

## HERBAL REMEDIES LISTED BY HERB



Call Wandaful Herbs to learn more about herbs and to order from our selection of herbs.

770-696-6930

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- ACAI BERRY – Helps combat the signs of premature aging, healthy fats, dietary fiber and phytosterols help promote both cardiovascular and digestive tract health, amino acids helps sustain healthy muscles, essential fatty acids aid in the absorption of Omega-3 fish oil which helps make cell membranes more supple, which in turn optimizes cellular function and health.
- ACEROLA BERRY – Natural source of Vitamin C.
- AGRIMONY - Promotes digestion; soothes irritated digestive system; temporary relief of symptoms of gastrointestinal distress associated with diarrhea; diuretic; supports kidney health.
- ALFALFA - Restorative tonic; promotes stamina, endurance & vitality; healthy digestion; builds healthy blood; supports blood cleansing; promotes joint health; soothes the intestines; supports healthy cholesterol levels; mild diuretic; helpful during menopause.
- ALLSPICE - Indigestion; gas; aromatic stimulant; culinary spice.
- ALOES CAPE - Occasional constipation (often effective within 15-18 hours); promotes healthy digestion; expels parasites.
- ALOE VERA - Burns
- ANGELICA - Indigestion; heartburn; gas; intestinal health; appetite stimulant; colic; bronchial aid; menstrual cramps.
- ANISE - Promotes digestion; alleviates gas, bloating, nausea, belching; colic; promotes healthy respiratory function; coughs; flavoring for unpleasant tasting herbal teas; culinary spice. Great herb to help ward off the flu (main ingredient in Tamiflu). Birds also love this wonderful treat!!
- ARNICA - Soothes temporary muscle and nerve discomfort; bruises; minor

muscle pain; joint discomfort. External use only.

- **ARROWROOT** - Diarrhea; gastrointestinal complaints; in a nourishing mix convalescents; culinary ingredient for fruit sauces, glazes, soufflés, and custards; skin care ingredient.

- **ASHWAGANDA** - Helps body adapt to physical & mental stress; promotes energy; restorative tonic; eases tension and stress; supports nervous system health; blood builder; restores sexual energy; supports the immune system; supports thyroid health.

- **ASPARAGUS** – Supports healthy urinary tract function, flushes urinary tract.

- **ASTRAGALUS** - Supports healthy immune function; cancer prevention; promotes resistance to disease; energy; boosts stamina; supports liver and spleen function; digestive support; blood pressure health.

- **BACOPA MONNIERI** - nervous system disorders, indigestion, respiratory ailments, impotence, infertility, and arthritic pain.

- **BARBERRY** - Promotes liver & gall bladder health; occasional constipation; intestinal parasites; promotes digestion; supports immune system; spleen health; ring worm; promotes healthy skin.

- **BASIL** - Culinary spice; indigestion; gas; nausea; colds; cough; fever; intestinal parasites; headache; acne (facial wash); insect bites and stings (skin wash); fungal skin infections, ringworm, thrush (skin wash).

- **BAY LEAVES** - Colds; chest problems (ointment); gas; indigestion; colic; culinary spice.

- BAYBERRY - Colds (clears congestion in chest); coughs; sore throat; sinusitis; laryngitis; tonsillitis; diarrhea; soothes mucous membranes; skin diseases; stimulates lymphatic drainage.
- BEE POLLEN - Naturally rich in vitamins, minerals, enzymes and trace elements and may be beneficial for metabolism, digestion, acne, age spots, wrinkles, workout recovery, male and female reproductive systems and libido, immune response, depression, allergies, constipation colitis, anemia, circulatory disorders and hair loss.
- BEET ROOT - Used for coughs and infections, nutritious food additive, color dye, blood pressure, cholesterol.
- BENTONITE CLAY – Weight loss, bowel cleansing; improve colitis. May be made into a poultice by mixing with distilled water. Wrap wound in plastic so the clay doesn't fall off for 20-45 minutes. The clay will help to attract and pull out toxins in the bloodstream and surface tissue.
- BILBERRY - Support healthy blood sugar levels; eye function; eye fatigue; glaucoma; urinary tract health; temporary relief of gastrointestinal symptoms associated with diarrhea.
- BLACK DRAWING SALVE – Cysts; infections.
- BLACK COHOSH - Supports menopausal health; hormonal balance; PMS; helpful during menstruation; menstrual cramps; supports a healthy female cycle; anti-spasmodic; supports healthy blood pressure; joint health; muscular discomfort; respiratory health.
- BLACK HAW - Supports menstrual pain, cramps, asthma, arthritis, rheumatism, headaches, reduce fever, pain relief, postpartum pain, chronic uterine inflammation, muscle relaxant, lowers blood pressure, sedative, nervous disorders.

