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You have reached the most comprehensive site on the Web for those seeking information on herbs, herb products and remedies, herb publications . . . in fact everything herbal can be found here!

Want to keep up to date on what's happening with herbs and alternative medicine?...and find out what's new at HerbNET? Sign up for our FREE monthly ezine below.....click "Ezine" below to register.

What herbal events are coming up this week? [Check them out!](#)

This site is updated on a continual basis with the magazine arriving on the first Mondays of each month . . . so come back often!

[Magazine](#)

Letter From the Herbalist... .. Profiles of various botanicals... many recipes ..profiles of herb businesses..... occasional guest articles and other information ... monthly ... online
April's profiles: Chinese Peony, Japanese Pagoda Tree, Privet, Peppergrass, Papalo, Persimmon and Primrose. There's also an excellent article on the benefits of herbal tonics in the spring by herbalist Carly Wall

[Ask the Herbalist](#)

It's back with a new herbalist and she's been busy. Find answers to your questions on using herbs for your health issues...many new questions and answers. Sponsored by [All Goode Gifts](#).

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Herb related groups ... links ... directory

[Books by our Members](#)

Herb related books by our trade association members...many self-published and only available from the authors....just getting started so check back often

[Calendar](#)

A calendar of herbal events, herb classes, herbal tours, exhibits, herb meetings, herb conventions, etc.

[English-Latin](#)

English to Latin conversion with other languages being added

[Ezine](#)

The online version of what we send by email each month and Ezine archives are holding some of the old issues

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Sign up here for monthly updates and information on both medicinal and culinary herbs.

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Herbal enthusiasts and hobbyists show off their herb gardens ... links ... directory

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A data base of herbal medicinal uses....several hundred are online

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Herb Quest	Message board where you can ask and answer questions among viewers
Herbal Exchange	Classified ads for wholesale products including: plants, seeds, body care items, teas, garden accessories and more
Herbal Green Pages Online	A searchable directory of herb businesses: growers, manufacturers, wholesalers, brokers, distributors and more
HerbWorld	Wholesalers only ... crop price board ... links ... directory
Herbalpedia	In depth profiles of individual herbs and get a free copy of Garlic, the Herb of the Year for 2004 along with the previous years featured herbs.
Potpourri	For anything else that's herb related ... links & lists ... info requests
Practitioners	Alternative practitioners, herbalists, consultants...links & lists
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PO Box 245, Silver Spring, PA 17575-0245
717-393-3295; FAX: 717-393-9261
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Contents of this page

- We're back with a new herbalist to help with your questions. We've still got David Brill's answers up but we've been inundated with requests so we'll try again until we wear our new person out.
- Our new herbalist is Karen Mallinger of All Goode Gifts.
- David's answered a large number of issues over the past 3 years. Please review the answers currently listed before you submit a new question. Often David has already handled a similar problem. Use the search box to the left in the border area or scroll down on this page and read the categories listed below.
- Questions and answers may be posted on this site (names removed) to help other people with the same concerns. Our intent here is not to provide in depth medical consultation but to deal with using herbs in various health situations.

Who's the Herbalist?



Karen Mallinger grew up in the Amish country of Northern Ohio. Born in England, she grew up with a natural love of the earth and plants. The gardens were planted with the Farmers' Almanac and the cycles of the moon and remedies for the animals were all-natural and ranged from Epsom salts and water for colicky horses, to a homemade "miracle slave" that worked for everything!

Karen settled in Colorado and began growing organic vegetables and herbs in cold frames and raised boxes. Her love of herbs and pure, natural produce led her to begin an intensive program toward a doctor of Naturopathy degree with a focus on women's health, geriatric health and Wholistic animal and pet care. She is currently working on the Science and Art of Herbology course with Rosemary Gladstar from Sage Mountain.

Karen now lives in upstate New York with her husband and three Pembroke Welsh Corgis who "guard the garden and play with the fairies".

"My personal calling is to provide my customers with the most natural solutions to their health and personal care challenges with good things from the good earth. I believe that God has provided everything we need for optimal health in the way of natural plants and herbs and seek to educate others on the path to natural health and total wellness."

Karen specializes in custom made herbal formulations and wellness teas for specific ailments or personal care issues.

All Goode Gifts

1275 89th St.,
Niagara Falls, NY 14304

email: allgoodegifts@adelphia.net Please put "ask the herbalist" in your subject line.

URL: <http://www.allgoodegifts.com>

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suggestions made and all herbs listed are not intended to diagnose, treat, cure or prevent any disease, condition or symptom. Personal directions and use should be provided by clinical herbalist or other qualified healthcare practitioner with a specific formula for you. The information provided should be used for educational purposes only. It should not be used by unqualified individuals to diagnose or prescribe.

The information is collected from numerous sources. The author makes no claims about and takes no responsibility for the accuracy of these sources. But we are interested in accuracy. If you see anything that isn't right, please let us know. We appreciate it very much and will make appropriate changes in future revisions to the page.

Some of the questions are difficult to categorize so if you don't see an answer to your question, try doing a search in the box at the right. It might be in another category

*indicates new answers from Karen....

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Entries beginning with **NEW** were posted or updated within the last 30 days

Armenia

Armedplant Association L.T.D., Elmira Gukassyan, Street Haik Hovsepyan 10-17, Yerevan City 375016, Republic of Armenia; 3742-231-755; FAX: 011-3742-461-132; email: herba@arminco.com

Australia

Australian Commercial Herb Growers Association ... PO Box 470, Kerang 3579, Victoria, Australia 054521982

[Australian Herb Society Inc.](#) ... Denise Patterson, PO Box 110, Mapleton, Queensland, 4560, Australia; 07-54469243; FAX: 07-54469277; aherbsoc@hotmail.com ... the society endeavors to bring Australia a new concept, not previously attempted -- to spread the knowledge of our own beneficial plants that will ultimately lead to our survival

Australian Food Plants Study Group, 323 Philp Ave., Frenchville, QLD 4701 Australia. Interest group; information.

[Australian Lavender Industry](#), The peak industry organization for lavender growers and users in Australia, whose purpose is to encourage the establishment of a vibrant and growing lavender industry outside France/Spain/Italy/Europe. We also offer international membership to growers, also access to information via *The Lavender Bulletin*. We have also developed specialized machinery for use in the lavender and herb growing industry from row formers, herb strippers to a relatively reflux free herb distillation unit designed using modern heat exchange technology.

[Australian Plants Society](#),

Australian Traditional Medicine Society ... PO Box 442, Ryde 2112 Australia

Herb Society of North Queensland, PO Box 314, Aitkenvale QLD 4814, Australia

Herb Society of South Australia ... PO Box 140, Eastwood 5063, South Australia

The Herb Society of Victoria, PO Box 396, Camberwell Victoria 3124 Australia; Phone: +61 03 9505 6082

[National Herbalists Association of Australia](#), The National Herbalists Association of Australia was founded in 1920 and is Australia's oldest natural therapy association. It has 1,700 members. It is Australia's only professional association of herbalists. It publishes the Australian Journal of Medical Herbalism.

[Organic Herb Growers of Australia, Inc.](#) ... publishes [The Herb Grower](#)

[Queensland Herb Society](#) ... purpose is to help introduce people to the many and varied uses of this group of plants ... motto is "Learning Through Sharing" and that is exactly what they do -- sharing their knowledge and experience with each other, the public and anyone who will listen ... the best form of sharing, though, is sharing a delicious herbal

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supper at the general meetings

The Spice Association of Australia ... PO Box 104, St Leonards, NSW 2065, Australia The Spice Association of Australia was formed in 1987 to provide an industry voice for those trading in dehydrated vegetables, herbs and spices.

[Tasmanian Herb Growers Association](#) ... a group of growers dedicated to the commercial production of premium quality, organically grown dried herbs

Wildflower Society of Western Australia ... Box 64, Nedlands, WA 6009, Australia ... publishes mail order seed catalog



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Belgium

International Society for Horticultural Science ... Kardinaal Mercierlaan 92, 3001 Leuven, Belgium ... aims to promote research in all branches of horticulture ... it encourages the development of international cooperation, bringing together scientific and technical professionals to stimulate, facilitate and coordinate research and scientific activities on an international scale

[NAREDI](#), the Belgian Health Product Manufacturers, wholesalers and retailers association.



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Bosnia

EDA Livno, Stjepana II Kotromanijea b.b., 80101 Livno, Bosnia and Herzegovina; eda-livno@tel.net.ba
We are a non-profit association in Bosnia and Herzegovina. One of our activities is education for herb grower and picker, we attempt to encourage growing and processing of herbs into aromatic oil in Bosnia and search for market.

Canada

[Alberta New Crops Network](#), Providing identity, marketing information, education and networking to our members, for the development of new crops within Alberta

Associated Ginseng Growers of British Columbia, PO Box 241, Vernon, BC V1T 6M2, Canada; Email: panaxqas@junction.net 250-542-1816; FAX: 250-260-1882

[British Columbia Herb Growers Association](#) ... the purpose of the BC Herb Growers Association is to promote, facilitate and enhance herb growing ... this association was formed in 1997 ... joining will bring you networking opportunities with fellow herb growers as well as access to current market information, workshops and conferences

Canadian Association of Herbal Practitioners, #400-1228 Kensington Road NW, Calgary, ALB T2N 4P9; 403-270-0936; FAX: 403-270-0799. A non-profit organization, founded in 1965. It is committed to being a voice for the professionals of Herbalism with its purpose to provide support, education and awareness for the profession and the public. Herbal Extracts, their quarterly newsletter, is a focal point for interdisciplinary communication between professionals and as an ongoing liaison with government agencies.

Canadian Federation of Aromatherapists ... , The Village Arcade, 50 Cumberland St., Box 18, Toronto, ONT M4W 1J5 Canada; 416-961-9445; 888-340-4445; FAX: 416-961-5547;

Canadian Herb Society, c/o Audrey Ostrom, Van Dusen Botanical Gardens, 5251 Oak St., Vancouver, BC V6M 4H1, Canada; 604-224-0457; FAX: 604-222-9613; A national non-profit association founded to provide accurate information, education, networking and representation for all those with an interest in herbs ... offers an organizational umbrella for the special interests of herb enthusiasts and a forum for the exchange of knowledge and ideas ... the society's mission is to share knowledge and promote the cultivation, use and enjoyment of herbs ... membership benefits include: quarterly journal, website, membership and resource directories, educational workshops, conferences, meetings and other events

[Canadian Naturopathic Association](#) ... This is a not-for-profit professional association representing the interests of naturopathic doctors and promoting naturopathic medicine throughout Canada. Its membership consists of naturopathic doctors, naturopathic medical students, suppliers of natural remedies for professional use, and the provincial naturopathic associations.

Canadian Wildflower Society, 75 Ternhill Crescent, Don Mills, ONT M3C Canada

The Chi Kung Association of Canada, 545 St. Clair Ave. W., Toronto, ONT M6C 1A3 416-653-4105. Association for Chinese Medicine

Flower and Herb Growers Association of Alberta ... PO Box 75147, Ritchie Postal Outlet, Edmonton, Alberta, Canada, T6E 6K1 ... the F.H.G.A.A. has four main functions related to the production of flowers and herb in Alberta: Education, Marketing, Networking, Research and Development

North American Native Plant Society, Box 336, Postal Station F. Toronto ON Canada M4Y 2L7

Ontario Herbalists' Association ... The OHA is a dynamic organization for people interested in herbs. Members include professional herbalists, gardeners, herbal product manufacturers and retailers, organic herb growers and wildcrafters, as well as members of the general public that have a love for and interest in all things herbal. Education is the chief priority of the association and many of its activities are devoted to this end. These include herb walks, lecture series, and the annual herb fair at Toronto's Harborfront. The OHA also publishes its own quarterly journal, The Canadian Journal of Herbalism, to inform members of herbal developments. The OHA emphasizes the highest ethical and academic standards for its practicing members, serves as a liaison between herbalists and other healing professionals and works actively for the recognition and promotion of herbal therapy.

Ontario Homeopathic Association, PO Box 258, Station "P", Toronto, ONT M5S 2S7; 416-488-9685; email: root@homeopath.com

Saskatchewan Herb & Spice Association, Connie Kehler, PO Box 60, Belle Plaine, SK S0G 0G0 Canada; 306-694-4622; FAX: 306-694-2182; email: g.musings@dlcwest.com A producer driven association run by volunteer directors that are themselves in the industry.



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France

Association of Delegates of the Professional Organizations of Producers and Collectors of Medicinal and Aromatic Plants of the EEC, 6 bd Marechal-Joffre, F-91490 Milly-la-Forêt, France

European Confederation of Distributors, Producers and Importers of Medicinal Plants, 23 Rue du Peintre Lebrun, F-78000 Versailles, France

Hungary

Medicinal Plant Association and Product Council ... Akos Mathe, Secretary, H-1118 Budapest, Menesi ut 44, Hungary; 361-185-1155; FAX: 361-237-1388 ... involved in almost all facets of medicinal and aromatic plant business and represents the interests of both Hungarian and foreign partners getting engaged in the field of medicinal and aromatic plants in Hungary ... they believe the aim to harmonize between home production and international standards can be achieved by providing wide ranging and up-to-date information both to members and foreign partners



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India

The Central Institute of Medical Medicinal and Aromatic Plants, is a premier institution pursuing R & D in Medicinal and Aromatic Plant (MAP), with expertise that matches international standard. The Institute is engaged in major efforts involving Bioprospection of medicinal and aromatic plants; conservation and molecular documentation of genetic diversity in medicinal and aromatic plants; screening of phytochemicals for their biological activity; conservation, genetics, breeding and genetic engineering, characterization and employment of genetic resources of medicinal and aromatic plants of economic value.

Latvia

Latvian Herb Grower's Association ... Raina Str.6-49 Kraslava LV-5601 Latvia; ivars@kraslava.apollo.lv



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The Netherlands

International Hemp Association, Postbus 75007, 1070AA Amsterdam, The Netherlands; FAX: 31-20-618-8758; email: iha@euronet.nl

New Zealand

Herb Federation of New Zealand ... PO Box 280, Waihi, New Zealand. email: herbfederationnewzealand@xtra.co.nz

... HFNZ is an organization set up to serve people with a serious interest in herbs ... it publishes a newsletter four times a year and also publishes a booklet called "A Directory of Herbs in New Zealand." ... every year "Dittany", a booklet of herbal stories and information, is published ... in addition to these publications the HFNZ has a seed bank, library and several members have herb collections ... every two years a national conference is held



Portugal

Portuguese Association of Herbalists ... APARD - Associação Portuguesa de Alimentação Racional e Dietética ... Rua de Sao Sebastião da Pedreira, nº 110 - 5 Andar, 1050 Lisboa, Portugal; +351 (01) 357 24 99; fax: +351 (01) 357 24 98



Romania

R.A.M.A.P.G.M. - ROMANIAN ASSOCIATION OF MEDICINAL & AROMATIC PLANTS GROWERS & MANUFACTURERS - 176, Bd. G. Moroianu, Sacele, Brasov, Romania 2212, Tel/Fax: +40 68 273 766, E-mail: dlazurca@deltanet.ro A national non-profit, professional and scientific association, founded to promote the interest of its members, environmental friendly cropping..., organic cultivation and processing..., to provide accurate information, education, networking and representation for all those with an interest in medicinal and aromatic plants..., to facilitate internal and international collaboration between our members and the members of similar associations...

Russia

R.E.A.P. International ... Bill Mueller, 1427 4th Street SW, Cedar Rapids, IA 52404; 319-366-4230; FAX: 319-366-2209 ... Rural Enterprise Adaptation Program ... a non-profit organization which assists private farmers in the former Soviet Union



Spain

[Àrea de Productes Secundaris del Bosc](#), CENTRE TECNOLÒGIC FORESTAL DE CATALUNYA, Pujada del Seminari, s/n 25280 Solsona (SPAIN); TEL ++34 9 73 481681 – 481752; FAX ++34 9 73 481392;

South Africa

[Botanical Society of South Africa, The](#),

Turkey

Andolu Medical Plants Research Center, 26470 Eskisehir, Turkey

United Kingdom

[Aromatherapy Organisations Council](#), UK governing body for aromatherapy, representing 12 associations, 115 training establishments and 6,000 therapists.

[Aromatherapy Trade Council](#) ... formed by responsible essential oil traders in 1992, it is now firmly established as the authoritative body for the aromatherapy industry following its appointment as the Advertising Code Administrators for the essential oil industry

[British Dried Flowers Association](#), The British Dried Flowers Association is a small but dedicated group of specialist growers, all of whom have built up an extensive knowledge of the production and marketing of dried flowers and are in touch with the latest design-led trends.

British Herb Grower's Association ... 17 Hooker Street, London SW3, England

[British Herbal Medicine Association](#) ... The British Herbal Medicine Association (BHMA) was founded in 1964 to advance the science and practice of herbal medicine in the United Kingdom and to ensure its continued statutory

recognition at a time when all medicines were becoming subject to greater regulatory control.

British Organic Farmers/Organic Growers Assoc, 86 Colstone Street, Bristol, Avon BS1 SBB, UK; 0117-9299666; 0117-9252504

Essential Oil Trades Association Ltd. ... The Secretary, 61 Clinton Lane, Kenilworth, Warwickshire CV8 1AS, England ... trade association

[European Herbal Practitioners Association](#) The EHPA website represents professional herbal practitioners throughout the EU. Our aims are to ensure the continuation of professional herbal practice as a modality in its own right into the 21st century:

[The Herb Society](#) ... The Secretary, Deddington Hill Farm, Warmington, Banbury OX17 1XB UK; 44-1295-692900; FAX: 44-1295-692004; email: email@herbsociety.co.uk an educational charity, registered in the UK, with members worldwide ... it encourages interest in all aspects of herbs -- gardening & design, culinary, conservation, folklore & history, crafts, and herbal medicine ... it is dedicated to the dissemination of knowledge about the healing properties of herbs and their use in the community and the support of further research into the healing property of herbs ... membership includes 4 issues of *Herbs* and the members' newsletter *Herbarium*, as well as reduced rates for Herb Society events and discounts at participating nurseries and herb gardens ... *Herb Society Online* is a cyber monthly with articles, herbal remedy recipes, and future events

International Federation of Aromatherapists ... 204 Chiswick High Road, London, W4 England; 0181-742-2605

[National Herb Centre](#) ... Warmington, Nr Banbury, Oxon, OX17 1DF UK; +44 (0) 1295-690999; FAX: +44 (0) 1295-690034; email: info@herbcentre.co.uk Set up in 1997 by Peter Turner, owner of Lighthorne Herb Associates, in collaboration with the British Herb Trade Association ... the aims of the Centre are to promote, research and develop the growing and processing of herbs in the UK ... the Centre is funded by a membership open to both professional growers and amateurs ... research and development at the Centre is coordinated by Dr Rosemary Cole

National Institute of Medical Herbalists ... 56 Longbrook Street, Exeter, Devon EX4 6AH, England; 01392-426022; FAX: 01392-498963 ... established in 1864 and is the oldest body of practising medical herbalists in existence today ... membership is by examination after completing a four-year course of training

[The Violet Society](#) ... an Internet based organization for anyone with an interest in Violets or Sweetviolets in the Genus *Viola* ... their web site is the place to visit for all things connected with this wonderful herb with edible, highly fragrant flowers and leaves



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Language Translation Table for Herbs--A-H

Caraway	---	Carum carvi	Kümmel	carvi, Cumin des prés, Grains de carvi	carvi, caro, comino tedesco	Alcaravea, carvi	Karwij, wilde komijn, Romeinse komijn	Kummin	Alcaravia	Tmin	Karauya, Karawiya	Yuan-Sui,		Karaman Kimyonu	Köménymag, Kömény, Konyhakömény, Réli kömény	Karve		Kisibiti	Kumina				Karvio
Cardamom	---	Elettaria cardamomum	Cardamon, Kardamon	cardamome	cardamomo	Cardamomo	Kardemon	Kardemumma	Cardamono	Kardamon	Hal	Pai-tou-k'ou	Kardamon										
Cardinal Flower	---	Lobelia cardinalis																					
Carob	---	Ceratonia siliqua																					
Cascara sagrada	---	Rhamnus purshiana																					
Cassia, Chinese cinnamon		Cinnamomum aromaticum	Zimt cassie, Zimtkassie	cannelle de Chine	cassia	Canela de la Cina	Kassia	Kassia			Darasini	Kuei, Kwei	Bokei										
Castor bean	---	Ricinus communis																					
Cat Thyme	---	Teucrium marum																					
Catnip,	catmint, cat's wort, catnep, catrup, catwort, English catnip, field balm, nep, nip	Nepeta cataria	Nept	nepeta cataire, c(h)ataire (commune), herbe a chat(s), herbe au(x) chats, herbe-des-chats, mente a chat(s), menthe au(x) chat(s), menthe de(s) chat(s), nepeta, nepeta chataire, nepete, nepete c(h)ataire)	Cataria	Calaminta																	
	Faassen's	Nepeta x faassenii (Catmint)																					
	Japanese	Schizonepeta tenuifolia (Jing Jie)																					
	lemon	Nepeta cataria ssp citriodora																					
Catsfoot	---	Antennaria dioica																					
Cayenne	---	Capsicum frutescens																					
Cedar	---	Thuja occidentalis																					
Celandine	---	Chelidonium majus																					
Celery	---	Apium graveolens	Sellerie	céleri, ache	sedano	Apio	Selderij	Selleri	Aipo	Syel' derey	Kara'fs	Ch'in	Serorli										
	leaf	Apium graveolens secalinum																					
Centauray	---	Centaurium erythaea																					
	Monterrey	Centaurium muhlenbergii																					
Chamomile	English	Chamaemelum nobile 'Treneague'																					
	German	Matricaria chamomilla, Chamomilla recutita	echte Kamille	camomille	camomilla																		
	Roman	Chamaemelum nobile	römische Kamille	camomille romaine	camomilla romana																		
	scentless	Matricaria inodora (Mayweed)																					
Chameleon Plant, Chinese lizard tail, Fishwort, Heartleaf		Houttuynia cordata	Chinesischer Eidechschwanz, Chamäleonpflanze, Buntblatt																				Dokudami, Jyuyaku, Zyuyaku
Chaparral	---	Larrea mexicana Larrea tridentata (Creosote Bush)																					

Language Translation Table for Herbs--A-H

	blue	Caulophyllum thalictroides																											
Cola		Cola acuminata	Kolabaum	colatier	cola																								
Colchicum	---	Colchicum autumnale (Meadow Saffron)																											
Coltsfoot	---	Tussilago farfara																											
Columbine	---	Aquilegia vulgaris																											
Compass Plant	---	Silphium laciniatum																											
Coriander	Cilantro	Coriandrum sativum (Cilantro, Chinese parsley)	Koriander	coriandre	coriandolo	Culantro	Koriander	Koriander	Coentro	Koriandr	Kuzbara	Hi-Sui	Koendoro																
	Vietnamese smartweed, Laksa plant	Polygonum odoratum (Rau ram)	Vietnamesischer Koriander																										
Cornflower	---	Centaurea cyanus																											
Costmary, alecost, balsam herb, maudlin, balsamita	---	Chrysanthemum balsamita (Bible leaf)	Alecost, fainfarn, Wurmkraut	herbe Sainte-Marie, Baume de coq, Tanaisie balsamite	Tanaceto balsamico, Bonerba, costa																								
Cotton	Domestic	Gossypium herbaceum																											
	Wild	Gossypium thurberii																											
Cowslip	---	Primula veris																											
Cramp Bark	---	Viburnum opulus																											
Cranesbill, Geranium		Geranium macrorrhizum	Felsenstorchschnabel	géranium	geranio																								
Cress	curled	Lepidium sativum 'Crispum'																											
	Upland	Barbarea verna																											
Crown vetch	---	Coronilla varia																											
Cumin	---	Cuminum cyminum	Kreutz-, Mutter-, Römischer Kümmel	cumin	comino, comino romano	Comino	Komijn	Spiskummin	Cominho	Kmin	Kammun	Ma-Ch'in																	
	Black	Nigella sativa (Fennel flower; Russian or black caraway)																											
Cupid's Dart	---	Catananche caerulea																											
Curry Leaf		Murraya koenigii	Curryblätter	Feuilles de Cari, Feuilles de Curry, Caloupilé	Fogli di Cari	Fogli di Cari	Hoja	Kerrielbladeren																Curry levelik		Bizari, Mchuzi	Daun kari		
Curry Plant	---	Helichrysum angustifolium																											

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Common	Variety	Botanical	German	French	Italian	Spanish	Dutch	Swedish	Portuguese	Russian	Arabic	Chinese	Japanese	Turkish	Hungarian	Norwegian	Farsi	Swahili	Finnish	Greek	Indonesian	Esperanto
Daisy	English	Bellis perennis																				
	Ox-eye	Chrysanthemum leucanthemum																				
Damassia	---	Ambrosia maritima																				
Damiana	---	Turnera diffusa																				

Language Translation Table for Herbs--A-H

Dandelion	---	Taraxacum officinale																								
	improved	Taraxacum officinale sativum																								
Date	---	Phoenix dactylifera																								
Datura	Blue	Datura tatula																								
	Jimson Weed	Datura stramonium																								
	Sadadhatura	Datura metel																								
	Sonoran	Datura meteloides																								
	Toloache	Datura innox																								
Dead-Nettle	Purple	Lamium purpureum (Purple Archangel)																								
Devil's Claw	---	Harpagophytum procumbens																								
Devil's Club	---	Oplopanax horridum																								
Dill	---	Anethum graveolens	Dill, Gurkenkraut	aneth odorant, Fenouil à tard	Aneto	Hinojo hedondo, Abesón, Aneldo, Eneldo	Dille, Stinkende vinke	Dill	Endro	Ukrop	Shibith	Shih-Lo		Dereotu	Kapor	Dill	Shiwit, Sheveed		Tilli		Adas manis, Adas cina	Aneto				
Dittany of Crete	---	Origanum dictamnus (Hop Marjoram)																								
Dock	curled	Rumex crispus (Yellow dock)																								
Dragonhead	---	Dracocephalum moldavicum																								
Dropwort	---	Filipendulina vulgaris																								
Dusty Miller	---	Senecio cineraria 'Diamond'																								

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

English/Common Name	Variety	Latin	German	French	Italian	Spanish	Dutch	Swedish	Portuguese	Russian	Arabic	Chinese	Japanese	Turkish	Hungarian	Norwegian	Farsi	Swahili	Finnish	Greek	Indonesian	Esperanto				
Echinacea	---	Echinacea purpurea (Coneflower)																								
	Narrowleaf	Echinacea angustifolia																								
	Pale-Purple	Echinacea pallida																								
Eclipta	---	Eclipta alba (Mo-han-lian)																								
Egyptian Top Onion	---	Allium Cepa proliferum																								
Elder	---	Sambucus nigra																								
Elecampane	---	Inula helenium	Alant	aunée	inula campana																					
Elm	Slippery	Ulmus rubra																								
Epazote, wormseed	---	Chenopodium ambrosioides	Méxicanischer Traubente, Méxicanisches Teekraut, Karthäuserte, Jesuiente, Wohlriechender Gänsefuß			Yerba de Santa Maria, Epazote	Welriekende ganzenvoet, Amerikaans wormzaad, Wormkruid, Wormzaad	Citronmålla	Mastruz						Mirhafû	Sitronmelde				Saitruunasavikka						
Ephedra, morman tea	---	Ephedra nevadensis																								
Eucalyptus	Blue Gum	Eucalyptus globulus	Eucalyptus	eucalyptus	eualipto																					
	Apple	E. bridgesiana																								
	Honey	E. melliodora																								
	lemon	E. citriodora																								

Language Translation Table for Herbs--A-H

Evening Primrose	---	Oenothera biennis	Nachtkerze	onagre	enotera																		
Eyebright	---	Euphrasia officinalis																					

ABCDEFGHIJKLMNOPQRSTUVWXYZ

English/Common	Variety	Latin	German	French	Italian	Spanish	Dutch	Swedish	Portuguese	Russian	Arabic	Chinese	Japanese	Turkish	Hungarian	Norwegian	Farsi	Swahili	Finnish	Greek	Indonesian	Esperanto
Fennel	bronze	Foeniculum vulgare dulce 'Rubrum'																				
	Common	Foeniculum vulgare	Fenchel	Fenouil, Aneth doux	finocchio	Hinojo	Venkel	Fänkäl	Funcho	Fyenkhel', Sladkiy ukrop, Fenkhel, Aptechniy ukrop	Shamar,	Hui-Hsiang, Wooi heung, Hui xiang	Uikyo	Rezene	Édeskömény	Fennikel		Shamari	Venkoli		Jinten manis, Adas	Fenkolo
	Florence	Foeniculum vulgare azoricum (Finocchio)																				
	Sweet	Foeniculum vulgare dulce																				
Fenugreek	---	Trigonella foenum-graecum	Bockshornklee, Griechisch Heu	Fenugrec, Sènegrè, Trigonelle	Fieno Greco	Alholva, Fenogreco	Fenegriek	Bockhornsklöver	Alforva, Feno-grego	Pazhitnik, Pazhitnik grecheskiy, Sambala	Hulba, Hilbeh	K'u-Tou, Hu lu ba	Koroha	Çemen	Görögszéna	Bukkehonklöver	Sambelilé	Uwatu	Sarviapila			Fenugreko
Feverfew	---	Chrysanthemum parthenium																				
	Golden	Chrysanthemum parthenium 'Aureum'																				
Figwort	---	Scrophularia nodosa																				
Flag	Blue	Iris versicolor																				
Flax	---	Linum usitatissimum																				
	Blue	Linum perenne																				
	fibre	Linum usitatissimum 'Regina'																				
Flossflower	---	Ageratum conyzoides																				
Fo-Ti	---	Polygonum multiflorum (He-shou-wu)																				
Foxglove	Grecian	Digitalis lanata																				
	Purple	Digitalis purpurea																				
	Yellow	Digitalis grandiflora																				
Frankincense	---	Boswellia thurifera	Weihrauch	oliban, encens	incenso, olibano																	
Frogfruit	---	Phyla nodiflora (Matgraaa, Turkey-Tangle)																				
Fumitory	---	Fumaria officinalis																				

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English/Common	Variety	Latin	German	French	Italian	Spanish	Dutch	Swedish	Portuguese	Russian	Chinese	Japanese	Turkish	Hungarian	Norwegian	Farsi	Swahili	Finnish	Greek	Indonesian	Esperanto	
Galangal		Alpinia officinarum	Siam Ingwer	grand galanga		galanga																
Garlic	---	Allium sativum	Knoblauch	ail	aglio	cebolla	Knoflook	Vitlok	Alho	Chesnok	Thum	Suan	Ninniku									

Language Translation Table for Herbs--A-H

	Elephant	Allium Ampelop. 'Elephant'																			
	Italian	Allium stivum ophioscordon (Rocambole, serpent garlic)																			
Gayfeather	---	Liatris spicata																			
Gentian, yellow gentian, bitterwort	---	Gentiana lutea									gelber Eintian	gentiane jaune		genziana maggiore							
Geraniums	Scented	Pelargonium (various)									Geranie	geranium	geranio								
Germander	---	Teucrium chamaedrys																			
	Silver	Teucrium fruticans																			
	Tivoli	Teucrium sp.																			
Ginger	---	Zingiber officinale	Ingwer	Gingembre	Zenzero	Jengibre	Gember	Ingeära	Gengibre	Imbir'	Zanjabil	Chiang	Shoga								
Ginkgo	---	Ginkgo biloba (Maidenhair Tree)																			
Ginseng	American	Panax quinquefolius																			
	Siberian	Eleutherococcus senticosus																			
	Chinese	Panax pseudoginseng	Ginseng	ginseng	ginseng																
Gipsywort	---	Lycopus europeus (Bugleweed)																			
Goat's Rue	---	Galega officinalis																			
Goldenrod	---	Solidago gigantea																			
Goldenseal	---	Hydrastis canadensis																			
Good King Henry	---	Chenopodium bonus-henricus																			
Gotu kola	---	Hydrocotyle asiatica																			
Gourd	Snake	Trichosanthes anguria (Serpent gourd)																			
Grains of Paradise		Aframomum melegueta	Paradieskörner, Guineapfeffer, Meleguetapfeffer, Malaguetapfeffer	Graines de paradis, Malaguette, Poivre de Guinée, Maniguette	Grani de Meleguetta, Grani paradisi, Mani guetta	Malagueta	Paradijskorrels					Rajskiye zyorna, Malagvet		Paradicsommag							
Gravel Root	---	Eupatorium purpureum																			
Gromwell	---	Lithospermum officinale																			

Language Translation Table for Herbs--A-H

Ground Ivy, alehoof, red-hofe, tunhoof, catsfoot, hedgemaids, gill-go-by-the-hedge, gill-creeper-by-ground, Lizzy-run-up-the-hedge, Robin-run-in-the-hedge	---	Glechoma hederacea	Echter Gundermann	lierre terrestre, lierre de terre	edera terrestre, erba di San Giovanni	hiedra terrestre																		
Guava	---	Psidium guajava																						
	Pineapple	Feijoa sellowiana																						
Gumplant	---	Grindelia robusta																						

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English/Common	Variety	Latin	German	French	Italian	Spanish	Dutch	Swedish	Portuguese	Russian	Arabic	Chinese	Japanese	Turkish	Hungarian	Norwegian	Farsi	Swahili	Finnish	Greek	Indonesian	Esperanto	
Hawthorn	---	Crataegus sp.																					
		Crataegus monogyna																					
Heartsease	---	Viola tricolor																					
Heimia	---	Heimia salifolia																					
Helichrysum, everlasting flower		Helichrysum italicum	Helichrysum	hélichrysum	elicriso																		
Heliotrope	---	Heliotropium arborescens 'Marine'																					
Hemlock	Poison	Conium maculatum																					
Henbane	---	Hyoscyamus niger																					
Henna	---	Lawsonia inermis																					
Herb Robert	---	Geranium robertianum																					
Hibiscus, roselle		Hibiscus sabdariffa	Karkade	karkadeh	carcade																		
Hollyhock	---	Alcea rosea																					
	Black	Alcea rosea nigra (Red Trillium)																					
Honesty	---	Lunaria annua (Money Plant)																					
Hops	---	Humulus lupulus	Hopfen	houblon grimpat	luppolo																		
	Japanese	Humulus japonicus																					
Horehound	---	Marrubium vulgare																					
	Greek	Ballota acetabulosa																					
	Woolly	Marrubium incanum																					
Horsemint	---	Monarda punctata																					
Horseradish	---	Amoracia rusticana	Meerettich	raifort	barbaforte, cren, rafano	Rabano picante	Mierikwortel	Pepparrot	Rabano-picante	Khren	Fuji Har	Lagen	Wasabi	Torma, Közönséges torma	Pepperrot		Mronge	Piparjuuri					
Horsetail	---	Equisetum arvense																					
Houseleek	---	Sempervivum tectorum																					

Language Translation Table for Herbs--A-H

Hyssop, azob	---	Hyssopus officinalis	Ysop, Isop, Echter Ysop	hysope	issopo	hinojo														
	Hedge	Gratiola officinalis																		
Houseleek	---	Sempervivum tectorum																		



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We are counting on **YOU** to send us information on your favorite herb gardens!!!

Entries beginning with **NEW** were posted or updated within the last 30 days

Australia - New South Wales

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Canada - Alberta

[Devonian Botanic Garden](#) ... Gordon W Nielson, University of Alberta, Edmonton, AB, T6G 2E1, Canada; 403-987-3054 ... display garden

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Canada - British Columbia

● [Craggs Gardens, The](#), The, Linda Craggs, RR #1 S11, CB, Golden, BC V0A 1H0; 250-344-4747; FAX: 250-344-4717. Retail: plants; teas; body care products; wreaths/baskets. Display gardens

[Sage House Herbs & Quilts](#) ... Their home and gift shop is located in a 19th century mill house surrounded by fragrant flowers and herb gardens ... come inside and view the exquisite Mennonite quilts ... Amish, Patchwork, Folk Art, Primitive and Appliqué patterns abound ... hooked mats for your door or in front of the fireplace ... all are created and hand crafted by members of their home community of Old Order Mennonites, Waterloo County, Ontario Canada

Canada - Manitoba

● [Sage Garden Herbs](#), David Hanson, 3410 St. Mary's Rd., Winnipeg, MB R2N 4E2 Canada; 204-257-2715; FAX: 204-256-1847; email: sage@herbs.mb.ca URL: <http://www.herbs.mb.ca> Largest producer of quality potted herbs in the prairies, featuring many botanicals and organic fertilizer. Retail greenhouse and display gardens are open from May to October. We also offer an extensive list of **WHOLESALE** herbs and herb plugs which can be shipped within Canada. Call for current availability. Descriptive herb guide & catalogue available for \$3.

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Canada - Ontario

[Country Lane Herbs & Dried Flowers](#) ... Karen Michaud, RR 3, Puslinch, ON N0B 2J0, Canada; 905-659-7327 voice & FAX ... small display garden in a beautiful country setting

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were harmed in
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Glenview Greenhouses & Florist ... Roberta Blackburn- Zimmerman, 8768 Rock Glen Road, R. R. # 1, Arkona, ONT N0M 1B0; 519-828-3642; fax: 519-828-3442; email: glenview@xcelco.on.ca ... herbs, scented geraniums, annuals, perennials, old fashioned & English roses, herbal wreaths, teas, bath herbs, display gardens, workshops, floral design, gift shop

The Herbal Touch ... Marilyn Edmison-Driedger, 30 Dover Street, Otterville, Ontario N0J 1R0, Canada; 519-879-6812 voice & FAX ... visit the Herbal Touch in the old mill town of Otterville ... wander through the sweet-smelling herb gardens at your leisure ... visit the new "Friendship Garden" ... group tours on request ... open May to Dec 23, Tue-Sat, 10:00a-5:00p

Niagara Parks Botanical Gardens & School of Horticulture ... Box 150, Niagara Falls, ONT L2E 6T2, Canada; 905-356-8554; FAX: 905-356-5488 ... location: 2565 North Niagara Pkwy ... public display garden

Noteably Natural ... Mary Jane Pickersgill, 4538 Doan Drive, Mossley, ONT N0L 1V0 Canada; 519-269-3505

Rephidim Herb Farm, Mickey Janzen, 3918 Third Concession, Harrow, ONT N0R 1G0 Canada; 519-738-4372; FAX: 519-738-4305; email: rephidim@netcore.ca Located in Pleasant Valley. We have 10 acres with 4 acres of woodland. Our "Welcome Garden" has many theme gardens, as well as our medicinal and/or teaching garden. 1998 will see a children's garden and play area. Shop hours: 11am-5pm Tues-Sun

University of Waterloo Botanical Garden ... University of Waterloo, 200 University Avenue West, Waterloo, Ontario, Canada N2L 3G1; 519-885-1211; fax: 519-884-8009 ... located on the north end of campus, near Columbia Lake ... it includes greenhouses, a woodlot with a walking trail, and a garden of aromatic herbs ... the greenhouses are open to the public from 8:30a-4:30p Mon to Fri ... it is always wise to phone ahead and make special arrangements for large groups ... the walking trail is about 1km in length (about a 15 minute walk) ... the trail goes through bush behind Columbia Lake and then works its way back to the greenhouses ... the North Campus has picnic tables around Lake Columbia as well as a soccer field and a ball diamond



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Canada - Saskatchewan

Country Green ... Jeannette Verhelst, PO Box 178, Radville, Sask, S0C 2G0; 306-869-2907 voice & FAX ... everlasting and herbal weddings



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The Netherlands

Stekkenplek Zwingelspaan ... Ineke en Ruud Both, Zwingelspaansedijk 4, 4793 SH Fijnaart; 0168-403293 ... a beautiful cottage garden (1 acre) in West-Brabant ... hundreds of roses, perennials, annuals, shrubs, trees, herbs



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Peru

La Casa de Pocha ... Ron Carter, MD, Av. El Rosario 170, San Isidro, Lima 27, Peru; +511 440-6649; fax: +511 242-4834; healthp@mail.cosapidata.com.pe ... an ecologic "hostal" in the Peruvian Andes ... everything is organic, including the architecture ... ideal for nature-lovers who would like to spend a couple of days in virgin Andean nature, eat organically-grown food, bathe in natural spring water and energizing rivers ... study the flowers and herbs, make their own essences with rock water, or just simply BE in and with untouched nature and themselves



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South Africa

Manie van der Schijff Botanic Garden ... Chief: Botanic Garden, University of Pretoria, Pretoria 0001, Republic of South Africa; +27 (12) 420-2629; fax: +27 (12) 432-184; email: upbotgar@scientia.up.ac.za ... maintained for education and research purposes as well as for the benefit of the community ... named after Professor Manie van der Schijff, a former head of the University's Botany Department and Vice-Rector of the University ... botanic gardens have an important role in studying and conserving rare plants ... this Garden has more than 3000 species on its database and are particularly well-known for their complete collection of cycads, including Wood's cycad, which is now extinct in the wild ... involved in propagating many of the other scarce cycad species, which are available to the public from time to time ... the garden has an interesting collection of indigenous trees, including several very large specimens that were planted over 60 years ago ... they also provide plant material for several Botany courses as well as related disciplines ... a Garden Trail covers the entire garden the aim of which is to make the Garden more accessible to the University's staff, students and interested public ... a map and brochure containing information about 140 plant species marked on the Trail is available



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United Kingdom - England

[Royal Botanic Gardens, Kew](#) ... The Royal Botanic Gardens, Kew, Surrey, TW9 3AB, UK; +44 (0)181 332 5000; fax: +44 (0)181 332 5197; telex: 296694 KEWGAR; info@rbgkew.org.uk ... tropical woody species: mainly grown in the Temperate and Palm House ... tender herbaceous plants: Princess of Wales Conservatory ... hardy herbaceous plants: Hardy herbaceous garden, rock, grass and woodland gardens ... plants from mountains and high latitudes: The Alpine House ... Mediterranean plants: Alpine House, King William's Temple ... tropical rainforest plants: Princess of Wales Conservatory ... plants from wet tropics: Princess of Wales Conservatory and Palm House ... citrus fruits: Temperate House ... marine plantlife: Palm House ... cycads: Cycad House and Palm House ... ferns: Filmy Fern House and Princess of Wales Conservatory ... cacti: Princess of Wales Conservatory ... orchids: Princess of Wales Conservatory ... Sacred Lotus: Waterlily House ... bluebells: Conservation area ... giant waterlily: Princess of Wales Conservatory ... carnivorous plants: Princess of Wales Conservatory

Laurel Farm Herbs, Chris Seagon, Main Road (A12), Kelsale, Saxmundham, Suffolk IP17 2RG UK email: seagonthherbman@aol.com Herb plants; display garden



United Kingdom - Scotland

[The Herbarium of the Royal Botanic Garden Edinburgh](#) ... Royal Botanic Garden Edinburgh, Inverleith Row, Edinburgh, EH3 5LR, United Kingdom; +44 (0)131 552 7171; fax: +44 (0)131 552 0382 ... a collection of preserved plant material that lies at the core of the Garden's scientific research into the classification and evolution of plants and fungi ... complementing the Living Collections and supported by the Library, the Herbarium collection comprises some 2 million specimens covering the whole of the plant kingdom, from microscopic diatoms to samples of the world's largest trees ... they are mainly dried, pressed specimens attached to sheets of paper, but also include three-dimensional objects such as fruits, seeds, wood samples, and flowers pickled in alcohol, and photographs and microscope slides



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A Herbs

Abcess Root (*Polemonium reptans*): It is used almost exclusively in the treatment of pulmonary diseases. Even in moderate doses, it is a powerful diaphoretic and will cause profuse sweating in the patient. The herb is also an astringent and antiseptic and will soothe an inflamed bronchial mucosa and promote the rapid healing of an ulcerated throat. The most valuable aspect is its use as an expectorant. It will quickly remove mucous from the lungs and bronchi, and as the herb also produces a slight vasodilative action, it makes breathing easier and reduces coughing.

Acacia Bark (*Acacia decurrens*) Strongly astringent, babul is used to contract and toughen mucous membranes throughout the body in much the same way as witch hazel or oak bark does. Babul may be made into a variety of preparations: for instance, a lotion for bleeding gums, a gargle for sore throats, a wash for eczema, an eyewash for conjunctivitis and other eye problems, and a douche for excessive vaginal discharge. The herb is taken internally to treat diarrhea, mainly in the form of a decoction. In Ayurvedic medicine, babul is considered a remedy that is helpful for treating premature ejaculation. .

Acacia, Sweet (*Acacia farnesiana*) Colombians bathe in the bark decoction as a treatment for typhoid. The gummy roots have been chewed as a treatment for sore throat. A decoction of the gum from the trunk has been used in the treatment of diarrhea. An infusion of the flowers has been used as a stomachic. It is also used in the treatment of dyspepsia and neuroses. The flowers are added to ointment, which is rubbed on the forehead to treat headaches. The powdered dried leaves have been applied externally as a treatment for wounds. The green pods have been decocted and used in the treatment of dysentery and inflammations of the skin and raucous membranes. An infusion of the pod has been used in the treatment of sore throats, diarrhea, leucorrhoea, conjunctivitis, and uterorrhagia.

Aconite (*Aconitum napellus*): Aconite is poisonous in all but the smallest doses and is rarely prescribed for internal use. More commonly, it is applied to unbroken skin to relieve pain from bruises or neurological conditions. In Ayurvedic medicine, aconite is used to treat neuralgia, asthma, and heart weakness. Aconite has been added to salves because of its painkilling action on neuralgia, lumbago, and rheumatism. The tincture has been given in one-drop doses for heart failure, high fevers, pneumonia, pleurisy and tonsillitis. Use only under a professional's supervision.

Adam and Eve Root (*Aplectrum hyemale*): It has been used in folk remedies but is too rare to harvest. Admire it and leave it alone. The corm has been used to treat bronchial illness.

Adder's Tongue (*Erythronium americanum*): Generally used as a poultice for ulcers and skin troubles. An infusion of the leaves is taken for the relief of skin problems and for enlarged glands. Various oil infusions and ointments made from the leaf and spike have been used to treat wounds, and poultices of the fresh leaves have been applied to soothe and heal bruises. The bulbs of the plant have been recorded as emetic and as a substitute for Colchicum in the treatment of gout. In the fresh state it has been reported to be a remedy for scurvy. It is often used to treat scrofulous skin arising from tubercular infection. Can mix the expressed juice with cider for internal use. Must be used fresh.

Adder's Tongue, English (*Ophioglossum vulgatum*): the fresh leaves make a most effective and comforting poultice for ulcers and tumors. The expressed juice of the leaves is drunk as a treatment for internal bleeding and bruising.

Adonis (*Adonis vernalis*): The leaves and tops contain a number of biologically active compounds, including

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cardioactive glycosides that benefit the heart. It dilates the coronary vessels. They are similar to those found in foxglove but gentler. These substances increase the heart's efficiency by increasing its output while slowing its rate. Unlike foxglove, however, false hellebore's effect on the heart is slightly sedative, and it is generally prescribed for patients with hearts that are beating too fast or irregularly. It is also used for mitral stenosis and edema due to heart failure. False hellebore is recommended as a treatment for certain cases of low blood pressure. False hellebore is strongly diuretic and can be used to counter water retention, particularly if this condition can be attributed to poor circulatory function. It is an ingredient of several commercial German preparations for heart complaints and low blood pressure. It is also found in Bechterew's Mixture, a Russian formulation for heart conditions of nervous origin.

Agar (*Gelidium amansii*) Like most seaweeds and their derivatives, agar is nutritious and contains large amounts of mucilage. Its chief medicinal use is as a bulk laxative. In the intestines, agar absorbs water and swells, stimulating bowel activity and the subsequent elimination of feces. It is principally used in scientific cultures and commerce

Agrimony (*Agrimonia eupatoria*): Agrimony has long been used since Saxon times to heal wounds because it staunches bleeding and encourages clot formation. In the 15th century, it was the prime ingredient of "arquebusade water," a battlefield remedy for gunshot wounds. In France, the eau de arquebusade is still applied for sprains and bruises. A cooling astringent and mildly bitter, the aerial parts can be used for "hot" conditions like diarrhea, bronchitis and a gentle tonic for the digestion as a whole. Combined with other herbs such as corn silk, it is a valuable remedy for cystitis and urinary incontinence, and has also been used for kidney stones, sore throats, rheumatism, and arthritis. It can be used as a suppository combining the extract with cocoa butter and inserting into the rectum for hemorrhoids, tapeworms and diarrhea. The healing power is attributed to the herb's high silica content. Agrimony is indicated for chronic cholecystopathies with gastric sub-acidity. Real success will be achieved only if the plant is used consistently for some time. European herbalists suggest a few cups of agrimony tea daily to heal peptic ulcers and colitis, to gently control diarrhea, to tone the digestive tract lining, and to improve food assimilation. One glycoside it contains has been shown to reduce excessive bile production in the gallbladder.

Ajowan (*Carum ajowan*): In the Middle East, ajowan water is often used for diarrhoea and wind and in India the seeds are a home remedy for indigestion and asthma. For reasons of both flavor and practicality its natural affinity is with starchy foods and legumes. Because of its thymol content, it is a strong germicide, anti-spasmodic, fungicide, and anthelmintic. Regular use of Ajwain leaves seems to prevent kidney stone formation. It also has aphrodisiac properties and the *Ananga Ranga* prescribes it for increasing the enjoyment of a husband in the flower of his life

Ajwain is very useful in alleviating spasmodic pains of the stomach and intestines, in adults as well as children. Any colicky pain due to flatulence (gas), indigestion and infections in the intestines can easily be relieved by taking one teaspoonful of ajwain along with 2-3 pinches of common salt in warm water. Use half the dose in children. Mixed with buttermilk it is a good anti-acidic agent

For chronic bronchitis and asthma, mix ajwain with jaggery (gur). Heat the mixture to make a paste and take 2 teaspoonsful twice a day. However, diabetics should not take this preparation because of the sugar content. It helps to bring out the mucus easily. It also helps in chronic cold.

In an acute attack of common cold or migraine headache, put ajwain powder in a thin cloth and smell this frequently. It gives tremendous symptomatic relief according to some Ayurvedic experts.

If people who consume excessive alcohol develop discomfort in the stomach, taking ajwain twice a day, will be very useful. It will also reduce the craving and desire for alcohol.

Akebia (*Akebia trifoliata*): A pungent, bitter herb that controls bacterial and fungal infections and stimulates the circulatory and urinary systems and female organs. It is a potent diuretic due to the high content of potassium salts. Internally for urinary tract infections, rheumatoid arthritis, absence of menstruation, and insufficient lactation. Taken internally, it controls gram-positive bacterial and fungal infections.

Alder Buckthorn (*Rhamnus frangula* (*Frangula alnus*)): Alder buckthorn is a laxative and a cathartic, and is most commonly taken as a treatment for chronic constipation. Once dried and stored, it is significantly milder than senna or common buckthorn and may be safely used over the long term to treat constipation and to encourage the return of regular bowel movements. Alder buckthorn is a particularly beneficial remedy if the muscles of the colon are weak and if there is poor bile flow. However, the plant should not be used to treat constipation resulting from excessive tension in the colon wall. The berries also act as a milder purgative. Fresh bark, powdered and mixed with vinegar, is used to topically treat fungal diseases of the skin and acne.

Alexanders (*Smyrniolum olusatrum*): The plant was used in ancient days to relieve dropsy. The seeds were often soaked in wine to create a tonic for scurvy when other sources of vitamin C were not available and also to promote menstruation. The root is a diuretic. The crushed leaves or their juice was a soothing and healing treatment for cuts and minor abrasions. It was also used for asthma. These uses are now obsolete

Alfalfa (*Medicago sativa*) The whole herb is used medicinally to help stop bleeding to benefit the kidneys and as a general tonic. It is a good laxative and a natural diuretic. It is a folk remedy for arthritis and is reputed to be an excellent appetite stimulant. Alfalfa possesses extremely high nutritional value. An excellent source of vitamins A and D, alfalfa leaf is used in the infants' cereal pabulum. Also rich in vitamin K, alfalfa leaf has been used in medicine to encourage blood clotting. Alfalfa also lowers blood cholesterol. Other recommended uses for alfalfa are for asthma and hayfever. It has also been found to retard the development of streptozotocin diabetes in mice. It is a traditional European and Russian tea for wasting diseases and is used in some German clinics as a dietary aid in Celiac Disease, together with traditional treatment and diet. A safe and appropriate tea for pregnancy, along with raspberry leaves; also good to drink when sulfa or antibiotic drugs are taken.

Allspice (*Pimenta dioica*): Allspice was included in the British Codex from 1721-1914. It was principally an aromatic

stimulant and carminative, good for flatulence, indigestion and hysterical paroxysms. *Aqua pimentae* was an ingredient in stomach and purgative medicines, and also played a part in the treatment of rheumatism and neuralgia. The powdered berries have been used for dyspepsia and also to disguise the taste of disagreeable medicines.

Almond (*Prunus communis*): Bitter almonds when distilled yield an essential oil containing about 5% of prussic acid. Almonds are usually processed to extract almond oil for cosmetic purposes. It is helpful for alleviating itchy skin conditions, such as eczema. The oil is popular with masseuses and aromatherapists as it is light, easily absorbed, and makes an excellent carrier oil for essential oils. Little is used for medicinal purposes, but almond flour is sometimes used as sustaining food for diabetics. Almond milk is still drunk as a kidney tonic and to ease heartburn. The oil derived from a bitter variety of almond has sedative properties and is sometimes used in cough remedies. As well as being a tasty addition to the diet, almonds are also beneficial to the overall health of the body, being used especially in the treatment of kidney stones, gallstones and constipation. Externally, the oil is applied to dry skins and is also often used as a carrier oil in aromatherapy. The seed is demulcent, emollient, laxative, nutritive and pectoral. When used medicinally, the fixed oil from the seed is normally employed. The seed contains 'laetrile', a substance that has also been called vitamin B17. This has been claimed to have a positive effect in the treatment of cancer, but there does not at present seem to be much evidence to support this. The pure substance is almost harmless, but on hydrolysis it yields hydrocyanic acid, a very rapidly acting poison - it should thus be treated with caution. In small amounts this exceedingly poisonous compound stimulates respiration, improves digestion and gives a sense of well-being. The leaves are used in the treatment of diabetes. The plant contains the antitumor compound taxifolin.

Aloe (*Aloe barbadensis*) Commercial aloe juice is made from the inner leaf, which is blended and strained, with a preservative added. To make aloe "gel", the juice is thickened with seaweed to mimic the leaf's original thick consistency. The crystalline part called aloin, a brownish gel found alongside the leaf blade, is powdered and used in some commercial laxatives. It is so strong that it must be combined with other herbs to prevent intestinal griping. The commercial juice and gel remove this part of the leaf, so both the juice and the gel are soothing to digestive tract irritations, such as peptic ulcers and colitis. In one study, the stomach lesions of twelve peptic ulcer patients were all completely healed. A popular ingredient in commercial drug store products, aloe is commonly used to soothe burns, including sunburn and radiation burns. Aloe is also applied to wounds, eczema, ringworm and poison oak and poison ivy rashes. There is evidence that it effectively regenerated injured nerves. One study reports aloe to be successful in healing leg ulcerations and severe acne and even finds that it promotes hair growth. When 56 frostbit patients were treated with a product containing 70% aloe, only 7% developed infections, compared to 98 frostbitten patients not treated with aloe, 33 of whom eventually needed amputation. It has also proved helpful in treating periodontitis. One study injected aloe extracts into the diseased areas of 128 patients with varying degrees of gum disease. Within a week, the development of symptoms stopped, pain decreased and marked improvement followed in all patients.

Aloe is wide used in folk medicine, both as a liniment and as a drink, to reduce the swelling and pain of arthritis and rheumatism. Diabetics in the Arabian peninsula eat aloe to control their blood sugar levels. A clinical study did find that when volunteers who were not insulin dependent took half a teaspoon daily for 4-14 weeks, their fasting blood sugar levels were reduced by half, with no change in body weight.

Another preparation from aloe, carrisyn, is a polysaccharide. It has been claimed that carrisyn directly kills various types of viruses, including herpes and measles, and possibly HIV. However, research is still in the preliminary stages.

Aloewood (*Aquilaria malaccensis*) : Internally for digestive and bronchial complaints, fevers, and rheumatism (bark, wood). Because of its astringent nature, the powdered wood of the aloe tree provide an effective skin tonic and is recommended by Ayurvedic physicians as an application for restoring pigment in leucoderma. Powdered aloeswood provides an antiseptic so gentle it is used for ear and eye infections as well as on open wounds.

Alstonia (*Alstonia scholaris*, *A constricta*) There are 43 species of alstonia trees. The bark of the tree is used medicinally in the Pacific Rim and India. *Constricta*, which is native to Australia, is used extensively as an Aboriginal folk remedy for fever, chronic diarrhea, dysentery and rheumatism. *Scholaris*, found growing mostly in India, Pakistan and the Philippines, is used for the same purposes, but may also be employed as a treatment for malaria, and is thought to have aphrodisiac qualities. In all cases the bark is powdered and made into a tea. The inner bark of *Alstonia constricta* is said to possess marked antiperiodic properties, while the outer bark is stated to have been efficacious in curing certain forms of rheumatism. Further trials are needed, however, before it can be ranked as a substitute for quinine, or other of the cinchona alkaloids, yet it has proved as efficient in intermittents. Scientific investigation has failed to show why it is of such service in malaria, but herbalists consider it superior to quinine and of great use in convalescence. It lowers fever, relaxes spasms, stimulates lactation and expels intestinal worms. Used for chronic diarrhea, dysentery and in intermittent fever; also as an anthelmintic. It is also much used by homoeopaths.

Alumroot (*Heuchera americana*) The root of this plant may contain as much as 20% of its weight in tannins, acid compounds that serve to shrink swollen, moist tissues. Alumroot's strong astringency is likely to have earned the plant its common name. Its overall effect is less than irritating than Cranesbill, Oak Bark or Canaigre. Dried and powdered alumroot was used by Northwest Indians as a general digestive tonic, and herbalists still use it to stop minor bleeding and reduce inflammation. It was listed in the US pharmacopoeia for

similar purposes until 1882. An infusion of the root was used to treat diarrhea, and a leaf poultice for skin abrasions. A teaspoon of the chopped root, boiled in water for 20 minutes, can be used for gastroenteritis, particularly with symptoms of diarrhea and dry, bilious vomiting. The tea makes an excellent gargle for sore throats, especially when combined with one-fourth teaspoon of golden seal root; a half cup drunk an hour before every meal will stimulate the healing of regenerating ulcers of the esophagus and stomach, but of little use for duodenal ulcers. The root is an old folk remedy for dysentery, a cup drunk every two hours for at least a day. Since most astringents are precipitated before reaching the colon, obstinate dysentery should be treated by an enema; a teaspoon of the chopped root boiled for twenty minutes in a pint of water. The same quantity can be used as a douche for vaginitis or mild cervicitis. The finely ground root is a good first aid for treating cuts and abrasions, promoting almost instant clotting; if combined with equal parts golden seal root and *Echinacea angustifolia* root, the mixture makes an excellent antiseptic powder.

Amaranth (*Amaranthus hypochondriacus*) Medicinally, amaranth gained favor in the 17th century when the Doctrine of Signature prevailed. To adherents of this doctrine, the bright crimson of the flowers signified blood—a clear indication that the plant would stop any kind of bleeding. The herb does in fact possess astringent properties and herbalists have recommended an amaranth infusion for diarrhea and as a mouthwash for ulcers, to soothe inflammation of the pharynx and to heal canker sores. Amaranth has also been employed to reduce blood loss and to treat diarrhea and dysentery. A decoction is used to check excessive menstrual flow, excessive vaginal discharge. Also used for sponging sores and ulcers. It is a nutritional supplement and nutritive tonic.

Ambrette Seed (*Abelmoschus moschatus* (syn *Hibiscus abelmoschus*)): Internally as a digestive and breath-freshener (seeds). Externally for cramps, poor circulation, and aching joints, and in aromatherapy for anxiety and depression (oil)

American Century (*Sabatia angularis*) This herb, which should be gathered when in full bloom, is an active tonic, of the more stimulating class, with moderate and somewhat diffusive relaxing qualities, allied to the American gentian, but rather milder. Its chief power is exerted upon the stomach, gall-ducts, and spleen; and the general circulation and uterus feel it moderately. A warm infusion gently promotes the menstrual secretion, in cases of debility. Cold preparations increase appetite and digestion in weak and flaccid conditions of the stomach, and may be used for chronic dyspepsia and general debility. By maintaining the portal circulation somewhat vigorously, it proves of eminent service for the intermediate treatment of agues; and though not a nerve stimulant and antiperiodic as cinchona is, it is of decided value against intermittents where the cinchona preparations (and similar antiperiodics) prove too exciting to the nerve centers. In cases of this class, I have several times arrested ague paroxysms by the fluid extract of this plant alone, with suitable daily hepatics; yet it is not strong enough to meet the chills of deeply-prostrated or congested cases. It makes an excellent tonic addendum to such agents as fraxinus, angustura, or euonymus, in treating chronic biliousness with indigestion; and may be used to advantage with caulophyllum, convallaria, and similar uterine remedies, in chronic prolapsus, leucorrhoea, hysteria, etc. Its sustaining influence is shown to excellent advantage in the treatment of night sweats, exhaustion from excessive purulent discharges, recovery from malignant scarlatina, and other prostrated conditions. Some use it for worms, as a tonic. Usually given by infusion, made by digesting an ounce of the herb in a pint of hot water; of which a fluid ounce may be given every two or three hours during the intermission of an ague, or half a fluid ounce every three hours as a tonic.

American Cranesbill: An astringent and clotting agent, American cranesbill is used today much as in earlier times. The herb is often prescribed for irritable bowel syndrome and hemorrhoids, and it is used to staunch wounds. It may also be used to treat heavy menstrual bleeding and excessive vaginal discharge. As a douche it can be used in leucorrhoea. Its powerful astringent action is used in secondary dysentery, diarrhea, and infantile cholera (Boil with milk to which a little cinnamon has been added and the milk cooked down to half its liquid volume.). Troublesome bleeding from the nose, wounds or small vessels, and from the extraction of teeth may be checked effectively by applying the powder to the bleeding orifice and, if possible, covering with a compress of cotton. For Diabetes and Brights disease a decoction taken internally has proven effective of Unicorn root and Cranesbill. One of the safest and most effective astringent herbs for gastrointestinal problems.

American Ginseng (*Panax quinquefolius*): Similar to Panax ginseng only milder

American White Hellebore (*Veratrum viride*) In standard medicine, Hellebore was employed for its irritant and sedative action in a wide range of complaints, including pneumonia, gout, rheumatism, typhoid and rheumatic fevers and local inflammations. American Hellebore preparations are well known to contain a complex mixture of steroid alkaloids (including jervine, pseudojervine, and meratroidine) that are still used by the medical profession to treat severe cases of high blood pressure and related cardiovascular conditions. It is a very potent drug plant. It is effective only in selected types of high blood pressure, and has many side effects if used over a long period of time. It has been used in the treatment of acute cases of pneumonia, peritonitis and threatened apoplexy. A decoction of the root has been used in the treatment of chronic coughs and constipation. A portion of the root has been chewed, or a decoction used, in the treatment of stomach pain. The root has been used to make a skin wash and compresses for bruises, sprains and fractures. The powdered root has been applied as a healing agent to wounds and as a delousing agent. The stems have been scraped and the powder snuffed to induce sneezing. An infusion of the leaves has been used as a wash to treat aches and pains.

American Larix (*Larix laricina*) Tamarack was employed medicinally by a number of native North American Indian tribes who used it to treat a variety of complaints. It is used in the treatment of jaundice, anemia, rheumatism, colds and skin ailments. It is gargled in the treatment of sore throats and applied as a poultice to sores, swellings and burns. A tea made from the leaves is used as an astringent in the treatment of piles, diarrhea etc. An infusion of the buds and

bark is used as an expectorant. The needles and inner bark are disinfectant and laxative. A tea is used in the treatment of coughs. A poultice made from the warm, boiled inner bark is applied to wounds to draw out infections, to burns, frostbite and deep cuts. The resin is chewed as a cure for indigestion. It has also been used in the treatment of kidney and lung disorders, and as a dressing for ulcers and burns.

American Speedwell (*Veronica americana*) American speedwell is primarily used as an expectorant tea, which is said to help move bronchial congestion and make coughing more productive. It also has astringent and diuretic qualities.

Ammoniacum (*Dorema ammoniacum*) Ammoniacum has been used in Western herbal medicine for thousands of years. Chiefly used for respiratory troubles. Excellent for the relief of catarrh, asthma or bronchitis. Also highly regarded as an energy stimulant. Externally used for swollen joints and indolent tumors. Still listed in the *British Pharmacopoeia* as an antispasmodic and an expectorant that stimulates the coughing up of thick mucus. Occasionally used to induce sweating or menstruation.

Angelica (*Angelica archangelica*): An old remedy for flatulence directed that the stalks be slowly chewed until the condition was relieved which may have been good advice, as it has been found that one of angelica's constituents is pectin, an enzyme which acts on digesting food. This herb is a useful expectorant for coughs, bronchitis and pleurisy, especially when they are accompanied by fever, colds or influenza. The leaf can be used as a compress in inflammations of the chest. Its content of carminative essential oil explains its use in easing intestinal colic and flatulence. As a digestive agent it stimulates appetite and may be used in anorexia nervosa. It has been shown to help ease rheumatic inflammations. In cystitis it acts as a urinary antiseptic. Angelica has proved itself to relieve muscle spasms of asthma and it's been used to regulate a woman's menstrual cycle, especially after extended use of birth control pills or an intrauterine device. Combine with coltsfoot and white horehound for bronchial problems and with chamomile for indigestion, flatulence and loss of appetite. The leaves are used in the bath to stimulate the skin. Angelica salve is helpful in cases of chronic rhinitis and sinusitis because it dissolves mucus and warms. Apply it twice daily to the area of the paranasal sinuses, forehead, root of the nose, nose, cheeks and angle of the jaw. Angelica contains at least 14 anti-arrhythmic compounds, one of which is said to be as active as verapamil (Calan, Isoptin), a popular calcium channel blocker. Because of its aromatic bitter properties, this plant is much used in bitters and liqueurs such as Benedictine and Chartreuse. The volatile oil has carminative properties, counteracting flatulence, so that the action of this plant comes close to that of wormwood in this respect, a plant mainly used to treat gallbladder disease.

