tract. It is effective in combating infections that cause an enlarged prostate and breaks down kidney stones.

## **Indian Plantago**

Initially used in Traditional Persian Medicine, Indian Plantago is a widely researched plant because of its wound healing, anti hemorrhage, and anti-inflammatory properties. While many consider it to be a weed, this herb is an incredibly powerful medicinal tool.

## **Indian Snakeroot**

Indian snakeroot is a versatile herb that is used to treat everything from high blood pressure to insomnia, fevers, constipation, liver disease and failure, anxiety, depression, and malaria.

## **Jaggery**

Shown to improve digestion and improve liver health, jaggery is a powerful, versatile herb. It detoxifies the blood and prevents anemia and is fast gaining popularity, replacing refined, white sugar in a person's diet.

## **Jamaican Dogwood**

Relatively new to the world of herbs, Jamaican dogwood was discovered and studied by western herbalists in the 1800s. It is known for its ability to treat nerve pain and is used to relieve the pain associated with migraines, headaches, and nervous tension.

## **Jasmine**

The sweet aroma of jasmine is a powerful mood enhancer and has been shown to block neurotransmitters more effectively than some pharmaceutical drugs, working to combat depression and calm anxiety. When ingested, jasmine's antioxidant properties protect the heart and have shown great promise in reversing the symptoms of Alzheimer's and Parkinson's Disease.

## **Juniper**

Juniper works on the digestive system to alleviate heartburn and indigestion, expel excess gas, and reduce bloat. It has shown to combat intestinal worm infestations, and new studies show that it may be beneficial to renal health as well. You should not take Juniper in pregnancy as it has been shown to affect the uterus directly and may cause a miscarriage.

## **Karpuravalli**

Also known as wild turmeric, Karpuravalli is traditionally used to cure the common cold. In Indian medicine, however, it is known for its skin healing abilities and because of its antimicrobial properties.

## **Kava Kava**

Kava works much in the same way that alcohol does. It calms the nervous system, inducing feelings of happiness and relaxation. Used to prevent pain, seizures, and panic disorders, kava was once difficult to obtain but is now widely available.

## **Kudzu**

Kudzu is a starchy herb that features prominently in Traditional Chinese Medicine. Its anti-inflammatory properties seem to target specific muscle groups, including the uterus, which makes this herb useful in treating the uterine contractions associated with menopause and menstruation.

## **Lavender**

Lavender is a wonderfully aromatic herb that has been traditionally used to induce stress and calm. Gentle enough to use for infants, lavender, in its oil format should never be ingested but this herb is far more diverse than sleep and calm. For skin issues such as eczema and acne, lavender eases inflammation and works to kill off bacteria while dealing with the acute and chronic pain often associated with these inflammatory skin issues. As an added bonus, recent studies have shown that lavender essential oil applied to balding areas of the body may increase the number of active hair follicles and increases hair growth and thickness.

## **Lemon**

Also known as Osbeck, the leaves of the lemon tree are a powerful herb. While the fruit is packed with vitamin C, the leaves, when diffused into an oil or drunk as a tea, have strong antioxidant properties. This herb has positive influences on the hepatic system as a whole and is used in Traditional Chinese Medicine to encourage liver function and bile flow. New research has also shown that the leaves of the lemon tree are preventing cancerous cell to cell communication, halting the growth of cancer within the body.

## **Lemon Balm**

Lemon balm works on the neurological centers of the brain to induce calm and sleep. It reduces the hormones created by the body's stress response, lowers anxiety, and improves cognitive thinking. Sipping on lemon balm has also shown to decrease the discomfort associated with indigestion and can ease the feeling of nausea.

## **Lime**

The leaves of the lime tree relax the bronchi in the lungs and the muscles that help you breathe and ease coughing attacks which are associated with lung disease. The leaves and the tree's bark can be used to make a tea that can be combined with other herbs such as plantain and marshmallow root to alleviate the symptoms of colds, flu, and lung infections.

## **Lion's Mane Mushroom**

Used to create powerful nervous system tonics, lion's mane mushroom treats the symptoms of depression and anxiety-related disorders. Studies have shown that patients with Dementia showed significant cognitive improvements and had far less depression and tension when administered this herb in chronic doses.