- **BLACK WALNUT** - Parasites, worms; fungal skin infections, eczema, herpes; candida, thrush; impetigo; canker sores; boils; prolapsed organs; diarrhea, dysentery; sore gums; gargle for tonsillitis; internal infections; blood cleanser; balance blood sugar levels.
- **BLADDERWRACK** - Natural source of iodine; promotes thyroid health and function; promotes thermogenesis; occasional constipation.
- **BLESSED THISTLE** - Improves sluggish appetite; indigestion; stimulates bile flow & secretion of gastric juices; constipation; liver congestion, jaundice; gallbladder complaints; hormonal imbalance, regulates menstrual cycle; menopausal symptoms (headaches); circulation; increase milk production.
- **BLOOD ROOT** - Respiratory health; coughs; sinus congestion; skin inflammation (wash).
- **BLUE COHOSH** - Promotes balance in a woman's cycle; menstrual cramps; PMS; reproductive tonic; joint discomfort; muscle cramps.
- **BLUE VERVAIN** - Stress; nervous irritability; premenstrual tension; stress headache; migraine; indigestion; gall bladder function; upper respiratory health; supports circulation.
- **BLUE VIOLET** - Blood purifier, acne, boils, psoriasis, eczema, skin eruptions/inflammations, breast inflammation, ulcers.
- **BONESET** - Fever; colds with fever; chills; flu; coughs; bronchitis; upper respiratory congestion; catarrh (inflammation of mucous membrane); pain; immune stimulant; constipation; arthritis.
- **BORAGE** - Bronchitis; coughs; fevers; mucous membrane inflammation; pleurisy; eye inflammation, sore, irritated eye (eyewash); exhausted

adrenals; cardio tonic- strengthens the heart; soothes nervous conditions.

- BROMELAIN – Digestive aid, joint inflammation, cardiovascular disease, traumatic injuries.

- BUCKTHORN - Supports occasional constipation; bowel cleanser; gallbladder function; intestinal parasites.

- BUCHU – Urinary tract infections; prostate; gums; rheumatism; bruises; sprains; arthritis.

- BURDOCK - Support healthy liver & kidney function; help facilitate removal of toxins from body; anemia; promotes healthy skin and joints; skin irritations; supports healthy lymphatic system; Fibromyalgia relief.

- BUTCHERS BROOM – Increase vein circulation.

- CALAMUS - Stomach tonic; stimulates appetite; promotes digestion; intestinal gas; heartburn; prevents fermentation in stomach.

- CALENDULA - Inflammatory conditions; gastritis; skin inflammation & irritations (eczema, rashes); burns; cuts; bruises; promotes wound healing; hemorrhoids; menstrual irregularities (excessive menstruation); blood purifier; glandular swelling; lymphatic cleansing; cysts.

- CAMU CAMU - Alternative Vitamin C supplement, mix in drinks or tea, blend into smoothies or yogurt.

- CARAWAY - Indigestion, gas, nausea, colic, bloating, feeling of fullness, gastrointestinal cramps, loss of appetite, nervous gastric complaints; uterine cramps, menstrual cramps; expectorant; inflammation of mouth & pharynx; antiseptic; spasms; culinary spice.

- CAROB - thickening agent & baking aid; diarrhea; vomiting; indigestion; inflammation of intestines & colon.

- CASCARA SAGRADA - Occasional constipation; promotes regularity; stool softener; colon health; healthy intestinal function; gas; digestive health; expels intestinal parasites (used in formulas).

- CATNIP - Childhood colds & colic; controls fever, especially in children; digestive aid (gas, bloating, stomach upsets); nervousness; stress; insomnia; relieves spasms; muscular & menstrual cramps; pain reliever; insect repellent.

- CAT'S CLAW - Antioxidant; supports immune health; supports intestinal and digestive health; maintains joint comfort; environmental allergies.

- CAYENNE - Circulatory tonic; cardiovascular function; arterial health; improves digestion; alleviates gas, upset stomach and nausea; improves metabolism; respiratory health; arthritis; pain; culinary spice.

- CELERY SEED - Support joint health & comfort; promotes urinary tract health; promotes bladder health; supports kidney functions; promote circulation; supports healthy digestion; culinary spice.

- CHAMOMILE – Asthma; indigestion; hyperacidity; bloating; feeling of fullness; mild spasmodic gastrointestinal complaints; sluggish bowels; weak stomach; acid reflux; loss of appetite; tonic; anxiety; nervousness; restlessness; rheumatism; wash for sore & weak eyes; skin wash for sores.

- CHAPARRAL - Herbal antioxidant; blood cleanser; supports internal cleansing; herbal detoxifier; immune system support; cancer prevention; helps eliminate intestinal parasites; promote skin health; supports joint health.

- CHARCOAL ACTIVATED - treatment of poisoning, by adding water to the powder to make a paste, activated charcoal can be used as an external application to alleviate pain and itching from bites and stings, absorb gas in the bowels, bowel cleansing and has been used for the treatment of gas or diarrhea, treatment of staph infection when mixed with Psyllium seed husk powder.

- CHASTE TREE BERRIES - Helps balance the female cycle; promote hormonal balance (progesterone production); mild mood changes and fluid retention associated with the menstrual cycle; promotes reproductive health-reproductive tonic; menopause support. Wonderful for horses suffering from Cushing's Syndrome/Disease.

- CHIA - Promotes gentle regularity, remedy for eye disorders and as a mucilaginous herb, which when mixed with water, has a soothing effect on inflamed, irritated mucous membranes.

- CHICORY - Promotes healthy digestion; soothes upset stomach; supports liver function; intestinal health; blood purifier.

CHICKWEED - Irritated digestive tract; irritated skin; hives; diuretic; supports urinary system; water retention associated with menstrual cycle; blood purifier; respiratory health; mucus congestion; cellulite elimination support.