Angostura (*Galipea officinalis*) A strong bitter with tonic properties, angostura stimulates the stomach and digestive tract as a whole. It is antispasmodic and is reported to act on the spinal nerves, helping in paralytic conditions. Angostura is typically given for weak digestion, and is considered valuable as a remedy for diarrhea and dysentery. In South America, it is sometimes used as a substitute for cinchona to control fevers.

Anise (*Pimpinella anisum*): Anise is a carminative and an expectorant. It is also a good source of iron. One tablespoon of anise seeds sprinkled on cookies, bread or cake provides 16% of the RDA for a woman and 24% of the RDA for a man. A 1990 study tested the effect of certain beverage extracts on the absorption of iron. The results showed that anise was the most effective of the extracts tested in promoting iron absorption. The authors recommended offering this as a preventive agent to iron deficiency anemia. To make a carminative tea that may relieve intestinal gas, crush 1 teaspoon of anise seeds per cup of boiling water. Steep for 10-20 minutes and strain. Drink up to 3 cups a day. In a tincture, take ½ to 1 teaspoon up to three times a day. Diluted anise infusions may be given cautiously to infants to treat colic. For older children and people over 65, begin with low-strength preparations and increase strength if necessary. Some people simply chew the anise seeds. Early English herbalist Gerard suggested anise for hiccups. It has also been prescribed as a milk promoter for nursing mothers and as a treatment for water retention, headache, asthma, bronchitis, insomnia, nausea, lice, infant colic, cholera and even cancer. America's 19th century Eclectic physicians recommended anise primarily as a stomach soother for nausea, gas, and infant colic.

Modern uses: Science has supported anise's traditional use as a treatment for coughs, bronchitis, and asthma. According to several studies the herb contains chemicals (creosol and alpha-pinene) that loosen bronchial secretions and make them easier to cough up. Another chemical (anethole) acts as a digestive aid. Anise also contains chemicals (dianethole and photoanethole) similar to the female sex hormone estrogen. Scientists suggest their presence probably accounts for the herb's traditional use as a milk promoter and may help relieve menopausal discomfort. One report shows that anise spurs the regeneration of liver cells in laboratory rats, suggesting a possible value in treating hepatitis and cirrhosis. While there are no studies that support using anise to treat liver disease in humans, anise looks promising in this area.

Anise Hyssop: The root of anise hyssop was an ingredient in North American Chippewa Indian lung formulas, and the Cree sometimes carried the flowers in their medicine bundles. The Cheyenne employed an infusion of the leaves for colds, chest pains from coughing and a weak heart. The leaves in a steambath were used to induce sweating; and powdered leaves on the body for high fevers.

Annatto: In the Caribbean, annatto leaves and roots are used to make an astringent infusion that is taken to treat fever, epilepsy, and dysentery. The infusion is also taken as an aphrodisiac. The leaves alone make an infusion that is used as a gargle. The seed pulp reduces blistering when applied immediately to burns. Taken internally, the seed pulp acts as an antidote for poisoning. Used as a coloring agent for medical preparations such as ointments and plasters.

Antelope Horn (*Asclepias viridis*) Used to relieve fever, it was drunk as a decoction of the root in cold water. To relieve palpitation, the powdered root is rubbed over the heart area. A poultice of the powdered root is used to treat neck and rib pains and a tea made from it is used to alleviate asthma and shortness of breath.

Apache Plume (*Fallugia paradoxa*) The roots dug in the fall are boiled in water for coughs, drunk morning and evening, and the tea used as a hair rinse after shampooing. Reports are that the root and bark tea are a good growth stimulant and tonic for the hair. The powdered root (with tobacco) or the flowers (with Horehound and flour) are used

for painful joints or soft tissue swellings, applied locally as a poultice or fomentation. The spring twigs may be boiled and drunk for indigestion and "spring" fevers.

Apricot (*Prunus armeniaca*) : Apricot fruit is nutritious, cleansing, and mildly laxative. They are a valuable addition to the diet working gently to improve overall health. A decoction of the astringent bark soothes inflamed and irritated skin. Although the kernels contain highly toxic prussic acid, they are prescribed in small amounts in the Chinese tradition as a treatment for coughs, asthma, and wheezing, and for excessive mucus and constipation. An extract from the kernels, laetrile, has been used in Western medicine as a highly controversial treatment for cancer. The kernels also yield a fixed oil, similar to almond oil that is often used in the formulation of cosmetics. Chinese trials show that apricot kernel paste helps combat vaginal infection. The flowers are tonic, promoting fecundity in women. The inner bark and/or the root are used for treating poisoning caused by eating bitter almond and apricot seeds (which contain hydrogen cyanide). Another report says that a decoction of the outer bark is used to neutralize the effects of hydrogen cyanide. The decoction is also used to soothe inflamed and irritated skin conditions. It is used in the treatment of asthma, coughs, acute or chronic bronchitis and constipation. The seed contains 'laetrile', a substance that has also been called vitamin B17. This has been claimed to have a positive effect in the treatment of cancer, but there does not at present seem to be much evidence to support this.

Arbutus, Trailing (*Epigaea repens*) Regarded as one of the most effective palliatives for urinary disorders. Especially recommended for the aged. It is of special value when the urine contains blood or pus, and when there is irritation. It is one of the most effective remedies for cystitis, urethritis, prostatitis, bladder stones and particularly acute catarrhal cystitis. A good remedy in cases where there is an excess of uric acid. In extreme and nauseating backache, result of the crystalline constituents of the urine not being properly dissolved and washed out of the tubules. We think of it when the urine is heavy and dark, brick dust sediment, irritation and congestion of the kidneys, renal sand and gravel in bladder. In hemorrhage or cystitis, result of irritation of the solids in the bladder it is an excellent remedy. Must be drunk freely, preferably well diluted in hot water. Infusion is a good form to take it in; but the tincture may be given in 5 to 10 drop doses in 1/2 a cup of hot water. May also be taken in cold water when desirable. Use in the same way as uva-ursi and buchu.

Areca Nut (*Areca catechu*) Mainly used in veterinary medicine to expel tapeworms. Internally, used in traditional Chinese medicine, to destroy intestinal parasites, and for dysentery and malaria (seeds); as a laxative in constipation with flatulence and bloating, and a diuretic in edema (rind). The nut is chewed as a mild intoxicant. The dried areca nut is powdered and used as a dentifrice, forming the basis of many tooth powders in India and China. Ayurveda recommends burning the areca nut to charcoal and mixing this with a quarter part of powdered cinnamon to produce an excellent tooth powder. It also suggests a decoction made from the areca root as a cure for sore lips. It moves chi downward and removes food stagnation, helps digestion. It has mild toxic properties and should be taken with a purgative such as castor oil.

Arnica (*Arnica montana*): Used externally, Arnica promotes the healing of wounds contracted through blows, punctures, falls and cuts. It is anti-inflammatory and antiseptic, relieves pain from injuries and promotes tissue regeneration. One can clean wounds, abscesses, boils and ulcers with diluted Arnica tinctures and dress them with a compress soaked in the same solution. For contusions, sprains, bruises, bursitis, arthritis and inflammation of the lymphatic vessels, apply packs of diluted Arnica tincture. To relieve headaches and visual disturbances due to concussion, apply such compresses around the head and neck. To prepare packs and washes, dilute one tablespoon of Arnica tincture in a cup of boiled water (or where sensitivity is suspected, double the water). The tincture made from the flowers is only used externally, whereas the tincture made from the roots is used internally for cases of hematoma and inflammation of the veins. Arnica also improves the circulation. Arnica flowers are sometimes adulterated with other composite flowers, especially *Calendula officinalis*, *Inula britannica*, *Kragapogon pratensis*, and *Scorzonera humilis*. For tender feet a foot-bath of hot water containing 1/2 oz. of the tincture has brought great relief. Arnica has been shown to be an immuno-stimulant, as both the sesquiterpene lactone helenalin and the polysaccharide fraction stimulate phagocytosis. Sesquiterpene lactones are known to have anti-inflammatory activity and their biological effects appear to be mediated through immunological processes. As helenalin is one of the most active, this might help account for the use of Arnica for pain and inflammation.

Arnica has been used for heart problems (as it contains a cardiotonic substance), to improve circulation, to reduce cholesterol and to stimulate the central nervous system. But the internal use should only be done under supervision. It displays astonishing stimulating, decongesting and relaxing properties. The heart is both stimulated in deficient conditions and relieved in excess ones, depending on the case presented. For sprains and strains, arnica promotes healing and has an antibacterial action; causes reabsorption of internal bleeding in bruises and sprains. Apply as a cream to the affected area, or soak a pad in diluted tincture and use as a compress. Take homeopathic *Arnica 6x* every 1-2 hours. Do not use on broken skin; use only homeopathic Arnica internally.

Clearing heat in the sense of both deficiency heat and fire toxin is one of its strengths. In Yin deficiency syndromes with either low fever or hot flushes, it matches up well with the likes of hawthorn, rehmannia, mistletoe and valerian.

Arrach (*Chenopodium olidum*) An infusion of the dried leaves is used in the treatment of hysteria and nervous troubles connected with women's ailments.

Arrowleaf Balsamroot (*Balsamorhiza sagittata*) The root of the plant is sometimes used as an expectorant and mild immunostimulant. Native Americans used the sticky sap as a topical antiseptic for minor wounds. Medicinally, the Indians used the large coarse Balsamroot leaves as a poultice for burns. The roots were boiled and the solution was applied as a poultice for wounds, cuts and bruises. Indians also drank a tea from the roots for tuberculosis and whooping cough. As an antibacterial the tincture may be applied to infections and hard to heal wounds. The tincture of the root and bark may be used internally or externally for bacterial problems. Perhaps the most common use for arrowleaf balsamroot is as an immune system enhancer. Use the tincture as you would Echinacea, taking 1 tsp. twice daily to strengthen the immune system.

Arrowroot (*Maranta arundinacea*) Hospitals formerly employed arrow root in barium meals given prior to X-raying

the gastro-intestinal system. When mixed with hot water, the root starch of this plant becomes gelatinous and serves as an effective demulcent to soothe irritated mucous membranes. Used in much the same way as slippery elm. It helps to relieve acidity, indigestion, and colic, and it exerts a mildly laxative action on the large bowel.

Artichoke (*Cynara scolymus*) Studies have shown that blood cholesterol levels dropped after eating artichoke. An anticholesterol drug called cynara is derived from this plant. In 1940, a study in Japan showed that artichoke not only reduced cholesterol but it also increased bile production by the liver and worked as a good diuretic. This makes artichoke useful for gallbladder problems, nausea, indigestion, and abdominal distension. It has been found that globe artichoke contains the extract cynarin, which is similar to silymarin. Researchers discovered that this extract promotes liver regeneration and causes hyperaemia. It was also found that an artichoke extract caused dyspeptic symptoms to disappear. The researchers interpreted the reduction in cholinesterase levels to mean that the extract effected fatty degeneration of the liver. In 1969 a team of French researchers patented an artichoke extract as a treatment for kidney and liver ailments. Although the leaves are particularly effective, all parts of the plant are bitter. A Mediterranean home recipe uses fresh artichoke leaf juice mixed with wine or water as a liver tonic. It is also taken during the early stages of late-onset diabetes. It is a good food for diabetics, since it significantly lowers blood sugar. In France it has been used to treat rheumatic conditions.

Asafetida (*Ferula assa-foetida*): Asafetida is said to have antispasmodic properties. It has been used in the past to treat hysteria and was sometimes taken as a sedative. In India it is prescribed to treat flatulence and bronchitis. It also has carminative, expectorant, laxative and sedative properties. Asafetida acts as a local stimulant to mucous membrane, particularly that of the alimentary canal and therefore is a remedy of great value as a carminative in flatulent colic and a useful addition to laxative medicine. There is evidence that the volatile oil is eliminated through the lungs which has been found useful for whooping cough, asthma, and bronchitis, as well as for croup and flatulent colic in infants. It was formerly used as a sedative for hysteria, infantile convulsions, and spasmodic nervous conditions. Some researchers have suggested that asafetida may help lower blood pressure and increase the amount of time it takes for blood to clot. Like garlic, asafetida has been hung around the neck to ward off colds and other infectious diseases, but its only real effect seems to be its ability to keep other people and their colds at arm's length. Owing to its vile taste it is usually taken in pill form, but is often given to infants per rectum in the form of an emulsion. The powdered gum resin is not advocated as a medicine, the volatile oil being quickly dissipated. Asafetida is admittedly the most adulterated drug on the market. Besides being largely admixed with inferior qualities of Asafetida, it has often red clay, sand, stones and gypsum added to it to increase the weight.

Asarabacca (*Asarum europaeum*): a strong emetic. It has been substituted for Ipecac to produce vomiting. The French use it for this purpose after drinking too much wine. A little sniffed up the nostrils induces violent sneezing and a heavy flow of mucus. This has caused it to be used to remedy headache, drowsiness, giddiness, catarrhs, and other conditions caused by congestion. Asarabacca has been a component in many popular commercial medicinal snuffs.

Asarabacca has been extensively investigated, both chemically and pharmacologically. It is rich in flavonoids. The leaves contain a highly aromatic essential oil that contains constituents that verify the value of extracts as an errhine (for promotion of nasal secretion). Based on human experiments, the expectorant properties of both the roots and the leaves are quite good. In Rumania, human experiments where infusions of asarabacca were administered to people suffering pulmonary insufficiency, the preparations were said to have a beneficial effect on the heart condition, including a diuretic effect. From the types of irritant chemical compound known to be present in this plant, one would expect that catharsis would result from ingestion of extracts prepared from asarabacca. However, it is violent in its action.

Ash (*Fraxinus excelsior*) decoctions made from the bark and leaves are a gentle laxative. Taken regularly, the ash is said to prevent the recurrence of bouts of malaria and is a substitute for quinine. It is also said to be excellent for treatment of arthritic conditions. The seeds, including their wings, have been used as a carminative.

Ashwagandha: Practitioners of Ayurvedic medicine, the traditional medicine of India, regard this root as the Indian answer to ginseng for the male libido. Some reference do not recommend on a daily basis but others do. It is considered to reduce *vata* and *kapha*. It is mainly used in the West as a restorative for the elderly and the chronically ill. For such regenerative purposes, it can be taken as a milk decoction to which may be added raw sugar, honey, pippali and basmati rice. As such, it inhibits aging and catalyzes the anabolic processes of the body. It is a good food for weak pregnant women, it helps to stabilize the fetus. It also regenerates the hormonal system, promotes healing of tissues, and can be used externally on wounds, sores, etc. Five grams of the powder can be taken twice a day in warm milk or water, sweetened with raw sugar.

By reducing overactivity and encouraging rest and relaxation, withania is useful in countering the debility that accompanies long-term stress. Its high iron content makes it useful for anemia. Withania has been widely researched in India. Studies in 1965 indicated that the alkaloids are sedative, reduce blood pressure, and lower the heartbeat rate. Research in 1970 showed that withanolides, which are similar to the body's own steroid hormones, are anti-inflammatory. They also inhibit the growth of cancer cells. The herb may be of use in chronic inflammatory diseases such as lupus and rheumatoid arthritis and as a cancer preventative. Trials in 1980 indicated that withania increases hemoglobin levels, reduces graying of hair, and improves sexual performance. It also helps recovery from chronic illness.

Traditional use: acne, adrenal disorders, age spots, anemia, anorexia, arteriosclerosis, atherosclerosis, cardiovascular disease, chronic inflammatory diseases, convalescence, debility, depression, diabetes mellitus, diarrhea, edema, endometriosis, failing memory, fatigue, frigidity, hyperlipemia, hypertension, immunodeficiency, impotence, indigestion, insomnia, multiple sclerosis, poor attention span, ulcer

Asmatica (*Tylophora asmatica*) Considered a specific remedy for asthma, asmatica may relieve symptoms for up to 3 months. It is also beneficial in cases of hay fever, and is prescribed for acute allergic problems such as eczema and nettle rash. The plant holds potential as a treatment for chronic fatigue syndrome and other immune system disorders. Asmatica may relieve rheumatoid arthritis and may also be of value in the treatment of cancer. Extensive laboratory and clinical research in India has established that asmatica is an effective remedy for asthma. In the 1970s, a number of clinical trials showed that a majority of asthmatic patients taking the herb for just 6 days gained relief from asthma for up to a further 12 weeks. However, the leaves do produce side effects. The plant's alternative name,

Indian lobelia, alludes not only to its value in treating asthma but also to its irritating effect on the digestive tract.

Asparagus (*Asparagus officinalis*) An excellent diuretic, asparagus is also very nutritious. It is high in folic acid, which is essential for the production of new red blood cells. Many herbalists recommend asparagus root for rheumatism, due to the anti-inflammatory action of the steroidal glycosides. Powdered seed from the asparagus plant is good for calming an upset stomach. It is used as a gentle but effective laxative where an irritating cathartic would be inappropriate, while a tea brewed from the mature fern has been used for rheumatic and urinary disorders, and by Shakers to treat dropsy. It is used for a variety of urinary problems, including cystitis. The root treats dryness of the lungs and throat, consumptive diseases, tuberculosis and blood-tinged sputum. It also counteracts thirst and treats kidney yin deficient lower back pains. Asparagus root is said to increase love, devotion, and compassion. The most adept Chinese herbal pharmacists will taste a new shipment of asparagus root, testing it for sweetness. They might then reserve the sweetest roots for themselves, since these are believed to foster the deepest feelings of spiritual compassion. The roots are deeply nourishing to the yin quality.

Astragalus (*Astragalus membranaceus*): Strengthens digestion, raises metabolism, strengthens the immune system, and promotes the healing of wounds and injuries. It treats chronic weakness of the lungs with shortness of breath, collapse of energy, prolapse of internal organs, spontaneous sweating, chronic lesions, and deficiency edema. It is very effective in cases of nephritis that do not respond to diuretics.

In China astragalus enjoyed a long history of use in traditional medicine to strengthen the Wei Ch'i or "defensive energy" or as we call it, the immune system. Regarded as a potent tonic for increasing energy levels and stimulating the immune system, astragalus has also been employed effectively as a diuretic, a vasodilator and as a treatment for respiratory infections.

Antibacterial; used with the ginsengs; helpful for young adults for energy production and respiratory endurance; warming energy; helpful for hypoglycemia; used for "outer energy" as ginseng is used for "inner energy"; American Cancer Society publication reports it restored immune functions in 90% of the cancer patients studied; use to bolster the white blood cell count; strengthens the body's resistance; use for debilitating conditions; helps to promote the effects of other herbs; helps to improve digestion. Astragalus is of the most popular herbs used in the Orient; the Chinese name for astragalus is *Huang Ch'i*. It is a tonic producing warm energy and specifically tonifying for the lungs, spleen, and triple warmer via meridians.

In studies performed at the Nation Cancer Institute and 5 other leading American Cancer Institutes over the past 10 years, it has been positively shown that astragalus strengthens a cancer patient's immune system. Researchers believed on the basis of cell studies that astragalus augments those white blood cells that fight disease and removes some to those that make the body more vulnerable to it. There is clinical evidence that cancer patients given astragalus during chemotherapy and radiation, both of which reduce the body's natural immunity while attacking the cancer, recover significantly faster and live longer. It is evident that astragalus does not directly attack cancers themselves, but instead strengthens the body's immune system. In these same studies, both in the laboratory and with 572 patients, it also has been found that Astragalus promotes adrenal cortical function, which also is critically diminished in cancer patients.

Astragalus also ameliorates bone marrow depression and gastrointestinal toxicity caused by chemotherapy and radiation. Astragalus is presently being looked upon as a possible treatment for people living with AIDS and for its potentials to prolong life.

Scientists have isolated a number of active ingredients contained in astragalus, including bioflavonoids, choline, and a polysaccharide called astragalin B. Animal studies have shown that astragalin B is effective at controlling bacterial infections, stimulating the immune system, and protecting the body against a number of toxins.

Astragalin B seems to work by binding to cholesterol on the outer membranes of viruses, destabilizing their defenses and allowing for the body's immune system to attack the weakened invader. Astragalus also increases interferon production and enhances NK and T cell function, increasing resistance to viral conditions such as hepatitis, AIDS and cancer. Astragalus shows support for peripheral vascular diseases and peripheral circulation.

Avens: Avens is an astringent herb, used principally for problems affecting the mouth, throat and gastrointestinal tract. It tightens up soft gums, heals canker sores, makes a good gargle for infections for the pharynx and larynx, and reduces irritation of the stomach and gut. It may be taken for peptic ulcers, irritable bowel syndrome, diarrhea, and dysentery. Avens has been used in a lotion or ointment as a soothing remedy for hemorrhoids. The herb may also be used as a douche for treating excessive vaginal discharge. Avens reputedly has a mild quinine-type action in lowering fever.

Aztec Sweet Herb (*Phyla scaberrima*) In Belize, this is a favorite remedy for bronchitis and dry, hacking coughs. Fresh plant material is boiled, and the patient holds his head over the pot. The warm mixture is then strained and sipped slowly. For toothaches, the flowers are chewed or placed directly on the gum. The drug is used as a stimulating expectorant, the tincture, in doses of ½ to 1 fluid drachm, is given as a respiratory sedative in coughs. It acts as an alterative on the mucous membrane. Lippiol, in doses of 4 1/2 grains, causes warmth, flushing, diaphoresis and drowsiness. *Indications:* Persistent dry hard resonant or ringing bronchial cough. Useful in chronic bronchitis, having a soothing and sedative effect to the mucous surface of the post-nasal region and bronchial tubes, soothing and relieving irritability, of these surfaces, and is a valuable expectorant in these conditions. Its action is limited to the air passages.

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Ba Ji Tian (*Morinda officinalis*) The pungent, sweet-tasting ba ji tian is an important Chinese herb. It is a kidney tonic, and therefore strengthens the yang. It is also used as a sexual tonic, treating impotence and premature ejaculation in men, infertility in both men and women, and a range of conditions, such as an irregular menstrual cycle. Ba ji tian is also prescribed for conditions affecting the lower back or pelvic region, including pain, cold, and urinary weakness—especially frequent urination or incontinence.

Bael (*Aegle marmelos*) The astringent half-ripe bael fruit reduces irritation in the digestive tract and is excellent for diarrhea and dysentery. The ripe fruit is a demulcent and laxative, with a significant vitamin C content. It eases stomach pain and supports the healthy function of this organ. Pulped, the flesh of Bael is an excellent curative for

dysentery, while the fragrant juice is used as an appetizer, for curing stomach disorders, and for purifying the blood. Bael's astringent leaves are taken to treat peptic ulcers. A decoction of leaves is a favorite remedy for ailments that often occur during seasonal changes—fevers, influenza, fatigue. The tree's most unusual application is for earache. A piece of dried root is dipped in the oil of the neem tree and set on fire. Oil from the burning end is dripped into the ear (not recommended to try)

Bai Zhi (*Angelica dahurica*) Bai Zhi has been used for thousands of years in Chinese herbal medicine where it is used as a sweat-inducing herb to counter harmful external influences. The pungent, bitter bai zhi is used for frontal headaches and aching eyes, nasal congestion, and toothache. Like its cousins angelica and Chinese angelica, it is warming and tonic, and it is still given for problems attributed to "damp and cold" conditions, such as sores, boils, and ulcers affecting the skin. Bai zhi also appears to be valuable in treating the facial pain of trigeminal neuralgia. Small quantities of angelicotoxin, one of the active ingredients in the root, have an excitatory effect on the respiratory center, central nervous system and vasculomotor centre. It increases the rate of respiration, increases blood pressure, decreases the pulse, increases the secretion of saliva and induces vomiting. In large doses it can cause convulsions and generalized paralysis.

Bai Zhu (*Attractylodes macrocephala*) Bai Zhu is widely used in traditional Chinese medicine. It has traditionally been used as a tonic for the digestive system, building qi and strengthening the spleen. The rhizome has a sweet, pungent taste, and is used to relieve fluid retention, excessive sweating, and digestive problems such as diarrhea and vomiting. It is also used in the treatment of poor appetite, dyspepsia, abdominal distension, and edema. It is often used in conjunction with other herbs such as *Codonopsis tangshen* and *Glycyrrhiza uralensis*. Combined with Baical skullcap (*Scutellaria baicalensis*) it is used to prevent miscarriage.

Baical Skullcap (*Scutellaria baicalensis*) The root is used. Indications: ailments of "full" and "hot" excess: oppression in chest, thirst with no desire for water, dysentery and diarrhea, jaundice, body heat, irritability, blood in stool and sputum, nosebleeds. Clinical tests in China found it improved symptoms in over 70% of patients with chronic hepatitis, increasing appetite, improving liver function and reducing swelling. Other studies show it reduces inflammation and allergic reactions. These effects are due to the flavonoids. It is also likely that Baical skullcap may help venous problems and fragile capillaries. The herb may be useful for problems arising from diabetes, including cataracts. In Chinese medicine it is prescribed for hot and thirsty conditions such as high fevers, coughs with thick yellow phlegm, and gastrointestinal infections that cause diarrhea, such as dysentery. It is also given to people suffering from painful urinary conditions. It is now used for allergic conditions such as asthma, hay fever, eczema, and nettle rash, although its anti-inflammatory action is most useful for digestive infections. It is a valuable remedy for the circulation. In combination with other herbs, it is used to treat high blood pressure, arteriosclerosis, varicose veins and easy bruising. Applied to the skin, it treats sores, swelling and boils. It appears to be useful for circulatory problems that arise from diabetes. The seed is used to cleanse the bowels of blood and pus.

Balloon Flower (*Platycodon grandiflorum*) It loosens phlegm, stops cough in both hot and cold conditions, aids the elimination of pus in the upper parts of the body, is effective for sore throat, lung abscess, and loss of voice. It has an ascending energy and is sometimes added in small amounts to formulas to direct the therapeutic action of other herbs to the upper parts of the body.

Balloon Vine (*Cardiospermum halicacabum*) In Indian herbal medicine, balloon vine root is used to bring on delayed menstruation and to relieve backache and arthritis. The leaves stimulate local circulation and are applied to painful joints to help speed the cleaning of toxins. The seeds are also thought to help in the treatment of arthritis. The plant as a whole has sedative properties. It has been prescribed for years by European skin specialists and family doctors. In a study of 833 patients with eczema, better than 4 out of 5 subjects reported improvement or remission of symptoms (inflammation, swelling, scaling, blisters/vesicles, dry skin, itching, burning and pain). This small and delicate wiry climber can be used to treat piles, rheumatism, nervous disorders and chronic bronchitis. A paste of the leaves is a dressing for sores and wounds. Crushed leaves can also be inhaled to relieve headaches and the seeds used to relieve fever and body aches. A tea made from the leaves is used in the treatment of itchy skin. Salted leaves are used as a poultice on swellings. The leaf juice has been used as a treatment for earache.

Balmony (*Chelone glabra*) It is believed to be an appetite stimulant, and some herbalists prescribe the dried plant in an infusion to treat anorexia. Balmony is a very bitter herb with a tea-like flavor that acts mainly as a tonic for the liver and digestive system. It also has anti-depressant and laxative effects. It is used internally in the treatment of consumption, debility, diseases of the liver, gallbladder problems, gallstones etc. It is also used to relieve nausea and vomiting, intestinal colic and to expel worms. Externally, it is applied as an ointment to inflamed tumors, irritable ulcers, inflamed breasts etc. It is beneficial for a weak stomach and indigestion, general debility, constipation, and torpid liver, it also stimulates the appetite, and in small doses is a good tonic during convalescence. In addition, balmony is an effective anthelmintic. Externally, it is used for sores and eczema. The ointment is valuable to relieve the itching and irritation of piles.

Balmony is an excellent agent for liver problems. It acts as a tonic on the whole digestive and absorptive system. It has a stimulating effect on the secretion of digestive juices, and in this most natural way its laxative properties are produced. Balmony is used in gall stones, inflammation of the gall-bladder and in jaundice. It stimulates the appetite, eases colic, dyspepsia and biliousness and is helpful in debility. Externally it has been used on inflamed breasts, painful ulcers and piles. It is considered a specific in gall stones that lead to congestive jaundice.

Herbalists consider this herb a useful remedy for gastro-intestinal debility with hepatic torpor or jaundice. Dyspeptic conditions attending convalescence from prostrating fevers are often aided by it, and should be studied particularly for vague and shifting pain in the region of the ascending colon.

Kings Dispensatory describes it as being tonic, cathartic, and anthelmintic. Especially valuable in jaundice and hepatic diseases, likewise for the removal of worms, for which it may be used in powder or decoction, internally and also in injection. Used as a tonic in small doses, in dyspepsia, debility of the digestive organs, particularly when associated with hepatic inactivity, and during convalescence from febrile and inflammatory diseases. It is valuable after malarial fevers as a tonic and to unlock the secretions when checked by quinine. Recommended in form of ointment as an application to painful and inflamed tumors, irritable and painful ulcers, inflamed breasts, piles, etc. Kings gives the following specific indications: Gastro-intestinal debility, with hepatic torpor or jaundice; worms.

Balsam Fir (*Abies balsamea*) The resin obtained from the balsam fir has been used throughout the world and is a very effective antiseptic and healing agent. It is used as a healing and analgesic protective covering for burns, bruises, wounds and sores. It is also used to treat sore nipples and is said to be one of the best curatives for a sore throat. Tea made from the needles has been used to treat colds and asthma. Canada balsam, an oleoresin gathered from blisters in the bark, has been used to relieve the pain of hemorrhoids, burns and sores and venereal disease. Balsam fir is an antiseptic and stimulant, and has been used for congestion, chest infections, such as bronchitis, and urinary tract conditions such as cystitis and frequent urination. It has been used in commercial mixtures to treat coughs and diarrhea. Externally, balsam fir was rubbed on the chest or applied as a plaster for respiratory infections. It is also used in bath extracts for rheumatic pain, and as a mouthwash. The oil is used in ointments and creams, especially in the treatment of hemorrhoids. The buds, resin, and/or sap are used in folk remedies for treating cancers, corns, and warts. The resin is used internally in propriety mixtures to treat coughs and diarrhea, though taken in excess it is purgative. A warm liquid of the gummy sap was drunk as a treatment for gonorrhoea. A tea made from the leaves is antiscorbutic. It is used in the treatment of coughs, colds and fevers.

Barberry (*Berberis vulgaris*): Barberry acts on the gallbladder to improve bile flow and ameliorate conditions such as gallbladder pain, gallstones, and jaundice. Barberry's strongly antiseptic property is of value in cases of amebic dysentery, cholera and other similar gastrointestinal infections. Barberry is one of the mildest and best liver tonics known, good for jaundice, hepatitis and diabetes.

The berberine in barberry has remarkable infection-fighting properties. Studies around the world show it kills microorganisms that cause wound infections (*Staphylococci*, *Streptococci*), diarrhea (*Salmonella*, *Shigella*), dysentery (*Endamoeba histolytica*), cholera (*Vibrio cholerae*), giardiasis (*Giardia lamblia*), urinary tract infections (*Escherichia coli*) and vaginal yeast infections (*Candida albicans*). Berberine may also fight infection by stimulating the immune system. Studies show that it activates the macrophages, white blood cells that devour harmful microorganisms. In Germany, a berberine preparation, Ophthiole, is used to treat sensitive eyes, inflamed lids, and pinkeye (conjunctivitis). Barberry contains chemicals that may help reduce elevated blood pressure by enlarging blood vessels.

The bark is astringent, antidiarrheal, and healing to the intestinal wall—in short, barberry has a strong, highly beneficial effect on the digestive system as a whole. It helps in the treatment of chronic skin conditions such as eczema and psoriasis. The decoction makes a gentle and effective wash for the eyes, although it must be diluted sufficiently before use. Liquid of the chewed root was placed on injuries and on wounds, while cuts and bruises were washed with a root decoction. A preparation of the bark or berries will be useful as a gargle for sore mouth and chronic ophthalmia. It has been successfully used to treat Leishmaniasis (infections transmitted by sandflies). It has the ability to reduce an enlarged spleen and acts against malaria.

Basil (*Ocimum basilicum*) The Chinese used it to treat stomach, kidney and blood ailments. During the 11th century, Hildegard of Bingen used basil in a complicated mixture to treat cancerous tumors. By the 17th century, basil was widely used in Europe to treat colds, warts, and intestinal worms. In Ayurvedic medicine, the juice is recommended for snakebites, as a general tonic, for chills, coughs, skin problems and earaches. It is called tulsi. The oil kill intestinal parasites confirming its traditional use in Malaya and as a stomach soother and treatment for a broad range of intestinal ailments. Indian researchers have reported that basil kills bacteria when applied to the skin and have used basil oil successfully to treat acne. One animal study shows basil stimulates the immune system by increasing production of disease-fighting antibodies by up to 20%. In the West it is considered a cooling herb and is used for rheumatic pain, irritable skin conditions and for those of a nervous disposition. Basil is one of many healing herbs containing both pro- and anti-cancer substances. On the prevention side, it contains Vitamin A & C, anti-oxidants that help prevent cell damage. But basil also contains a chemical, estragole, that produced liver tumors in mice, according to a report published in the *Journal of the National Cancer Institute*. However, the cancer risk, if any, remains unclear. It's on the FDA list of GRAS herbs.

Bay (*Laurus nobilis*): The Romans used bay leaves and berries for the treatment of liver disorders. The French at one time used bay as an antiseptic. Now the Lebanese steep the berries and leaves in brandy in the sun for a few days and drink it to calm queasy stomachs. Bay oil from the berries and leaves can be used in salves and liniments for rheumatism, bruises and skin problems. Both fruit and leaves also stimulate the digestion. A decoction of fruit or leaves made into a paste with honey or syrup can be applied to the chest for colds and other chest problems. The oil contains a powerful bacteria killing chemical that is used in some dentifrices. For frequent migraines add bay leaves to feverfew. Bay leaves have demonstrated to help the body use insulin more efficiently at levels as low as half-teaspoon.

An experimental convalescent home in Russia encourages patients to smell bay leaves to sharpen the memory. Ancient Romans and Greeks placed a rolled bay leaf in the nose or stuck a leaf on the forehead when troubled by headaches.

A tea of bay leaves is excellent for the digestion and is somewhat astringent as well. A facial steam bath, for cleansing and clearing the skin, is made in the same way as the tea, with the addition of chamomile flowers, rosemary leaves, and rose petals. For hysteria: to calm the patient, have them drink tea made from a bay leaf. Pour 1 cup boiling water over 2 bay leaves. Remove the leaves after steeping 10 minutes and sweeten with honey. In one study, laboratory animals were given a fatal dose of strychnine, then promptly treated with a bay oil preparation. They all lived, but researchers weren't sure why.

Bayberry (*Myrica cerifera*) A key herb in the Thomsonian system of medicine, being the main astringent used for "any stomach or bowel derangement, particularly after fevers." Internally used for fevers, colds, influenza, excess mucus, diarrhea, colitis, excessive menstruation, and vaginal discharge. Externally for sore throat, ulcers, sores, itching skin conditions, dandruff and hair loss. Bayberry is commonly used to increase circulation, stimulate

perspiration, and keep bacterial infections in check. Colds, flu, coughs, and sore throats benefit from treatment with this herb as a hot decoction. It helps to strengthen local resistance to infection and to tighten and dry mucous membranes. An infusion is helpful for strengthening spongy gums, and a gargle is used for sore throat. Bayberry's astringency helps intestinal disorders such as irritable bowel syndrome and mucous colitis. It increases circulation to the area while acting to tone tissues involved. An infusion can also help treat excess vaginal discharge. A paste of the powdered root bark may be applied onto ulcers and sores. The powdered bark has been used as a snuff for congested nasal passages. It has been used to treat post-partum hemorrhage and taken internally and used as a douche is recommended for excessive menstruation and leucorrhea. It is used as a poultice to soothe varicose veins. Myricadiol has a mild effect on potassium and sodium levels. Myricitrin is antibacterial and encourages the flow of bile. The powder is strongly sternutatory and excites coughing. Water in which the wax has been 'tried,' when boiled to an extract, is regarded as a certain cure for dysentery, and the wax itself, being astringent and slightly narcotic, is valuable in severe dysentery and internal ulcerations. The leaves have provided vitamin C for curing scurvy.

Bearsfoot (*Polymnia uvedalia*) Regarded as a valuable aid for quick pain relief. It is also a gentle laxative, especially good for the aged, and a stimulant. The root is taken internally as a treatment for non-malignant swollen glands and especially for mastitis. The root is thought to have a beneficial effect on the stomach, liver, and spleen, and may be taken to relieve indigestion and liver malfunction.

Belladonna (*Atropa belladonna*) A belladonna derivative, atropine is used to dilate eyes prior to eye operations and for some eye exams. It has been official in the *U.S. Pharmacopoeia* since 1820. The tropane alkaloids inhibit the parasympathetic nervous system, which controls involuntary body activities. This reduces saliva; gastric, intestinal and bronchial secretions as well as the activity of the urinary tubules, bladder, and intestines. It is the tropane alkaloids that increase the heart rate and dilate the pupils. It is prescribed to relax distended organs, especially the stomach and intestines, relieving intestinal colic and pain. It helps peptic ulcers and it relaxes spasms of the urinary tubules. The herb can also be used to treat the symptoms of Parkinson's disease, reducing tremors and rigidity, and improving speech and mobility. The smooth muscle relaxant properties of deadly nightshade make it useful in conventional medicine as an anesthetic, particularly when digestive or bronchial secretions need to be kept to a minimum.

Ivan Raeff, a lay practitioner in Schipka, a village in Bulgaria, discovered that a total extract of belladonna root was successful in treating encephalitis. And the whole extract was better tolerated than the pure alkaloid atropine. A proprietary preparation resulting from this research is Tremoforat. Belladonna leaves applied externally are used as a treatment and possible cure for cancer by both Western herbalists and in Chinese folk medicine.

Bergamot (*Bergamot didyma*) Bergamot tea is soothing and relaxing and makes a good night-time drink. Add a handful of fresh leaves to your bath to soothe tired and aching limbs (in a net bag). Native Americans used the leaves of monarda as a poultice and compress on skin eruptions, as a tea for colds and flus and inhaled as a steam to relieve sinus and lung congestion. Scientific evidence shows that bergamot may inhibit the herpes simplex and the related chicken pox viruses. It is also combined with other herbs to treat urinary tract infections and indigestion.

Bethroot (*Trillium erectum*) Is said to have been in use among the aborigines and early settlers of North America. It is a plant that contains a natural precursor of the female sex hormones, which the body may use if it needs to or otherwise leaves unused, an example of the normalizing power of some herbs. It is antiseptic, astringent and tonic expectorant, being used principally in hemorrhages, to promote parturition, and externally, usually in the form of a poultice, as a local irritant in skin diseases, or to restrain gangrene. The leaves, boiled in lard, are sometimes applied to ulcers and tumors. The roots may be boiled in milk, when they are helpful in diarrhea and dysentery. Bethroot is a valuable remedy for heavy menstrual or intermenstrual bleeding, helping to reduce blood flow. It is also used to treat bleeding associated with uterine fibroids. Bethroot may also be taken for bleeding within the urinary tubules and, less often, for the coughing up of blood. It remains a valuable herb in facilitating childbirth. A douche of bethroot is useful for excessive vaginal discharge and yeast infections. The acrid species are useful in fevers and chronic affections of the air-passages. Merely smelling the freshly-exposed surface of the red Beth roots will check bleeding from the nose.

Betony (*Stachys officinalis*) The drug is largely concentrated in the leaves, though the root is regarded as specific for the liver with a gentle laxative action. Betony's real value is as a remedy for headaches and facial pain. The plant is also mildly sedative, relieving nervous stress and tension. In herbal medicine, betony is thought to improve nervous function and to counter overactivity. It is taken to treat "frayed nerves," premenstrual complaints, poor memory, and tension. Taken daily with boiled warm milk, it is good remedy for chronic headaches. The plant has astringent properties and in combination with other herbs such as comfrey and linden flowers, it is effective against sinus headaches and congestion. Betony may be taken alone or with yarrow to help staunch nosebleeds. If applied externally, it stops bleeding, promotes healing and draws out boils and splinters. It is also mildly bitter. The French recommended the leaves for lung, liver, gallbladder and spleen problems. It stimulates the digestive system and the liver, and has an overall tonic effect on the body. Trigonelline, one of its constituents has been shown to lower blood sugar levels.

Bilberry (*Vaccinium myrtillus*): Medicinal Uses: A drink of the fruit and roots steeped in gin is an old remedy to stop diarrhea and relieve nausea and indigestion though large amounts of the whole berries eaten with their seeds and skin provide a laxative bulk. Normally the dried fruit is markedly binding and has an antibacterial action. They can decrease intestinal inflammation and help protect the digestive tract lining. The berries are also said to be a refrigerant that lowers body heat. Studies show an effect on heart contractions and blood vessels that is thought to be caused by the berries stimulating the production of prostaglandins. There is evidence that they also help prevent blood clots. Bilberry's high anthocyanin content makes it a potentially valuable treatment for varicose veins, hemorrhoids, and capillary fragility. Bilberries are incorporated into European pharmaceuticals that are used to improve circulation. Several scientific studies support this use. In Russia, berries and leaves are used to treat colitis, stomach problems and sugar diabetes. The leaves are also found in folk remedies of other countries to treat diabetes. The glucoquinine in the leaves does show a weak ability to lower blood sugar. Clinical studies have been proposed to back the hypoglycemic effects found in animals. German researchers have also suggested that the quinic acid produced from a tea of dried bilberry leaves is a potential treatment for rheumatism and gout. A decoction of the fruit is used as a mouthwash.

Modern research shows that the fruit contains compounds known as anthocyanosides which contribute to visual acuity. Italian researchers shows that a mixture of anthocyanosides from bilberry plus vitamin E halted the

progression of lens clouding in 97% of people with early-stage cataracts. Regular use of the fruit results in quicker adjustment to darkness and glare and improved visual acuity both at night and in bright light during the day. It may be useful in the prevention and treatment of glaucoma since it strengthens connective tissue and prevents free radical damage. Recommendation is a standardized bilberry extract (with 25% anthocyanidin) at a dose of 80-160 milligrams 3 times a day.

Birthwort (*Aristolochia clematitis*) Used to treat: abdominal complaints, cancer, cancer (nose), depurative, leg ulcers, menstrual troubles, polyps (nose), tumor, wounds. Not used much today, birthwort was formerly used to treat wounds, sores, and snake bite. It has been taken after childbirth to prevent infection and is also a potent menstruation-inducing herbs and a (very dangerous) abortifacient. A decoction was taken to encourage healing of ulcers. Birthwort has also been used for asthma and bronchitis.

Chinese research into aristolochic acid has shown it to be an effective wound healer. *Aristolochia* species are used in China, but the medicinal use has been banned in Germany because of the toxicity of aristolochic acid. Chinese herbalists use the fruit when there is lung heat and inflammation, with or without deficiency, but with the presence of phlegm. For these conditions, it stops coughing and wheezing. It is also used internally to treat bleeding hemorrhoids.

Birthwort, Frail (*Aristolochia debilis*) Internally used for arthritis, purulent wounds, hypertension, snake and insect bites, and gastric disorders involving bloating (roots); for asthma, wet coughs, bronchitis, hypertension and hemorrhoids (fruits). Indications: heat in the lungs manifested as cough with profuse yellow sputum and asthma. The fruit (Madouling) is used with Loquat Leaf, Peucedanum root, Mulberry bark and Scutellaria root. Deficiency of the lungs manifested as cough with scanty sputum or with bloody sputum and shortness of breath. Fruit is used with Glehnia root, Ophiopogon root, Aster root and Donkey hide gelatin.

Biscuit Root (*Lomatium dissectum*): Both *Lomatium* and *Ligusticum* were used by Native Americans and early American medical practitioners for a variety of chronic or severe infectious disease states, particularly those of viral origin. Modern research is rather limited, but clinical trials have supported the inclusion of these botanicals for viral infections including HIV and condyloma. Traditionally it's demonstrated efficacy against a variety of bacterial infections including tuberculosis. *Lomatium* contains an oleoresin rich in terpenes. It acts as a stimulating expectorant, enhancing the liquification and consequent elimination of mucus from the lungs. It also appears to exert a strong antibacterial activity, interfering with bacterial replication and inducing increased phagocytosis. The resin also contains a number of furanocoumarins including nodakenetin, columbianin and pyranocoumarin. These resins may be responsible for the plant's antiviral effect. They may also be partly responsible for the phagocytic action *lomatium* causes.

Based on empirical evidence and discussions with clinical herbalists, *lomatium* can be used as an antimicrobial, especially in the lungs and upper respiratory tract. It provides quick-acting relief in cases of viral or bacterial infection, particularly when there is a large amount of thick or sticky mucus and infection is deep-seated and persistent. Consider taking *lomatium* for pneumonia, infective bronchitis and tuberculosis.

As an immunostimulant, this herb is traditionally used to treat colds and flus. Many cases during the 1920s U.S. influenza epidemic were successfully treated with *lomatium* by the professional herbalists of the time, and it has been used for this purpose by Native Americans since the introduction of influenza to the Americas. Its infection-fighting ability makes *lomatium* valuable as a mouthwash and gargle for oral and throat infections, as a douche for bacterial and viral infections or candida, as a skin wash for infected cuts or wounds, and in many other first-aid situations. Both tea and tincture forms are commonly used. For acute bacterial or viral infections, 2.5 ml of the tincture diluted in water can be used three to four times daily. A painful, itchy full-body rash that can persist for days occurs frequently when the crude tincture is used. It seems to occur more commonly with the strong, fresh-root preparation and disappears when treatment stops.

Bishop's Weed (*Ammi majur*) The seeds in an infusion or as a tincture, calm the digestive system. They are also diuretic and, like *visnaga*, have been used to treat asthma and angina. Bishops' weed reputedly helps treat patchy skin pigmentation in vitiligo. It has also been used for psoriasis. The seeds in an infusion or as a tincture, calm the digestive system. They are also diuretic and, like *visnaga*, have been used to treat asthma and angina. Bishops' weed reputedly helps treat patchy skin pigmentation in vitiligo. It has also been used for psoriasis.

Bistort (*Polygonum bistorta* or *Persicaria bistorta*) Roots and leaves were used to counteract poisons and to treat malaria and intermittent fevers. Dried and powdered it was applied to cuts and wounds to staunch bleeding, and a decoction in wine was taken for internal bleeding and diarrhea (especially in babies). It was also given to cause sweating and drive out the plague, smallpox, measles and other infectious diseases. Bistort is rich in tannins and one of the best astringents. Taken internally, it is excellent for bleeding, such as from nosebleeds, heavy periods and wounds, and for diarrhea and dysentery. Since it reduces inflammation and mucous secretions it makes a good remedy for colitis and for catarrhal congestion. It was originally recommended in 1917 as a treatment for debility with a tendency towards tuberculosis. It has also been used externally for pharyngitis, stomatitis, vaginal discharge, anal fissure, purulent wounds, hemorrhoids, mouth ulcers and gum disease. Comes well with *Geranium maculatum*.

Bitter Root (*Apocynum androsaemifolium*) Famous as a safe cathartic and heart tonic; it is also a powerful emetic and diuretic. Bitter root was a popular remedy among the Indians for syphilis. Small doses act as a vasoconstrictor, slowing and strengthening the heartbeat and raising the blood pressure. It is a strong diuretic, useful in cardiac dropsy and the like, but authorities differ as to whether it increases urine by irritation of the kidneys or dilation of the renal artery, or both. One of the reasons preventing its more frequent use in medicine is the variability of absorption, metabolism, effects and pharmacology. It is used today when the hepatic organs are sluggish. Its influence is slow but persistent and extends through the gall ducts, gall cyst, liver tubuli and also the muscular and mucous membranes of the bowels and kidneys. It is quite stimulating to the gall ducts, influencing the excretion of bile, and especially valuable when the stools are clay-colored, indicating a lack of bile. In jaundice, take 3-5 drops of the fluid extract every 2 or 3 hours and, if caused by occlusion, add American mandrake. If the pulse is below par, add a little capsicum. If using large doses for gall stones, add some ginger or aniseed. Because it influences a discharge of bile and the bowels in the way it does, a soft stool will result in about 6-8 hours. This is quite in order where torpid conditions are found, but is not good in irritated and sensitive conditions. The green fruit was boiled and used for a heart and kidney treatment.

Bittersweet (*Solanum dulcamara*) It is used mainly as an alterative internally for eruptive skin diseases and ulcers including eczema, itchiness, psoriasis and warts. Externally a decoction of the twigs, applied as a wash, may also help to lessen the severity of these conditions. It has a very cool energy and is useful for most inflammatory conditions, including ulcerative colitis and inflammatory rheumatic diseases. It also is used for severe high fevers with extreme excitability and acts as a cooling sedative for hysteria and anxiety as well as chronic jaundice. It was also used for felons (inflammations of finger-end joints), hence the common name "felonwort". The herb may also be taken to relieve asthma, chronic bronchitis and rheumatic conditions, including gout. Recent research indicates that bittersweet contains a tumor-inhibiting agent, beta-solamarine, which may have some promise in treating cancer.

Black Catechu (*Acacia catechu*) Black Catechu is a powerful astringent used in chronic diarrhea, dysentery and mucous colitis. It is also a clotting agent. It helps reduce excess mucus in the nose, the large bowel, or vagina. It also treats eczema and hemorrhages. As a douche it is used in leucorrhoea. As a mouthwash or gargle it is used in gingivitis, stomatitis, pharyngitis and laryngitis. It may be used as an infusion, tincture, powder or ointment. A small piece of cutch dissolved in the mouth is an excellent remedy for bleeding gums and canker sores. The power and tincture are also applied to infected gums and have been used to clean the teeth. In Ayurvedic medicine, decoctions of the bark and heartwood are used for sore throat. Research is that cutch has been shown to lower blood pressure, its mechanism of action is thought to be bradykinin related and due to vasodilation.

Black Cohosh (*Cimicifuga racemosa*): Black cohosh root improves blood circulation and lowers blood pressure and body temperature by dilating blood vessels and increasing peripheral circulation. The constituents responsible for these actions are so resinous, the traditional virtues of this herb are best extracted by using hot water and preferably alcohol on the fresh root. A central nervous system depressant, black cohosh directly inhibits vasomotor centers that are involved with inner ear balance and hearing. One of the uses for black cohosh recognized by doctors is for relief of ringing in the ears. The Native Americans knew that it encouraged uterine contractions and used it to facilitate labor. It is also used to reduce the inflammation and muscular pain of rheumatism and inflammatory arthritis, especially when it is associated with menopause and to treat problems of the respiratory system. Chinese physicians use several related plants to treat headache, to ripen and bring out skin rashes such as measles, diarrhea, bleeding gums and some gynecological problems.

Black cohosh has estrogenic effects, meaning it acts like the female sex hormone estrogen. This may lend support to its traditional use for menstrual complaints. It is thought to reduce levels of pituitary luteinizing hormone, thereby decreasing the ovaries' production of progesterone. A German trial published in 1995, revealed that black cohosh in combination with St. John's wort was 78% effective at treating hot flashes and other menopausal problems. Black cohosh is used to optimize estrogen levels perhaps by competing with estrogen receptor sites when estrogen is overabundant but may promote estrogen production when estrogen is low. It is the prime women's tonic for any uterine condition involving inflammation, pain, or low estrogen. It promotes fertility and softens the impact of menopause. Using black cohosh during menopause can reduce intensity and frequency of hot flashes, support and ease the body's changes, helps counteract menopausal prolapses, improves digestion, relieves menstrual pain and irregularity, relieves headaches, relieves menopausal arthritis and rheumatism.

Cimicifugin, the ranunculoid in black cohosh, exhibits antispasmodic and sedative properties in the fresh root. When the root is cut or bruised, an enzyme is released which reacts with cimicifugin to produce protoanemonine, which is unstable in water but, when dried, is readily oxidized to an anemonic acid which has no physiological activity. The antispasmodic and sedative properties of black cohosh are only present in the whole, fresh root. The dried, powdered black cohosh in common use today contains only the irritating principles.

Black Haw: (*Viburnum prunifolium*): Black Haw has a very similar use to Crampbark to which it is closely related. It is a powerful relaxant of the uterus and is used for dysmenorrhea and false labor pains. It may be used in threatened miscarriage as well (often in combination with false unicorn root). Its relaxant and sedative actions explain its power in reducing blood pressure, which happens through a relaxation of the peripheral blood vessels. It may be used as an anti-spasmodic in the treatment of asthma. It improves circulation to the uterus and ovaries, and thereby promotes nutrition to the pelvic area.

It treats all nervous complaints, including convulsions, hysteria and spasms. It also is used to treat palpitations and hysterical fits. It is good for all painful affections including arthritic and rheumatic complaints.

If taken in the latter part of pregnancy, it helps promote normal uterine contractions and antagonizes irregular ones. It prevents afterpains, post partum hemorrhage and helps ensure normal involution of the uterus. Other benefits include relief of morning sickness and lowering of arterial blood pressure.

Black Hellebore (*Helleborus niger*) The active constituents have an action similar to that of those found in foxglove. Toxic when taken in all but the smallest doses, the acrid black hellebore is purgative and cardiotoxic, expels worms, and promotes menstrual flow. In the 20th century, the cardiac glycosides in the leaves came into use as a heart stimulant for the elderly. The herb has also been taken to stimulate delayed menstruation. Now considered too strong to be safely used.

Blessed Thistle (*Cnicus benedictus*) Medicinal Uses: Blessed thistle has been used as a treatment for liver disorders, as well as menstrual problems. It seems to detoxify the liver. In many European countries blessed thistle tablets are prescribed along with acetaminophen or aspirin to counterbalance the potential liver damage these drugs can cause. Many women take blessed thistle to regulate their periods. It seems to stimulate the appetite and many herbalists prescribe it to their anorexic patients. It is often combined with other herbs that are beneficial to the liver, such as milk thistle, artichoke or red clover. The leaves are considered one of the best herbs for increasing mother's

milk. Blessed thistle is antibiotic, destroying staph and other infections, although it has not proved very effective against harmful intestinal bacteria. Externally used as a healing balm for wounds and ulcers. Combines well with turtlehead and cola for anorexia and with meadowsweet, agrimony and cinquefoil for diarrhea.

Bloodroot (*Sanguinaria canadensis*): Bloodroot has been used as a diuretic, emetic, emmenagogue, expectorant, febrifuge, stimulant, and tonic. Bloodroot has been used historically in numerous topical preparations for the treatment of various skin cancers, and also for sores, warts, eczema, and other dermal & epidermal problems. It has also been used internally in herbal preparations for congestive lung conditions such as emphysema and chronic bronchitis. Studies find that sanguinarine, a compound found in bloodroot, kills bacteria, stops them from converting carbohydrates into gum tissue-eating acid, and blocks enzymes that destroy collagen in gum tissue. Some studies have shown small amounts to be even more effective in reducing dental plaque than chlorhexidine, the active ingredient in mouthwashes and the effects can last up to 4 hours. Some companies are now making toothpaste and mouthwash using it as an active ingredient. The root in a vinegar extract makes a very good antifungal wash for athlete's foot. Prepared as a powder, bloodroot may be sniffed to treat nasal polyps.

The paste of the root has been recommended to remove warts and the powder is used in a number of cancer salves (a process too complicated for this monograph). Carcinomas of the human nose and ear have responded to topical treatment with a preparation containing bloodroot extract.

Blue Cohosh (*Caulophyllum thalictroides*) : The Eclectic doctors used blue cohosh to reduce labor pains, painful menstruation, stomach cramps, as an abortifacient and for joints stiff from arthritis or rheumatism. Herbalists also use it to help with irregular menstruation or a weak uterus. Researchers in India have discovered evidence that the American Indians may have been correct in using blue cohosh as a contraceptive. In animals, the herb inhibits ovulation. There has been some comparison to goldenseal in its effect and it has been used as an effective control for chronic yeast infections. The bitter principles in blue cohosh (notably methylcytisine) constrict peripheral blood vessels, stimulates the small intestine and respiration and produces hyperglycemia in a manner similar to nicotine but only about one-fortieth as toxic. They are also antifungal. It is a relatively complicated herb to use. It appears that the dose required for balancing the menstrual cycle changes throughout the cycle. If too much is taken intestinal cramping and headaches often occur. It can either stimulate a uterus to contract or inhibit contractions. It is used for amenorrhea in women whose cycles are blocked by physical congestion or nervous or hormonal imbalance. It is used in early pregnancy to prevent miscarriages, though for this use it is usually taken in small doses combined with other antispasmodics such as cramp bark. Its other important use is as a hormonal and tissue toner. Blue cohosh is given along with uterine astringent tonics for tears or surgical damage to the reproductive system during, but especially after, chronic reproductive infections; it also helps shrink fibroids or growths and promotes fertility. Tinctures are more effective than water-based tea since the active ingredients are not fully water soluble.

Bogbean (*Menyanthes trifoliata*) Medicinal Uses: Bogbean is a most useful herb for the treatment of rheumatism, osteo-arthritis and rheumatoid arthritis. It has a stimulating effect upon the walls of the colon which will act as an aperient, but it should not be used to help rheumatism where there is any colitis or diarrhea. It has a marked stimulating action on the digestive juices and on bile-flow and so will aid in debilitated states that are due to sluggish digestion, indigestion and problems of the liver and gall-bladder. Bogbean is a strongly bitter herb that encourages the appetite and stimulates digestive secretions. It is commonly taken to improve an underactive or weak digestion, particularly if there is abdominal discomfort. Used for anorexia. This herb is tonic, cathartic, deobstruent and febrifuge. Other uses are for muscular weakness in myalgic encephalomyelitis and chronic infections with debility and exhaustion. May be combined with black cohosh and celery seed to relieve joint and muscular pain. An extract is made from the leaves, which possesses strong tonic properties, and which renders great service in rheumatism, scurvy, and skin diseases. An infusion of 1 oz. of the dried leaves to 1 pint of boiling water is taken in wineglassful doses, frequently repeated. It has also been recommended as an external application for dissolving glandular swellings. Finely powdered Bogbean leaves have been employed as a remedy for ague, being said to effect a cure when other means fail. In large doses, the powder is also purgative. It is used also as an herb tobacco. Buckbean tea, taken alone or mixed with wormwood, centaury or sage, is said to cure dyspepsia and a torpid liver.

Boldo Leaf (*Peumus boldus*): Boldo is one of the best liver tonics in the world and also has an affinity for kidneys and bladder. Boldo activates the secretion of saliva and stimulates liver activity and bile flow and is chiefly valued as a remedy for gallstones and liver or gallbladder pain. *Boldine*, one of its constituents, induces the flow of bile as well as the total amount of solids that it excretes. Its protective action over the hepatic cells has been demonstrated "in vitro" and "in vivo". It is normally taken for a few weeks at a time, either as a tincture or infusion. Boldo is also a mild urinary antiseptic and demulcent, and may be taken for infections such as cystitis. In the Anglo-American tradition, boldo is combined with barberry and fringe tree in the treatment of gallstones. It makes a drinkable tea and combined with goldenseal is excellent for kidney and bladder infections.

Boldo leaves are the subject of a German therapeutic monograph which allows the use for mild gastrointestinal spasms and dyspeptic disorders as well as a subject of a US monograph which shows that boldo causes clinically significant diuresis. The plant is used in homeopathy in the treatment of digestive disorders, as a laxative, choleric, diuretic, and for hepatic disturbances. The leaves have been used for worms, and Dr. James Duke reports its traditional use for urogenital inflammations like gonorrhoea and syphilis, as well as for gout, jaundice, dyspepsia, rheumatism, head colds and earaches. Boldo is rich in phytochemicals including at least 17 known alkaloids. A total of at least 38 phytochemical compounds have been identified. Antioxidant properties of the leaves has also been documented. A recent human study demonstrated that Boldo relaxes smooth muscle and prolongs intestinal transit which validated again its traditional medicinal uses. The average therapeutic dose is reported to be 2-3 grams daily.

Boneset (*Eupatorium perfoliatum*): : Parts used: tops and leaves. European studies show this herb helps treat

minor viral and bacterial infections by stimulating white blood cells to destroy disease-causing microorganisms more effectively. In Germany, physicians currently use boneset to treat viral infections, such as colds and flu. One study shows boneset is mildly anti-inflammatory, lending some support to its traditional use in treating arthritis.

Taken in small doses it often gives relief very quickly. It reduces fever and clears up mucous build-up in the lungs. It gently empties any toxins which may be stored in the colon. It relaxes the joints and eases the terrible pain which often accompanies the flu. Some people have found it to be very useful for their rheumatism. Boneset is dual in action, depending on how it is administered, when cold a tonic, when warm emetic diaphoretic. It is extremely bitter to the taste and is disliked by children, but in these cases a thick syrup of boneset, ginger and anise is used by some for coughs of children, with good results.

The flavonoids and the sesquiterpene lactones in the essential oil appear to work together in an as yet undetermined fashion to produce the antipyretic and diaphoretic effect. The essential oil also irritates mucous membranes resulting in its expectorant effect. The irritation may also stimulate peristalsis.

Besides the bitter and aromatic components of the herb, it contains the mucilaginous polysaccharide inulin which could mitigate the harshness of the herb. Tannins are also present which tone inflamed tissue. One study also mentions the presence of pyrrolizidine alkaloids. These are apparently of the same chemical class as the hepatotoxic alkaloids found in comfrey. Flavonoids have even shown some antitumor properties.

Borage (*Borago officinalis*): Medicinal: Poultices from the leaves are used to cool and soothe inflammations. In Latin America, a borage tea is drunk for lung problems. With its high mucilage content, borage is a demulcent and soothes respiratory problems. Its emollient qualities make it helpful for sore and inflamed skin—prepared either as freshly squeezed juice, in a poultice, or as an infusion. The flowers encourage sweating, and the leaves are diuretic. The seed oil is particularly rich in polyunsaturated fats and is superior in this respect to evening primrose oil. Borage seed oil is used to treat premenstrual complaints, rheumatic problems, eczema, and other chronic skin conditions. Gamma linoleic acid (GLA) which is found in borage seed oil (also evening primrose and black currant oils) is used to reduce inflammation, boost immunity and help maintain cell membranes in painful inflammatory disorders such as rheumatoid arthritis. Research has also shown that GLA supplements can help recovering alcoholics stay sober and slow down the damage that alcohol is known to cause to brain and liver cells. To help with Raynaud massage the oil into the fingers.

Broom (*Sarothamnus scoparius* (*Cytisus scoparius*)) The ingredient sparteine reduces the heart rate and the isoflavones are estrogenic. Broom is used mainly as a remedy for an irregular, fast heartbeat and to treat cardiac edema. The plant acts on the electrical conductivity of the heart, slowing and regulating the transmission of the impulses. Broom is also strongly diuretic, stimulating urine production and thus countering fluid retention, often in combination with uva ursi or dandelion. Since broom causes the muscles of the uterus to contract, it has been used to prevent blood loss after childbirth. Both tips and seeds are soluble in water and alcohol. It is also used for acute constipation.

Buchu (*Agathosma betulina* and *A. crenulata*) The leaves are used locally for antiseptic purposes and to ward off insects. In western herbalism, the leaves are used for infections of the genito-urinary system, such as cystitis, urethritis and prostates. Internally used for urinary tract infections (especially prostates and cystitis), digestive problems, gout, rheumatism, coughs, and colds, often combined with *Althaea officinalis*. Externally used in traditional African medicine as a powder to deter insects and in a vinegar-based lotion for bruises and sprains.

Buckthorn (*Rhamnus catharticus* (*R. frangula*)) Buckthorn bark treats stubborn constipation, liver congestion, dropsy, hemorrhoids, colic and obesity. It is milder than its near relative cascara. It has a generally calming effect on the gastrointestinal tract and may be used for an extended period of time for chronic constipation. It also is good for treating ulcerative colitis and acute appendicitis. Taken hot, it will induce perspiration and lower fevers. It is used with alterative formulas in small amounts, since its mild laxative effect helps eliminate toxins and treat conditions such as gallstones, itching, lead poisoning, parasites, skin diseases and worms. In ointment form it is very effective in treating warts and various skin problems.

Burdock (*Arctium lappa*): Western herbalists have long used burdock for its demulcent action, both externally and internally, and for its alterative effects on the blood and urinary system. During the Middle Ages, remedies for kidney stones contained burdock in the belief that a stony character in a medicine would cure the stony ailment.

The Chinese find it more valuable as a healer of hot (yang) conditions. It enters the liver meridian and benefits spleen deficiency. Its diaphoretic and diuretic properties make it valuable for eliminating excess nervous energy, sweating out toxins, and cooling the heat of infections. They also use it for colds, flus, measles, and constipation. The Chinese also consider burdock to be a strengthening aphrodisiac.

The most popular western use of burdock root is as a primary herb in blood purifier formulas. It is also used to cleanse the body of uric acid and other residues that accumulate from rheumatism, arthritis, and gout. Seeds are sometimes used for skin problems. The shredded leaves have also been folded into egg whites and applied as a skin dressing to accelerate healing. Tests confirm that it kills both bacterial and fungal infections. French herbalists have used the fresh root to lower blood sugar levels in diabetics because it contains the easily digestible starch “inulin”. It is also believed, but not proven, that the root regenerates liver cells and stimulates the gallbladder. Burdock is used in many parts of the world in herbal cancer treatments,

was an ingredient in the Hoxsey formula, and is one of the four ingredients in the Essiac formula. If you want to try burdock in conjunction with other cancer therapy, a suggested use is to make a decoction by boiling 1 teaspoon of root in 3 cups of water for 30 minutes. Cool. Drink up to 3 cups a day. Has a sweet taste, similar to celery root. Or as a tincture, take ½ to 1 teaspoon up to three times a day.

Burr Marigold (*Bidens tripartite* (*Bidens tripartita*)) Valuable astringent used for hemorrhage wherever it occurs including uterine hemorrhage and conditions producing blood in the urine. It may be used for fevers and water retention when this is due to a problem in the kidneys. Used to relieve disorders of the respiratory system. The astringency helps counteract peptic ulceration, diarrhea, and ulcerative tract ailments. Externally in Russia used for alopecia. Often combined with comfrey, agrimony, calamus or ginger when treating digestive tract ailments.

Butcher's Broom (*Ruscus aculeatus*) Butcher's Broom is a popular treatment for leg cramps and arthritis. The plant contains steroidlike compounds that can reduce inflammation. It is also a mild diuretic and can help reduce swollen hemorrhoids. For venous insufficiency. It is available in capsule and tincture form, as well as an ointment for hemorrhoids. Butcher's broom can be taken before surgery to prevent thrombosis

Butterbur (*Petasites hybridus*) It has been used mainly to treat chest problems such as bronchitis, asthma, and whooping cough. Butterbur helps to strengthen digestion, in particular where indigestion results from obstructed bile flow. It not only eases spasms in muscles, but has a pain-relieving effect too. It can also be used for fevers. This herb has also been given for inflammation of the urinary tract, and the fresh leaves can be used externally as a poultice to treat wounds and skin eruptions.

