

Alphabetical Listing of Herbs

(currently missing from this list are:

Hibiscus flower, Chinese cinnamon, echanacea purpura, astragalus root, rose petals & buds, orange peel, grapefruit seed extract.

Please donate info on them if you have.)

ALFALFA (al-fal'-fa)

(Medicago sativa)

Parts used: Leaves and Flowers

Alfalfa contains health building properties. It helps assimilate protein, calcium and other nutrients. It is beneficial for all ailments because of its vitality and nutrient properties. And the contents are also balanced for complete absorption. Alfalfa contains chlorophyll. It is a body cleanser, infection fighter and natural deodorizer. It breaks down poisonous carbon dioxide and it is the richest land source of trace minerals. It is a very good spring tonic, it eliminates retained water, and relieves urinary and bowel problems. It helps in treating recuperative cases of narcotic and alcohol addiction. The enzymes help to neutralize cancer in the system.

Alfalfa contains a very rich supply of vitamins A, K, and D. It is also high in calcium and contains phosphorus, iron, potassium and eight essential enzymes. It is rich in trace minerals.

Alcoholism	FATIGUE, (MENTAL AND
Allergies	PHYSICAL)
ANEMIA	Fever reducer
Appendicitis, chronic	Gout
APPETITE STIMULANT	HEMORRHAGES
ARTHRITIS	High blood pressure
BLOOD PURIFIER	Jaundice
Body building	KIDNEY CLEANSER
Bowel problems	Lactation (quantity and
Bursitis	quality of milk)
Cancer	NAUSEA
Cholesterol reducer	Nosebleeds
Cramps	PITUITARY PROBLEMS
DIABETES	Teeth
Digestion	TONIC
Diuretic (mild)	ULCERS, PEPTIC
	Urinary problems

Black Walnut (blak wal'-nut)

(Ju glans nigra)

Parts used: Hulls and Leaves

Black Walnut oxygenates the blood to kill parasites. It is used to help balance sugar levels. It also is able to burn up excessive toxins and fatty materials.

The extract is very useful for poison oak, ringworm and skin problems.

The brown stain found in the green husk contains organic iodine which has antiseptic and healing properties.

Black walnut is used for restoring tooth enamel. It contains constituents which have been found to be a protective antidote for electrical shock.

Black Walnut is rich in vitamin B5 and manganese. It contains magnesium, silica, protein, calcium, phosphorus, iron and potassium.

Abscesses	Lupus
Acne	Mouthsores
Antiperspirant	PARASITES, INTERNAL
ANTISEPTIC, EXTERNAL	Piles, bleeding
Boils	Poison Ivy
Cancer	RASHES, SKIN
Carbuncles	RINGWORM
Colitis	Scrofula
Diphtheria	Tonsillitis
Eczema	Tuberculosis
Eye diseases	Tumors
Fevers	Ulcers, internal
Gargle	Uterus, prolapsed
Hemorrhoids	Varicose veins
Infections	WORMS
LACIATION, STOPS	Wounds
Liver	

BURDOCK (bur'-dok')

(*Arctium lappa*)

Parts used: Root

Burdock is one of the best blood purifiers, it can reduce swelling around joints and helps rid calcification deposits, for it promotes kidney function to help clear the blood of harmful acids. Burdock contains anywhere from 27 to 45% inulin, a form of starch, which is the source of most of its curative powers. Inulin is a substance that is important in the metabolism of carbohydrates. In Europe it is used as a remedy for prolapsed and displaced uterus. Burdock, when mixed with Sassafras and made into a tea, is said to release a strong oil that is soothing to the hypothalamus. It also aids the pituitary gland in releasing an ample supply of protein to help adjust hormone balance in the body. It is said that a poorly nourished pituitary gland is sometimes responsible for overweight.

Burdock contains a lot of vitamin C and iron. It contains 2% protein. 70% carbohydrate, some vitamin A, P. and B-complex, vitamin E, PABA, and small amounts of sulphur, silicon, copper, iodine and zinc.