- CINNAMON - Aromatic culinary spice; adds sweet flavor to medicinal teas; promotes digestion; alleviates gas, bloating; supports healthy glucose metabolism; maintains healthy cholesterol & triglyceride already within normal range; warming circulatory tonic; insect repellent.

- CLEAVERS - Water retention; urinary tract infection; kidney & bladder stones; urinary sediment; prostate irritation; swollen lymph glands; blood cleanser; fevers; acne; eczema; psoriasis; arthritis; wounds; sores; mastitis.

- CLOVES - Indigestion (particularly with belching & nausea); bad breath; stomach & intestinal gas; diarrhea; colds; bronchial catarrh; culinary spice for cookies, spice cakes and in some meat & fish dishes.
- COLTSFOOT - Coughs (dry, persistent, hacking, smoker's cough); sore throat; hoarseness; excess mucus; promotes free breathing.
- COMFREY - Promotes healthy tissue repair and supports cartilage and joint function, tendon and muscle discomfort, as well as to soothe irritated skin; as a rinse for thinning hair.
- CORDYCEPS MUSHROOM - Contains complex sugars and other nutrients which seem to strongly nourish and activate various components of the immune system, useful in treating cancer, pain relief, chronic fatigue and other immune disorders. Other benefits include positive effects on the cardiovascular and nervous systems, and an anti-aging effect.
- CORIANDER - Indigestion; loss of appetite; gas; bloating; bladder complaints; strengthens the urinary tract; a weak tea relieves diarrhea & colic in children.
- CORN SILK - Promotes healthy urinary function; supports normal urinary flow; promotes fluid balance; kidney & bladder health; calming effect on bladder; promotes prostate health; supports healthy blood pressure.
- CRAMP BARK - Abdominal cramps; uterine cramps; leg cramps; muscular cramps & tension; menstrual cramps; relaxes ovaries and uterus; spasms; convulsions; postpartum pain; asthma.
- CULVERS - Supports liver function; gallbladder health; promotes healthy digestion; occasional constipation.
- CUMIN – Asthma; bloating; colic; gas; nausea; diarrhea; improves appetite; indigestion; headaches (caused by indigestion); antispasmodic. Used in veterinary medicines for stomach disorders as well; culinary spice.

- DAMIANA - Maintains healthy sexual function; supports male libido; herbal tonic promotes energy; promotes prostate health; urinary tract health; promotes positive mood; nervous system support; promotes hormone balance.

- DANDELION LEAF – Diuretic, weight loss.

- DANDELION ROOT - Liver & gallbladder complaints; control blood sugar; blood purifier; constipation; gastric disorders; loss of appetite, indigestion; aids digestion of fats; improves appetite & digestion; anemia; high cholesterol; eczema, psoriasis; Fibromyalgia relief; weight loss.

- DEVIL’S CLAW - Joint discomfort; indigestion; gas; gout; occasional heartburn; bloating; support liver & gallbladder functions; Fibromyalgia relief.

- DONG QUAI - Supports female reproductive health; hormonal balance; PMS; balance female cycle; menopausal health; uterine tonic; builds healthy blood; promote circulation; cardiovascular support; blood pressure health; prostate health.

- DULSE - Rich in absorbable minerals, use as a condiment or sprinkled on salads and soups.

- ECHINACEA – Asthma; supports healthy immune function; supports lymphatic system; cancer aid; blood purifier; sore throat (gargle); colds and flu; antibacterial.

- ELDER - Tonic; colds; flu; coughs; fever; diarrhea; diuretic- promotes urinary and bladder health.

- ELECAMPANE – Respiratory congestion; respiratory infections; bronchitis;

asthma; emphysema; coughs; chest colds; excess mucus; intestinal parasites; indigestion and other digestive complaints.

- EUCALYPTUS - Coughs, bronchitis, colds, flu, sore throat, respiratory congestion, fevers, digestive complaints, inhalant, flea control for animals, insect repellent.

EYEBRIGHT - Promotes eye health; glaucoma; maintains healthy vision; irritated eyes; allergy eyes; hay fever; supports healthy histamine levels; supports healthy sinuses; respiratory congestion.

- FENNEL - Digestive aid; prevents & relieves intestinal gas; infant colic; increase quantity & quality of mothers milk; expectorant for coughs; bronchitis; trapped mucus in throat; sedative; appetite suppressant; culinary spice.

- FEVERFEW - Supports head wellbeing; supports blood vessel tone; promotes circulation; anti-spasmodic; menstrual cramps; PMS; supports a healthy female cycle; supports healthy blood pressure; joint health; migranes.

- FENUGREEK - Supports healthy digestion; gas; maintains healthy lung and respiratory function; bowel support; supports healthy blood sugar & cholesterol levels; supports normal triglyceride levels; menopause support (hot flashes); promotes healthy milk production.

- FLAX SEED - Occasional constipation; stool softener; promotes digestive health; digestive tract irritation.

- FO-TI - Tonic; tones liver & kidneys; infertility; impotence; blood sugar levels; hypoglycemia; constipation (particularly elderly); high cholesterol; nervous exhaustion; backaches; hypertension; digestive aid; strengthens cardiovascular system; early menopause.