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Comments and suggestions are always welcome.

Maureen

Last changed: May 14, 2004



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February 2004

Vol 6 - Issue 2

February....the month that you often wish wasn't there....too cold to do much outside and your customers often feel the same and stay home. With our 2004 project business, Herb N Ewe, it was finally time to hear back from the bank. We had put together a great business plan and were hoping to get them to up the credit line and refinance the current note at a lower rate (currently at 9.5%).. Unfortunately, all they'd offer was to refinance the loan but we still haven't heard how much they'd lower the rate. So what do you do when the powers that be, rain on your parade? It's time for a serious regrouping to find out if you can work your way out of the hole and get some passion back for the business.

Not easy. I spend a lot of time putting together press releases to promote the new cafe' dinners and classes. Now we've got to scrape together the money to add all the herbs, spices and supplies that are part of the new look. And I play cheerleader to keep Barb on track when she gets glum. (Every business needs a cheerleader for times like this....but a cheerleader with ideas...not just a happy face that says "it'll all work out."

We're starting to get reservations for "Chocolate Weekend"....the dinner menu's been set and the press releases have started. I've found places to order the unusual chocolates for the tasting class and I know we can bring in a good crowd if we get enough press out. And we've started posting the future dinners on the site to encourage early planning. We've also changed the class policy to require money up front with



no refund unless cancelled 48 hours out. Previously Herb N Ewe didn't require a deposit and people often didn't show which makes it impossible to get a good speaker in when you don't have a commitment from attendees.

What are you doing to get business drummed up this time of year? Are press releases going out? Are you getting on related listserves to be seen and heard? If you haven't used listserves, this is a valuable marketing tool if used properly. And they cover every area from making herbal products to growing to healing. Most won't let you advertise, or have restricted advertising, but if you introduce yourself and contribute to some of the conversations you'll develop a relationship with the other members of the group and people like to buy from people they know and trust. Sign up for a couple today. Most can be found in either www.topica.com or www.yahoo.com Groups. We offer a listserver for our members where they can promote all they want and interact with other members to sell their products. It's worked out great and for those that don't mind the occasional chatty streak, it's meant an increase in product sales.

Are you monitoring those stats? You need to check to see who's coming to your website and what they're looking for. If you see search terms that make no sense in regards to what you're selling it's time for a rewrite on the site. And if you improve the amount of information you're giving potential customers on your website not only will your ranking with google improve, but your potential customers will come back more often. Not happy with your web traffic and conversions? We offer all types of solutions for herbal businesses including rewrites and hosting...only \$25 a month with a sophisticated shopping cart and lots of extras. [Contact us](#) for details.

HERB CONFERENCE!!!! We're planning a small, intimate herb conference the last weekend in October in Chattanooga, TN, at the Chattanooga Choo Choo Hotel. Dates are Oct 29-30. Attendance is limited to 100 and it will be a fast paced two days to fill you with information and get your business moving. Details coming but [email me](#) to get on the list for brochures. Members of our network will get priority and when we're filled, we're filled. Member price for 2 days is \$150 which includes lunch both days (Non-members will be \$200). The conference will run from 9am-6pm both days. [For more info....](#) [To sign up.....](#)

The 2004 Herbalpedia is available now and it's filled with profiles on 1250 plants...everything you'd ever want to know from all the uses to cultivation to history with recipes and color photos.....[order now!!!](#)

What kind of businesses are members? If you check out our [featured businesses](#) this month, you'll see a wide variety....growers to manufacturers to retail shops.

We're always open to comments and suggestions, so feel free to write. herbworld@aol.com

Interested in being hosted by us? Or in having us help you promote your herb site?. We love herb folks and have the experience to help your site grow.

[Click Here for Details](#)



[Who we are.....](#)

The Herb Growing & Marketing Network is the largest trade association specifically for the herb industry with around 2000 members in existence since 1990. We are an information service for our members offering material on anything related to being in an herb business (except for those pesky statistics....there are no good ones so don't ask). But that's just the beginning.....[click here for our online secure order form.](#)



[Featured Businesses of the Month](#)

In order to highlight some of the unique businesses that are members of our Network, we're now focusing each month on 5 unique ones. Click here to see what sites are hot!! This month we're showing: Earth's Blessings, Earthly Herbs, Elaine's Tea Shop, Eleanor's Herbs, and Elementals Herbs, LLC.. For all our member businesses.....check out [The Herbal Green Pages Online](#) :-)



Have you used our [Herbal Exchange](#)? You may find just the product you're looking for.



Interested in talking to other herb businesses? You can interact on our member Herb Business list once you join....if you're already a member and want to sign up.....this is an owner approved list so non-members will not be approved....please use the email address you gave when you signed up for membership.

Subscribe!

Enter your email to join the HGMN listserv today! You MUST be a member of HGMN to sign up on this list.

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Not ready to join but still want to know what's happening? If you would like to be added to our [mailing list](#) so you can hear about future updates, simply click on [this button](#) and put subscribe in your subject line along with your business name (or name if you don't have a business yet). (This does not make you a member of The Herb Growing and Marketing Network)



[Herbal Green Pages Online](#)

This is just the tip of the iceberg regarding our 450+ pages resource guide. Here we only list selected member businesses along with links to their sites. It's a sample and the complete guide can be ordered in hard copy or CD. Non-members can be listed for a \$25/yr annual fee.



[Crop Shop](#)

The Crop Shop is a place where member businesses can list their available herbal products and what they're in need of. Non-members can search and answer directly but not post to the site.



[Hosted Sites](#)

HerbWorld is fortunate in hosting several member businesses. They offer a range of herbal products, services and publications. Want to be hosted? [Click here](#) for details and benefits.



[Herb Speakers' Bureau](#)

Are you looking for a speaker on any aspect of herbs? Or are you a speaker looking to promote yourself. Here's your opportunity to be seen. Network members get a free basic listing and full page listings with pictures are available for a small annual listing fee.



[Botanical Dictionary](#)

This dictionary contains hundreds of plants with their scientific name, common names and as many different language variations as possible. We're always looking for more so don't hesitate to make suggestions. (Slowly being added too)



[Want to start an herb business?](#)

We have a starter package of material to get you on the right track (or scare you away depending on your optimist



[Herb Associations](#)

Our directory provides listings for all herb related organizations, associations and societies. If your group would like to be listed, let us know. No charge and the listing also goes into The Herbal Green Pages.



[Herb Press](#)

Herb Press lists all publications related to the industry that are available by subscription....from major to newsletter. No charge for the listing and also listed in The Herbal Green Pages. Please contact us with your listing. Herb books are also reviewed here.



[Herbal Business Publications](#)

We publish a series of conference proceedings that offer all that technical information on production and marketing that's so hard to find. These are the papers presented by the speakers at our annual conferences. For a listing of topics, click here. To actually order them go to our online order form above.



[Herb University](#)

Interested in schools, correspondence courses, apprenticeship programs that focus on herbs? Check them out here. And if you have a school/course (not classes...those are in the calendar section) drop us a note.



[Calendar of Herbal Events](#)

The Calendar of Herbal Events lists as many happenings and classes as we can find by location. If you or your group are planning an event please notify us and it will be included. No charge for this service.



[Herb Source](#)

Looking for specific plants and seeds? Don't feel like searching through every catalogue? This is the place. We

level) Proceedings from the Beginners' Day program at our last four conferences along with other helpful information. Available in Adobe Acrobat for \$10 (get Acrobat Reader for free at [Adobe](#) and it can't be a hotmail account) or hard copy for \$20. I personally recommend the hard copy as easier to use.



[The Weather Page](#)

The weather page allows you to check national and local weather forecasts.



[Herbal Exchange](#)

Herbal classifieds covering everything you could want...plants and seeds, dried material, businesses for sale, help wanted, body care products, new medicinals...you name it, we've got it. These classifieds are free to members of the network and a nominal cost to nonmembers.



[Care to chat?](#)

We have a continual discussion group going on herbal items.....mostly medicinal right now but if enough people are interested we'll establish them for separate categories...cooking, gardening, etc..



[Herb Trade](#)

This is a new area we're just beginning to work on that will be a shopping area for both wholesale and retail products. If you'd like to display your products here drop us a line. Prices are reasonable



[Comments & Suggestions](#) Click here to give us

feedback on the site.....suggestions that would be helpful to you, problems with navigation, things like that. Please don't ask health related questions here....they should go on the bulletin board.

list by Latin name and common and who's selling them. There is a charge to have your listing here but it's nominal.



[Conferences -](#)

We're working on events for 2004...stay tuned. Our next conference is in Chattanooga, TN, Oct 29-30, 2004 (who says business events can't be fun?). [For more info....](#) [To sign up.....](#)



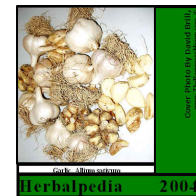
[Potpourri](#)

Where do I find....? Here are all the great links to sites that are predominately informational....we constantly add and update but when you need information on anything from homeopathy to Ayurvedic....or you can't find Jim Duke's data base....or want to find Michael Moore's material.....check us out....we've got it. If you've got a site to recommend, please let us know....but this is for strictly informational sites.



[Herb Gardens](#)

If you're a traveling type you'll want to check out these herb gardens that are open to the public...not only botanical gardens and arboretum but private ones as well. And if your garden is open to view, drop us a note with a brief description.



[Herbalpedia\(TM\)](#)

It's the 2004 edition of our Herbalpedia CD. This edition includes 1250 in depth profiles that include everything we can find on the subject: cultivation, history, culinary/medicinal/aromatherapy uses; recipes of all types along with color photos to make identification easier. Our aim is to increase your knowledge and awareness of our green relations as well as increase your culinary and healing skills. It comes in Adobe Acrobat PDF format and you can download the Acrobat Reader software for free

from [Adobe](#). The disk is \$48US and if you reorder within the 3 month window each year, updated CDs are only \$24. They'll include at least 200 new profiles and any additions or changes to the old ones. Profiles range from 2-10 pages depending on the plant. Check out our [Garlic](#) sample (2004 Herb of the Year). And if you want to see our what's included, we've got an [extensive list](#). Order [online](#)

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● What we are....

It's easiest in pdf format which is what you'll find with these links

- [Garlic-Herb of the Year 2004](#)
- [Basil--Herb of the Year 2003](#)
- [Echinacea--Herb of the Year 2002](#)
- [Echinacea--Herb of the Year...Picture for Publicity](#)
- [Rose--Canadian Herb of the Year 2002](#)
- [Sage --Herb of the Year 2001](#)
- [Sage--Herb of the Year..Picture for Use in Publicity](#)
- [Lemon Balm--Canadian Herb of the Year 2001](#)
- [Rosemary Sample Herb of the Year 2000](#) Rosemary Sample Herb of the Year 2000
- [Lavender Sample Herb of the Year 1999](#)
- [Issues Available](#)

WHAT WE ARE:

WE'RE SO EXCITED!!!...



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We're finished with our 2004 version of Herbalpedia(TM)1250 profiles of botanicals in Adobe Acrobat formatted with a linked Table of Contents in both English and Latin and a search function. This version again has color photos of almost every plant and we were really obsessed this year and added a lot more material. Previous listings are updated and added to as well. The CD can be read by any computer with Acrobat Reader (available as a free download at [Adobe](#)) and you can print off specific profiles you want in hard copy. Over 3000 pages of information along with color photos of each plant!!! Uses, cultivation, recipes, research, anything we can find on a specific plant is included. So order now and get it hot off the burner.....[click here](#) Individual profiles can still be ordered at \$1 each with a minimum of 10, buy why would you want to? :-).

We want to make Herbalpedia useful to all. If there are specific plants that you'd like to see added, please let me know and I'll make sure they're included in the next edition. We are now offering listings on each profile for sources for plants, seeds, tinctures, essential oils and bulk herbs. There is an annual fee of \$100 for this service and your contact information is included along with your website. There is no limit to the number of profiles you can be on for the flat fee. We sell several hundred of these a year and we limit the number of sources to just 10 for each profile, so you won't be buried. Try us out :-)

Herbalpedia(TM) hardcopy is still available.. It is a monthly monograph series of herbs through which you'll receive 5 in depth profiles of various botanicals. They are more extensive than the monographs in our monthly online magazine. We try to pick a selection of medicinal

herbs, culinary herbs and spices. But often these lines are foggy and you'll get plants that cross all the borders. We try to find the most up-to-date research as well as the folklore. And we want to give you as many ways to use the plants as possible, so of course, there's always lots of recipes. Our aim is to increase your knowledge and awareness of our green relations as well as increase your culinary and healing skills. If ordered hardcopy they come double-sided with 3 punch holes so they're easily included in a binder. They range from 2-8 pages in length. Back issues can be ordered separately. Annual price is \$48. There is no discount for renewals. Sorry, printing and postage are a lot more expensive than a CD.

Sample monographs are available above.

To order...[click here.](#)



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Letter From The Herbalist

[Maureen Rogers](#)

It's warm, it's cold, it's warm, it's cold....I'm about sick of this weather. I've got plants that want to go outside and the first festival of spring is here and I want to bring home more. The [Pennsylvania Herb Festival](#) was the past weekend and it was a great way to break into spring. Now with decent weather this weekend I can get some of the plants into the ground that I just "had" to buy. And more will be coming each weekend for the next few months. Check our Calendar section for new listings.

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With ephedra off the market (unless you're buying your herbs from a Chinese herbalist), other herbs are potentially on the chopping block. Conrad Richter has been tracking the interest by regulators to remove herbs and you can find that information at

<http://www.richters.com/newdisplay.cgi?page=Issues/issues.html>

...well worth reading. It is extremely important when questions about herbs come up with the FDA (or other regulating bodies) that people make their opinions known. Just sitting back and shaking your head doesn't get it. We truly have become a society that lets government do what it wants, not usually from apathy, but from the fact that we don't have time to take on one more cause. I can relate but it's why we have only ourselves to blame when controlling our own health care is taken out of our hands. So start being an active citizen while we still have the semblance of an opportunity.

Because it's spring (and cash is always a bit slow around tax time) I'm having a short sale on our [2004 Herbalpedia](#).....through 4/30/04 you can get our CD for only \$38...that's \$10 off our normal price. Don't wait though....two weeks will pass before you know it and the special will disappear.

Our "limited edition" Herb Business Conference has taken off and we're halfway to filling it...6 months out. Remember, it's only for 100 select attendees that really want to take their business to a new level. A \$50 deposit will hold your space until 10/1/04 when the balance will be due. The "Taking Care of (Herb) Business" Conference's emphasis will be on giving each attendee the tools to go back and transform their enterprise. Dates are Oct 29 and 30 in Chattanooga, TN. One day of successful herbal entrepreneurs like Sandie Shores www.freshcutherbs.com, Jim Long www.longcreekherbs.com, Marge Clark www.naturesgift.com and myself along with one day of intensives where participants will break into small groups and work on group projects to improve sales. We'll cover things like web marketing, business plans, pricing, good manufacturing practices and much more. For more information visit <http://www.herbworld.com/conference.htm> and sign up soon. We've already got a number of people signed up and when we reach the 100 person mark, that's it. Questions? call 717-393-3295 or email me at herbworld@aol.com

That's it for this month. I'm going out to finally get my hands dirty.

Maureen Rogers
Director, [The Herb Growing and Marketing Network](#)
and HerbNET's slave



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Please note that HerbNET does not endorse any of the listings contained on this page. If you would like to include your listing, revise your listing, or report a broken link ... please email webmaster@herbnet.com.

Entries beginning with **NEW** were posted or updated within the last 30 days

Herb & Health Related Links

Acupressure / Acupuncture

[Acupuncture.com](#) ... The Tao begot one. ... One begot two. ... Two begot three. ... And three begot the ten thousand things. ... (-Tao Te Ching) ... Here are some of those things

[Acupuncture-Health World Online](#)

[Acupuncture Internet Resources](#)

[The British Medical Acupuncture Society](#)

[Jin Shin Do® Acupressure Resource Centre](#) ... this site contains a current listing of and links to: Clinics, Practitioners, Instructors, Schools and Associations ... authored and maintained by Paul Rouleau, Registered Acupressurist, Vice-President, British Columbia Acupressure Therapists' Association



Alternative Health / Medicine

[1HealthyWorld.com](#) 1HealthyWorld is your source for the latest news and information in the field of Holistic, Alternative, Complementary, and Integrative Medicine. Our goal is to provide everyone who is interested in holistic and self-care approaches for promoting optimal wellness and overcoming disease with the information they need and can use for immediate benefit.

[AHealthBreak.com](#)....website of natural herbal remedies and articles on alternative health

[Alternative Diabetes--](#)Provide the basic information to understand diabetes; Explain current standard practices for diabetes treatment; Present the wide range of alternative treatments for diabetes from around the world; Compile the latest research on alternative diabetes treatment strategies; Explore the interface between alternative/complementary diabetes; treatment and modern science and drug technology; Provide important information about nutritional supplements and natural products for the treatment of diabetes; Alert consumers to any known or potential interaction between drug/nutrient therapy and herbal therapy; Make available the best natural products for people suffering from diabetes; Provide opportunities to participate in clinical trials that can help; the advance of diabetes research and treatment; Provide links to other sources of information, research and products for alternative diabetes treatment

[Alternative Health News Online](#) ... helpful alternative, complementary and preventive health news ... news and information that will keep you up-to-date on the latest happenings in this rapidly growing field

[Alternative Mental Health...](#) Your guide to the world of alternative mental health

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[AMICBASE](#).database on natural antimicrobials

[The Arthritis & Glucosamine Resource Center](#) A very informative site about arthritis and glucosamine. Over 100 articles on treating arthritis, the science backing glucosamine, a review of glucosamine products, an arthritis newsletter, tips to beat arthritis pain, and much more.

[ask Dr. Weil](#) ... home remedies for common ailments

The New Age Channel at [BellaOnline.com](#) "The Voice of Women" is a comprehensive New Age site hosted by Janet Boyer, and features original articles, interviews, book, music, and product reviews, links, and more. Topics include auras, past lives, herbs, flower essences, aromatherapy, spirituality, consciousness and healing.

[BreastLink.com](#)...The Breast Cancer Care & Research Fund Source for Unbiased, In-Depth, Reliable Breast Cancer Information

[Cancer-Free links](#)--links to alternative and complementary therapies

[Compassionate Heart Healing Center](#)....list of 150 links on various forms of alternative healing

[EssiacInfo](#)..an interesting site filled with information about Rene Caisse and the formula she brought into prominence

[FindHealer](#)...Holistic Health Yellow Pages to find practitioners and links to 20,000 health related sites.

[Green Medicine](#)...The Medicinal Plant Working Group is part of the [Plant Conservation Alliance](#) (PCA), a consortium of ten US federal agencies and more than 175 non-federal [cooperators](#) working collectively on issues associated with native plant extinction and native habitat restoration. PCA also serves as the North American Plant Specialist Group of the IUCN Species Survival Commission. The current chairperson of the MPWG is Pamela Hall, Division of Scientific Authority, U.S. Fish & Wildlife Service.

[HealthAtoZ](#) ... a comprehensive search engine for all medical and health related sites ... internet navigation tool and information resource in health and medicine ... exclusively catalogued by medical professionals who have a greater understanding and strong background in health and medicine ... provides format and search capabilities for both medical professionals and consumers that save time, are comprehensive, and consistently maintained and updated

[Healthsites](#)...Healthsites - your portal to medical and health information on the net is designed to help non-medical people and doctors find reliable health related information in the UK.

[Hepatitis Website](#)....directory of web-based hepatitis resources

[The Herb Encyclopedia](#)...

[HerbalChem](#)...[The Phytochemistry of Herbs](#) answers questions such as: Which phytochemicals are likely to be soluble in different media? Which constituents have demonstrated toxicity and to what degree? What is the theory behind standardization? How do herbal antioxidants work? In addition, specific chemicals and classes of chemicals are explored in detail: How are proanthocyanidins, polyphenolics, and flavonoids related? What is the difference between a cardiac glycoside and a cyanogenic glycoside? What does Omega 3 or Omega 6 mean? And what are those notorious pyrrolizidine alkaloids, anyway?

[Herbs.startwebseite](#) List of herb resource sites

[HIV Resources](#)...Information on nutrition and HIV/AIDS; Food safety; Fun food games; Research abstracts; Home HIV testing; and Complementary therapies. Read information about the HIV ReSource Review newsletter too

[Inner Journey Health and Wellness](#) .. iridology and herbology

[Mexican Home Remedies](#) ... as a service to the community, KPIX television in San Francisco has added a Mexican home remedies bulletin board to its web site ... you may post your remedios caseros (home remedies) or read the contributions of other visitors, automatically

[Michael Moore's Homepage](#) ... by far the largest site of purely original herb and botanical medicine information on the entire web ... 95M of herb files ... over 1,100 plant photographs and illustrations ... ALL his teaching manuals, eclectic, naturopathic and thomsonian manuals, lab sheets, patient intake forms, etc. ... the complete revised Culbreth's Materia Medica ... 'Ellingwoods' Therapeutist', the electric publication from 1909 to 1916 on loan from the late library of Dr. John Bastyr

[Mind/Body Consulting Services](#)....The focus of our site is to provide as a public service information about various complementary healthcare practices and procedures as well as self-help materials related to work addiction.

[National Center for Complementary and Alternative Medicine](#)...A new Internet-based database offers access to more than 220,000 full-text articles, abstracts and references on complementary and alternative medicine.

[National Institute of Clinical Research](#) ... a physician owned and managed clinical research organization specializing in pharmacology & toxicology studies, stage I through IV clinical trials ... also offers Ph.D. level clinical data collection & data management and manuscript preparation

[Nat-Med Online](#)...We're an interactive physician's guide to clinical research that brings together the most respected names in the field of natural medicine. This site is a continuation of the *Natural Medicine Journal*, of which, I'm sure many of you are familiar. Natural Medicine Online was created due to the enormous popularity and convenience of the web, and requests from many of you. Now, all the breakthrough information you've come to expect is available at a keystroke!

[OneMedicine](#) is IntegrativMedicine's online area...IntegrativMedicine is an information services company, leading the emerging field of integrative medicine combining the best of alternative medical practices with conventional medicine for optimal healthcare. The company was founded in 1998, is a private, venture capital-backed organization and is based in Newton, Massachusetts.

[Sumeria](#) ... a collection of resources for exploring alternative ideas in health, science and spirituality



Alternative Health / Medicine - Veterinary

[AltVetMed -- Complementary and Alternative Veterinary Medicine](#) ... acupuncture, chiropractic, herbal medicine, homeopathy, nutritional therapy & other alternative modalities



Agriculture, Botany, Ethnobotany, Gardening, Growing, Horticulure

[Agricultural Research Service: Phytochemical & Ethnobotanical Databases](#)

[Agriculture and Agri-Food Canada](#) ... Canada's Ministry of Agriculture Home Pages

[AgWeb](#)....The ultimate agricultural research directory

[Algy's Herb Page](#) ... a classic herb site ... how to grow your own herbs ... culinary herbs ... recipe exchange ... oils, soaps, art, books, plants and seeds ... medicinal herbs ... seed exchange ... online herb discussion ... lore, crafts and ritual ... herb news

[American Indian Ethnobotany Database](#)

[Australian Gardening & Horticulture Correspondence Schools](#) ...

[Botresearch USA](#) - a botanical research organization specializing in the development of protocols for the micropropagation of herbs in the Lamiaceae/Labiatae family.

[Center for Economic Botany](#)

[Chile-Heads Home Page](#) ... almost everything you might want to know about chile peppers is here!

[City Farmer](#)...Urban Agricultural Notes

[Dr. GreenFingers](#)....This website is different to all other gardening sites. It is based on a hospital theme and is, informative, funny, fast loading and colorful. The site is made up of 'wards & departments'. In the operating theatre you can learn how to plant a tree, do tree surgery, divide plants and even transplants ! The site now includes some online video gardening tips for you to view.

[Dried Flowers Galore](#).... is a growing community of dried flower enthusiasts, from dried flower novice to dried flower expert, who are willing to share their dried flower experiences, knowledge and all their dried flower expertise

[Ethnobotanical Leaflets](#)...contains a web journal of current articles, book reviews, research notes, ethno news & happenings, Galleria Botanica, meetings, and information on careers and policy. The current issue contains eight articles, featuring such plants as barley, Brazil Nut, Ephedra, Ginkgo biloba, Cyperus papyrus, Reishii mushrooms and St. John's Wort. There is also an archive back to Fall 1997. Interesting reading. This is published irregularly by Southern Illinois University Carbondale, Don Ugent, Editor.

[EthnoMedicinals Home Page](#) ... a page dedicated to the transfer of information on the use of herbs and other natural products in biochemistry, pharmacology, and traditional medicine

[Farm to Garden Services](#)....From seed to supper, resources for the grower, educator and consumer

[Findhorn Foundation](#)...The Findhorn Foundation is at the heart of a constantly expanding and diversifying community, which consists of approximately 450 people in the local area, and thousands of friends and supporters from around the world. The role of the Foundation is to practise, teach and demonstrate the links between the

environmental, economic, social and spiritual aspects of life.

[Florida Wildflower Showcase](#) ... dedicated to wildflowers and the beauty that is found in nature

[Friends of the Trees Society](#) ... dedicated to doubling the world's forests ... this involves doubling the area covered by trees; doubling the number of trees; and, most importantly, doubling the weight of the world's forest biomass ... mission is to inspire, enable, educate, and assist people to live in harmony with forests and trees ... to publish positive visions of a sustainable world and strategies to get there ... there are solutions to world deforestation and the Society describes them through publications, courses and events ... operates at local, regional, national and international levels

[Garden Domain](#)...British gardening site

[The Garden Gate](#) ... offers gardeners and nature lovers links to useful and interesting sites around the world as well as a growing collection of original materials

[Garden Guides' Herb Guide](#) ... tips on growing a variety of herbs, medicinal and culinary uses of herbs, an herbal remedies guide and information on the use of herbs during pregnancy

[Garden Notes](#) ... for gardeners to talk to other gardeners, young and old

[GardenersNet](#)...a gardener's community

[Gardening Launch Pad](#)...This list is friendly to the Home Gardener. Make The Gardening Launch Pad your starting point for all your electronic gardening needs. Number of gardening links 4556, 95% of these links are content links not commercial links

[GardenSeek](#)...a comprehensive directory on gardening of all types

[Gothic Gardening](#) ... "A Garden of roses and ivy and posies. A brush of willow, and spiders, and omens. Venture outside and see what you'll find. If you dare."

[Green Web Gardening](#) ... a meeting place on the web for the sharing of ideas and knowledge on gardening from around the world

[Foraging.com](#)...Foraging and ethnobotany links page

[HortiPlex](#)... The HortiPlex database boasts having 93,000 records; 74,000 links; 50,000 taxa; 42,000 cultivars; 11,000 images/image links making it one of the most complete sites of its kind. The site is query-driven, returning information about species, genera, families and common names. Species records have links to the national-level databases, such as USDA's Plants site, EthnobotDB, and the TAMU-BWG Digital Library, to name a few resources. If you have registered, you may add your comments and/or images. HortPlex is on GardenWeb.

[iloveplants.com](#)...a down-to-earth, easy-to-use directory of over 5200 links in over 100 categories of plants and garden items

[Kudzu](#) - The Vine...Kudzu is perhaps one of the most terrifying success stories of introduced alien plants -- a veritable ecological epidemic in the southeastern US. Growing by up to a foot a day, it overtakes and covers canopies. Images of kudzu overtaking trees, equipment, houses, and even barns are dramatic evidence of the problem. A pretty plant, it has no known enemies in the US. Until a biocontrol is introduced, it will continue to spread. The shade it produces is dense enough to kill trees..

[MedPlant](#)...The Website allows you to: submit and view news, documents and links; link to other medicinal plant websites; work on documents with colleagues from around the world; and participate in discussion forums (online or using email only!). You can submit a resource in any language (although we appreciate an abstract in English!). We are very excited to present this resource to you and trust it will become a useful tool for you and other organizations working in the field of medicinal plants around the world.

[National Agricultural Library](#).....AGRICOLA (AGRICultural OnLine Access) is a bibliographic database of citations to the agricultural literature created by the National Agricultural Library (NAL) and its cooperators.

[National Herb Centre](#)...a plant centre and shop, herb display gardens, children's activity area, nature trail, licensed Bistro and Deli-Cafe

[Natural Life](#)...This page is dedicated to urban gardening. If you have a site concerning gardening, vermiculture, composting or seed exchanges

[Nature's Best Masked Flower Images](#)...Flower images for Photo Garden Design Programs and Web Use. Encyclopedia of Plans. Praying Mantis Information

[NeoFlora](#)...The world's largest plant data base...With over 38,000 entries, you'll find everything from trees to tropicals.

Can't find something you're looking for? Let us know and we'll add it. NeoFlora is so comprehensive, it can even provide you with information down to a ZIP code level. Also because other experts, like you, are constantly sharing their experience with us, our data continues to grow.

[North Carolina Cooperative Extension Service](#) ... Horticulture Information Leaflets -- Commercial Specialty Crops

[North Carolina State University](#) ... information on growing culinary and medicinal herbs ... includes pictures of herbs currently under study, calendar of events, and links to other relevant websites

[Northern Pond](#) ... a complete garden design service available, including CAD layout and digital photo-based pictorial representations of first, fifth and tenth year ideal growth patterns ... specialize in small private gardens, water features, and hardscape in stone and wood

[Ohio State University](#)

[Plant Facts...](#) This site features a "Factsheet Database" answering plant-related questions using data from 46 different universities and government institutions across the United States and Canada with over 20,000 pages of Extension fact sheets and bulletins. There is also a database of horticulture programs in 40 university departments across the United States with pages related to admissions, degree requirements, career opportunities, research projects, and online courses.

[Plant Genome Data and Information Center](#) ... The World Wide Web Agricultural Genome Information Server (AGIS) is a product of a cooperative effort between the Department of Plant Biology, University of Maryland, College Park, and the U.S. Department of Agriculture, National Agricultural Library's Genome Informatics Group (GIG) in Beltsville, Maryland, USA ... funding is provided through the USDA, National Genetic Resources Program ... this server consists of genome information for agriculturally important organisms ... at present, this encompasses mostly crop and livestock animal species ... however, since all genome information is potentially valuable to our users we have information related to non-commodity species as well ... also included are a number of databases that have related information, e.g. germplasm and plant gene nomenclature data

[Plant Pathology Internet Guide](#)...is a subject oriented internet resource guide for plant pathology, applied entomology, and all related fields. On these pages you will find plant pathology related internet sites and more useful resources.

[PlantStress.Com](#) is an informational site on the various stresses on plants, presenting news, announcements, events and white papers on various stresses, including drought, salinity, heat, cold, mineral deficiency and mineral toxicity. This is an encyclopedic site that is very well organized and amazingly complete; it approaches the level of a knowledge environment. This is highly recommended. PlantStress.Com was created by Dr. Abraham Blum, Scientist Emeritus of The Volcani Center, Agricultural Research Organization (ARO), Israel Ministry of Agriculture. The site supports MSIE only, with users informed that "Problems are expected with Netscape" (which accounts for ~30% of academic browsing).

[Purdue University New Crop Resource Online Program](#) ... profiles of new and specialty crops

[Raintree's Tropical Plant List](#)..

[R.E.A.P](#)...REAP International is a nonprofit organization involved in rural and youth activist development, homestays, tourism, volunteer programs, information transfers, internships and high school exchanges at Lake Baikal and Moscow, Russia.

[Sustainable Agriculture Databases...](#)

[Sustainable Agriculture Network \(SAN\)](#) ... the communications and outreach arm of the Sustainable Agriculture Research and Education (SARE) program ... SARE is a [U.S. Department of Agriculture](#)-funded initiative that sponsors competitive grants for sustainable agriculture research and education in a regional process nationwide ... SAN is dedicated to the exchange of scientific and practical information on sustainable agriculture systems using a variety of printed and electronic communications tools

[Texas A&M Herberia](#)

[UBCFarm](#)...to provide academic and practical leadership in the areas of agro-ecological design, community planning and development in a manner that benefits past, present and future community members, be they citizens, planners, designers, developers, managers, leaders, foresters or farmers.

[The Vetiver Network](#)

[Wealth of the Rainforest - Pharmacy to the World](#) ... this website will not only educate you about the problems but show you effective ways in which you as an individual can positively affect your life and health while positively affecting the rainforest

[Wild Flowers](#)



Aromatherapy

[C.A.R.E. -- College of Aromatherapy Reflexology & Eyediagnosis](#) ... operates a college and 3 clinics in Australia ... headed by Catherine Chan ND (known from Radio/TV and her success in treating patients from as far as Europe) ... her specialty is infertility ... visit their web site to request help with challenging conditions ... take advantage of the service and purchase recommended products locally ... care4u@ozemail.com.au

[The Fragrant Harvest](#) ... exploring India's aromatic traditions



Ayurvedic Medicine

[About Ayurveda](#) ... *Ayurveda* is a holistic healing science which comprises of two words, *Ayu* and *Veda* ... *Ayu* means life and *Veda* means knowledge or science ... so the literal meaning of the word *Ayurveda* is the science of life ... *Ayurveda* is a science dealing not only with treatment of some diseases but is a complete way of life



Bodycare

[Alternative Beauty](#)--Herb resources and recipes for herbal cosmetics, natural perfumes, beauty tips, remedies and culinary delights as well as herbal magic, herb legend and lore



Chinese Medicine

[The Chinese Medicine Sampler](#) ... if you'd like to learn more about Acupuncture or Traditional Chinese Herbal Medicine before spending money on an office visit, this site is for you ... here you can discover how Oriental Medicine applies to you personally and familiarize yourself with it's basic concepts ... they provide a mock diagnosis according to the principles of Traditional Chinese Medicine ... your intake form will be evaluated by a USA national board certified M.S. in Oriental Medicine ... there is also a Library which contains the information necessary to understanding the results ... after completing the process you will have much more information upon which to base your healthcare choices ... the library is free ... there is a \$15 fee for the mock diagnosis

[The Register of Chinese Herbal Medicine](#) was set up in 1987 to regulate the practice of Chinese Herbal Medicine (CHM) in the UK. We now represent over 350 fully qualified Chinese Herbalists. Along with the professional bodies of the other main alternative and complementary therapies of acupuncture and homeopathy we are working towards official recognition of all practitioners.

[Traditional Chinese Medicine](#)



CODEX

[CODEX Facts](#)

The CODEX Alimentarius Commission is an international committee created in 1961 by the World Health Organization of the United Nations. This site has a focus from the consumer point of view.



Entomology

[The Butterfly Web Site](#)



Environmental Medicine

[Environmental Medicine](#) ... the medical discipline which studies and assesses the effect of environmental factors upon individuals with particular emphasis on the effect of foods, chemicals, water, indoor and outdoor air quality at home, work or school ... it considers each patient as a unique individual exposed to a unique set of circumstances and needing an individualized therapy

Environment, Earth Stewardship

[Bioneers.org](#) offers solutions and strategies for restoring the Earth. Rich with articles, action initiatives, chat rooms, resources, and extensive green links. The Bioneers are visionaries who share innovative solutions including ecological farming, biodiversity, health and environment, plant medicine, cultural restoration, restorative development, and more. Members receive 10% discount on annual conference registration, workshops, sampler audiotape, free newsletter, and networking opportunities.

[Rainforestsite.com](#)...help save the world's imperiled rainforest habitat.

Health Care Resources

[American Cancer Society](#)

[American Heart Association](#)

[American Lung Association](#)

[Burzynski Research Institute](#) ... conducting clinical trials of antineoplastons in the treatment of cancer ... antineoplastons are non-toxic substances that have shown promise in the treatment of difficult brain cancers, low- and intermediate-grade non-hodgkins lymphoma, and many common solid cancers

[Centers for Disease Control & Prevention](#)

[The Healing Spectrum](#) ... a range of resources that support healing in all its aspects ... both Alternative and Allopathic Medicine are profiled, as well as other disciplines that can be used to promote healing

[Healthfinder](#)

[HealthGate](#)

[Healthwwwweb](#) ... internet Medical and Health Care resources

[Mayo Health O@sis](#)

[Mioti](#)...Our primary goal is to provide physicians, dentists and their staff with a reliable source to turn to when seeking medical resources on the Internet.

[National Institutes of Health](#)

[National Library of Medicine](#) ... access to Medline, the world's most extensive collection of published medical information, is now available to the public over the Internet courtesy of the National Library of Medicine ... includes recent and reliable medical information to better inform the public and aid doctors in treating patients ... use "PubMed" -- a search engine -- for finding your way among Medline's 9 million journal articles

[Passport to Health Directory](#) ... directory/search engine for health & fitness related links

[PharmWeb](#) ... information provided by international professional organisations for patients and health professionals

[Prevention](#)

Healthy Living


[American Dietetic Association](#)

[Better Bodz](#) ... where the science fiction of fitness and nutrition is replaced by honest, scientific fact

[Betty Crocker](#)

[FitnessLink](#) ... whether you're an exercise enthusiast, a fitness professional, or a "newbie" to fitness, FitnessLink provides the resources you need to get fit and stay fit

[Global Health & Fitness](#) ... on-line guide to healthy living and optimal fitness ... one of the most comprehensive health and fitness programs to be found anywhere

 [Global Nature Life](#) ... exploring lifestyles for a healthy life and death

[Health & Fitness Free Forum](#) ... free health and fitness offers ... also free health and fitness news and advice, where their content is 100% unduplicated and delivered fresh every weekday ... offers are updated monthly, so get them before they get away!!! ... only good to US and Canadian residents

[Health and Fitness Network](#) ... search engine with over 500 health, fitness, sports, nutrition URL's

[Health Education Alliance for Life and Longevity](#) ... alliance of resources to assist people in their quest for enhanced meaning, purpose, balance and well being in their personal and professional lives ... to educate and empower people with information and tools to create and maintain wellness ... and to present objective information needed to make informed health care choices and protect freedom of choice in medicine

[Health World On-line](#)

[Natural Land](#) ... one of the leading sites in natural living with thought provoking content, daily breaking news from around the globe, interactive discussion forums, and thousands of pages devoted to the exploration of health, gardening, cooking, nutrition, fitness, weight loss, healing, organic living, herbs, and more

[PagaNET](#)

[Parents Place](#)

[Parent Soup](#)

[School of Self Reliance](#)

[Shape Up America](#) ... great CYBERKitchen!

[Sherry's Creations](#) ... easy herbs, herbal soapmaking, health and herbs and healthy cooking

[The South African Natural Health Network](#) ... South Africa's on-line community for Natural Health ... this is the meeting place for all areas of Natural Health Care and Healing in South Africa ... a place to come together with each other ... a place to explore, discover and promote Well-Being and Healthy Ideas

[USDA Food & Nutrition Information Center](#)

[Joyce Vedra: Top Shape, Top Fitness](#) ... free monthly newsletter ... her evolving bio, videos, and books

[Veggies Unite](#)



Herbs, Herbalists

[American Herbal Pharmacopoeia](#)--The primary goal of the AHP is to produce authoritative herbal monographs containing accurate, critically reviewed information on botanicals which can provide guidance in the appropriate use of herbal therapeutics.

[Arcana Dragon's Lair](#) ... a herbal practitioner and author/translator of medical literature situated in Copenhagen, Denmark ... author of herbal monographies

[Botanical.com](#) ...Home page of "A Modern Herbal", A hyper-text version of A Modern Herbal, 1931, by Mrs. M. Grieve. Over 800 varieties of medicinal, culinary, and cosmetic herbs, including economic properties, cultivation and folk-lore.

[Curry Club](#)

[Healings From the Good Earth](#) ... by the 'Cheerokee Lady' -- Lelanie F. (Stone) Anderson ... this site contains Herbal Tidbits on the history and usage of Native American Medicinal herbs ... biopage on Lelanie ... and historic myths and legends in regards to Mother Nature and the Good Earth

[Henriette's Herbal Homepage](#)

[The Herb Garden](#) ... herbal information and links

[Herbage](#) ... the Herbage database was collected from books and online sources

[The Herbal Encyclopedia](#) ... properties and uses (both medicinal and magickal) of various healing herbs

[Herbal Hall](#)

[Herbal Information Center](#)

[Herbal Lore and Remedies](#) ... information provided to educate you and entertain you and open the door to a noble,

[user-friendly arena](#)

[Herbal Musings](#) ... a collection of herbal wisdom, folklore and other wise things

[Herbalgram](#)

[HerbalSpirit](#) ... a spiritual approach to herbology

[HerbMed](#)...an interactive, electronic herbal database that provides scientific and general information on the biochemical action of herbs. A project of the Alternative Medicine Foundation, Inc., HerbMed includes a searchable interface, as well as a manual option for browsing the HerbMed database by plant Genus. From [_Achillea_](#) (Yarrow) to [_Ziziphus_](#) (Jujube), the HerbMed database provides detailed information on each herb's biochemical action, the mechanism of action, and warnings for human health. Of special interest to researchers will be the hyperlinks to abstracts in PubMed (reviewed in the July 18, 1997 [_Scout Report_](#)), providing published evidence of the scientific information contained in this database.

[Herbs & Herbalism](#) - Healing with herbs. Healing is a place for all matters of healing, body, mind, and spirit.

[Herbs for Health](#) ... lots of herbal information

[HerbWeb](#) A searchable database of 28,000 herbal monographs, detailing indigenous uses of medicinal plants worldwide.

[Howie Brounstein's Home](#)

[The Hypericum & Depression Home Page](#) ... dedicated to St. John's Wort

[Kathie's Herb Page](#) ... the main goal of this page is to teach the novice herb gardener about the various uses of herbs

[KavaRoot.com](#) ... information about Kava Kava root, a great natural stress fighter

[Kombucha Home Page](#)

[Medicinal Herb Research](#) ... research on crop production, genetics, germplasm improvement, micropropagation, and protection of medicinal herbs carried out at the Southern Crop Protection and Food Research Centre (SCPFRC) of Agriculture and Agri-Food Canada

[Phytopharmacognosy](#) ... this web site has details of their international network of experts on medicinal and aromatic plants -- especially focusing on the scientific aspects of herbal medicines ... also includes the research activities, contract research and consultancy work of Dr John Wilkinson ... he is senior lecturer in phytochemistry and pharmacognosy on the herbal medicine BSc degree program at Middlesex University, and is head of the phytochemistry group, which specializes in herbal medicine research

[Quail Haven](#)



Holistic Medicine

[The Holistic Internet Community](#) ... HIC provides a place for everyone to exchange information and congregate to promote a healing understanding of our relationships to each other, the world and the cosmos ... a place for you to locate the resources and tools to live a balanced life, and to find support during the difficult times along the way

[Natural Healers](#)...an educational resource for people interested in studying the natural healing arts. If you are considering becoming a licensed massage therapist, naturopathic doctor, chiropractor, acupuncture physician, or other type of practitioner, you'll find NaturalHealers.com a great source for information on schools, programs, and certification and licensing requirements.



Homeopathic Medicine

[Homeopathy for Everyone](#)...we are providing lot's of information for the general public as well as for professional homeopaths. Some of the services we are providing are Discussion forums, chat rooms, expert medical opinion, monthly poll, email and personal messaging facility, education center, an international directory of homeopaths, web resource listings, seminar listings etc. This is an interactive platform where homeopaths and students of homeopathy can share their ideas and can also post their papers.

[Homeopathy Home Page](#) ... a central 'jumping-off' point and aims to provide links to every related resource available



Natural / Naturopathic Medicine

[Natural Medicine Online](#) ... an interactive physician's guide to clinical research that brings together the most respected names in the field of natural medicine ... this site is a continuation of the *Natural Medicine Journal*

[Natuodoc](#) ... this site could help you navigate through some strange subjects in Natural Medicine ... these might be ancient sciences, that many in our culture are recently aware of ... others might be so new they are just coming out from research laboratories

[Natuopathic Medicine Network](#) ... mission is to promote public awareness about Naturopathic Medicine; to promote and support Natural Health Care; to cooperate Naturopathic Medicine with other health professions; to integrate Naturopathic Medicine related information and references; to support communication between Naturopathic Physicians



Cooking/Nutrition

[Center for Food Safety and Nutrition](#)

[Gourmet Time...](#) dedicated to the cook who enjoys gourmet and specialty foods. This is your one stop site for recipes, coupons, gourmet food products, and difficult to find specialties.

[U.S. Food and Drug Administration \(FDA\)](#)



Spices



Tea

[Teatime](#) ... a new look at tea



Vinegar

[Vinegar Connoisseurs International](#) ... extensive collection of materials on vinegar ... vinegar recipes ... electron micro-graphs of bacteria which make vinegar ... copies of Pasteurs original writings and drawings on vinegar, in French ... copies of wood block prints from Japan ... paper made from vinegar



HerbHerb, Gardening & Health Related Lists

Aboutherbs ... A list focused more on growing and preserving herbs. Animal health and natural beauty are ontopic, as are herbs for health.

To subscribe: write to aboutherbs-subscribe@yahoogroups.com

Website found here: <http://groups.yahoo.com/group/aboutherbs/>

Aromatherapy ... send email to listserv@idma.com with message **subscribe aromatherapy** *Firstname Lastname*

Ayurveda ... a mailing list providing information about ayurveda, such as lectures, workshops, and stores that sell ayurvedic herbs ... to subscribe send an e-mail requesting a subscription to ayurveda-request@netcom.com

Chile-Heads ... send email to majordomo@globalgarden.com with message: **subscribe Chile-Heads** or for one mailing a day with all messages **subscribe Chile-Heads-Digest**

Chinese Herb and Health ... send email to Majordomo@geog1.hkbu.edu.hk with message: **subscribe herb emailaddress**

Chinese Qigong Medicine ... send email to listserv@listserv.arizona.edu with message: **sub UAQA** *Firstname Lastname*

Culinary / General ...To subscribe: write to herbs-l-request@orednet.org with only the following text: subscribe Slow

list currently

Curandismo....A group for the serious study of Mexican Curanderismo, for persons who believe themselves to be curanderos or curanderas, or who are interested in the topics of brujeria and curanderismo as practiced in Mexico, the Southwest part of the US, and Central America. <http://groups.yahoo.com/group/1curanderismo/>

Essentials List

The Essentials List:

to subscribe: write to essentials@nauresgift.com with just SUBSCRIBE in the subject line, and no text.

URL: <http://hometown.aol.com/aromavitae/>

Garden Web ... for the discussion of both the growing and the culinary uses of herbs

Gardens ... send email to listserv@lsv.uky.edu with message: **subscribe gardens** *Firstname Lastname*

Ginseng Growers ... send email to mailserv@cariboo.bc.ca with message: **subscribe panax** *Firstname Lastname*

HEAL-L ... send email to LISTSERV@MB.PROTREE.COM with message: **SUBSCRIBE HEAL-L** *Firstname Lastname*

HerbBusiness List: discussions on trends, searches for information, new products. Members of The Herb Growing & Marketing [Network](#) only.

Herb List ... To subscribe: go to the mailman site: <http://lists.ibiblio.org/mailman/listinfo/herb>

or write to herb-request@lists.ibiblio.org with only the following text:

subscribe

HerbInfo... To subscribe send email to: herbinfo-request@bolis.com In the body of the message type: subscribe

HerbMed ... send email to HerbMed-request@zz.com

Holistic Health ... send email to LISTSERV@SIU.EDU with message: **sub Holistic** *Firstname Lastname*

Holisticat ... A chatty list for the use of nutrition, herbs, homeopathy, acupuncture etc. as it relates to cats.

To subscribe: write to: majordomo@vlists.net with the text: subscribe holisticat

OR the text: subscribe holisticat-digest

The list FAQs, archived old posts, articles etc. are available here: <http://www.holisticat.com>

Holistic Bird... To subscribe: write to HolisticBird-subscribe@yahoogroups.com , URL:

<http://groups.yahoo.com/group/HolisticBird>

HolisticBird Newsletter <http://www.holisticbird.org>

HolisticBird Website <http://www.holisticbird.org>

Homeopathy List... To subscribe: write to homeopathy-request@lyghtforce.com with the subject: subscribe

The archives for this list and a FAQ on homeopathy are kept on

<http://www.homeopathyhome.com/web/descriptions/homlist.shtml>

Kombucha list ... To subscribe: write to kombucha-subscribe@topica.com

Website here: <http://www.topica.com/lists/kombucha/> and here: <http://w3.trib.com/~kombu/>

Market Farming: <http://lists.ibiblio.org/mailman/listinfo/marketfarming>

MARKET FARMING

<http://lists.ibiblio.org/pipermail/marketfarming>

MARKET FARMING Archives

<http://www.ibiblio.org/ecolandtech/ag-forum-archives.html>

Old MARKET FARMING Archives

Master Gardening ... send email to listserv@wsuvml.bitnet with message: **subscribe MGarden** *Firstname Lastname*

Medicinal ... to subscribe send email to majordomo@MyList.net with only the following text **subscribe herb**

Natural Feline Husbandry ... send email to nfh@ListService.net with message: **subscribe nfh**

Natural Health & Beauty ... a list for all aspects of natural and herbal cosmetics and remedies and sharing of recipes; traffic is light to medium ... to subscribe send email to majordomo@mint.net with the text **subscribe natural-list** ... leave the subject line blank ... a faq for the list exists at <http://www.geocities.com/HotSprings/Spa/3893>

OrMed Mailing List -- Oriental Medicine ... send email to listserv@bkhouse.cts.com with message: **SUBSCRIBE emailaddress OrMed**

Paracelsus ... Subscription is limited to practitioners, educators, researchers and students in alternative and conventional medical fields. General information about the mailing list is at:

<http://lists.ibiblio.org/mailman/listinfo/paracelsus>

There you can also subscribe, unsubscribe, or change your options

(eg, switch to or from digest mode, change your password, have the program send you your password, etc.). To sub, unsub etc, write to paracelsus-request@lists.ibiblio.org

Permaculture: <http://lists.ibiblio.org/mailman/listinfo/permaculture>

PERMACULTURE

<http://lists.ibiblio.org/pipermail/permaculture>

PERMACULTURE Archives

<http://franklin.oit.unc.edu/cgi-bin/lyris.pl?visit=permaculture>

Old PERMACULTURE Archives

Plant Taxonomy ... send email to mailbase@mailbase.ac.uk with message: **subscribe Plant Taxonomy** *Firstname Lastname*

Purdue University New Crop List ... send email to LISTSERV@VN.CC.PURDUE.EDU with message: **SUBSCRIBE NEWCROPS** *emailaddress*

Seed Savers: <http://lists.ibiblio.org/mailman/listinfo/seedsavers>

SEEDSAVERS

<http://lists.ibiblio.org/pipermail/seedsavers>

SEEDSAVERS Archives

Soapmaking ... send email to majordomo@sojourn.com with message: **subscribe soap** *emailaddress*
...WARNING -- this list generates a ton of mail but you'll learn everything there is about soapmaking

Tea ... send email to teatime-list-request@teatime.com with message: **SUBSCRIBE**

Toiletries ... A list for various aspects of making your own lotions, cremes, soaps, personal care products, and related subjects.

To subscribe: write to: 1Toiletries-subscribe@yahoogroups.com , URL: <http://groups.yahoo.com/group/1Toiletries/>

The Library is at The Library: <http://www.luxurylane.com/thelibrary/index.htm>

UK Herb List... The ukherbal -list for practitioners in Europe is closed, low on volume and high on quality. If you wish to join, and are a practitioner in Europe, send an email with your resume to gcwhite@ntlworld.com .

WildForager...To subscribe: write to WildForager-subscribe@yahoogroups.com

Website found here: <http://groups.yahoo.com/group/WildForager/> and here: <http://www.ediblewild.com>

Wellpet ... A list for a holistic approach to animal health.

To subscribe: write to: majordomo@imagicomm.com with the text: sub wellpet

Webpage: <http://www.listservice.net/wellpet/>

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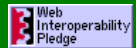


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no animals
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To be included in HerbNET's Practitioner Section, send your information to webmaster@herbnet.com. Members of HGMM can have indepth listings. All others limited to modalities practiced.

Entries beginning with **NEW** were posted or updated within the last 30 days

We like to think that members of The Herb Growing and Marketing Network are professionals and we urge you to support them. That's why we indicate them by a

Alabama

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Alaska

Pamela D. Price, Ph.D.L.Ac, Dipl.Ac., Acupuncture Clinic of Homer, 1213 Ocean Drive, Suite 1, P.O. Box 3358, Homer, Alaska 99603; Clinic phone: 907-235-1380 Business office: 235-7695 Fax: 235-2822; needledoc@acupuncture.com

Michael Wedge, M.Ac.O.M., L.Ac., DCH, Alaska Center for Traditional Medicine, 808 S. Bailey Suite 103, Palmer AK 99645, 907-745-7928; Fax 907-745-7656; email actm@acupuncture.com
Modalities: Acupuncture, herbal and nutritional medicine

Seward Accupuncture Center, Ramon Gonzalez Jr., PO Box 1271, Seward, AK 99664; 907-224-8777; email: total_health@hotmail.com

Sharon's Herb & Berry Nursery, Sharon Kezer-Donaldson, PO Box 747, Delta Junction, AK 99737; Location: Hammond Rd., mi 1419 ½ AK Hwy. B.S. in Nursing and herbalist with special interest in Alaska's wild medicinals.

[Top](#)

Arizona

Catherine Hemenway, Dipl.Ac., Saguaro Clinic of Oriental Medicine, 1640 N. Country Club, Tucson, AZ; (520) 319-9711; email: chemenway@bigplanet.com Acupuncture and Chinese Herbs

Jenny McFeely, MNIMH, AHG, 4702 E. Beverly Lane, Phoenix, AZ 85032; Tel: 602 953 0292; email: jennyherbs@aol.com

Martha Moore, AHG, 995 East Baseline Rd. #1122, Tempe, AZ 85283 602-730-4096

One With Nature, Tami Karnes, PO Box 1724, Sedona, AZ 86339-1724; email: nature@sedona.net. Certified herbalist

Reevis Mountain School, Peter Bigfoot, HC02 Box 1534, Roosevelt, AZ 85545; 520-467-2675; URL: <http://www.reevismountain.org>
Jin Shin Jiutsu

[Top](#)

Arkansas

Einert, N.D., James, 803 N. 9th St., Ft. Smith, AR 72901; 501-785-2422; email: jeinert@cswnet.com Naturopathic Doctor located in the Arklaoma Healing Arts Alliance Alternative Health Care Center.



California

Accupresure Plus, Bruce Youngberg HHP, OBT, Herbalist, 12020 Via Felicia, El Cajon, CA 92019; 619-670-3184; email: tcm@cari.net.
Evaluation techniques: Traditional Chinese Medicine (TCM), Ayurvedic medicine, advanced western technologies. Treatment modalities: acupresure, Shiatsu massage, Bilateral equalization, Electrostim, Magnetic therapy, Myofacial release, Deep tissue, Proprioceptive neuromuscular facilitation (PNF), Emotional replacement, Dietary supplements, Lifestyle and Diet modification.

Martha Benedict, LAc, OMD, AHG, 2 Hollins Dr., Santa Cruz, CA 95060; 408-425-5977; email: benedict@klemp.com

Biotherapy, Inc., 2215 Post Street, Suite 1, San Francisco, CA, 94115
Phone: (415)409-3939; Fax: (415)409-3909; E-mail: melamed@biotherapy-clinic.com
Website: <http://www.biotherapy-clinic.com> Modalities: Colon Hydrotherapy, Acupuncture, Herbs, Holistic Medicine, Body-Mind Connection, Magnet Therapy, Friendly Flora Restoration, Healing Foods Consultations

Candis Cantin-Packard, AHG P.O. Box 1445, Placerville, CA 95667 530-626-9288; email: evrgreen@innercite.com

Amanda McQuade Crawford, MNIMH, AHG, P.O. Box 66, Ojai, CA 93024 805-646-6699

Michael Dorris, 1239 Center Ave. #9, Oceanside, Ca 92054-3281; 760 754 2693; micdor@mindspring.com Master Clinical Herbalist, Clinical Nutritionist; Aromatherapist

Robert Dreyfuss, OMD, LAc, AHG, 267 Arlington Ave. Ste. D, Kensington, CA 94707 510-528-0132

● **Earth's Blessings Apothecary**, Regina Serra, 617 Edith Way, Long Beach, California 90807; Natural Health Consulting & Apothecary, Certified Herbalist, (Member of American Herbalist Guild), Specializing in Natural Environmental & Chemical Detoxification, Advanced Nutrition, Western, Indian, Chinese Herbalism (with an emphasis in German approved herbs). The Apothecary is now accepting new patients. Call or E-mail to be sent a brochure/health evaluation form. Clinic phone-(562-427-1480).
E-mail-Regina.earthsblessings@verizon.net

Pamela Fischer, Ohlone Center for Herbal Studies, 924 San Miguel Rd., Concord, CA 94518. (925) 691-4756; email: pamela@dnai.com. well being consultation, classes and lectures .

Nan Kathryn Fuchs, PhD, PO Box 1365, Sebastopol, CA 95473. email: NanFuchs@aol.com PhD in nutrition. Use diet, supplements, herbs & homeopathics.

Andrew Gaeddert, AHG, 8001 Capwell Dr. #A, Oakland, CA 94621 510-635-9778; email: gwclinic@aol.com

Leslie Gardner, AHG 1764 Cooper Rd., Sebastopol, CA 95472 707-887-7457; email: organic@metro.net

Pamela Grant, L.Ac., 1354 San Rafael Ave., Santa Barbara, CA 93109; 805-957-1773; email: pgrant117@cox.net Gentle acupuncture, Western and Chinese herbs. NAET food/environmental allergy elimination technique

James Green, AHG, P.O. Box 39, Forestville, CA 95436 707-579-9748

Richard Grossman, L.Ac., O.M.D., Ph.D., 1411 5th Street, Suite 405, Santa Monica, CA 90401
(310) 458-0400, URL: <http://acudoc.com> mail to: acudoc@acudoc.com

Diane A Hall, L.Ac., 28 Monarch Bay Plaza, Suite L, Monarch Beach, CA 92629; 949-489-3733; fax 949-489-4157; email: drhall@qimover.com URL: <http://www.qimover.com>; Diplomate in Acupuncture & Chinese Herbology (NCCAOM), Licensed Acupuncturist - State of California; Specializing in Pediatric Acupuncture

Christopher Hobbs, LAc, AHG 4680 Smith Grade, Santa Cruz, CA 95060 831-427-1017

David Hoffmann, MNIMH, AHG, 2068 Ludwig Rd., Santa Rosa, CA 95407 707-525-9772; email: daveh@nbn.com

Lois Johnson, MD, AHG, 100 Pleasant Hill Ave., Sebastopol, CA 95472 707-829-8750

Efrem Korngold, OMD, L.Ac., AHG, 1201 Noe St., San Francisco, CA 94144 415-285-0931

Darlena L'Orange-Theocharides, AHG 4604 Fairway Dr., Soquel, CA 95073 408-477-0199; email: dlaorange@Hotmail.com

Pool Ridge Herbals, Donna Klauenburch, PO Box 526, Guerneville, CA 95446; 707-632-6003 phone/FAX; email: poolridg@wco.com
Certified nutritional consultant; clinical herbalist.

Elizabeth Riedel, AHG, P.O. Box 1612, Forestville, CA 95436 707-887-7088; email: Beth@TRR.metro.net

Rose, Luna, 1666 Independence Way, Vista, CA 92084; 619-724-6590. Teacher and herbalist.

Santa Monica Wellness Center, Dr. Patricia Fitzgerald, 1137 2nd St #116, Santa Monica, CA 90403; 310-451-7170; FAX: 310-451-4044; email: drpatricia@aol.com preventive/holistic medicine -- wellness education/seminars -- acupuncture -- acupresure -- massage therapy -- nutrition -- homeopathy -- cleansing/detoxification -- herbal medicine -- aromatherapy - naturopathy - meditation classes - stress management - herb walks

Adam Seller, Pacific School of Herbal Medicine PO Box 3151, Oakland CA 94609 (510) 845-4028 www.pshm.org Modalities: clinical Western herbalism specializing in constitutional treatment for acute, chronic and critical issues, wellness care, client advocacy. house calls and hospital calls on request

Lesley Tierra, AHG, 912 Center St., Santa Cruz, CA 95060 408-429-8066; email: ltierra@planetherbs.com

Michael Tierra, OMD, L.Ac., AHG, 912 Center St., Santa Cruz, CA 95060 408-336-8141; email: mtierra@scrznet.com

Dr. Tim Tupper, 1911-D De la Vina, Santa Barbara, CA 93101; 805-687-7733; email: tupper@earthlink.net
Ayurvedic Practitioner; Chinese Herbalist with 25 years experience; Doctor of Chiropractic; Flower Essences; Nutritional Consultations

Roy Thomas Upton, AHG 3051 Brown's Lane, Soquel, CA 95073 408-461-6317; email: herbal@get.net

Vision Works, Inc......Alternative holistic vision care: Our mission is to protect and save vision with strategies based on peer review studies & professional & patient experiences. Eye health depends on the well-being of the entire body, therefore, we offer lifestyle, diet, prevention & nutritional recommendations.

Bruce Youngberg HHP*, OBT, Herbalist**, 12020 Via Felicia, El Cajon, Ca. 92019; (619)670-4184; Fax: (619) 670-7445; Email: bruce@carinet.net Holistic Health Practitioner, Oriental Bodywork Therapist (AOBTA certified Practitioner); Evaluation - Traditional Chinese Medicine (TCM), Ayurvedic and Western; Modalities - Acupressure, Shiatsu, Cranial Sacral, PNF, Magnetic, Electrostim, Emotional Replacement, etc. Herbs, Supplements and Homeopathy.



Colorado

● **Valerie Blankenship**, Certified Herbalist and Iridologist with nine years experience in the herbal field. I have an active clinical practice specializing in asthma, food and seasonal allergies, digestive, cardiovascular, and female health issues, although I work with a very diverse population. Phone consultations are available. The clinic office is located in our herb shop and dispensary located at 406-B South 8th Street, Colorado Springs, Colorado 80905. We are currently accepting new clients on Tuesdays, Wednesdays and Saturdays. Office and herb store telephone: 719/473-9702. Office fax: 719/473-8873. Call for appointments.

● **Susan Evans, Certified Clinical Herbalist**, PO Box 801, Indian Hills, CO 80454; 303-697-6060; FAX: 303-697-5657; email: chrysalisherbs@aol.com Has been working with plants for over 18 years. She specializes in wellness consultations, which include a review of diet, lifestyle, and health concerns. After assessing clients needs, an individualized, easy to follow, written program is created to achieve optimal health.

Herb walks, both group and private, are offered to explore the medicine and magic of local edible and medicinal plants. Women's Comfort Retreats feature weekend experiences of gourmet food, fascinating classes, and comfortable accommodations in stunning mountain settings. Classes are offered year round in herbal medicine, gardening, and crafts, enabling the student to connect with the many uses of local wild plants. Quarterly free newsletter is available. Susan's office is located at The Living and Healing Arts Center on Lookout Mountain in Golden, Colorado. Call 303-697-6060

Brigitte Mars, AHG, 1919D 19th St., Boulder, CO 80302 303-442-4967; email: brigitte@indra.com

Gentle Strength Healing Center, Sharon Schulman, BS, TRM, PPHA, Wellness Councilor. Educating clients to take an active role in their own healing process. PO Box 25764 Colorado Springs, CO 80936; email: gentlestrength@my.coloradosprings.com on going classes in all areas of herbal wisdoms and Reiki certification classes. Accepting New clients... am willing to travel some for classes.

Mountain Wisdom Herbals, Abby Schreiber, PO Box 802, Mancos, CO 81326; 303-533-7156. Clinical herbalist with a small retail store.

Debra Jeane St. Claire, AHG 44 Rim Rd., Boulder, CO 80302

Rev. Dr. Lisa Waltz, ND, DD, Natural Wellness Center, P.O. Box 368, Delta, CO 81416
970-874-0778; waltzark@wic.net ; <http://www.wic.net/waltzark/herbenc.htm>
Nationally Certified naturopathic doctor, member of ANMA



Connecticut

Dawyn Cloud-Alter, B.S., M.S.M.F.T., C.F.T., Family herbalist, Sandy Hook; 203-426-8333; www.alternativeherbs.biz

● **Elementals, Ltd.**, Pam Leahy, Herbalist, 45 Nod Road, Ridgefield, CT 06877-5910; 203-438-1848; FAX: 203-438-1197. Elementals Herbs is a community resource for herbal remedies, Chinese master formulas, and workshops. Private consultations in traditional Chinese herbology.

Herb Shop LLC, Cynthia Achten, 11 Beaches Lane, Woodstock, CT 06281; 860-963-2247. Licensed psychotherapist, certified herbalist; apprenticeship program, workshops, yoga, Reiki, Fun Form Tai Chi, wellness consultations by appointment.

Barry Sherr, AHG 12 Rock Cut Rd., Bridgewater, CT 06752 203-792-8952

Donald R. Yance, Jr., AHG 75 Main Street, Norwalk, CT 06851 203-849-8522

Eugene Zampieron, ND, AHG 413 Grassy Hill Rd., Woodbury, CT 06798 203-598-0400; email: naturalalt@juno.com



Delaware

Chrysalis Natural Medicine Center, 1008 Milltown Rd., Wilmington, DE 19808; 302-994-0565; FAX: 302-995-0653; email: AlanT3@aol.com We are the largest holistic health center in Delaware, with two MDs, a Chinese herbalist/acupuncturist, a medical herbalist, Ayurvedic herbalist and a small pharmacy of herbs with over 1000 tinctures and powdered extracts from which we make formulas for patients.



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District of Columbia



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Florida

The Herb Emporium & Learning Center 1306 Dyer Blvd., Kissimmee, FL 34741
(407) 933-2882; Rhonda Marr, Herbalist & Aromatherapist; email camel@kua.net

Robert Morse, ND, God's Herbs, 16101 Camas Ave., Port Charlotte, FL 33954; 941-766-8068; FAX: 941-766-8056; email: robertmorsend@aol.com URL: <http://www.godsherbs.com> ND, S.Sc, I.D., MH

Ronald Steriti, NMD, PhD, 55 1st Ave North, Naples, FL 34102; 941-659-2684; ron@naturdoctor.com Naturopathic Medical Doctor, Clinical Nutrition, Classical Homoeopathy, Botanical Medicine

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Georgia

Jamaican Herbalist, V. Paul, ND, 3240-F Peach Orchard Rd. Augusta, GA 30906; 706-796-2913; email: jamaicanherbalist@email.msn.com Naturopathy Practitioner, Specializing in female conditions, System Cleansing and much more.

