

Chapter 8.2 - Power Herbs: A Reference Guide

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CHAPTER EIGHT

MODULE 8.2

Power Herbs: A Reference Guide

- *The following herbs are some of the best herbs you can find in the Northern Hemisphere. As you study this section be sure to check the Glossary for definitions of unfamiliar terms. 236*

Alfalfa (236)

- *A great alkalizer of the body.*
- *High in chlorophyll and nutrition.*
- *High in minerals and trace minerals.*
- *A body cleanser.*
- *Enhances the endocrine glandular system, especially the adrenal and pituitary glands.*
- *Helps eliminate retained water and carbon dioxide. Helps with alcohol, smoking, and narcotic addiction.*
- *Helps eliminate toxic chemicals and heavy metals (lead, aluminum, mercury, etc.) from the body.*
- *Bonds (chelation) to inorganic minerals for elimination.*
- *Infection fighter and acts as a natural deodorizer.*
- *Strengthens the body.*
- *High in chlorophyll, helps rejuvenate the blood.*
- *Pulls mucus (catarrh) out of the tissues.*
- **Scientific name:** *Medicago sativ*
- **Parts used:** *Whole plant, (leaves, seeds, and flowers).*
- **Actions:** *Astringent, diuretic, nutritive.*

Aloe Vera (236-237)

- *Internally, aloe heals ulcerations and inflammation of the GI tract.*
- *Aloe and Burdock are the “burn botanicals.” First, second, third and fourth degree burns all respond to aloe’s tissue-healing and rebuilding properties.*
- *Used as a bowel mover in heavy constipation cases. (Avoid prolonged usage for this.)*
- *Aloe Vera is known as the First Aid Plant. It is great for cuts, wounds, and the like.*
- **Scientific name:** *Aloe vera linn*
- **Parts used:** *Pulp (gel) from inside leaves and powder of the leaf.*
- **Actions:** *Abortifacient (when used in high doses), alterative, anthelmintic, anti-arthritic, antifungal, antibacterial, anti-inflammatory antiseptic, astringent, bitter tonic, bitter, cathartic, cell proliferant, cholagogue, decoagulant, demulcent, depurative, emmenagogue, emollient, insecticide, laxative, nutritive, purgative, resin stimulant, stomachic, tonic, vermifuge, vulnerary.*

Astragalus (237)

- *Astragalus is a tremendous cellular proliferator (strengthens cells).*
- *I especially like this herb for its effect upon the adrenal tissues.*
- *Astragalus is a superb immune builder, strengthening the bone marrow, the endocrine glandular system (thymus, etc.), and the spleen.*

- *Aids in shortness of breath.*
- *Strengthens the nervous system.*
- *Increases energy to cells, especially in the spleen and GI tract (stomach, in particular).*
- *Strengthens prolapsed conditions, e.g., uterus, stomach, intestines and bladder.*
- *Has mild diuretic properties and helps tone the lungs.*
- *Brings tone and balance to tissues.*
- **Scientific name:** *Astragalus membranaceus*
- **Parts used:** *Roots*
- **Actions:** *Anhydrotic (stops sweating), cellular proliferator, diuretic.*

Bilberry (237)

- *Tremendous in strengthening the vascular system (arteries, capillaries, and veins); great for varicose veins.*
- *Helps reduce inflammation (flavonoids) in the vascular walls, hence reduces arteriosclerosis (obstruction of the vascular walls with lipids).*
- *Inhibits coagulation of platelets in the blood.*
- *Helps with edema, aids in diarrhea.*
- *Bilberry helps tone the skin.*
- *Helps prevent cataracts and protects eye tissue from effects of diabetes.*
- *Used in formulas to help control blood sugar levels.*
- *A great anti-inflammatory for all tissues.*
- *Helps to control stress and anxiety.*
- *A great aid in night blindness or any vision weakness.*
- **Scientific name:** *Vaccinium myrtillus*
- **Parts used:** *Leaves and fruits*
- **Actions:** *Antidiabetic effect, antidiarrheal, astringent, anti-inflammatory.*

Black Cohosh (237)

- *This herb stimulates estrogen receptors and has estrogenic properties itself.*
- *Used in female conditions where vaginal dryness, lack of menstruation, and infertility is present. Stimulates estrogen production.*
- *Not suited for estrogen dominant females, where excessive bleeding and cysts, fibroids, and fibrocystic conditions exist.*
- *Said to help loosen and expel mucus from the lungs.*
- *Contracts the uterus and increases menstrual flow.*
- *Said to be a tonic for the central nervous system (CNS).*
- **Scientific name:** *Cimicifuga racemosa*
- **Parts used:** *Rhizomes, fresh and dried root*
- **Actions:** *Alterative, antiseptic, antispasmodic, anti-venomous, arterial, astringent, cardiac stimulant, diaphoretic, diuretic, emmenagogue, expectorant, sedative, stomachic tonic.*

Black Walnut Hull (238)

- *Black Walnut Hull is one of my favorite herbs for many reasons.*
- *It's one of nature's most powerful antiparasitics.*
- *It will kill microorganisms (bacterium, fungi, yeasts, etc.) to larger parasites including all worms and flukes.*
- *It is a cellular proliferator (strengthens cells).*
- *It increases the oxygenation of blood cells.*
- *It is a detoxifier used to balance sugar levels and disperse fatty materials.*
- *Black Walnut Hull is excellent for any condition and weakness of the body.*
- *Promotes healing of all tissues and is said to help restore tooth enamel.*
- *Strengthens and stimulates the immune system.*
- *Promotes lymph movement and bowel peristalsis.*
- *Strengthens the bones (high in calcium).*
- **Scientific name:** *Juglans nigra*
- **Parts used:** *Inner hull (can use the bark)*
- **Actions:** *Alterative (leaves) bitter, Anthelmintic (vermifuge), astringent, cholagogue, detergent, expectorant, hepatic, laxative, mild cathartic, purgative, tonic (fruit).*

Bugleweed (238)

- *A specific for the thyroid gland, especially when enlarged or when a goiter exists.*
- *Said to be a detoxifier, and especially valuable at removing heavy metals.*
- *Bugleweed is said to offer protection against radiation.*
- *Beneficial in irregular heartbeat and palpitations.*
- *Improves thyroid and adrenal function.*
- *Restores tooth enamel.*
- *Possibly enhances neurotransmitters.*
- *Also said to resemble digitalis in its actions.*
- *Has a strengthening effect upon tissue.*
- **Scientific name:** *Copus virginicus*
- **Parts used:** *The aerial portions of the herb*
- **Actions:** *Antigonadotropic, anti-inflammatory anti-thyrotropic, astringent, cardiac tonic, diuretic (mild), narcotic (mild), and sedative.*

Burdock (238)

- *The leaves are considered by many to be one of the top "burn healers" of all times. This includes first, second, third and fourth degree burns.*
- *A strong blood and liver cleanser and tonic.*
- *Reduces swelling in the body, especially around the joints.*
- *A great aid in detoxification.*
- *Burdock rids the body of toxins and mucus.*
- *Promotes urine flow and perspiration.*
- *Number one in skin conditions of all types.*
- *Promotes kidney function and helps remove acid build-up within the body, especially sulfuric, phosphoric and uric acids.*
- **Scientific name:** *Arctium lappa*
- **Parts used:** *Leaves, roots and seeds*
- **Actions:** *Alterative, anti-inflammatory, antiscorbutic, aperient, astringent (mild to medium), demulcent, depurative, diaphoretic, lipotropic, stomachic, tonic, sedative.*

Butcher's Broom (239)

- *A great circulatory herb.*
- *Has anti-inflammatory properties (flavonoids and tannins) which help remove plaque in the vascular system. Used in cases of phlebitis.*

- Tones and strengthens the vascular walls (arteries, capillaries and veins), thus used for varicose veins, hemorrhoids and post aneurysms.
- Increases circulation throughout the body, especially to the peripheral areas (e.g., brain, hands and feet).
- Antithrombotic (use to prevent postoperative thrombosis).
- Strengthens bones and connective tissue.
- Aids alkalization of the blood.
- Scientific name: *Iscus aculeatus*
- Parts used: Herb and rhizome.
- **Actions:** Anti-inflammatory, aromatic, cellular proliferator, diuretic, laxative (mild), vasoconstrictor.
- **Parts used:** Herb and rhizome.
- **Actions:** Anti-inflammatory, aromatic, cellular proliferator, diuretic, laxative (mild), vasoconstrictor.