- FRANKINCENSE - Applied as a salve and liniment for rheumatism, wounds; athletic injuries, common ingredient in incense, perfume; potpourris.

- GARCINIA CAMBOGIA - Weight loss.

- GARLIC - Supports healthy blood pressure; antibacterial; maintains cholesterol levels already within normal range; promotes heart health; circulatory health; supports lymphatic function; blood purifier; intestinal parasites; immune health; culinary spice; colds and flu; sinus congestion and sinusitis; insect repellent; Fibromyalgia relief.

- GENTIAN - Indigestion; strengthens digestion; stomachache; gastric disorders; heartburn; loss of appetite; liver disorders; jaundice; blood cleanser; increases circulation; strengthens the pancreas, spleen & kidneys; expels worms.

- GINGER – Acid reflux; cancer aid; improve circulation (extremities); digestive aid; flatulence; colic; intestinal gas; lung congestion; expectorant; bronchial spasms; opens sinuses; relieves pain; colds and flu; motion sickness and nausea; morning sickness; joint health; weight loss.

- GINKGO - Promote healthy brain function; supports circulation; antioxidant; anti-aging tonic; Fibromyalgia relief; Tinnitus (ringing in ear) combined with Turmeric.

- GINSENG-ASIA - Supports energy; helps body adapt to physical & mental stress; boosts stamina & vitality; restores sexual energy; improves mental performance & concentration; supports hormone balance; immune system support; Fibromyalgia relief.

- GOAT'S RUE – Increase breast milk production; original med for treating diabetes 2.

- GOLDENSEAL - Healthy immune response (best used at first sign of symptoms); urinary tract; respiratory system support; digestive tonic; sore

throat, canker sores, irritated gums (gargle/mouthwash); cysts.

- GOLDENSEAL SALVE – All purpose healing salve; cysts; cuts; scrapes; burns.
- GOTU KOLA - Promotes physical & mental energy; anti-aging tonic; memory & brain tonic; nervousness; promotes circulation; promotes healthy skin.
- GRAPESEED - potent and powerful antioxidant, protects against cancer and repairs connective tissue, recommended as anti-oxidants, strengthens all the blood vessels and improves the delivery of oxygen to the cells.
- GRAVEL ROOT/QUEEN OF THE MEADOW - Kidney & bladder stones; cystitis; inflammation of the urethra; prostatitis; water retention; bursitis; gout; rheumatism; lumbago; menstrual bloating.
- GRAVIOLA - is helping millions of people fight through their cancer treatment; cancer prevention.
- GUARANA - Stimulant; fatigue; stamina; energy; mental alertness; headaches- migraine, menstrual; diuretic; appetite suppressant; diarrhea; neuralgia.
- GUAR GUM - Cholesterol control; blood sugar support (consult physician); digestive complaints; constipation; healthy bowel activity (part of a fiber drink).
- GUGGUL RESIN – Promotes cardiovascular health, helps to maintain cholesterol levels.
- GYMNEMA SYLVESTRIS – Supports healthy blood sugar levels, reduce

sugar.

- HAWTHORN - Promotes cardiovascular health; supports healthy blood flow; supports healthy blood pressure; maintains blood vessel health; antioxidant nutrition; helps ease stress.
- HIBISCUS - Tasty, non-caffeinated herbal tea; supports healthy blood pressure; maintains healthy cholesterol; indigestion.
- HOPS - Occasional sleeplessness; relief of stress; restlessness; simple nervous tension; promotes relaxation; relaxes tense muscles; supports healthy digestion.
- HOREHOUND - Coughs; colds; bronchitis; asthma; sore throat; hoarseness; laryngitis; excessive mucus; lung congestion; catarrh (inflammation of air passage, involving nose, throat or lungs); fever; digestive aid; liver tonic; laxative (in large doses).
- HORNY GOAT WEED – Slow the aging process, stimulates sexual activity in both men and women.
- HORSERADISH - Culinary spice; increase flow of urine and stimulate kidney and bladder activity (diuretic); urinary tract infections; respiratory congestion; sinusitis and sinus congestion.
- HORSETAIL SHAVEGRASS - Supports healthy urinary tract; promotes kidney; bladder health; strong bones; healthy hair (thinning hair), skin; nails; split ends; supports healthy blood circulation.
- HYDRANGEA - Prevent and aid passing of kidney and bladder stones & gravel; bladder infections; fluid retention; mild diuretic; prostatitis; urinary infection; calcium deposits; arthritis; rheumatism; gout; laxative.

- HYSSOP - Asthma; bronchitis; cough; cold; heavy, congested feeling in head; chest; fevers; flu; sore throat (gargle-may be combined with Horehound ; Sage); hoarseness; wheezing; hay fever; chronic catarrh; indigestion; gas; anxiety; circulation.

- IRISH MOSS - Bronchitis; catarrh (inflammation of air passages involving nose, throat & lungs); cough; lung congestion; peptic ulcers; digestive aid; gastritis; diarrhea; cystitis; convalescence; dietary bulking agent; strengthens glandular system (iodine content).

- JUNIPER - Strengthens the stomach and acts as a digestive tonic, and has been recommended for loss of appetite and to improve digestion, diuretic, gout.