Susan W. Kramer, PhD, AHG, 1340 Woodland Hills Dr. NE, Atlanta, GA 30324 404-248-1684; email: skramer@earthways.com

Li Liu, O.M.D., L.Ac., Dipl.Ac., American Alternative Healthcare, 2931-A N. Druid Hills Rd., Atlanta, GA 30346; Tel: (770)522-9714; email: driliu@yahoo.com

BotanLogos, Patricia Kyritsi Howell,AHG, PO Box W, Mountain City GA 30562; 706-746-5485; Pkh@botanologos.com;

Noah's Apothecary, B Dawson, 921 Hidden Branches Trail, Canton, GA 30115; 770-479-4993; email: noahsapothecary@mindspring.com Animal herbalist



Top

Hawaii

Joy Gardner-Gordon, AHG, P.O. Box 730, Kapaau, HI 96755 800-619-6199; email: vibes@aloha.net

Sammye Lamb, Master Herbalist, Iridology. Big Island of Hawaii. HC 3 Box 13557, Kea'au, HI 96749. 808-966-8005.

David Bruce Leonard, L.Ac., Medicine at your Feet 'Awapuhi Health Sanctuary, PO Box 1332, Kapa'au HI 96755-1332; 808-889-6886; email: drkitsch@maui.net; URL: <http://www.medicineatyourfeet.com> <http://www.awapuhihealth.com> I practice and teach Chinese and Hawaiian herbal medicine and head the Department of Herbal Studies at the Traditional Chinese Medical College of Hawai'i.



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Idaho

Two Ravens Herbals, Meryl Kastin Flocchini, Rt 1 Box 172, Kooskia, ID 83539; 208-926-7833; email: tworavens@cybrquest.com
URL: <http://www.tworavensherbals.com> Licensed clinical herbalist

Linda Kingsbury, Ph.D. Earth Wisdom Herbals, 106 East Third St. #3, Moscow, Idaho 83843. 208-883-5370 email: drindak@earthlink.net, Herbal Nutritional Specialist and Women's Wellness Consultant. <http://www.spiritherbs.com>



Illinois

Dr. Charles E. Greer, D.N. (Doctor of Naprapathy) 3045 W 63rd St and 5056 North Western Ave., Chicago, IL 733-339-2120; email: cgreer@thorek.org. Naprapath, Professional Health Sport/Bioenergetics Pain Management, diet and nutrition, botanical and nutritional formulas for diabetics.

Zhengang Guo, Nature's Health, Life Rising, 2131 S. ARcher Ave. Ste A, Chicago, IL 60616; 312-842-2776; FAX: 312-842-1553; toll-free: 888-282-8862; TCM Practioner, O.M.D.

Frank Yurasek, AHG, 8 S. Michigan Ave. Ste. 1418, Chicago, IL 60603 312-456-3000; email: m3med@aol.com



Indiana



Iowa

Kansas



Kentucky

Andrew Bentley, Herbalist. 3533a Lansdowne drive, Lexington KY 40517. Bentley@consultant.com Voice/Fax:1-877-379-0202 ext509.



Louisiana

Phillips, Roxann, Ancient Earth Wisdom, 14189 Ridge Rd., Prairieville, LA 70769; 225-744-4637; email: roxann@ancienteearthwisdom.com URL: <http://www.ancienteearthwisdom.com> Traditional herbalist trained at the Southeast School of Botanic Medicine



Maine



Maryland

Alternative Medicine Information Center, Dr. William John Alloway, D.C., 6408 82nd Place, Cabin John, MD 20848; 301-320-9700; FAX: 301-320-9780; 800-872-6535; specializing in Chiropractic; physical therapy; nutrition; herbalism; homeopathy; aromatherapy; exercise regimens; electronic acupuncture; and shamanic counseling. AMIC offers: individual consultations for the patient interested in a full spectrum program of Alternative Medicine options for almost any disease; a diversely based wellness program emphasizing nutrition, herbalism, homeopathy, aromatherapy, and exercise in either an individualized home study tutorial or small class format; classes for either professionals or lay persons in alternative medicine subjects emphasizing practical skills for self-care or the care of others.

Cain, Herbalist, Mary, PO Box 38392, Baltimore, MD 21231-8392; 410-342-2746.

Mary L. Conley, M.S., N.D., Herbalist, The Conley Farm, 12400 Old Columbia Pike, Silver Spring, Md. 20904; (301) 622-0146; email: Herbgrow30@aol.com Organic grower of medicinal herbs. Teaches online classes; practices herbalism and vitamin and nutritional counseling; also uses flower essences. Makes own tinctures, teas, creams and can do special formulations. Has pharmacy background. Will do phone consultations and online consultations. Call for fee and appointment.

Georges-Louis Friedli, PhD, Ct.H, RH 17626 Towne Crest Drive, Gaithersburg, MD 20877
Tel: (301) 216-1366; Cell phone: (240) 441-5264; georges-louis@friedli.com <http://www.friedli.com>
Holistic Practitioner, Herbalist, Hypnotherapist and Scientist. Treats patients using herbs and hypnotherapy.

Smile Herb Shop, Tom Wolfe, 4908 Berwyn Rd., College Park, MD 20740; 301-474-4288; FAX: 301-441-3734; email: alastor@erols.com
URL: <http://www.smileherb.com> Retail herb shop. Classes/workshops. Herbalist AHG



Massachusetts

Naomi Alison, LAc, Box 363, South Lee, MA 01260; 413-243-8255; email: Nalson@vgernet.net Certified to practice acupuncture and Chinese herbalism. I have worked with and taught about local and European herbs for over 20 years. I formulate for the individual and also have some herbal teas that I have found to be helpful, in stock. I have a special interest in the Chinese herb plants.

Margi Flint, AHG 10 Central St., Marblehead, MA 01945 617-631-4312

Kathleen Horak, 24 Lexington St, Wilmington, MA 01887; 781-956-3259; email: Knewlited@aol.com Usui trained Reiki Master/Teacher, Essene Healing Master

Ellen Evert Hopman, AHG P.O. Box 219, Amherst, MA 01004 413-323-4494

Mary D'Alba Walsh, 60 Grover Street, Everett, MA 02149, 617-389-8945, Email: Spiritualitygirl@aol.com Reiki Master



Michigan

Margaret King, 18473 Monica, Detroit, MI 48221; 313-342-1243. Herbalist.

Natural Balance, Lauren Geupel, 125 College Ave SE #3, Grand Rapids, MI 49503; 616-235-9733. Health & Lifestyle Consultant, certified herbalist.

Ryan, AHG, N.H.P., Linda 463 Joslyn Rd., Lake Orion, MI 48362; 248-693-2633; FAX: 248-693-6357; email: botanipath@prodigy.net
Naturopath Herbalist. Personalized Consultations



Minnesota

Present Moment Herbs & Books, 3546 Grand Ave. S., Minneapolis, MN 55408; 612-824-3157; FAX: 612-824-2031; 800-378-3245; email: herbshop@presentmoment.com; <http://www.presentmoment.com> Trained practitioners on staff include Andrew Lucking, ND (graduate of The John Bastyr School of Naturopathic Medicine) and Amrit Devgun, N.D.

Matthew Alfs, MH, AHG, PO Box 120342, New Brighton, MN 55112, email: mhmynn@aol.com; URL: <http://hometown.aol.com/mhmynn/myhomepage/profile.html> Herbal educator and practitioner

Mike W. Bowser, MTOM, L. Ac., Dipl. Ac., HHP. Office located at 631- S Cleveland Ave Ste #1, St Paul, MN 55116; Clinic: 651-698-3020, Msg: 612-721-6052; email: akucare@aol.com Modalities: Acupuncture, herbs, diet and massage therapy for pain relief, digestive problems, injury management, menstrual difficulties, energy and life enhancement.

Steven Sonmore, L.Ac., OBT, 5841 Pleasant Ave. S., Minneapolis, MN 55419; 612-866-4000; Complete Oriental Medical Care; <http://www.orientalmedcare.com/> email: info@orientalmedcare.com modalities: Acupuncture, Chinese herbology, Shiatsu

Matthew Wood, AHG, 6001 Sunnyfield Rd., Minnetrista, MN 55364 612-472-8057; Greenmedic@aol.com



Missouri



Mississippi

Amelia Plant, 1001 E Beach Blvd, Pass Christian, MS 39571; 228-452-5664; email: plantdeva@goldinc.com Clinical Master Herbalist. Consultations in person or by phone.

Gail Doorenbos, La Boheme, 20 CR 324, South End Lamar, Oxford, MS 38655; 662-234-7751; email: laboheme@watervalley.net.
Massage; Reiki; Aromatherapy; Herbalist; Cosmetology; Myofacial



Montana

Robyn Klein, AHG, 6101 Shadow Circle Dr., Bozeman, MT 59715 406-585-8006 ; email: rklein@alpinet.net

Sunny Pendleton Mavor, AHG, 151 Evergreen, Bozeman, MT 59715 406-587-0180; email: sunny@herbsforkids.com



Nevada

Tom Stewart, AHG P.O. Box 12882, Reno, NV 89510 702-786-8814; email: Taraxatom@aol.com

Nebraska



New Hampshire

Bevin Clare, PO Box 1041, Portsmouth, NH 03802-1041; 603-431-0366; email: bevin@ambrosiabotanica.org URL: <http://www.ambrosiabotanica.org> Herbalist. Teacher of classes in plant identification, women's health, introductory and intermediate herbalism.

Robin Langer, R.Ph., Snowbound Herbals, 9 Woodland Drive, Londonderry, NH 03053, 603-880-0911; email: robin@sbherbals.com , student member of AHG

Nancy Phillips, Heartsong Farm Healing Herbs, RFD 1 Box 275, Groveton, NH 03582; (603) 636-2286; email: nancy@herbsandapples.com URL: <http://www.HerbsAndApples.com>



New Jersey

Adams, Kerry H., Herbally Yours Inc., PO Box 26, Changewater, NJ 07831; 908-689-6140 Massage-Swedish/Shiatsu

Bellisfield, Dale, RN, 7 Ballard Place, Fair Lawn, NJ 07410; 201-797-2583. Clinical herbalist. Herbal consultation & education.

Hnizdo, Mercedes, Aromatherapy Unlimited, , 3108 Route 10 West, Denville, NJ 07834; 973-989-1999; FAX: 973-989-0770; essence@aromatherapy4u.com <http://www.aromatherapy4u.com>. Clinical aromatherapist

Iuppo, Vincent, Aromatherapy Unlimited, , 3108 Route 10 West, Denville, NJ 07834; 973-989-1999; FAX: 973-989-0770; essence@aromatherapy4u.com <http://www.aromatherapy4u.com>. Clinical aromatherapist

O'Hagan, Jennifer, Woodland Naturals Inc., 206 Kerry Corner Rd., Blairstown, NJ 07825; 908-362-6133; email: ohagan@accessgate.net Clinical Herbalist.

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● **Winston, David**, PO Box 553, Broadway, NJ 08808; 908-689-9020; FAX: 908-689-9070. Herbalist AHG; Speaker; Classes/workshops; apprenticeship program



New Mexico

Avala Mesa Miracles, Lucy McCall, PO Box 472, Ranchos de Taos, NM 87557; 505-758-1051. Herbalist, astrologer, teacher, massage

Desert Bloom Herbs/Freedom Herbs, Richard McDonald, 506 N. Bullard, Silver City, NM 88061; 505-388-3542. Clinical herbalist

● **Evergreen Herbal Market**, Cecil & Diana Roach, 1520-B Deborah Rd., Rio Rancho, NM 87124; 505-892-5243; FAX: 505-892-4460; 888-892-5244; email: roach@flashnet.com Clinical herbalist



New York

Creation's Garden, Karen Vaughan, 253 Garfield Place, Brooklyn, NY 11215; 718-622-6755; email: creationsgarden@juno.com Karen Vaughan is a consulting herbalist and herbal educator

● **Elemental Herbs**, Pam Leahy, 45 Nod Road, Ridgefield, CT 06877-5810; 203-438-1848; FAX: 203-438-1197; email: elementalz@aol.com URL: www.elementalsherbs.com Elementals Herbs is a community resource for customized her formulas including medicinal herb teas that are available at retail stores in NY, MA and Ct. Pam Leahy, owner, is a medical herbalist and maintains a clinical practice in classical Chinese herbology and nutrition at The Health Living Center in Norwalk, CT. Pam lectures in the tri-state area at colleges, health care institutions and for Oxford Health Insurance Company in NYC. She is a primary instructor in a one year certification program for health care practitioners in Chinese herbology offered at Norwalk Community College. **WHOLESALE** custom herb formulas for health-care practitioners. Retail catalogue of organic and wildcrafted teas and cooking spices is available.

Northeast School of Botanical Medicine, 7Song, PO Box 6626, Ithaca, NY 14851-6626; 607-564-1023.

Pat O'Brien, CAY, CCH, AADP, AHG, (607) 478-5288 www.realnaturalmedicine.com 3 Fairview Ave., Buffalo, NY 14218

H S Puri, PhD, 324 Blacksmith Road, Levittown, NY 11756; 516-796-4865; herbaindica@hotmail.com URL: www.herbaindica.com I am an Ayurvedic consultant, formerly of Central Council for Research in Ayurveda and Siddha, Ministry of Health, Government of India, having thirty years experience in Ayurvedic herbs.

● **Jackie Storm**, 9819 64 Ave. #4D, Rego Park, NY 11374; 212-581-6241; email: jackiestorm@jackiestorm.com URL: <http://www.jackiestorm.com> My name is Jackie Storm and I'm a Nutritionist. I teach people about nutrition, health, and stress management, and help them make lifestyle changes so they can enjoy optimum health and energy.

Susan Stratton, Licensed Massage and Aromatherapy, 360 Ninth St., Brooklyn, NY 11215; (718) 832-2030; email: susanbkin@aol.com . Massage Therapy, Aromatherapy Consultations; Custom Blended Aromatic Products, Certified Prenatal Massage, 14 years experience

● **Susun S. Weed**: Wise Woman Center PO Box 64, Woodstock, NY 12498 Email: susunweed@hvc.rr.com Website: www.susunweed.com Susun Weed is the voice of the oldest healing wisdom on the planet - the Wise Woman Way. She began her study of herbal medicine in 1965 and has personally trained hundreds of apprentices, green witches and correspondence students. Ms. Weed lectures internationally and is the author of five best-selling books. Visit her website for herbal medicine articles, a woman's health forum, hundreds of quality links, correspondence courses, workshop descriptions, and a complete schedule of events.



North Carolina

Cat Finks, L.Ac., Certified Clinical Herbalist; Community Acupuncture Clinic, 382 Montford Avenue, Asheville, NC 28801; (828) 777-1128; e-mail: communityacupuncture@yahoo.com ; URL: <http://www.communityacupuncture.com> . Modalities: Western Herbal Medicine; Acupuncture; Traditional Chinese Medicine; Flower Essences.

Kesler, Rita, 10504 Parsley Ct., Raleigh, NC 27614-9670; 919-676-1615; email: tkesler@mindspring.com Plant Spirit Medicine practitioner available for individual consultation and treatment. Working with the laws of nature and classical five element acupuncture philosophies to bring balance and harmony as it relates to illness and health.

Ohio

Essence of Life Ministries, Wm. Michael Minear, ND & Deborah Minear, MH, Rt 1 Box 172, Little Hocking, OH 45742; 740-989-2300; email: elmherbs@frognet.net . Michael is trained in Traditional Chinese Medicine. Deborah is trained in Western herbalism.



Oklahoma



Oregon

● **Living Earth Herbs**, Sarah Hasler and Emily Pacheco, 383 West 3rd Ave, Eugene, OR 97401; toll free 1-866-779-HERB; www.livingearthherbs.com email: livingearthherbs@yahoo.com . Herbalists

Sklovsky, Dr. Robert, 6910 S.E. Lake Rd., Milwaukie, OR 97267; 503-654-3938. Naturopathic physician.

Soterian—a Center of Healing and Empowerment for Women and Their Families, Susanna Reid and Sandoval Melim, 4033 Dillard Road, Eugene, OR 97405; 541-683-7000; email: naturalworks@msn.com

Jonathan Treasure (Medical Herbalist) MNIMH, AHG, 2567 Nixon Street, Eugene, Oregon, 97403; (541) 345 6164; email: jonno@teleport.com

Pennsylvania

● **Brill, David**, clinical herbalist for health issues, located at The Rosemary House (Your-one-stop-herb-shop), 120 South Market St., Mechanicsburg, PA 17055; 717-697-5111; FAX: 717-697-3222; email: David at DABrill@aol.com to receive a brochure by US mail or email or visit us in the future on the web at <http://www.therosemaryhouse.com> for details.

The staff herbalist at The Rosemary House combines the holistic approach of herbs, diet, lifestyle changes, stress reduction and exercise to bring your body back to a natural balance. Office visits are by appointment only with night and weekend visits available. With over (30) years in the herb business clinicians on staff have a thorough knowledge of herbs. David and his wife Susanna Reppert have trained with David Winston in his 2 year program, Herbal Therapeutics, and regularly attend seminars and conferences on medicinal herbs for continuing education credits. David continues his studies with various professional members of AHG, herbalists such as 7Song and Chanchal Cabrera and additionally has attended clients at facilities such as the Wellspring Center for Natural Healing East directed by Master Medicinal Herbalist Donnie Yantz, CN, NH, AHG. These avenues of education cover a wide range of material including Chinese, Native American, Western and Middle Eastern Medicinal Herbalism. During the 2 year program with David Winston, over 200 client case histories were explored in class, this led to a broad base of knowledge on client history intake, research and recommendations for change. David is also a member of The American Herbalist Guild.

The Rosemary House Herbal Clinicians speak and teach classes on a wide variety of topics including herbal medicine making, basic herbs for health along with growing, craft and culinary uses of herbs at store's workshop and tea room. Our store and staff are the local source for newspaper articles and radio interviews on herbs please give us a call to set up an appointment to help you with concerns. Cash, Checks and Credit Cards accepted for payment of services. Nutritional and herbal supplements are not included in the consultation fee. Contact us for a schedule of our rates.

Lori Jacobs, The Healing Path, PO Box 381 Brodheadsville Pa. 18322; 570-236-5502; email: jacobslori@hotmail.com URL: www.thehealingpaths.com Naturepath; energy healer; herbalist and Reiki Master/Teacher. I specialize in hands on healing and herbal tinctures for disorders such as alopecia areata (patchy or total balding) and many other autoimmune disorders.

Nature's Way Market, David Harder, AHG, 143 Northampton St., Easton, PA 18042; 610-253-0940; FAX: 610-253-3996; email: dhard@ptd.net Clinical herbalist

Miller, Constance, 104 Guy's Lane, Bloomsburg, PA 17815; 717-389-1040; FAX: 717-389-0126; email: herbalconstance@aol.com Consulting herbalist for health issues. Office visits by appointment only.

Pais, Gregory, ND, DHANP, 837 Washington Blvd., Williamsport, PA 17701; 717-320-077;

Rhode Island

George King Ph. D., AADP., 10 Nate Whipple Hwy. # 6, Cumberland . RI . 02864; 401- 356-0109; email: doctorgking@aol.com; web site www.hometown.aol.com/doctorgking/ I offer a holistic approach to health care , including Herbal Medicine, Homeopathy. Nutrition and Life Coaching. Seminars, Educational Lectures and Classes also offered.

SOUTH CAROLINA

Jennifer A. Scarfato, Ph.D., CNHP Located at the Balanced Body Shoppe, 50A Parkins Mill Road, Greenville, SC 29607; 864-346-3252; email: healthempowerment@jenniferscarfato.com Holistic Iridology, intuitive and energy healing, Degrees in Holistic Nutrition..

Onshore Clinic for Natural Medicine and Testing Center for Osteoporosis:
Pierre Barkhuizen, D.O., Board Certified - Internal Medicine, 1991 Glenn's Bay Rd, Surfside Beach, SC 29575 (843)650-1327, Specializing Natural Medicine (Herbal Remedies).

SOUTH DAKOTA

TENNESSEE

● **Watts, Glenda**, 3694 Douglass Ave., Memphis, TN 38111; 901-324-0681; email: wattsup@highstream.net or greenmoma@hotmail.com Clinical herbalist. Herbal wellness consulting within a primary care medical practice. Energy worker. I also work with animals using herbs & energy work.

TEXAS

Donna J. Evanoff, C.N.H.P. ...Jake's Herb And Fitness (Inside Carthage Fitness Center), Donna J. Evanoff, 216 N. Shelby Street, Carthage, Texas 75633; (903) 694-2121; email: jakesherbandfitness@yahoo.com Naturopath Doctor, C.N.H.P.

● **Judy Griffin, PhD**, Herbal Health Inc., Box 330411, Fort Worth, TX 76163; 817-293-5410; FAX: 817-293-3213; email: petiteff@aromahealthtexas.com URL: <http://www.aromahealthtexas.com> Aromatherapist

Kerry Hall, 710-B Butternut., Abilene, TX 79605; email: bowtech@nts-online.net URL: www.bowtechforhealth.com Certified in the preparation and usage of herbs, a certified Iridologist, a Bowen Technique therapist, registered with Bowen Academy of Australia

Kath Koeppen, RMT/Aromatherapist, 3626 North Hall Street, Suite 525, Dallas, Texas 75219, Voice 214-522-3666, Fax 214-522-3866, e-mail aromaceu@swbell.net

PERLA AUSTIN, Julia Busching, Lic. Ac., Diplomate in Acupuncture and Chinese Herbology, Naturopathic Doctor (Germany), OBT, RMT; offers holistic health care and beauty treatments using Acupuncture, Chinese and Western Herbs, Homeopathy, Iridology and Naturopathy, offering facial rejuvenation with acupuncture. Located in NW Austin/Texas; Tel: (512) 343-9752; email: Rehle007@aol.com

● **Ginger Webb**, 1203 East 7th St., Austin, TX 78702; 512-476-8422; email: ginger@texasmedicinals.com URL: www.texasmedicinals.com Certified clinical herbalist.

VERMONT

Demetria Clark... 48 Commonwealth Ave., Springfield 05156; demetria@vermontel.net I do consultations and I sell an extensive line of herbal products and herbs, extracts, massage oils, extract blends etc...

Jane Smolinik, Certified Intuitive Healer, Iridologist and Master Herbalist. Private practice in Springfield, Vt. at Crystal Gardens Healing Center. Visit <http://www.crystalgardenherbs.com> for informative details, free health library, classes, workshops, and a complete herbal apothecary. Call 802-885-5500. Email me at healing@vermontel.net.

VIRGINIA

Robin P. Countryman, DHM/AHG/Master Herbalist, 4522 Potomac Drive, King George, VA 22485; (540)644-9002; email: countryrpc@aol.com

Greenbrier Herbalist, Sharon Roller, 36 Wolfe St., Winchester, VA 22601; 540-667-2332; sharon@greenbrierherbalist.com URL: www.greenbrierherbalist.com Clinical herbalist

Lifepath Center, Alan DiCamillo, 413 Fairfax Ave., Norfolk, VA 23507; 757-627-1059; email: lpath@att.net Master herbalist. Reviews health issues, provides integrative health assessment. Recommends herbs, diet modifications, alternative treatments; works with western herbal products and traditional Chinese medicine, diagnostics and herbal formulas. Registered acupressure practitioner; clinical pharmacist

WASHINGTON

Bruce Klein, ND, Bellevue Health Clinic, 1611 116th Ave. NE, Suite 201, Bellevue, WA 98004-3141; 425.462.0040; email: DrBruce@BellevueHealthClinic.com www.BellevueHealthClinic.com Naturopathy, Family Medicine, Rx; Sports and Injury Therapy, Massage, Nutritional, Herbal & Naturopathic interventions.

● **Deb Legg**, The Herb and Spice Farm on San Juan Island, PO Box 3238, Friday Harbor, WA 98250; 360-378-4330; FAX: 360-370-5310; email: thasfsji@aol.com; Location: 235 Web St. URL: <http://www.theherbandspicefarm.com> Master Herbalist

● **RavenCroft Garden**, EagleSong, CSH, Director; Sally King, CSH, Earth Keeper, PO Box 170, Startup, WA 98293 Phone/FAX (360)794-2938 email: ravencroft@earthlink.net

Linda Lindsay, Heart's Ease Herb Farm & Cottages/Day Spa, 1762 Lancaster Rd., Freeland, WA 98249; 360-331-5471; FAX: 360-331-5476; email: heartsea@whidbey.com Clinical herbalist, plant spirit medicine, Reiki

Laura Schissell, ND, DC 2401 SE 161st Court, Vancouver, WA 98683 360/882-1339 lschissell@msn.com I am a naturopathic doctor and also a chiropractor. I always use herbal medicine in treating my patients for a wide range of conditions. I specialize in thyroid, adrenal and women's hormone imbalances.

WISCONSIN

Ewert, Carol, E2502 1240th Ave., Boyceville, WI 54725; 715-643-6285. Clinical/medical herbalist practitioner--seeing clients interested in using herbal preparations for health and healing

Deb Muth, 915 Summit Ave., Oconomowoc, WI 53066; 262-569-2367; email: Deb.Muth@aurora.org I am a Women's Health Nurse Practitioner with a BS in Natural Health. I work with women who would like to explore the use of alternative therapies for health care.



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 **Accessible Gardening: Tips & Techniques for Seniors & the Disabled** ... Joann Woy, Stackpole Books (5067 Ritter Rd., Mechanicsburg, PA 17055-6921), softcover, 1997, 224 pages, \$16.95. Though gardening is therapeutic, there are many that are unable to enjoy its benefits because of disabilities. This excellent book will give a boost to those out there that have foregone this pleasure due to injuries or aging. There are so many ideas to help gardening enthusiasts that I have no idea where to begin....how about trash bag gardening? Or easy composting ideas? Or dozens of tools that make maintaining a garden easy. And the absolute best part is the source list---165 different companies and groups that bring gardening back to those that haven't been able to enjoy it.

 **Adriana's Spice Caravan** ... Adriana and Rochelle Zabarkes, Storey (Schoolhouse Rd., Pownal, VT 05261); softcover; 203 pages; \$14.95; ISBN: 0-88266-987-7. And while we're on the subject of cookbooks, this is one you'll love if you like some heat in your food. How about "Searingly Hot Ethiopian Lamb Stew"? Or "Lemon Pepper Bluefish with Chipotle Chile Cream?" I think it's wonderful....

Flower Essences fascinate me...probably because they work. **Advanced Bach Flower Therapy** by Gotz Blome, M.D. (Healing Arts Press, 1999 translation; softcover; \$19.95; 389 pages; ISBN: 0-89281-828-X) goes into great depths at diagnosing and treating emotional disorders with the various Bach remedies. Much more than the normal flower essence book it will give you a much greater understanding of what they can do and when they are appropriate.

 **The Agony of the Leaves: The Ecstasy of My Lives in Tea** ... Helen Gustafson, Henry Holt, 115 W 18th St., New York, NY 10011; hardcover; 1996 \$23; 174 pages. There are books you get as review copies (why do you think I have so many books?) and those you buy....this is one I bought so I can be really honest. This one is charming as you read about a woman's life through her experiences around the world with tea. Sure there are recipes scattered throughout and information about tea and its history but it's more of a love affair with tea from a tea buyer and contributing editor of *Tea Quarterly*. Get it!

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[Herbs for Pets](#) A much larger tome on the subject of pet care is **All You Ever Wanted to Know About Herbs for Pets** by Mary L. Wulff-Tilford & Gregory Tilford. (Bowtie Press; 1999; hardcopy; 415 pages; ISBN: 1-889540-46-3). Filled with Greg's gorgeous plant photos (he's also the author of several field guides), you'll get not only a good material medica but treatment of various common pet ailments. And it's rounded out with information on using both flower essences and homeopathy on pets as well. Great book and if you buy quick (by the end of June) you'll get a \$10 discount....only \$39.95)



[Along the Garden Path](#) ... Bill & Sylvia Varney, Fredericksburg Herb Farm, PO Drawer 927, Fredericksburg, TX 78624-0927; 1995; hardcover; 176 pages; \$24.95. One thing you can rely on, anything Fredericksburg Herb Farm does will look like quality and this cookbook is no exception. You're going to find some interesting creations here...Chaucer's Love Dish with rose petals, dates, pine nuts and almond milk; Rose Geranium Buttermilk Pies or Italian Cream Cake; Cinnamon Basil Ice Cream and lots more. There's also information on growing herbs and many non-culinary recipes. This book is one you'll use over and over no matter what your experience level.



[Aquatic Plants and Their Cultivation](#) ... By now most of us have realized that a business can't subsist solely on selling herbs. You need to add other areas to capture the customer's attention and I can't imagine a better choice than water gardening. It seems to just flow with herbs and the ambiance it creates. [Aquatic Plants and Their Cultivation](#) (Helen Nash with Steve Stroupe; Sterling; 1998; hardcover; 224 pages; ISBN: 0-8069-9979-9) gives you complete cultivation information to help you and your customers grow healthy plants for their new interest. Beautiful photographs urge you to start your own creation and there's plenty of information on dealing with pests and disease problems. Excellent reference book.

[Aromatherapy for Healing the Spirit:...](#) Aromatherapy is always with us and a recent book by Gabriel Mojay, **Aromatherapy for Healing the Spirit** (Healing Arts Press, 1997; softcover; \$19.95; 191 pages; IS N: 0-89281-887-5) has its focus on restoring emotional balance whether the problem is depression, anger, frustration, or relationship issues. Applied through massage you'll learn blends that will help your clients cope with many of life's issues a bit better.



[Asian Health Secrets](#) ... Letha Hadady, Crown (301 E 50th St, NY, NY 10022) hardcover; 1996; 512 pages; \$27.50. A good guide and introduction to various alternative herbal treatments: Chinese, Ayurvedic and Tibetan. Most of the books I've seen were written for practitioners or serious students of Asian medicine. This book the average layperson can easily follow with English translation of most of the herbs involved. Also sections on food as medicine and specific complaints such as arthritis, women's health, skin and hair care. I'm not an expert on the subject so I can't vouch for accuracy of everything but I found it interesting and would recommend it.



[At Home with Herbs](#) ... Jane Newdick, Storey Communications, Schoolhouse Road, Pownal, VT 05261; 1994; hardcover; 220 pages; \$29.95. Believe it or not there are always beginners on the herb obsession path and this book will help fuel that passion. Nothing tremendously elaborate or wildly different here for those who have been playing longer....but the color photographs and easy instructions will be very beneficial to newbies.



[Aromatherapy: A Complete Guide to the Healing Art](#) ... Kathi Keville & Mindy Green; The Crossing Press, PO Box 1048, Freedom, CA 95019; 1995; softcover; \$14.95; 156 pages. With two authors like this, how could the book fail? Not a million recipes like some others, but really full of information on not only aromatherapy as a science but material on essential oils including using them for cooking (Savory Cheese Torta using basil oil) and body care products. A lot of jaded book buyers found this one an excellent resource.



[The Aromatherapy and Massage Book](#) ... Christine Wildwood; Thorsons, An Imprint of Harper Collins; 1994; softcover; 128 pages; \$16. The aromatherapy information is extremely basic and the majority of material is on massage. There are a lot better books out there on the subject.

[Aromatherapy for Dummies \(--For Dummies\)](#) **Aromatherapy for Dummies** by Kathi Keville is certainly not just for the novice. (IDG Books, 1999; softcover; 360 pages; \$19.99; ISBN: 0-7645-5171-X). Like all the "Dummy" books (and I have a slew of them) its layout and indexing make it extremely easy to find the answer to your specific question. You'll learn how to tell good oils from inferior ones, using aromatherapy throughout your life, creating your own blends and treating common ailments. Even if you consider yourself beyond the "dummy" stage, your customers may find this exactly what they need to introduce them to the world of essential oils.



[Aromatherapy for Lovers and Dreamers](#) ... And how could I resist a book entitled [Aromatherapy for Lovers and Dreamers](#)? (Judith White, Karen Downes, Leon Nacson, 1995, Crown Trade, softcover; 102 pages; \$11; ISBN: 0-517-88667-7) But it wasn't too exciting. A few ideas for oil blends; some general hints about romance...and that's pretty much it



[Aromatherapy for Mind and Body](#) ... David & Carol Schiller, Sterling Publishing, 387 Park Ave., South, New York, NY 10016, 1996; softcover, 128 pages, \$9.95. It's OK, there are a lot better out there. Numerous formulas to use for meditation, visualization, dreaming, etc. There is a section on weight loss that incorporates using essential oils for cellulite reduction through bath and massage, exercise, etc.



Aromatherapy for Practitioners ... Ulla-Maija Grace, C.W. Daniel, 1 Church Path, Saffron Walden, Essex, CB10 1JP, UK; 1996; softcover; \$17.95; 179 pages. A no-nonsense, practical guide to what oils to use for what conditions with contraindications. Specific ailments are discussed and what applications of essential oils are recommended. It's a textbook type so don't expect warm and fuzzy.

The Aromatherapy Guide (Second Edition) ... Susan Hollick, 1996, Vencom Publishing, PO Box 59007, Mississauga, ONT L4T 4J1, Canada; [email: hollick@informamp.net](mailto:hollick@informamp.net); softcover; \$12.95 ... Looking for a directory of aromatherapy products? Things like essential oil suppliers, distributors, associations....anything to do with aromatherapy? Then get this directory right away. Excellent profiles of all the companies listed.



Aromatherapy Oils: A Complete Guide ... PatrCarol & David Schiller, Sterling, 1996, softcover, 160 pages, \$14.95. There's that "complete" word again.....always a scary word especially in a book only 160 pages on such a vast subject. Good chapter on vegetal oils and butters which is a subject rarely addressed this comprehensively. As for the bulk of the book on essential oils....it's a low redo of Julia Lawless' book....and it doesn't have the pictures.



An Astrological Herbal For Women ... What's new books without at least a couple in the "grey" area (as my friend Arlene likes to put it). So we have **An Astrological Herbal For Women** by Elisabeth Brooke, Crossing Press, Inc. 800-777-1048; softcover; 237 pages; 1995; \$12.95). Recipes, charms, folklore, a little medicine, a few rituals. Add it to your Scott Cunningham collection.

The Ayurveda Encyclopedia is definitely not only an impressive reference book but truly a work of love on the part of its author, Swami Sada Shiva Tirtha (Ayurveda Holistic Center Press, 82A Bayville Ave., Bayville, NY 11709, <http://ayurvedahc.com/press.htm> softcover, 668 pages; \$34.95; 1998). This is one of the most complete one-book texts I've seen on Ayurveda and includes the philosophy of this ancient holistic medicine system as well as ailments and their treatments and an in-depth discussion of both Herbology and Aromatherapy as applicable to Ayurveda. 85 herbs are profiled. There is so much information I can't possibly do it justice here so I suggest checking out their website to read Chapter 1 which will tempt you to get this book for your own medicinal library.



Top

Baby's First Herbal Health Book ... Teri Adolfo-Majewski, The Herbal Peasant, PO Box 162547, Sacramento CA 95816-2547, 1996; spiral bound paperback. A great gift for a new herbal mother with remedies for diaper rash, ear ache, teething, colic and every other childhood ailment you can think of. I especially liked the chapter titles: Mommy my Bottom Burns and Mommy I have runny poop! No questions there about what the problem is. Great shower gift.



Bach Flower Massage ... Daniele Lo Rito, Healing Arts Press, 1997; softcover; \$14.95; 198 pages; ISBN: 0-89281-736-4 We've all heard of aromatherapy massage but have you ever considered the potential of using flower essences in bodywork? This is an extremely interesting concept showing how to combine two forms of healing for very specific conditions. I haven't tried them yet, but I'm anxious to get started. Recommended.



Bach Flower Remedies for Children ... Healing Arts Press (One Park Street, Rochester, VT 05767) has released some excellent books on herbs and alternative healing methods recently....with more on the way. If flower remedies are one of your interests, and especially if you're carrying them in your shop, you should look into [Bach Flower Remedies for Children](#) by Barbara Mazarrella (1994, softcover, \$14.95, 184 pages; ISBN 0-89281-649-X) With so many parents trying to avoid drugs like Ritalin, the use of flower essences in conjunction with dietary changes may provide the help they need. The book is also filled with stories that can be read to the children and visualization exercises the parents can help with.



Bach Flower Remedies for Men ... Stefan Ball, C.W. Daniel Co., Ltd (available in US from National Book Network 301-459-3366 and New Leaf 770-948-7845); softcover; 1996; 195 pages; \$14.95. There are so few books out there dealing specifically with men's healing that any new one is welcomed. And this is especially good because it deals with men's emotional issues....you know....things like that mid-life crisis they all deny having? J This one is an excellent one to have on your personal shelf for dealing with men in your life or for your customers to take home (male and female). Subjects covered are fatherhood, stresses from work, sexual problems, finding fulfillment along with specific physiological complaints like hair loss, heart disease and prostate problems. I'm running right out and picking up several bottles for someone I know.



Backyard Battle Plan ... If critters are destroying your gardens and you feel overwhelmed, [Backyard Battle Plan](#) may be your salvation. (Cooper Rutledge, Penguin, 1998, softcover, 218 pages, \$16.95, ISBN: 0-14-027208-9) This covers everything from your neighbor's cat to opossums and raccoons, from moles to moose, and not to forget insects. It's mostly animal-friendly (with exceptions) to give them their own space on the planet but NIMBY (but not in my back yard). If you've got problems you'll want this book and I'm sure if you sell books in your shop, your customers will appreciate it as well.

Basic Herb Cookery ... Rose Marie Nichols McGee and N.P. Nichols, Nichols Nursery Garden Press (1190 Old Salem Rd., NE, Albany, OR 97321); 1996; softcover; \$10.95; 128 pages. There aren't too many businesses that have been selling herbs as long as Nichols Garden Nursery. And in all that time they've learned a thing or two about cooking with those herbs. You and your customers will pick up interesting new ways to use fresh herbs and lighter versions of some standard recipes. Think how your next Open House will go over with a Chive Blossom Sage Cheese Log or

Basil Salsa? And even Peter Gail might enjoy that Dandelion Bud Omelet.



Basil: An Herb Lover's Guide ... Thomas DeBaggio & Susan Belsinger, Interweave Press; softcover; \$19.95; 1996; 144 pages. I admit I'm biased about Tom and his writing. I actually stop everything I'm doing when his twice yearly newsletter comes to read his "Peep's Corner". So any book with his name on it gets my attention. You will love this one. If you only knew about 4 or 5 kinds of basil you'll find out there's a lot more along with recipes that only Susan Belsinger could have come up with. So GET THIS BOOK and be the only grower in your area to offer a comprehensive basil collection along with info on how your customers (including chefs) can benefit from your new knowledge.



Beautiful Easy Herbs ... Laurence Sombke, Rodale, 33 East Minor St., Emmaus, PA 18098; \$27.95; 1997; hardcover; 277 pages; ISBN 0-87596-771-X. A lovely book for beginners that incorporates profiles on specific plants, uses, garden designs and recipes (Linguine with Many-Basils Pesto). A very nice starter book for those getting into herbs with plenty of color photographs to help in identification.

The Best of Thymes ... Marge Clark, Thyme Cookbooks, 6242 W. State Road 28, West Lebanon, IN 47991; 1997; hardcover; 410 pages; \$25. This book is mega-impressive for several reasons. First, it's the best example of a first class self-published book, bar none. You will think that one of the major publishers put this out....except it's less expensive. It's divided into sections by individual herbs and has hundreds of well-tested recipes (Marge and her husband Dick raised a housefull of boys on an Indiana farm). So these are not recipes an author just dreamed up. For a delightful book of herbal recipes pick this one up.

What can someone say about a book written by Tom DeBaggio and Dr. Art Tucker? You know it will be taxonomically perfect. And **The Big Book of Herbs** is that and more. (Interweave Press, 2000, \$39.95, hardcover, 688 pages) Though I wish it covered medicinal plants, there's not a culinary or fragrant one that's not discussed. Most give good cultivation information. All have major uses along with important chemistry information. This is a must have for your reference library. And if you order through us online (<http://www.herbworld.com>) you'll get free shipping as well thanks to Interweave Press.



Biomagnetic and Herbal Therapy ... Michael Tierra, Lotus Light, PO Box 325, Twin Lakes, WI 53181; softcover; 95 pages; 1997; \$10.95; ISBN 0-914955-33-0. If you've been to any of Michael's lectures over the last couple of years, you'll have heard me extol the virtues of magnet therapy. If you're clueless or need some clarifying, this little book will give you the basics along with resources to get the magnets and further information on the process.



Blended Beauty: Botanical Secrets for Body & Soul ... Philip B., Ten Speed Press, PO Box 7123, Berkeley, CA 94707; 1995; hardcover; 146 pages; \$24.95. For those interested in botanical body care using products from their kitchen this book has a variety of interests for you. The creator of Philip B. Hair and Skin Care line gives you many of his secrets including Oregano Hair Detangler, Chocolate-Pumpkin Conditioning Hair Milk and Cucumber-Parsley Facial Toner. Great ideas and the majority don't require hard-to-find ingredients.



The Bodacious Book of Succulence ... by Sark (Fireside Books, 179 pages; softcover; 1998; \$15; ISBN: 0-684-83377-8) I've mentioned Sark's books before and this one is even more fun. The kind of book you keep by your bed just to give you a boost when you get up or whenever you need a push to live that succulent wild life. And check out her website at <http://www.campsark.com>



The Book of Green Tea ... As the benefits of green tea become the focus of increasing research, The Book of Green Tea by Diana Rosen (Storey, 1998, softcover; 155 pages; \$16.95; ISBN: 1-58017-090-0) will give you all the information you need for either your own use or as material for a possible class. In addition to the history and research you'll find green tea recipes and green tea remedies. Learn the various varieties and the proper way to serve it.



Botanical Safety Handbook ... Edited by Michael McGuffin, Christopher Hobbs, Roy Upton, Alicia Goldberg, CRC Press, 1997; hardcover; 231 pages; ISBN 0-8493-1675-8. An absolutely necessary reference book in regard to cautions and contraindications of more than 600 plants. Don't expect fun reading....it's strictly a reference book. BUY IT!



Bread Baking with Herbs ... Mimi Luebbermann, Prima Press (PO Box 1260, Rocklin, CA 95677); hardcopy; 1996; 208 pages; ISBN: 0-7615-0245-9; \$15 (but it was in the bargain books for \$4) I love home made bread and I love herbs so what better cookbook to add to my too large collection than this one. Lots of good recipes and even ones to use up the leftover bread (?) like puddings, cakes and pies. Nice addition.




The Budget Gardener: Twice the Garden for Half the Price ... Maureen Gilmer, Penguin Books, 375 Hudson St., New York, NY 10014; 1996; 194 pages; \$13.95. Now I can't think of one herb person I know that isn't a wee bit thrifty. So when I saw this book I knew that most of you would find dozens of ideas to create that oasis more economically. Whether it's recycling ideas, water-saving strategies or better plant shopping, you'll find something here that will justify the price of the book (which is rather thrifty too)




Building Your Own Greenhouse (Greenhouse Basics) ... Mark Freeman, Stackpole Books 5067 Ritter Rd.,


Mechanicsburg, PA 17055, 1997; softcover; 198 pages; \$18.95. If you're into herbs there comes a time when you want/need a greenhouse. And if you're just starting out you rarely have the financial resources to buy that newest and latest one you saw in the catalog. Here's everything you need to build your own with 11 specific examples. It gives you all the details on framing, glazing, ventilating, insulating, plumbing, wiring and there's lists of suppliers throughout the US and Canada. And if you've already got yours...maybe your customers would welcome this book.....that way they can buy more of those tender perennials you've been trying to hook them on.






 **The California Wine Country Herbs & Spices Cookbook** ... Yes, I did admit I'm a cookbook junkie. I guess there are worse habits :-). And when I saw The California Wine Country Herbs & Spices Cookbook by Virginia & Robert Hoffman (The Hoffman Press, PO Box 2996, Santa Rosa, CA 95405; 1998; softcover; 240 pages; \$14.95; ISBN" 0-9629927-7-1) I quickly started searching through it for ideas for some of the more unusual herbs and I was pleased to find some. There was "Seared Venison Tartar with Pink Peppercorn Crust and Pickled Beets" and a "Cilantro Cured Salmon" along with lots of new ways to incorporate the traditional basil, marjoram and ginger into recipes from 96 winery chefs and winemakers. And there are suggestions on what wine to serve. You'll find some here that will become your favorites too.

Cancer Salves: A Botanical Approach to Treatment ... Dr. Ingrid Naiman, Seventh Ray Press (North Atlantic Books is coming out with an updated version of this any day); 1997. This book is so wonderful that we even excerpted a chapter on our website at <http://www.herbnet.com> (Herb Press area). And after meeting Ingrid in person and having her speak at our San Antonio conference I want to give this book even more press because the concepts are so fascinating. She discusses protocol for using plant based salves to pull tumors out of the body. I've talked to 2 of her patients and their stories were amazing. Highly recommended. And check out her website at <http://www.cancersalves.com>


 **The Charmed Kitchen: Cooking With Herbs and Spices** ... Judi Strauss, Goosefoot Acres Press, PO Box 18016, Cleveland, OH 44118-0016; softcover; 1996; 399 pages; \$20. Everyone can use another general herbal cookbook and this one will fill the bill. Great section on beverages that has things like Basil Mary, Lemon Basil Cooler. Learn to make your own Chorizo. This book is great for those that want to try herbs but don't want to be too extreme. Pretty good.


 **Chemistry and Applications of Green Tea** ... Edited by Takehiko Yamamoto, Lekh Raj Juneja, Doing-Chi Chu and Mujo Kim; CRC Press, 2000 Corporate Blvd., NW, Boca Raton, FL 33431; 1997; hardcover; 160 pages; ISBN: 0-8493-4006-3. Green tea has been in the news for the last couple of years for all its possible healing benefits. Here's some solid background on why and how it works. Well documented with plenty of references you can learn Thea sinensis' effect on the prevention of colon cancer, its use as an antioxidant, it's sedative and deodorant effects and its help in preventing tooth decay. When clients and customers question you, you'll have more than enough research to back up your statements. Recommended and interesting (though very textbook like).

 **The Chinese System of Using Foods to Stay Young** ... Henry C. Lu, Sterling Publishing Co. (387 Park Ave South, New York, NY 10016); 1996; softcover; \$10.95; 192 pages. And while we're on the subject of diets and want more extensive information on using the Chinese method of incorporating food and herbs as part of your health plan, try this book. It gives information on various foods and how they tonify the body and deal with deficiency and excess chi problems within various systems.

  **Chinese Traditional Herbal Medicine** ... Now if you've read a little on TCM and would like to research it further, pick up the two volumes of Chinese Traditional Herbal Medicine (Dr. Michael Tierra and Lesley Tierra, Lotus Press, 1998, softcover, \$22.95/\$24.95; ISBN:: 0-914955-31-4 and 0-914955-32-2) Volume One focuses on the theory, principles, diagnostic methods and treatment modalities of TCM. Volume 2 provides an extensive Materia Medica (with sources) Excellent references by excellent practitioners and writers.

 **The Cleveland Herbal, Botanical, and Horticultural Collections: A Descriptive Bibliography of Pre-1830**

Works from the Libraries of the Holden Arbore  **The Cleveland Herbal, Botanical, and Horticultural Collections: A Descriptive Bibliography of Pre-1830 Works from the Libraries of the Holden Arbore** ... compiled by Stanley H. Johnston, Jr., Kent State University Press; 1992; hardcover; 1012 pages. If you're doing research and need older herbals for background information, this book could help. It gives a descriptive bibliography of pre-1830 works from the libraries of the Holden Arboretum, the Cleveland Medical Library Association and the Garden Center of Greater Cleveland. This includes works like "A New and Complete Body of Practical Botanic Physic" from 1784-1794 and some material going back to the 15th century. A very interesting reference book.

 **Colour Scents: Healing with Colour & Aroma** ... Suzy Chiazzari, C.W. Daniel (1 Church Path, Saffron Walden, Essex, CB10 1JP, UK and available from New Leaf); 1998; softcover; 239 pages; \$23.95; ISBN: 0-85207-316-X. If aromatherapy has been an interest, then this book takes it one step further by using the color signature of the plant along with its aroma to effect healing. You'll get the basics of color therapy along with information on specific essential oils. An interesting book.

Comforting Scents: Your Personal Aromatherapy Journal (Valerie Gennari Cooksley, Prentice Hall Press,

hardcover, 1998, ISBN: 0-7352-0002-5) is more the interactive type of book. On one page is information about aromatherapy and the other a page for notes describing your thoughts, blends, ideas on the subject.



A Compendium of Herbal Magick ... Whether it's for the folklore or you're into the ritual use of herbs you'll enjoy A Compendium of Herbal Magick (Paul Beyerl, Rhoenix Publishing, 1998, softcover, \$24.50; ISBN: 0-919345-45-X) Here are 330 profiles of not only the common herbs (sage, marjoram, rose) but some truly unusual ones like Mangosteen, Stonecrop, Toad Flax and everything in between. Add to your folklore knowledge and put this book on your reference shelf.



The Complete Book of Alternative Nutrition ... The Editors of Prevention Magazine Health Books, Rodale Press, (33 E Minor St., Emmaus, PA 18098-0099); 1997; hardcopy; 448 pages; \$27.95. This goes beyond the normal herb book telling you what herb is good for what ailment. This book gives advice on all the different types of diets: macrobiotics, vegetarianism, Chinese nutrition, the Ornish Reversal diet and more as to what foods and herbs can do for various health concerns as well as prevention and longevity.



The Complete Family Guide to Alternative Medicine: An Illustrated Encyclopedia of Natural Healing ... edited by Richard Thomas & C. Norman Shealy, Element Books, PO Box 830, Rockport, MA 10966, 1996, softcover, \$19.95; 288 pages. Encyclopedias conjure up thoughts of comprehensive discussions of a topic and these are extremely brief. But it does give at least a page to a large number of alternative treatments for a wide range of ailments both physical and emotional. So if you're not sure what moxibustion is or magnetic therapy you can at least get a decent definition of the subject. What's one of the best parts is the source section and recommended further reading.



The Complete Family Guide to Natural Home Remedies ... Karen Sullivan, General Editor; Element Books, PO Box 830, Rockport, MA 01966; softcover; 1997; 256 pages; \$24.95. Element Books is almost as good as Dorling Kindersley in its use of color photographs as illustrations. And, though the book is predominately herbal, there are a lot of other remedies as well including flower essences, supplements, dietary changes. A good basic guide that your customers will appreciate.

The Complete Guide to Aromatherapy ... Salvatore Battaglia, The Perfect Potion, PO Box 273, Zillmere, QLD 4034, Australia; 1995; softcover; ISBN 0-646-20670-2; 476 pages. This is an absolute must if you're practicing aromatherapy. It's an excellent resource (though not complete....I hate that word in a title). Not only information on essential oils but on running a practice including consultations and requirements for professionals. There's even a section on pharmacokinetics which you'll be seeing more on as we become for sophisticated in medicinal plant usage. Highly recommended.



The Complete Herb Gardener ... Paul Seitz, Sterling Publishing, 1996, softcover, 144 pages; \$14.95. My biggest gripe: no book this small is "complete". What you will find are good color photographs of a large number of herbs and some rather unique garden designs. I especially liked the spiral garden using stone walls. It's nice, basic and a good starter book (except for that spiral idea).



The Complete Illustrated Holistic Herbal: A Safe and Practical Guide to Making and Using Herbal Remedies ... David Hoffmann, Element Books, PO Box 830, 21 Broadway, Rockport, MA 01966; 1996; softcover; 256 pages; \$18.95. Excellent basic reference book for those getting into herbal medicine. 200 herbs are described with pictures giving parts used, constituents, actions and preparations and dosages. Even those familiar with these plants might find it a very useful reference guide. And written by David Hoffmann, I'm very sure of the accuracy.

The Complete Soapmaker : Tips, Techniques, & Recipes for Luxurious Handmade Soaps ... Norma Coney, Sterling, hardcover, 1996, 128 pages, \$24.95. You see the pictures in this book and you're ready to make soap. Unfortunately after one session in my kitchen while I make soap this "pretty" book will be covered with fat (I'm a sloppy soap maker).....good recipes though. She has a rather interesting translucent soap recipe that uses vodka or whiskey.....that would make an entertaining class.....you can drink what you don't use. If you're into soap, buy the book....and let me know how that kiwi soap comes out. :-)

The Constituents of Medicinal Plants ... Andrew Pengelly, Sunflower Herbals (Stanley Cottage, Golden Highway, Merriwa, NSW 2329 Australia; ph/fax 02 65485189; email: pengelly@hunterlink.net.au) This is a definite must have if you're serious about herbal medicine. In fact, it's required reading for David Winston's apprenticeship course. And it's amazingly easy to follow as opposed to some of the more scholarly texts I've seen. And it explains terms like phenol so that the reader understands properties. Excellent but not available at your local bookstore. Contact directly for shipment.



Contained Gardens &

The Hanging Garden: Creative Displays for Every Garden ... There are a lot of us that live in town with very little space for gardens but we yearn for something green we can nurture. These two books give you two different ways to create your own mini landscape. Contained Gardens (Susan Berry & Steve Bradley, Storey Publishing, hardcover, 1995, 160 pages, \$25) helps you fill patios, balconies and roof tops with lush plants. All the tricks of maintaining these gardens are included as well as the best plants for containers. The Hanging Garden: Creative Displays for Every Garden (Sue Fisher, Trafalgar Square, north Pomfret, VT 05053; 1995; hardcover; 160 pages) adds even more dimension with ideas for hanging baskets, window-boxes and arches. Both are filled with color photos that make you start looking at your porch in a new light. So if you've been feeling blah in your city setting, get these books and get with it!



Cooking with Lavender ... Joyce Ellenbecker, Foundation House Publications, 5569 North CR 29, Loveland, CO 80538; 1994; softcover; \$7.95. I'm always looking for interesting little books that have a lot of different information and that will resell easily. This is one that I think you'll enjoy. From the lavender paper it's printed on to recipes like Lavender-Orange Ice Cream and Peach-Lavender Pie your customers will be enchanted. I can see this as the basis for an entire class.



Cordials from Your Kitchen ... Pattie Vargas & Rich Gulling, Storey, 1997, softcover; 171 pages; \$14.95; ISBN 0-88266-986-9. If you liked the wine idea above, then you may want to progress to making your own liqueurs. How about Rosemary-Tangerine and ginger liqueurs? Or Chocolate Covered Cherry Cream or your own version of Ouzo? I admit, I'm going to be in the kitchen with this one.....for quite a while.



Country Containers ... We all know that gardening is great therapy and even though you're limited in space you can still create a landscaping effect with container gardening. And if you're trying to offer your services in garden design this book may offer just what you need for those patios and decks. Country Containers (Stephanie Donaldson, 1999; David & Charles, hardcopy, 168 pages; \$29.95; ISBN: 0-7153-0651-0) will take you from seaside gardens to woodland boxes. And not only are there design ideas but ways to create containers that look like you paid a hefty price for in an antique store. Handy reference book to have on your shelf.



Coyote Medicine ... Lewis Mehl-Madrona, M.D., Scribner, 1230 Avenue of the Americas, New York, NY 10020; 1997; hardcover; 299 pages; \$24. I'm really excited about this book. First because the author will be our Keynote Speaker at the conference in San Antonio in January. Second, because it's the kind of holistic healing that MUST be incorporated into our society if we will ever truly be whole. Part autobiography the author takes us through his education first as a medical doctor then as a true healer of the mind as well as the body. Read it!!



Creating and Planting Garden Troughs ... Garden troughs are "hot". And if you don't believe it ask anyone offering classes in making them. Well here's a great book that will give you class ideas to last an entire year: Creating and Planting Garden Troughs (Joyce Fingerut & Rex Murfitt, B.B. Mackey Books, 1999, hardcover, \$21, 164 pages; ISBN: 1-89344300-0) Learn everything about constructing hypertufa troughs, the best ways to plant, ideas for plants and even how to design a garden using them. Pick up this one and start creating!



Creating Fairy Garden Fragrances ... Many, many years ago at some of the early herb conferences I met an herbal fairy princess named Linda Gannon that published a delightful newsletter that she hand lettered and illustrated. Linda gave up the newsletter several years back but she hadn't stopped cultivating her interest in herbs and fairies. Storey has just released Linda's latest creation Creating Fairy Garden Fragrances (1998, hardcover, 63 pages; \$14.95; ISBN: 1-58017-076-5) which may even get you back into making potpourri. (You oldtimers out there....you remember "potpourri"? What got most of us started back in the beginning?) Find out what flowers the fairies favor and then create blends like "Dance of the Morning Nymphs" or "The Snow Queen". Beautifully illustrated as well. And if you're beyond ever wanting to make potpourri again, give this as a gift to inspire young herbalists.



Creating Your Own Cosmetics-- Naturally; The Alternative to Today's Harmful Cosmetic Products ... Nikolaus J. Smeh, Alliance Publishing, PO Box 399, Garrisonville, VA 22463; 1995; softcover; 271 pages; \$22.95. And if you're into natural body care it's worth every dime. This is the ultimate make-your-own skin care book with information on not only botanicals but ingredients like Germaben II so your products will have the quality of high priced cosmetics. And you get suppliers for every ingredient!! Along with an extremely comprehensive table of cosmetic chemicals causing adverse reactions. This is an essential book if you're making body care products or teaching classes on the subject.



Culinary Herbs ... Richter's growers conference was a wealth of information this year but one of the best treasures I came away with was Culinary Herbs by Ernest Small (NRC Research Press, Ottawa, ONT, Canada; 1997; hardcopy; 710 pages; ISBN: 0-660-16668-2) It was \$80 Canadian and is also available directly from Richters. Excellent, excellent, excellent reference book on 125 culinary herbs and their cultivation. And not just the traditional chives, chervil and mint....but perilla, Vietnamese coriander, chicory and more. If you're growing commercially this is one book you won't want to be without.



Dead Snails Leave No Trails ... When I mentioned the book Dead Snails Leave No Trails (Loren Nancarrow and Janet Hogan Taylor, 10 Speed Press, softcover, 1996, 148 pages; ISBN: 0-89815-852-4) his immediate comeback was "unless you're French and hungry". Books on natural pest control are always a good seller. And clever titles like this one have a tendency to capture the customer's attention while offering solid information on a topic of interest to every gardener (and home owner). Every insect from ants and roaches to aphids and whiteflies along with four-legged creatures are covered. Bring in the bats....or try some herbal solutions. Add this to your reference library and be pest free.

Along with using herbs to heal, using herbs to remove toxins from your body and environment is an important part of maintaining good health. [The Detox Solution : The Missing](#)

[Link to...](#) by Patricia Fitzgerald (Illumination Press, 2001, softcover, 436 pages) This is a very good reference book on a variety of cleansing programs that can help problems like weight issues, arthritis, asthma and more. The author is not only a clinical nutritionist but has degrees in both Traditional Chinese Medicine and Homeopathic Medicine. Both you and your clients will find a lot of useful information here.



Drugs of Natural Origin ... Anthony Artuso, The Haworth Press (10 Alice St., Binghamton, NY 13904-1580); 1997; \$24.95 softcover; 201 pages; ISBN: 0-7890-0414-3 This is for the serious manufacturer as you can tell from the subtitle: Economic and Policy Aspects of Discovery, Development and Marketing. If you're in the business for the big bucks then this is a book that will give you some cold, hard facts about searching out new drugs, dealing with host countries where the product grows, contractual arrangements and more. If you're working out of your kitchen, don't bother, it's way out of your league.



Easy Recipes for Using Fresh Herbs ... by John Lingle (Lingle's Herbs, 2055 N. Lomina Ave., Long Beach, CA 90815; 562-598-4372; 1996; softcover; 59 pages) is his way of selling plants at his nursery in southern California but you might want to pick up a copy for yourself (and available wholesale as well). Lemon Grass Soup, Thai Basil Soup and Grilled Zucchini with Garlic Chives will answer customers' questions on "what do you do with this stuff?" Simple and fresh. Try it.



The Ecoherbalist's Fieldbook: Wildcrafting in the Mountain West ... Gregory L. Tilford, Mountain Weed Publishing, HC 33 Box 17, Conner, MT 59827; 1993; softcover; 295 pages; \$13.95. Though sub-titled "Wildcrafting in the Mountain West" anyone interested in the subject will find a wealth of information that can be used in any part of the country. Read the book...then come hear Greg talk on wildcrafting in Albuquerque.



Edible and Medicinal Plants of the West ... Gregory L. Tilford, Mountain Press Publishing (PO Box 2399, Missoula, MT 59806); 1997; softcover; 239 pages; \$21; ISBN: 0-87842-359-1 Excellent guidebook for identifying plants of the western states with clear color photos and information on the plants including habitat, edibility, range, medicinal usage and look-alike plants. Even if you don't live in the west this is a necessary reference book if as an herbalist you need to know what specific plants look like. Highly recommended.



Edible Flowers: A Kitchen Companion ... Kitty Morse (Ten Speed Press, PO Box 7123, Berkeley, CA 94707; hardcover; 1995; 70 pages; \$9.95). This is a delightful little gift book with some ideas I'd even eat: Turkey Calendula Roll-ups comes to mind. Not as many recipes as the other book but beautifully done and I can see this in a gift basket for sure.



Edible Flowers: A Recipe Collection ... Marilyn Lande (Lan-Design Publications, 12202 East 203rd st., Raymore, MO 64083; 1994; softcover spiral; 79 pages; \$7.95) gives you more to do with woodruff than make May Wine (Tutti-Fruitti-Floral Topping). She also stuffs tulips with a combination of canned salmon, cream cheese and horseradish (I'll eat that minus the tulip) and makes an interesting Spring Garden Salad with dandelion greens, Calendula blossoms, Queen Anne lace blossoms and.....(I can hear Art Tucker now)...comfrey leaves. Definitely some new ideas here.



The Enchanted Garden : Discovering & Enhancing the Magical Healing Properties in Your Garden ... Claire O'Rush, 1996, Trafalgar Square, Box 257, No Pomfret, VT 05053; hardcover; 109 pages; \$22.95. The subtitle is: Discovering and Enhancing the Magical Healing Properties in Your Garden. And this book does do that by using herbal lore and the language of flowers along with beautiful color plates to bring angel and fairy blessings into your garden. Who knows, if you follow some of the instructions you might even be able to bring in that unicorn you've been looking for.



Encyclopedia of Chinese and U.S. Patent Herbal Medicines ... (Chongyun Liu and Yong Deng, NTC/Contemporary Publishing, 1999, hardcover, \$35, 279 pages; ISBN: 0-87983-891-4) is an easy to use reference book (assuming you have some basic knowledge of TCM principles) that gives conditions/symptoms along with treatment principles and TCM formula AND the U.S. Formula and Manufacturer so you can find what used to be rather obscure products. Even better ingredients in the formula are listed. A really complete book you can't afford to be without if you're doing anything with medicinals.



The Encyclopedia of Edible Plants of North America ... Next to cookbooks, one of my other book collections is resource guides. I never know when I'll get an email asking what Hare's Mustard is...or what are the uses of Bitterroot. But with [The Encyclopedia of Edible Plants of North America](#) by Francois Couplan (Contemporary Publishing; 1998; softcover; 583 pages; \$19.95; ISBN: 0-87983-821-3), I know I'll never be at a loss for words. Based on 10 years of first-hand "grazing" research there are traditional Native American cooking techniques, a comprehensive account of each species including history, medicinal uses, toxicity and much more. An excellent resource book to have on hand for yourself or customers' questions.



Encyclopedia of Herbs and Their Uses ... Deni Bown; Dorling Kindersley Publishing, 95 Madison Ave, NY, NY 10016; 1995; hardcover; \$39.95; 424 pages. Sponsored by the Herb Society of America, in this book you will find information and pictures of more than 1000 herbs....not a lot of depth but definitely a good starting point if you want to know some very basic material. And there's a large number of medicinal plants here as well.



The Encyclopedia of Medicinal Plants ... Andrew Chevallier, Dorling Kindersley, hardcover, 1996; 336 pages; \$39.95. I must admit to favoring Dorling Kindersley as an herb book publisher because of the great color photographs of the plants (and their parts). And this book is no exception. All I'm going to say here is that it's excellent and no medicinal reference library should be without it!! It covers not only traditional Western herbs but many Chinese ones and many of the not-so-common plants. Also good section on preparation. If the price sets you back remember: good things cost money. So ask for it for a birthday present. Didn't your significant other say you were hard to buy for?



Essential Energy ... Nikki Goldstein, Warner Books (1271 Avenue of the Americas, New York, NY 10020); 1997; hardcopy; \$29.95; 168 pages; ISBN: 0-446-91209-3. Aromatherapy. Nice looking book....same old basic information: a little history, a little about oils, a little about usage. Nothing that makes me excited but for a beginner it's not a bad start.



The Essential Oils Book: Creating Personal Blends for Mind & Body ... Colleen K. Dodt, Storey Communications, softcover, 1996; 152 pages; \$12.95. If you've ever heard Colleen lecture on essential oils or aromatherapy you know that this is one person that truly believes in what she teaches. You'll be converted in spite of yourself. And she brings her knowledge and enthusiasm to this book. Great book for those just getting into using oils with enough suggestions for those that are old hands at it.



The Essential Saffron Companion ... I thought I had a favorite saffron book, but The Essential Saffron Companion by John Humphries (10 Speed Press, 1996, softcover, 159 pages; \$15.95; ISBN: 1-58008-024-3) is even better. Lots of recipes, a lot of history, grow your own information and everything you never thought of asking about saffron. Make a class out of this one.



The Estrogen Alternative ... Raquel Martin, Healing Arts Press (One Park St., Rochester, VT 05767); 1998; softcover; \$14.95; ISBN: 0-89281-780-1 This is another book I have to really recommend. It's full of not only information on botanical alternatives to hormone therapy but filled with resource lists. This isn't just a menopause book but covers a wide variety of women's health issues like uterine fibroids and osteoporosis. Recommended for your medicinal library.