Cascara Sagrada (239)

- A great herb in low dosages to strengthen the GI tract.
- Helps tone and strengthen the intestines.
- Increases and strengthens peristalsis.
- Increases secretions of the liver, pancreas, stomach and intestines.
- Strengthens the autonomic nervous system of the alimentary canal.
- Use for constipation, but better used in a cleaning and rebuilding formula for the GI tract.
- Helps clean and strengthen the liver.
- Promotes bile secretion.
- Improves digestion in small dosages.
- Use in cases of gallstones, piles and hemorrhoids.
- Can be used for intestinal worms.
- **Scientific name:** *Rhamnus purshiana*
- **Parts used:** Aged, dried bark.
- **Actions:** Alterative, anti-bilious, antidiabetic, bitter tonic, cathartic, emetic, febrifuge, hepatic, laxative, nervine, peristaltic strengthener, purgative, stomachic.

Cayenne (Red) Pepper (239)

- Used in high blood pressure cases because of its vascular dilation properties.
- Increases circulation. Excellent in cold conditions.
- Stimulates lymph flow. However, it also creates mucus. I do not recommend long term use of cayenne or any hot peppers because of their stimulating and mucus-forming properties.
- Can be an irritant to the mucosa of the GI tract in prolonged usage.
- Used to heal ulcers.
- Used with castor oil packs to help drive oils and herbs into tissues.
- Used as a homeostatic externally and internally (stops bleeding).
- A must for strokes and heart attacks.
- Treats shock.
- **Scientific name:** *Capsicum annum*
- **Parts used:** Fruit
- **Actions:** Alterative, anti-rheumatic, antiseptic, antispasmodic, astringent, carminative, condiment, emetic, expectorant, hemostatic, pungent, rubefacient, sialagogue, stimulant, stomachic, sudorific, tonic.

Chaparral (239-240)

- *Chaparral is one of God's top herbs in the Northern Hemisphere.*
- *Its greatest power lies in its ability to move the lymphatic system.*
- *Used for removal of tumors, boils and abscesses.*
- *Has strong antimicrobial properties (bacterial, viral, fungal, etc.).*
- *Very useful in rheumatic and arthritic conditions. Also excellent for gout.*
- *Has analgesic properties (for pain).*
- *Stimulates peripheral circulation.*
- *Stimulates liver function and increases bile production and flow.*
- *Works as an anti-inflammatory.*
- *Somewhat of a cellular proliferator (strengthens cells).*
- *Use in all cancers and HIV.*
- *Use for all types of stone formation.*
- *Prolapsed conditions, especially of the uterus.*
- *Poisonous bites including snakebites.*
- *Chicken pox, mumps, and the like.*
- *Useful in all types of female conditions.*
- *Very useful for stomach and intestinal conditions, including hemorrhoids.*
- **Scientific name:** *Larrea tridentata*
- **Parts used:** *Leaves and small stems*
- **Actions:** *Alterative, analgesic, anti-arthritic, anticancer, anti-inflammatory, antioxidant, anti-rheumatic, anti-scrofulous, anti-tumor, anti-venomous, aromatic, astringent, bitter, depurative, diuretic, emetic (large doses), expectorant, laxative (mild), tonic, vasopressor (mild).*

Cleavers (240)

- *One of the great lymphatic herbs. Helps move and dissolve lymphatic congestion.*
- *Use in swollen lymph nodes, abscesses, boils and tumors.*
- *A great blood cleanser.*
- *Has diuretic properties and helps dissolve kidney and bladder sediment.*
- *A strong herb for cleansing the skin.*
- *Excellent for eczema, dermatitis and psoriasis.*
- *Helps eliminate upper respiratory congestion (sinus, throat, lungs, etc.).*
- *Helps clean, tone, and strengthen the body.*
- *Use for all cancers.*
- *Use in urinary tract obstructions.*
- *Has anti-inflammatory properties, and is used for any "itis" (inflammatory) condition.*
- **Scientific name:** *Galium aparine*
- **Parts used:** *Whole herb, especially leaves*
- **Actions:** *Alterative, anti-inflammatory, antipyretic and laxative, antiscorbutic, antitumor, aperient, astringent, blood purifier, diuretic, hepatic (mild), lipotropic, refrigerant, tonic.*

Comfrey (240)

- *For centuries considered one of nature's top healers.*
- *Nicknamed "knit bone" for its powerful effect upon rebuilding the skeletal structure.*
- *Strengthens connective tissue. Used for hemorrhoids, varicose and spider veins, prolapsed conditions (uterus, bowels, bladder, etc.), muscular degeneration, osteoporosis, hernia, aneurysms, etc.*

- A powerful wound healer.
- Useful in sprains, fractures, and the like.
- A good astringent used to detoxify and clean tissue.
- Helps move the lymphatic system.
- Very beneficial for respiratory issues, both for its expectorant properties and its antibacterial properties.
- Comfrey is a tonic to the body, strengthening cells and tissue.
- Checks hemorrhages, especially in the GI tract, urinary tract and lungs.
- Comfrey is used to help regulate blood sugars.
- Said to aid protein through increasing the secretion of pepsin.
- A great lung tonic.
- Excellent as a poultice for any injury. Promotes the formation of epithelial cells.
- Note: Because of a strong alkaloid called pyrrolizidic acid, the FDA considers this herb dangerous to the liver. However, generations of use do not bear this out. If you were to extract this alkaloid and take it by itself in large dosages it would cause liver damage. However, in Herbology we never extract individual constituents.
- **Scientific name:** *Symphytum officinalis*
- **Parts used:** Root and leaves
- **Actions:** Alterative, anti-inflammatory, antiseptic (mild), astringent, cell proliferant, demulcent, essential oil, expectorant, hemostatic, inulin, mucilage, nutritive, pectoral, primary constituents, starch, styptic, tannins, tonic (yin), vulnerary.

Corn Silk (240-241)

- A powerful cleanser of bladder and kidney tissue.
- Helps clean toxins and mucus from the urinary tract.
- Helps lower blood sugar.
- Gently stimulates bile flow, aiding in improved digestion and alkalization.
- Used for bedwetting and edema.
- Used for prostatitis.
- Helps remove inorganic minerals from the body.
- Used for both gallstones and kidney stones.
- Excellent for cystitis.
- Useful in hypertension and C.O.P.D.
- **Scientific name:** *Zea mays*
- **Parts used:** Inner silk (stylus).
- **Actions:** Alkaloid, antiseptic, antispasmodic, cholagogue, diuretic, lipotropic, vulnerary.

Corydalis (241)

- The "Great Corydalis" is valued as one of the top non-addictive pain herbs of the world.
- Used for all types of pain including nerve, joint, abdominal, menstrual, muscular, heart.
- Use for arthritis and rheumatism.
- As a bitter, it has beneficial effects upon the liver and GI tract.
- Use for spasms, convulsions, and seizures.
- Use to relax and calm the nervous system.
- Useful for asthmatic attacks.
- **Scientific name:** *Corydalis yanhusuo*
- **Parts used:** Root.
- **Actions:** Analgesic, antispasmodic, bitter tonic, emmenagogue, diuretic.