## **Licorice**

Primarily used to aid digestion and ease the symptoms of indigestion, licorice also has strong infection-fighting properties and can be used to stem off bacterial and viral infections. Drunk as a tea, licorice also shows promising heart health benefits and may effectively heal stomach ulcers.

## **Lobelia**

Lobelia is used to treat the respiratory system and has shown to significantly improve shortness of breath in patients who have asthma, whooping cough, and chronic bronchitis. In infants, it reduces the incidences of apnea, which are periods of shortness of breath.

## **Maca**

The root of the maca herb has long been used to treat issues pertaining to men's health. It reduces the incidences of impotence,

increases sperm count, balances out testosterone levels, and increases the male libido.

## **Marjoram**

Part of the organimum family, this herb is a powerful analgesic and can ease pain internally and externally. Marjoram works in the same as aspirin to ease pain and inflammation and is used to treat bruising and deep tissue injuries.

## **Marshmallow**

Marshmallow prevents bruising, reduces the size of injury-related bumps, and reduces pain levels when applied to injured areas of the body. When ingested, marshmallow is a diuretic that rids the body of excess toxins and fluids promotes overall skin health.

## **Meadowsweet**

Meadowsweet is packed with salicylates which give it its anti-inflammatory properties and is used to treat arthritic pain and expel toxins from the body. Because of this, it is a popular choice in treating joint, muscular, and skeletal pain. But is also great to control high blood pressure and promote overall heart health.

## **Milk Thistle**

It is a powerful liver tonic and works with the liver and gallbladder to detoxify the body and flush the body of harmful toxins and heavy metals built up in the body over time.

## **Mint**

Mint helps to ease the pain of indigestion and works to neutralize the acid levels in the stomach.

## **Mistletoe**

Mistletoe may be synonymous with stealing kisses at Christmas but in the world of herbal medicine, it is used to fight off physical and mental exhaustion. Known to dramatically reduce the side effects of radiation therapy and chemotherapy, mistletoe is a strong tranquilizer when given in large doses. In smaller doses, it can be steeped into a tea and used to treat whooping cough, asthma, and vertigo associated with mucus build-up.

## **Moringa**

Moringa is packed full of healthy components including vitamins A, B1, B2, B3, B6, C folate, calcium, potassium, iron, magnesium, zinc, and phosphorus, to name a few. While consuming moringa shakes seems to be a relatively new fad, it is actually an age-old medicinal treatment used in the prevention and cure of a host of ailments. These include liver protection, cancer prevention, bacteria prevention and cure, wound healing, and diabetes stabilization to name just a few. It really is a dynamo of a herb that is a substitute for western pharmaceutically-produced multivitamins when taken regularly.

## **Motherwort**

Motherwort is a powerful heart tonic that works to regulate the heartbeat and reverse the effects of heart failure. Studies show that motherwort has the ability to regulate anxiety-related heart rate issues and slow the onset of panic attacks as a result. It also works on the female hormone system and can be used to induce menstruation in women who have irregular periods.

## **Mugwort**

Used for everything from digestive issues to insect repellent and making natural beer, mugwort is mostly used to boost energy, improve circulation, and support liver health. Applied topically, mugwort not only repels insects but can also be used to relieve the itch and burn associated with insect bites.

## **Mullein**

Mullein is effective in healing pneumonia, tuberculosis, whooping cough, swine flu, and tonsillitis. It is an incredibly effective expectorant helping to expel mucus from the body.

## **Mushroom Plant**

Rich in antioxidants, mushrooms may be seen as something other than a herb. It works on the nervous and neural systems of the body, and chronic use has been shown to lessen the effects of Alzheimer's and Parkinson's Diseases. It helps to boost cognitive brain function and memory. The rich antioxidants in mushroom plants are also great for overall heart health.

## **Mustard Seed**

Rich in calcium, manganese, omega 3 acids, iron, and zinc, mustard seeds have long been used in India to treat migraines. Because of the iron and zinc content, they are excellent for the body's bone health. The high fiber content promotes good digestive health.

## **Nettle Plant**

It is especially useful when treating gout as it removes uric crystals from the body. While it may seem counterintuitive, nettle is an excellent antihistamine that helps combat the effects of hayfever.

## **Nutmeg**

Usually associated with the winter holiday season, nutmeg is an incredibly versatile herb. It works on the centers of the brain which control anxiety responses, blocking the neurotransmitters which would otherwise cause a stress response. Because of this, it creates a calming effect on the mind. Studies have shown that nutmeg is a leukemia preventative due to its blood detoxifying properties, and when applied topically, it improves overall skin health.