- KAVA KAVA - Promotes physical & mental relaxation; helps reduce tension; stress; occasional sleeplessness; helps ease muscle discomfort.

- KELP - Natural iodine source; supports thyroid function and glandular health; promotes metabolism; cellulite elimination support; promotes healthy hair, skin & nails; soothes irritated throat; occasional constipation.

- KOLA NUTS – Mild stimulant, endurance increases and hunger is driven out, better concentration and gives a clear head, good replacement for coffee.

- KUDZU - Alcohol cravings, thirst, headaches, stiffness, antioxidant, blood pressure, digestive aid, and pain.

- LAVENDER - Stress, anxiety, nervous exhaustion, depression headaches; stomach problems, nausea, vomiting; burns; cysts; hair loss (oil). A relaxing, soothing bath for insomnia & tension.

- LECITHIN (SOY) – Bread dough enhancer, culinary ingredient, body care ingredient, horse health.

- LEMON BALM - Occasional sleeplessness; helps concentration; anxiety; stress; nervous tension; irritability; nervous indigestion; acid reflux; gas; nausea; headaches; herpes (topical); hyperactivity; shingles (topical); ADD/ADHD.
- LEMON GRASS - Colds; fevers; flu; colic; headaches; nervousness; bronchitis; indigestion; gas; diarrhea; as a bath herb to relieve sore muscles; improves taste of medicinal-tasting teas; insect repellent.
- LEMON VERBENA – Asthma; indigestion; flatulence; nausea; stomachache; diarrhea; colds; fever; sinus congestion; insomnia; mild antispasmodic; sore throat; tonsillitis.
- LICORICE – Acid reflux, bad breath, supports upper respiratory tract; sore throat; hoarseness; gastrointestinal health; acid indigestion; adrenal tonic; stress; promotes energy; hormone balance; blood purifier; Fibromyalgia relief.
- LINDEN - Stress; anxiety; restlessness; insomnia; colds; flu; fever; headaches; relaxes spasms; diuretic; hypertension; indigestion; bath herb for relaxation; mouth sores (gargle); skin rashes (compress).
- LOBELIA - Asthma; bronchitis; bronchial spasms; cough; colds; excessive mucus; fever; pleurisy; muscle spasms; muscle relaxant; convulsions.
- MACA - Herbal tonic; supports healthy energy levels; promotes endurance; boosts stamina; maintains healthy sexual function; increases sexual desire; satisfaction; supports reproductive health; builds healthy blood; supports male & female hormonal balance.
- MANDRAKE - powerful laxative for constipation and bowel function.

- MARJORAM - Indigestion, sour stomach, loss of appetite; nervous headaches; cramps (menstrual); coughs; culinary seasoning.
- MARSHMALLOW - Relieves irritated mucous membrane of mouth & throat and associated cough; soothing gargle; eyewash for sore, inflamed eyes; colitis; increase and enrich flow of mother's milk; making marshmallows the old-fashioned way.
- MATE (YERBA) - Fatigue (mental & physical); nervous exhaustion; lack of stamina; nervous depression; headaches (nervous & fatigue); fluid retention; rheumatism; digestive aid; weight loss aid (suppresses appetite, may promote fat burning); immune system support.
- MAITAKE MUSHROOM - boost immunity, fend off infections, pain relief and fight cancer.
- MILK THISTLE - Promotes liver health; liver & gallbladder complaints; a specific in liver rebuilding & detoxification formulas; in antioxidant combinations.
- MISTLETOE - Hypertension (mild); headaches (high blood pressure); arteriosclerosis; strengthens capillary walls; promotes circulation; migraines (in a formula); calms nerves; rheumatism; joint pain; spasms.
- MOTHERWORT - Supports healthy cardiovascular function; supports healthy blood pressure; feelings of anxiety after childbirth; menstrual discomfort; menopause; simple nervous tension & anxiety; promotes relaxation.
- MUGWORT - Expels worms and other intestinal parasites (worming medicine for both humans & animals); helps regulate menstrual flow; bitter tonic for improved digestion and liver function. Natural insect repellent for moth & fleas.

- MULLEIN – Asthma; supports respiratory system; coughs (dry, unproductive); bronchial and sinus congestion; loosens & removes mucus; allergies/hay fever; respiratory tonic; sore throat.
- MUSTARD - Condiment; indigestion; poultice for chest congestion, cold, coughs, joint pain & stiffness; bronchitis (tea, poultice); rheumatism (tea, poultice); sore throat (gargle).
- MYRRH - Immune system support; enhances natural resistance; soothing support for mucus tissue of the throat, respiratory and digestive systems; sinus health; clears out mucus; promotes oral health; gastrointestinal health; supports healthy female cycle.
- NETTLE - Allergies (teary eyes, runny nose) use nettle leaf; hay fever use nettle leaf; hives use nettle leaf, increase flow of urine use nettle root; urinary tract health use nettle root; supports kidney/bladder health use nettle root; nutrient-rich tonic use nettle root; blood builder use nettle root; blood purifier use nettle root; healthy hair/thinning hair use nettle root.
- NUTMEG - Culinary spice; flavoring agent; small doses relieve and prevent intestinal gas, nausea, vomiting and indigestion; loss of appetite; increase circulation.
- OAT STRAW - Nervousness; nervous exhaustion; anxiety; stress; posttraumatic stress; insomnia; nerve tonic; depression; improves appetite; fatigue; spasms; strengthens muscles; shingles; menopause; rheumatism, concentration. Topically for: eczema & neuralgia.
- OLIVE LEAF – Immune system, lower blood pressure, reduce cholesterol, improve respiratory response and improve skin health; culinary spice.
- ORANGE PEEL - Loss of appetite; painful indigestion; intestinal gas; nausea; abdominal pain; bloating; digestive weakness.