Dandelion (241)

- One of nature's top herbs.
- A liver and gallbladder tonic.
- Aids in pancreatic function.
- A kidney and bladder tonic and cleanser.
- Said to have the same diuretic strength as Lasix® (trade name for furosemide).
- Promotes the formation of bile.
- Improves the enamel of the teeth.
- A great alkalizer.
- Effective in liver conditions including hepatitis, jaundice and cirrhosis.
- High in iron, and other minerals, which increases the oxygen-carrying capacity of the blood.
- A natural source of protein.
- Aids in blood sugar issues including diabetes and hypoglycemia.
- **Scientific name:** *Taraxacum* spp.
- **Parts used:** Whole plant: leaves, roots and flowers.
- **Actions:** Alterative, anti-rheumatic, anti-tumor, aperient, bitter, blood purifier, cholagogue, deobstruent, depurative, diuretic, hepatic, immune enhancer and builder, laxative (mild), liptotriptic, nutritive, stomachic, tonic.

Devil's Claw (241)

- One of nature's great anti-inflammatory herbs. (Promotes prostaglandin production and activity.)
- A specific for arthritis and rheumatism.
- Great for any inflammatory condition: joint, muscular, neuro, or other.
- Use in prostatitis.
- Valuable in diabetes (pancreatic) or liver conditions.
- **Scientific name:** *Harpagophytum procumbens*
- **Parts used:** Roots and tubers.
- **Actions:** Alterative (blood purifier), analgesic, anodyne, anti-arthritic, anti-inflammatory, anti-rheumatic, astringent, bitter tonic, cholagogue, hepatic (mild), sedative.

Echinacea Angustifolia (241-242)

- Echinacea is another one of God's greatest herbs.
- It is known as the "immune herb."
- Strengthens and stimulates the immune system.
- It enhances tissue function, especially bone marrow, thymus gland and spleen tissue.
- Has strong antibiotic and antiseptic properties.
- A blood purifier and anti-inflammatory.
- Useful in cases of arthritis and rheumatism.
- Useful in colds, flu, pneumonia, and similar conditions.
- Strengthens cells.
- A blood purifier.
- Very useful in sepsis of the blood or any toxic blood conditions.
- A must in all cancers, tumors, boils and abscesses.
- Great in urinary tract infections and inflammation.
- Useful in prostate conditions.
- **Scientific name:** *Echinacea angustifolia*
- **Parts used:** Roots, rhizomes.
- **Actions:** Alterative, antibacterial, anti-inflammatory anti-putrefactive, anti-venomous, antiseptic, antiviral, deodorant, depurant, aphrodisiac, sialogogue, diaphoretic, aromatic, carminative, bitter, stimulant, vulnerary.

False Unicorn (Helonias) (242)

- *One of nature's top tonics, especially for the male and female reproductive organs and glands.*
- *Strengthens the endocrine glands.*
- *Use in prolapsed conditions of the intestines, uterus, hemorrhoids, veins, etc.*
- *It revitalizes and regenerates tissue, especially the reproductive tissues.*
- *Increases the ability of conception.*
- *Strengthens the mucous membranes, especially the genital-urinary tissues.*
- *Use for diabetes.*
- *Use for ovarian, uterine or prostate weakness or conditions.*
- *Helps prevent miscarriages.*
- *Use for sterility problems.*
- *Use for relaxed vagina.*
- **Scientific name:** *Chamaelirium luteum*
- **Parts used:** *Root and rhizomes.*
- **Actions:** *Anthelmintic (vermifuge), cellular proliferant, diuretic, emetic (high doses), emmenagogue, oxytotic, sialagogue (fresh), stimulating, tonic, uterine tonic.*

Fenugreek (242)

- *Fenugreek is a great expectorant.*
- *It softens, loosens, and helps expel mucus (phlegm), especially from the bronchial and lung tissues.*
- *Helps dissolve cholesterol and other lipids.*
- *A great blood cleanser and antiseptic.*
- *Fenugreek is a medium range parasite killer.*
- *Has some diuretic properties.*
- *Excellent for diabetes (helps regulate sugar and insulin levels).*
- **Scientific name:** *Trigonella foenum-graecum*
- **Parts used:** *Seeds.*
- **Actions:** *Alterative, antiparasitic, aphrodisiac, aromatic, astringent, carminative, demulcent, deobstruent, detergent, detoxicant, emollient, expectorant, galactagogue, laxative, nutritive, stimulant, stomachic, tonic.*

Garlic (242)

- *Garlic is one of the great blood cleansers.*
- *It has antiseptic, antiparasitic, antibacterial, antiviral, antifungal properties.*
- *Especially good for intestinal parasites.*
- *A great immune enhancer.*
- *Stimulates the action of the liver and gallbladder.*
- *Excellent for colds, flu, bronchitis and any congestive conditions.*
- *Great for yeast infections of all types.*
- *Garlic can be too strong and pungent for fruitarians.*
- *Stimulates digestive enzymes.*
- **Scientific name:** *Allium sativum*
- **Parts used:** *Bulbs*
- **Actions:** *Alterative, antibacterial, anticatarrhal, antifungal, antiparasitic, antiseptic, antispasmodic, antisymphilitic, antivenomous, antiviral, aromatic, carminative, cathartic, cholagogue, depurative, diaphoretic, digestant, disinfectant, diuretic, emmenagogues, expectorant, hypertensive, hypotensive, immuno-stimulant, nervine, rubefacient, stimulant, stomachic, sudorific, tonic, vulnerary.*

Gentian (243)

- *One of nature's best bitter tonics for the GI tract (gastrointestinal).*
- *Strengthens the entire body.*
- *One of the best herbs for the improvement of digestion.*
- *Increases liver and pancreatic function.*
- *Increases gastric secretions, while toning and strengthening the stomach.*
- *Has antiparasitic properties, kills plasmodia and worms.*
- *Strengthens the liver, spleen and pancreas.*
- *Has a toning effect upon the kidneys.*
- *Increases circulation.*
- *A revitalizer of the body; used for fatigue, exhaustion and low energy levels (anemia).*
- *Used in all female weaknesses.*
- *Use for indigestion, dyspepsia and gas.*
- *Can be used for lightheadedness, dizziness, etc.*
- *Can be used for infections and toxic conditions of the body.*
- *Also can be used for poisonous bites and malaria.*
- **Scientific name:** *Gentiana lutea*
- **Parts used:** Root.
- **Actions:** *Alterative, antacid, anthelmintic (vermifuge), anti-bilious, anti-inflammatory antiperiodic, antipyretic, antiseptic, anti-spasmodic, anti-venomous, bitter tonic, cholagogue, emetic (large doses), emmenagogue, febrifuge, hepatic, laxative (mild), stimulant, stomachic, tonic, sialagogue.*

Ginger (243)

- *Used throughout the world as a digestive aid and for circulation.*
- *Used as a catalyst with other herbs.*
- *Increases circulation to peripheral areas (brain, hands and feet) of the body.*
- *Great for indigestion and nausea.*
- *Increases lymph flow and aids elimination of mucus from the upper respiratory areas, especially the lungs.*
- *Effective in motion and morning sickness.*
- *Lowers cholesterol and blood pressure.*
- *Prevents blood clotting.*
- *Useful in post strokes.*
- *Aids in the cleansing of congestion (mucus) in the cerebral and sinus areas.*
- *Increases perspiration and elimination through the skin.*
- **Scientific name:** *Zingiber officinale*
- **Parts used:** Dried rhizomes and root.
- **Actions:** *Analgesic, anodyne, antacid, antiemetic, antispasmodic, aperitive, aphrodisiac, aromatic, carminative, cholagogue, condiment, detoxicant, diaphoretic (whole), diffusive stimulant, diuretic, emmenagogue, expectorant, nervine, pungent, rubefacient, sialagogue, sternutatory, stomachic, sweet, tonic.*