Everyday Miracles ... I admit that I'm obsessed with reading. It uplifts me, awakens new ideas and just generally makes me a better person. I adore Oprah for opening even more stories to me. So here's a few that I hope will do the same for you. Everyday Miracles (David Spangler, Bantam (1540 Broadway, New York, NY 10036); 1996; softcover; 238 pages; \$11.95; ISBN: 0-553-37542-3) will take you a few steps closer to accomplishing those dreams. It's about manifesting your heart's desires and gives you clear directions to help you create your own miracles. Very recommended



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If you are a business site that wants to be in our Herb Shoppe area we do so on a reciprocal link basis for nonmembers of our Network. (Network members don't have to reciprocate, but we do appreciate it.) We monitor the links monthly to maintain our credibility and will remove listings (after 1 warning) that are not reciprocating. We do NOT accept links from multi-level distributors. Too many of them, though we will create a link to the home company on the "multi-level" page (this does not hold for network members). . As of 12/02 we are no longer doing reciprocal links with sites that have pop-ups on entering. It irritates me and I know it irritates other visitors. I also do not believe in linking to any and everyone and really dislike link generating software. We only link to herb related businesses and if I get a "form letter" telling me about the benefits of linking to improve our mutual search engine status, it will probably get trashed. For all linking purposes, your link page has to be listed on your home page, not buried within the site.

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Payment: Payment must be in US dollars and may be sent by email, snail mail or phone. We accept plastic (Visa, MasterCard or American Express, Discover -- please include the number, expiration date and billing name) and checks. The email address is webmaster@herbnet.com. The snail mail address is: HerbNET, PO Box 245, Silver Springs, PA 17575, USA. The phone number is 717-393-3295.

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HerbNET can also offer virtual domain hosting, secure server transactions, encrypted credit card number ordering, JAVA and ActiveX programming, active server pages -- in short, we can offer you very basic services, an enterprise solution, or anything in between. We are currently only hosting association members so you need to join in order to take advantage of our services. Cost for hosting is a one-time \$50 setup and \$25 a month for hosting including a secure shopping cart that holds up to 20,000 items. Price is \$20/mo with no cart.

Please call 717-393-3295 or send an email to HERBWORLD@aol.com to discuss your specific needs. We will provide your with a firm, detailed cost proposal for your approval before starting. And after your approval, we won't stop until you are 100% satisfied.

"No job too big, no job too small -- HerbNET can do it all !!!"

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Entries beginning with **NEW** were posted or updated within the last 30 days


We like to think that members of The Herb Growing and Marketing Network are professionals and we urge you to support them. That's why we indicate them by a .

Aromatherapy/Essential Oils

 [A Heavenly Body Aromatherapy Shoppe](#), Cheryl Smith, 204 Muldoon Rd., Anchorage, AK 99504; 907-222-0886; email: ahb@gci.net; URL: <http://www.aheavenlybody.com>


[Dancing Willow Herbs](#) ... herbal preparations of the highest quality from ethically wildcrafted and organically grown herbs with emphasis on indigenous plants of the Southwest

 [Camden Grey](#)...Direct importer of essential oils; also fixed oils and products for massage therapists and soapmakers. Aroma lamps, terracotta diffusers, books, bottles, disposable pipettes, beeswax and much more.


 [Essential Oil Company](#).....**WHOLESALE**. US representative for NEON Jamaica Ltd and NEON (The Native Essential Oil Network). Quality pure essential oils since 1977. Supplying aromatherapists, naturopaths, MDs, massage therapists, soapmakers, candlemakers, etc.

[ESSENTIAL WHOLESALE](#) - Get all the supplies you need to create your own bath and body products or to start making your own cold process soap. Carrier Oils, Butters, Waxes, Essential Oils and so much more or let us do it for you with our Private Label and Custom Formulating Programs. We also have the largest selection of naturally derived cosmetic bases in the world. www.essentialwholesale.com 503-722-7557 Customer Service


 [Green Kingdom Herbs](#) ... Chinese, Western and Ayurvedic botanical extracts ... bee products ... essential oils
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 [Green Valley Aromatherapy](#), We specialize in 100% pure therapeutic quality essential oils. A large selection of aromatherapy products are available: carrier oils and bases, massage oils, custom blends, books, containers, chakra blends and anointments, hydrosols, amphorae, diffusers, aromatic oils. To assist in setting up your business, we have start-up kits and turn key retail displays. We offer a 100% natural skin care line—**No** petrochemicals, **No** preservatives, **No** testing on animals! Technical and aromatherapy support is available online at our website, with our toll free phone line and through our monthly newsletter. **WHOLESALE** and retail catalogues are available online and by request through the mail.

[Healing Natural Oils](#) - Guaranteed natural essential oils treatment to rid herpes, warts, candida and hemorrhoids forever

 [Hill Woman Productions](#)...for nearly 20 years Sue-Ryn Hildenbrand-Burns has been blending herbs, creating scents, and pleasing customers ... a modest home-based business which offers various Essential Oils and Perfumes, Teas, Incense, Potpourri, Bath & Body goods, Ritual & Fixative materials, a few carefully chosen books, and an eclectic mix of other delights and necessities by mail ... known for and dedicated to good service, fair pricing, and responsible, no-nonsense packaging

[Kamala Perfumes, Inc.](#) -- Over 200 herbs, over 125 essential oils, over 300 oils and oil blends. Let our herbalist/aromatherapist help you with teas, tinctures, skin products, and more. We have everything to help you use herbs and oils safely and effectively and 17 years of experience to back it up.

 [Liberty Natural Products](#)...Founded in 1983, Liberty is an importer & distributor of botanical ingredients with an emphasis on essential oils for therapeutic, cosmetic, and food use. Liberty also manufactures and/or distributes personal care products, packaging supplies, natural soap making ingredients and vitamins & supplements. Distribution is **WHOLESALE** to health care professionals, product manufacturers and health food store retailers. Free catalog. Minimum order is \$50. UPS COD, Visa/MC, Net30 OAC. **SPONSOR**

[Motherlove Herbal Company](#)... Fresh plant tinctures, teas, baths, oils and salves for women. Specializing in products for pregnancy, childbirth and breastfeeding. All herbs are certified organic or sustainably wildcrafted. "Pocket Guide to Wild Edible and Medicinal Plants" by Kathryn Cox. Herb walks, and classes in medicine making and bodycare & using herbs during pregnancy. **WHOLESALE**, retail, free catalog.

● [SunRose Aromatics, LLC](#),....Essential Oils ~ Pure & Natural For Body, Mind & Spirit Full line of essential oils & carrier oils WHOLESALE/Retail ~ No minimums **SPONSOR**

[Under The Rainbow](#) ... Holistic Resource and New Age Shop ... over 100 articles on flower essences, aromatherapy, crystals, Reiki, and pathways for personal/spiritual growth ... alternative gifts and two free email newsletters

[ZOBIANA Aromatherapy™](#) is located in Columbia, MD and we are proud to be a company that specifically supplies only "**practitioner-quality**" products. Our services consist of aromatic consultations, certification programs, workshops and seminars. We also provide "*Essential News*" a newsletter about the latest science and research on aromatherapy. A large volume of aromatic information for practitioners and novice alike. Practitioners are encouraged to order "wholesale" upon verification of their credentials.



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Source



This is just the beginning of HerbNET's SOURCE list -- we'll keep adding more herbs and sources. Check back on the 1st & 3rd Monday of the month for updates. These businesses offer retail for sure and some offer wholesale pricing.

Click [HERE](#) for a translation table of common names to the Latin Genus & Species names.

If you would like your business included in the SOURCE, click [HERE](#) for information.

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Scroll down to view the listings of herbs . . .

Genus	Species	Common Name	Bulk	Oils	Plants	Seeds
Abies	siberica	Fir, Siberian Fir		3,7		
	var.	Balsam Fir		3,6		
Acacia	decurrens	Wattle Bark				
Achillea		Devil's Nettle				
	fillipendulina	Gold Yarrow				
	fillipendulina 'Cloth of Gold'					4
	millefolium	Yarrow, White Yarrow			2,1	4
	millefolium cv.	Beacon Yarrow				
	millefolium cv.	Cerise Queen				
	millefolium "PROA"					4
Achyranthes	aspera	Apamarga			2	
Aconite		Monkshood				8
Acorus	calamus americana	Calamus	6			
	gramineus 'Licorice'	Flag, Licorice			1	

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Adonis	aestivalis	False Hellebore, Pheasant's Eye, Red Morocco, Sweet Vernal				8
		foeniculum				4
Aegopodium	podagraria "Variegatum"	Bishop's Weed			2	
Agastache	aurantica	Mint Hyssop				
	foeniculum	Anise Hyssop, Licorice Hyssop			2	
	mexicana	Mexican Lemon Hyssop				
Agave	filifera	Agave				
Agrimonia	eupatoria	Agrimony				
	odorata					4
Ajuga	reptans cv.	Burgundy Glow				
Alcea	rosea	Pink Hollyhock				4
	rosea nigra					4
Alchemilla	vulgaris	Lady's Mantle	6		2	4
Allium	Ampelopr. 'Elephant'					4
	cepa - French					4
	fistulosum	Onion, Welsh			1	4
	x proliferum	Onion, Egyptian Walking			1	
	sativum	Garlic	6			4
	schoenoprasum	Chives, Common	6,		1	4
	tuberosum	Garlic Chives, Jiu-Zi			1	4
Alnus		Smooth Alder				
Aloe	barbadensis	Aloe Vera			2	
Aloysia	triphylla	Lemon Verbena	6,		2, 1	
Alternanthera	lahmannii	Borrachera			1	
Althea	officinalis	Marshmallow	6		2, 1	4
Amaranthus	caudatus					4
Ammi	majus	Bishop's Flower				4
Ammobium	alatum					4
Amoracia	rusticana	Horseradish	6			
Anagallis	arvensis	Poor Man's Weatherglass				
Anaphalis	margaritacea	Pearly Everlasting				
Anchusa	officinalis	Alkanet				
Anethum	graveolens	Dill	6	7	1	

	graveolens 'Bouquet'					4
	graveolens 'Fernleaf'					4
Angelica	archangelica	Angelica	6,		2, 1	
	polymorpha sinensis	Dong Quai			2	
Aniba	rosaeodora	Rosewood		3,7		
Anthemis	nobilis	Chamomile, Roman Chamomile				
Anthoxanthum	odoratum	Vanilla Grass				
Anthriscus	cerefolium	Chervil, Curled Chervil				
	cerefolium 'Brussels Winter'	Chervil	6			4
	cerefolium 'Crispum'	Chervil				4
Antirrhinum		Snapdragon				
Apium	graveolens	Celery, Cutting	6,		1	4
Aquilegia	vulgaris					4
Aralia	californica	Spikenard			2	
Arbutus		Strawberry Tree				
Arctium	lappa	Burdock	6		2	4
	minus	Common Burdock				
Arctostaphylos		Bearberry				
	uva-ursi	Uva Ursi			2	
Arethium	graveolens "Superdukat"					4
Armeria	maritima	Sea Pink, Sea Thrift				
Arnica	chamissonis	Arnica, American			1	4
	montana	Arnica, European Arnica			,2	
Artemesia		Sweet Annie, Qing-Ho				
	abrotanum	Southernwood			1	
	abrotanum cv.	Silver Southernwood				
	absinthium	Wormwood			1	4
	afra	African Wormwood				
	annua					4
	arborescens cv.	Powis Castle				
	dracunculus	Tarragon, French		7	1	
	dracunculus sativa					4
	frigida	Fringed Wormwood				
	ludoviciana albula	Silver King				

	palmeri	San Diego Sagebrush				
	pyc. cv.	David's Choice				
	schmidtiana	Silver Mound				
	stellerana	Silver Brocade				
	vulgaris	Mugwort, Ai Ye	6,		2, 1	4
Asclepias	californica	Sierra Milkweed				
	curassavica	Blood Flower				4
	tuberosa					4
Asperula	odorata	Sweet Woodruff				
Astragalus		Huang Qi				
	membranaceus	Milk Vetch	6		2	4
Atropa	belladonna	Belladonna			1	

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



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
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Entries beginning with  offer correspondence / home study courses.

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Multi-National

 [Cortext](#) ... a non-profit educational seminar organization ... one of the most attended providers of education for health professionals and the general public ... instructors are from major universities and medical centers ... topics include: advances in prevention; anxiety disorders; aging of the brain, Alzheimer's disease, and related disorders; aggression and anger; depressive disorders; emotional intelligence; herbs, hormones and mental functioning; immune system -- mind-body interactions; memory disorders and their improvement; stress-related diseases; and, women's health issues ... seminars are regularly presented in North America, United Kingdom, and Australia

 [The Open International University for Alternative Medicines](#) ... the largest open international academy for Diploma, Degree and Post Graduate courses



Australia

[Australian Correspondence School](#) ... John Mason, 264 Swansea Rd, Lilydale, Victoria, 3140, Australia; 03-9736-1882 ... lectures/classes ... consulting ... display garden ... also PO Box 2092, Nerang East, QLD 4211; 07-5530-4855

[Southern Cross University School of Naturopathy](#) ... PO Box 157, Lismore, 2480 NSW; 066-203000



Canada

[Canadian College of Acupuncture and Oriental Medicine](#) ...

[Canadian College of Naturopathic Medicine, The,](#)

[Dominion Herbal College](#) ... 7527 Kingsway, Burnaby, B.C. V3N 3C1, Canada; 604-521-5822; fax: 604-526-1561; herbal@uniserve.com ... Careers in herbal medicine. Run your own clinical herbal practice 3-year full-time classroom or 4 year tutorial with 500 clinic hours. Starts September of each year. Vancouver and Toronto. Other courses available - homestudy or classroom. Two herbal clinics open to the public. Reasonable fees.

[Mohawk College of Applied Arts & Technology](#) ... Bev Marchment, P.O. Box 2034, Hamilton, Ontario, Canada L8N 3T2; 905-575-1212; marchmb@operatns.mohawkc.on.ca ... although they do not offer the program as Distance Education as of yet, they do offer a comprehensive (2176 hour) program that is unique to Canadian Community Colleges ... their Phytotherapy Program is 51 courses in length and Diploma is Pending approval by the Ministry of

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


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


Education and Training

[Spirit of the Earth Herbal Education & Nature Awareness Centre](#), An herbal educational center located on a beautiful 25-hectare country property. With a unique medicine wheel herb garden with over 500 herb species. From these we make 100s of herbal juice extracts that are available in our 'Apothecary Clinic in the Garden.' We offer introductory workshops on herbs, purification weekends, sweat lodges ceremonies, etc. Offering correspondence, apprenticeship & weekend workshops – certification courses in Herbal Energetics, Therapeutic Herbalism, Practical and Ayurvedic Medicine. We also offer Rainforest Retreats in Costa Rica.

 **True Essence Aromatherapy Ltd.** ... Rae Dunphy, 2203 Westmount Road NW, Calgary, Alberta T2N 3N5, Canada; 800-563-8938; FAX: 403-283-2996 ... aromatherapy education from one and two day seminars to certification ... home study courses available as well

West Coast College of Complementary Healthcare ... Rowan Hamilton, 555 West Hastings Street, PO 12110, Vancouver, BC; 604-602-0100

 **Wild Rose College of Natural Healing** ... #400, 1228 Kensington Road NW, Calgary, Alberta T2N 4P9, Canada; 403-270-0936; FAX: 403-283-0799; TOLL-FREE: 1-888-WLD-ROSE (953-7673); coordinators@wrc.net... Wild Rose College, established in 1975, offers diploma programs in Master Herbology and Wholistic Therapy ... courses available year-round by correspondence ... evening and weekend classes September to June in Calgary



China





Costa Rica

[Tropical Biodiversity](#) ... Courses in Tropical Dendrology and Tropical Birding



India

 ... Professor Dr. P.H. Kulkarni, 36 Kothrud, Pune 411 029, India; 91-0212-332130, (0212) 363132; FAX: (0212)338947 ... offers a correspondance course in Ayurveda ... also offers bulk herbs; medicinal plants; teas; essential oils wholesale

 **International Institute of Thanuology** ... K. Shivakumar, Post Box. No. 7162, E. 32, Anna nagar (East), Madras - 600102, South India; 6260882 ... four year Correspondence Diploma Course in Siddha Medical Sciences, comprising subjects on Siddha Medicine, Thanuology (Varmam), Yoga, Astrology, and Tantric



Ireland

[Brigid's Academy of Healing Arts](#) ... a school of Celtic spirituality, herbalism and holistic healing ... offering instruction in medicinal herbalism, becoming a professional herbalist, Celtic ethno-botany, esoteric herbal traditions, botany, gardening and wildcrafting of herbs ... education in history, myth, legends and traditions of the Celt are also part of the curriculum ... Irish Traditions are a speciality of the Director ... instructors are available for public lectures, presentations, speaking engagements , workshop and class bookings

Japan


Japan Herb School (Sun Farm Shoji Co., Ltd.) ... Yutaka Onoe, -13-18 Higashikanda, Chiyoda-Ku, Yokyo 101 Japan; 03-3866-1712; FAX: 03-3866-2302



Korea

Korea Institute of Oriental Medicine, Yoosik Yoon, 129-11 Congdam-dong Kangnam-gu, Seoul 135-100 South Korea; 82-2-3442-1994 (207); email: ysyoon@kiom.re.kr

New Zealand


 [International College of Herbal Medicine...](#) The International College of Herbal Medicine provides a two-year active program of continuing professional development and postgraduate study for Medical Herbalists and Health Professionals who want to receive advanced and clinically oriented training from mentors who are internationally recognized experts in Herbal Medicine. The Course is delivered in Monthly Units through the on line CAMPUS. The CAMPUS contains Unit Resource Materials, Library, Discussion Group, interactive correspondence with our Mentors, and more.

Waikato Centre for Herbal Studies ... Isla Burgess, PO Box 439, Cambridge, New Zealand; Phone/FAX: 64-7-827 7181; email: waikherb@hn.pl.net

Scotland

[The Scottish School of Herbal Medicine](#) seeks to increase awareness of and education in Herbal Medicine, and offers a wide range of courses, from introductory level to a Diploma and Post-graduate Diploma in Herbal Medicine. We also hope to introduce an MSc from October 2000. These courses are suitable for distance learning, and ITEC accredited Aromatherapy and Massage courses are also on offer. The School's philosophy is based on holistic, organic and vegan principles.

United Kingdom

 [Body Basics: School of Massage, Aromatherapy & Body Work](#) Body Basics (UK) was founded in 1995 and offers training in a variety of ITEC and APNT courses in Massage, Sports Injuries, Aromatherapy, Indian Head Massage, Ayurveda Massage and Advanced Bodywork. All courses are taught by qualified lecturers and therapists who are highly experienced in their field. Body Basics is a member of the British Complementary Medicine Association, ITEC and APNT.

Institute of Traditional Herbal Medicine and Aromatherapy ... 54A Gloucester Avenue, London, NW1 8JD England ... 12 month weekend course

International Academy of Holistic Studies ... Registrar, PO Box 210, Romford, Essex RM7 7DW, UK ... a 1,000 hour aromatherapy course authored by Valerie Worwood and Vivian Lunny

[School of Natural Health Sciences](#) ... When early man started to look for means to cure his aches and pains, it was toward the plant kingdom that he turned ... primitive humans experimentally sampled many kinds of plants in their search for nourishment ... over a period of thousands of years, people learned to use a variety of plants as medicines for different ailments ... today over 75% of medicines around the world are derived from herbs

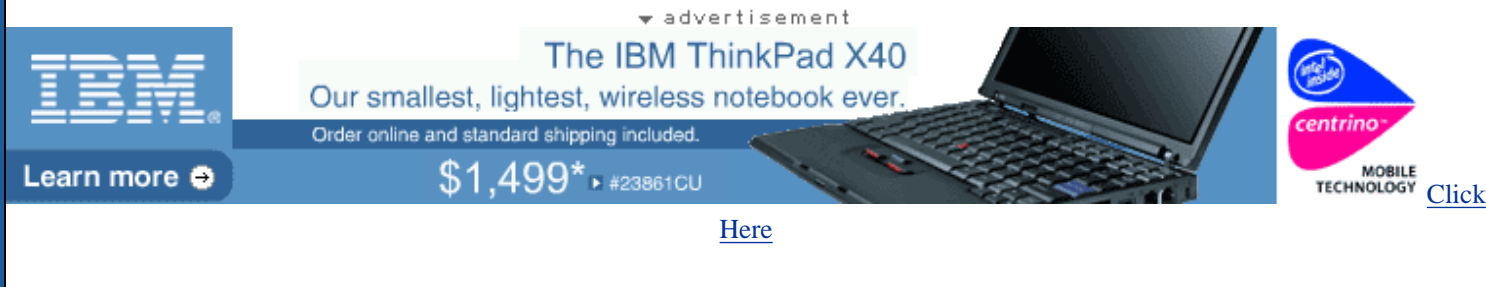
 [College of Phytotherapy \(Herbal Medicine\)](#)

[Tisserand Institute](#) ... courses and degrees in aromatherapy



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Rafe Needleman

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Robert Vamosi



Why we may not have seen the last of Sasser
SECURITY WATCH: Even though a German teenager has confessed to authoring the Sasser worm, Rob says the hunt for the true authors of the Sasser and Netsky viruses should go further. Here's why.

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<http://www.microsoft.com/windows/ie/downloads/default.asp>.

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This page contains downloads for all critical updates, recommended releases, and other beneficial system updates for Internet Explorer. To select downloads in the language of your choice, visit the [Worldwide Downloads](#) page.

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Recreational Software Advisory Council

RSAC

RSAC no longer exists. In 1999 it was "folded into" a new organization, the Internet Content Rating Association (ICRA). The original aims of RSAC, to protect children from potentially harmful content while preserving free speech on the internet, continue to provide the cornerstone for ICRA's work, backed by the biggest names online.

Please follow the links to the ICRA website below to find the information you're looking for:

- For general information about ICRA, please [click here](#).
- For information about labelling your website, please [click here](#).
- If you are looking for **technical support**, particularly with Microsoft Internet Explorer's Content Advisor, please note that we are not responsible in any way for this software, however, we are able to offer advice on its use. The most frequently asked of frequently asked questions (Content Advisor's "Missing information" error message) is answered in FAQ 2.7. For ICRA's support pages, please [click here](#).



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Welcome to Herb Crop Shop, a message board where growers and buyers of botanicals can get together.

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At this point please keep this for quantity purchases....not "I need a pound of burdock root".....This is an herb business area, not a retail shop. For that information, go to [HerbNET](#), a consumer area sponsored by HGMM.

And, this is also a "members only" area as far as posting ads. If a non-member ad is posted it will be removed, but non-members feel free to respond directly to postees. And if you want to take advantage of this program, [sign up for membership](#) in The Herb Growing & Marketing Network today!!

Maureen Rogers
Herb Growing & Marketing Network
1-717-393-3295

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This page is a place holder for the home page of your own web site.

Personalize Your Home Page

Use your favorite FTP application to move your website to the web server.

For an explanation about how to use an FTP application to transfer content to your server, please [click here](#).

• **Hint** Be certain the name of the file for your new home page is: **index.html**

When Frontpage Server Extensions are enabled a Frontpage user named *webmaster* is created with a password specified by the RaQ administrator. Be sure to open the site *Root Web* as the user *webmaster*. Other Frontpage user accounts for the site *Root Web* may be managed using the Frontpage client. *User Webs* can be accessed using user login names and their system passwords.

Additionally, if your site has been enabled to do so, you can use Microsoft Frontpage to replace or edit this page.



Site Management Access

Site administrators use the URL:
<http://www.herbalconnection.com/siteadmin/>

Once you enter this URL, you will be prompted for the site administrator's user name and password which your hosting company supplied to you.

• **Hint** We recommend that you bookmark this site so that it is easy to access in the future.

Personal Account Management

Users manage their profile at the URL:
<http://www.herbalconnection.com/personal/>

Individual users have their own web sites at the URL:
<http://www.herbalconnection.com/users/<username>/>

• **Hint** We recommend that the system administrator inform each of the registered users about maintaining their personal profiles.

HOSTED SITES

We're growing every month!!!

Here are our currently hosted sites. Our emphasis is on those businesses emphasizing herbs, aromatherapy, natural products, gardening and a few of my special friends.

<u>All Goode Gifts</u>	<u>Alloway Creek</u>	<u>Alpine Herbals</u>	<u>ApotheKerry Herbs</u>	<u>Aromatherasound</u>	
<u>Bobcat Naturals</u>	<u>Desert Herbals</u>	<u>Cariboo Ginseng</u>	<u>Cedar Knoll Farm</u>	<u>Church Hill Herbs</u>	
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<u>Deer Creek Herb Farm</u>	<u>Earth Blessings</u>	<u>Eleanor's Herbs</u>	<u>Elder's Seed</u>	<u>The Essential Herbal</u>	
<u>4 Seasons Fresh Herbs</u>	<u>Green Earth Farm</u>	<u>Green Earth Herbals</u>	<u>Greens & Things</u>	<u>Healing Herbals</u>	<u>Herb & Spice Farm on San Juan Island</u>
<u>Herb N' Ewe</u>	<u>Herbal Therapeutics</u>	<u>Herbal Thymes</u>	<u>Herbalist & Alchemist</u>	<u>HerbNET</u>	<u>Herbs by Sarah</u>
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Since 1987 Mountain Rose Herbs has become the **Leading Organic Supplier** in not only the finest organic botanical products, but the freshest as well. From our bulk organic herbs and spices, to our essential oils and herbal teas, the quality and integrity of what we offer is unparalleled and we guarantee you a smile. In fact, we firmly believe nobody can deliver a better product. Mountain Rose Herbs promises to deliver pure goodness and quality products from a loving, fun, and knowledgeable staff that are always here to assist you with any questions you may have.

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It is our health we are talking about, so why skimp? This is an enormous move in the right direction for the future of organic agriculture, and the sustainability of our medicinal plants.

This bold move clearly demonstrates our commitment to the future of organic botanical products and to the health and harmony of our customers.

Organic Herbal Teas



For 17 years Mountain Rose Herbs has blended some of the world's finest bulk loose leaf teas, and in this time we have mastered the art of fine tea crafting. The recipe? Whole, fresh, colorful and aromatic organic materials, blended especially for your order. By using these methods to produce our teas, we believe the quality, taste, color and depth of our blends is unsurpassable, and we guarantee you a smile. Enjoy the nation's first USDA certified organic herbal loose leaf tea blends, only from Mountain Rose Herbs.

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Mountain Rose Herbs purchases only superior oils from the finest crops and most reputable distilleries. These oils are 100% undiluted therapeutic quality oils from steam distillation of quality crop material. Our entire line of essential oils have been accurately and scientifically tested to promise you a superior oil with premium keynotes for the ultimate aroma therapeutic experience.

We invite you to compare our oils with what is being offered on the market and see for yourself...Mountain Rose Herbs is unsurpassable.

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For those of you crafting and formulating your own products, we have all the ingredients necessary to fill your recipes. All of our bulk ingredients are fresh from natural sources with no synthetic fillers or additives and you can expect the absolute best in their properties. We carry a complete line of butters, clays, carrier and vegetable oils, and an impressive line of cosmetic

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All Goode Gifts

What makes All Goode Gifts unique?

All Goode Gifts is a small business providing natural personal care items and medicinal teas of the highest and purest quality available. No synthetics, preservatives, additives or anything unnatural of any kind are ever used in our products. All Goode Gifts is not "just another natural personal care products company". Because all of the products are made in small batches in my home, I can take special care to provide the perfect product, formulated especially for you. I take into consideration your condition, medications, and allergies, and combine herbs, nutrients and aromatherapy to create a customized formula that is specific to your personal needs. Although all of our regularly offered products are of the finest quality, perhaps you prefer a different scent, or a different combination of herbs. That's where my study of Herbs, Aromatherapy and Nutrition come into play. I welcome the opportunity to create a blend that is as unique and special as each and every one of my customers. Custom orders are all handled by e-mail. It's like having your own personal Herbologist on staff! Let me create something wonderful and uniquely yours, taking into account your personal preferences, allergies, symptoms and current medications. For custom orders, please contact us directly via [e-mail](#) or phone. Karen Mallinger has been producing natural products from her home grown organic herbs for over 6 years. She is currently pursuing a Doctor of Naturopathy degree.



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Philosophy

Our desire is to provide our customers with the most natural solutions to their health and personal care challenges with good things from the good earth. We believe that God has provided everything we need for optimal health in the way of natural plants and seek to help others find a more natural way to better health.

Contact Information:
All Goode Gifts
Karen Mallinger
1275 89'th Street
Niagara Falls NY 14304

716-297-3421
email: allgoodegifts@adelphia.net

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ABORTION

QUESTION: Is there a safe herbal preparation I could use in order to terminate pregnancy?

ANSWER: I would not use herbs for this purpose. I feel it would be inappropriate, I am sorry.

If you have read certain herbs have been used for this purpose that is correct; the problem involved is there is a short window of opportunity to use them. And, heavy doses are used which could harm you and the herbs involved will definitely harm the fetus and would have to be followed up by a formal abortion method if not successful in the first month because they are Teratogenic and Mutagenic.

I am not being judgmental simply answering your question, the choice as to abortion or life is yours alone.

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ALCOHOLISM

QUESTION: what herbs could help with cravings for alcohol when under stress or depressed.

ANSWER: This is the chinese named plant Ge gen /googun/, known in the United States as Kudzu, Latin Named: Pueraria pseudo-hirsuta, P. pseudo-harsisa, P. thunbergii has been used to lessen the craving for alcohol.

I would suggest the use of nervines and adaptogens such as Fresh Oats, Saint Johnswort, Lemon Balm and Siberian Ginseng taken as a formula several times a day. If you are considered a alcoholic consider a non-alcohol based extracts such as glycerites or pills.

If there is a herbalist in your area, please seek their consult.



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ANSWERS FROM KAREN:

QUESTION: I have stinging, burning, scratchy feeling all over my body. I am using sarna lotion and zyrtec. I have a bipolar illness and lots of anxiety. Also on klonapin, zoloft, lithium. Still very painful skin.

ANSWER: *It sounds to me like you're having an allergic reaction to one of the many chemicals you're putting into your body. I would speak with your primary care physician and let them know of your reaction. It could be serious, so don't put it off. If your body is trying to tell you that something isn't working, listen to it! Let me know if you get a diagnosis of the itching.*

QUESTION: Our son has us baffled. He is 18 months old and has been sick with a stomach flu for 6 days. On the night that he started to feel good, we notice that he has white wheals all over his fingers and feet. After about an hour of no activity playing), they go away. But as soon as he gets up and plays he gets them again. We haven't had any new foods and no new cleaning products in the house. He has been inside alot the last few days because he has been sick. His doctor feels that it is an allergic reaction (allergy). We just can't imagine from what? Any suggestions? They have him on allergy meds. and a steroid to prevent spreading and swelling.

ANSWER: Your doctor thinks it's an allergic reaction, but he doesn't know to what? What kind of allergy meds is he on? He could be having a reaction to the meds. You say he has the stomach flu. Perhaps something he ate is giving him an allergic reaction. White Wheals? Don't know what that is. I'd get your doctor to give you more information than "an allergic reaction" so you can treat it properly. Perhaps he needs to be tested for food allergies. Check with your health practitioner.

ANSWERS FROM DAVID:

QUESTION: I have read that some immune herbs are useful in addressing immune overactivity (ie.allergic reactions). I am looking for leads on herbs to investigate or any useful information regarding allergy treatment and herbs. Could you please tell me a natural or herbal remedy for thrush? >>

ANSWER: I think you are talking about the medicinal mushrooms such as Maitake, Shitake and Reishi (Ganoderma's), they are immune amphoteric, harmonizing the immune system, lowering hyper response and elevating hypo response.

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ALOPECIA AREATA

QUESTION: My daughter (9 years old) has Alopecia Areata. This is an autoimmune disease, which causes hair loss. Someone suggested she take a pill made from the Montana Yew tree. This tree also is used to make Taxol. Do you think this pill would be harmful or helpful for her to take. I would appreciate your opinion...

ANSWER:

Without knowing everything about your daughter.

Here is some information about Alopecia.

Alopecia areata is a loss of hair from scalp to other places on the body where hair normally grows. It usually starts in patches, and can encompass the entire scalp or body.

Hair loss to the entire scalp is called Alopecia totalis.

Hair loss to the entire body is called Alopecia universalis

The scalp is the most effected area. Alopecia can occur in either male or female of any age, but children are normally affected the most often.

An interesting fact is the hair follicles; although they have shrunken and hair growth does not appear above the surface of the skin, are still alive and spontaneous regrowth can happen anytime, days, months or years after the original onset with full hair recovery.

I would suggest it is a diet, environmental, stress or circulation problem.

For diet, make sure she is eating whole foods, eat organic, eliminate refined or processed foods, eat lots of vegetables, drink lots of water. Start taking a good multivitamin like Rainbow Light brand. EAT amla fruit, it was traditionally used to strengthen hair, connective tissue and muscle. Get Horsetail and other super green food sources in diet to increase hair strength.

For environmental, stay away from chemicals, insecticides, herbicides, cosmetics and aerosol sprays. She should stay natural and clear of man made pollutants or chemicals.

For stress reduce it, or have her learn to release it. Learn stress reduction techniques. Use adaptogen herbs which help the body deal with stress. These include the Ginsengs, I would probably start with Siberian Ginseng for her.

For children use Chamomile and Catnip to calm them down, these two herbs are good for nervousness which is shown as stomach or GI upset.

For circulation use Ginkgo, Hawthorn, Rosemary.

Use a Rosemary rinse on the scalp, it has been traditionally used to prevent hair loss.

It has also been suggested that this is an Autimmune disease, if so Immune Amphoteric Herbs are appropriate, such as Medicinal Mushrooms (Reishi (The Gano dermas), Shiitake, Maitake, Chaga), and or the other Immune Amphoteric herbs Astragalus, Shisandra and Licorice, which are also Adaptogens.

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ANSWERS FROM KAREN MALLINGER:

QUESTION: When we take our cat in the car with us she becomes very agitated, pants, cries, and eventually will empty her bowels and sometimes even vomit if she's eaten recently. She's obviously motion sensitive because she reacts especially when making turns or on a curving road. Is there an herbal extract she can be given before the car trip and if so, where would I purchase and how much would I give her? I hate to use a sedative from the vet.

ANSWER: Cats by nature don't like fast moving scenery like what happens riding in a car. Do you have her in a crate or is she loose? I would suggest a solid side crate with a cover over it so she can't see the scenery rushing by. Another possibility is Skullcap. Unlike other sedatives, it doesn't cause drowsiness or dull the reflexes or interfere with motor coordination. If you have a holist Vet, they can give you a tincture. If not, you can try the capsules and putting a little in her food before you plan to take her out. In all cases, she should be crated. Never leave an animal loose in a moving car.

QUESTION: I have a cat with Lymphoma and kidney disease! I was treating her cancer successfully with Ambrotose which are Glycnonutrients made from Aloe Vera gel. However her kidneys are suffering and I have read mixed reports about aloe vera being something to avoid if there is a kidney problem, and others saying its actually good for kidney disease. Which is true?! I don't want to be making one problem worse while trying to cure the other. Can you tell me is it safe to give her Aloe in her condition? Can you help??

ANSWER: So sorry to hear of your Kitty's woes, but it sounds like you are on the right track. I am assuming you are feeding a natural, holistic food in conjunction with the aloe treatments you are providing. If not, you're not really solving the problem. Aloe Vera has strong purgative qualities, but I don't see any evidence that it is dangerous for the kidneys. All of my research shows it to be especially effective for cats in the treatment of fibrosarcoma and FeLV. So it sounds like you are on the right track. What are you using to treat the kidney problems? Or did you only notice the kidney problems after you started the aloe treatments. If that's the case, I'd speak to your vet about it. Find out exactly what's going on with the kidneys and treat it immediately. This can be done with a blood test and a urine test. I lost one of my favorite Corgis to renal failure and it happens very quickly, so please address it.

QUESTION: Is ginko biloba safe for dogs? I have a 14 1/2 y/o Westie that is very senile. Can you recommend anything for canine senile dementia. He has been seen by 2 different vets. The holistic vet gave him a series of vitamins, but I have been wondering about herbs.

ANSWER: *You are on the right track with seeing a holistic Vet. One of the worst things you can do, in my opinion, is over vaccinate your dog. Gotu Kola, Horsetail, Blue Cohosh and Spirulina are all excellent herbs for canine dementia and to ease the conditions associated with advanced age. Astragalus is especially well suited as a general tonic for older animals because of its immune system supporting properties. Dandelion Root can assist in digestion and waste elimination. Make a tea and just add it to the dog's drinking water. This is the best way to get it down them. If your dog is showing signs of renal failure, twice daily doses of ginkgo and hawthorn will help improve the blood circulation and reduce blood pressure. Make sure his diet is healthy. A myriad of problems will disappear just by feeding a good quality, healthy food. And I don't mean Science Diet or Iams. Many of the chemicals used in dog food today are cancer causing as well as being detrimental to the health of the animal. I have Pembroke Welsh Corgis that I show and I only feed healthy, all natural food. I like Dick Van Patten's Natural Balance. You can find it in any Petco. Also ensure that your best friend is getting pure water. Mine get distilled. The chemicals in the water can lead to a variety of symptoms as well.*

FELINE LEUKEMIA

QUESTION: I am researching info. on successful treatments for feline leukemia. Have you any ideas?

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ANSWER: *So sorry to hear kitty is sick. There have been some exciting new discoveries with Aloe, believe it or not. Scientists have recently discovered that acemannan acts as a strong immunostimulant in animals, particularly in cats. It has been found to be especially effective in the treatment of fibrosarcoma and feline leukemia virus. It is theorized that acemannan triggers an increase in the autoimmune attack upon the viruses believed to cause these usually fatal diseases. Typically, over 70% of cats who become ill with FeLV die within ten weeks of the onset of disease. But in recent studies, 44 cats with confirmed FeLV were intravenously injected with 2 mg per kg of acemannan weekly for six weeks and reexamined six weeks after the treatment was terminated. At the end of the twelve-week study, 71% of the cats were alive and in good health. Acemannan has also been shown to be effective against cancerous tumors in rodents and dogs. It has been FDA approved for veterinary use, so my suggestion to you would be to see if your Vet will do the injections for you. (Study - M. A. Sheets et al., "Studies of the Effect of Acemannan on Retrovirus Infections: Clinical Stabilization of Feline Leukemia Virus-Infected Cats," Molecular Biotherapy 3, no 1 (1991) 41-5.)*

Cancer in animals is nothing to mess around with. I lost one of my darling Corgis to it two years ago. There is also a tonic that I can make for you if you're interested. Just e-mail me and put the word ORDER in the subject line.

ANSWERS FROM DAVID BRILL

ARNICA

QUESTION:

I was wondering how safe it is to use arnica oil and/or liniment on animals-horses and dogs?

ANSWER: Many plants have been used in the past for animals, much of what we know today as plant medicine was learned from how animals used the plants themselves in the wild.

For Arnica oil, if using an infused arnica oil I would suggest it would be very safe to use it externally; another good herb would be Comfrey. Arnica would be used for scrape, scratches, bruising, trauma, strains, sprain but not so much deep cuts. Comfrey has a common name Knit-Bone and was used for scrapes, scratches, trauma, strains, sprain and broken bones, but not deep or puncture wounds. The story is told that race horses in England that break their legs are returned to racing after using Comfrey poultices on the fractures.

Another possibility would be homeopathic Arnica or Comfrey. If you are talking about the essential oil of Arnica, I would dilute it in a carrier oil and again only use externally.

VALERIAN FOR CATS

QUESTION: I need a source for very concentrated valerian extract. Basically, I need as powerful as I can get, in a small tablet or capsule. If this is not available, a source for the concentrated oil would be helpful (I will put it into capsules myself, if need be).

I am giving this to a hyperanxious cat; it has worked very well for him so far, but stuffing two large (500 mg) capsules down his throat is difficult for BOTH of us! I'm sure that a large portion of what's in the capsules is root powder which is mostly cell walls and relatively little active substance.

ANSWER: Instead of pills have you tried an alcohol extract of Valerian, it could be masked with a sweetener such as honey or squirted down the cats throat. We carry Valerian in our store and mailorder every day if you cannot find it locally.

We also have a blend called Rosemary's Relaxing tea or tincture which is a combination of several herbal relaxants.

My other suggestion would be to try a Homeopathic pill which is very tiny and tastes sweet.

HERBS FOR ANIMALS

QUESTION: I am interested in knowing if herbal remedies are safe for our pets. I have two chocolate labs that have terrible skin, dry, itchy, very similar to eczema. I am wondering if their diet plays a role in this skin condition and if there are any herbs I could give them that would be safe.

ANSWER: I am not an expert in herbal use for animal health. There are many natural and herbal products designed for pets which are safe. Yes, diet plays a big role in animal health, HerbWorld has an annual conference on herbs, Herbs for health is 1/3 of the discussions. Last years conference was in Florida and there were several lectures on animal health, including diet for pets and herbal approaches for pet care. You may want to buy a copy of the proceedings and tapes for those lectures. Contact Maureen Rogers at HerbWorld@aol.com I will copy her this message so she knows you might be calling. She can also recommend a good starter book for herbs for pets. For humans this is what I would recommend for dry, itchy and scaly skin. I would try to find a holistic veterinarian in your area.

Skin problems are usually related to the liver, treat the liver and they usually clear up.

For external use I would make an Elderberry tea, Latin Name: Sambucus nigra (European Species), S. canadensis (USA species) of the flowers to wash on the skin, Elderberry helps with dry itchy skin because it is an emollient.

Oats, Latin Name: Avena sativa, A. fatua (wild oats) is good for itchy skin conditions, cook small amount on stove top

till thickened then add to bath waters. Usually stops the itching and is also good for the skin.

Milk Thistle, Latin Name: Silybum marianum is good for the Liver and helps with dry itchy skin. Taken as a tincture would be best.

Burdock seed Latin Name: Arctium lappa is great for dry itchy skin use in combination with Milk Thistle, again as a tincture.

Omega 3 fatty acids such as deep sea fish oil.



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ANSWERS FROM KAREN MALLINGER

QUESTION: I have been told that ACETYL-MYRISTOLEETE will help arthritis. Is this a herbal substance? What can you tell me about it?

ANSWER: *Unfortunately, cetyl myristoleate is not natural or herbal. It is a compound developed by a man named Harry W. Diehl in a home lab in Maryland. I did some research for you and it seems his company sells this product and includes milk thistle, which is a liver tonic and cleanser. My first question is, if this is healthy, why include a liver cleanser?*

The following list includes several herbs that may help relieve the pain of arthritis. There is no known cure.

- Devil's Claw: an anti-inflammatory, analgesic, digestive stimulant, Devil's Claw is officially recognized as an anti-rheumatic in Europe.
- *Yucca*: Yucca improves digestion with actives called saponins. A problematic digestive system can result in excess histamine production, which leads to worsened inflammation and pain in some people.
- *Alfalfa leaf*: Alfalfa leaves provide needed nutrients to help bring your body to a healthy and aid in healing.
- *Wild Yam root*: (AKA Rheumatism Root) This root is an anti-inflammatory that can help reduce pain. It also has mild diuretic properties to gently cleanse the body of toxins and waste.
- *Sarsaparilla root*: Sarsaparilla is officially recognized in Europe for its anti-rheumatic, anti-inflammatory properties.
- *White Willow bark*: White Willow Bark contains salicin, a pain reliever. Salicin is used to make aspirin, but when the herb is used, it will not irritate the stomach.
- *Horsetail*: Horsetail contains silica, which is vital in strengthening and regenerating connective tissue (found abundantly in joints).
- *Chickweed*: a mild laxative, Chickweed aids in overall cleansing of the body. The laxative effect is so mild that most people do not notice it.

As with any herb, if you are pregnant or nursing, or if you are taking any type of medication, you should consult your doctor.

ANSWERS FROM DAVID BRILL

PAIN

QUESTION: I'm finding that the fingers on both hands are difficult to manipulate 1st thing in the morning. They do improve later although there remains some stiffness throughout the day. Also I'm in constant lower back pain when using a treadmill or playing golf, which does not ease at all.

ANSWER: I would suggest seeing a doctor in your area to find out what is wrong, without knowing your age or other factors it is hard for me to guess what is wrong.

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If I had these symptoms I would assume I had a problem with inflammation and possibly circulation or nerve issues.

Ginkgo is good for circulation
Saint Johnswort is good for nerve issues
Turmeric is a great antiinflammatory
Hawthorn is good for circulation and connective tissue issues

ABSINTHE

QUESTION: my husband is trying to tell me absynthe can be used as an arthritis(sp) cure, or to ease the pain. I can't find that in any of my nutritional material. Is that true?

ANSWER: I am assuming you are talking about Wormwood sometimes called Absinthe or Absinthium, Latin named: Artemesia absinthium.

This herb has been traditionally used internally for intestinal worms, amoebas and other parasites. It has also been used externally as a linament in vinegar or as a bath for rheumatism, sprains, strains, and sore muscles, this may be the association for the arthritis mentioned in your question. It is also a strong bitter herb, in the realm of herbal medicines there are herbs that have the same actions and are much safer to consume.

Caution is suggested for use of this herb, it is very toxic and should only be used by those trained to do so, it is high in volatile oils: pinene and thujone (a central nervous system poison) other constituents include absinthin, absinthic acid, cadinene, isovalerianic acid, lignans, phenolic acids, phellandren.

ARTHRITIS

QUESTION: I would like to know of a herb and how to prepare it for easing inflamation. This would be from arthritis

ANSWER: Devil's Claw, Yucca, and Alfalfa seed. All are traditional arthritis remedies. They decrease pain and inflammation.

Meadowsweet, Honeysuckle, Mulberry bark, Willow bark, Black or Sweet Birch, Wintergreen. For symptomatic relief of pain and inflammation similar to aspirin.

Other anti-inflammatory compounds not in above categories: Guiac (Guaiacum) or Lignum vitae, Boswellia (Ayurvedic herb), Turmeric and Sarsaparilla

In the diet

Increase water consumption. Most people don't get enough water, but the water it helps with the inflammation and increase the fluids between joints cushioning them more. I would drink upwards to a gallon a day.

Increase Omega 3 fatty acids. If the consumption of dietary or supplementary Omega 6 to Omega 3 fatty acid ratio is off, inflammation will increase. Increase fish oils, or flaxseed oil for vegetarians, but flaxseed is harder to absorb.

Eliminate refined or processed foods it whole foods, lots of colorful fruits and vegetables. You want a diet rich in Flavonoids, which are anti-inflammatory. Therefore increase consumption of berries, grapes, cherries, rose hips, dark chocolate (unsweetened), colorful edible flowers, elderberries, blueberries, black and red raspberries.

There are other specific foods that are helpful. Pineapple contains Bromelain, an anti-inflammatory. Papaya has anti-inflammatory components. Paw Paws are a native fruit, called custard banana, with similar properties. Lemon juice or apple cider vinegar--one tablespoon in 8 oz water, drink throughout the day. Must be freshly squeezed lemon juice. Raw vegetable juices

Raw milk contains constituents some say reduce inflammation in arthritis.



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HERBS FOR ATHLETES

QUESTION: I AM AN AMATUER TRIATHLETE, AND I WAS WONDERING WHAT HERBS WOULD BE GOOD FOR ME

ANSWER: For you because I do not know everything about you, here is the answer to your question.

If I were you I would begin with Siberian Ginseng, Chinese Named Ci Wu Jia /Sue Woo Ja/, Latin Named: Eleutherococcus senticosis

This herb was used by Russian and Soviet Athletes to improve performance. This herb helps the body deal with stress, facilitates healing, lessen recovery time, increases mitochondria function (energy building blocks of cells), reduce fatigue, increase endurance and stamina.

The only caution I am aware of is it could cause insomnia in some individuals, but normally it does not overstimulate.

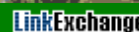
It does normally require a fairly large dose to see results for a more thorough recommendation I would need more specific information about you.

Suggested form would be Tea or Alcohol based Tincture.

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QUESTION: Do you have any information about Avascular Necrosis treatment, prevention....

ANSWER: Avascular necrosis (also called osteonecrosis, aseptic necrosis, or ischemic bone necrosis) is a disease that results from the temporary or permanent loss of blood supply to the bone. When blood supply is cut off, the bone tissue dies and the bone collapses. If avascular necrosis occurs near a joint, collapse of the joint surface may occur.

Avascular necrosis may occur in any bone, but most commonly occurs in the ends of a long bone. It may affect one bone, several bones at one time, or different bones at different times. Although avascular necrosis may affect both genders and all age groups, it most-commonly occurs to people in their 30s and 40s.

What causes avascular necrosis?

Avascular necrosis may be the result of: traumatic causes - injury, fracture, or damage to blood vessels
non-traumatic causes - long-term use of medications, such as corticosteroids, or excessive, long-term use of alcohol

Several Chinese herbs have been used to treat avascular necrosis. They include:

- Astragalus membranaceous - root
- Carthamus tinctoria - flower
- Angelica sinensis - root

Since this involves the bones and the blood circulation, I would also look at burdock and dandelion for the blood and nettle, and oats for the bones. Making a tea or a tincture of these herbs will provide the easiest method for ingestion.

If it were me I would gargle with them.

QUESTION: Could you please tell me a natural or herbal remedy for thrush? >>

ANSWER:Who has the thrush, male/female, baby child, adult?

The simple answer to your question is Barberry, Yellowroot, Oregon Grape Root, Goldenseal, Spilanthes, Thyme, Black Walnut and Usnea have been used. You would normally gargle a tea, swish in mouth, etc, 3 - 4 times a day.

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BAD BREATH

QUESTION: Please send information that will help with the problem of bad breath. Possible allergy related.

ANSWER: Bad Breath or Halitosis can be caused by many factors.

1. Not brushing and flossing teeth, gums and tongue regularly (after every meal would be my recommendation) allows food particles to remain in mouth and become food for bacteria which give off unpleasant odors as the food is decayed by them.
2. Eating Certain aromatic foods (onions, garlic etc), this food odors are eliminated via the lungs or they just hang out in mouth after being eaten not brushed or wash away.
3. Acute or Chronic Infection of sinus, throat, gums or teeth (problems of the gum are called periodontal disease and bad breath is a warning sign).
4. Certain blood sugar levels are reflected as bad breath.
5. Tobacco use causes bad breath
6. Chronic dry mouth (Xerostomia) can cause bad breath.

So bad breath is a sign or symptom of another problem. Correct the problem and the bad breath will go away.

Herbally you can try:

- Parsley, Latin Named: *Petroselinum sativum*, *P. crispum* has been used to correct bad breath traditionally to minimize odors associated with Garlic and Onion ingestion. Eat fresh, dried parsley is not effective.
- We sell a mouth rinse which is great oral antiseptic, stopping infections of gums, throat and teeth which lead to bad breath. It was designed by a Dentist who is also an herbalist.

For chronic infection, use herbs appropriate for the tissue involved.

- Sage, Latin Named *Salvia officinalis* is used for sore throat and gingivitis, it dries excess secretion such as mucus from sinus infection. This herb might be contraindicated if the problem is dry mouth.
- Thyme, Latin Named: *Thymus vulgaris*, *T. serpyllum* used as a mouth rinse to kill fungus, bacteria and virus, strong antiseptic, good for colds and flu
- Clove, Latin Named: *Eugenia aromaticum* good for bad breath caused by rotting food in mouth, used in old time mouth wash and powders, herb can be drying
- Myrrh, Latin Name: *Commiphora molmol*, *C. myrrha* used for bad breath, infections of mouth, teeth, throat and sinus, long history of use for gum disease, toothache etc
- Echinacea, Purple Coneflower, Snake root, Latin Named: *E. angustifolia*, *E. purpurea*, *E. pallida*, *E. tennesiensis*, this herb beside helping to boost the immune system is a good Sialagogue, boosting salivation, and as a mouth rinse or gargle it has been used for strep and sore throat and gingivitis.
- Wild Indigo, Latin Named: *Baptisia tinctora* good for sore and strep throat, mouth and gum abscess good gargle and mouthwash, stimulate immune system, best when combined with Echinacea. Does have potential for toxicity in

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overdose.

--Spilanthes, Toothache plant, Latin Named: *Spilanthes oleracea* this herb is antifungal and antibacterial, it good for thrush, pyorrhea, gingivitis and toothache.

--Frankincense, Gummi Olibanum, Latin Named: *Boswellia carterii* This herb is antibacterial, used topically for sores, increases circulation, used for toothache. Used with Myrrh for pyorrhea, gingivitis.

--Goldenseal, Oregon Grape and Barberry are all good topically for mouth rinse, sore/strep throat gargle, infections.

In General:

--Quit using tobacco

--Please see a practitioner in your area to be tested for blood sugar problems.

--Brush and floss teeth several times a day, especially after each meal. Use herbal rinse as an antiseptic and breath freshener.

--For chronic dry mouth drink more and try to breath through nose. Dry mouth is also associated with diabetes.

Marshmallow, Latin Name: *Althea officinalis* has been used for dry mouth, throat conditions, it energetics are cold and damp

A final thought, if your problem is gum disease, increase use of Ginkgo, Vitamin E and CoQ10 which increase circulation to gums.



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BLOATING:

QUESTION: I find that I'm bloated a lot of the time, and I can't figure out why. I eat very healthy, but for some reason I retain a lot of water. Is there any vitamins I can take to get rid of this? Also, are almonds good for you? I know they have a lot of protein, but is there anything that bad for you in them? I have almonds pretty much everyday, could that be the problem??? Thank you... I look forward to hearing your response.

ANSWER: Are you certain the bloating is water retention? Are you noticing any swelling in your fingers and ankles? My favorite herb for water retention is dandelion. To help you with this, you need to eliminate salt from your diet. Try herbs or "Mrs.. Dash" on your food instead. Drink unsweetened Cranberry Juice every day. Also, you need to be drinking plenty of water. If we aren't getting enough fluids, sometimes the body will "retain" so it has enough to function. So don't think because you're retaining water, you should drink less! Drink plenty and flush your system out. I have a special tea I make for water retention if you're interested. E-mail me with the word ORDER in your subject line for more info. In answer to your other question, yes, almonds are very good for you. Taken in moderation of course. They have a lot of fat. Unless of course, you are allergic to them. Many people have an allergy to nuts. But if you have no adverse symptoms, then eat up! That is, unless your almonds are in a chocolate bar!!

CONTINUATION OF ABOVE CONSULT

QUESTION: Yes I do have gas that buildings up and will not release. There is no heartburn associated with this at all. No there is no water retention but there is one thing I did note, when I drink water I do get a lot of bloating. Strange huh?

ANSWER: Hmmmm. Have you seen a doctor at all about this? I think I would check with them to ensure it is not a gall bladder, hiatal hernia or peptic ulcer. The following herbs are helpful with bloating: cinnamon, gentian, horehound, dandelion and caraway. Any of these herbs taken in a tea 3 to 4 times a day may provide some relief for you.

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BLOOD PRESSURE

Question: Can you recommend a herb to reduce constantly high blood pressure 180/100 no other effects cholesterol ok blood pressure

Answer: The more well know herbs that are helpful for lowering blood pressure include:

Garlic: Get it in your daily diet, smell like garlic, fresh is best, pills would be second choice

Hawthorn: As a tincture or a tea, this one is food for the heart and circulation system.

Linden: As a tincture, would be used as a small component in an herb formula with Hawthorn for example:

Du Zhong (Eucommia Bark): Very effective Chinese herb, only best as a tea.

Fresh Oats: for high BP associated with nervousness

Dandelion Leaf: Excellent Diuretic herb, as effective a Lasix, lowers volume of water so lowers volume of blood in body, so less pressure.

Motherwort: For BP associated with anxiety.

Olive leaf: used in combination with another herb such as Hawthorne

Mistletoe: useful in combination with Hawthorn, small amount.

We have a Linden-Hawthorn-Mistletoe tincture combination in our store which has been used by medicinal herb clients to eliminate their use of BP pills completely.

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- If you want to ask a new question there is a charge of \$25 per question. [Click here for new question](#) The answer will be sent to you directly by David. Questions and answers may be posted on this site (names removed) to help other people with the same concerns.

BROKEN BONES

QUESTION: A doctor prescribed GNC homeopathic arnica for my broken foot, I would like to know if arnica in some natural form externally on my foot would be more effective.

ANSWER: If the physician is trained in Homeopathic remedies I would not want to question his advice, I will assume he knows why he wants you to use the remedy, but in general to answer your question Homeopathic remedies theoretically work differently than a whole plant remedies.

One indication for Homeopathic Arnica is person feels bruised or sore from a sprains, injury or fall or is used to prevent shock.

The whole plant extracts of Arnica is used in many trauma oil formulations, and is great for bruises and contusions.

A plant which is nicknamed knitbone is Comfrey, Latin Name: Symphytum officinale and is appropriately used for bruises, scrapes, broken bones, torn muscles, ligaments & tendons. A poultice of the smashed plant would be applied topically to the affected area.

I am assuming you have a cast on your foot so applying a poultice of either arnica or comfrey to the affected area would be difficult. You DR may be using the Homeopathic remedy because it can be taken internally and the use of the whole plants Arnica and Comfrey internally is a controversial approach today.

You may want to use a Homeopathic remedy of comfrey and or Arnica.

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CERVICAL CANCER WHILE PREGNANT

QUESTION: My sister is three months pregnant and just found out she has cervical cancer. Her doctor told her that she's in the second stage of the cancer, but can't do anything until the baby is born. I did a research project on burdock root a couple of years ago, so I was planning on making her a tincture, maybe with red clover blossoms and reishi.

My boss recently told me about mgn-3, but didn't know about taking it while pregnant. Do you know anything about this?
Any suggestions of herbs and supplements that she can take would be greatly appreciated.

ANSWER: If she were not pregnant I would try a poultice of Yarrow, Echinacea, Wild Indigo, Goldenseal, Chickweed, Plantain and Calendula. The herbs would be made into a paste then applied to a old diaphragm and inserted against the cervix each night for 5-7 days (remove in the morning) clean and then apply fresh herb paste the next night for the week or so; then off for several nights, then again for a week then off then on and so on for a month of time total. This has proven very effective in the past for this condition, I would be concerned at this junction in her pregnancy to try this method. Consult with her Doctor after her first trimester and see if he/she would consider this method. Burdock and Red Clover blossoms help increase the body's ability to eliminate things, my concern would be the body trying to flush the good (the baby) and the bad (the cancer). The medicinal mushroom reishi is a immune balancer bringing the body's natural defenses back to normal. It might be a good choice for her it is considered a food based medicine. But, the body sees the developing baby as a foreign object to the mother's body, the mother's immune system is kept in check so the baby is not attacked during pregnancy turning her immune system up could also effect the baby. Blood test would need to be done to check her immune system levels and response to the therapy. There is not an easy answer, I am sorry. I will think of her in my prayers. I would be glad to help anyway I can.

BLACK COHOSH

QUESTION: I have recently completed 3 months of chemotherapy after a malignancy and subsequent modified radical mastectomy. The pathology showed the tumor to be estrogene receptive and I am beginning a five year therapy with tomoxifen. The chemo has triggered hot flashes and night sweats. I need to know if Black Cohosh is a form of natural estrogen or phytoestrogen (I can not take either), or if it is a safe way for me to deal with there very uncomfortable side effects.

ANSWER:

This is a download from the Natural Pharmacist Website www.tnp.com

Safety Issues

Black cohosh seldom produces any side effects other than occasional mild gastrointestinal distress. Studies in rats have found no significant toxicity when black cohosh was given at 90 times the therapeutic dosage for a period of 6 months.¹⁰ Since 6 months in a rat corresponds to decades in a human, this study appears to make a strong statement about the long-term safety of black cohosh. Unlike estrogen, black cohosh does not stimulate breast-cancer cells growing in a test tube.^{11,12,13} However, black cohosh has not yet been subjected to large-scale studies similar to those conducted for estrogen. For this reason, safety for those with previous breast cancer is not known. Also, because of potential hormonal activity, black cohosh is not recommended for adolescents or pregnant or nursing women. Black cohosh has been found to slightly lower blood pressure and blood sugar in certain animals.^{14,15} For this reason, it's possible that the herb could interact with drugs for high blood pressure or diabetes, but there are no reports of any such problems. Safety in young children or those with severe liver or kidney disease is not known.

I have found there site to err on the side of caution, sometimes with general cautions... what I like about there site is

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their material is cited.

My concern for you would be the drug of choice, Tamoxifen use has been linked to uterine cancer saving you from possible recurrence of breast cancer (not totally guaranteed) and threatening you with another cancer. Tamoxifen has also been linked to high triglyceride levels. But only you and your doctor can choose the correct course of action against your disease.

I would suggest immune modulating, potentiating, building herbs such as astragalus, medicinal mushrooms, echinacea, etc. and adaptogens to deal with stress such as ginseng, licorice etc. Another great formula for cancer is called Fu Zheng, it boosts the immune system, has adaptogens and combats the side effects of cancer and its treatments, surgery, chemotherapy and radiation therapy.
End of Answer

This is a download from the National Cancer Institute...

Their Date reviewed: 03/05/2001

Questions and Answers About Tamoxifen

What is tamoxifen?

Tamoxifen (Nolvadex®) is a medication in pill form that interferes with the activity of estrogen (a hormone). Tamoxifen has been used for more than 20 years to treat patients with advanced breast cancer. It is used as adjuvant, or additional, therapy following primary treatment for early stage breast cancer. In women at high risk of developing breast cancer, tamoxifen reduces the chance of developing the disease. Tamoxifen continues to be studied for the prevention of breast cancer. It is also being studied in the treatment of several other types of cancer. It is important to note that tamoxifen is also used to treat men with breast cancer.

How does tamoxifen work on breast cancer?

Estrogen promotes the growth of breast cancer cells. Tamoxifen works against the effects of estrogen on these cells. It is often called an "anti-estrogen." As a treatment for breast cancer, the drug slows or stops the growth of cancer cells that are present in the body. As adjuvant therapy, tamoxifen helps prevent the original breast cancer from returning and also helps prevent the development of new cancers in the other breast.

Are there other beneficial effects of tamoxifen?

While tamoxifen acts against the effects of estrogen in breast tissue, it acts like estrogen in other tissue. This means that women who take tamoxifen may derive many of the beneficial effects of menopausal estrogen replacement therapy, such as lower blood cholesterol and slower bone loss (osteoporosis).

Can tamoxifen prevent breast cancer?

Research has shown that when tamoxifen is used as adjuvant therapy for early stage breast cancer, it reduces the risk of recurrence of the original cancer and also reduces the risk of developing new cancers in the other breast. Based on these findings, the National Cancer Institute (NCI) funded a large research study to determine the usefulness of tamoxifen in preventing breast cancer in women who have an increased risk of developing the disease. This study, known as the Breast Cancer Prevention Trial (BCPT), was conducted by the National Surgical Adjuvant Breast and Bowel Project (NSABP), a component of the NCI's Clinical Trials Cooperative Group Program. This study found a 49 percent reduction in diagnoses of invasive breast cancer among women who took tamoxifen. Women who took tamoxifen also had 50 percent fewer diagnoses of noninvasive breast tumors, such as ductal or lobular carcinoma in situ. However, there are risks associated with tamoxifen. Some are even life threatening. The decision to take tamoxifen is an individual one: The woman and her doctor must carefully consider the benefits and risks of therapy.

Women with an increased risk of developing breast cancer have the option to consider taking tamoxifen to reduce their chance of developing this disease. They may also consider participating in the Study of Tamoxifen and Raloxifene (see question 5).

At this time, there is no evidence that tamoxifen is beneficial for women who do not have an increased risk of developing breast cancer.

What is the Study of Tamoxifen and Raloxifene (STAR), and how can a woman learn more about it?

The Study of Tamoxifen and Raloxifene (STAR) is a clinical trial (a research study conducted with people) designed to see whether the osteoporosis drug raloxifene (Evista®) is more or less effective than tamoxifen in reducing the chance of developing breast cancer in women who are at an increased risk of developing the disease. Raloxifene may have breast cancer risk reduction properties similar to those found in tamoxifen. This study will also examine whether raloxifene has benefits over tamoxifen, such as fewer side effects.

The STAR trial, which began in June 1999, is being conducted by the NSABP. It will involve about 22,000 postmenopausal women who are at least 35 years old and are at increased risk for developing breast cancer.

Women can learn more about the STAR trial in several ways. They can call NCI's Cancer Information Service at 1-800-4-CANCER (1-800-422-6237). The number for deaf and hard of hearing callers with TTY equipment is 1-800-332-8615. Information is also available on NSABP's Web site at <http://www.nsabp.pitt.edu> or NCI's cancerTrials Web site at <http://cancertrials.nci.nih.gov> on the Internet.

What are some of the more common side effects of taking tamoxifen?

In general, the side effects of tamoxifen are similar to some of the symptoms of menopause. The most common side effects are hot flashes and vaginal discharge. Some women experience irregular menstrual periods, headaches, fatigue, nausea and/or vomiting, vaginal dryness or itching, irritation of the skin around the vagina, and skin rash. As is the case with menopause, not all women who take tamoxifen have these symptoms. Men who take tamoxifen may experience headaches, nausea and/or vomiting, skin rash, impotence, or a decrease in sexual interest.

Does tamoxifen cause uterine cancer?

The BCPT found that women taking tamoxifen had more than twice the chance of developing uterine cancer compared with women who took a placebo (an inactive substance that looks the same as, and is administered in the same way as, tamoxifen). The risk of uterine cancer in women taking tamoxifen was in the same range as (or less than) the risk in postmenopausal women taking single-agent estrogen replacement therapy. Additional studies are under way to define more clearly the role of other risk factors for uterine cancer, such as prior hormone use, in women receiving tamoxifen.

Most of the uterine cancers that have occurred during studies of women taking tamoxifen have been found in the early stages, and treatment was usually effective. However, tamoxifen was life threatening for some breast cancer patients who developed uterine cancer while taking tamoxifen.

Abnormal vaginal bleeding and lower abdominal (pelvic) pain are two symptoms of uterine cancer. Women who are taking tamoxifen should talk with their doctor about having regular pelvic examinations, and should also be checked promptly if they have any abnormal vaginal bleeding between scheduled exams.

Does tamoxifen cause blood clots or stroke?

Data from large treatment studies suggest that there is a small increase in the number of blood clots in women taking tamoxifen, particularly in women who are receiving anticancer drugs (chemotherapy) along with tamoxifen. The total number of women who have experienced this side effect is small. The risk of having a blood clot due to tamoxifen is similar to the risk of a blood clot when taking estrogen replacement therapy.