- OREGANO - Indigestion; gas; colic; nausea; colds; cough; congestion; flu; fever; bronchitis; nervous headaches; reduces muscle spasms; menstrual cramps; water retention.

- OREGON GRAPE - Blood cleanser, liver disorders, lymphatic congestion, improves poor digestion (stimulates production of hydrochloric acid in stomach), stimulate bile flow, constipation, acne, eczema, psoriasis, skin diseases, glandular tonic.

- ORRIS - Helps potpourri blends retain their scent.

- PAPAIN – Indigestion, gas, nausea; bloating; sour stomach

- PAPAYA – Indigestion, gas, nausea; bloating; sour stomach.

- PAPRIKA - Culinary spice; indigestion, gas; motion sickness; mouth sores (gargle).

- PARSLEY - Herbal diuretic; urinary tract & bladder health; supports prostate function; blood pressure health; culinary spice.

- PASSION FLOWER – Asthma; promotes relaxation; calms nerves; ease restlessness; calms simple nervous tension associated with hormonal transitions (menopause, menstrual cycle); nervous irritability; relaxes tense muscles; muscular cramps; menstrual cramps; occasional sleeplessness.

- PATCHOULI - Aromatic ingredient in potpourris, sachets and incense (powdered herb); cough; colds; nausea; dandruff; skin inflammation; boils (poultice); insect repellent.

- PAU D'ARCO - Supports healthy intestinal ecology; immune support;

antifungal; blood purifier; intestinal parasites; promotes healthy skin; tonic; supports prostate health; joint discomfort; thrush (mouth).

- PEACH - Helps maintain fluid balance; promotes urinary and kidney health; soothes indigestion, upset stomach and nausea; occasional constipation; upper respiratory health.

- PENNYROYAL - Indigestion, intestinal gas, nausea, stomach tonic; amenorrhea; menstrual pain; uterine cramps; antispasmodic; colds, fever; mild sedative; used topically for skin irritations.

- PEPPER - Black Pepper adds flavor to almost every food of every nation in the world. It is used in rubs, spice blends, salad dressings, and peppercorn blends. Aids in acid reflux.

- PEPPERMINT - Indigestion; acid reflux; gas; nausea; colic; heart burn; stomachache; loss of appetite; colitis; Crohn's disease; headache; anxiety; tension; colds; fever; chills; bad breath; vomiting; dysmenorrhea; fatigue; motion & morning sickness; itchy skin; joint inflammation.

- PERIWINKLE - Diarrhea; excessive menstrual bleeding (menorrhagia); hemorrhoids; colitis; gastritis; bleeding; tension headaches; high blood pressure; nervousness; anxiety; sore throat; excessive mucous; bleeding gums; sores; wounds; abscesses; eczema; vaginitis.

- PLEURISY - Pleurisy; pneumonia; asthma; bronchitis; fevers; excessive mucus; calms spasms.

- POKE - In external preparations for swollen glands; itchy skin; lymphatic cleansing; tumors; bedsores; boils; shingles; melanoma; cancer aid; herpes; scabies.

- POPPY - Coughs; asthma; bronchitis; pleurisy; sore throats; pain; insomnia;

anxiety; stress & tension; calms nervous system.

- PRICKLY ASH - Arthritis; rheumatism; lumbago; leg cramps; varicose veins; poor circulation; gas; nausea; lack of appetite; indigestion; stimulates sluggish digestion; diarrhea; fever.

- PSYLLIUM SEED & HUSK - Occasional constipation; diarrhea; colon cleanser; hemorrhoids; cholesterol support; irritated bowel; weight loss aid (calorie-free bulking agent).

- QUASSIA - Stomach tonic; dyspepsia; improves appetite/loss of appetite; fever; parasites (internally and as an enema); may be used topically as a hair rinse for dandruff.

- RED BUSH ROOIBOS TEA - Indigestion; nausea, vomiting; heartburn; stomach ulcers; constipation; irritability; nervous tension; insomnia; hypertension; headaches; hay fever; asthma; immune boost; antioxidant; eczema and other skin irritations (skin wash or bath).

- RED CLOVER - Promotes healthy blood & lymphatic system; supports healthy liver function; supports healthy estrogen levels (menopausal health); supports immune system; herbal tonic; gentle diuretic; respiratory health; Fibromyalgia relief.

- RED RASPBERRY - Strengthens female reproductive system; strengthens; tones uterus; threatened miscarriages; false labor; irregular or excessive menstruation; menopausal symptoms; nausea; anemia; diarrhea; mouth wash for sores; gargle for throat irritations.

- RED ROOT - Supports healthy lymph & liver function; spleen health; upper respiratory health; tonsil health; sore throat.