Ginkgo Biloba (243-244)

- *One of the best herbs for the brain and nervous system.*
- *Improves cerebral vascular insufficiency.*
- *Used throughout the world for memory loss and vertigo (dizziness).*
- *Strengthens the heart and vascular system.*
- *Increases blood flow to the tissues.*
- *Useful in cases of asthma.*
- *Used for tinnitus (ringing in the ears).*
- *Has been proven beneficial for fibromyalgia.*
- *Very beneficial for hemorrhoids, spider and varicose veins.*
- *Has been useful for carpal tunnel syndrome.*
- *One of nature's great tonics, especially to the "neuro" system.*
- **Scientific name:** *Ginkgo biloba*
- **Parts used:** *Leaf—promotes blood circulation, stops pain, benefits the brain, and is astringent to the lungs. Seed—considered astringent for the lungs, stops nocturnal emissions, stops asthma, enuresis, excessive leukorrhea and increases energy.*
- **Actions:** *Adaptogen, alkalizer, anti-aging, anti-fungal, anti-inflammatory antioxidant, antispasmodic (mild), astringent, bitter tonic, cardiac tonic (mild), expectorant (mild), nervine, sedative (mild), tonic, vasodilator, vulnerary.*

Goldenseal (244)

- One of nature's greatest "heal-all" herbs.
- A true tonic for the body.
- Not for long term use because of its accumulative properties.
- It increases gastric juices and digestive enzymes. It also increases the production and secretion of bile.
- Used to strengthen and tone the pancreas.
- Helps regulate blood sugars.
- Considered a source of natural insulin.
- Strengthens the nervous system.
- It has homeostatic properties, especially for the uterus.
- Tones the vascular system and helps increase circulation.
- A great anti-inflammatory especially for the glandular system.
- Use for gastric and intestinal problems.
- Use in cancerous conditions.
- A gentle laxative.
- Use for drug and alcohol dependency.
- Helps eliminate catarrh (mucus) in the body, especially in the respiratory and GI tract tissues.
- Use in cystitis, prostatitis and nephritis.
- Excellent for hemorrhoids and hemorrhages.
- Use for HIV and venereal diseases.
- Has antiparasitic properties, and is antiseptic.
- Use for infections, wounds, sores, fissures, etc.
- Use in chronic skin conditions, eczema, dermatitis and psoriasis.
- Use in all types of prolapsed conditions, (uterus, intestinal, etc.).
- Makes a great eyewash.
- Tones and cleans the liver. Use for jaundice, hepatitis, etc.
- Use for ulcerated tissue.
- Use for tonsillitis, typhoid fever, malaria, meningitis, and mononucleosis.
- Use for boils, abscesses and tumors.
- Use as a mouthwash for gum conditions and canker sores.
- Great for ringworm and amoebic dysentery.
- **Scientific name:** *Hydrastis canadensis*
- **Parts used:** Root and dried rhizomes.
- **Actions:** Alterative, anti-diabetic, antiemetic, anti-inflammatory antiparasitic, antiperiodic, antiseptic, aperient, astringent, bitter tonic, cholagogue, deobstruent, depurative (antifungal), detergent, diuretic, heal-all, hemostatic (urine esp.), hepatic, laxative, nervine, ophthalmic, oxytocic (stimulates uterine contractions), stomachic, vulnerary.

Gotu Kola (244-245)

- One of God's finest herbs for brain and nerve regeneration.
- A tremendous herb for spinal cord injuries.
- A cellular proliferator (strengthens cells).
- Increases oxygen to cells.
- Strengthens the immune system.
- Helps with difficult menopause issues.
- Aids in weight loss.
- Used for depression and endocrine glandular weaknesses.
- Promotes blood flow in lower extremities.
- Strengthens the vascular walls, therefore excellent in cases of varicose or spider veins, hemorrhoids, venous insufficiency or any vascular distensibility.
- Shows healing potential in ulcerated conditions.
- **Scientific name:** *Centella asiatica*
- **Parts used:** Whole plant or root.
- **Actions:** Adaptogen, alterative, antipyretic, antispasmodic, aphrodisiac, astringent, cellular proliferator, diuretic, nervine, sedative, stimulant (mild), tonic (brain and nerve).

Hawthorn Berry (245)

- Hawthorn berry is "the great heart herb."
- This flavonoid-rich fruit is tissue specific for the heart and vascular system. It strengthens these tissues and removes the inflammation.
- It aids in dissolving lipid deposits, therefore increasing circulation.
- Has vasodilating properties, which also aid in increasing circulation.
- Use in high (hypertension) or low (hypotension) blood pressure cases.
- Considered a cardiac tonic for all heart-related issues.
- Also used in cases of insomnia (consider adrenals as well).
- Strengthens vascular walls, therefore excellent for regeneration of varicose and spider veins, hemorrhoids and prolapsed conditions of the body.
- Has strong antioxidant power to help remove acids from the body.
- Hawthorn berry is an excellent anti-inflammatory and should be used in all cases of inflammation.
- **Scientific name:** *Crataegus spp.*
- **Parts used:** Berries and leaf.
- **Actions:** Anti-inflammatory, antioxidant, anti-spasmodic, astringent, cardiac tonic, cellular proliferator, digestant, diuretic, emmenagogue, hypertensive, hypotensive, sedative, tonic, vasodilator.

Horse Chestnut (245)

- This is another one of God's great circulatory herbs.
- Horse Chestnut strengthens and tones the vascular walls.
- It has anti-inflammatory properties, thus it helps dissolve plaqued lipids.
- Both of the above actions together greatly increase circulation.
- A "must" for varicose and spider veins as well as hemorrhoids.
- Reduces vascular swelling.
- A strong astringent, similar to witch hazel and white oak bark.
- Useful for ulcerated conditions.
- Helps remove toxins from the body.
- Useful for prostatitis.
- Use in cases of rheumatism.
- **Scientific name:** *Aesculus hippocastanum*
- **Parts used:** Bark, dried horse chestnut seeds, dried horse chestnut leaves.
- **Actions:** Anti-inflammatory, anti-rheumatic, astringent, bitter, cellular proliferator (especially to the vascular walls), expectorant, febrifuge, mild narcotic, nutritive.

Horsetail or Shavegrass (245-246)

- *Horsetail is one of the greatest herbs for bone and connective tissue weaknesses.*
- *It is very high in silica, which is converted into calcium by the liver.*
- *This herb has great healing powers to all tissues of the body.*
- *It is an extremely good herb for the urinary tract (kidneys and bladder).*
- *Use to strengthen any prolapsed condition of the body, e.g., bladder, bowels, uterus, veins, skin and the like.*
- *Has some minor antiparasitic properties.*
- *One of the greatest helps for increasing platelet production by the spleen.*
- *A very good herb for prostate inflammation and weakness.*
- *Used in the detoxification of the body.*
- *Has diuretic properties, therefore very beneficial in relieving kidney congestion.*
- *Used to strengthen fingernails (check thyroid/parathyroid).*
- **Scientific name:** *Equisetum*
- **Parts used:** *Whole plant.*
- **Actions:** *Alterative, anti-inflammatory, antiparasitic (mild), antispasmodic (mild), anti-tumor, astringent, carminative, cellular proliferator, diaphoretic, emmenagogue (mild), galactagogue, hemostatic, litho triptic, nutritive, tonic, vulnerary.*

Juniper Berry (246)