## **Oregon Grape**

Oregon grape was used historically to treat gastroesophageal reflux and cleanses the bowels and eases digestive issues. It eases the symptoms of indigestion, heartburn, and soothes an upset stomach.

## **Paracress**

Known as the toothache plant, paracress has powerful anti-inflammatory properties.

## **Passionflower**

While clinical analysis is lacking on the effects of passionflower, it traditionally was used for mental health and wellness. The chemical compounds found within the passionflower help against the withdrawal symptoms associated with drug and alcohol addiction.

## **Peppermint**

Peppermint is a powerful digestive herb and works to ease the symptoms of indigestion, bloating, and nausea. Peppermint is also a decongestant that unclogs the sinuses and is an expectorant when inhaled as a vapor.

## **Pine**

When applied directly to the skin pine has shown to have anti-inflammatory properties but as a correctly prepared medicine pine is used primarily for respiratory illnesses. Ancient healers prescribed pine to treat lower and upper swelling of the respiratory tract, as a decongestant, to shorten the time of bronchitis, and to lessen the symptoms of a common cold. Studies in Japan recently showed that the scent of pine, also known as "Forest Bathing," induced calm and lessened the symptoms of depression in the workplace.

## **Pomegranate**



Whether juiced, compressed into a tea, or eaten in its entirety, there is no disputing the health benefits of pomegranate. The leaves, fruit, and bark of the tree are all rich in antioxidants and contain high levels of vitamins and minerals. In modern herbal medicine, pomegranate is at the forefront of medical science in combating Alzheimer's and other neurologically debilitating diseases but it has been shown to fight cancer at a cellular level too.

## **Pot Marigold**

Used for female health, pot marigold helps to regulate the menstrual cycle, eases the symptoms of PMS, eases uterine cramps, and eases the pain of a woman's nipples when nursing.

## **Prickly Ash**

Prickly ash is a blood tonic and works on the circulatory system. It is used to treat the symptoms of arthritis, as well as the effects of edema. When eaten often it is a digestive aid and assists in the efficient digestion of food.

## **Raspberry Leaf**

Primarily used in pregnant and postpartum women, raspberry leaf is filled with vitamin C, calcium, and magnesium. The potassium in raspberry leaf helps to keep blood pressure stable and reduces the risk of having a stroke. In pregnancy and lactation, raspberry produces breast milk.

## **Rauwolfia**

Used in Traditional Eastern, African, and South American Medicine the various parts of this herb are used for different ailments. In Hindu medicine, the compounds of the plant were extracted to treat snakebites, insomnia, and delirium or insanity. In other types of traditional medicines, the powerful hypotensive properties are used to treat high blood pressure. Its anti-inflammatory and decongestant

properties work well to alleviate sinus issues when suffering from colds, influenza, sinusitis, and rhinitis.

## **Red Bush**

Red bush is full of antioxidants and is used to treat inflammation, specifically chronic inflammation. Red bush has shown to be effective in preventing cancer and heart disease and works to regulate sugar levels, controlling diabetes. Redbush is mild enough to use in infants over 6 months old and is a great way to introduce antioxidants into a child's diet from a young age.

## **Red Vine**

Red vine is a circulatory herb that works on the blood flow to the brain specifically. It treats the symptoms of poor circulation to the brain decreasing memory loss, headaches, migraines, dizziness, and vertigo.

## **Red Clover**

Red clover is versatile in its uses. Primarily it is used to address women's health issues and is used to ease the symptoms of menopause including hot flashes, swollen and inflamed breasts, and uterine cramps. Other uses include relief from whooping cough, bronchitis, and asthma.

## **Rhodiola**

Rhodiola is rich in antioxidants and has cancer-fighting capabilities. It assists in fighting fatigue, eases the symptoms of depression, and improves cognitive thought patterns.

## **River Lily**

River lily is used in the treatment of the cardiovascular and respiratory systems. It has the ability to balance blood pressure both

on systolic and diastolic pressures. It is an effective treatment in preventing asthma attacks and supports respiratory health.

## **Rose**

Rose is used for a variety of health issues. Bathing in rose water helps to soothe skin irritations and gargling with rose water helps to soothe a sore throat. The antioxidants in rose help to prevent infections and heal nicks and cuts faster.