Acne	Bronchitis
Allergies	Canker sores
ARTHRITIS	Cancer
Asthma	Dandruff
BLOOD PURIFIER	ECZEMA
Boils	Fevers
GOUT	LUNGS
Hay fever	Nervousness
Infections	RHEUMATISM
KIDNEY PROBLEMS	SKIN DISEASES
Leprosy	Uterus, prolapsed
Liver problems	Wounds
Lumbago	

CHICORY (chik'-a-r~)

(*Cichorium inlybus*)

Parts used: The Herb and Root

Chicory has many of the constituents of dandelion. It was well known in ancient Rome as a food and blood purifier. Chicory tea helps eliminate unwanted phlegm from the stomach and is useful as a tea for upset stomach. It is useful in uric acid conditions of gout, rheumatics and joint stiffness. It has been used as a wash for boils and sores. It has been said that regular use of the tea is recommended for gallstones. The sap of the stems are used for poison ivy and sunburned skin.

It is rich in vitamins A, C, G, B, K, and P.

Anemia	Infertility
Arteriosclerosis	Inflammations
Arthritis	JAUNDICE
BLOOD PURIFIER	Kidney problems
CALCIUM DEPOSITS	LIVER PROBLEMS
Congestion	PHLEGM (EXPELS)
DIGESTION	Poultice
Gallstones	Rheumatism
Gout	Spleen problems
Glands	Tonic

CLOVES (klovz)

(Eu genia caryophyllata)

Parts used: Seeds

Cloves contain one of the most powerful germicidal agents in the herb kingdom. It is safe and effective for vomiting during pregnancy, and increases circulation of the blood and promotes digestion and nutrition. The oil of cloves is a diffusive stimulant and is often rubbed on the gums to relieve toothache and is frequently used as a remedy for bad breath.

Cloves contain vitamins C and A, the B-complex vitamin and contain potassium, phosphorus, calcium, magnesium and sodium.

BAD BREATH	GAS
Blood pressure, low	Indigestion
BRONCHIAL CATARRH	NAUSEA
CIRCULATION, POOR	Pain
Colitis (mucus)	Palsy
Diarrhea	Spasms
DIZZINESS	Toothache
Dysentery	VOMITING
EARACHE	Sexual stimulant
Epilepsy	

DAMIANA (dam-i-a'-na)

(Turnera aphrodisiaca)

Parts used: Leaves

Damiana has stimulating properties and has been used for nervousness, weakness and exhaustion. Damiana has been recommended for increasing sperm count in the male, and to strengthen the egg in the female. It helps to balance the hormones in women. In Mexico, it is used for female disorders. It is especially beneficial for an exhausted state of the body and of the vital powers of the system. It is useful in increasing sexual prowess in persons who suffer from sexual weakness.

It has been used as a mild tonic laxative for children.

Damiana has been said to be one of the most popular and safest of all plants claimed to restore the natural sexual capacities and functions.

Brain tonic	HORMONE BALANCER
BRONCHITIS	HOT FLASHES
Energy	MENOPAUSE
EMPHYSEMA	Nervousness
Exhaustion	PARKINSON'S DISEASE
Female problems	Prostate
Frigidity	SEXUAL STIMULANT

DANDELION (dan' -da-line)

(Ta raxacum officinale)

Parts used: Leaves and Roots

Dandelion benefits the function of the liver. It has the ability to clear obstructions and stimulates the liver to detoxify poisons. It should be considered a valuable survival food. It contains all the nutritive salts that are required for the body to purify the blood. It promotes a healthy circulation, strengthens weak arteries, cleanses skin blemishes and restores the gastric balance in patients who have suffered from severe vomiting.

The juice of the broken stem can be applied to warts and allowed to dry'. If used daily for two or three days. it will dry up the warts. It is also useful for corns, acne and blisters.

A diet of this herb (green) improves the enamel of the teeth.

Dandelion is a natural source of protein. It is rich in vitamin A. It is an excellent source of vitamin B.. C and E. It is rich in potassium, calcium, and sodium. It contains some phosphorus and iron, as well as some nickel, cobalt, tin, copper, and zinc.

Age spots	Corns
ANEMIA	Cramps
BLISTERS, EXTERNAL	Dermatitis
BLOOD PRESSURE (LOWERS)	Diabetes
BLOOD PURIFIER	Eczema
Constipation	ENDURANCE
Fever	Fatigue
GALL BLADDER	Metabolism (stimulates)
Gout	Psoriasis
Jaundice	Rheumatism
Hypoglycemia	Spleen
LIVER PROBLEMS	Stomach
	Warts

ECHINACEA (i-ki-na-sia)

(Echinacea august~folia)

Parts used: Root

Echinacea stimulates the immune response, increasing the body's ability to resist infections, especially the production of white blood cells. It improves lymphatic filtration and drainage, and it helps remove toxins from the blood. It is considered one of the best blood cleansers and is called the King of the Blood Purifiers. It is considered a non-toxic way of cleansing the system. It is said to be good for enlargement and weakness of the prostate gland. It is a natural antibiotic. It has been used with Chickweed to help in weight loss.