- *Juniper Berry is considered one of the great kidney herbs.*
- *It has a very strong action upon the kidneys. Use caution in cases of extreme kidney damage.*
- *It is anti-inflammatory and has some anti-spasmodic properties.*
- *It has antiseptic properties, which are useful in killing fungi, bacteria and yeasts.*
- *Great for UTIs (urinary tract infections) and parasitic overgrowths in the GI tract.*
- *It is also a natural diuretic, and relieves excess water.*
- *Said to aid in restoring the pancreas, and beneficial in cases of diabetes, as it has natural insulin properties.*
- **Scientific name:** *Juniperus communis* or species
- **Parts used:** *Usually the berries, also the oil (from the berries and wood), leaves, bark.*
- **Actions:** *Anodyne, antiseptic, aromatic, carminative, diaphoretic, diuretic, emmenagogue, stimulant, stomachic.*

Licorice (246)

- *A definite power herb for the adrenal glands.*
- *A powerful endocrine glandular herb.*
- *Acts as a natural anti-inflammatory steroid (cortisone, etc.) without inhibiting the adrenal production of steroids.*

- *Helps increase neurotransmitters and steroid production.*
- *Has antifungal and antibacterial properties.*
- *Aids in the regulation of blood sugars.*
- *Promotes tissue healing, especially of the GI tract.*
- *A great blood cleanser and detoxifier.*
- *Use for hypoglycemia and diabetes.*
- *Use for ulcerated tissues.*
- *Can be used for Candida albicans.*
- *Useful in infections and respiratory congestive issues.*
- *Helps break up and remove mucus.*
- *Used as a laxative.*
- *One of the top herbs for hemorrhoids.*
- *Good for healing up the whole GI tract.*
- *High in phytosterols.*
- **Scientific name:** *Glycyrrhiza glabra*
- **Parts used:** *Root and dried rhizome.*
- **Actions:** *Aperient, demulcent, emollient, expectorant, flavoring, pectoral, sialogogue, and slightly stimulant.*

Lobelia (246-247)

- *One of nature's greatest antispasmodics.*
- *Useful in spasms, cramping, convulsions, epileptic seizures, spinal cord injuries, and the like.*
- *A very powerful nerveine.*
- *Has a relaxing effect.*
- *Very useful in cases of asthma, emphysema, and C.O.P.D., where spasms of the bronchi and lung tissue blocks proper breathing. Action is similar to inhalers, but allows for expectoration (which is vital).*
- *Lobelia has some expectorant properties, therefore very beneficial in removal of congestion, specifically in the respiratory system.*
- *It is also a hemostatic (stops internal and external bleeding).*
- *Great for angina pectoris or infarctions (heart attacks).*
- *Useful in cases of equilibrium or fainting issues.*
- **Scientific name:** *Lobelia inflata*
- **Parts used:** *Fresh and dried herb and seeds.*
- **Actions:** *Alkaloids, antispasmodic, anti-venomous, astringent, cathartic, chlorophyll, counter-irritant, diaphoretic, diuretic, emetic, fixed oil, gum, isolobeline, etc., lignin, salts of lime and potassium. Lobelia also contains sulfur, iron, cobalt, selenium, sodium, copper and lead, lobelic and chelidonic acids, lobeline, nauseant, relaxant (in large doses) and stimulant (in small doses), resin.*

Marshmallow (247)

- *A great anti-inflammatory and healer of the gastrointestinal tract (stomach and intestines).*
- *A specific for gastritis, enteritis, colitis, diverticulitis, ulcers and cancers of the GI tract.*
- *Being high in mucilage it coats and protects from free radical (acids) damage to the mucosa.*
- *It neutralizes over-production of stomach acids, therefore allowing improved digestion.*
- *Superb for cystitis and urinary tract inflammation.*
- *A great aid in prostatitis.*
- *Heals wounds, especially good in burn cases.*
- *Works well in cases of bronchitis and sore throats.*
- *Great for inflammation of the vascular system, liver and pancreas.*
- *Aids digestion and is a mild stimulant to the GI tract.*
- *High in calcium and lime.*
- *Excellent for the skeletal structure. Has been used very successfully in gangrene.*
- *Especially useful for coughs, laryngitis, swollen tonsils (tonsillitis), respiratory congestion and inflammatory conditions.*

- Excellent for arthritis and rheumatism.
- Useful for diabetics.
- Great in eyewash formulas to help soothe and heal irritated eyes.
- Superb for vaginal issues of all types.
- Useful for boils, abscesses and skin conditions.
- Very useful as a mouthwash for swollen, inflamed and infected gums.
- **Scientific name:** *Althaea officinalis*
- **Parts used:** Root (greater potency), leaves and flowers.
- **Actions:** Absorbent, anticomplementary, anti-inflammation, demulcent, diuretic, emollient, immune stimulant and hypoglycemic, laxative, mucilage, nutritive, protective, vulnerary.

Milk Thistle (247)

- The great “liver protector.”
- Milk Thistle protects, tones, strengthens and detoxifies the liver, like no other.
- It has high antioxidant properties and is considered one of the best to protect against free-radical damage.
- Aids in the regeneration of the liver and pancreas (stimulates new liver cell production).
- Superb for hepatitis A, B and C and in cirrhosis of the liver.
- Increases the production and flow of bile.
- Increases formation of new liver cells.
- **Scientific name:** *Silybum marianum*
- **Parts used:** The ripe seeds.
- **Actions:** Cholagogue, diaphoretic, emmenagogue.

Motherwort (247)

- Motherwort is a great heart tonic.
- It helps to eliminate palpitations and arrhythmias.
- Used for any heart condition, including atrial fibrillation, V-tach, PVCs, PACs, tachycardia, and CHF.
- Helps to enhance the adrenal glands.
- Used in female conditions, including menstrual cramps and hot flashes.
- **Scientific name:** *Leonurus cardiaca*
- **Parts used:** The aerial portion of the herb.
- **Actions:** Antispasmodic, cardiac (tonic), cathartic (aperient), diaphoretic, diuretic, emmenagogue, hepatic, nervine and tonic.

Mullein (247-248)

- Mullein is one of the great expectorants (removes mucus and congestion).
- Used especially for bronchial and lung conditions including bronchitis, asthma, emphysema, pneumonia and allergies.
- Mullein is also strongly anti-inflammatory aiding in all types of inflammatory conditions.
- A great herb for the endocrine glandular system, especially the thyroid.
- Used for coughs and sore throats.
- Mullein has strong astringent properties as well.
- Aids in the movement of the lymphatic system.
- Helps reduce tumors and boils.
- **Scientific name:** *Verbascum thapsus*
- **Parts used:** Leaves, flowers, root and fruit.
- **Actions:** Absorbent, anodyne, anthelmintic (vermicide), anti-asthmatic, anticatarrhal, antiseptic, antispasmodic, astringent, demulcent, diuretic, emollient, germicide, hemostatic, narcotic, nutritive, pectoral, vulnerary.

Nettles (Stinging) (248)

- A highly nutritive herb with a broad range of actions.
- Nettles has an alkalizing effect upon the body.
- Used to increase circulation.
- A specific for arthritis and rheumatism.
- Great for the joints.
- Used in pain and inflammation issues.
- One of the few herbs for the thyroid gland.
- A strong detoxifier of the skin.
- Being alkaline it neutralizes acids (like uric and sulfuric acids).
- Somewhat of a hemostatic (stops bleeding).
- Feeds the body nutrition, especially potassium and iron (although it is also full of minerals).
- Useful in circulation issues, somewhat of a vasodilator.
- Promotes the flow of urine and is useful for kidney stones.
- Shrinks swollen tissues.
- Excellent for pregnancy, nutrition, and for anti-abortion issues.
- Used in cases of bronchitis especially asthma, emphysema and C.O.P.D.
- Nettles is an expectorant (removes mucus) and has antispasmodic properties.
- Used for anemia.
- A great blood purifier and body regulator.
- **Scientific name:** *Urtica dioica*
- **Parts used:** Leaves.
- **Actions:** Astringent, diuretic, expectorant, galactagogue, hemostatic, nutritive and tonic.