## **Rosemary**

Few herbs are as versatile and as pleasant to consume as rosemary is. Primarily used for its incredibly strong antibacterial properties, rosemary can fight against dandruff and other skin infections while protecting the skin against UV damage caused by the sun. When eaten, rosemary boosts the immune system and improves the circulatory system. It has shown to assist in gallbladder health and detoxifies the blood of heavy metals. The aroma and consumption of rosemary has been proven to improve cognitive thought and boosts alertness. It also works to fight against stress hormones relaxing and calming the mind and body.

## **Roselle**

Roselle is one of the most extensively studied plants. This is because its phytochemical compounds are an extremely effective plant when treating high blood pressure and heart disorders. The chronic use of this plant has shown to reverse enlarged heart muscles and renovascular failure. As a herbal treatment for blood pressure-related diseases and damage, few western drugs and herbs are as powerful as roselle.

## **Parsley**

Known for its ability to protect and line the capillary walls, parsley is also a powerful diuretic that treats limb swelling and expels excess

fluid from the body. Applied topically as a poultice, parsley has anti-inflammatory properties and can be used to ease the pain, swelling, and bruising associated with knocks and blows to the body. It supports bone health, heart health, and has been shown to protect against certain strains of bacteria.

## **Saffron**

Saffron is used for a host of illnesses. The rich aromatic flavor of saffron makes this herb sought after in culinary circles but the true power of saffron is in its antioxidant properties. Used to treat depression, PMS, as an aphrodisiac, and to aid digestion, few herbs come close to the healing power of saffron.

## **Saint John's Wort**

Traditionally, St John's Wort is used to treat depression and balance the mood. It is a powerful herb and a physician or herbalist should be consulted to ensure that the correct dose is given. As one of the earliest mental health medications, this herb is known to work directly on the brain, blocking neurotransmitters, correcting chemical imbalances, and significantly decreasing cortisol levels. Clinical and statistical data shows that St John's Wort can affect the efficacy of some pharmaceutical drugs but is incredibly effective in treating mood disorders.

## **Saw Palmetto**

Essential for men's health and the balance of male hormone levels, saw palmetto is used to increase testosterone levels, promote testicular health, halt male pattern baldness which is caused by hormonal imbalances and improve incontinence, urinary function, and impotence in men. Saw palmetto can be taken in small doses to alleviate the symptoms of indigestion and mild headaches.

## **Schisandra Berry**

Used as an anti-aging herb primarily, Schisandra berry has the ability to normalize blood sugar levels. It is a powerful post-surgery recovery aid.

## **Sesame**

Sesame is packed full of dietary fiber, high in antioxidants, supports digestive health, and has been shown to prevent the growth of certain cancers. Tests done on cardiac patients showed that the extracted essence from sesame produced a fall in diastolic blood pressure and seemed to balance blood pressure overall. Added to this, the low glycemic index of the herb works to control insulin levels and seems to be beneficial in treating diabetes.

## **Skullcap**

Used as a sleeping aid, to control anxiety and panic disorders, and to relax the muscles, skullcap is another herb that is versatile in its usage. For heart health, it lowers LDL cholesterol and prevents the hardening of the arteries. It is also used to protect against skin infections and prevents inflammation.

## **Slippery Elm**

Used primarily in the treatment of gastrointestinal issues, slippery elm contains mucilage, a gel that becomes slick when mixed with water. It is used to soothe pain in the mouth, esophagus, stomach, and intestines and works to relieve the inflammation caused by irritable bowel syndrome (IBS). It protects against stomach ulcers and neutralizes excess acidity in the stomach. In Native North American healing, slippery elm was created into balms which were used to treat open wounds, mouth ulcers, burns, boils, and inflammatory skin conditions. It was also given orally to relieve excessive coughing, soothe sore throats, and ease diarrhea symptoms.

## **Spirulina**

Spirulina is used in the treatment of a host of ailments. It is used in the treatment of lowering LDL cholesterol and promotes heart health and has cancer-fighting properties. It has the ability to reverse the effects of anemia and reduces blood pressure.

## **Starflower**

Used in the treatment of inflammatory diseases, starflower is rich in GLA's a natural chemical compound that eases joint pain and reduces swelling.