- REISHI MUSHROOM - liver disorders, fight cancer, pain relief, hypertension, blood lipid levels, inflammation, insomnia, stress, flu, asthma, allergies, heart disease, high cholesterol, diabetes, headache, stomach ache,

arthritis, back pain, skin care, hair loss and Hepatitis.

- RHODIOLA - Stimulates the nervous system, decreasing depression, enhancing work performance, eliminating fatigue, increases the body's resistance to any type of stress by regulating the body's hormonal response, and prevents high altitude sickness.
- RHUBARB - Constipation; diarrhea; dysentery; amenorrhea (large doses); fever; jaundice; liver and gallbladder complaints; hemorrhoids; intestinal worms; poultice for boils & burns.
- ROSEHIPS - Natural source of Vitamin C and bioflavonoids; immune support; helps body maintain health; urinary tract health; stress; supports energy levels; strengthens blood vessel walls and other tissues; promotes healthy circulation.
- ROSEMARY - Promotes circulation; indigestion, loss of appetite and other digestive complaints; stress; tension; nervousness; neuralgia; headaches; enhance memory; strengthens nerves; menstrual problems; pelvic pain; gargle for sore throat; hair loss (oil) culinary spice.
- SAFFRON - As a hot tea for colds & fever; diuretic; digestive disorders, heartburn, gas, acid stomach; lactic acid build-up; gentle laxative, mild bladder & bowel cleanser; colon dysfunction; bronchitis; blood clots; clears lungs/removes phlegm; amenorrhea; culinary spice.
- SAGE - Mucus discharge; nasal drip; sinus congestion; cough; cold, flu (early stages); sore throat; night sweats; mouth sores; sore gums; excess saliva secretion; indigestion; nausea; dandruff, oily scalp, restore dark highlights (hair rinse); decrease lactation, culinary spice.
- SARSAPARILLA - Arthritis (pain, swelling, inflammation); rheumatism;

joint aches; pains; blood purifier; anemia; hormone balance; menopausal symptoms; glandular balance; acne; eczema; psoriasis; ringworm, athlete & foot; urinary problems.

- SASSAFRAS - Blood purifier; arthritis; rheumatism; gout; skin diseases; added to cold & flu compounds to reduce fever and induce sweating.

- SAW PALMETTO - Promotes prostate health; urinary tract health; hormonal balance (men & women); reproductive health; healthy hair (thinning hair).

- SCHISANDRA - Tonic; promotes energy, stamina & endurance; enhances mental alertness; supports immune health; supports healthy liver function; boosts sexual energy; supports kidney health; supports respiratory health.

- SCULLCAP/SKULLCAP - Promotes relaxation; supports restful sleep; eases tension when under occasional stress; restlessness; soothes temporary muscle and nerve discomfort; menstrual cramps; Fibromyalgia relief.

- SENNA - Acute constipation; as part of a parasite cleansing program; in formulas for liver conditions.

- SHITAKE MUSHROOM - Healthy heart function and prevent heart problems, energy, immunity, pain relief, fights cancer, intestinal worms, viruses, and fatigue.

- SHEEP SORREL - Kidney ailments; jaundice; laxative; blood purifier; diuretic; poultice for ringworm, boils & tumors.

- SHEPHERD'S PURSE - Internal bleeding; bleeding of stomach, lungs, uterus, kidney; bleeding ulcers; postpartum bleeding; bloody urine; excessive; painful menstruation; gentle diuretic; diarrhea; cuts, bruises; normalizes blood pressure; hemorrhoids; varicose veins.

- SLIPPERY ELM - Supports mucus membranes of the stomach, bowel, colon, and respiratory passages; throat irritation (tea); promotes digestive health; occasional acid indigestion; irritated bowels; lubricates bowel (smooth & softer elimination); nutritive tonic.
- SPEARMINT - Soothes stomach & intestinal complaints; gas; indigestion; vomiting; nausea; morning sickness (especially if mixed with Ginger); colds; colic; calms nerves. Due to its pleasant taste, Spearmint is also added to herbal tea blends to enhance their flavor.
- SPIKNARD - Asthma; coughs; cold; chest infection; blood cleanser; digestive aid; rheumatism; gout; backache; skin eruptions; wounds; bruises; swelling; rash.
- SQUAWVINE - Childbirth; painful menstruation (dysmenorrhea); absence or suppression of menstruation (amenorrhea); strengthen uterus; water retention; kidney & bladder problems; nervous disorders; insomnia; sore eyes (eyewash).
- ST. JOHN'S WORT - Sedative; pain; viral infections; colds; chest & lung congestion; menstrual cramps; sciatica; arthritis; gout; diuretic; Fibromyalgia relief.
- STEVIA - Regulate blood sugar levels (use with supervision of your health care professional); fatigue; sugar cravings; culinary ingredient- adds a slightly anise, licorice-like taste.
- STONE ROOT - Maintains kidney health; supports healthy urinary tract and flow; supports venous health; promotes venous elasticity.
- STRAWBERRY - Diarrhea, dysentery, bowel problems, intestinal sluggishness, kidney ailments (kidney stones), jaundice, blood purifier, cleanses stomach, prevent night sweats, fevers, acne, eczema, psoriasis,

rashes, anemia, pregnancy tonic, rheumatism, arthritis, gout.