Oregon Grape Root (248-249)

- One of the great blood purifiers.
- Has a powerful effect upon the liver, spleen, skin and blood.
- It is one of the greatest herbs for stimulating, strengthening and cleansing of the liver.
- Specific for skin conditions like psoriasis, eczema or dermatitis.
- Increases immune response.
- High in iron; aids in increasing red blood cells and hemoglobin.
- Excellent for anemia, jaundice and hepatitis A, B or C.
- Has a fair amount of antimicrobial action. Shown to kill various fungi and bacteria including: staphylococcus, streptococcus, chlamydia, salmonella typhi, corynebacterium, vibrio cholerae, trichomonas vaginalis, shigella, giardia, treponema pallidum, pseudomonas, pneumococcus, and candida albicans.
- Has some larger parasitic activity as well.
- Also used against protozoas.
- A nerve tonic. Slightly laxative.
- **Scientific name:** *Mohonia* spp.
- **Parts used:** Root and rhizome.
- **Actions:** Alterative, antiperiodic, antiscorbutic, anti-scorfulous, antisyphilitic, depurant, diuretic, hepatic, laxative, nerve tonic, stimulant (slightly), tonic.

Parsley (249)

- A tremendous herb for the urinary tract and adrenal glands.
- Has a strengthening and cleansing effect upon the bladder and kidneys.
- High in chlorophyll, therefore it enhances the blood and cleans and moves the lymphatics.
- Excellent for heavy metal and chemical toxicity.
- Enhances nerve and heart function.
- Superb for the endocrine glands.
- Increases the iron-carrying capacity of the blood.
- Used to fight infections.
- Used in cases of jaundice and dropsy (edema).
- Excellent for upper respiratory congestion and infections.
- Also used in conjunctivitis and inflammation of the eyelids.
- **Scientific name:** *Petroselinum sativum*
- **Parts used:** Whole herb; leaves, root and seeds.
- **Actions:** Antiperiodic (juice), antispasmodic, aperient, aromatic, carminative (seeds), culinary, diuretic, emmenagogue (seeds), febrifuge (seeds), tonic, vulnerary.

Pau D'Arco (249)

- A tremendous Brazilian "friend." A true tonic.
- Considered a top cellular proliferator (strengthens and enhances cells).
- A top parasitic herb used for microorganism infestations (bacterial, viral, and protozoa).
- A great immune builder.
- Used especially in cancer cases.
- Has a powerful effect upon the lymphatic system.
- Helps eliminate tumors, boils, abscesses, and the like.
- Used in skin conditions including eczema, dermatitis, and psoriasis.
- Also considered a nutritive and resolvent.
- **Scientific name:** *Tabebuia impetiginosa*
- **Parts used:** Bark.
- **Actions:** Antimicrobial (bacterial, etc.), anti-viral, cellular proliferator/strengthener, nutritive, alterative (cooling), anti-tumor, tonic, hypotensive, anti-diabetic, astringent, bitter (digestive), stimulant, restorative, somewhat decongestant.

Pipsissewa (249)

- A great alkalizer of the urinary tract system.
- Helps clean and remove sediment from the bladder and kidneys.
- An excellent diuretic.
- Used in urinary tract infections.
- Lowers blood pressure when kidneys are involved.
- **Scientific name:** *Chimaphila umbellata*
- **Parts used:** Leaf, stem, aerial portions.
- **Actions:** Alterative, astringent and diuretic.

Plantain (249-250)

- *The great Plantain can't be beat for pus and septic conditions of the blood and body.*
- *Great for boils, abscesses and tumors.*
- *Known for its anti-venom properties in snakebites.*
- *Has a strong astringent action (pulling and cleansing) upon tissues.*
- *Useful for inflammation and for its healing abilities.*
- *Neutralizes stomach acids and helps restore proper gastric action.*
- *Has mild expectorant properties (therefore aiding in bronchial and lung congestion).*
- *Used in venereal diseases.*
- *Use topically and internally for all skin conditions including eczema, dermatitis and psoriasis.*
- *Great in an eyewash, especially for cataracts and glaucoma.*
- **Scientific name:** *Plantago spp.*
- **Parts used:** *Root, leaves, flower spikes and seeds.*
- **Actions:** *Alterative (cooling), anthelmintic (vermicide), antiseptic, antisyphilitic, anti-venomous, astringent, deobstruent, depurant, diuretic, emollient, refrigerant, styptic and vulnerary.*

Poke Root (a.k.a. Pokeweed) (250)

- *The tumor buster. One of the best for abscesses, boils and masses. Encourages movement in the lymphatic system.*
- *Used for enlarged or hardened organs and glands (thyroid, spleen, liver, etc.).*
- *Has some mild cardiac-depressant qualities.*
- *Skin cleanser especially good for eczema, dermatitis and psoriasis.*
- *Increases bile and digestive juices.*
- *Promotes kidney function.*
- *Has some anti-inflammatory properties.*
- *Helpful in chronic rheumatism and arthritis.*
- *Stimulates thyroid and adrenal function.*
- *Used for all cancers and HIV.*
- **Scientific name:** *Phytolacca americana*
- **Parts used:** *Fresh root, berries and leaves.*
- **Actions:** *Alterative, anodyne, anti-sorbic, anti-syphilitic, antitumor, cathartic, detergent, emetic, leaves: anodyne, cardiac-depressant, nutritive and resolvent.*

Red Clover (250)

- *Another one of nature's great herbs.*
- *Similar to cleavers and sassafras.*
- *A tremendous blood purifier.*
- *Use in all cancers, especially leukemia.*
- *Helps dissolve tumors and masses. Also great for abscesses and boils.*
- *Cleans and strengthens all liver conditions.*
- *Strengthens red blood cells.*
- *Excellent for all skin conditions, including eczema, dermatitis, and psoriasis.*
- *Great for syphilis and venereal diseases.*
- *Has some antispasmodic properties and soothes the nerves.*
- **Scientific name:** *Trifolium pratense*
- **Parts used:** *Flowers and leaves.*
- **Actions:** *Alterative, antispasmodic, somewhat depurative, antitumor, deobstruent, detergent, expectorant, nutritive, sedative and stimulant (slightly).*

Red Raspberry (250-251)

- One of nature's top female herbs.
- Considered a nutritive tonic.
- A specific in pregnancy, and produces a far less painful and more natural delivery.
- Strengthens both mother and fetus during childbearing.
- Checks hemorrhages, especially during labor.
- Enriches mother's milk.
- A great herb for cleansing the male and female reproductive organs.
- Excellent for cleansing and strengthening the blood.
- Decreases excessive menstrual flow.
- Used for prolapsus of the uterus, anus, intestines, bladder, etc.
- Used for piles and hemorrhoids.
- Somewhat of a nerve tonic and nervine.
- Increases healing in wounds, sores and ulcerated conditions.
- Used to relieve excessive labor pains (uterine cramps).
- Used as a mouthwash for bleeding and infected gums.
- Used in eyewashes for inflammation, congestion or swelling.
- **Scientific name:** *Rubus idaeus*
- **Parts used:** Leaves, root bark and fruit.
- **Actions:** Alliterative (mild), anti-abortive, antiemetic, anti-gonorrhoeal, anti-leukorrhoeal, anti-malarial, antiseptic, astringent, cathartic, hemostatic, parturient, stimulant, stomachic, tonic. The fruit acts as an antacid, esculent, mild laxative, parturient, refrigerant. The leaves are alliterative, anti-abortive, antiemetic, anti-gonorrhoeal, anti-leukorrhoeal, antimalarial, antiseptic, astringent, cathartic, hemostatic, parturient, stomachic stimulant, tonic.