Women in the BCPT who took tamoxifen also had an increased chance of developing blood clots and an increased chance of stroke.

Does tamoxifen cause eye problems?

As women age, they are more likely to develop cataracts (a clouding of the lens inside the eye). Women taking tamoxifen appear to be at increased risk for developing cataracts. Other eye problems, such as corneal scarring or retinal changes, have been reported in a few patients.

Does tamoxifen cause other types of cancer?

Although tamoxifen can cause liver cancer in particular strains of rats, it is not known to cause liver cancer in humans. It is clear, however, that tamoxifen can sometimes cause other liver toxicities in patients, which can be severe or life threatening. Doctors may order blood tests from time to time to check liver function.

One study suggested a possible increase in cancers of the digestive tract among women receiving tamoxifen for breast cancer. Other trials, including the BCPT, have not shown an association between tamoxifen and these cancers.

Studies such as the BCPT show no increase in cancers other than uterine cancer. This potential risk is being evaluated.

Should women taking tamoxifen avoid pregnancy?

Yes. Tamoxifen may make premenopausal women more fertile, but doctors advise women on tamoxifen to avoid pregnancy because animal studies have suggested that the use of tamoxifen in pregnancy can cause fetal harm. Women who have questions about fertility, birth control, or pregnancy should discuss their concerns with their doctor.

Does tamoxifen cause a woman to begin menopause?

Tamoxifen does not cause a woman to begin menopause, although it can cause some symptoms that are similar to those that may occur during menopause. In most premenopausal women taking tamoxifen, the ovaries continue to act normally and produce estrogen in the same or slightly increased amounts.

Do the benefits of tamoxifen in treating breast cancer outweigh its risks?

The benefits of tamoxifen as a treatment for breast cancer are firmly established and far outweigh the potential risks. Patients who are concerned about the risks and benefits of tamoxifen or any other medications are encouraged to discuss these concerns with their doctor.

How long should a patient take tamoxifen for the treatment of breast cancer?

Patients with advanced breast cancer may take tamoxifen for varying lengths of time, depending on their response to this treatment and other factors. When used as adjuvant therapy for early stage breast cancer, tamoxifen is generally prescribed for 5 years. However, the ideal length of treatment with tamoxifen is not known.

Two studies have confirmed the benefit of taking adjuvant tamoxifen daily for 5 years. These studies compared 5 years of treatment with tamoxifen with 10 years of treatment. When taken for 5 years, the drug reduces the risk of recurrence of the original breast cancer and also reduces the risk of developing a second primary cancer in the other breast. Taking tamoxifen for longer than 5 years is not more effective than 5 years of therapy.

Sources of National Cancer Institute Information

Cancer Information Service

Toll-free: 1-800-4-CANCER (1-800-422-6237)

TTY (for deaf and hard of hearing callers): 1-800-332-8615

NCI Online

Internet

Use <http://cancer.gov> to reach NCI's Web site.

CancerMail Service

To obtain a contents list, send e-mail to cancermail@cips.nci.nih.gov with the word "help" in the body of the message.

CancerFax® fax on demand service

Dial 1-800-624-2511 or 301-402-5874 and follow the voice-prompt instructions.

HELP WITH CHEMOTHERAPY

QUESTION: Thank you for this resource. Would you by any chance know of any mouthwash-sort of preparation which could be used by people undergoing chemotherapy, when they have mouth ulcers, to relieve the intense discomfort? My mother had some such preparation when she was on chemo and she felt it really helped her a lot, and now she has several friends who are undergoing chemo, who have the same problem, but she doesn't remember how or where she got what she had. Thanks for any assistance or guidance you can give.

ANSWER: From a great book on cancer, *Herbal Medicine Healing and Cancer*, by Donnie Yance. He suggests the following mixture.

30 ml Aloe Leaf Concentrate

30 ml Glycerin

15 ml Licorice extract

15 ml Propolis extract

10 ml Collinsonia extract

10 ml Echinacea extract

5 ml Chamomile extract

5 ml Thuja extract

5-10 drops of Clove essential oil.

Suggested dose is 60 drops of above mixture to 1-2 tablespoons of warm saltwater rinse, it can be used every couple of hours. All the above extracts are alcohol based.

A product we carry in our practice is called Tooth and Gum tonic, it is a great herbal rinse.

A thick tea of plantain, licorice, slippery elm and calendula would be soothing and tasty, make a tea of calendula flowers, licorice root and plantain leaves, strain herbs out, let cool then add 1/2 - 1 teaspoon of powdered Slippery Elm (if you cannot find Slippery Elm use powdered Marshmallow root) to each 8 ounces of liquid. Then let the mixture sit until slightly thickened. Slogh around mouth for a couple of minutes then swallow.

STOMACH CANCER

QUESTION: Where can I find information on Drachasha, Chavana or Prash. I am being treated for stomach cancer, and have been solicited to buy these as a legal substitute for Cannabis. I cannot find any material on these Herbs.

ANSWER: I am not sure by what you me "legal substitute for Cannabis". In the Cannabaceae family there are only two members that I am aware of:

Hops, Latin Named *Humulus lupulus*

Marijuana, Latin Named *Cannabis sativa*

"Drachasha" I cannot find any information on this one. Please provide me more information to go on. Do you have the spelling correct? Can you provide manufacturer's name or ingredients list, latin names would be best for plants.

"Chavana or Prash" is probably Chyavan Prash or Chyvanaprash an Ayurveda formula that is made from mostly Amla fruit, Latin Named: Emblic Myrobalan (50% or more) plus many other herbs 20 to 30 which is usually made in a base of Sucanat sugar, Herbal ghee and Honey. It is traditionally given in India for chronic conditions not sure how it relates to your question on Cannabis.

The term "Ayurveda" comes from the Sanskrit words "ayur" (life) and "veda" (knowledge). Ayurveda's 5 to 6,000-year-old healing techniques are based on

the classification of people into one of three predominant body types called Doshas and is reported to be one of the earliest forms of herbal medicine.

If you are being solicited by someone to buy these product, it is well for you to question this person, get all the information you can on the products and manufacturers. If you can provide more on the Drachasha I would be interested in knowing what it is and then may be able to voice an opinion.

PAU D'ARCO FOR CANCER

QUESTION: I am to begin chemo for colon cancer very soon. I intend to take natural remedies also. I have read about Pau D Arco, and it's wonderful action re cancers. Is there something else that is as effective, but less costly to use for fighting cancer?

ANSWER: We have found great success with a TCM herbal combination called Fu Zheng for fighting the adverse actions and side effects associated with Chemotherapy or Radiation Therapy. See the question on Breast Cancer for details behind this formula.

For Cancer use medicinal mushrooms, they help bring a weakened immune system back to normal to fight the cancer.

Medicinal Mushroom are used as an amphoteric to the immune system. Amphoteric herbs normalize function, so if it is overreacting they calm, if it is underreacting they stimulate. This classification is not found in western medicine only in the herbal realm.

The medicinal mushrooms in use today are Chaga, Maitake, Shitake and Reishi (Gano derma). Additionally a non mushroom the Traditional Chinese Medicine (TCM) herb Astragalus is also amphoteric to the immune system.

Astragalus, Yellow Leader, TCM named: Huang Qi, Latin Name: Astragalus membranaceus - immune amphoteric

Chaga, Birch conch, Latin Name: Inonotus obliquus - immune amphoteric

Maitake, Hen of the Wood's, Latin Name: Grifola frondulosa or Lentinula elodes

Reishi mushrooms TCM named: Lang Chih \Ling Ja\, Latin Name: Ganoderma lucidum(Red-best- on oaks), G. sinensis(black), G applinatum(huge artist conch), G. Tsugae(grows on hemlock tree), G. oreganensis

In addition

Licorice root, TCM named: Gan Cao, Latin Named: Glycyrrhiza uralensis has been traditionally used as an immune amphoteric herb.

Finally alterative herbs have been used to treat Cancer, they help the body eliminate wastes via all the pathways available. The Hoxy or Essiac Formulas are some classic anticancer alterative based formulas.

You may want to increase elimination using Alterative herbs: barberry, oregan grape, red clover, cleavers, poke, adler, etc.

One final idea, an herb which is good for the bowels is Slippery Elm and will coat the lining of the bowels to help sooth the tissue. It is also nutritive. As a second choice Marshmallow will do the same.





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BREAST CANCER

QUESTION: I am wondering if a woman's nipple itches, is that one of the symptoms of breast cancer.. I don't have any drainage it is just sore but, as long as I keep antibiotic cream on my nipple it doesn't bother me to much.. And, it is a little bit painful but, not too bad.. Could you please let me know.

ANSWER: *If the area around your nipple is scaly and itchy, I would have it checked. You say there is no discharge, but they are sore. Are you nursing? Is this all the time or before your period? Don't take any chances. Seek medical attention if for no other reason than your peace of mind. If an antibiotic cream is helping you, then it may also be some sort of fungus. Hopefully you are doing regular monthly breast exams to ensure you are aware of any changes in your breasts.*

QUESTION:

I hope this is just a simple question because I am asking it for a customer at the Pharmacy where I work. She is having hot flashes and wants to take something like Promensil or Estroven, or Soy isoflavones, or black cohosh, etc....but she has had breast cancer in the past and is on tamoxifen. I don't know about these supplements, but I know you're not supposed to take estrogen supplements with tamoxifen as that would defeat the purpose! But I can't think of what to suggest that she can take for hot flashes. She is an older woman, probably at least 60 to 70 years old.

ANSWER:

I would not worry so much about the herb it is the drug she is on that concerns me, Tamoxifen has been associated with increased risk of uterine cancer.

The second thing is no herb has estrogen in it, it may have chemicals similar to estrogen's chemical structure or may effect the body like estrogen but no estrogen. Most plant phytoestrogens act amphoterically in the female reproductive system, either they act like estrogen in hypo conditions or take up receptor sites in hyper conditions. I do not see it as an issue for her.

The Tamoxifen is what she should be worried about. She may be trading borrowed time today only to deal with another problem tomorrow.

I would use medicinal mushrooms to help her immune system fight the cancer and might employ a Chinese herbal formula called Fu Zheng, which boost immune response, increase energy and helps fight the side effects of chemotherapy, such as Tamoxifen.

Black Cohosh, Latin Named: Cimicifuga racemosa is a great herb for the female reproductive system, it is appropriately used for doom and gloom depression, pain from muscular arthritis, uterine pain, hot flashes and other menopausal issues.

The phytoestrogen in Black Cohosh is FORMONONETIN, this chemical has the following activities:Abortifacient; Anticephalagic; Antifeedant; Antiulcer; Cancer-Preventive; Estrogenic; Fungicide; Herbicide-Safener; Hypocholesterolemic; Hypolipidemic; Myorelaxant; Pesticide; VAM-Stimulant

The suggested preparation and dose of this herb is 10 - 30 drops, 3 to 4 times a day of a fresh or dry alcohol extract of the root or you can try a making a tea daily of 1/2 to 1 teaspoons of recently ground dried root to 12 ounces of water, boil herb in water for 15 - 30 minutes keep lid on pot, let herbs in water and cool for at least 1 hour, drink 4 ounces of tea 3 or 4 times a day.

I would suggest the tincture more convenient.

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Dosage and preparation methods differ among herbalists, the standard joke among us is if you have 12 herbalists in a room, you will get 13 opinions.

You will be able to fine tune the dose by increasing a few drops at a time until you see results. Give it a couple weeks to see effects. Most suggested doses are low to begin with and can be increased most of the time, but guidance of a local herbalist would help.

There is a Herbalpedia available from the webmaster of Herbworld and Herbnets email Herbworld@aol.com for details. Herbalpedia(TM) is a monthly monograph series of herbs through which you'll receive 5 in depth profiles of various botanicals. They are more extensive than the monographs in our monthly online magazine. We try to pick a selection of medicinal herbs, culinary herbs and spices. But often these lines are foggy and you'll get plants that cross all the borders. We try to find the most up-to-date research as well as the folklore. And we want to give you as many ways to use the plants as possible, so of course, there's always lots of recipes. Our aim is to increase your knowledge and awareness of our green relations as well as increase your culinary and healing skills. If ordered hardcopy they come double-sided with 3 punch holes so they're easily included in a binder. They range from 2-8 pages in length. Back issues can be ordered separately

Contraindications: 1.) Do not take if pregnant except in the last 2 weeks, helps to bring on delivery and ease labor by stimulating the uterus. 2.) This herb has been known to increase or decrease blood pressure depending on the person, 3.) this herb is very strong and is not for kids or weak people such as elderly or sick. 4.) This herb should be taken with food because it could cause irritation of the gastric mucousal of your digestive tract.

For more information about chemical constituents in plants go to Jim Duke, PhD website and look up the constituents for Black Cohosh, at the following
URL: <http://www.ars-grin.gov/duke/plants.html>

Chaste Tree, Monks pepper, Latin Named: *Vitex agnus-castus* is also used for Hot Flashes and other menopause issues, it does not contain phytoestrogens and works via the pituitary gland balancing FSH (follicle stimulating hormone) and LH (lutenizing hormone). Use for elevated estrogen and normal to low progesterone OR normal estrogen and low progesterone.

The suggested preparation and dose of this herb is 60 - 90 drops, up to three times a day of a dry alcohol extract or up to two cups a day of freshly ground berry tea which has been covered with boiling water and left to steep with the lid on for up to one hour. Note get these doses in early in the day, before lunch to see the best effect.

Contraindications: pregnancy especially after first trimester. Low estrogen levels and elevated progesterone levels.

Note smaller amounts over a longer term is better than larger amounts over a short term for this herb.

Additionally - Licorice root, Dang Qui and White Sage has also been used for Hot Flashes.

QUESTION:

I was recently diagnosed with stage 1 neg. node estrogen receptive breast cancer. I am currently taking tamoxifen. As a result of the tamoxifen I am having vaginal dryness. Have a desire for sex, but hard to achieve orgasm. Was wondering if *avena sativa* is safe to take with breast cancer history? If not can you recommend anything else? What about *muira puama*. Not having any issues with my body or psychological. Think it's purely physical from tamoxifen. >>

ANSWER:

Oats, Latin Named *Avena Sativa* would not be contraindicated for your condition. Oats are normally given for people who suffer from sexual neurasthenia, stress and nervous issues. It is a great nerve tonic and food. Additionally it has helped women who have vaginal dryness caused by menopause, so it may help you. It is best taken as a fresh alcohol extract. The energy of this plant is warm and moistening. It is also used in combination with other herbs as listed below.

My concern would be the drug you are taking, Tamoxifen increases the risk of uterine cancer. I hope your physician made you aware of the risk-benefit ratio for this treatment. Additionally studies have revealed the reduced effectiveness of the drug over time and possible increased risk for breast cancer, which women are taking it to prevent.

(MAYO CLINIC)-- A study published in the July 30, 1999, issue of the journal *Science* revealed that the anti-estrogen drug, Tamoxifen, may lose its effectiveness in preventing breast cancer - and may even begin to promote the disease - after 2 to 5 years of use.

If you continue on the Tamoxifen, you should consider the use of a great Traditional Chinese formula. It is called *Fu Zheng*. It increases immune response, appetite and energy while at the same time reduces the side effects of the chemo drug which can cause nausea. You may also want to employ the use of *Milk Thistle* to protect your liver because testing has shown some toxicity to the liver, animal studies have also shown an increase risk for liver cancer but this does not prove an increased risk of liver cancer in humans.

Other herbs which can be used for dryness are:

Licorice Root, Latin Named: *Glycyrrhiza uralensis*, this herb in addition to being moistening to mucus membranes is also appropriate for Estrogen sensitive cancers because of its Phytoestrogen content. This herb is traditionally used in *Hoxsey* and *Fu Zheng* formulas

Shatavari, Latin Named: Asparagus racemosus is commonly referred to as "She with a thousand husbands" and is good for vaginal dryness

Chaste Tree, Monks pepper, Latin Named: Vitex agnus-castus is used in combination with Oats and Shatavari for vaginal dryness, there are some reports that it stimulate the libido in women.

White Pond Lily, Latin Named: Nymphaea odorata is good for vaginal dryness, it is used in combination with fresh oat, licorice and Shatavari.

Use Evening Primrose Oil as a supplement to decrease vaginal dryness.

Additionally the use of CoQ10 as a supplement has helped women with breast cancer, I have seen suggested doses of 200 to 800 mg. Donnie Yantz well know cancer fighting herbalist suggests 400 mg, taken with an EPA rich essential fatty acid to increase absorption.

Additionally,

Marshmallow, Latin Name: Althea officinalis
Slippery Elm, Latin Name: Ulmus fulva, U. Rubra

are used for dryness that can occur any where in the body.

As to Muira Puama, Latin Named, Ptychopetalum olacoides, P. uncinatum

See Dr Jim Dukes Phytochemical and Ethnobotanical Databases for the chemical constituents and the activities of Muira Puama at:

<http://www.ars-grin.gov/cgi-bin/duke/farmacy2.pl>

There seems to be a controversy about its aphrodisiac effects but most agree it has tonic qualities which may help you. My question would be is this the best herbal choice for you.

Finally there maybe other herbs which contain Phytoestrogen which may be helpful for you such as Red Clover and Soy Beans. Plant Phytoestrogen act as Estrogen Effect Amphoteric, increasing estrogen like effects when Estrogen levels are low and replacing Estrogen in its receptor sites in the body so reducing its Estrogen effects in excess.

A great book on cancer and herbs is written by Donnie Yantz, entitled Herbal Medicine, Healing and Cancer.

QUESTION: I've just had a masectomy and my post surgery results indicated cancer cells in the lymph nodes/system. What can I do herbally to help while I go through chemotherapy?

ANSWER: If you are going to begin chemo or radiation therapies, I would suggest a Chinese formula called Fu Zheng. As the story goes, Chinese Doctors who trained in oncology at the US medical universities returned to their country to find that chemotherapy drugs were unavailable or too expensive for the general public. These Doctors knew the Traditional Chinese Medicines (TCM) and consulted with a practitioner to find toxic or poisonous plants to use instead of the prescription chemo drugs, which are basically poison themselves. The TCM practitioners provided the herbs which would do the same as the chemo type drugs and when administered to the clients produced the same adverse actions and side effects, lethargy, nausea, reduced immune reservoir and response and loss of appetite. Luckily the US trained Chinese Doctors went one step further and asked the TCM practitioner to provide an herbal protocol to counteract the side effects of the poisonous plants. This formula called Fu Zheng helped the client to increase immune response, have more energy, reduce nausea and eat more post chemo therapies whether plant based or prescription drug based. We have had great responses from customers and clients who have taken this Fu Zheng therapy when undergoing both radiation and chemotherapy.

Here are some general guide lines for you.

Reduce exposure to Xeno-estrogens in the environment and diet, for example, pollutants, herbicides, insecticides, cleaners, plastics especially don't cook foods in plastic container in microwaves, etc. Eat organic, lower red meat ingestion, increase vegetables to be largest part of your diet. Reduce stress, release problems emotional and otherwise.

Clean up your diet completely the fuel of cancer is simple sugars and carbohydrates: Stop eating anything with dextrose, sucrose, lactose, maltose, corn syrup, sorbitol and any other alcohol-sugars or those made from white flour or refined flour as an ingredient. This is most of the processed and refined foods. Eat only organic whole foods, join a Community Supported Agriculture (CSA) to receive seasonal produce or buy organic foods such as Lady Moon brand at Giant or Weis supermarkets. Shop at health food stores if available. Fat free foods are high in sugar in most cases and should be avoided, they take the fat out but put sugar type molecules in for texture

and flavor.

My suggestion would be to write on a 3x5 card in this order

1. Water
2. Vegetables
3. Protein
4. Fats
5. Fruits should be your desert if you have desert.

Carry the card everywhere you go.

Then eating and planning a meal or ordering off a menu is easy. Preferred drink is bottled water, reduce consumption of fluorinated or chlorinated water. Drink upwards of 12 - 15 glasses of water a day - you will urinate more frequently at first but within a short timeframe your body will adjust and you will simply have more volume at you previous regular elimination intervals. Eliminate soda, juice, sugared drinks, drink herbal tea, flavor water with lemon when water becomes intolerable by itself.

Eat vegetables as your mainstay, especially cruciferous veggies, kale, brussel sprouts, broccoli, cauliflower and the colorful ones as well, tomatoes, peppers, carrots etc. Make soups with Medicinal mushrooms bases or get a tincture of them - Shitake, Maitake, Chaga and Gano derma; these mushrooms are immune boosting.

Proteins should be organic, do not buy proteins produced from steroid or antibiotic injected stock, eat deep sea fish as your preferred protein, then chicken and turkey, finally pork and beef as last choice if at all. Eat only organic produced, fish, fowl and meats. You only need a small amount roughly the size of a deck of playing cards, 4 oz.

The fruits again should be the colorful, blue, red and purple fleshed when consumed; you should realize they are high in sugar also and use them as a dessert choice, if you have dessert at all.

The colors indicate flavonoids, carotenoids and other nutrients which are all good for you such as lycopene, proanthocyanidins, anthocyanidins, cyanidins, lutein, betacarotene etc.,

You should also increase lymph movement; use of Alterative herbs improve elimination through many pathways of the body.

Use burdock, violet, cleavers, poke, red root, red clover, Figwort and other lymphatic herbs

Since I don't know all the facts I will include the following:

Licorice is used for Estrogen sensitive Breast Cancers, this is a component in the Hoxxy formula a traditional anticancer herbal formula and the Fu Zheng formula.

Astragalus is a great immune building herb, it can be used in your herbal anticancer regiment.

Chaga is one of the strongest medicinal mushrooms; it is appropriate for breast, lung, stomach, rectum and many other parts of the body cancers.

Red Clover is especially helpful for clearing lymph congestion in the breasts. The isoflavones inhibit mastitis of cancer cells and inhibit growth of estrogen sensitive cancers. This herb is appropriate for breast and ovarian cancers. It has a long history of use for cancer and is used as a Alterative.

Violet is the number one lymphatic drainage herb, used in many traditional herbal cancer formulas, fresh juice or fresh leaf tincture is best. In TCM they used it to remove hardness in body, i.e. tumors.

This is the best I can do without knowing all the facts.

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ETHICS OF HERBAL ADVERTISING

QUESTION:

If no Herbs increase the size of breasts, then why do they the Herbs have labels saying they do? And all the Herb Shops have them, so in that case, all information on all Herb Labels must be just a joke. Herbs must not do nothing for you, or either they wouldn't contradict. Why would people buy them if they can't believe the label?

ANSWER:

Our store does not sell them or any other magical elixir for weight reduction or extra energy. You are right to feel anger and disappointment but you feelings are directed at the wrong suspect. The plants are not to blame, people are. Herbal Medicine has recently come back in vogue. Greedy commercial interests which in the past have kept the lime light and public interest away from natural approaches to medicine now see big \$bucks\$ to be made. These trickster play on the emotional issues of the unsuspecting (or undereducated in that topic) public and make magical promise which are mostly fantasy. Herbs do work, I know they work for me and my family. If you are truly interested in plant medicine and how you can control your destiny in healthcare; you would do well to review the many books written by educated herbalists not rantings of a snake oil selling showman. Quality herb stores will not sell products to simply make a profit most are run by small families who want to educate their customers and keep them coming back. One bad experience by a customer is retold many times to friends, reputable stores would not sell a product simply to make a fast buck, it would be like cutting off their nose despite their face. Most herb store owners try to sell quality products, I cannot speak for the many nutritional supplement stores which have sprung up trying to get the glut of money be spent on nutritional and herbal products. It has increased in sales 80% in the past 4 years. Herbs work for some things, breast enlargement is not one of them. I am sorry. Would you rather I tell you the truth or add to the lies already being told?

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CORNS

QUESTION: I was recently inquiring about cures for corns when i came upon tagete oil in a book of mine. Perhaps my book is vague, as it does not warn me of the hazards of this oil. As I cannot find any other way around this corn, and it does need to go, I'm considering using the tagete oil. Do you have any particular cautions?

ANSWER:

I am not an Aromatherapist and have not had their training, what I know about Tagetes oil is:

Here are 3 commercially available Tagete oils each are made from a different plant species

TAGETES GLANDULIFERA grows wild in south Africa, East Africa and Nigeria. from Mexico

TAGETES MINUTA from EGYPT

TAGETES PATULA from INDIA

Other Tagetes species include

Latin Name Common Name
Tagetes erecta African Marigold

Tagetes lucida Mexican Marigold,
Mexican Mint Marigold
Mexican Tarragon
Sweet Marigold
Winter Tarragon

Tagetes tenuifolia Lemon Gem Marigold
Lemon Mint Marigold
Lemon Marigold

Tagetes filifolia Irish Lace Marigold

Tagetes minuta Mexican Marigold

Tagetes patula French Marigold

Tagetes signata

For the Tagete essential oil the plants common name is normally Marigold.

The warning for these essential oils is they all have phototoxic effects.

When fresh, the essential oil is golden yellow with a fruity smell, some describe it as apple. As the oil ages and is exposed to oxygen it becomes harder and solidifies like a resin.

For more ideas on removing your corn read my other answer for Warts under Skin Conditions for herbs which are ESCHAROTIC, flesh eating, such as Bloodroot.

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CYST ON TONGUE

QUESTION: I had a benign cyst removed from my tongue last November. Since then my tongue has undergone healing in various stages. At present, the papillae of my tongue are inflamed and very bothersome. I keep rubbing my tongue over my teeth because I feel like I have something on my tongue that needs to be removed. Do you have any suggestions as to how to treat the tongue? I have tried using tea bags, aloe vera etc.,but nothing seems to help me. I would appreciate your suggestions.

ANSWER: I would really like more information to better help you, do you have cysts anywhere else in the body, any other problems associated with this, did the surgeon say what kind of cyst it was(fluid or fatty) and why it formed? Have you been back to the surgeon and told him about the feeling. Seeing your tongue might be worth thousand words, Baltimore is 2 hours from us would you consider a full consultation. If you do not want to come up I can email or fax our brochure and client intake form.

Here is the short answer for your question. I would use some topical antiinflammatory and painkillers such as:

Kava Kava, Latin Named: Piper methysticum This herb is good for oral pain, spasms, muscle relaxant along with being an antiseptic.

Spilanthes, Toothache plant, Latin Named: Spilanthes oleracea or Blainvillea oleracea, as the name implies it was traditionally used for toothache, today it is used appropriately for pain of the tongue, teeth, gums and throat, it is also antifungal and antibacterial.

I would suggest using tinctures of these herbs and dropping them directly on your tongue, they should help with inflammation and pain.

You might also want to use Echinacea tincture which besides being an immune booster is a great sialogogue, makes you salivate more, good antiinflammatory and increases phagocytosis which are the cleanup cells of the circulation system. The Eclectics also used it for pain in the late 1800's early 1900's.

PILONIDAL CYST

Question: I'm writing to help my daughter who is a healthy 21 year old. As a captain of her gymnastics team and a cheerleader, you know she is in good physical condition. Also, she has always been careful to maintain good eating habits. Recently she developed a pilonidal cyst which was treated with antibiotics and heat applications. This seemed to do the trick. However, 6 weeks later it is reappearing. I'm trying to find a way to avoid repeated use of antibiotics and, of course, surgery.

Answer: A pilonidal cyst can be a chronic and annoying problem. I would really like more information to give a better recommendation for you. I can fax our brochure and client intake form to you, or send in mail or attached to email if you have Microsoft word. I have run across this problem twice so far and have successfully avoided full blown surgical removal of the area.

In general I would try the following.

1. Keep the area hair free, use a hair removing product once a week.
2. Don't injure the area, such as a blunt landing on the back or bottom when she is doing gymnastics or long-term

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pressure from sitting.

3. Some practitioners recommend using a rubber inflated ring when sitting so there is little pressure on the area, take it every where she goes, or get one for the car and home.

4. Correct posture when seated and positions when sleeping can help.

5. Use Vitamin C 1000 mg or more

6. Use Zinc upwards to 200 mg

7. Get as much Garlic in her as possible, add it to her daily diet, she should smell like garlic.

8. Medicinal mushrooms such as Gano derma, Maitake, Shitake and Chaga help to build the deep immune system and fight infection. Make broths of the mushrooms or take them as tinctures.

9. Astragalus is a great immune building herb.

10. For stress associated with her fast paced life give Siberian Ginseng, chronic stress depletes immune reserve and response. Stress also effects B vitamin deficiency, she may benefit from a B-Complex supplement.

11. If it is necessary to open the cyst find a surgeon/physician that will try a lance and drain tube technique, less invasive, quicker turn around. The tube stays in for a couple days to drain the cyst then it is removed, the wound heals quickly. Don't let the surgeons foul you, the total cystectomy has only a 25% success rate.

12. Clean up her diet completely, the fuel of infection is sugar and carbohydrates, all products with ingredients that are simple sugars (sucrose, corn syrup, dextrose and any sugar or sugar-alcohols) or are made with processed flours (such as bleached white flour) should be avoided. Fat free products are full of sugars, they take the fat out and add sugars for flavor and texture, avoid them also. No soda, juice or sports drinks. Her diet should consist of in this order: water, vegetables, proteins then a small amount of fat. Fruits are also full of sugar and should be her dessert if she has dessert at all.

13. Keep the area clean, bath and shower daily and after getting sweaty, have her change clothing so she is not sitting around in sweaty outfits. Less damp wet and dark, less possibility of infection.

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ANSWERS FROM KAREN MALLINGER

QUESTION: Could you please tell me if there are any herbs available in Sweden I can use for a raging toothache.

ANSWER: *So sorry to hear you're in pain. the best natural remedy for a toothache that I know of is cloves. If you take a whole clove and place it on your gums where the pain is, it will almost immediately relieve the pain. I'm sure you can get cloves in Sweden in the spices section of your grocery store. A bad, continuing toothache is the sign of something much more serious, though. So you should get to a dentist as soon as possible. The cloves will help in the meantime.*

ANSWERS FROM DAVID BRILL

PAIN RELIEF

QUESTION: I was wondering if you could inform me on any single herbs/or combos that work well for temporary pain relief/help clean inside the mouth. This ailment is due to bacteria and or plaque under the gum line

ANSWER: I would use Echinacea and Spilanthes both went by the name toothache plant in the past and are great at helping with infections. Drop the tincture directly on the affected area.

INFECTED ROOT CANAL

QUESTION: I have an infected root canal - the root canal was done in the mid-90's. My dentist has referred me to an endodontist (appt is June 18), and I am taking Doxycycline 100 mg for 8 days, taking the last one June 11. I have a fissure (not sure about spelling) which is growing beside the infected tooth. A friend who is a homeopath said that the fissure should be opened, and recommended Hepar sulph in a low potency to help with this. Do you recommend this remedy, and is it o.k. to take while I am taking the antibiotic? Should I take the antibiotic until June 18, when the endodontist will open the root canal and clean out....I have not had much pain, just slight periodically. The tooth beside it also has a root canal. I would appreciate your advise.

ANSWER: Homeopathic remedies either work or do nothing, I am not a expert in their use but here is some basic information on Hepar sulph.

What is Hepar sulph?

Hepar sulph is mainly used in infections as it helps to expel pus. It can be very useful in boils and spots. People needing this remedy are extremely oversensitive, chilly and pale.

What is Hepar sulph. made from?

Calcium sulphide

What are its Key uses?

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Infections especially where there is formation of pus
Sour smelling discharges
Rattling coughs and sore throats
Croup
Abscesses
Ear pain

Other supplements that are indicated:

I would increase use of Zinc, Vitamin C and use Echinacea and Spilanthes, all of which help boost immune system and the last two have a common name of tooth ache plant with the indigenous peoples who used them traditionally.

INFECTION

QUESTION: I've been having pain with the last tooth on my bottom left side (my wisdom tooth has been taken out). I think there's a infection deep within the gum or my tooth might be cracked (I can't tell and the dentist is not really sure if it is). My question is what can i do to try to get rid of the infection. I've tried so many things. can you please help

ANSWER: If it were me I would use Echinacea and Spilanthes, both herbs should be taken in the form of an alcohol extract, dropped directly onto the affected tooth, then swallow the. For the dose use the dosages suggested on the bottle, up to a teaspoon every several hours for a couple days if it does not clear in 3-7 days, go to the Dentist or your Primary Care Physician.

PERIODONTAL DISEASE

QUESTION: What herbs would help with periodontal disease?

ANSWER: These herbs could be used.

Spilanthes, Echinacea, Goldenseal, Oregon Grape or Barberry to fight any infection and Ginkgo, Garlic and Vitamin E to increase circulation to the affected area.

I would use the alcohol extract of these herbs and drop it directly into the mouth, we also have a great mouthwash we use and carry in the store.

DENTAL PROBLEMS

QUESTION: I was eating and accidentally cracked one of my teeth and I want to know if anything herbally or alternatively could help.

ANSWER: For the pain I would use Kava or Spilanthes, drop the alcohol extract directly on the tooth.

For building teeth or bone I would use Horsetail, Oat Straw, Alfalfa, Nettles some people throw in organic egg shells. It can be found as a tea, tincture or vinegar.

If making your own tea, after heating the tea allow it to sit overnight in the refrigerator to allow the water to extract as many minerals as it can.

We also carry a great herbal tooth and gum tonic and/or toothpaste that has done wonders for those who use them. They were designed by an herbal dentist.



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GYMNEMA SYLVESTRE

QUESTION: is this good for number 2 diabetics?

ANSWER: Yes this herb is known as the Sugar Eater or Sugar Destroyer in the India herbal medicine, known as Ayurveda. It is also a diuretic, astringent and used for fevers and colds in India.

DIABETIC NEUROPATHY

QUESTION: I have diabetic neuropathy and have for 5 years. I have the burning in the legs and feet and hips associated with some pain, als. I am wondering if you could tell me of some herbs that may help this, or someone else that could. I've asked my physician, but he's not that familiar with neuropathy. Any information you can give me will be greatly appreciated.

ANSWER: your issue may be beyond this forum's ability to help; find a local herbalist or holistic doctor, if you already have the neuropathy then much of the damage is done, seek medical advice from a doctor who has seen this condition.

But I will make some suggestions.

Is your sugar under control (you should be checking it several times a day, you do not say if you are a Type I or II diabetic), do you exercise everyday, walking is the best I strive for 1 hour a day. Go see a doctor that specializes in Diabetes, consult with a nutritional consultant on diet and supplements.

If I were suffering from this I would use Ginkgo, Saint Johnswort and Fresh Oat tops as an alcohol extract taken five mils (this is a suggested dose, dosage depends on body size and many other factors), 3 times a day. I would also use a capsicum cream and Saint Johnswort oil externally rubbed into the affected areas.

In the supplement area, I would use, Chromium Picolonate, Vanadium and CoQ10.

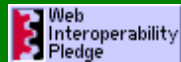
SUGAR LEVELS

QUESTION: What can I use to drop the sugar level in my blood?

ANSWER: Herbs which have been used for diabetes included:

1. Codonopsis, Latin Named Codonopsis tangshen, C. Pilosula
2. Astragalus, Latin Named Astragalus membranaceus
3. Chinese Ginseng, Latin Named Panax Ginseng
4. Chinese Yam, Latin Named Dioscorea spp., D. opposita, D. batatas
5. Fenugreek, Latin Named Trigonella foenum-graecum
6. Gymnema, Gumar (Means "sugar destroyer" in Hindi), Sharduku, Latin Named Gymnema sylvestri

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7. Jambol Seed, Latin Named *Eugenia jambolana* or *Syzygium jambolana*
8. Devil's Club, Latin Named *Oplopanax horridum*
9. Burdock Root, Latin Named *Arctium lappa*
10. Bitter herbs help to lower sugar cravings, such as Dandelion, Gention, Artichoke, etc, see other write up on bitter herbs online.
11. The medicinal mushrooms have also shown some activity against diabetes: examples include Maitake and Ganoderma (Reishi)

Non herbs used include Chromium (200-1000 mcg per day)

Essential fatty acids, mostly omega 3's

Zinc 20-50 mg day

CoQ10 200-400 mg per day

Food Sources for Some Nutrients Commonly Deficient in Diabetics

Nutrient Food Sources

Vitamin A liver, cod liver oil

Vitamin B1 beans, brown rice, egg yolks, meat, fish, nuts, asparagus, broccoli, oats

Vitamin B2 beans, cheese, eggs, fish, poultry, spinach, yogurt

Vitamin B6 brewer's yeast, carrots, chicken, eggs, fish, meat, peas, spinach, walnuts, wheat germ

Vitamin B12 only found in animal products: blue cheese, cheese, clams, eggs, herring, kidney, liver, mackerel, and all other animal products.

Biotin cooked egg yolk, salt-water fish, meat, milk, poultry, soybeans, whole grains, yeast (avoid raw egg whites as they may cause a deficiency)

Vitamin C citrus fruits (oranges, grapefruit, lemons), strawberries, mangos, papayas, pineapple, bell peppers, broccoli, tomatoes, green leafy vegetables (spinach, collard greens, Swiss chard, turnip greens, beet greens)

Vitamin E cold-pressed vegetable oils, whole grains, dark green leafy vegetables, nuts, seeds, beans, eggs, wheat germ, liver

CoQ10 mackerel, salmon, sardines, meat, beef or chicken heart

Chromium brewer's yeast, brown rice, cheese, mushrooms, corn, chicken, dried beans

Magnesium green leafy vegetables, whole grains, dairy products, fish, tofu, brown rice, millet, apples, apricots, bananas, meat

Manganese blueberries, avocados, nuts, seeds, seaweed, whole grains, egg yolks, green leafy vegetables

Phosphorus deficiency rare as it is found in most foods including soda pop, meat, food additives, brewer's yeast, corn, dairy products, eggs

Potassium winter squash, bananas, potatoes, fish, apricots, avocados, blackstrap molasses, brewer's yeast, dried fruit, yams

Zinc oysters, pumpkin seeds, soybeans, egg yolks, fish, meat, poultry, liver, lima beans

DIABETES COMPLICATIONS

QUESTION: could you please tell me where to look for info on diabetes/vision herbs.

My 76 year old Father has lost his central vision to diabetes...is there any

help with herbs that he could regain at least partial vision with

herbs/natural helps?

ANSWER: Ginkgo is a circulation herb, excellent for microcirculation, Hawthorn is excellent for heart and circulation support the flavonoids stabilize blood vessels. I would use a Tincture of each. The Hawthorn can also be purchased in a solid extract. Bilberry or Blueberry fruit is specific to healthy eyes and circulation to them. Use fresh berries, 1/4 cup a day would be enough or try the solid extract. He could spread it on toast or simply eat a 1/4 to 1/2 teaspoon a day.

Up Vitamin C and get him on antioxidants and a OPC complex. All three would come as a separate pill.

JUVENILE DIABETES

QUESTION: Hello; If you could e-mail any information of herbs for juvenile diabetes, i would

appreciate it. This info. is for a 6 yr. old girl. Her father is a doctor, and his daughter is of course on insulin. They try to watch her diet closely but being a child, she wants, sometimes what her friends have, like a cookie etc. once in awhile. He is willing to read any information I may find for him. I am, myself a nurse and studying to become an herbalist. At this time I am meeting, as you can imagine with skepticism. Thank-you.

ANSWER: Plant Name: Maitake (Hen of the Wood's), Latin Name: *Grifola frondulosa*, *Lentinula elodes* is used for stabilizing blood sugar levels it is a food plant and the only know contraindications I have is mushroom allergies since it is a mushroom. The other thing it is good at is to normalize immune function, it is a Immune Amphoteric.

Plant Name Reishi mushrooms, Latin Name: *Ganoderma lucidum*(Red-best- on oaks), *G. sinensis*(black), *G. applanatum*(huge artist conch), *G. Tsugae*(grows on hemlock tree), *G. oregonensis* this herb has same effects as above and same contraindications as a mushroom. It stabilizes mast cells and affects autoimmune disease additionally.

It is fairly easy to get these into the child in the form of mushroom soup broths and as the basis for vegetable soups or as a tincture form.

To prevent some of the long term effects of diabetes, such as reduced circulation to peripherals, kidney and eye problems and neuropathies I would employ other herbs.

Ginkgo, is great for circulation especially peripheral and cerebral.

Bilberry/Blueberry is specific to eye health.

Nettles leaf is good for kidneys and Nettles seed can help improve function to a already weakened kidney organ.

Hawthorn is food for the heart and helps maintain vascular integrity.

Milk Thistle is great for damage to the liver.

Finally to reduce cravings for sugars a balanced bitter formula is good for this. It should be taken 3 times a day just before meals. Look for one that has both warming and cooling bitters, such as Angelica (warming), Gentian (cooling), Dandelion Leaf (cooling), Orange Peel (warming), Artichoke (cooling). Look for a carminative in the formula such as peppermint or ginger to settle and aid in digestion, but no laxatives (such as Senna, Butternut or White Walnut, Culvers Root and Rhubarb) such as in the Swedish Bitters on the market today. Angustora bitters used in Manhattans is only Gentian a cooling bitter. Bitters also help balance blood sugars. Bitters are hard to get into a child because you have to taste them to gain the effect, but many children are adaptable.

Tell him to find the Herbal PDR, published by the same company as the PDR. Not everything in it will be supported by all herbalists but it will be a good starting reference point for a scientific based philosophy to medicine such as he was trained in. Make sure he gets the second edition not the first there were changes and additions to it.

Other herbs that are getting recent press about diabetes are: Prickly Pear Cactus, Fenugreek, Devil's club and Jambol seed but not all of these are appropriate for type 1 diabetes, i.e. juvenile diabetes, IDDM



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ANSWERS FROM KAREN MALLINGER:

QUESTION: I have been having problems on and off for the last year with my digestion. I have what I consider to be a very healthy diet mainly vegetables, fruits, nuts and fish. First I should mention that I live in Mexico and travel quite a bit. Despite everyone's theories I am certain I do not have parasites.

As often as once a week I am awakened by a burning sensation in my stomach area accompanied by pain and nausea. I normally vomit and have very painful diarrhea. The intensity and process last about three hours normally then I feel more or less fine. Originally this was only a problem when I ate peanuts and the results were very very intense lasting much longer so I of course gave up peanuts.

Last night I ate a salad full of vegetables and with a few olives and a little avocado and a salad dressing made of wine vinegar, olive oil, prunes and a little avocado, and a small amount of raw nut pate (blended nut with lime and garlic and celery). And I work up with horrendous fire and pains, vomiting with diarrhea. I forgot to mention that I take boldo almost every day. Is there a possibility of maybe a problem with rancid oils, or just too much fat or do you think I potentially have a digestive disorder. I would go to a doctor but like I mentioned I live in Mexico and the doctors in my area are very very conventional. Absolutely everyone believes that if I just ate a steak I would be fine. Can you maybe recommend an herb that could balance or strengthen my digestive system?

ANSWER: *My first impression is that you may have an allergy to nuts - all nuts. I would suggest you eliminate all nuts, nut butters and nut oils from your diet and see if it helps at all. Drink only distilled water wherever you go. Impure water can be the cause of a myriad of digestive disorders. You mentioned you are taking boldo every day, but didn't give details on how much or what form. Boldo can be very dangerous if taken in its purest form and can cause kidney damage. Also, studies indicate it should be taken in a combination rather than by itself for the most effectiveness.*

QUESTION: I am looking for some information about IBS. I have had it for a very long time. I go from one extreme to another. But this time I have been battling constipation. I have tried psyllium husk fiber for a month but it was not helping. I have tried the kits for detox and I could only do it for 2 weeks and it was very rough (too much). I finally went to the doctor and he put me on zelnorm. Well that worked for 1 day and back to constipation. So I went back to the health food store and got some flora essence (tea like herb, has slippery elm etc). You do this for 3 weeks. It seems to help a bit but what happens after the three weeks. Is there anything that you would recommend and why is fiber not good. I am also taking a probiotic from renew life once a day.

ANSWER: *IBS is the most common digestive disorder seen by physicians. 1 in 5 Americans suffer from it, and it is more common in women than in men. I don't know what zelnorm is, but my first suggestion is to get some good quality acidophilus into you. This will replenish the beneficial bacteria in your digestive tract. Fiber is very good for you and the Psyllium husks should work, but you need to ensure you are drinking plenty of water and that means at LEAST 2 liters a day. Garlic is great for aiding in digestion as well as the destruction of toxins in the colon. Flax seeds and oat bran are also good for fiber. You should be avoiding all animal fats, coffee, carbonated beverages junk foods, sugar and wheat. To treat your liver, milk thistle is excellent. Licorice can also be used, but sparingly and if you have high blood pressure, don't use it at all. Alfalfa is also good for rebuilding the beneficial flora in the intestines.*

ANSWERS FROM DAVID BRILL:

QUESTION: I have IBS. Can you tell me a herb that would help me. Heard that peppermint tablets would help me. Is that true? I take Fiberco--Two in the morning and two at night but still have problems. I now watch what I eat. But things I love to eat I can't have. If I do, I take Immodium AD in the morning and that sometimes helps. But I don't want to get immune to it and it stops working.

ANSWER: IBS is a tough condition to treat what you refer to as peppermint tablets is actually a caplet with peppermint oil in it. A suggested dose is .2 to .4 millimeters three times a day with improvements after 2-4 weeks of

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use. It has worked for some and not for others. I have a friend who uses fennel; he loves the results he gets with daily use of fennel tincture.

Additionally, not ingesting the aggravating foods is one of the best approaches, some people have reaction to dairy products, soy,gluten(wheat products and many others). Other herbs you may want to try are Chamomile, Ginger and Carraway

H-PYLORI BACTERIA

QUESTION: I AM A PERSON WHO LIKES TO USE HERBS FOR HEALING....I HAVE BEEN USING GREEN TEA FOR OVER A YEAR NOWAND TRY TO HELP SOME OF MY HEALTH ISSUES WITH GOLDEN SEAL...HAVE JUST FOUND OUT I HAVE THE H-PYLORI BACTERIA AND MY DOCTOR JUST PUT ME ON A PAC CALLED "PREV PAC" - HAVE ALREADY HAD REACTION TO IT AND HAVE HAD TO DISCONTINUE...AM LOOKING FOR HERBS TO TREAT THIS WITH AND INFORMATION ON HOW MUCH TO TAKE...I KNOW GOLDENSEAL HELPS BUT MAYBE I HAVE NOT BEEN TAKING ENOUGH.... PLEASE RESOND WITH HELP OR REFER ME TO WHERE I CAN FIND OUT MORE ABOUT HOW TO ADMINISTER HERBS AND WHAT PARTICULAR HERBS.....

ANSWER: Licorice is a great herb for GI tract and is very effective with H-pylori, it has been show effective as a antihelicobactor treatment. It is also a great adaptogen and balancer of the immune system, in addition to being demulcent to the GI tract, moistening and soothing to ulcers caused by this bug.

Golden Seal, an its analogs Barberry and Oregon Grape root are also effective against this bug.

DETOXIFICATION

QUESTION: I recently quit drinking alcohol and am eating very healthy. My body is detoxifying to the extreme and I find myself sick. I feel like I have either yeast and or bacteria in my digestive tract, stomach and throat. I was wondering what herb might help stop this growth and get me back to normal.

ANSWER: Bacteria and Yeast are normally found in the digestive tract. What causes you to think they are a problem for you, can you describe any symptomology, white thrush in mouth, etc?

There are some herbs that can be used for true systemic fungal infections, but I would rather have you see a local practitioner to verify the problem.

If stress and anxiety along with withdrawal are an issue.

Try a fresh oats extract and combine with kudzu, valerian.

You didn't mention if you were considered an alcoholic, but if you are find glycerin extracts of these herbs or pills. We can provide the Valerian and Oats glycerin extract if you cannot find it locally.

If digestion is an issue in general use a bitter herb combination before meals to jump start the digestive tract. Look for a combination of warming and cooling herbs such as Angelica, Dandelion, Orange Peel, Gentian combined with carminative herbs such as peppermint or ginger. Most of these are alcohol based, so if that is a problem for you, look for bitter foods such as dark green salad greens and eat them first.

FLATULENCE

QUESTION: What is your suggestion for a flatulence remedy ?

ANSWER: Gas can be a sign of something else. You may be swallowing to much air or it could be the foods you eat or something completely different.

Eat slowly don't gulp food.

Watch what you eat, some foods can cause gas for some individuals: such as beans, broccoli, cauliflower, some fats, milk and dairy products, soy...etc. Try to relate your gaseous times with certain foods and avoid them to see what happens.

Try Fennel chew the seeds, make a tea or take the extract, after meals it is good for gas.

Also mild herbs such as Lemon Balm and Chamomile tea have been used.

In general bitter herbs are good for digestion you may want to employ them to help with your digestive problems, read my other answers online about bitters.

FOLLOWUP QUESTION ON ABOVE

Thank you for your response and advise. The advise you gave, I am familiar with. I do eat too fast, and some foods I need to avoid. Habits I have to correct. Also due to my age, the intestines have slowed down their capacity to function. I also have to consider myself a human skunk. When people, in various settings and situations come too close, I either belch or fart. For instance belching. More than once, while walking seemingly alone in a quiet neighborhood, I will have a sudden belch. I have learned to look around to see from where my unconscious mind has picked up the presence of another human being. There is always someone that I would have either not noticed because my mind was occupied with the task at hand. Like someone working on a car in a driveway, and I see that

person once I pass. Or a person, (or persons, more than one belch) coming towards me a short time later on a dark road. Flatulence is somewhat similar in nature. It is however triggered by something in my mind. It is especially severe after my evening meal while studying at my computer. It really does not matter what I ate. There are some foods that give me a more severe reaction as far as bloating and odor. My active mind and apparent nervousness is the real problem. So what should I supplement in my diet to minimize the eruptions? Been thinking, experimenting and studying. This led me to the latest insight. The pancreas. It supplies digestive enzymes to the intestine. Question: To your knowledge. What herbs or foods are beneficial to a healthy pancreas ?

ANSWER: I would suggest a bitter herb blends with carminatives mixed in. Bitter herbs help improve digestion including increasing secretion and production of all digestive juices and increasing function and efficiency. The formula should be a combination of warming and cooling bitters such as Angelica, Orange Peel, Gentian, Artichoke and Dandelion along with some carminative herbs such as peppermint or ginger, stay away from the Swedish Bitters which have a laxative ingredients or Angustora Bitters which has only one ingredient, Gentian.

Additionally, I would suggest it is a nervousness problem, I would try a fresh extract of Oat tops and Saint Johnswort mixed with an adaptogen such as Siberian Ginseng. This would be a custom blend or you could get them individually and mix your own formula.



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<p>Contents of this page</p>	<ul style="list-style-type: none"> ● We're posting some of the medicinal questions we get along with answers from our Herbalist David Brill of The Rosemary House. Hopefully this may help you with some of your own questions. ● If you want to ask a new question there is a charge of \$25 per question. Click here for new question The answer will be sent to you directly by David. Questions and answers may be posted on this site (names removed) to help other people with the same concerns.
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EAR INFECTIONS:

QUESTION: My daughter 1 year old daughter suffers from chronic ear infections, is there anything that you can recommend?

ANSWER: Many dietary allergens can keep your child in a cycle of ear aches/infection and antibiotic use; then reinfection shortly after going off the med. If you are receiving antibiotics for this problem, they may also be a culprit in the loop. The medical theory behind continual or chronic ear infections in children of this age, is the Eustachian tube which runs from the inner ear to the throat is short and basically horizontal allowing germs to easily get into the middle ear. (This anatomy changes as the child ages and by 2 to 2 1/2 years the problem associated should disappear by themselves.) One theory suggest kids which drink milk can be allergic to it, causing inflammation and with a histamine response already hyper comes increased risk of infection because of the stasis involved. Another theory suggests kids that are put to bed or held horizontal while drinking their bottle could allow milk to enter the E-tube from the back of the throat and into the ear canal, taking germs with it setting the stage for another infection. When antibiotics are introduced the problem worsens; antibiotics kill most of the pathogens (if bacterial), but some survive these germs are now resistant to the drug used and wait for an opportunity to readvance. This opportunity occurs shortly after the antibiotic is stopped, her immune system is weakened by the previous pathogen's attack and without the assistance of the antibiotic in her system the germ raises its ugly head again and she gets another infection. With each repeated use of the antibiotics regime the germ learns a new drug resistance; in other words we build a better germ after each drug treatment; because the germ become resistant to each drug introduced to it.

Many kids today have ear tubes placed in the eardrums to help relieve pressure from fluid buildup and allow air into the ear canal to alleviate this problem, I do not have an opinion on this procedure.

Another culprit is sugar and refined/bleached flour and wheat products, sugar is the fuel of infection and high blood sugar levels created by the consumption of these products decrease immune reservoir and response.

My suggestion would be to take her off dairy products and simple carbohydrates, such as sugars and refined wheat and flour products, give her vegetable as a mainstay. If not breast feeding, find an alternative to dairy milk. Reduce the use of juices to absolute minimum or eliminate completely. Increase water, use it as preferred drink, do not put her to bed with a bottle unless it is water. If, she is not eating solid foods yet, blender table foods such as meats and vegetables for her to consume stop using processed or refined foods. No cereal, bread, crackers, bagels, rolls and pasta in her meals, check labels of baby foods for wheat and refined/bleached flour ingredients then avoid. Watch the use of baby food jars or prepackage meals, look for ingredients such as milk or refined wheat and flour or sugar as an ingredient avoid them.

Herbally you will probably want to avoid alcohol based products, such as herbal tinctures made with grain alcohol, but this is a personal choice.

Give teas, such as Lemon Balm and Elderberry leaf which are antiviral. Peppermint, Catnip and Chamomile are good for sickness with GI upset.

Licorice is an immune amphoteric, meaning it elevates a depleted immune system and lowers a hyper immune response. Licorice normalizes the immune sytem. It also tastes sweet and is used in formulas to harmonize and balance the other herbs. You only need a small amount.

Use Echinacea just as the condition is developing, it is appropriate to lessen length or stave of the cold/flu/infectioin, find a glycerate based extract if the use of alcohol based products for your child bothers you, give the suggested dose every couple of hours for the first 3 days. She will like glycerin based extracts because they taste sweet.

I would suggest finding a local holistic practitioner or herbalist to help guide you with an alternative or complimentary

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You can contact the American Herbalists Guild to find an herbalist in your area.

On the web <http://www.healthy.net/herbalists/Index.html> or email:

Email: ahgoffice@earthlink.net

There is also a list of practitioners on the herbnet website, look there.



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ANSWERS FROM KAREN MALLINGER

PANIC ATTACKS

QUESTION: After many tests thinking it was my heart, we came to the conclusion that i was having panic/anxiety attacks. for the past 7-10 days, I have been taking the following:

- 1.extract combination of kava-passiflora-valerian (from country life)
- 2.ST john's wort pills (solaray)

They have worked perfectly. no more attacks and feeling very relax. I don't use more than the recommended dosage from the makers. My question is:

- 1.how long can I keep using them.
2. which one should i stop first due to side effects or prolonged use.

ANSWER: *There is no limitation on the use of St. John's Wort, though it will make your skin sensitive to sunlight, so keep that in mind. Kava Kava should not be taken on a daily basis for longer than 4 to 6 months without a break. It is not recommended for people with sever anxiety disorders and/or depression. Valerian shouldn't be abruptly stopped, so my suggestion, since it's in a compound with the Kava Kava is to slowly wean yourself off the extract - don't just stop cold turkey.*

ANSWERS FROM DAVID BRILL:

CONCENTRATION

QUESTION: What would you suggest for following: to increase concentration power and mental calmness.

ANSWER: Herbs that have been used for this include Bacopa, Schisandra, Calamus, Ginkgo, Basil, Gotu Kola and our favorite herb Rosemary. Additionally I would use an adaptogen like Ashwaghandha and a nervine such as fresh Oats.

STRESS

QUESTION: I have recently tried Kava Kava for anxiety, PMS, and a few other descriptions I am basically a very I stressed person. Kava had no effect on me even when I took the maximum dose. I don't like taking a lot of any thing is there any thing out there that is maybe stronger or could help me? By the way the lady at GNC is the one that told me to try kava kava, that's the only place I know where to get Herbs.

ANSWER: The root of Kava Kava, Latin Named: Piper methysticum is an herb which needs to be taken in the correct form, I would suggest an alcohol based herbal extract. Length of use is also important for some, I know I can get immediate results with Kava for performance anxiety prior to a talk. I take a little of it and am relaxed. For you it may take longer or you may need more.

For stress I would consider an Adaptogen herb such as the root of Siberian Ginseng, Latin Named: Eleutherococcus senticosis, this one is a tonic herb and should be taken for several months before deciding whether it was working for you. With this herb you would take more of it, it is appropriate for larger doses and longterm use.

It sounds like your nerves are a little on edge a great herb for nerves is fresh Oats, Latin Named: Avena sativa again as an alcohol based extract.

As to sources for herbal products look for an herb store in your area, if you cannot find one locally we mail order everyday all over the USA please call.

I am also a big fan of alcohol based herbal extracts as to form, they are quick acting and preserve quality for years.

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DEPRESSION

QUESTION: I have diagnosed hypoglycemia. It is under complete control with diet and I suffer no symptoms. I have been diagnosed with depression. Suffering from depression, fatigue, confusion and fuzzy thinking. I was put on prozac 2 weeks ago only to have my hypoglycemia symptoms return. I also suffer with abdominal pain on the right side, under my ribs just over my hip. This is accompanied by dry patchy skin, mouth blisters, crusty eyes, diarrhea and/or constipation (very mucousy), low fever and joint pain. It can last 12 hrs to 2 weeks at a time. I do not have panic attacks or anxiety. I have been tested for every conceivable blood disorder. Hepatitis, Iron or vitamin deficiency, liver function, thyroid, even HIV and syphilis. All came back negative. Can you at least recommend something for the depression?

ANSWER: Here are some herbs which have been used effectively for depression.

Black Cohosh, Latin Named: *Cimicifuga racemosa* is a great herb connecting female reproductive issues and nervous system issues, I would look at this herb as a good choice if these two issues are related with your issues, such as depression associate with PMS, menses or menopause. Modern day testing of this herb has demonstrated few side effects produced with long-term use. One side effect which it has been known to cause, is upset stomach, so take with food if this concerns you. Some say it can take 4-6 weeks for Black Cohosh to show its full benefits so take it for that long before determining its effect on you. I would suggest a fresh or freshly dry root alcohol based extract.

St John's Wort, Latin Named: *Hypericum perforatum* has been well known recently as the antidepressant herb. Today's scientific testing proves its abilities to fight mild to moderate depression and seasonal affected disorder (SAD) and what used to be called melancholy. It mixes well with Lemon Balm. Full effects are seen in 4-6 weeks, give it this long to work. A fresh or freshly dried flowering tops herb extract is best, I would avoid a standardized extract and use a whole plant alcohol based extract.

Lemon Balm, Latin Named: *Melissa officinalis* is a gentle herb found in most gardens or in the wild. This herb is a mood elevator used for mild depression caused by SAD or to get one out of the blues. It is excellent in combination with St John's Wort. This herb can be taken as a tea or an alcohol based extract from the fresh or fresh dried herb. Lemon Balm tea is easy to make and good tasting. Oral usage of Melissa is on the FDA's GRAS (generally recognized as safe) list. There are no known drug interactions.

Rosemary, Latin Named: *Rosmarinus officinalis* is another great herb for depression and mood lifting, it helps pickup the mind and is also good for memory, foggy thinking. It is also a great antioxidant and good carminative calming digestive issues. Rosemary can be taken fresh or dry as a tea or an alcohol based extract.

You may want to start with Lemon Balm or a combo of Lemon Balm and St John's Wort.

If you cannot find your herbs locally we mailorder everyday all over the USA, please call.

Stress may be a issue which connects all the signs and symptoms you describe above, an alcohol based extract of fresh oat tops, Latin Name: *Avena sativa* might be appropriate for you in combination with an Adaptogen herb such as Siberian Ginseng.

A great digestive and GI system tonic is an Ayurveda herb combination called Triphala. See my other answers online for more information on Triphala.

STRESS

QUESTION: I have a question relating to relaxation. I have a tendency to be extremely tense (physically) and thus, my shoulders, neck and back are constantly knotted and tense creating pain. I've also been in a few car accidents, so that may be where some of the pain comes from. At any rate, is there any herbal remedy for being tense, to relax you emotionally and physically? Something that is safe to take long term and can be taken with whatever it is you prescribe for my earlier question of energy levels as well as having 0 or few side effects?

ANSWER: I would try a simple cup of Chamomile tea, also spelled camomile by some, look for Latin Name: German Chamomile (*Matricaria recutita*), Roman Chamomile (*Chamaemelum nobile*).

The act of making the tea and slowly drinking it will help you calm down and relax. It usually calms people down 1 - 2 notches it is a great tea to take when a meeting at work upsets you, the boss throws more work at you than you think you can handle or the house and family stress overwhelm you. In addition Chamomile is a very mild relaxing herb and has little or no side effects or reports problems.

Chamomile tea can be made by pouring boiling water over 2 to 3 heaping teaspoons of flowers and steeping for 10 minutes.

Chamomile is listed on the FDA's GRAS (generally recognized as safe) list.

The general safety concerns, side effects and interactions along with hysterical mass media accounts listed against this herb include.

1. Safety in young children, pregnant or nursing women, or those with liver or kidney disease has not been established.
2. Chamomile is part of the ragweed family so people allergic to this plant should avoid this plant or use caution.

3. One constituent of the plant is considered a naturally occurring blood thinner so don't mix with other blood thinners.

Actual Data consists of the following:

Reports that chamomile can cause severe reactions in people allergic to ragweed have received significant media attention. However, when all the evidence is examined, it does not appear that chamomile is actually more allergenic than any other plant. The cause of these reports may be products contaminated with "dog chamomile," a highly allergenic and bad-tasting plant of similar appearance.

Chamomile also contains naturally occurring coumarin compounds that can act as "blood thinners." Excessive use of chamomile tea when taking these prescription drugs is not recommend because of theoretical interaction with these anticoagulants.

Safety in young children, pregnant or nursing women, or those with liver or kidney disease has not been established, although there have not been any credible reports of toxicity caused by this common beverage tea which is used throughout the world. This is a general warning which can be found on many food products and drinks.

ANXIETY

QUESTION: My Daughter has a terrible time with panic attacks and general anxiety and wanted me to check on the computer for an herbal or natural way to maybe help her not have them. Or make them not so severe. They seem to mostly happen at night during sleep. Her Doctor prescribed Paxil, but she is very hesitant to take it. She works and needs to be alert for driving and her job and is concerned about prescription "hangover". Is there anything out there that can help her? Appreciate any help you can give.

ANSWER: I am glad she is leary of the Paxol. You do not say how old she is or if the anxiety is related to any female reproductive issues such as menses or menopause. There are many other factors which could be affecting her, was there recent trauma, accident, depression, did she always have this or was there something recently that triggered this. Without all the information I am only guessing. Here are some things to think about.

I would start with something simple like a strong cup of Chamomile or Camomile tea, Latin Name: *Matricaria recutita* drink one cup 1/2-1 hour before bed another just before bed. Chamomile tea would also be my choice for bringing her one step down if she becomes aggitated or anxious at work or during the day, she should take the time to make the tea and take the time to drink it. The preparation and slow drinking will move her concentration and anxiousness to a less restless state.

A great flower essence for this would be rescue remedy it could be added to the tea or taken as needed.

A next step up on the scale would be the herbs valerian or hops.

For severe anxiety and panic attacks, use Kava Kava mixed with Motherwort, Blue Vervain, Chamomile or Catnip

Motherwort and Blue Vervain would be a good choice if the anxiety was associated with PMS or Menopauseal issues.

For anxiety associated with the blahs, slight depression Linden Flower and Lemon Balm would be a good herbal choice.

ANXIETY

QUESTION: Is there any combination of herbs to help with anxiety and nervousness. I get so nervous with anticipation of events and several situations that I shake uncontrollably. My twin brother is taking Paxill, and I was wondering if there is a natural way to help my problem.

ANSWER: For performance anxiety I use Kava Kava, Latin Named, Piper Methysticum. Use a alcohol extract of the root, the active constituents are not totally soluble in simply water. I have used Kava pre-lectures to calm my nerves, the trick is not to take to much and get drowsy. (for more information on Kava see my other answers online)

For nerves in general I would suggest a fresh oats extract, Latin Named *Avena Sativa* or *A. fatua*. It should be gathered in the fresh milky stage and extracted in alcohol. Fresh Oats is food for the nervous system. It is also recommend for those who are generally anxious. This is a tonic herb and can be taken for a long time.

If you cannot find a local source we carry both products in our store and mail-order everyday, please call.

MOOD ELEVATING

QUESTION: Hi, I was just wondering, is there an herb that isn't too potent, but puts you in a better mood? the few I've found like khat have sounded too powerful and have too many negative effects, such as insomnia which I am already taking pills for...i would be very thankful for any information you can give me. thanks for your time.

ANSWER: Rosemary is mood lifting, if you are talking depression or melancholy use Saint Johnswort, Basil or Lemon Balm. If you are talking foggy thinking, use Ginkgo to increase circulation to the brain.

We also carry a blended formula that utilizes most of these herbs and some others, called "Clear Thought".

GRIEF

QUESTIONS: I need to know if there's an herb that would bring up certain emotions instead of lingering in the body,

for instance, grief?

ANSWER: It is a very interesting question you ask. I would suggest anti-depressant herbs such as St. Johnswort/Lemon Balm/Licorice to lift the person up a little and allow them to express themselves. Hawthorn has traditionally been used for physical problems of the heart but the Chinese used it for "Disturbed Shen", roughly translated as a kink in your spirit which is housed in the Heart. Rosemary has been used for clearing cloudy thinking and remembrance. Shakespeare said "Rosemary that's for remembrance. I pray you love, remember". Sometimes just wiffing the leaves brings cleared thinking for me. Ginkgo helps to increase cerebral circulation bringing more blood to brain and increasing thinking and memory. Finally, I think I would try fresh Oats which is food for the nervous system and Siberian Ginseng as an adaptogen to support the person under this stress of grief. You might also want to look for a Homeopathic remedy that matches this description or a Flower Essence.

DEPRESSION

QUESTION: I really enjoy your site and your wonderful answers to people's questions, and now I have one for you that I am hoping you can help Me with. I have a problem with seretonin re-uptake and as such I have mild depression, irritability, some signs of OCD and an almost unbearable anxiety when crossing bridges. My Doctor placed Me on PAXIL and then on PROZAC when the PAXIL became stopped working. I was wondering if there are any really useful herbal alternatives or groups of herbal variations that I can use instead of the PROZAC. The side effects of PROZAC are not vary conducive to a full, enjoyable life and I would like to try healing myself the natural way!