- TANSY- Compress for rheumatism, bruises, sprains, sunburn; skin care (astringent facial toner and steam); natural insect repellent for ants, bed bugs, fleas, and moths.
- TEA TREE OIL – Athlete’s Foot; fungal skin infections; insect repellent; cysts.
- TRIBULUS TERRESTRIS - loss of libido (sex drive), impotence, infertility, edema, liver, kidney and heart problems, congestion, gas, headache, liver, ophthalmia and stomatitis.
- THYME - Acute bronchitis; colds; flu; disinfectant gargle for sore throats; childhood respiratory infections; expectorant; lack of appetite; gas; colic; whooping cough; antibacterial agent; headaches (combined with Fenugreek); candida albicans (capsules or tea); culinary spice.
- TONGKAT ALI - Male hormonal balance, libido and performance, enhance energy levels, endurance and stamina, and to reduce occasional mental fatigue.
- TURMERIC - Powerful source of antioxidants; culinary spice; Fibromyalgia relief; cysts; supports joint function and mobility; promotes healthy digestion; alleviates gas, bloating, stuffed feeling; supports healthy liver function; promotes circulation; Tinnitus (ringing in ear) combined with Ginkgo Biloba; maintains cholesterol levels already within normal range. Mix 1 tablespoon extra virgin olive oil, 1 cup vegetable juice, 1/2-2/3 tablespoon turmeric powder-heat. Turmeric mixes well with olive oil for effective use.
- UVA URSI - Supports urinary tract and bladder health; supports healthy kidney function; soothes urinary tract discomforts; cleanses urinary passage; increase urine flow; supports prostate health.

- VALERIAN - Supports restful sleep; relieves occasional sleeplessness; eases tension; stress; reduces anxiety; menstrual cramps; PMS; muscle spasms; headaches; Fibromyalgia relief.

- VANILLA – culinary spice.

- WHEATGRASS - Stimulates healing, removes necrotic debris from open wounds, purifies the blood, aids in proper digestion, helps to detoxify the liver, build up white blood cell counts, green juices provide easy assimilation of nutrients.

- WHITE OAK - Diarrhea; varicose veins (tea, skin wash, compress); weak capillaries (compress); hemorrhoids (internally, enema, sitz bath); bleeding gums (mouthwash); laryngitis, tonsillitis and sore throat (gargle); eczema (compress); skin irritations.

- WHITE PINE - Colds; cough; flu; bronchitis; lung congestion; excess mucus; catarrh (inflammation of upper respiratory tract); laryngitis; sore throats; tonsillitis; rheumatism; kidney problems.

- WHITE WILLOW - Natural source of salicin; minor aches; promotes head wellbeing; sore muscles; menstrual cramps; joint and back discomforts; Fibromyalgia relief.

- WILD CHERRY - Asthma; bronchitis; loosens phlegm & hardened mucus; coughs; colds; inflammation of mucous membranes (catarrh); indigestion, gas, nausea, lack of appetite, nervous digestive disorders; gout.

- WILD LETTUCE - Anxiety; restlessness; stress; tension; sleeplessness; pain reliever; cramps; coughs.

- WILD YAM - Promotes hormonal balance; supports a smooth female cycle; menstrual cramps; muscular cramps; gastrointestinal cramps; menopausal symptoms; digestive health; gas; nausea; calms nerves; gallbladder health; supports joint function.

- WINTERGREEN - Arthritis; rheumatism; headaches; back pain; muscle pain and soreness; joint pain and swelling (hot compress, bath); upset stomach; gas; inflammation; sore throat (gargle); culinary spice.

- WITCH HAZEL - Hemorrhoids and varicose veins (internal, compress/salve); diarrhea; excessive bleeding; mouth & throat inflammation (gargle); bleeding gums (mouthwash); bruises, sprains, minor skin injuries and inflammation (skin wash); vaginitis (douche).

- WOOD BETONY - Headaches, nervous disorders, pain, exhaustion, neuralgia, facial twitching, vertigo, hypertension, nightmares, stress, digestive problems, spasms (muscle), stomach cramps, jaundice, liver problems, intestinal parasites.

- WORMWOOD- Expels parasites; bitter digestive tonic; supports healthy digestion; alleviates nausea, gas, bloating, feeling of fullness; occasional acid indigestion; stimulates appetite; promotes liver function.

- YARROW - Internal & external bleeding; hemorrhoids; cuts, bruises; colds, fever, flu; wash for inflammatory skin problems; cystitis; circulation; anti-inflammatory; blood cleanser; indigestion; gas; liver; gallbladder complaints; menstrual bleeding; cramps.

- YELLOW DOCK - Supports blood cleansing; builds healthy blood; supports liver function; supports healthy lymphatic system; promotes healthy skin; relieves occasional constipation (mild laxative); promotes healthy digestion.

- YERBA SANTA - Allergies; hay fever; asthma; upper respiratory inflammation; cough; opens sinuses.

- YOHIMBE – Increase sexual desire, promotes blood flow and performance, maintains healthy sexual function, boost performance and satisfaction.

- YUCCA - treatment for arthritis, sprains, sores, bleeding, and all sorts of inflammation. As a shampoo, it has even been used to fight dandruff and hair loss. Mix with water and use as a spray for pets that suffer from dry skin, scratching.