Reishi Mushroom (251)

- A powerful immune stimulator.
- Helps lower cholesterol and increase circulation.
- Helps lower blood sugar levels.
- Helps the body restore itself in degenerative issues.
- Stimulates T and B cell production (NK = natural killer) cells.
- Said to improve heart and liver functions.
- Used in cancer and AIDS cases.
- Used where abscesses, boils and tumors exist.
- Helps reduce swollen lymph nodes.
- Increases fibroblasts, macrophages and lymphocytes.
- May help steroid production by its positive effect upon the adrenal glands.
- **Scientific name:** *Ganoderma lucidum*
- **Parts used:** Whole mushroom.
- **Actions:** Immune system support.

St. John's Wort (251)

- *One of the great herbs for the nervous system.*
- *Has a fairly strong regenerative effect upon the nervous system.*
- *Also has a balancing effect upon the tissues.*
- *Used for depression, anxiety and irritability.*
- *Great for insomnia. (Insomnia and anxiety are the effects of adrenal gland weakness.)*
- *A great aid with headaches and cramping of all types, including menstrual.*
- *Has antiparasitic properties, including antibacterial, antifungal and antiviral.*
- *Shown to have a very positive effect against the HIV virus.*
- *Has anti-inflammatory properties.*
- *Will help somewhat in sciatica.*
- *Used in colds and respiratory congestive issues.*
- *Helpful in Parkinson's Disease.*
- **Scientific name:** *Hypericum perforatum*
- **Parts used:** *Herb, flowers, aerial portions.*
- **Actions:** *Alterative, anti-spasmodic, anti-inflammatory, astringent, vulnerary.*

Saw Palmetto (251)

- *One of God's great endocrine gland herbs (thyroid, adrenal, pancreas, pituitary, etc.).*
- *Called the "male herb" for its anti-inflammatory and healing effect upon the prostate. (Inhibits the production of dihydrotestosterone.)*
- *A strong herb for both female and male reproductive disorders.*
- *Enhances sexual function and desire.*
- *Beneficial in inflammation of the respiratory system (nose, throat, bronchi and lungs).*
- *Has a strong effect upon the adrenal glands, thus increasing neurotransmitters and steroids.*
- *Aids in sugar issues involving the pancreas and adrenals.*
- *Helps increase urine flow and kidney function.*
- *Useful in urinary tract infections.*
- **Scientific name:** *Serenoa repens*
- **Parts used:** *Berries (fruit).*
- **Actions:** *Antiseptic, aphrodisiac, diuretic, expectorant, roborant.*

Skullcap (251-252)

- *One of the greatest herbs for the brain, spine and nervous system.*
- *Strengthens the brain and nervous system.*
- *It's a powerful nervine, sedative and anti-spasmodic.*
- *Used for spasms, cramping, convulsions, and the like.*
- *Aids in cases of insomnia and restlessness.*
- *A specific for multiple sclerosis, Parkinson's and palsies.*
- *Strengthens the medulla, thus used for vertigo and dizziness.*
- *Spinal cord injuries.*
- *Used for drug and alcohol withdrawal symptoms.*
- *As an aromatic, it calms the emotions.*
- **Scientific name:** *Scutellaria lateriflora*
- **Parts used:** *Herb, aerial portions.*
- **Actions:** *Antispasmodic, nervine, sedative.*

Senna (252)

- *Helps tone and strengthen the GI tract.*
- *Increases peristaltic action of the GI tract.*
- *Used as a strong laxative, so not recommended for prolonged usage by itself. (Can irritate in high dosages and prolonged use.)*

- *Helps clean the intestinal walls.*
- **Scientific name:** *Cassia acutifolia*
- **Parts used:** *Pods and leaves.*
- **Actions:** *Purgative that also inhibits reabsorption in the intestines.*

Shiitake Mushroom (252)

- *Strengthens the immune system by increasing T-cell function.*
- *Effective in the treatment of cancer, as reported in a joint study by the Medical Department of Japan.*
- **Scientific name:** *Lentinus edodes*
- **Parts used:** *Cap and stems. Sold dry.*
- **Actions:** *Immune stimulating, nutritive, hypotensive, anti-cholesterol.*

Siberian Ginseng (Eleuthero) (252)

- *One of the great endocrine gland herbs, especially great for the adrenal glands.*
- *Increases neurotransmitter and steroid production.*
- *Strengthens cells (cellular proliferator).*
- *Improves vitality and stamina.*
- *Used for chronic fatigue or loss of energy.*
- *Helps strengthen the immune system.*
- *Increases circulation by helping to reduce cholesterol.*
- *Strengthens the pancreas and helps control blood sugar issues.*
- *Helps relieve emotional, mental and physical stress.*
- *Helps lower blood pressure and strengthens the heartbeat.*
- *Used in cases of asthma, emphysema and C.O.P.D., where an adrenal gland relationship exists.*
- *A tonic for the whole body.*
- **Scientific name:** *Eleutherococcus senticosus*
- **Parts used:** *Root.*
- **Actions:** *Demulcent, stimulant, rejuvenative.*

Slippery Elm (252)

- *One of nature's great healers of the body. Pulls toxicity out of tissues.*
- *Soothes irritated and inflamed mucous membranes.*
- *Soothes the mucosa of the GI tract (stomach and intestines).*
- *Excellent for the urinary tract (strengthens and cleans).*
- *Well known for its beneficial effect upon the respiratory system.*
- *Soothes sore and inflamed throat tissues.*
- *Helps pull (expectorant) mucus from the respiratory tract.*
- *High in nutrition.*
- *Used in prostatitis.*
- *Ulcerated conditions of the body.*
- *Lesions of the GI tract.*
- *Used in gastritis, enteritis, colitis and diverticulitis.*
- *Great for abscesses and gangrene.*
- *Used in gout and arthritis.*
- *Helps remove acids from the tissues.*
- **Scientific name:** *Ulmus fulva*
- **Parts used:** *Inner bark.*
- **Actions:** *Astringent, demulcent, emollient, expectorant, nutritive, vulnerary, yin tonic and soothing to the alimentary canal.*

Turmeric (253)

- *An ancient herb used for liver and blood conditions.*
- *Stimulates bile flow and production.*
- *Helps dissolve and remove sediment in the liver.*
- *Has some antiparasitic actions, especially for protozoa infestations.*
- *Helps increase circulation.*
- *Has a beneficial effect upon the whole GI tract.*
- *Has strong anti-inflammatory properties, therefore very beneficial for arthritis, bursitis, tendonitis, etc.*
- *Aids in digestion.*
- *Promotes healing.*
- **Scientific name:** *Curcuma longa*
- **Parts used:** Rhizome.
- **Actions:** *Aromatic stimulant, alliterative, analgesic, antiseptic, astringent, cholagogue, emmenagogue.*

Uva Ursi or Bearberry (253)

- *A powerful antiseptic and cleanser of the urinary tract system.*
- *Has a strong influence upon the pancreas and used to help regulate blood sugars.*
- *Has a healthy effect upon the liver and spleen.*
- *Aids with the elimination of kidney stones.*
- *A great herb for the prostate gland (especially in prostatitis and prostate cancer).*
- *Great in congestive conditions of the body (especially the bladder, kidneys, liver, gallbladder, pancreas and spleen).*
- *A diuretic.*
- *Strengthens the liver, kidneys, bladder, uterus, prostate and spleen.*
- *Useful in correcting bedwetting issues.*
- *Useful as a douche for vaginal infections and disorders.*
- *Soothes, strengthens and tones the mucous membranes of the genitourinary (urinary organs, c.a. kidneys, urinary bladder) passages.*
- *Used in urethritis, cystitis, nephritis, incontinence, and urinary tract ulcerations.*
- *Used for CHF (congestive heart failure), cardiac edema. Used for piles and hemorrhoids.*
- **Scientific name:** *Arctostaphylos uva-ursi*
- **Parts used:** Leaves.
- **Actions:** *Antiseptic, astringent, diuretic.*