Any ideas would be greatly appreciated!

ANSWER: The simple answer to your question is Saint Johnswort, which has been tested as effective as Prozac for mild to moderate depression. Key here is a total full spectrum fresh or freshly dried herb extract with alcohol to preserve and extract the constituents, not a pill or standardize extract or pill. Give it 4 - 6 weeks to work, consult with your DR, about how to transition from one to the other do not do this alone. Depression can be deadly if left unchecked.

For anxiety Kava Kava and I would include a calming adaptogen such as Ashwaganda, Latin Name: Withania somnifera. You would also benefit from a fresh Oats extract, Latin named: Avena sativa, it is food for the nervous system.

Thank you for your kind words, I am not sure if any of this is helping, I do not hear from all I have written to as to whether the answer was helpful

DEPRESSION

QUESTION: My 18 yr. old son is suffering from moderate depression. The doctor put him on Paxil which caused him to sleep 12 hrs. a day. He stopped taking it because he was so tired and it didn't seem to help that much. Can St. John's wort and kava kava be used at the same time to treat depression. If so, what is the dosage?

ANSWER: Kava would not be an appropriate choice, but St Johnswort would, use a fresh or freshly dried alcohol extract made from the flowering tops, for some the antidepressant affect can take 4-6 weeks.

Give the herb that long before determining its effectiveness. I would avoid the standardized products they have been associated with more side effects.

Another antidepressant herb which is a great tasting tea or can be incorporated as another tincture in a formula is made with Lemon Balm, 3 cups a day of the tea would be appropriate, and combing the Saint Johnswort and Lemon Balm would be okay.

We carry both a tincture of Saint Johnswort and Lemon Balm herb and tincture in our store and mailorder every day. Please call if you wish and we will mail them out to you.

As to suggested use, it should be provide on the product packaging and is usually based on a 150 pound individual.

LITHIUM ALTERNATIVE

QUESTION: I was looking for an herb that is as effective as lithium in people who have manic episodes. I am a manic person, but I don't want that info in my MIB report, so I am looking for an alternative to help me ease the symptoms.

ANSWER: I am not sure I can help you, I am sorry. If you truly have a lithium deficiency (or are diagnosed with Bi-polar disease) taking lithium maybe your only choice. If lithium deficiency is not the cause then you may want to try the herbs which relax you. Such as chamomile, valerian, kava, hops, etc. We do sell an effective product called Rosemary Relaxing blend it comes in a tea and tincture form and we have had great success with clients and customers on it efficacy.

Sorry I cannot suggest more.

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DOZING DRIVER

QUESTION: my husband is a truck driver he needs to stay awake for long periods of time once in awhile i don't lie him to take the pills at the truck stops because i don't know what is in them can you tell me something that might help?

ANSWER: I am sorry I do not recommend herbs for this use, most of the no doze products out there will injure him whether herbal or natural. My only advice is pull over and sleep to save his life and/or someone else's life.

ENERGY LOSS

QUESTION: I am 22 years old and in relatively good physical shape. I take multiple vitamins on an almost daily basis and eat relatively healthy. However, over the past year or two, I have noticed a decrease in my energy level.

I would like to find some supplement and/or tea that I can take on a regular basis to increase my energy level. This supplement should be reasonably priced (less than a couple dollars per day) and should be safe to take long term.

ANSWER: If you are in good shape and eat well, take care of stress in your life, aren't on any medication or supplements which could cause this, I would be looking for a reason for you decreased energy.

If everything checks out, I would try Siberian Ginseng, it is a tonic herb that can be taken every day and will give you a little energy. You can take it as a pill, tea or extract or simply ingest it with oatmeal or on salad if you get the powder.

For convenience I would suggest the extract.

HERBS FOR ENERGY

QUESTION: Is there a better herb to take if you want to maintain or lose weight, gain energy; however, have been diagnosed with Lupus (about 10 years ago) currently in remission.

I am not currently taking any prescription medications, due mainly because I don't care for the side effects. I am looking for something that will help me gain energy so that I can exercise more frequently to lose weight; however, I don't want to take anything that will create difficulties for me in dealing with my Lupus.

Any assistance or suggestions you can give me are greatly appreciated.

ANSWER: Most of the Ginsengs are adaptogens and help the body deal with stress, including Siberian Ginseng which is not a true Panax Ginseng Species. These type of herbs can potentiate immune function, since Lupus is thought to be an autoimmune disease, these herbs could be contraindicated for you.

If you would like to try a herbal adaptogen which can be used with Lupus try Licorice, additionally the medicinal mushrooms, Ganoderma (Reishi), Maitake and Shitake are immune amphoterics, raising hypo immune systems and lowering hyper immune system responses such as in the case of the autoimmune disease, Lupus.

You may want to read my other answer on Lupus online.

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GLAUCOMA

QUESTION: Are there any herbs for the relief and/or cure for glaucoma?

ANSWER: The herbs have been used for Glaucoma or eye are herbs good for the eye.

Ginkgo, Latin Name: Ginkgo Biloba - Good for Glaucoma and other eye problems including circulation

Bilberry/Blueberry Fruit, Latin Name: Vaccinium sp - weak vessels integrity and increased circulation to eyes

Bugleweed, Latin Name: Lycopus virginicus - used for bulging eyes

Elder berries, Latin Named: Sambucus nigra - increase vascular integrity and circulation, increase eyes ability to see

Gou qi zi (Lycium fruit, Wolfberry), Latin Name: Lycium chinensis - spots in eyes, floaters, excessive tearing, poor or cloudy vision, poor night vision and all conditions of the eyes such as degeneration of cataracts, diabetic retinopathy, macular degeneration, peripheral neuropathy, etc.

Chrysanthemum, Latin Name: Chrysanthemum moriflorum - signs associated with eyes: red, painful eyes especially with a lack of tears, light sensitivity, dizziness associated with vision, cloudy vision, etc.

Nu Zhen zi, Shiny Privet, Ligustrum fruit, Latin Named: Ligustrum lucidum - Eye problems such as cataracts, retinitis, macular degeneration, poor night vision, dry, irritated, red eyes, etc.

Calendula, Pot Marigold, Latin Name: Calendula officinalis - Great for the eyes, Rich in flavanoids such as carotinoids especially luten which is specific to eyes. Increases integrity of veins, arteries and capillaries.

Supplements suggested for eyes and Glaucoma include:

- Vitamin A
- Vitamin C
- Beta Carotene
- Mixed Carotinods
- Magnesium
- Alpha Lipoic Acid
- Bilberry/Blueberry

In your diet choose and eat your foods by color the Red, Orange, Yellow, Green, Blue, Indigo and Violet these colors help with health.

This article was download from www.Healthwell.com .

Glaucoma

The term glaucoma describes a group of eye conditions that are usually associated with increased intraocular

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pressure (pressure within the eyeball). This increase in pressure can ultimately cause blindness if left untreated. In many cases, the cause of glaucoma is unknown. Because glaucoma may not cause any symptoms until it has reached an advanced and irreversible stage, regular eye exams are recommended, especially after the age of forty. Conventional medications are frequently effective in reducing intraocular pressure. Therefore, it is important for people with glaucoma to be under the care of an ophthalmologist.

Dietary changes that may be helpful: At least two older reports claimed that allergy can be a triggering factor for glaucoma.^{1 2} Although an association between allergy and glaucoma is not generally accepted in conventional medicine, it seems reasonable for someone with glaucoma to consult a physician to diagnose and treat possible allergies.

Nutritional supplements and other natural therapies that may be helpful: Several studies have shown that supplementing with vitamin C can significantly reduce elevated intraocular pressure in individuals with glaucoma.³ These studies used at least 2 grams per day of vitamin C, but sometimes much larger amounts were given. Higher quantities of vitamin C appeared to be more effective than smaller amounts.

Doctors often suggest that people with glaucoma take vitamin C to $\&\#8220$ bowel tolerance. $\&\#8221$ ⁴ The bowel-tolerance level is determined by progressively increasing vitamin C intake until loose stools or abdominal pain occurs, and then reducing the amount slightly, to a level that does not cause these symptoms. The bowel-tolerance level varies considerably from person to person, usually ranging from about 5 to 20 or more grams per day. Vitamin C does not cure glaucoma and must be used continually to maintain a reduction in intraocular pressure.

Many years ago, the flavonoid rutin was reported to increase the effectiveness of conventional medication in people with glaucoma.⁵ The amount used $\&\#8212$ 20 mg three times per day $\&\#8212$ was quite moderate. Seventeen of 26 eyes with glaucoma showed clear improvement. The effects of rutin or other flavonoids in people with glaucoma have apparently not been studied since.

Supplementing with 0.5 mg of melatonin lowered intraocular pressure of healthy people,⁶ but there have been no studies on the effects of melatonin in people with glaucoma.

Magnesium can act as a dilator of blood vessels. One study looked at whether magnesium might improve vision in people with glaucoma by enhancing blood flow to the eyes. In that trial, people were given 245 mg of magnesium per day. Improvement in vision was noted after four weeks, but the change did not quite reach statistical significance.⁷

There is some evidence that alpha lipoic acid, taken in the amount of 150 mg per day for one month, improves visual function in people with stage I or stage II open-angle glaucoma.⁸

Surveys have shown that Eskimos, who consume large amounts of omega-3 fatty acids, have a much lower incidence of open-angle glaucoma than do Caucasians. Although there have been no studies on the use of omega-3 fatty acids in glaucoma, supplementing with cod-liver oil (a rich source of omega-3 fatty acids) reduced intraocular pressure in animals.⁹

MORE ON GLAUCOMA

QUESTION: I have normal tension glaucoma and am always on the lookout for remedies without harmful side effects. I have read that an eyewash made from *coleus forskohlii* can lower intraocular pressure without causing harm. Do you know how I can obtain the eyewash or make it myself?

ANSWER: COLEUS, *Coleus forskohlii* Latin Named: *Plectranthus barbatus*

An aromatic perennial with tuberlike roots and an erect stem reaching 2 feet. Native to India, *Coleus* grows on the dry slopes of the Indian plains and in the foothills of the Himalayas.

Native to India, *Coleus* is used in Indian folk medicine rather than within the Ayurvedic tradition and is a traditional digestive remedy. It shot to fame in Western medical circles when one of its constituents, forskolin, was first isolated in the 1970s. Research by an Indian/German company showed that forskolin was a powerful medicine for various conditions, including heart failure, glaucoma and bronchial asthma. It also exhibited non specific spasmolytic activity on smooth muscle of gastrointestinal tract in guinea pig. Topical ocular application of forskolin lowered intra ocular pressure in rabbits, monkeys and humans.

Coleus is used in treatments to relieve glaucoma pressure within the eye. It has been reported is several studies to lower the intraocular pressure in patients with glaucoma. Forskolin was an experiment eye drop found to reduce eye pressure. It was abandoned because the eye drops produced a milky covering over the eye. This side affect is eliminated by taking the herb orally as a tea, extract or pill.

Preparation: Decoction of root, make a decoction with 15 g root and 500 ml water. Drink in small doses over 2 days. Infusion of leaves to relieve gas and bloating, drink 1 cup twice a day.

ROSACEA AND EYE PROBLEMS

QUESTION:

I have rosacea and have eye problem. I read that taking Oregon Grape Root will help relieve the problems with my eyes. My eyes often burn and I lose my eye lashes. It is supposed to also be good for the skin. I flush mostly with heat but also with alcohol and spicy food which I avoid completely.

Can you help me with any more information on this herb, the quantity I should take daily, and the counter indication, if

any.

If you know of any other herb that would help my problem, please let me know.

Thank you in advance.

ANSWER: Oregon Grape Root, Latin Name: Mahonia aquafolium is a great alterative herb, helping the body to eliminate wastes and good for liver insufficiency, it is a strongly bitter herb with a active constituent called berberine. Berberine acts as broad spectrum antibacterial, antifungal, antiviral agents. It is an herb suggested for skin problems associated with congested liver problems.

Herbs associated with Rosacea include:

Figwort, Latin Name: Scrophularia nodosa / S. marylandica

Red Alder/Tag Alder, Latin Name: Alnus rubra/Alnus serrulata

Gotu kola, Latin Name: Centella asiatica

CONJUNCTIVITIS

QUESTION: I have had conjunctivitis for over ten years. I have tried everything. I had to give up my contacts after 20 years and go to glasses. I work outside in Arizona and glasses don't work too well. Is there anything you could suggest that could cure or help me with this chronic condition?

ANSWER: Conjunctivitis may also be called "pinkeye," because it is an inflammation of the conjunctiva, which is the clear membrane that covers the eyeball.

The eye may appear bloodshot, have crusty discharge and scratchy feeling like something is in the eye.

Conjunctivitis can be caused by viral and bacterial infection such as germs which cause the common cold and the Herpes virus, allergies, environmental pollutants/irritants such as smoke or chemicals such as chlorine or contact lens solution, or injuries to the eye.

Herbal teas/tinctures traditionally used have been applied to the eyes directly, or in compress or poultice form. Note: dilute alcohol based tinctures with saline water and thoroughly strain any preparations to be used in the eye, because particulates can irritate the eye and if absolute sterility is not assured, further serious infection may occur.

Dr Christopher suggests a Cayenne Pepper eyewash preparation he sells, I have never tried it.

The herbs Barberry, Oregon Grape and Goldenseal contain berberine, a substance with antimicrobial and antibacterial properties. A pharmaceutical preparation is made based on berberine, that is routinely used in Germany for conjunctivitis.

The herb calendula has anti-inflammatory and antiseptic characteristics and the orange carotenoids are specific to eye health.

Chamomile has also been used to soothe conjunctivitis symptoms and is anti-inflammatory.

It is suggested that those who suffer from chronic conjunctivitis have a Vitamin A deficiency, but this does not substantiate its use to treat or prevent the condition.

Bee Propolis has also been used for this condition.

Finally I would increase water intake to upwards a gallon a day (try to get a ounce for each body pound you way).

Use vitamin C 5-10 grams or to bowel tolerance.
Bilberry and Blueberry are specific to eye health.

Finally George O. Dever, a holistic eye doctor from Seattle did a lecture at American Herbalist Guild conference 1999 and spoke on herbal and alternative approaches to eye treatment.

You may want to get the proceedings from this conference

RETINOPATHY

QUESTION: I have a dear friend, 68 with adult onset diabetes and a history of cancer who has been told that she is developing glaucoma and retinopathy. She has asked me what herbal protocols might halt the advance of this disease state. I immediately thought of Yarrow to assist in shrinking the capillaries near and around the eyes (along with many other healing benefits) but I would like to know what other herbal/nutritional protocols that you can advise. I will help her to sort through the information and get her anything necessary if I have not made the particular medicine myself.

ANSWER: Eye problems are a major problem for the elderly and especially those with diabetes. For diabetics control of sugar levels is critical, adult onset can usually be corrected with weight loss and exercise. These supplements have

been associated with improvements to eye conditions

Lipoic acid

Vitamin E

Vitamin C

OPC's

Bilberry or blueberry

Ginkgo

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FIBROMYALGIA

QUESTION: I have fibromyalgia and am interested in finding out if there is any herbal treatment that can help with this disease. As of now dr's just want to give me more pills and yet I am not feeling any better. I would appreciate any information you may be able to supply me with.

ANSWER: FM is a very complicated issue, I would really like to help but without a lot more information this is all I can offer.

I have used the following herbal approach for FM in the past which a friend of mine says has helped him greatly. If you decide to try it give it a minimum 4-6 weeks to see an effect. If it works for you, I would stay on it for a minimum of 6 months.

- 1 part Fresh or Freshly Dry Tincture of Saint Johnswort, Latin Named: Hypericum perforatum
- 1 part Fresh or Dry Black Cohosh Tincture, Latin Named: Cimicifuga racemosa
- 1 part Kava Kava tincture, Latin Named: Piper methysticum
- 1 part Ashwagandha, Latin Named: Withania somnifera

The second part of the equation is to remove as much stress as possible from your daily life, or find an effective means to deal with it; for many this means unplugging themselves from today fast paced and high stress lifestyle.

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FUNGUS

QUESTION: I wold like to know what herbs I could use 4 jock itch and any other boy fungus.

ANSWER: Infections on the skin are a sign of other issues, poor diet, poor absorption, lowered immune response, diabetes, poor circulation. I would find out what is causing your fungal infections and correct it and they will cease to be a problem.

Fungus on the feet can be treated with Tea tree essential oil or Thyme essential oil, the Thyme oil needs to be diluted before applying to the skin. The Tea tree does not.

Green Black Walnut shells are antifungal, make a strong tea of them and apply to feet. This will stain the skin.

Fungus of the genital area is harder to treat because the skin is tender and sensitive. Powdered Coptis would probably work but you would want to test it on a small area to see what your reaction is. Goldenseal would be the same but it is an endangered species and very expensive.

Probably the best choice would be Usnea, Old's man beard, Latin Named: Usnea barbata. Use a tincture internally and topically, this is alcohol based and may burn on contact, again try a small area first to see results or side effects.

A mashed mixture of fresh Plantain leaves, Fresh or dry Calendula flowers, Goldenseal (or Coptis) and Usnea would be soothing and effective.

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ANSWERS FROM KAREN

QUESTION: My hair is thinning and I still lose a lot of my hair. I am really conscious about my hair and feel really insecure. I cannot part my hair through the middle it looks horrible. My dad is going bald, my mom has really thin hair, my moms dad is bald and her mom has thin hair, my dad's mom is thinning and you can see through her scalp, yet my dads dad had a lot of hair before he died. I saw some home made recipes on line for regrowth of hair, because in the front the sides I have very little hair. I am 19 years old and this problem started when I was 16 years old. Please help me I have tried everything from natural path doctors for 2 years and that did no help I still kept losing it and some would grow back but it made no difference, now I have this oil I ordered from India, that worked in the beginning but now my hair starting to fall out lots, I was wondering if you can please give me a natural paste or some kind of oil treatment that would re grow my hair, I am desperate and I need help.

ANSWER: There is no magic oil or potion that re-grows hair. If there were, there would be no bald men! My first question would be about your diet. It has a strong effect on things like hair and nails and skin. Since everyone in your family is suffering from this, I'm also wondering if all of you have been exposed to anything toxic that you can think of. Some people have wonderful results from hypnosis. Others do not. That's a personal decision. I do offer a massage oil for the scalp that has essential oils believed to enhance and strengthen the scalp and hair - but it does not magically regrow hair. If you are interested, please e-mail me with the word ORDER in your subject.

QUESTION: I am a 24 y/o African American women and I have been dealing w/ hair loss for about 5 yrs now. when i first noticed that my hair was falling out, it was severe breakage and I went to a dermatologist and he recommended discontinued usage of perms/relaxers, weaves/braiding, heat and excess stress because it could cause further damage to the folicals. well I have tried so many methods in the last 5 yrs. I have been a little successful. I cut all of my hair off and started from scratch, using herbs like zinc, vitamin B, C and E. I have even been using oxygen scalp treatments to open up my pores. all these things have worked some but it seems as if they have stopped working. also at the beginning of the hair loss i admit i was over stressed, using marijuana, drinking and smoking cigarettes, not to mention being fresh out of high school and entering into the world of adulthood and living on my own. I had so much going on in my life during that time, but since then i have discontinued the use of marijuana, drinking, cigarettes, and eliminated some of my stress. I even changed my diet but it seems as if nothing is working any more. can you help me?????

ANSWER: Well, your diet and your lifestyle probably contributed to the hair loss. We are what we ingest and from the sounds of your letter, you were poisoning your body. It sounds like you are on the right track with the vitamins you are taking. Keep that up. Eat a healthy diet. Give up the caffeine and sugar and any processed junk food. Stay away from the cornrows and braids. Although lovely, they really can do damage to the hair shaft. I have an oil that I make that encourages new hair growth. If you are interested, e-mail me with the word ORDER in the subject line for more information.

ANSWERS FROM DAVID:

QUESTION: I am a 30 y/o woman w/2 children, ages 3 and 1 w/considerable hair loss. I want to know what I can do to help my hair grow again. My hair started falling out B4 I married and I was tired all the time, especially after I would drink a soda or eat something w/a lot of sugar in it so I had a test done @the hospital and the results came back "Hypoglycemia". Since then I watch what I eat but my hair has not grown back.

I am severely depressed about it because my hair is long and since my hair loss I have had to wear my hair back all the time to cover up the most of it. It is all over hair loss, but most of it is in the center top, back. I have also had a hair analysis done but the man that did it wanted to charge me for the interpretation of his findings and give me some herbs to take but at the time I didn't have the \$.

I still have sugar problems. Especially in the morning, I have to have something as soon as I get up although I do take Garden of Life supplements to help w/the sugar balancing and other supplements as well. I am also still breastfeeding

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(which I have heard causes hair loss as well). Anything you could advise would help as I have tried many many things.

ANSWER: I'm sorry you're having this problem. Although hormone imbalance can definitely contribute to hair loss in women, you said you had the problem before your pregnancy. Since you have been diagnosed with Hypoglycemia, hopefully you are staying away from the sweets as this can also aggravate the problem. Hair loss like you described as well as the fatigue can sometimes be attributed to thyroid problems, so that may be something you'd like to discuss with your doctor.

B complex, C and E vitamins as well as Zinc are all beneficial to the growth and health of hair. Also, foods high in biotin like brewer's yeast, brown rice, bulgur, green peas, lentils, oats, soybeans, sunflower seeds, and walnuts will promote healthy hair and skin.

A rinse made of apple cider vinegar and sage tea will help hair growth. In addition, All Goode Gifts has a wonderful formula that has had much success. It contains 2 drops of cedarwood essential oil, 3 drops of lavender eo, 3 drops of rosemary eo and 2 drops of thyme eo. Mix this in a carrier oil of 1/2 teaspoon of jojoba oil and 4 teaspoons of grapeseed oil. Perform a 2 minute scalp massage every night. This mixture should not leave your hair greasy. If you would rather purchase this, please e-mail me and we can provide it for you.

Lastly, calendula flower, marsh mallow root and nettle leaf are all excellent when combined in an infusion or a rinse for dry hair to nourish it and encourage new growth.

HERBS FOR HAIR LOSS

QUESTION: Could you tell me if it is true that the Herb Trifolium pratense (better known as Clover) is a good source of oestrogenic substance which may be beneficial to your hair, especially if you are suffering, as I am, from thinning hair.

ANSWER: Red Clover, Latin Name: Trifolium pratense is a great non toxic, pleasant tasting and very effective herb. Red clover is richer than Soy in isoflavones, these Phytoestrogen are not the human form of estrogen but a chemical which has a similar structure to Human estrogen or affects the body like Human estrogen. Red Clover is rich in flavonoids and rich in minerals. Other sources of Phytoestrogen are all the Legumes (i.e. all the beans) including the popular Soy.

It maybe reaching a bit to say Red Clover would have the hair thickening and growth stimulating effects of Human estrogen on your body, but there is only one way to find out give it a try. It would also include a daily intake of legumes in a soup or salad.

Here are a couple other herbs which could be considered to help with Hair Growth.

Ginkgo to help with circulation to the hair follicles and skin.

Horsetail tea or powdered herb for the reach mineral content including silica which is essential for healthy skin, nails and hair.

Han Lian Cao, "Drought Lotus Grass", Latin Name: Eclipta prostrata or Eclipta alba was used in an infused oil in China to help with Hair regrowth.

Tincture or Infused oil of Arnica is also supposed to stimulate hair growth when applied to the scalp, Arnica is one herbs which is normally not recommended for internal use today.

Birch oil when added to shampoo supports hair growth and is best used in combination with Queen of the Meadow oil.

Finally our favorite herb:

Rosemary, Latin Name: Rosmarinus officinalis has been used in the past as a daily rinse on the scalp and hair to promote hair growth.

Other things to consider when hair loss occurs, infection, increased stress, aging, hormonal fluctuations and changes, deficient diet, lack of circulation and blocked pores can affect hair growth.

Read my other answers on Alopecia online.

BLACK COHOSH

QUESTION: I have been using black cohosh for a while with pretty good success for hot flashes. I recently noticed more hair loss then normal and was wondering is this is a known side effect of black cohosh use?

ANSWER: Normally Black Cohosh is given for most post menopausal issues, but anything is possible everyone reacts differently to herbs, supplements and drugs. Black Cohosh is not know for this side effect.

Here is one suggested formula for hair loss due to lack of estrogen production.

If you are a woman whose hair is starting to thin due to loss of estrogen production, there are herbs you can take to simulate estrogen in your system and to stimulate the adrenal glands. Mix equal parts of wild yam root, licorice, motherwort, black cohosh, chamomile, valerian root and skullcap. Take twice a day.

HAIR LOSS

QUESTION: I am a 24 year old female, who is currently suffering from hair loss. I have been to the doctor's and they say it may be stress. I recently read that there are some herbs used as oils(?) on the scalp to induce hair growth. Is this true? And which herbs are they? I'll try anything.

ANSWER: I would deal with the stress, symptom relief does not get rid of the problem. What is the stress in your life, how do you deal with it, utilize stress relieving techniques or eliminate the stress. You may want to utilize adaptogen herbs which help the body deal with stress, the ginsengs are of this class. Start with Siberian Ginseng which is the mildest, American Ginseng would be the next and Chinese Ginseng would be the last to be utilized. And also read the following answer as well.

ALOPECIA AREATA

QUESTION: My daughter (9 years old) has Alopecia Areata. This is an autoimmune disease, which causes hair loss. Someone suggested she take a pill made from the Montana Yew tree. This tree also is used to make Taxol. Do you think this pill would be harmful or helpful for her to take. I would appreciate your opinion...

ANSWER:

Without knowing everything about your daughter.

Here is some information about Alopecia.

Alopecia areata is a loss of hair from scalp to other places on the body where hair normally grows. It usually starts in patches, and can encompass the entire scalp or body.

Hair loss to the entire scalp is called Alopecia totalis.

Hair loss to the entire body is called Alopecia universalis

The scalp is the most effected area. Alopecia can occur in either male or female of any age, but children are normally affected the most often.

An interesting fact is the hair follicles; although they have shrunken and hair growth does not appear above the surface of the skin, are still alive and spontaneous regrowth can happen anytime, days, months or years after the original onset with full hair recovery.

I would suggest it is a diet, environmental, stress or circulation problem.

For diet, make sure she is eating whole foods, eat organic, eliminate refined or processed foods, eat lots of vegetables, drink lots of water. Start taking a good multivitamin like Rainbow Light brand. EAT amla fruit, it was traditionally used to strengthen hair, connective tissue and muscle. Get Horsetail and other super green food sources in diet to increase hair strength.

For environmental, stay away from chemicals, insecticides, herbicides, cosmetics and aerosol sprays. She should stay natural and clear of man made pollutants or chemicals.

For stress reduce it, or have her learn to release it. Learn stress reduction techniques. Use adaptogen herbs which help the body deal with stress. These include the Ginsengs, I would probably start with Siberian Ginseng for her.

For children use Chamomile and Catnip to calm them down, these two herbs are good for nervousness which is shown as stomach or GI upset.

For circulation use Ginkgo, Hawthorn, Rosemary.

Use a Rosemary rinse on the scalp, it has been traditionally used to help with hair loss.

It has also been suggested that this is an Autoimmune disease, if so Immune Amphoteric Herbs are appropriate, such as Medicinal Mushrooms (Reishi (The Gano dermas), Shiitake, Maitake, Chaga), and or the other Immune Amphoteric herbs Astragalus, Shisandra and Licorice, which are also Adaptogens.



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HEARING LOSS

QUESTION: Is there a herb to help minor hearing loss from age?

ANSWERS: Hearing loss can be caused by a number of things. Allergies can be responsible for hearing loss with wheat, dairy and sugar being the most common triggers. More than one third of people over 65 experience hearing loss, but surprisingly, it is more often a result of a change in blood supply to the ear than merely old age. Ginkgo, hawthorn berries, cinnamon and ginger are helpful in increasing circulation. If you'd like, I can make a custom tea for you. E-mail me and put the word ORDER in the subject line, and ask for my Circulatory Tea for Ears.

MENIERES

QUESTION: Has there been a recorded cure for suffers of the Meniers , labyrinth and or ringing in the ears by a herbalist the general practitioners usually send the patient to the ENT's and forget about you usually prescribed is Serc ,Cinarizine and Meclizine any advice you have will be greatly appreciated

ANSWER: The following herbs have been used in the past for this condition.

GINKGO, Latin Named: Ginkgo biloba helps to increase circulation to cerebral and peripheral regions and has been helpful with ringing in the ears. The contraindication would be vasodilative headaches or migraines.

BLACK COHOSH, Latin Named: Cimicifuga racemosa normally associated with Female Reproductive issues has been used by native Americans for ringing in the ears.

In Europe MISTLETOE, Latin named: Viscum album is used in the treatment of this condition. The caution with this herb is to start with very small amounts, 5 drops of tincture or less.

In China SESAME seeds, Latin Named: Sesamum indicum are used to treat this condition. Sesame seeds can be added to the diet, grind the seeds fresh before use or chew thoroughly.

Autopsy of patients diagnosed with Meniere's disease show edema in the labyrinth of the inner ear so diuretic herbs may be helpful.

If the person is a smoker, cessation of this habit is indicated and has proved very useful in the correction of this condition.

TINNITUS

QUESTION: I was just at a doctor for ringing in my ears , my hearing is 100% ,but I always have ringing tones . He suggested to take ginkgo 120mg. . I need to know if this has any side effects or if it is not compatible with other products such as ma huang.

ANSWER: Tinnitus is the medical term for ringing in the ear, it can be continuous or intermittent and the noise might not be exactly described as ringing. Many people experience tinnitus occasionally for a minute or two. For some it is terribly annoying and must be resolved.

This ringing can be caused by exposure to loud noise, ear obstructions, ear infections, abnormal bone growth in the ear, head injuries, or heart and blood vessel disorders.

For some the cause cannot be found or treated

one herbal remedy which has been successful in some case of Tinnitus is Ginkgo

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Suggested doses of 60 mg to 80 mg three times a day have been proven effective in test studies, for alcohol based extract tinctures 40-60 drops up to four times a day has been used.

Additional areas to consider are avoiding loud noises, nicotine, aspirin, caffeine, and alcohol.

Ginkgo is contraindicated with blood thinners, severe hypertension, bleeding conditions, and additionally safety in young children, pregnant or nursing women, or those with severe liver or kidney disease, however, has not been established.



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<p>Contents of this page</p>	<ul style="list-style-type: none"> ● We're posting some of the medicinal questions we get along with answers from our Herbalist David Brill of The Rosemary House. Hopefully this may help you with some of your own questions. ● If you want to ask a new question there is a charge of \$25 per question. Click here for new question The answer will be sent to you directly by David. Questions and answers may be posted on this site (names removed) to help other people with the same concerns.
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ANSWERS FROM KAREN MALLINGER

QUESTION: About 2 years ago my sister was having chest pains and the doctor couldn't find much wrong so he did a heart catheterization. They found nothing wrong except for a small vein that they put a substance in to expand it because they thought that it had been to little from birth and needed to be larger. After the treatment she had a terrible headache and it got worse as the evening went on. Finally she went to the hospital and they determined that she had had a small stroke. Now she is on all kinds of medications. Some for blood pressure, some for blood thinner, some for water retention. You name it they put her on it. She realizes that these medications are killing her and she wants off of them. She asked me if I knew a herbalist that she could ask the question, "Can I use herbs instead of medications?" She is determined to get off of medications because she feels that one medication causes reason to take another, causes reason to take another and so forth. We are from about 80 miles from Indianapolis, IN, 30 miles from Terre Haute, IN. our zip is 47833. I so hope that you can help us. I am so glad she is taking steps like these.

ANSWER: *Your sister's right to want to get off all the medications. More and more we are seeing that modern medicine treats the symptoms and not the disease. Thereby keeping us dependent and sick. I would not, however, recommend she stop taking her medications without the advice and guidance of a medical professional. It can be very dangerous, especially with the conditions you mentioned. I looked up Naturopathic Doctors in your neck of the woods and here's what I found:*

Marcia Prenguber, ND
CENTER FOR CANCER CARE
200 High Park Ave.
Goshen, IN 46526
Phone: (574) 535-2961 **Fax:** (574) 535-2890
Email: mprengub@goshenhealth.com

Areas of Emphasis: Cancer, Family Practice, Homeopathy, Women's Health

I don't know how close she is to you, but perhaps she could refer you or even speak with you over the phone. There are many herbs for blood pressure, blood thinning and water retention. For Water retention, Cornsilk, Parsley leaves, Uva Ursi, Cleavers, Juniper berries, Queen of the Meadow root. For Blood Pressure, Buckwheat, garlic, ginkgo and hawthorn. For Blood thinning, Burdock, and ginkgo

QUESTION: I am a 42 yr. old woman. I have been taking the drug inderal for 21 yrs. to control a rapid heartrate. I have simple tachycardia, nothing life threatening. I was wondering becasue of the cost of going to the Dr. for the prescription 2 times a year and the expense of the drug, if there was not an herb that might help with the rapid heartrate. I have read that hawthorn is for some advantages for the heart, but am not sure if it would help with my specific problem. At this time I am also trying guggul for slightly elevated cholesterol. Do you have any suggestions for me?

ANSWER: *First, please don't even consider stopping your medication without speaking with your health*

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professional. That can be extremely dangerous. If you can't talk to them about your concerns and desires to go to a more natural treatment, find a holistic practitioner. The one herb that comes to mind immediately is Hawthorn. It is THE heart tonic herb and my research says it can be safely taken with heart medication. Though I encourage you to discuss that with your doctor. Other herbs to help heart health, particularly tachycardia, are: Motherwort, Oats, Passionflower and valerian.

ANSWERS FROM DAVID BRILL

WHITE CELL COUNT

QUESTION: I have a 2.7 red cell count and a 1.7 white blood cell count could you please tell me if there is a herb that could build these cell counts up?

ANSWER: Herbs used in the past for this include:

Codonopsis also named Dang Shen, Latin Name Codonopsis Tangshen

Ligustrum Fruit also name Nu Zhen zi and Shiny Privet LatinName: Ligustrum lucidum

Small amounts of Myrrh

Also a formula called Fu Zheng

POOR CIRCULATION

QUESTION: I have poor circulation, to my hands in particular, which really aggravates the RSI (from keyboard/mouse overuse) I suffer from. I have fairly low blood pressure and very low cholesterol levels, am not overweight and do a weekly yoga class. Although I do admit to having a fairly highly strung personality. Are there any herbs you can recommend? I currently take garlic, ginkgo biloba, cod liver oil and glucosamine with chondroitin.

ANSWER: Herbs traditionally used for this issue and heart/circulation issues include:

Ginkgo

Cinnamon

Prickly Ash

Lycium

Dan shen

Ginger

Hawthorn

Stress can also cause constriction of blood vessels you may want to employ some adaptogen herbs, such as fresh oats, siberian ginseng, etc.

HEART PALPITATIONS

QUESTION: I have read in Jethro Kloss "Back to Eden" first printing 1939 that Tansy was very good for Heart palpitations? Is there any new herb recommendations for these symptoms?

ANSWER: Dang Qui, (Tangkuei, Dong Quai), Latin Name: Angelica sinensis

Fu ling, (Hoelen Fungus), Latin Name: Poria cocos

Reishi mushrooms, Latin Name: Ganoderma lucidum

Bugleweed, Latin Name: Lycopus virginicus

Hawthorn, Latin Name: Crataegus oxycanthoides, C. monogyna: this one is food for the heart and any heart conditions

Motherwort, Latin Name: Leonurus cardiaca for palpitations associated with anxiety, stress or female reproductive issues like menopause

HIGH CHOLESTEROL

QUESTION:

I'm 51 and generally in good health - but I have high cholesterol levels.

I'm looking for natural treatments for this condition.

Is there a product available that combines the best herbs and vitamins without having to buy 15 different items?

ANSWER: I would start with diet, eliminate cholesterol and bad fat containing foods, increase daily fiber intake to 30 grams a day, this is a lot compared to today's normal diet. Look for veggies and fruits which are crisp and make them part of the mainstay of your foods, also supplement with bran and fiber from grains such as oats, psyllium seed, flax seed, etc. Increase use of Garlic get as much in your daily diet as possible and supplement with the pills. We also sell a great pickled garlic which two cloves a days would probably do you. It tastes like candy to me. Daily aerobic exercise lowers cholesterol levels get at least 20-30 minutes of fast walking in, up to an hour if possible. Finally the supplement Niacin has been used effectively to lower cholesterol, start low and up dose, it can cause a skin flush for some. Read the other answers here on the subject.

BLOOD THINNERS

QUESTION: I have a friend that wanted to know if there are any herbal blood thinners. The doctors want him to take Coumidin, but he'd rather take something natural. He takes garlic, ginkgo, green tea, multi vitamins. Do you have any recommendations?

ANSWER: These herbs have been used to thin or move blood:

Angelica, Latin Named: *Angelica archangelica*, *A. atropurpurea*

Dan shen, Red Root Sage, Latin Named: *Salvia miltiorrhiza*

Dang Qui, Tangkuei, Dong Quai, Latin Named: *Angelica sinensis*

Gan jiang, Ginger, Latin Named: *Zingiberis officinalis*

Garlic, Latin Named: *Allium sativum*

Ginkgo, Latin Named: *Ginkgo biloba*

Gui pi, Cinnamon (Chinese cinnamon not Ceylon), Latin Named: *Cinnamomum cassia*

Mu dan pi, Cinnabar skin, Tree Peony, Latin Named: *Paeonia suffruticosa*

Prickly Ash, Latin Name: *Xanthoxylum americanum* or *X. clava-herculis*

Rue, Latin Named: *Ruta graveolens*

Sweet Melilot, Yellow or White Sweet Clover Latin Named: *Melilotus officinalis*, *M. alba*

800 IU of Vitamin E a day can thin blood, up to 1200 if it does not cause hypertension for the individual.

Also increase parsley in the diet.

If you cannot find them locally we mailorder everyday all over the USA please call. I would use a alcohol based extract as the form.

AORTIC STENOSIS

QUESTION: Interested in the above subject because it one of my Mom's problems. I found in a recent book entitled Miracle Food Cures from the Bible by Reese Dubin on page 97 the following information. He cites a Dr. Crawford R. Green of Troy, NY in an article from the Homeopathic Recorder in May 1908 regarding hawthorn: "Its action in valvular heart conditions is truly remarkable, whether the mitral or aortic area be affected. It seems to have positive power to dissolve valvular growths of calcareous or vegetative origin". In the same book, on page 103, in a 1969 study by a W. Starfinger, M.D., he states that 100 heart patients requiring continuous therapy were given the liquid extract (hawthorn) with fine results. "Marked subjective improvement was noted in patients with mitral stenosis"....

I have searched and search to no avail to find case studies reflecting positive influence of hawthorn on aortic stenosis, however, Mr. Dubin obviously was a better researcher than I will ever be. My intense interest is personal and a last resort type of solution to a major problem. My Mom is 80 and surgical repair is not an option.

Can you provide any information regarding the effect of hawthorn on aortic stenosis?
Any information is greatly appreciated.

ANSWER: If she were my mother I would give her Hawthorn, Hawthorn is food for the heart. Literally what is referred to as a tropho-restorative, meaning it can repair both structural and functional problems. Since Hawthorn is a berry and considered a food herb, it is appropriately given for any heart or circulation problem. I would suggest a fairly strong tincture or tea be given 3-4 times a day. Additionally there is a solid extract available which would be eaten on cracker or spread on toast or simply consumed by ingesting 1/4 to 1/2 teaspoon a day.

HERBS FOR THE HEART

QUESTION: My mother wants to know about any herbs that is good for circulatory problems of the heart? She is in her 50's and concerned.

ANSWER: Hawthorn is the answer read on...

Hawthorn, Latin named *Crataegus oxycanthoides* or *C. monogyna*, Hawthorn should be considered food for the heart. The berries of this flowering shrub/tree are incredible herbal medicine. Hawthorn berries, taken as a tea or tincture help the heart muscle pump stronger emptying the heart chambers completely and increase oxygen to the heart by nourishing the arteries within the heart muscle. This herb is considered an Amphoteric to the heart action. It will slow a fast beat, increase a slow beat or help the heart fill in missed beats, (i.e. arrhythmia or irregular heart rhythms). An Amphoteric herbal medicine normalizes function increasing hypo and lowering hyper conditions. Hawthorn can be used for all heart conditions or diseases. For congested heart failure it helps reduce edema and fluid buildup in the lungs by its actions on the heart. Hawthorn can also mildly lower hypertension (high blood pressure). It does this by lowering the bottom number in a blood pressure reading, the diastolic pressure, the resting pressure. This number has been normally considered the more important number. Hawthorn is a food herb and should be taken for a long period of time, years to prevent or stave off heart disease that runs in families and could be inherited. It can be used to support an already weakened heart after Myocardial Infarction (Heart Attack) or conditions leading or during Congested Heart Failure. Hawthorn can be taken for a long time and should be, when taken in tonic quantities. For conditions or diseases states that have occurred years before it can take 3 to 6 months or longer to see results. For immediate results consult with a qualified herbalist to try higher doses. Hawthorn should be considered a tonic and can safely be taken a long time for its best results. Solid extracts of Hawthorn are now available and are consumed like food, spread on toast in the morning for breakfast, these are concentrated herbal extracts of the berry. The down side to solid extracts are they are currently very expensive.

THORACIC OUTLET SYNDROME

Question: My brother spent 6 hours in emergency yesterday with a heart problem called 'Thoracic outlet syndrome', its been an ongoing problem and climaxed with huge pain yesterday. One of his vessels across his heart gets its circulation cut off which is impaired long enough to starve muscles of oxygen. Any herbal help other than cayenne for him?

Answer:

The simple answer for your brother is Hawthorn. It is food for the heart.

Hawthorn, Latin named *Crataegus oxycanthoides* or *C. monogyna*, Hawthorn should be considered food for the heart. The berries of this flowering shrub/tree are incredible herbal medicine. Hawthorn berries, taken as a tea or tincture help the heart muscle pump stronger emptying the heart chambers completely and increase oxygen to the heart by nourishing the arteries within the heart muscle. This herb is considered an amphoteric to the heart action. It will slow a fast beat, increase a slow beat or help the heart fill in missed beats, (i.e. arrhythmia or irregular heart rhythms). An amphoteric herbal medicine normalizes function increasing hypo and lowering hyper conditions. Hawthorn can be used for all heart conditions or diseases. For congested heart failure it helps reduce edema and fluid buildup in the lungs by its actions on the heart. Hawthorn can also mildly lower hypertension (high blood pressure). It does this by lowering the bottom number in a blood pressure reading, the diastolic pressure, the resting pressure. This number has been normally considered the more important number to reduce. Hawthorn is a food herb and should be taken for a long period of time, years to prevent or stave off heart disease that runs in families and could be inherited. It can be used to support an already weakened heart after Myocardial Infarction (Heart Attack) or conditions leading to it and additionally during Congested Heart Failure. Hawthorn can be taken for a long time and should be, when taken in tonic quantities. For conditions or disease states that have occurred years before; it may take 3 to 6 months or longer to see results. For immediate results consult with a qualified herbalist to try higher doses. Hawthorne should be considered a tonic and can safely be taken a long time for its best results. Solid extracts of Hawthorn are now available and are consumed like food, spread on toast in the morning for breakfast. The tinctures and extracts on the markets today are concentrated herbal extracts of the berry, flower and/or leaf.

He should also try Garlic get as much in daily diet as possible. He should stink like Garlic. Garlic, Latin named *Allium sativum*, should be considered a designer drug for heart disease and the associated risk factors. Today's scientists couldn't improve on Garlic's perfect properties. Daily use of Garlic in the diet; adding it to foods, eating it fresh or ingesting it as a nutritional dietary supplement is associated as a panacea to heart disease. Garlic use is associated with the prevention and correction of cardiovascular disease and; it additionally effects cholesterol levels by raising the protective high-density lipoproteins (HDLs) and at the same time lowering the bad low-density lipoproteins (LDLs). Garlic also lowers another bad blood fat called triglycerides. Finally Garlic has a slight ability to lower hypertension (high blood pressure). In today's modern world scientific testing continues to prove Garlic's medicinal health benefits by showing that Garlic elevates an enzyme found in the liver that helps to detoxify carcinogens (cancer causing chemicals) that have been ingested or which come in contact with the body through other methods such as breathing polluted air. Garlic evidence has also been found which suggests the reduction of some types of cancers with regular use and when used in medicinal quantities Garlic increases T-cells and helper T-cells ratios in the blood. These cells are part of the body's natural defense system destroying and scavenging foreign bodies and cancers cells.

In addition to all this Garlic is truly a natural antibiotic and works against many micro-organisms including bacteria, viruses and fungus infections. The immediate introduction of plenty of Garlic into the diet helps reduce duration of colds and flues. You need to smell like Garlic. Many have been know to consume freshly crushed whole cloves every hour or two during the first days of a cold. Let the crushed Garlic set 15 minutes or so to increase potency.

More information:

What is the thoracic outlet syndrome?

Thoracic outlet syndrome is a condition whereby symptoms are produced from compression of nerves or blood vessels, or both, because of an inadequate passageway through an area (thoracic outlet) between the base of the neck and the armpit. The thoracic outlet is limited by muscle, bone, and other tissues. Any condition which results in enlargement or movement of the tissues of or near the thoracic outlet can cause the thoracic outlet syndrome. These conditions include muscle enlargement, injuries, an extra rib from the neck at birth (cervical rib), and tumors at the top of the lung (rare). Often no specific cause is found.

It is felt by some researchers that the evolution of the torso of primates from a four-legged to a two-legged position may predispose humans to the development of thoracic outlet syndrome. The resulting vertical posture produced flattening of the chest cage and a shift of the shoulder joint backwards, both of which narrowed the thoracic outlet.

What are symptoms of thoracic outlet syndrome?

Symptoms include neck, shoulder, and arm pain, numbness, or impaired circulation to the extremities (causing discoloration). Often symptoms are reproduced when the arm is positioned above the shoulder or extended. Patients can have a wide spectrum of symptoms from mild and intermittent, to severe and constant. Pains can extend to the fingers and hands, causing weakness.

How is thoracic outlet syndrome diagnosed?

The diagnosis is suggested by the symptoms and supported by findings of the doctor during the examination. Certain maneuvers of the arm and neck can produce symptoms and blood vessel "pinching" causing a loss of pulse. Further supportive testing can include electrical tests, such as EMG and somatosensory evoked responses (although these may not be positive in all patients). Some patients can have angiogram x-ray tests that demonstrate the pinched area of the blood vessel involved.

What is the treatment for thoracic outlet syndrome

Treatment of the thoracic outlet syndrome can usually be conservative and involve a variety of exercises which effectively stretch open the tissues of the thoracic outlet. These are done with and without weights in the hands to pull the outlet into a "relaxed" open position. Physical therapists are specially trained in the instruction of exercises for the thoracic outlet syndrome. Shoulder shrug exercises and others can be done at home or at work to relax the muscles around the thoracic outlet.

Patients should avoid prolonged positions with their arms held out or overhead. It is also helpful to have rest periods at work to minimize fatigue. Weight reduction can be helpful for obese patients. Patients should avoid sleeping

on your stomach with their arms above the head. They should also not repetitively lift heavy objects.

Some patients with severe, resistant symptoms can require surgical operations to open the thoracic outlet. These include removal (resection) of the first rib in order to spare the affected nerve and blood vessels from ongoing compression.



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HEMORRHOIDS

Question:

I have had hemorrhoids for many years- It started when I was pregnant with my second child. Used to be that it would come and go but for the last year or so it is almost constant.

Answer: Hemorrhoids are a sign of prolapse in the body, prolapse of the tissues affected and others such as uterus, bladder, colon etc. Prolapse signs of the circulation system include, spider veins, varicose veins, prolapse leads to stagnation in the body.

Prolapsed tissue needs corrected or it will only lead to other problems, such as what you are experiencing now.

What has changed in the past year or so, gained weight, went on herbs, meds or supplements, problems with going to the bathroom, started lifting weights, changed to a sitting job, had multiple births, etc. Do you have any other signs of stagnation, swollen abdomen, breast, cystic diseases or vascular integrity loss, varicosity or spider veins?

The problem with treating symptomology is you (in general) are not getting rid of the cause.

But here is what has traditionally been used for symptom relief:

Get as many colorful fruits and vegetables in the diet, the dark blues, purples and reds help to increase vascular integrity.

More water is good, don't use chemical laxatives (herbal or otherwise) a stool softener used short term while you getting through this will help lessen grunting and forced muscular evacuation of bowels which help to create the hemorrhoids.

Have you tried sitz baths of astringent herbs such as Yarrow, Latin named: Achillea millefolium; Sage, Latin Named: Salvia officinalis; Bayberry, Latin Named: Myrica cerifera; Oak Bark (white, red, black), Latin Name: Quercus species, Q. alba, etc; Yellowroot, Latin Named: Xanthorrhiza simplicissima or Witch hazel, Latin Named: Hamamelis virginian. Witch Hazel combines nicely with Calendula for hemorrhoids. Witch Hazel is the main ingredient in Tucks. These herbs actually tighten the tissue and stop bleeding.

For an herbal sitz bath make a very very strong tea of the herb (strain well) then add it to bath tub or sitz bath tub and sit in it. I would try to do this several times a day.

You could add some flesh/tissue soothing and repairing herbs such as Fresh Plantain, Latin Name Plantago major (broad leaf plantain) or P. Lancelatta (Narrow leaf) a common yard weed, find a clean source no chemicals used on it (i.e. herbicides or insecticides) along with fresh or dry Calendula, Pot Marigold, Latin Named: Calendula officinalis which are specific for this condition also fresh Chickweed, Latin Name: Stellaria media

(The gathering tip above applies to all fresh wildcrafted herbs!)

Additionally teas made with the following have been known to help with prolapse:

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Lady's Mantle, Latin Named: *Alchemilla vulgaris*, *A. Mollis* - good for hemorrhoids, spider veins, painful legs, urinary incontinence, pelvic fullness feeling, dysmenorrhea or increased menstrual bleeding. Usually occurs if 3 or more births or multiple miscarriages or abortions have occurred this is not uncommon in women. For prolapsed uterus Raspberry leaf, Ladies mantle, Partridge berry and White pond lily increase tonicity.

Shepherd's Purse, Latin Named: *Capsella bursa-pastoris* for prolapsed uterus with heavy bleeding use with Lady's Mantle.

Raspberry Leaves, Latin Named: *Rubus idaeus*, are great herbal medicine for uterine tone, strengthens muscle integrity, helps bring it back into shape.

Figwort, Latin Named: *Sacrophularia nodosa*, *S. marylandica* useful for chronic swollen hemorrhoids, chronic stasis of blood such as hemorrhoids use with Horse chestnut, can be used orally and externally as a poultice for hemorrhoids.

Collinsonia, Stone root, Rich weed, Latin Named: *Collinsonia canadensis* useful for recent hemorrhoids, within last year or so, for old hemorrhoids combine with Figwort and Horse Chestnut

White Pond Lily, Latin Named: *Nymphaea odorata* useful for pelvic tissue or organs that have lost tonicity and generally with prolapsed bladder, rectal, hemorrhoid (use internally and as a sitz bath) with Horse Chestnut, Figwort and Collinsonia

Horse Chestnut, Latin Named: *Aesculus hippocastanum* Great for venous congestion and stagnation with poor vascular integrity and tonicity, additionally good for hemorrhoids, varicosity's and rectal irritation. Use both topically and orally to strengthen capillaries, veins and arteries.

The Chinese herbs

Chi Hu \Ji Who\, Bupleurum, Latin Named: *Bupleurum* species such as *B. chinensis*, *B. falcatum* or *B. scorzonerflorum* used to maintain upright qi, used for prolapse with Codonopsis or Astragalus or *Atractylodes* (if excessive dampness), prolapsed rectum, bladder, hemorrhoids. Good Chinese herb

Dang shen, Codonopsis, Asian Bellflower, Latin Named: *Codonopsis tangshen*, *C. pilosula* used for collapsed or prolapsed hemorrhoids and additionally increases WBC and RBC production.

Huang Qi, Yellow Leader, Astragalus, Latin Named: *Astragalus membranaceus* (beware of *Hediscarum* being used as a substitute, there are other species) used for prolapse - hemorrhoids, uterus, rectum, bladder and additionally builds immune reservoir.

Xuan shen, purple majestic figwort, Latin Named: *Scrophularia ningpoensis*, *S. murilandic*, *S. oldama* useful for big, congested and bleeding hemorrhoids.



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HEPATITIS C

QUESTION: My husband has been diagnosed with Hepatitis C. He had a liver biopsy and was told now that there is some cirrhoses. We know the cirrhoses can not be cured but my question is will the milk thistle keep his liver from getting worse? Also, does the milk thistle actually get rid of the hepatitis? He is supposed to go into a study program with the hospital and have interferon along with another drug I cannot remember the name of. He has quit drinking but the doctor wants to wait three weeks before they "possibly" put him in this program. There is only a 35% chance this medicine will work. I have been doing a lot of research on the chance that herbs will get rid of the hepatitis. I read a lot about milk thistle and your suggestions with the antiviral herbs. If you have any further information I would like to hear about it.

ANSWER: I would use a standardized Milk Thistle product, Milk Thistle has helped individuals with damaged livers to regenerate. I would look for a pill if possible in your area.

Here are some other herbs for Hepatitis:

Dan Shen Latin Named: Salvia miltiorrhiza

Reishi mushrooms, Latin Named: Ganoderma lucidum and will normalize his immune response to help fight the virus.

Schisandra berry and will normalize his immune response and is antiinflammatory.

Turmeric, Latin Name: Curcumma longa and is antiinflammatory

I would probably use a tea of Dan Shen, Schisandra and Reishi, if his problem was alcoholism. Use 1 teaspoon of the ground herb mixture (1:1:1) and cook in a ratio of 16 ounces of water for upwards of an hour (or until the liquid has reduced by half), drink 3 cups a day. The Tumeric could be ingested in food, it is an Indian spice. If his problem was not alcoholism, then alcohol extracts of these herbs would be stronger, faster acting and more convenient.

HEPATITIS

QUESTION: My doctor and I believe that I acquired hepatitis from a blood transfusion as I do not fit the profile for any other "at risk" factors. I have researched this matter and found many different treatments, to wit, methionine therapy, pantothenic acid treatment as well as the use of B-12 and Ginko biloba. What would you suggest? Currently I show no signs of jaundice or necrosis.

ANSWER: I would go on Milk Thistle immediately to protect your liver from this virus.

The other advice I could give would be to rotate antiviral herbs in your diet and as supplements to combat the germ. These include Lemon Balm, Elderberry, Sage, Thyme, Basil, Licorice, Cinnamon, Fresh Ginger, Horehound, Hyssop, Chrysanthemum flowers, Mullen Flowers. Add them to dishes for meals or make teas.

Finally I would jump on some immune potentiating herbs such as Echinacea and Astragalus.

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Eat lots of raw Garlic cloves a day, smell like garlic, get it in diet daily or as a second choice as pills, the deodorized ones are not as effective as the regular.

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QUESTION: I'm a 42 yr. old male who has had a history of disc problems in the L-4, L-5 area. I have used chiropractic care which has worked after one or two sessions. Recently, my discs herniated. The swelling was so great my Dr. couldn't adjust me. A friend of mine suggested seeing a retired back surgeon who has been using Colchicine injections with fantastic results. Even though this medicine has been used for gout, it has reduced swelling in discs. I went and after the first visit it began to work. I also take a low dosage orally twice a day. My question, to cut down on the costs can I go to my local health food store and get anything and get the same results?

ANSWER: For thousands of years this plant has been used for gout pain, they did not have injectables then, look for a OTC preparation of the plant meadow saffron Latin named: Colchicum autumnale or other pain reliever such as California poppy, Jamaican Dogwood and anti-inflammatory herbs such as Turmeric and Sarsaparilla.

From the net
Colchicine

Matthew J. Dowd, Graduate Student
Department of Medicinal Chemistry
Medical College of Virginia Campus
Virginia Commonwealth University

"No other pain is more severe than this, not iron screws, nor cords, not the wound of a dagger, nor burning fire." [1] Imagine feeling this pain, as described by Aretaeus, the Greek physician of the second century. Thomas Sydenham, a 17th Century physician, described the pain as "a violent stretching and tearing of the ligaments - now it is a gnawing pain, like that of a dog." [1] The disease gout is the source of these vivid descriptions. Through the centuries, gout has been a debilitating affliction most associated with a decadent lifestyle, middle-aged men, and alcohol. The major symptom is an intense, burning pain of the joint of the big toe. Because of its long history, gout has been the target of a number of effective and some not-so-effective treatments. Some of the less beneficial treatments include rest and relaxation until the pain subsides, consumption of wine or alcoholic punch, and even vibration-generated heat from a glass boot. With the age of modern medicine came also more effective treatments for gout, such as the drugs probenecid, allopurinol, cortisone, and nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen and indomethacin. Clearly, the anti-gout agent with the longest history is colchicine.

(-)-Colchicine(1), which was first used over 2000 years ago in the form of preparations of the meadow saffron Colchicum autumnale (Fig. 1), is still one of the more effective treatments for the intense pain associated with a gout attack. Padanius Dioscorides, a Greek surgeon in the Roman Army during the rule of Nero (AD 54-68), first described the meadow saffron in his influential De Materia Medica, a pharmacopeia which systematically described about 600 plants [2]. Throughout the years, many historians, physicians, and pharmacopeias have noted the beneficial effects of Colchicum extracts for the treatment of gout. It was not until 1820 when (-)-colchicine, the pharmacologically active constituent of the plant, was isolated by the French chemists Pelletier and Caventon. [3] The absolute configuration was determined by Corrodi and Hardegger in 1955. [4] As can be seen, colchicine is a tricyclic alkaloid, the main features of which include a trimethoxyphenyl ring (A ring), a seven membered ring (B ring) with an acetamide at the seven position, and a tropolonic ring (C ring).

The goal of most colchicine research is a more thorough understanding of the cause of gout, which is often thought of as a disease of rich living. However, as many victims will testify, the affliction does not limit itself to this lifestyle. Gout, from the Latin gutta, meaning drop, was used to describe the symptoms because physicians presumed the disease was caused by the dropping of phlegm into the big toe. [1] Hyperuricosia, or elevated blood levels of uric acid, causes the common symptoms of gout [5,6]. In humans and other primates, uric acid is the final metabolite in the breakdown of purines. When this metabolic pathway becomes overwhelmed, from either an enzymatic deficiency or an increase in dietary purines, uric acid cannot be efficiently eliminated from the body. The poorly soluble uric acid crystallizes, initiating a response from macrophages and leukocytes. The phagocytosis of urate crystals by the macrophages and

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leukocytes stimulates the release of cytokines and interleukins, leading to inflammation and the distinctive symptoms.

The precise mechanism by which colchicine relieves the intense pain of gout is not known.[5] However, it is believed that the major relief of pain involves colchicine's major pharmacological action: binding to tubulin dimers. Tubulin (MW approximately 10,000 Dalton) is a protein consisting of two forms, alpha and beta. Alpha and beta tubulin form dimers, and these dimers polymerize to form long filaments of microtubules. When colchicine binds to the tubulin dimers, the dimers are unable to form the microtubules. The microtubules are vital for formation of spindle fibers during mitosis and meiosis, intracellular transport of vesicles and proteins, flagella reassembly, amoeboid motility, and other cellular processes. Inhibition of amoeboid motility prevents macrophage and leukocyte migration and phagocytosis, thereby presumably preventing the inflammation and pain of gout. Because colchicine disrupts mitosis, halting the process at metaphase, scientists have also evaluated colchicine as an anticancer agent. However, serious toxicities prevent the use of colchicine in antineoplastic therapies.

One insight into the molecular action of colchicine has been the determination of the biologically active conformation [7,8]. (-)-Colchicine has only one stereogenic center: carbon -7. The designation of this carbon is S, according to the common Cahn-Ingold-Prelog rules. However, colchicine is also asymmetric due to axial chirality. The single bond between the A and C rings is rotationally restricted, in a similar manner to certain substituted biphenyls (Figure 2). This restriction adds a degree of asymmetry to the molecule. In 1933, Kuhn designated this type of stereoisomerism as atropisomerism (from Greek - "a" meaning not; "tropos"; meaning turn)[9]. The designation of this asymmetry is "S or R" according to the rules of molecular asymmetry, in which the "a" stands for axial chirality.[10] In colchicine, the C-C bond between the aA and aC rings is the chiral axis.

In light of this molecular asymmetry, colchicine has four stereoisomers, as shown in Figure 3. Each pair has either the R or S configuration at C-7. (-)-aS,7S)-Colchicine, the natural isomer, can interconvert between the two conformational isomers aR and aS, given enough energy. The energy barrier of rotation in colchicine, approximately 22-24 kcal/mol [8], is large enough to allow the synthesis and isolation of the conformations as stereoisomers. The research of many medicinal chemists, in particular Arnold Brossi, has led to the conclusion that the counterclockwise as conformation is that of the naturally occurring alkaloid.[7,8,11-14] Shown in Figure 4 are energy-minimized models of the atropisomers of (7S)-colchicine (Constructed using Sybyl 6.4, Tripos, Inc). Note the very different arrangement of the acetamide group in the two conformations.

In the search for more effective agents than those provided by Mother Nature, medicinal chemists have synthesized hundreds of analogs of colchicine and colchicine-like compounds. Analysis of these data has yielded information about the optimal structural requirements for binding to tubulin and inhibiting tubulin polymerization. The basic, although not comprehensive, structure-activity relationships (SARs) are summarized in Fig 5, adapted from Boye and Brossi [8]. (+)-aR,7R)-Colchicine (see Figure 4), the unnatural enantiomer of (-)-colchicine, is devoid of tubulin binding activity. The appropriate torsion angle (about 53 degrees) between rings A and C is required for tubulin binding ability. Removal or demethylation of the methoxy groups decreases potency. On the B ring, the acetamide can be replaced by other alkylamides with retention of potency; however, the free amine has decreased antitubulin activity. The acetamide can be eliminated altogether, and activity is retained. On the C ring, demethylation to the 10-OH (i.e., colchicine) destroys activity. Replacement of the 10-methoxy with SCH₃ or NR₂ leads to increased potency. Reversal of the oxygen pattern (i.e., 9-methoxy and 10-keto) produces isocolchicine, which is inactive. It is apparent that the topological functionality contributes to activity. This seven membered C ring can, however, be replaced with an anisole ring, producing a bridged biphenyl, which retains tubulin binding activity, as long as the torsion angle between the rings A and C is acceptable.

Present and future work in the design of colchicine analogs and other agents that inhibit tubulin polymerization will attempt to make agents with reduced toxicities and a larger therapeutic window[15]. These analogs may more successfully treat diseases in which colchicine is presently used, such as familial Mediterranean fever (FMF)[16], chronic constipation [17], immunosuppression, and several other pathophysiological processes. Another major goal is to determine the precise interaction between colchicine and tubulin dimers. Knowledge of the tubulin-colchicine interactions at the atomic level may lead to the design of better drugs, preventing future generations from experiencing the pain "more severe than iron screws and burning fire."

 Date posted: April 30, 1998

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QUESTION: Hello I have a central herniated disk which occurred approx 3 1/2 months ago. Most of my pain is gone away but I have a little numbness in my right foot around the large toe and one along side it. I also have tightness in my thigh muscle especially after walking for an extended period of time. I am on viox and have been for about a month now is there anything that could help my situation.

ANSWER: If this were my issue
For antiinflammation I would try Turmeric
For increased peripheral circulation Ginkgo
For Nerve issues Saint Johnswort and Fresh Oats

Taken all as a alcohol extract

HERNIATED DISK

QUESTION: I herniated a disk 3 months ago and though the pain has greatly gone down the aftermath still lives on. My left peck, tricep, and bicep don't flex and the strength is 1/3 of what it was 3 months ago. Beside vitamins I'm taking glucosmine, msm, and valerian. Is there anything I can take to help speed up the healing of the nerve and disk that was damaged and causing the muscle not to flex or pump up after a work out?

ANSWER: Herbal antiinflammatory agents such as Turmeric and Sarsparilla internally and to help with nerve damage St Johnswort tincture internally and St Johnswort oil externally rubbed into the area. You may want to slow down or cut back on your work outs until things heal properly.



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HERBAL DIURETICS

QUESTION: I have swelling in my legs and feet due to hypertension, and kidney disease, what herbs can i take that will help with the swelling, I am currently taking 40 mgs of Accupril per day, and don't want to try traditional otc's as they might interfere with the medication I am taking.

ANSWER: Without knowing everything about you.

Here is some information about Edema.

The simple answer would be Dandelion Leaf, Latin Named Taraxacum Officinale which is a non irritating, potassium sparing diuretic and has been tested as effective as Lasix for fluid buildup and edema in the extremities. I would also suggest Nettle leaf and especially Nettle seed, Latin Name Urtica dioica. Nettle leaf is also a good diuretic and tonic for kidneys but the seed of this plant has a trophorestorative effect on the kidney. This means it restores structure and function helping to restore kidneys which are degenerating. I would suggest both these herbs would be of benefit to you.

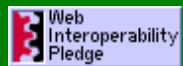
Finally whenever possible elevate your legs.

This is a sign of a more serious problem, such as Congestive Heart Failure, Kidney Failure, Liver Disease, Loss of Vascular and Capillary Integrity, Obesity or Lymph congestion or blockage. Please consult with a practitioner.

These herbs act as diuretic so after starting these herbs consult with your practitioner you may be able to lower you Accupril dose because diuretics lower edema and hypertension.

We have both Dandelion leaf and Nettle seed tinctures in our store and do mail order.

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AIDS/HIV

QUESTION: I am a 32 HIV positive man. A few of weeks ago an elderly couple gave me an information book about Ganoderma therapy(Reishi Gano and Ganocelium) and I was wondering if you could tell me if this type of product would assist me with my HIV. I have been HIV positive for 11 years now and I currently have about 370 t cells and my viral load is about 16,000. My health overall is good except for the odd day here and there where I feel run down and don't want to get out of bed due to fatigue I am also on combination therapy- 3TC, D4T and Viramune. Your comments/suggestions are much appreciated.

ANSWER: Ganoderma is a medicinal mushroom (there are several but Reishi is the most well known) which helps the body's immune system return to balance, it would be indicated with your condition. A nutritional supplement called Beta Glucan is also being used affective to modulate the immune system.

Additionally the herb Astragalus is an immune potentiator, you may want to consider using it also.

