

# Traditional Uses of Individual Herbs

**Alfalfa** - High in vitamins, minerals and phytoestrogens. Used for menopausal symptoms and joint health.

**American Ginseng** - Through support of the adrenal glands, it may assist in the reduction of muscle fatigue caused by exercise.

**Arnica** - Used topically to ease aches, pains, and bruising.

**Ashwagandha** - Among the most prominent herbal preparations used in Ayurveda. Provides anti-stress, adaptogenic and anti-oxidant action. It prevents or minimizes imbalances that may lead to disease, whether from poor diet, lack of sleep, mental or physical strain, or chemical toxins in the environment. General energy booster.

**Astragalus** - A traditional adaptogen and tonic herb used to strengthen and support the immune system. Safe and effective for long-term use without toxicity or harmful side effects. Helps the body to adapt to both environmental and pathological stress.

**Beet root** - Provides protection against oxidative stresses, digestive support, and excellent fiber source.

**Bilberry** - Provides nutritional support to help maintain healthy vision. Contains the powerful antioxidant anthocyanoside, which provides protection from free radical damage.

**Black Cohosh** - Used for menstrual problems, menopause and post-hysterectomy symptoms, joint health, and headaches.

**Black Walnut** - Antifungal used for gastrointestinal cleansing. Also useful for skin disorders, such as eczema and herpes.

**Bladderwrack** - Contains trace minerals helpful in supporting the treatment of underactive thyroid glands.

**Blue Cohosh** - Antispasmodic for toning the uterus, easing false labor pains and threatened miscarriage. Also for coughs, colic or asthma. *CAUTION: Pregnant women should consult their health care professional before taking herbs.*

**Boneset** - Immune supporting herb for cold and flu season.

**Burdock** - Helps skin disorders, such as eczema and psoriasis. Also supports liver health.

**Calendula** - Useful for topical wound healing.

**California Poppy** - Antispasmodic, or sedative, helpful in treating sleeplessness and over-excitability in children and adults.

**Cascara sagrada** - Useful as a laxative and colon cleanser. Helps to relieve constipation.

**Catnip** - Antispasmodic, relieves upset stomach. Good for children, particularly babies with colic. Rest enhancer.

**Cayenne** - Supports headache relief and circulation. Stimulates appetite and digestion.

**Chamomile** - Anxiety support, sleep aid, gastrointestinal tract comfort. Used to treat nausea and motion sickness. Great for kids.

**Chaste Tree** - see Vitex.

**Cinnamon** - True cinnamon (Cinnamomum verum) has a long traditional history. Indicated for gastrointestinal problems and relieving symptoms of colds and flu. New research shows promise in helping to improve metabolism of sugar, and as an anti-oxidant, possibly preventing free radical damage.

**Cloves** - Used for nausea, stomach and intestinal gas, increasing circulation and aiding in digestion.

**Cordyceps** - Support for the immune system. Increases athletic performance.

**Cramp bark** - As an anti-spasmodic, provides support for female reproductive system.

**Cranberry** - Helpful in urinary tract and bladder infections. Also a valuable source of Vitamin C.

**Damiana** - A tonic for the central nervous system, depression and anxiety related to sexual dysfunction.

**Dandelion root** - Supports liver function and digestion.

**Dandelion leaf** - Used for water retention relief in individuals prone to edema.

**Devil's Club** - Metabolism support.

**Dong Quai** - Used in treating female problems such as PMS. Long-term Chinese tonic for women.

**Echinacea angustifolia and purpurea** - Used for colds, flu and infections. A general immune system enhancer.

**Elderberry** - A popular cold and flu herb, and source of Vitamin C.

**Elecampane** - Traditionally supports chronic coughs of the elderly.

**Eleuthero** - Improves stress resistance. Increases energy, endurance, and mental clarity.

**Evening Primrose Oil** - A rich source of Gamma Linoleic Acid, GLA. Used for PMS support and joint health. Helps maintain healthy cholesterol levels.

**Eyebright** - Helpful to assist with relief of symptoms due to sinusitis, hayfever and allergies. Useful for eye health.