It contains vitamins A, E, and C, iron, iodine, copper, sulphur, and potassium.

Acne	Gums
Antiseptic	Hydrophobia
Bites, poisonous	Indigestion
BLOOD BUILDER	INFECTIONS, EXTERNAL
BLOOD DISEASES	INFECTIONS (PREVENTS)
BLOOD POISONING	Leukemia
BLOOD PURIFIER	LYMPH GLANDS
BOILS	Mucus
Cancer	Peritonitis
Carbuncle	Pimples
Diphtheria	PROSTATE
Eczema	Sores, infected
Fevers	Strep throat
Gangrene	Syphilis
Glands, swollen	Typhoid fever
Gonorrhea	Tonsillitis

ELDER FLOWER (el der flow er)

(Sambucus nigra)

Parts used: Flowers and Berries

Elder Flower is considered one of the greatest and most versatile herbs in the treatment of disease. Its result is seen in the ability of the herb to detoxify the body cells of toxic waste. It increases blood circulation and promotes sweating. It will bring down fever when needed.

It is an alterative, blood purifier and cell cleanser. Elder Flower contains constituents that act as sedatives and relieve pain. It works as an expectorant and an anti-catarrhal action and anti-inflammatory agent. It is a wonderful remedy for babies, children, adults and the elderly.

Elder Flower and peppermint blend well together to combat colds, flu and fevers. For infections, it is excellent when combined with golden seal and yarrow. For lung congestion or asthma it works well when combined with mullein. For an eyewash Elder Flower blends well with eyebright and golden seal.

Elder Flower contains vitamin A, C and bioflavonoids.

ALLERGIES	Flu
ASTHMA	Gas
Brain inflammation	HAY FEVER
BRONCHITIS	Hemorrhoids
Cancer	Joints, swollen
COLDS	Nerves
Digestive problems	PNEUMONIA
Ear infections	SINUS CONGESTION
Eye infections	Skin diseases
Eye strain	Ulcers
FEVERS	

FENNEL (fen'-al)

(Foeniculum vulgare)

Parts used: Seeds

Fennel helps to take away the appetite. When boiled with barley, it aids lactation. It helps stabilize the nervous system and moves waste material out of the body. It has an anticonvulsive and pain-relieving property and is recommended as a sedative for small children. Fennel improves digestion and has a diuretic effect. It is

also helpful in cases of cough and persistent bronchitis, with its mucus-countering and anticonvulsive properties.

Fennel contains potassium, sulphur and sodium.

Appetite depressant	GAS
Bronchitis	Gout
COLIC	INTESTINAL PROBLEMS
Congestion	Lactation (promotes)
Convulsions	Nervous disorders
Coughs	Pin worms
Cramps, abdominal	SEDATIVE FOR CHILDREN
Digestive aid	DREN
Female problems	Spasms

GINSENG (jen-sing')

Korean (Panax schin-seng) Siberian

(Eleutherococcus) Wild American (panax quinquefolium)

Parts used: Root

In the Orient Ginseng is called the King of the Herbs It stimulates the entire body energy to overcome stress, fatigue, and weakness. It is especially stimulating for mental fatigue. It stimulates and improves the brain cells. Ginseng has a very beneficial effect on the heart and circulation. It is used to normalize blood pressure, reduce blood cholesterol and prevent arteriosclerosis. It is used as a preventive tonic in China. It is claimed to slow down the aging process. It is considered a cure-all herb. It acts as an antidote to various types of drugs and toxic chemicals, and is said to protect the body against radiation. It is said to improve vision and hearing activity, improve working ability, and help to check irritability to give one more poise and composure.

Ginseng contains vitamins A and E. It also contains thiamine, riboflavin, B2, niacin, calcium, iron, phosphorus, sodium, silicon, potassium, manganese, magnesium, sulphur, and tin.