## **Sticky Nightshade**

Used in traditional herbal medicines for its diuretic and antihypertensive properties, sticky nightshade has been the subject of many cardiological clinical studies. When administered orally, the herb significantly decreases blood pressure before working to stabilize both diastolic and systolic readings. Because it is in the family of the tomato plant, it shares the same antioxidant properties and is great for overall heart health.

## **Sweet Flag**

Used primarily as a digestive aid, sweet flag reduces gas build up in the system, eases the discomfort of heartburn and indigestion, and promotes appetite. It is known as an intestinal parasite killer and can assist in reducing the stomach cramps associated with virus and bacterial infections.

## **Tarragon**

Low in calories and high in nutrients, tarragon has a sweet licorice-like flavor. As a herb, it is extremely versatile and can be used to treat insulin sensitivity while regulating blood sugar levels. When drunk as a tea at night, tarragon regulates sleep patterns ensuring a good night's sleep.

## **Tea Tree**

Tea tree is used to fight fungal and bacterial infections of the skin. It is a potent acne treatment and can be used as an insect repellent. Tea tree should never be ingested due to its toxic compounds.

## **Tulsi**

Used in the treatment of secondary infections as a result of influenza or the common cold, tulsi has antiseptic and antibacterial properties. It is an excellent decongestant and can also be used as a chronic medication to improve heart health.

## **Usnea**

Primarily used for oral health, usnea cleans the mouth of unwanted bacteria, heals cavities, and eradicates the bacteria that cause root canal issues.

## **Valerian**

Valerian is used to treat insomnia, induce sleep, and in lesser doses, reduce anxiety in. In smaller doses, the herb can be used to counteract the side effects of benzodiazepine withdrawal and can offer significant relief to patients weaning themselves off of the drug.

## **Vanilla**

The sweet aroma of vanilla may be calming and soothing to some but this sweetening herb packs a powerful health punch. It balances insulin levels in the body, promotes pancreatic health, and assists in controlling diabetes. Its antibacterial properties work on bacteria within the mouth to cure oral mouth infections and ease toothache and some studies show that vanilla significantly improves breathing patterns in those who suffer from sleep apnea.

## **Vervain**

Vervain has been popular in herbal medicine for centuries because it contains a multitude of compounds that are beneficial to the human body. Research has shown it is effective in hindering the growth of cancerous tumors, protects the nerves, reduces the incidences of convulsion and seizures, and is a potent anti-anxiety medication.

## **Watercress**

Watercress is packed full of vitamin K, a mineral that is needed to promote clotting and blood health. Watercress is used to combat osteoporosis and to reknit broken bones. Its high levels of antioxidants fight cancer and promote blood health.

## **White Cedar**

Used to treat skin conditions, white cedar is used to treat warts, reduce excessive oiliness, balances the PH of the skin, kills skin fungus, eases the itchiness of eczema and psoriasis.

## **Willow Bark**

Aspirin was synthesized from the chemical compounds found in willow bark and meadowsweet and because of this has the same medicinal effects without any of the nasty side effects that come with aspirin. Continued use of willow bark has shown to significantly reduce the pain of chronic backache and offers relief from muscle spasms, arthritic pain, and inflammation.

## **Wormwood**

Used as a curative for stomach spasms, wormwood is a powerful digestant that also works to promote liver health and reverse the damage of liver disease. Sometimes used to treat depression and anxiety-related disorders because of its effects on the brain, wormwood is truly diverse in its healing capabilities.



## **Conclusion**

Medicinal plants are a popular type of plant that has been used as medicine for centuries, although their true origin is still not known. In some ways, they're similar to medicinal mushrooms, which is another type of plant used in natural medicine. Medicinal plants usually contain chemicals known as alkaloids and flavonoids that possess powerful healing properties.

Medicinal plants are a great way to get the good stuff out of the ground and into your body. Medicinal plants can help with everything from relieving muscle pain to improving brain function. There are many medicinal plants that can be used to treat various skin conditions. For example, don't forget about the healing and skin-beneficial properties of aloe vera.

Medicinal plants are an important part of any natural medicine cabinet. They have been used for centuries by humans to help with ailments and diseases.

Medicinal plants have been a part of human history for thousands of years. Although they provide many benefits, there are also some that may be harmful to the body and are not recommended to consume. Medicinal plants are a great way to fight acne, and to get rid of scars. In Ayurvedic medicine, medicinal plants are used to treat various ailments.

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