**Fennel** - Excellent for stomach and intestinal problems. Good for children.

**Fenugreek** - Used by nursing women. Helps maintain healthy cholesterol levels. Traditionally used to treat stomach and respiratory ailments.

**Feverfew** - May prevent or reduce the severity of migraines. Also useful for allergy support.

**Flax** - Cholesterol, colon health.

**Garlic** - Supports cardiovascular health. Good for respiratory and digestive infections, has antimicrobial activity.

**Ginger** - Used to treat nausea, motion sickness and vomiting.

**Ginkgo biloba** - Useful in the treatment of many conditions associated with aging, including memory loss and poor circulation.

**Goldenseal** - Used as an antiseptic, antibiotic and anti-inflammatory. Popular remedy for respiratory and intestinal infections.

**Gotu Kola** - Stimulates central nervous system, decreases fatigue and depression. Useful for memory enhancement.

**Green Tea** - Potent antioxidant used for cardiovascular support and gum health.

**Gymnema** - Used in Ayurvedic medicine to assist with sugar balance in diabetics. *CAUTION: Diabetics should monitor sugar levels carefully if taking gymnema.*

**Hawthorn** - Heart tonic.

**Hops** - Good for nervousness, anxiety, insomnia and stress. Supports relaxation.

**Horehound** - Supports upper respiratory ailments.

**Horsetail** - This astringent herb helps to improve kidney function and supports water retention.

**Kava** - Anxiousness, muscle soothing, premenstrual cycle support.

**Kelp** - Metabolism support.

**Lemon Balm** - Eases digestive tract spasms. Also helps with tension, depression, anxiety and insomnia. Good for children.

**Licorice** - Helpful for menopausal relief and long-term immune support.

**Lomatium** - Antiviral, stimulates immune system and decreases inflammation from colds, flu, sore throat or other respiratory infections.

**Maitake** - Support for the immune system.

**Marshmallow** - Traditionally used to calm and soothe the stomach and intestinal tract. Also used for sore throats.

**Milk Thistle** - Liver and gall bladder support. Helpful blood cleanser.

**Motherwort** - Female tonic for anxiety or tension related to delayed menstruation, menopausal changes and false labor pains. Good for heart palpitations and nervous pulse. *CAUTION: Pregnant women should consult their health care professional before taking herbs.*

**Mullein** - Excellent support for upper respiratory conditions.

**Nettle leaf** - In freeze-dried form, provides relief from hay fever and allergy symptoms.

**Nettle root** - A general tonic for the prostate; contains many essential minerals.

**Oats** - Strengthens the nervous system, helps with exhaustion, depression and stress. Restores energy.

**Olive leaf** - Immune support. Heart and circulation support.

**Oregon Grape** - Possesses many of the same properties as Goldenseal.

**Osha** - Expectorant. Immune stimulant for viral or bronchial infections or coughs.

**Passion flower** - Mild sedative and calmative. Good for insomnia and other sleep disorders.

**Peppermint** - Calms stomach and intestinal tract, relieves nausea.

**Pipsissewa** - This antiseptic herb supports water balance and assists in kidney or bladder function.

**Pygeum** - Nutritional support for the prostate.

**Red Clover** - Contains isoflavones, the same compounds found in soy. Useful for skin health, and blood cleanser.

**Red Raspberry leaf** - Supports the womb during the third trimester of pregnancy. Useful for nursing women. *CAUTION: Pregnant women should consult their health care professional before taking herbs.*

**Reishi mushroom** - Long-term immune support.

**Rhodiola** - A powerful adaptogen helping the body to adapt to stress, both environmental and pathological. Enhances physical endurance and performance.

**Saw Palmetto** - Nutritional support for the prostate.

**Skullcap** - Perhaps the most widely relevant nervine available. Useful for insomnia, restless sleep, anxiety and nervous exhaustion. Helps the body to react to stress in a healthy way.

**Slippery Elm** - Used for colon health.

**St. John's Wort** - Recommended for the treatment of mild to moderate depression. Used topically to relieve aches and pains.