AGE SPOTS	Euphoria (induces)
Anemia	Fatigue (banishes)
Antidote for some drugs	Fevers
Appetite	HEMORRHAGE
Bleeding, internal	Inflammation
Blood diseases	Irritability (helps)
BLOOD PRESSURE	Liver diseases
Childbirth (bleeding)	LONGEVITY
DEPRESSION	Lung problems
Digestive problems	Menopause
ENDURANCE	Menstruation
(INCREASES)	Mental vigor
Nausea	SEXUAL STIMULANT
Nervousness	STRESS
PHYSICAL VIGOR	Ulcers
Radiation protection	Vomiting

HO-SHOU-WU (ho-shoo-woo')

(Polygonum multiflorum)

Parts used: Root

Ho-Shou-Wu has a toning effect on the liver and kidneys. It helps the nervous system. It can be used as a tonic for the endocrine glands. It is said to improve health, stamina, and resistance to diseases.

It is a member of the Smartweed family, of which Knotweed, Bistort and Buckwheat are most familiar to Americans.

Ho-Shou-Wu in China compares with those of Golden Seal in the United States, or Chamomile in Germany. The properties are also comparable with Ginseng.

It is useful for conditions of premature graying of hair, backache and pains of the knee joint, neurasthenia, and traumatic bruises.

Anemia	Insomnia
Backache	Kidneys
Blood, strengthens	Knee (pains and ligaments)
Bones	Liver weakness
Bruises	Menstrual problems
Cancer	MUSCLES
Constipation	NERVES
Diabetes	Piles
Diarrhea	Scrofula
FERTILITY	Spleen weakness
Fever	Tumors
HAIR, PREMATURE GRAYING	Vertigo
Hypoglycemia	

LICORICE (lik' -ar-ish)

(Glycyrrhiza glabra)

Parts used: Root

Licorice is a source of the female hormone estrogen. It is a very important herb for female complaints. Licorice works as a stimulant on the adrenal glands. It contains glycosides which can chemically purge excess fluid from the lungs, throat and body. It is well known for coughs and chest complaints. It is an important herb when recovering from illness, for it will supply necessary energy to the system. It works as a laxative and helps in inflammation of the intestinal tract and relieves ulcer conditions. It has a stimulating action and helps counteract stress.

It contains vitamin B, phosphorus, B-complex, biotin, niacin, and pantothenic acid. It also contains lecithin, manganese, iodine, chromium, and zinc.

Adrenal exhaustion	Age spots
ADDISON'S DISEASE	Arteriosclerosis
Arthritis	FEMALE COMPLAINTS
BLOOD CLEANSER	Fevers
Bronchial congestion	Flu
Circulation	Heart (strengthens)
COLDS	HOARSENESS
Constipation	HYPOGLYCEMIA
COUGH	Impotency
Cushing's disease	Liver
Dropsy	LUNG PROBLEMS
DRUG WITHDRAWAL	PHLEGM (EXPELS)
Emphysema	THROAT (SORE)
Endurance	TONIC
ENERGY	Ulcers

POTASSIUM

Potassium can be considered generally as the mineral foundation of the muscular tissues, assuring their elasticity. Potassium and sodium help regulate the water balance within the body. It also helps to normalize the heartbeat and nourish the muscular system. It is necessary for normal growth, and is important to preserve proper alkalinity of body fluids. It also stimulates nerve impulses for muscle contraction, as well as the kidneys to eliminate poisonous body wastes. Potassium assists in the conversion of glucose to glycogen, the form in which glucose can be stored in the liver.]

RED CLOVER (red klo-var)

(Trifolium pratense)

Parts used: Flowers

Red Clover is useful as a tonic for the nerves and as a sedative for nervous exhaustion. The Indians used the plant for sore eyes and in a salve for burns. It is useful mixed with honey and water as a cough syrup. It has been used as an antidote for cancer. It is also a very useful herb for children because of its mild alterative properties as well as a mild sedative effect. Red Clover is a valuable herb for wasting diseases (especially rickets), spasmodic affections, and whooping cough. It is also useful for delicate children to help strengthen their systems. It is good for coughs, weak chest, wheezing, bronchitis, and for lack of vitality and nervous energy.

It is a good dietary supplement to supply vitamin A. It is high in iron content. It contains B-complex, vitamins C, F, and P. It is a valued herb for its high mineral content. It contains some selenium, cobalt, nickel, manganese, sodium, and tin. Rich in magnesium, calcium, and copper.