Valerian (253)

- *Valerian has soothed a lot of nerves through the years.*
- *A strong nervine and non-narcotic sedative.*
- *Aids in anxiety (adrenals), nervous tension, muscle spasms, epileptic seizures and depression (thyroid).*
- *Said to be somewhat of a cardiac tonic— helps regulate heart palpitations.*
- *Helps in hyperactivity.*
- *Helps reduce high blood pressure from stress and tension.*
- *Helps strengthen brain and nerve tissues.*
- *Aids in colic conditions, gas and indigestion from nervous stomach.*
- **Scientific name:** *Valeriana officinalis*
- **Parts used:** Root, rhizome and also the herb.
- **Actions:** *Anodyne, antispasmodic, anti-thermic, aromatic, carminative, cathartic, diaphoretic, diuretic (lithotriptic), nervine (sedative), stimulant, tonic.*

White Pond Lily (253-254)

- *This is another one of God's great cleansing herbs.*
- *Similar to white oak bark, but more for lower body cleansing.*
- *Helps remove toxicity from the tissues of the body.*
- *Has a healthy and toning effect upon tissues.*
- *Especially used to cleanse and strengthen the reproductive tissues in both male and female.*
- *It has pain-relieving properties.*
- *Use in cancerous conditions.*
- *Useful for abscesses, boils and tumors.*
- *Makes a great mouthwash to clean and heal swollen or ulcerated gums.*
- *Makes an excellent douche for cleansing the vaginal wall (infections, inflammation, A-typical cells, ulcerations, etc.).*
- *Strengthens prolapsed conditions and relaxed vagina.*
- *Use for prostate conditions, especially prostatitis and prostate cancer.*
- *Excellent for urinary tract system (kidneys and bladder).*
- *Use to heal wounds, sores, and the like.*
- *Helps remove congestion out of tissues.*
- **Scientific name:** *Nymphaea; Nymphaea Odorata or Castalia Odorata*
- **Parts used:** *Fresh root and leaves, rhizome.*
- **Actions:** *Alterative, anodyne, anti-scrofulous, antiseptic, astringent, demulcent, deobstruent, discutient, tonic, vulnerary.*

White Oak Bark (254)

- *Another tremendous herb of God.*
- *White oak bark is a great cleanser of the body.*
- *Has very strong astringent properties.*
- *Increases lymphatic flow and helps reduce swollen lymph nodes.*
- *A powerful cleanser of tissue, used for mouthwashes, poultices, douches, enemas and abscesses.*
- *Use as a douche for infections and A-typical cell formation.*
- *Strengthens cells (cellular proliferator).*
- *Superb for internal or external hemorrhages.*
- *Has diuretic properties, thus increases urine flow.*
- *Kills and expels small worms (pin worms, etc.).*
- *Used to eliminate gallstones and especially kidney stones.*
- *Helps clean and strengthen the GI tract.*
- *Excellent for prolapsed conditions, including intestinal, uterus, bladder, vascular system, etc.*
- *Used in all mouth and gum conditions.*
- *Has a powerful effect upon tooth enamel and bone growth.*
- *Used with plantain for snakebites.*
- *Ulcers, boils, gangrene, tumors, and the like.*
- *Use in all skin conditions including eczema, dermatitis and psoriasis.*
- *Hemorrhoids, piles and lesions.*
- *Used to strengthen the arteries, veins and capillaries; especially great for varicose veins and spider veins.*
- **Scientific name:** *Quercus alba: fagaceae*
- **Parts used:** *Inner bark, gall, acorn.*
- **Actions:** *Anthelmintic (vermifuge), antiemetic, antiphlogistic, astringent (strong), antiseptic, antivenomous, diuretic (lithotriptic), febrifuge, hemostatic, stimulant (mild), tonic.*

Wood Betony (254)

- *Wood Betony is considered a top nerve tonic.*
- *It especially effects the nerves of the head and face.*
- *It acts like a tonic to the digestive system.*
- *A great blood and liver cleanser.*
- *Use in liver congestive issues like jaundice.*
- *A great spleen cleanser and strengthener.*
- *Known to expel worms.*
- *Used for headaches, convulsions, spasms and cramping.*
- *Use for nerve disorders like multiple sclerosis, Parkinson's, and palsies.*
- *Use in cases of neuralgia.*
- *Use in times of stress and nervous tension.*
- **Scientific name:** *Betonica officinalis*
- **Parts used:** *Whole herb, aerial portions.*
- **Actions:** *Alterative, analgesic, anthelmintic, antiscorbutic, antispasmodic, antivenomous, aperient, aromatic, astringent, bitter tonic, carminative, febrifuge, nervine, sedative, stomachic.*

Wormwood (254-255)

- *One of nature's top herbs for parasites.*
- *Wormwood is especially great for larger parasites, including worms of all types and flukes.*
- *Promotes digestion and liver function.*
- *Great for stomach paralysis and disorders.*
- *A strong herb for debilitated conditions.*
- *An excellent nerve tonic.*
- *Has antiseptic properties.*
- *Has been used to counteract the toxic effects of various poisonous plants.*
- *Use for nausea, morning sickness and upset stomach.*
- *Use in nervous conditions and nerve injuries.*
- *Great for jaundice and liver conditions and congestive issues.*
- *Shown to be beneficial in cases of gout and rheumatism.*
- **Scientific name:** *Artemisia absinthium*
- **Parts used:** *Whole herb and leaves, oil (external only).*
- **Actions:** *Anti-bilious, antiseptic, anti-venomous, aromatic, astringent, carminative, febrifuge, hepatic, nervine, stimulant, stomachic (vermifuge), tonic, anthelmintic.*

Yellow Dock (255)

- *One of the great liver and blood herbs.*
- *Strengthens the liver and promotes liver function.*
- *Promotes bile formation.*
- *Increases the oxygen-carrying capacity of the red blood cells.*
- *High in iron, thus used for anemia and low hemoglobin counts.*
- *A top blood builder.*
- *A great lymphatic cleanser.*
- *Used in all types of skin conditions.*
- *Strengthens the spleen and helps clean the blood.*
- *Has a strengthening effect upon the entire body.*
- *Excellent for swollen lymph nodes and tumors as well as abscesses and toxic conditions of the body.*
- *Use in all cases of cancer and HIV.*
- *Helpful in cases of fatigue and lack of energy.*
- *Helps increase red blood cell count.*
- *Helps to promote bile formation and secretion.*
- **Scientific name:** *Rumex crispus*
- **Parts used:** Root.
- **Actions:** *Alterative, antiscorbutic, anti-scrofulous, anti-syphilitic, aperient, astringent, cathartic, cholagogue, detergent, nutritive (leaves).*

Yucca (255)

- *A great anti-inflammatory (has steroid type compounds).*
- *Excellent for gout, rheumatism and arthritis.*
- *Excellent for prostatitis and cystitis.*
- *Helps relieve pain in inflammatory conditions.*
- *Used to help break up inorganic compounds stored in tissues and the vascular system, especially calcium.*
- *Alkalizes and increases the healing potential of the body.*
- **Scientific name:** *Yucca glauca spp.*
- **Parts used:** *Roots and leaves of non-flowering plants.*
- **Actions:** *Alterative, anti-inflammatory, anti-rheumatic, laxative.*

Source: The Detox Miracle Sourcebook - Raw Foods and Herbs for Complete Cellular Regeneration by Morse N.D., Robert S.