**Thyme** - Soothes digestive system. Traditionally used for respiratory infections.

**Turmeric** - A highly regarded spice used in Ayurvedic and traditional Chinese medicine. Turmeric's antioxidant properties provide protective nutritional support to the cardiovascular system, joints, and liver. Standardized turmeric extract supplies enhanced levels of the principally active constituent curcumin.

**Unea lichen** - Traditionally used for bacterial infections of the lungs.

**Uva Ursi** - Supports water balance and kidney and bladder function.

**Valerian** - Good for nervousness, stress and insomnia. Helps promote sleep.

**Vitex (Chaste Tree)** - Used for menstrual disorders, and relief of PMS symptoms.

**Western Red Cedar** - A strong antifungal, and antibacterial. A general immune system enhancer. Useful for respiratory support.

**White Willow** - Contains salicylic acid, the natural building block of acetyl salicylic acid (aspirin). Useful as an anti-inflammatory and for mild pain.

**Wild Yam** - Used for menstrual pain relief.

**Wormwood** - Antifungal used for gastrointestinal cleansing. Also useful for digestion stimulation.

**Yarrow** - Stimulates digestion.

**Yellow Dock** - Supports relief of liver and skin conditions such as psoriasis. Useful for colon health.

**Yerba Mansa** - Promotes lymph drainage from colds and sinus infections.

**Yerba Santa** - Used for infections and upper respiratory ailments, including colds, bronchitis and asthma. Good expectorant.

# Alphabetical Herbal Cross Reference

**Abdominal Discomfort** - Chamomile, Cinnamon, Cloves, Fennel, Fenugreek, Ginger, Marshmallow, Peppermint

**Addiction Withdrawal Support** - Cayenne, American Ginseng, Goldenseal, Oats

**Allergen Exposure** - Eyebright, Feverfew, Freeze-dried Nettle leaf, Osha, Yerba Mansa

**Anxiousness** - Chamomile, Hops, Kava, Oats, Passion Flower, Skullcap, St. John's Wort, Valerian

**Blood Cleansers, Traditional** - Burdock, Dandelion root, Milk Thistle, Oregon Grape, Red Clover, Yellow Dock

**Bruises** - Arnica Oil, St. John's Wort Oil.  
*USE TOPICALLY.*

**Cholesterol, Maintaining Healthy Levels** - Evening Primrose Oil, Fenugreek, Flax, Garlic, Ginger, Milk Thistle

**Colds & Flu** - Astragalus, Boneset, Cordyceps, Echinacea, Goldenseal, Elderberry, Garlic, Lomatium, Oregon Grape, Osha,

**Colic & Teething** - Blue Cohosh, Catnip, Chamomile, Fennel, Flax, Peppermint

**Colon Health** - Cascara Sagrada, Dandelion root, Flax, Slippery Elm, Yellow Dock

**Digestive Stimulant** - Cayenne, Cinnamon, Fenugreek, Ginger, Milk Thistle, Oregon Grape, Yarrow

**Ear Health** - Echinacea, Garlic Oil\*, Goldenseal, Mullein Oil\*, St. John's Wort Oil\*.  
*\*USE TOPICALLY.*

**Endurance & Energy** - Ashwagandha, Astragalus, Bladderwrack, Cordyceps, Eleuthero, American Ginseng, Gotu Kola, Green Tea, Oats, Rhodiola

**Eye Health** - Bilberry, Eyebright, Ginkgo

**Gastrointestinal Tract Cleansing** - Black Walnut, Cloves, Garlic, Goldenseal, Wormwood

**Gum Health** - Echinacea, Goldenseal, Green Tea

**Headache** - Black Cohosh, Cayenne, Feverfew, Ginkgo, Green Tea, Passion Flower, White Willow

**Heart & Circulation Health** - Bilberry, Cayenne, Garlic, Ginger, Ginkgo, Green Tea, Hawthorn, Turmeric

**Immune Health, Long-term** - Astragalus, Ashwagandha, Cayenne, Garlic, Licorice, Maitake, Reishi

**Immune Health, Short-term** - Boneset, Cordyceps, Echinacea, Goldenseal, Lomatium, Maitake, Olive Leaf, Oregon Grape, Osha