Acne	Bums
Arthritis	CANCER
Appetite	Childhood diseases
Athletes' foot poultice	Coughs
BLOOD PURIFIER	Eyewash
Boils	Flu
BRONCHITIS	Leprosy
Liver problems	Syphilis
NERVES	TOXINS
Psoriasis	Tumors
Rheumatism	Ulcers
Scrofula	Urinary problems
Skin diseases	Whooping cough
Sores	Wounds, fresh
SPASMS	

ROSE HIPS (roz hips)

(Rosa species)

Parts used: Fruit

Rose Hips helps play an important role in treatment where vitamins A, B, and C and Rutin are needed. This herb is very nourishing to the skin. It contains natural fruit sugar. A Swiss herbalist, Father Kunzle, recommends the use of Rose Hips to help expel kidney stones. It helps prevent infections and also helps when infections develop.

Rose Hips is very high in vitamin B-complex and is very rich in vitamins A, E, C and Rutin. It also contains vitamins D, and P. It is high in organic iron and calcium. It has some sodium, potassium, sulphur, silica, and niacin.

Arteriosclerosis	Fever
Bites	FLU
BLOOD PURIFIER	Headaches
Bruises	INFECTIONS
CANCER	Kidney stones
Circulation	Mouth sores
COLDS	NERVOUSNESS
Contagious diseases	Psoriasis
Cramps	Stings
Dizziness	Stress
Earaches	THROAT, SORE

SARSAPARILLA (sas' -pa-ril' -a)

(*Smilax ornata*)

Parts used: Root

Sarsaparilla is a valuable herb used in glandular balance formulas. Its stimulating properties are noted for increasing the metabolic rate.

It contains an important male hormone known as testosterone which is an important hair-growing hormone.

It also contains progesterone, another valuable hormone which is normally produced by the ovaries in the female.

It increases circulation to rheumatic joints. It stimulates breathing in problems of congestion.

Sarsaparilla contains vitamin B-complex, vitamins A, C and D. It also contains iron, manganese, sodium, silicon, sulphur, copper, zinc, and iodine.

Age spots	Fevers
BLOOD PURIFIER	GAS
Catarrh	Gout
Colds	JOINT ACHES
Dropsy	HORMONE HERB
Eyes, sore	Menopause
Physical debility	SKIN DISEASES
Psoriasis	Skin parasites
Rheumatism, chronic	Sores
Ring worm	Tetters
Sexual impotence	Veneral diseases
Scrofula	

SCULL CAP (skul-kap)

(*Scu tellaria lateriflora*)

Parts used: The Herb

Scullcap is said to be stimulating to the nerves as quinine without harmful side-effects. It is called a food for the nerves, supporting and strengthening them as it gives immediate relief of all chronic and acute diseases stemming from nervous affections and debility.

Scullcap is said to be one of the herbs used traditionally to cure infertility. It is also said to regulate undue sexual desires. Scullcap mixed with Pennyroyal has been used successfully as a female remedy for cramps and severe pain caused by suppressed menstruation due to colds

Scullcap is high in calcium, potassium, and magnesium. It also contains vitamins C, E, iron and zinc.

Aches	Childhood diseases
Alcoholism	CONVULSIONS
Blood pressure	Delirium

Drug withdrawal	Neuralgia
EPILEPSY	Pain
FEVERS (REDUCES)	Palsy
Fits	Parkinson's diseases
Hangover	Poisonous bites
Headaches	Rabies
HIGH BLOOD PRESSURE	RESTLESSNESS
Hydrophobia	Rheumatism
Hypertension	Rickets
Hysteria	Spasms
Hypoglycemia	Spinal meningitis
INFERTILITY	St. Vitus dance
Insanity	Thyroid problems
INSOMNIA	Tremors
Lock-jaw	Urinary
NERVES	

WOOD BETONY (wood bet' o-ne)

(Betonica officinalis)

Parts used: The Herb

Wood Betony is an effective sedative for children and tranquilizer for adults. It is useful for head and facial pain. It works in cleansing impurities from the blood. It opens congested areas of the liver and spleen. It is said to be effective for many diseases. It preserves the liver and helps avoid the dangers of epidemic diseases.

Wood Betony contains magnesium, manganese and phosphorus.

Asthma, bronchial	FEVERS
Bladder	Gout
Bleeding, internal	HEADACHES, MIGRAINE
Blood, improves	Heartburn
Convulsions	Heart stimulant
DELIRIUM	HYSTERIA
Diarrhea	Indigestion
Epilepsy	Insanity
Fainting	JAUNDICE
Kidney	Palsy
LIVER PROBLEMS	Parasites
Lung congestion	Perspiration
NERVOUSNESS	Stomach cramps
Neuralgia	Varicose veins
Night sweats	WORMS
Pain	