**Joint Health** - Alfalfa, Black Cohosh, Evening Primrose Oil, Feverfew, Turmeric, White Willow

**Liver Health** - Burdock, Dandelion root, Licorice, Milk Thistle

**Memory Enhancement & Mental Clarity Support** - Eleuthero, Ginkgo, Gotu Kola, American Ginseng, Rhodiola

**Menopausal Symptoms** - Alfalfa, Black Cohosh, Licorice, Motherwort, Red Clover tops, Vitex

**Menstrual Comfort** - Black Cohosh, Cramp bark, Dong Quai, Evening Primrose Oil, Kava, Vitex, Wild Yam

**Metabolism Support** - Burdock, Cinnamon, Dandelion root, Devil's Club, Fenugreek, Green Tea, Gymnema, Kelp

**Mood Balancing** - Damiana, Eleuthero, American Ginseng, Oats, Rhodiola, St. John's Wort

**Morning Sickness** - Chamomile, Ginger *CAUTION: Consult health care professional before using.*

**Motion Sickness** - Chamomile, Ginger

**Muscle Soothing** - Arnica (topical), Hops, Kava, Passion flower, Valerian

**Premenstrual Cycle Support** - Dong Quai, Evening Primrose Oil, Kava, Vitex

**Prostate Health** - Nettle root, Pygeum, Saw Palmetto

**Respiratory and Lung Health** - Cordyceps, Elecampane, Fenugreek, Garlic, Horehound, Lomatium, Mullein, Osha, Thyme, Usnea, Western Red Cedar, Yerba Santa

**Rest Enhancer** - California Poppy, Catnip, Hops, Lemon Balm, Passion flower, Skullcap, Valerian

**Skin Health** - Burdock, Calendula, Red Clover tops, Yellow Dock

**Thyroid Health** - Bladderwrack, Kelp

**Urinary Tract Health** - Cranberry, Horsetail, Pipsissewa, Uva Ursi, Yarrow, Yerba Santa. NOTE: DO NOT TAKE UVA URSI AND CRANBERRY CONCURRENTLY.

**Vitamin C Source** - Cranberry, Elderberry

**Water Retention** - Dandelion leaf, Horsetail

**Wound Healing (Topical Application)** - Calendula, Echinacea, Goldenseal, St. John's Wort

## DISCLAIMER:

This information is to educate the consumer on widely accepted uses of common herbs. It is not intended to diagnose, treat, cure or prevent any disease or condition. If you have, or think you have, a condition which requires medical attention, a health care professional should be consulted. This informational reference guide is not intended to medically prescribe or promote the use of herbs for health conditions, and is in no way intended as a substitute for medical consultation.

## Fresh Plant Extracts

Fresh plant herbal extracts provide a liquid form of herbal supplements for those who have difficulty swallowing capsules. Liquid extracts are also more readily absorbed than encapsulated herbs, so are faster acting. Extract production begins when the herbs are fresh and succulent. At that time, the plant's cells are full of life and capable of releasing the many active ingredients available when extracted with alcohol. The concentration of fresh plant material used in fluid extracts is expressed as a weight:volume ratio, taking into account the moisture content of the individual plant. If herb strength is 1:2, one part herb is extracted with 2 parts alcohol. To improve palatability, extract may be added to water or juice.

## Alcohol-Free Extracts

One alternative to alcohol-based extracts are glycerites. As glycerin itself is not an effective solvent for most herbs, glycerites are made by first processing plant material with alcohol to capture the essence of that particular plant. The alcohol is then removed using a special process to preserve the integrity of the herb. Naturally sweet Kosher vegetable glycerin and fresh fruit flavors are added to enhance flavor. This is an effective way to give herbs to children.

## Encapsulated Herbs

Capsules provide one of the most convenient means of consuming herbs. Herbs are dried, powdered, and promptly encapsulated in preservative-free, non-GMO vegetarian capsules. This immediate processing helps to maintain active plant ingredients, especially the volatile oils and tannins which are notorious for degradation due to oxidation. Herbal combinations consist of more than one herb and are formulated to provide synergistic nutritional support to specific systems in the body. Combinations of herbs enhance, support and increase the effectiveness of the primary herb.



# Herb Selection Guide