The other advice I could give would be to rotate antiviral herbs in your diet and as supplements to combat the viral condition. These include Lemon Balm, Elderberry, Sage, Thyme, Basil, Licorice, Cinnamon, Fresh Ginger, Horehound, Hyssop, Chrysanthemum flowers, Mullen Flowers. Add them to dishes for meals you eat, make teas or supplement with herbal tinctures or pills.

Here is an article on Beta Glucan

From The January 2001 Issue of Nutrition Science News

Beta-Glucan Boosts Immunity

by Carmia Borek, Ph.D

Beta-glucan is a natural, branched polysaccharide (a molecule made up of many sugar units) hailed as having powerful and immune-boosting anticancer properties.

Beta-glucan, with 1,3- and 1,6-glucose links, is isolated from a variety of fungi such as shiitake (*Lentinus edodes*) and maitake (*Grifola frondosa*) mushrooms,1 from yeast cell walls including brewers' and bakers' yeasts (of the genus *Saccharomyces*),2,3 and from oat and barley bran.4 The 1,3 refers to the sites at which glucose molecules are connected to form the glucan backbone. The 1,6 refers to the bonding sites between a glucose molecule on the backbone and on the side chains.

Beta-glucan enhances immunity through a variety of mechanisms, many similar to those of echinacea(*Echinacea* spp.) or astragalus root (*Astragalus membranaceus*). For example, beta-glucan binds to macrophages and other phagocytic white blood cells at certain receptors and activates their anti-infection and anti-tumor activity by stimulating the production of free radicals. 5 This stimulation signals the phagocytic immune cells to engulf and destroy foreign bodies, be they bacteria, viruses or tumor cells.6

Researchers at Alpha-Beta Technology in Worcester, Mass., examined the effects of beta-glucan on human blood. When the two were incubated together, beta-glucan enhanced the growth of myeloid and megakaryocyte progenitor cells, which develop into immune cells, and triggered a burst of free radicals in white blood cells, enhancing the cells' antibacterial activity. The white blood cells' bacterial killing capacity was proportional to the glucan dose. An important use of beta-glucan's immune-enhancing capability is reducing the rate of postoperative infections that frequently complicate high-risk surgical procedures. In three separate multicenter, randomized, double-blind, placebo-controlled clinical trials, researchers tested the effects of beta-glucan on patients undergoing high-risk major abdominal and thoracic surgery or high-risk gastrointestinal surgery. Results showed that patients who received beta-glucan (doses

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ranged from 0.1 mg/kg to 2.0 mg/kg) had significantly fewer postoperative infectious complications compared with placebo.⁷⁻⁹ The investigators concluded that beta-glucan was safe and well tolerated and could potentially decrease life-threatening postoperative infections.

Beta-Glucan vs. Cancer

In response to the specific appearance of tumor cells, beta-glucan also stimulates the production of small protein compounds called cytokines within the phagocytic cells. This cytokine stimulation increases the capacity of macrophages to stop tumor cell growth (cytostatic action) and kill the tumor in its entirety (cytolytic action).¹⁰

Beta-glucan's ability to activate macrophages and T-cells led researchers to evaluate it as an anti-cancer treatment or adjuvant to chemotherapy. One animal study tested the effects of beta-glucan injected into mice previously given aggressive tumor cells that spread to their livers. A separate group was injected with only tumor cells. Researchers found the beta-glucan-treated animals had decreased liver metastases compared with control animals. The control animals died within 42 days, but the beta-glucan-treated mice had a 28 percent survival rate. These results indicate that beta-glucan helped mount an immune attack on the cancer cells and reduced their ability to metastasize.¹¹

Although most domestic research has been done using animals, some human studies have been conducted. For example, in 1975, the Journal of the National Cancer Institute published the results of a human study reviewing the anti-cancer effects of beta-glucan on nine cancer patients. The patients, who had skin, breast, or lung cancer, had beta-glucan injected into their tumors. In all cases, beta-glucan reduced the size of the tumor within five days, a result associated with an infiltration of immune cells into the cancerous area and their destruction of the cancer cells.¹²

In Japan, clinical studies have also been conducted (though not placebo-controlled and double-blind) with lentinan (a beta-1,3-1,6-glucan derived from the shiitake mushroom), which is approved for clinical use in Japan. A number of studies in Japan have also shown that treatment of advanced-cancer patients with lentinan, by intravenous injection, results in increased number and activity of immune killer cells¹³ and in prolonged survival,¹⁴ sometimes five or more years.

Beta-Glucan the Supplement

Beta-glucan is generally recognized as safe (GRAS) by the U.S. Food and Drug Administration (FDA). It is not a government-regulated substance, and, as of yet, there are no data from placebo-controlled, double-blind human trials to recommend daily doses to boost immunity in healthy or sick people.

Beta-glucan manufacturers and distributors recommend doses ranging from 30 to 500 mg/day, and twice that during illness. Beta-glucan is available in capsule, liquid or tablet form. Whole mushroom extracts, such as maitake, are also available with a defined beta-glucan content. With no concrete information on effective beta-glucan doses, advise customers to consult their health care provider before taking the product. Although evidence is far from conclusive, beta-glucan may be a great way to boost immunity as well as potentially fight cancer and other chronic diseases.



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HYPERACTIVITY

QUESTION: my son is very active at school and the teachers are having a really hard time teaching him we have tried ritalin in the past and had bad reactions from it is there some herbal that i can use to calm him, please respond and let me know.

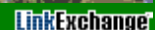
ANSWER:

ADD is a tough nut to crack across the web, may be impossible, there are so many factors involved for the child, diet, exercise, stress, supplementation. Without more information I am not sure this is the forum for this question. I do know an Herbalist that specializes in ADD, where are you from, I would be glad to connect the two of you.

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INSOMNIA

QUESTION: My girlfriend and I are searching for a herbal remedy to help her get a good night sleep. After glancing through previous questions, I noticed that you mentioned the phrase can't turn the mind off. This is exactly her problem. Her mind keep thinking and is still active in the night any large motion from me she wakes up and can not fall back a sleep. Any recommendations would be helpful. This is our first attempt to find a herbal remedy.

ANSWER: when you cannot turn your mind off, we refer to it as circular thinking one herb that has been used successfully used for this is Passion flower a Native American herb with the Latin Name: Passiflora incarnata. A fresh extract of the herb is most effective in the alcohol extract form. It can be combined with Scullcap and Kava also.

It is best to take a dose 1/2 to 1 hour before bed then again just at bedtime for this condition.

A Chinese combination for Monkey Mind, as they call it, is Reishi Latin Named: Ganoderma Lucidum and Fu ling (Hoelen Fungus) LatinNamed: Poria cocos add in Chinese Ginseng Latin Named Panax ginseng if she is depleted, deficient or exhausted insomnia. All in equal parts. Take twice a day am and pm meal.

We carry a product called Rosemary's Relaxing blend, that comes as a tea or a extract and has been used by our clients/customers to relax at night. We can also provide custom blends of the herbs mentioned in 8 ounce bottles.

She should see results fairly quickly but give the combinations several months before see full effects and evaluating results.

QUESTION: valerian vs. melatonin, Please explain the differences. I have tried some liquid valerian but have not tried melatonin. Am trying to get a better night's sleep on a regular basis.

ANSWER:

Valerian is a herb or plant, Latin named: Valeriana officinalis, V. strichiensis in the plant Family: Valerianacea. It is good for insomnia. For some Valerian can cause excitement instead of sleep, this is dependent on the age of the plant when it is processed into the tincture or pill. The older the plant material the more it smells like old socks, very stinky. To avoid the likeliness of this unusual side affect be sure the plant has not been on the shelf long or has been processed fresh, fairly soon after picking.

There is a herbalpedia available for this herb if you would like to order a single copy or yearly subscription please contact the following.

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Melatonin is a hormone which naturally occurs in the body in certain quantities and is regulated by the body, when synthetic melantonin is supplemented, sleep occurs for some. It is not a herb or in the plant kingdom.

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From the Natural Pharmacist website <http://www.tnp.com>

Melatonin is a natural hormone that regulates sleep.

During daylight, the pineal gland in the brain produces an important neurotransmitter called serotonin. (A neurotransmitter is a chemical that relays messages between nerve cells.) But at night, the pineal gland stops producing serotonin and instead makes melatonin. This melatonin release helps trigger sleep.

The production of melatonin varies according to the amount of light you're exposed to; for example, your body produces more melatonin in a completely dark room than in a dimly lit one so to naturally increase melatonin produced by your body add thicker blinds to your bedroom windows to darken the room completely.

Melatonin hit the news in 1995. Not only was it recommended as a treatment for insomnia and jet lag, but for various theoretical reasons it was also described as a "wonder hormone" that could fight cancer, boost the immune system, prevent heart disease, and generally make you live longer. But all we really know is that it helps people whose natural sleep cycle has been disturbed, such as travelers suffering from jet lag and swing-shift workers.

Contrary to earlier reports, it does not appear that melatonin levels decline with age.

QUESTION: Since going off the pill, my daughter is having difficulty sleeping. Which herbs are recommend for sleep inducement? Would appreciate any info available.

ANSWER:

The simple answer to your question is Scullcap, Kava Kava, Valerian, Hops and Passion Flower.

My questions to you are, does she have anything else going on in her life such as pain, anxiety, can't turn mind off, stress or lots of caffeine before bed. It is an interesting correlation between the ending of the pill use and insomnia. If it is stress, try Ashwugandha, which is a relaxing adaptogen.

We have a tea and tincture blend called Rosemary's Relaxing Herbs which has been successfully used by our customers and clients to relax before bed.



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KIDNEY STONES

QUESTION: I JUST HAD A KIDNEY STONE REMOVED. MY DOCTOR WANTS ME ON DIURETIC PILLS TO LOWER MY CALCIUM LEVEL IN MY URINE HE PRESCRIBED 25MG OF HYDROCHLOROTHIAZIDE BUT I RATHER TAKE AN HERB THAT DOESN'T HAVE SO MANY SIDE EFFECTS AS THIS DRUG DOES. CAN YOU RECOMMEND AN HERB THAT WOULD BE GOOD FOR ME.

ANSWER: Dandelion leaf is an excellent diuretic as effective as Lasix.

Gravel Root, Jo Pye Weed, Queen of the meadow, Latin Name: Eupatorium purpureum, E. maculatum, E. fistulosa has been used to help prevent kidney stone formation because it changes the pH of the urine. It is also a diuretic.

Please consult with a practitioner in your area.

People prone to forming calcium oxalate stones may be asked by their doctor to cut back on certain foods on this list:

Beets
Chocolate
Coffee
Cola
Nuts
Rhubarb
Spinach
Strawberries
Tea
Wheat bran

People should not give up or avoid eating these foods without talking to their doctor first. In most cases, these foods can be eaten in limited amounts.

KIDNEY HEALTH

Question: COULD YOU PLEASE ADVISE ME ON ANY NATURAL REMEDIES FOR KEEPING KIDNEYS HEALTHY AFTER SUFFERING A KIDNEY INFLAMMATION

Answer: Nettles Leaf, **LatinName:** Urtica dioica is kidney food

Nettles Seed, **LatinName:** Urtica dioica is restorative to a failing kidney, sometimes a wonder working for those headed for dialysis.

Corn Silk is demulcent and soothing to the Urinary tract after or during infection

KIDNEY STONES

Question: I would be grateful if you could help me. I suffer from calcium oxalate kidney stones. My wife's aunt is a pharmacist in Indonesia and she sent me some herbs that she says dissolves the stones. She also said she has had family members successfully use these herbs for 30 years without a problem. The bottle says: "Ginjal Seahorse Ghensen." The ingredients are: Hippocampus, Panax Ghinseng, Sonchi Folium, Orthosiponis Folium and Strobilanthe Folium. If you would be kind enough to comment on whether you are familiar with any of these herbs, and most importantly are they toxic?

Answer: If this were happening to my father this is what I would tell him.

Your question as to toxicity of "Ginjal Seahorse Ghensen." I am not sure what all the ingredients are, sometimes words get misspelled in translation. Here is what I recognize with the following ingredients Hippocampus is another word for Seahorse the animal in the ocean. It is also a term which refers to a part of the brain of some animals including humans. This is an interesting ingredient, Indian and Chinese traditional medicine use animal parts as herbs in medicine. I would question this ingredient, not sure of its use or toxicity.

Panax Ghinseng this is Chinese or Korean Ginseng plant, Which is considered an adaptogen, boosts energy and an old man's medicine. It is not toxic in normal quantities.

I don't not know what Sonchi Folium, Orthosiponis Folium and Strobilanthe Folium are. Folium means thin layer, leaf, page or paper in some languages.

The Western Herbs I would recommend are the following:

Common Name: Collinsonia, Stone root, Rich weed, Horse balm

Latin Name: *Collinsonia canadensis*

Use For: Urinary irritation with gleaty discharge, urinary calculi (gravel or stones)

Common Name: Gravel Root, Jo Pye Weed, Queen of the meadow

Latin Name: *Eupatorium purpureum*, preferably *E. maculatum*, *E. fistulosa*

Use For: Urinary tract pain with urinary calculi, increases elimination of urinary calculi and helps to numb the area. For painful urination. Good for gouty arthritis because it increase uric acid excretion, not for long-term use, less than 6 months in duration, cycle off then back on after a couple weeks. Given the name Gravel Root because it helps with gravel or kidney stones (i.e. urinary calculi). This herb wont dissolve the stone but will help pass by dilating urinary passages. It also changes the pH of urine, helps to prevent formation of future kidney stones in some cases.

Common Name: Hydrangea, Seven Barks

Latin Name: *Hydrangea arborensis*

(not cultivated Hydrangea or the house plant Hydrangea)

Used For: Urinary pain associated with urinary calculi and painful urination use with Kava. Kava and Hydrangea are the best urinary tract pain killers, relieves pain by relaxing urethra and ureters, so they can help pass small stones.

Common Name: Kava Kava, Awa Awa

Latin Name: *Piper methysticum*

Used For: Urinary tract Pain, anxiety, restlessness, Stress

The following plants have Oxalic Acid in them and should be avoided!

Chenopodium album. -- Lamb'squarter; 140,000 - 300,000 ppm in Plant;

Fagopyrum esculentum. -- Buckwheat; 111,000 ppm in Leaf;

Averrhoa carambola -- Carambola, Star Fruit; 50,000 - 95,800 ppm in Fruit

Piper nigrum -- Black Pepper, Pepper; 4,000 - 34,000 ppm in Fruit;

Byrsonima crassifolia -- Nance; 27,300 ppm in Bark

Portulaca oleracea -- Purslane, Verdolaga; 1,679 - 16,790 ppm in Plant

Papaver somniferum -- Opium Poppy, Poppyseed Poppy; 16,200 ppm in Seed;

Rheum rhabarbarum -- Rhubarb; 4,400 - 13,360 ppm in Plant;

3,000 - 11,000 ppm in Leaf;

Camellia sinensis -- Tea; 2,192 - 10,000 ppm in Leaf;

Lactuca virosa -- Bitter Lettuce; 10,000 ppm in Latex Exudate;

Spinacia oleracea -- Spinach; 6,580 ppm in Leaf;

Murraya sp -- None; 22 - 5,240 ppm in Fruit;

Musa x paradisiaca -- Banana, Plantain; 22 - 5,240 ppm in Fruit;

Theobroma cacao -- Cacao; 1,520 - 5,000 ppm in Seed;

Zingiber officinale -- Ginger; 5,000 ppm in Rhizome;

Prunus dulcis -- Almond; 4,073 ppm in Seed;

Anacardium occidentale -- Cashew; 3,184 ppm in Seed;

Rumex acetosa -- Garden Sorrel; 3,000 ppm in Leaf;

Tamarindus indica -- Kilytree, Tamarind; 1,960 ppm in Leaf;

Colocasia esculenta -- Taro; 1,334 ppm in Root;

Brassica juncea -- Mustard Greens; 1,287 ppm in Leaf;

Capsicum annum Bell Pepper, Cherry Pepper, Cone Pepper, Green

Pepper, Paprika, Sweet Pepper; 257 - 1,171 ppm in Fruit;

Moringa oleifera -- Ben Nut, Drumstick Tree, Horseradish Tree; 1,010 ppm in Fruit; 1,010 ppm in Leaf

Ipomoea batatas -- Sweet Potato; 1,000 ppm in Root;

Glycine max -- Soybean; 770 ppm in Seed;

Physalis ixocarpa. -- Tomatillo; 109 - 536 ppm in Fruit;

Beta vulgaris subsp. subsp. *vulgaris* -- Beet, Beetroot, Garden Beet,

Sugar Beet; 404 ppm in Root;

Avena sativa -- Oats; 400 ppm in Plant;

Cucurbita pepo -- Pumpkin; 400 ppm in Juice;

Brassica oleracea var. *capitata* -- Cabbage, Red Cabbage, White

Cabbage; 59 - 350 ppm in Leaf;

This is an interesting article on Calcium in the Diet:

Dietary Calcium Lowers Kidney Stone Risk from the publishers of the New England Journal of Medicine For years, people with kidney stones have been told to avoid dairy products, based on the belief that a high-calcium diet increases the risk of the stones. But growing evidence suggests that the opposite is true. A 12-year study of more than 91,000 women found that those who ate diets rich in calcium were 35 percent less likely to develop kidney stones than women who ate little calcium, according to a report in the April 1 Annals of Internal Medicine. A prior study showed similar results in men. But calcium supplements don't seem to provide the same protection. Women who got their calcium from pills had a 20 percent higher risk of kidney stones compared to nonusers, researchers found. Why the difference? Most kidney stones are composed of calcium and oxalate, an acid

found in spinach, chocolate, nuts, and other foods. It's known that high levels of calcium and oxalate in the urine can increase the risk of kidney stones. Researchers speculate that eating calcium-rich foods together with oxalates causes the two to bind in the stomach and be expelled in the stool, says lead researcher Gary Curhan, MD, a Harvard epidemiologist. But, as seen in this study, calcium supplements are usually taken without food or with breakfast, a meal that's usually low in oxalates. That may increase calcium levels in the urine, which could increase the risk of forming kidney stones. This study and others suggest that people who have had a kidney stone don't need to avoid dairy products or other calcium-rich foods, says HealthNews editor George Blackburn, MD. That's good news because calcium is important for preventing osteoporosis, a far more common and serious disease, he adds. People who have never had a kidney stone shouldn't worry about taking calcium supplements, however. Kidney stones are quite rare, affecting only about 1 in 1,000 women and 3 in 1,000 men per year, and the increased risk is very small. But to be on the safe side, take calcium supplements with a meal, says Dr. Blackburn.



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LICE

QUESTION: I work for Healthy Start with the Pediculosis Anti-Louse Program (P.A.L. Program) in our elementary school system. I was wondering if you could suggest some natural herbal ingredients that would be compatible to use in a mixture to treat and/or repel head lice? Any suggestions you could make would be greatly appreciated. I was hoping to start with something like eucalyptus oil but I don't know what would be an appropriate ingredient or any of the ratio's. Our goal is to stay away from pesticides. The lice seem to be building quite the resistance.

ANSWER: These are some herbs that have traditionally been used.

- ANISE, Latin Named: Pimpinella anisum
- CINNAMON, Latin Named Cinnamomum zeylanicum
- ROSE GERANIUM, Latin Named Pelargonium graveolens
- HYSSOP, Latin Named: Hyssop officinalis
- LARKSPUR
- MASTIC, Latin Named: Pistacia lentiscus
- ROSEMARY, Latin Named: Rosemarinus officinalis
- SASSAFRAS, Latin Named: Sassafras albidum
- TEATREE, Latin Named: Melaleuca
- THYME, Latin Named: Thymus species

Many times it was the essential oil or infused oil that was used.

Safety Caution: When using essential oils always dilute with a carrier oil.

This was a remedy I found, in the Herbalpedia CD-ROM version.

For lice treatment: 2 oz vegetable oil, 20 drops tea tree oil, 10 drops each of rosemary, lavender and lemon oil. Combine ingredients. Apply to dry hair and cover with a plastic bag or shower cap. Wrap the head in a towel. Leave on for 1 hour. Then put shampoo on dry hair to help cut the oil. Work the shampoo into hair, rinse, shampoo again and rinse.

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LIVER SPOTS

QUESTION: Can you recommend anything to help in the elimination of Liver Spots? As I get older, they seem to be appearing more and more. I now understand the preventative measures necessary but I'd like to be able to remove the existing ones without laser surgery.

ANSWER: Liver spots

Alternative names:

age spots; lentigos; senile lentiginos; skin spots-aging; sun-induced skin changes - liver spots

Definition:

A skin disorder characterized by flat patches of increased pigmentation, associated with aging and/or sun exposure.

Causes, incidence, and risk factors:

Liver spots are pigmentary changes associated with senile skin. The increased pigmentation may be brought on by aging, exposure to sun or other forms of ultraviolet light, or other unknown causes.

Liver spots are extremely common after 55 years old. They occur most often on the backs of the hands, on the forearms, shoulder, face, and forehead. These are the areas of highest sun exposure.

They are harmless and painless but may affect the cosmetic appearance.

LiveR spots are a buildup of pigments, sign that your elimination organs are not working up to snuff, this happens with age. I would utilize alterative herbs and liver/lymph congestion herbs to increase elimination out of the body, your skin is the largest elimination organ of the body, when other elimination organs are not working correctly the skin usually is effected. I would try some of the following herbs.

Self Heal / All Heal /Heal -all, Latin Named:Prunella vulgarus you can use it both topically and internally.

Red Alder, Tag Alder, Latin Named: Alnus rubra, Alnus serrulata you can use it both topically and internally.

Additionally violet leaves, cleavers, poke, red root, red clover would be indicated to increase elimination via lymph and other organs. I would also start on an antioxidant formula supplements such as Vitamin C and E and herbs such as Rosemary. We have a nice antioxidant tea we sell.

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LUPUS

QUESTION: Do you have any suggestions as to an herb for SLE? (systemic lupus erythmatosis)

ANSWER: Without knowing all the facts here are some areas to think about. Medicinal Mushrooms are used as an amphoteric to the immune system. Amphoteric herbs normalize function, so if it is overreacting they calm, if it is underreacting they stimulate. This classification is not found in western medicine only in the herbal realm.

The medicinal mushrooms in use today are Chaga, Maitake, Shitake and Reishi (Gano derma). Additionally a non mushroom the Traditional Chinese Medicine (TCM) herb Astragalus is also amphoteric to the immune system.

Astragalus, Yellow Leader, TCM named: Huang Qi, Latin Name: Astragalus membranaceus - immune amphoteric

Chaga, Birch conch, Latin Name: Inonotus obliquus - immune amphoteric

Maitake, Hen of the Wood's, Latin Name: Grifola frondulosa or Lentinula elodes

Reishi mushrooms TCM named: Lang Chih \Ling Ja\, Latin Name: Ganoderma lucidum(Red-best- on oaks), G. sinensis(black), G applinatum(huge artist conch), G. Tsugae(grows on hemlock tree), G. oreganensis

In addition

Licorice root, TCM named: Gan Cao, Latin Named: Glycyrrhiza uralensis has been traditionally used as an immune amphoteric herb

Gotu kola, Latin Name: Centella asiatica, Traditionally used with Sarsparilla for inflammatory and/or autoimmune conditions which have effected the connective tissue or skin. Can be used topically and internally.

Sarsapirilla, Latin Name: Smilax species, S. bono-nox is the North American species, Sarsapirilla is used for inflamed conditions of the skin. Skin conditions that are red, hot and inflamed. This herb binds with toxins in the gut to carry out of body

Amla Fruit, Amalaki, Latin Name: Emblica officinalis used for autoimmune conditions such as Lupus, where there is degeneration of muscle. In addition this herb helps strengthen hair, nails, bones & teeth.

Picrorrhiza, Latin Name: Picrorrhiza kurroa is used for lowering histamine response, reducing inflammation in inflammatory disease states such as Lupus.

Hawthorn, Latin Name: Crataegus oxycanthoides, C. monogyna besides being a great heart tonic herb has been successfully used for connective tissue conditions including Lupus.

You may want to increase elimination using Alterative herbs: barberry, oregan grape, red clover, cleavers, poke, adler,

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MALARIA

QUESTION: It has been suggested that I could take Qing Hao to prevent Malaria, and I wondered what information was available regarding this. I am due to visit Malaysia (both the mainland and Sabah) in 2 weeks time and I don't want to take the antmalarial drugs if there is a safe alternative. Please could you provide any information that's available regarding the reliability of Qing Hao and the dose required.

ANSWER: According to the book Chinese Herbal Medicine Materia Medica Revised Edition by Bensky and Gamble: Qing hao, Latin named: Artemisia annuae or A. apiacea, is used for Malaria. Preparations of A. annuae have shown direct killing effect against the parasite in vitro. It was traditionally combined with the root of Huang qin, Latin named Scutellariae baicalensis and the rhizome of Ban xia, Latin named Pinelliae ternatae for Malaria disorders in China.

Some western herbs that are effective against parasites are Black Walnut Hulls, Quassia and Elecampane. We sell an Anti-parasite formula that should be taken a week prior to and 2 - 3 weeks after your visit to alleviate your concerns. It is called AP compound, you would need a 8 oz bottle taking the suggested dose of 1/2 a teaspoon 3 times a day (breakfast, lunch and dinner) for 5 to 6 weeks (1 week before, 2 weeks during and 2-3 weeks after).

My other suggestion would be lots and lots of Garlic, smell like Garlic, make everyone around you take it so they don't complain.

To up your digestive systems ability to avoid the parasite, use bitters formula, bitters make you GI tract work at its peak. It increase all the secretions, such as salvia, acid, enzymes, bile and helps your body eliminate this better.

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MIGRAINES

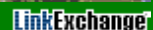
QUESTION: My best friend suffers from horrible migraines. He has gone through the smattering of medical exams to ensure that his headaches are not caused by anything life-threatening. Do you have any suggestions for the prevention or treatment of migraines?

ANSWER: There are two herbs which have been used for migraines, Feverfew and Ginkgo. To tell which is best for your friend, Ginkgo is used when the pain feels like it is pressure going into the head, or a vise on the head, can be relieved with warm compresses. Feverfew is used when the person says their head is going to blow off, there is pain coming out their eyes, or out the top of their head and cold compresses works to relieve it. If they cannot describe it in these ways, and they try one of the two herbs and the symptoms get worse the other is indicated. Ginkgo is a vessel dilator while Feverfew does the opposite.

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MUSCLE SPASMS

QUESTION: What can I take for muscle spasms

ANSWER: For general spasms you would want to use Nervine Herbs such as the following:

- Kava Kava
- Valerian
- Lavender
- Lemon Balm
- Saint Johnswort
- Fresh Oats

MUSCLE TENSION

QUESTION: I need to find something natural for muscle tension. When I get real tense where I can't sleep at all I take a 350 ml. tablet of Tylenol Codeine or Quinine, but I do not want to use drugs, so am looking for something natural to relax my muscles and stop my legs from jerking and twitching at night.

ANSWER: Scullcap is good for insomnia, restless leg syndrome and nervous tension
Chamomile is good for insomnia, restless leg syndrome, to relax, spasms or cramps
Kava, is good to relax muscular tension, anxiety, restless leg, spasm and cramps.

Additionally Tylenol use is very hard on your liver, I would recommend its discontinuance and the use of Milk Thistle to support your liver to recover from this harsh chemical.

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MONONUCLEOSIS

QUESTION: I was just diagnosed with mononucleosis. are there any herbs that would help with this? if not, what herbs should I take to boost my immune system and hopefully lessen the time it takes to fight off the virus?

ANSWER: Note: the caution with Mono is enlarged spleen, your spleen is easier to rupture now and you should wait several weeks after full recovery to engage in any sports or physical activities.

Mono is a virus which effects the body in the Liver, Spleen and Lymph systems just to name a few areas.

I would incorporate, antiviral, antihepatotoxins, alterative and immune/lymph stimulative herbs in a formula.

Eat lots of Garlic, smell like garlic, get it in the diet daily or as a second choice as pills, deoderized not as effective.

I would rotate antivirals herbs so that the virus does not get resistant to them, you can get them in your diet: such as Lemon Balm, Elderberry, Sage, Thyme, Basil, Licorice, Cinnamon, Fresh Ginger, Horehound, Hyssop, Chrysanthemum flowers, Mullen Flowers. Add them to dishes for meals or make teas.

Additionally Saint Johnswort is antiviral

Traditionally the following herbs have been used to increase immune response, help the liver and increase elimination via the lymph, liver and large intestines.

Milk Thistle, Latin Named Silybum marianum - Great choice for Mono, Good for liver damage and recovery from chemical, alcohol or viral damage. Use for enlarged spleen caused by mono or other problems, best used with red root.

Red Root, NJ Tea, Latin Named: Ceanothus americanus - This is a very profound Lymphatic agent, helping to drain lymph system. Good for viral and bacterial conditions, mumps, mono, CMV, rocky Mtn fever, cat scratch fevers. Reduces enlarged spleen especially when due to mono or fever. Reduces enlarged liver and helps to improve circulation to liver.

Echinacea, Purple Coneflower, Snake root Latin Named: Echinacea angustifolia, E. purpurea, E. pallida and E. tennesiensis - Each works a little differently but all potentiate the immune response to pathogens, good for bacterial and viral conditions including colds, flus, mono, bronchitis, pneumonia and strep throat to name a few.

Burdock Root, Latin Name: Arctium lappa or A. minor - Used for mono/Epstein Barr Virus, helps to tonify the liver

Red Clover, Latin Named: Trifolium pratense - Good to increase lymph congestion and systemic viral attack such as mono and chronic fatigue. It is rich in flavonoids and very nutritive because of its high mineral content.

Cleavers, Goose grass, Clivers, Clives, Latin Name: Galium Aparine - stimulates lymph flow good for children/adolescents who have mono or swollen glands from flu or cold.

Yellow Dock, Curly Dock, Latin Name: Rumex crispus - Increases the liver's ability to absorb iron which helps to build

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blood, Mild Liver herb, stimulates activity, mild laxative, bitter tonic, cholagogue (i.e. increases bile secretion lowering chance of Jaundice associated with Mono). Used in many Alterative formulas, increases elimination via the bowel and liver.

Picrorrhiza, Latin Named: Picrorrhiza kurroa - this herb helps to suppress the virus and speed recovery. It reduces enlarged liver and spleen especially enlarged spleen associated with mono.

Barberry, Oregon Grape Root Latin Name: Berberis vulgaris, Mahonia aquafolium - good antiviral, useful for liver problems - liver insufficiency. It is a bitter and Alterative herb. It increases bodies ability to eliminate waste without putting a large drain on the body.

In general the Alterative activity is very important and not found outside herbalism.

Lomatium, Bear Root, Biscuit Root, Latin Named: Lomatium dissectum - Good for acute or chronic viral or bacterial disease such as Mono, CMV, HIV, EBV, Herpes, Shingles, etc

The Chinese herbs

Dang Shen, Codonopsis, Asian Bellflower, Latin Named: Codonopsis tangshen, C. pilosula - Strengthens immune systems brings it back to normal to fight disease such as Mono, Pneumonia and repeated colds and flues Increase both white and red blood cells.

The following is a download off the Onhealth website.

Mononucleosis, often referred to as "mono," is a very common viral illness. About 90 percent of people over age 35 have antibodies to mono in their blood, which means that they have been infected with it, probably during early childhood. When mono strikes young children, the illness is usually so mild that it passes as a common cold or the flu. When it occurs during adolescence or adulthood, however, the disease can be much more serious.

Mono comes on gradually. It begins with flu-like symptoms -- fever, headache and a general malaise and lethargy. After a few days, the lymph glands -- especially those in the neck, armpits and groin -- begin to swell, although this symptom is not noticeable in everyone. Swollen glands in the back of the neck are especially typical of mono. Most people develop a sore throat, which can be very severe, with inflamed tonsils. A fever -- usually no higher than 104° F can also develop and may last up to three weeks. About 10 percent of people with mono develop a generalized red rash all over the body. Some people may notice red spots or darkened areas in the mouth, especially on the palate, that resemble bruises. In about half of all cases, the spleen may also enlarge, causing an area in the upper left abdomen to become tender to the touch.

In 95 percent of cases, the illness affects the liver. However, only about 5 percent of individuals with mono develop jaundice, a yellowing of the skin and eyes caused by an increase of bile pigment in the blood. In rare cases of mono, the liver fails. Other major complications that can develop from mono include rupturing of the spleen, low platelet count, meningitis and encephalitis, an inflammation of the brain; but these, too, are extremely rare.

Most people who come down with mono feel much better within two or three weeks, although fatigue may last for two months or longer. Sometimes the disease lingers for a year or so, causing recurrent, but successively milder, attacks. In the past, some research suggested that the virus causing mono might be linked to a persistent and debilitating form of the illness known as chronic fatigue syndrome, which can last for years. Most recent research has shown no such link, however, and the cause of chronic fatigue syndrome remains unknown.

Symptoms

The early symptoms of mononucleosis resemble those of the flu, including: Severe fatigue, Headache, Sore throat, Chills, followed by a fever, Muscle aches. After a day or two, the following additional symptoms may occur: Swollen lymph nodes, especially in the neck, armpits or groin, Jaundice (a yellow tinge to the skin and eyes), measles like skin rash anywhere on the face or body; sometimes the rash develops suddenly after taking amoxicillin for a severe sore throat, Tiny red spots or bruise-like areas inside the mouth, especially on the roof of the mouth (palate). Soreness in the upper left abdomen (from an enlarged spleen).

Causes

Mono is caused by the Epstein-Barr virus, named after the two British researchers who first identified it in 1964, although the disease itself had been recognized many years earlier. A common member of the herpes family of viruses, Epstein-Barr is spread primarily through the exchange of saliva, which is why mono is sometimes known as the "kissing disease." However, coughing or other contact with infected saliva can also pass it from one person to another.

The mono virus can stay active in a person weeks or months after all overt symptoms are gone, so close contact with someone who shows no sign of the disease can still put a person at risk. On the other hand, not everyone who lives in proximity to an individual infected with mono comes down with the illness. Scientists believe that a healthy immune system may make it possible to fight off the infection successfully.

Treatment

Mononucleosis is usually a self-limiting illness. Most people recover on their own without any treatment within two weeks. Thus, the primary prescription for mono by both conventional and alternative practitioners is complete bed rest with a gradual return to normal activity. Because the spleen is often enlarged and, as a result, at a greater risk of rupture, contact sports, such as football and soccer, should be avoided for at least several weeks.

Conventional Medicine

In addition to bed rest, your doctor may prescribe aspirin or acetaminophen for the fever, sore throat and other discomforts of the illness. Because of possible liver involvement, check with your doctor about using acetaminophen. Similarly, if you have a rash, consult your doctor about aspirin use. If your sore throat is so severe that you have

trouble breathing or eating, your doctor may give you prednisone, a steroid drug.

CAUTION! To protect your spleen from rupturing, do not participate in any strenuous exercise until you have fully recovered.

CAUTION! Reye's syndrome is a rare, life-threatening disorder that occurs primarily in children who are recovering from a viral illness, particularly the flu or chickenpox. A child is at much greater risk for Reye's syndrome if the child takes aspirin or another medicine that contains salicylate while he or she has a viral illness. This applies especially to anyone under age 19 who has a viral illness or fever.

QUESTION: I have a young athlete with mononucleosis, otherwise known here as Glandular Fever, Kissing Disease, Epstein Barr. Do you have any herbal remedies for this? Or, sources I can go to, to find a solution to reducing the prognosis, speeding up recovery?

ANSWER: Note: the caution with Mono is enlarged spleen is easier to rupture in sports, wait several weeks after full recovery to engage in these activities. (See above answer for detailed answer).



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NERVE DAMAGE

QUESTION: My question is what do you recommend for an injured nerve. The C-5 nerve root in my neck was injured in surgery eight years ago. This has caused weakness and muscle atrophy in my left shoulder. Is there any hope at this point? What protocol would you suggest?

ANSWER: *Nerves are funny things. Are you seeing a good Chiropractor? That would be my first suggestion. If you had damage to the spinal column, you need to make sure everything is properly aligned before you try other things. Ginseng, Nettle and oats are the herbs that are most often used for nerve tonics.*

QUESTION: I had read St. John's Wort is good for nerve damage. What do you say?

ANSWER: *St. John's Wort is for healing and depression, not damaged nerves. For damaged nerves, Chamomile, Skullcap, Wood betony, Ginseng, Nettle and Oats seem to be the herbs of choice. Of course, you need to ensure that you're feeding your body the very best things you can.*

You will be able to find many things on herbs on the internet and it's not for me to validate them or invalidate them. I am just one more source. I think as an antidepressant and an aid in the healing and function of neurotransmitters, St. John's Wort is well documented. Most of the things I've read use it in conjunction with other practices like the story on polarity treatment. I can't find anywhere that someone took only St. John's Wort for nerve replacement or regeneration and had it well documented. I don't know the extent of your injuries, the symptoms you're experiencing, medications you might be taking etc. So when you asked for the best herbs to help with the nerves and said it wasn't a case of a spinal injury that could be aided by chiropractic manipulation, I suggested the herbs I most often turn to. Lots of people read this forum and if I write that St. John's Wort is the Nervine cure all, there would be those who would run out and use it in excess, probably doing more harm than good. I prefer a well-rounded approach using multiple herbs, diet and vitamins and minerals. St. John's Wort is just not one of the herbs I prefer in my nerve tonics. All herbalists have their favorite herbs for different conditions.. I don't ever use just one herb for anything. I always do combinations. That's just my particular methodology. Do I think it would hurt you to start taking St. John's Wort? I have no way of knowing without a full consultation. If there is a ND or holistic practitioner close that you could see, that would be my suggestion.

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Contents of this page

- We're posting some of the medicinal questions we get along with answers from our Herbalist David Brill of The Rosemary House. Hopefully this may help you with some of your own questions.
- If you want to ask a new question there is a charge of \$25 per question. [Click here for new question](#) The answer will be sent to you directly by David. Questions and answers may be posted on this site (names removed) to help other people with the same concerns.

SUPERFOOD

QUESTION: I just purchased a product called "God's Blend," a "super food" because I was looking for nutrition other than vitamins. It is a powder and has 20 or so herbs. Royal jelly, alfalfa, chickweed, gota kola, red korean ginseng, beet tops and roots, pau d arca, saw palmetto berries, astragalus root, milk thistle seed, ginger, aloe, rye grass, black walnut, licorice root, lemon peel, ginko leaves, flax seed, dandelion leaves, barley grass, kelp, cinnamon, chaste tree berries, hawthorn berries. Does this sound like something that would be safe for me to drink on a daily basis? Would it give me proper nutrition? Is it one of those things that I should only do for a while and then stop? I am 5'2, 110 lbs and eat mainly fruits, fish, grains and vegetables and take an herbal fiber blend daily. (The fiber blend also has black walnut, and licorice root.) The dose for me is a teaspoon twice a day in water of this God's Blend.

ANSWER: There are a lot of good herbs in the mix, I am wondering why you would need them all...and how much of each do you really get with each serving of a teaspoon. I wouldn't be to worried about overdosing and I am not sure you need it, sounds like you eat right and are not overweight.

If you really want to eat superfoods, try to find what is in season and eat fresh organic veggies, fruits and protein sources.

What I consider herbal super foods are Beet tops, Barley and Wheat Grasses, Nettles Leaf, Spirulina, Horsetail, Chlorella, Watercress, Dandelion Leaf, Purslane, Garlic Mustard, Asparagus, Parsley, Alfalfa and all the dark green leafy vegetables to name a few of the green super foods. Eat your foods by color, Red (Beets), Orange (Carrots), Yellow (Yellow Peppers), Green (Salad mixes), Blue (Blueberry), Indigo (Grapes) and Violet (Plums) (this can be remembered as ROY G BIV) all these colors mean health and nutrition.

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QUESTION: I am taking an online class for a masters in herbalists. But I also have a job opportunity to do it focusing on stress relief now. Do I have to have any kind of license or certificate if I'm going distressing techniques on persons at spas and using my own formulas? Can I start now while I'm working on the degree?

ANSWER: *I don't know where you live, but it's always best to check with the local health authorities before doing anything related to health. Remember, you cannot have patients, you cannot diagnose, you cannot prescribe medication. Otherwise, you are in danger of being cited for practicing medicine without a license, and believe me, it's getting worse and worse. Do yourself a favor and make sure you check with the local government agency before doing anything that might be misconstrued.*

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STAPH INFECTION

QUESTION: My 7/12 year old daughter had a staff abscess on her ear lobe due to an infection with a large amount of swelling. She had to go to the ER yesterday morning for them to remove the ear ring and lance the abscess. A large amount of swelling is in the ear lobe and the ER doc said a lot of the time the ear lobe once swelled will stay that way forever. I was wondering if you could give me any advice on natural ways that may help the ear lobe go back to its normal size. I would certainly appreciate any suggestions.

ANSWER: *I would use some tea tree essential oil at the site of the wound. Apply by pouring by drops onto a Q-tip or cotton ball. DO NOT introduce the Q-tip into the bottle. Then take the lobe between your thumb and forefinger and massage in a circular motion. Do this 3 times a day and see if it offers any relief.*

PAIN

QUESTION: I am looking for an herb that can help w/inflammation, pain around neck/throat area-possibly infection of some kind. Could be tooth or tonsils, not sure. I am sure there must be something that can help, I am just not sure what it would be and need some advice to get started in the search.

ANSWER: *So sorry you're in pain. Without knowing the cause, it's impossible for me to recommend anything. I would see a doctor or homeopath quickly in case it is some sort of infection so you can properly diagnose the problem. You didn't say if you had any other symptoms.*

In the meantime, White Willow bark has been used for thousands of years to relieve pain. The bark contains salicin, a derivative of aspirin. Salicin helps pain but, unlike aspirin, does not thin the blood or irritate the stomach. White Willow bark can reduce fever and inflammation, and is very helpful for arthritis. It is a diuretic (urine-promoter) which aids the body's natural cleansing mechanism. The best way to take it is in a tea, if you can find some at the health food store.

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QUESTION: i need a low growing acid loving herb that i can grow near my dwarf blueberry bushes. do you have any suggestions?

ANSWER: I get so jealous when anyone talks about planting! Here in upstate New York, we still have 3 weeks before it's safe and I'm itching to get my hands back in the dirt. Acid soil is considered to have a PH of around 3.5. Lots of herbs like acid soil, so your choice is pretty broad. Low growing, I'd probably go with Sweet Annie, a ground or creeping chamomile, flax, old English lavender, any of the basil, creeping thyme or tansy.

MOSQUITO HERB

QUESTION: Last year I purchased an herb bush that was lemon something or something lemon that kept mosquitoes at bay. Do you know what the name of it may have been?

ANSWER: I'm guessing it's lemon Balm. The leaves are also great for reducing skin irritation caused by insect bites simply by rubbing them directly over the bite. I have a special formulation I created for my husband and I to take to our property in Northern Michigan. It's called Bugger Off! and it even works on the North woods black flies! Totally DEET Free with a natural lemon and citronella scent. If you're interested, e-mail me with the word ORDER in the subject line for more info.

GROWING GINGER:

QUESTION: We managed to get a nice piece of ginger from Safeway to grow and I'm curious just how tall it will grow and how long to let grow before harvest and how large a planter how much light etc

ANSWER: *I don't know that I'd trust anything I bought at the local grocery store. You have no way of knowing if it has been sprayed or treated. The ginger plant is a perennial usually grown as an annual only in tropical regions (zone 10) with pronounced wet and dry seasons. It is propagated by dividing the roots, after which plant shoots appear 10 days later. The best soil is old forest loam, well tilled to produce good shaped rhizomes and it should be well drained. Ginger rapidly depletes the soil so it must be well fertilized, usually with manure. The most suitable climate for ginger has about 60 in of rainfall, a mean temperature of 70F and a hot dry season. It is harvested about 7-10 months after planting. For preserved ginger the rhizomes are dug up earlier, when they are less fibrous. Common ginger is probably native to South East Asia and has long been cultivated in northwest India and Pakistan. It was introduced to Jamaica by the Spanish and is now also grown in Central and South America, China, Japan, Africa and Australia. Can be grown as an indoor plant if it has plenty of warmth and light. Unless you live in the tropics, your success will probably be minimal if at all. You might be successful by trying to grow it inside in front of a nice sunny window. However, I'd look for a supplier to get your starts.*

QUESTION: I am planning on starting a herb garden and understand that certain herbs should not be planted together. Could you please give me some guidance on this subject.

ANSWER: *I'm not sure which herbs you plan to grow, so your question is a little hard to answer. As far as being incompatible, I think the only reason that would be is because of the different needs of different herbs in the way of sun and water requirements. I have my herbs all grown together in patches like a country garden and have never had any problems. I do know you will need to be careful with the mints, as they are prolific and will take over the garden if you aren't careful. I dig a very deep hole and plant my mints in terra cotta pots in the ground so they don't spread any further than I want them to!*

QUESTION: I am looking for information on how to combat a problem I have in my groin region, I am very frustrated by the way my GP has handled this situation and with the length of time I have to wait to be seen at hospital I am very

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concerned that it is going to get far worse by then 13th April!!.

I have enlarged lymph nodes in my groin area there are pea sized (told by one GP that this is "natural" I am not so sure about this due to research on the net), I have a thickening of my Epididymis tube and it has only last week begun to get quite uncomfortable if it starts to build up (I have had to 'empty' them every 2 days since last week. The thing I am most worried about is that now the left testicle (side where thickening is too) is now slightly larger than the right and last but not least the wind I pass is very stale.

I am very concerned that by the time the 13th of April comes I am going to need surgery. I would appreciate any advice you could give especially any herbal treatments I have recently been looking into Colloidal Silver and Graviola. Also by what I have told you could you give me some options on what could be wrong?

ANSWER: *As an herbalist, I cannot diagnose or prescribe treatments. But in my opinion, you need to find another doctor, quickly. Any unexplained lumps or pain in the testicles or scrotum area should be examined at once by a medical practitioner. If you are concerned and your doctor isn't listening to you, find another doctor. This is your health we're talking about.*



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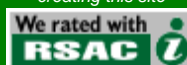
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ANSWERS FROM KAREN MALLINGER

FERTILITY

QUESTION: My husband and I have been trying to conceive for over a year with no luck. I was pregnant once when we were young and had a miscarriage. Last June I stopped having my period, after 2.5 months without a period and 5 different home pregnancy tests all showing negative I went to a midwife. Doctors kept trying to give me birth control pills, and a friend suggested I try her out. She ran tests and discovered I don't produce progesterone and prescribed Provera. After a month I began getting my period back and continued taking the Provera for 3 months but still didn't conceive. She has now put me on progesterone cream that I bought at our local health food store, prenatal vitamins, women's one a day vitamin and zinc. She is a

holistic midwife and suggested that we try herbal fertility pills. When I asked the man at the health food store, he told me that the FDA will not allow pill makers to put herbal fertility pill labels on any bottle due to it being illegal and gave me the reason why but I don't remember. He also said that with the hormone cream that taking a "Herbal fertility pill" would not be the best route to take and suggested Dong Quai, which after researching on the internet I didn't see where this would help with infertility issues. I did however find herbal fertility pills with the labeling of "HERBAL FERTILITY PILL SUPPLEMENT" listed right on the label. My question is will this dong quai help with infertility issues, was this man blowing smoke rings up my butt or does the FDA not allow such labeling on herbal pills, will the mixture of hormone cream and herbal fertility pills counter-act the goal I am trying to reach and is there another kind of herbal fertility pill that you would suggest trying?

ANSWER: The man at the Health Food Store was not blowing smoke. The FDA is very strict with herbalists and anything that doesn't have the FDA seal of approval on it, cannot claim any healing properties, whether there is evidence to the contrary or not! Dong Quai is reportedly helpful in increasing fertility as are several other herbs: Wild Yam, licorice root, sassafras bark, vitex, and false unicorn root. I make a wonderful "Fertili-TEA if you're interested. Just e-mail me with the word ORDER in your subject. Not knowing what is in the fertility pills, I can't answer whether there would be interactions with the cream you are using. I would need a complete list of the ingredients in both. I don't like pills especially, although that's becoming the norm these days. I prefer teas because they are gentler to the system. Also, the warmth of the tea is very good for the female reproductive system.

CONTINUATION OF ABOVE CONSULT

QUESTION: What is in your fertilit-tea. what can I take besides herbs to help me become pregnant?

ANSWER: *My Fertili-tea contains wild yam root, licorice root, sassafras bark, vitex, stevia, ginger root, cinnamon bark, and false unicorn root. Besides the above mentioned herbs, there are many things you can do to increase your fertility. The biggest factor in women being infertile today, believe it or not, is stress. Anything you can do to de-stress your life will go far in relaxing your system so you can function properly. Exercise regularly, but not to excessively, as that can affect fertility as well. Eat a well-balanced diet avoiding animal fats, fried foods, all processed foods, sugar, caffeine, alcohol and smoking. Selenium, vitamin C and E and Zinc are the supplements that are helpful to maintain fertility.*

INDUCING LABOR: CUMIN

QUESTION: Does cumin tea help induce labor? Also, I boiled a cup of hot water and one teaspoon of cumin and 1 cinnamon stick and drank it, was that right?

ANSWER: *I've had several questions relating to this. Why are you trying to induce your labor? Babies come in their own sweet time unfortunately, and though it can be frustrating, they will arrive when it's time. If, however, you are having problems, you should seek professional medical assistance immediately. Inducing labor is very dangerous and could be fatal to you and your child, so please seek medical help.*

INDUCING LABOR: BLUE COHOSH

QUESTION: I started taking blue cohosh today (2 capsules every 2 hours) when or if is this stuff gonna start labor?

ANSWER: *Why are you trying to induce labor? If you are pregnant and having difficulties, you need to get to a doctor immediately or to a holistic midwife. They will best be able to advise you. Inducing labor is very dangerous and should only be done under the care and supervision of a medical professional.*

QUESTION: I am 32 y/o. I have had two previous successful pregnancies. The last one was 11 years ago. After that pregnancy, I had the Norplant placed and removed 5 years later. During the first 24 months or so after removal, I had no periods. Then for the next 2-3 years, I had severe, heavy bleeding with heavy clotting. At one point, it was so bad that I became severely anemic and was hospitalized and almost received a blood transfusion. (Hemoglobin was 5.0) I have tried several different hormone therapies. Some worked for a short time and others only made the flow heavier. I have had a D&C every summer for the past 3 years. They have removed uterine polyps that were benign. Then last fall, I saw an infertility specialist who diagnosed me with PCOD and Endometriosis. I was placed on Glucophage (my lab result for this was 6.0) I was also scheduled for a laparoscopy for the Endometriosis. (I have wanted to become pregnant for several years) After taking the Glucophage for 3 weeks, I became pregnant. So, the Lap procedure was cancelled. Every thing was fine/normal in the pregnancy until January the 7th of this year. At 20 1/2 weeks, my water broke and I delivered my son prematurely. He was stillborn. The only abnormality shown in the lab work was my protein S and protein C panels. They showed that a blood clot was formed in the placenta. I bled after the delivery for about a week and a half, (not terribly heavy) then nothing until 3 weeks ago. I started by spotting and now it is heavy with large dark clots and isn't seeming to slow at all. I am taking my iron to hopefully prevent anemia again. My clots at times are the size of apples. I have this overwhelming heavy feeling in my abdomen when passing the clots. What can I try that is homeopathic before giving up and having a complete hysterectomy at the age of 32? I would love to have at least one more child as my husband has no biological children and this is a desire of both of hearts but the experience recently has me scared to try again.

ANSWER: First let me say how sorry I am for your loss. My first recommendation for you is to get your periods normalized. Keep taking the iron supplements as well as Vitamin E. 400-800 I.U. every day, along with B complex. I have a tea that is especially helpful for endometriosis and the normalization of menses. If you're interested, please e-mail me with the word ORDER in the subject line for more information. Avoid dong quai and angelica during menstruation as they can promote bleeding. Vitex, wild yam, sassafras and ginger root will make a nice tea and help to ease the clotting and discomfort.

QUESTION: my husband and I are currently seeking treatment for infertility, as we have been for the past 5 years. The doctor we are currently seeing is suggesting alternative therapies, in addition to the usual process. Part of what he suggested is to research herbs that may assist in this. My ovarian response is poor; many in vitro cycles have been cancelled for us because of this. Are there any herbs that might help, that you can suggest? I have no ongoing illness, and my only known allergy is to Penicillin. I would appreciate any suggestions you have.

ANSWER: There are many herbs for fertility. Vitex, wild yam, dong quai and false unicorn root are just a few. I make a wonderful "Fertili - TEA" if you're interested. E-mail me with the word ORDER in your subject line for more info. Also, reduce any stress or tension in your life as this is often linked to infertility.

QUESTION: I have PCOS my doctor gave me Clomid and Provera to help me cycle every month and Clomid to help me ovulate. My question is I want to know what kind of herb show I take for my body. I don't have a period at all without medication. I just started taking these pills and I'm not pregnant yet. Do you think I should exercise my body to help me get pregnant. It is hard for me. I'm only 25yrs.old and I don't know what to do with myself feeling like this because every time I go to the doctor and they give me pills to help me get my period back to normal nothing works for me. Please tell me what should I do

ANSWER: I wouldn't suggest taking herbs with prescription medications without a medical professional's OK. The drug interactions can be severe. My suggestion would be to get your periods normalized before considering getting pregnant. I have an excellent tea to help normalize menstruation in normal, healthy women. If you're interested, e-mail me with the word ORDER in the subject line for more info.

QUESTION: I am 33 and have been off the birth control pill for 6 months. Recently I had blood work done to determine why I was unable to conceive. My results are below:

Cycle 6 Day 3:
* LH 4.0 (normal)
* FSH 11.4 (told they like less than 10)
* Estradiol 83 (told they like less than 50)

Cycle 5 Day 22:
* Progesterone 23.3 (ovulation happened)
* Prolactin 11.0 (normal)
* TSH 1.95 (normal)

I use OPK test and charting to determine ovulation and it normally happens around cycle day 14. I normally have my period every 28 days. The period is normal. I'm wondering if there is anything I can take to decrease my FSH and Estradiol levels?

ANSWER: *Looking at your labs, it appears there is an imbalance in the liver. The potentially detrimental*

estrogen components known as estradiol and estrone are normally converted by the liver into estriol. Estriol's function is to decrease the activity of the detrimental effects of estradiol and estrone. This process is dependent on the health of the liver and the endocrine glands. Before trying to conceive, I would get my system in check. Try the following: Increase your intake of complex carbs which are found in veggies, whole grains, beans and fruit. Increase your intake of eggs, garlic, onions and beans for sulfur containing amino acids. Increase your intake of antioxidants and take vitamins C, E and Selenium to increase the detoxification of the estrogen. Decrease your intake of saturated animal fats, milk and dairy products, with the exception of natural plain yogurt, members of the cabbage family, (cabbage, brussels sprouts, cauliflower and broccoli) I know these are considered great for general health, but they wreak havoc on your thyroid and may contribute to the excess estrogen in your system. Eliminate ALL sugar, white flour, and refined foods, caffeine, and red meat from your diet. The following herbs are helpful to build up the liver and the endocrine system: yellow dock, dandelion, burdock, wild yam, astragalus, licorice, ginger, pau d'arco, fo-ti, vitex and dong quai.

QUESTION: I am 26 years old and have been a fertility patient for about 2 years. So far, our physician has found nothing wrong with either my husband or myself, but all procedures have failed. Last month, my chiropractor recommended several herbs for fertility and blood stagnation. When I went in this month to do another fertility round, they said that my Follicle Stimulating Hormone (FSH) was too high to attempt a treatment. Since I have never had this problem before and have only recently started the herbs, do you think the herbs could be negatively influencing this hormone? Any information would be helpful. thanks! I am currently taking Shao Fu Zhu Yu Tang (dong-quai root, cattail pollen, red peony root, sichuan lovage rhizome, myrrh, ginger rhizome, cordalis rhizome, cinnamon bark fennel fruit), Resolve Xiao Yao (Thoroughwax root, dong quai root, red peony root, actactyloides rhizome, poria, tree peony bark, gardenia fruit, safflower, peach seed) and ease menses, (fig fruit, finger citron fruit, tribulus fruit, thoroughwax root, jujube seed, rugosse rose flower, licorice root)

ANSWER: *Wow! That's quite a combination! It's hard to tell which if any of the herbs you're currently taking could be affecting the hormones. But herbs tend to work very slowly, with the body. Although certainly not impossible, it seems odd that it would change in just a month. It sounds like you're taking compounds instead of the plain herbs in a tea. There could be other ingredients in there that are causing the problems. What does your Chiropractor say? Have you discussed it with him and asked his opinion? Since he is the one who prescribed them for you, that would be my first step. I find the following herbs useful in increase fertility and balance in women: Wild yam, licorice root, sassafras, vitex, dong quai, ginger, unicorn root, and cinnamon.. Rehmania and Astragalus root can also be helpful in some situations. Speak with your Chiropractor and see what he advises. If you are interested, I can make a fertili TEA for you, but I wouldn't recommend it with all the other herbs you're currently taking.*

QUESTION: My husband and I have been dealing with infertility for 3 years now. We have both been tested and results have been good. We achieved pregnancy 2 years ago after I used herbs for about 8 mos. Unfortunately, we lost that baby and started synthetic treatments, which were unsuccessful. After a more relaxed approach over the last year, I intend on starting to take my herbs again. I plan on a detox program first and then adding my herbs to my daily routine in a few months. My question is this, initially, I took vitex from mensus to mensus and dong quai after confirmed ovulation to mensus with the advise of my herbalist. I am now finding more contradictory information about the use of dong quai. I have found information that says dong quai should be taken continuously for 2 months and then only after ovulation subsequent months. I've also seen that it should be taken continuously and not stopped. (Understanding it should be stopped once pregnancy is confirmed). What is your advise?

ANSWER: *Dong Quai should not be used during menstruation or pregnancy at all. So I'm confused as to why you were told to take it for 2 months continuously. I wouldn't advise that. If you are trying to conceive, I have a wonderful Fertili-TEA that I make. If you're interested, please e-mail me with the word ORDER in the subject line. The Vitex is safe for you to take.*

MALE FERTILITY:

QUESTION: I have a male sterility problem. My wife and me are trying to conceive our first baby since 5 years I'm 35 and my wife is 34 years old. I had a left side varicocele problem, I did an chirurgical operation to remove it since two years, but there no result until now. I have an oligo/asthenospermia (low quantity and motility of sperms). Our doctor suggest us the IVF with ICSI but it's too expensive for us. That's we are looking for alternative herbal medicine. Do you have any suggestion for us.

Yesterday I went to an Chinese herbal store, the suggest us this fertility pills which contains this composition:

- Epimedium Macranthum 10.2 %
- Radix angelicae sinensis 7.7%
- ligusticum wallichii 2.5%
- achyranthes bidentata 10.2%
- cuscuta chinensis 7.7%
- Semen plantaginis 7.7%
- curculigo orchoides 7.7%
- Radix paeoniae alba 7.7%
- Rehmannia glutinosa 10.2%
- glochidion puberum 7.7%
- fructus schizandrae 7.7%
- lycium shinense 13.0%

I have to take this 10 pills twice a day for one month

According to you are these herbs safe for consumption, and is it helpful to solve our problem. I appreciate your help and look forward to your response

ANSWER: *Unfortunately, I am not a Chinese herbalist, so I have no experience with Chinese herbs. Your best bet there is someone at the Chinese Herb store. I have found most Chinese proprietors of these establishments to be very knowledgeable. You didn't say if your wife has any fertility problems or has been tested. There are several herbs that are reputed to have very good success with increasing fertility in both men and women. I have several custom formulations that I make for this purpose and would be happy to make some for you if you are interested. I would caution you, however, not to take my preparations in conjunction with the Chinese medicines you are taken and there could be interactions that are unfavorable.*

INDUCING LACTATION:

QUESTION: My sister-in-law is adopting a newborn in June and is going to try to induce lactation naturally, so that she can breastfeed. Fenugreek and blessed thistle have been recommended as herbs to promote lactation. Are there others which might help? How should they be used and at what amounts?

ANSWER: Vitex, Hops, Nettle and Raspberry leaf are also good for stimulating milk production. Also, make sure she is drinking plenty of good water. I would make them into a tea and take them 3 to 4 times a day. Equal parts is fine. I have two excellent teas to encourage and enrich milk flow. If you are interested, please e-mail me with the word ORDER in your subject line.

MASTITIS

QUESTION: I am breastfeeding my 6 month old baby and have been having recurring mastitis. I have been treated with antibiotics 5 or 6 times and it keeps coming back. I am currently on garlic and lecithin. I need something to stop the bacteria, not necessarily to build the milk flow, if anything I have too much milk. Any ideas?

ANSWERS: *Mastitis can be caused by either a staph infection, or by an infectious yeast called Candida. The recommended treatments for each are different, so confirm with your doctor the exact cause before attempting to treat. If you are nursing, Aloe gel and Calendula crème will help relieve pain and inflammation. Marshmallow Root, infused in water and allowed to steep overnight, added to a sink of warm water makes an excellent bath to immerse and massage the breasts. This will help relieve the pain and excess milk. Make sure the breasts are completely emptied. Nurse or pump at least once a day to reduce mil build up as this can contribute to ongoing mastitis.*

QUESTION: I am 12 weeks pregnant. Just going into my second trimester. I have been having some swollen glands and cold like symptoms. I was wondering what you thought about medicinal mushrooms during pregnancy. I would like to take Host Defense. I have been told it is safe, but wanted to ask. Also what about Astragalus root extract and Echinacea?

ANSWER: *Congratulations on your pregnancy! I don't have any knowledge of "medicinal mushrooms", so can't help you with that one, but I don't even recommend aspirin to pregnant women. Have you spoken to your doctor? I am not familiar with "Host Defense" either. I tend to stick with the natural herbs taken in a tea or in a tincture. Some of the compounds that folks are making up these days might cause more harm than good, so please be careful.*

All that said, there are several herbs that are considered "safe" during pregnancy. As always, consult your doctor before taking any medication, herbal or otherwise while you are pregnant. The following herbs may be helpful.

Blessed Thistle Leaf - a liver tonic and simulates blood flow to the mammary glands and increases and enriches the flow of mother's milk.

Burdock Root - full of vitamins and minerals. Also a very mild diuretic.

Chamomile - this one is a must for pregnant women. It is calming, can help with morning sickness if mixed with Ginger and is high in calcium.

Dandelion - Vitamin a, Calcium and iron. High in potassium and may help lower blood pressure

Red Raspberry leaf - Considered "the" herb for pregnancy. It tones and nourishes the uterine muscles, is rich in vitamins and minerals and is high in iron. It enriches and increased the flow of milk, helps restore the system following childbirth and can be safely taken all 9 months long.

REMOVING BIRTH CONTROL PILLS FROM SYSTEM

QUESTION: I want to clean birth control out of my system can you tell me what to use? I have been told everything from goldenseal to green tea, I am not sure what to use?

ANSWER: Chaste Tree Berry, Latin Named: Vitex agnus-castus has been effectively used to help women go off birth control pills and normalize their hormones. I would also suggest Raspberry, Latin Named: Rubus idaeus leaf to strengthen the uterus. Additionally, Helonious Root also called False Unicorn, **Latin Name** Chamaelirium luteum has also been used for women coming of birth control pills.

Other methods for detoxification would include alterative herbs which help increase elimination, sweating, fasting and juicing. I would seek a qualified holistic practitioner in your area for help.

BLUE COHOSH TO INDUCE LABOR

QUESTION: I am going to induce labor next week and I was trying to do it at home first. I got some blue and black cohosh but I am unsure of how much to take. Can you please help me? I have the pills not the tea.

ANSWER: Congratulations on your blessed event...

First I will say that there is not enough information in your question for me to give a good answer. Are you late, are you under the care of a MD or midwife, do you want to deliver at home...many more? Do not self medicate...seek professional advice.

I am not sure why you are inducing labor yourself most mothers for thousands of years have entered the delivery phase of their pregnancy without the use of pharmaceuticals or herbal medicines, Inducing labor should be managed by a professional healthcare practitioner normally post 41st week. If this is the case you should see your, ob-gyn or midwife immediately.

To simply answer your question on the herbs mentioned:

Although, Blue Cohosh Latin Name: *Caulophyllum thalictroides* has been used for millenniums by Native Americans for the delivery of late babies; there has been some concern about the use of Blue Cohosh recently in the medical community, with two cases of post delivery distress of the baby's heart. Although a direct and clear connection to Blue Cohosh has not been made and 2 cases out of the millions of babies delivered is not a large sample size; any concern should be your concern for your unborn child. The FDA has listed one of the constituents in Blue Cohosh, called anagyrine as tetragenic to humans especially for fetuses or unborn children. Many questions have to be asked about this constituent, how much is in the Blue Cohosh pills you bought, how much is assimilated into the mother's blood stream when the pills, tea or tincture is consumed, how much can pass the placental barrier to the unborn child? My suggestion as stated above that you should be able to proceed into the delivery phase of your pregnancy normally, I restate here, if you are in your 41st week seek professional advice on how to induce.

Black Cohosh, Latin Name: *Cimicifuga racemosa* is not related to the plant Blue Cohosh at all, although Blue and Black Cohosh have some similar actions on the female body. It can be used as a partus preparator in the last weeks of pregnancy where previous deliveries have been late. It is best used as a fresh extract of the root when preparing an alcohol extract.

My normal suggestion on dosing is to follow manufacturer's recommendations they know their product.

If none are given, the following can be used as a suggested starting point, but I will state again seek professional healthcare advice do not self medicate at this phase in your pregnancy.

Tea: 1/2 teaspoon of dried root to 8 oz water boil for 15 minutes then let Steep 45 minutes drink 4 oz Three Times a Day

Tincture / Alcohol Extract: A fresh extract of root is best take 20 - 30 drops 3 or 4 times a day.

My most vehement advice is to seek professional advice and help immediately!! I cannot say it any plainer or stronger. The most important phase of this 9 months of work is about to begin, make sure the child is the most important thought in your mind. Be damned with natural or modern or anything else, deliver a happy healthy child.

ANSWERS FROM DAVID BRILL: TAKING HERBS WHILE PREGNANT

QUESTION: I hope you can help. I had been drinking some juice that I did not know contained ginko biloba and american and siberian ginseng. I am 24 weeks pregnant. What is the potential risk to my baby? Or side effects ?

ANSWER: Most food and drink products on the market do not put much of any actual herbs in their products, it is usually put on the label for the advertising and marketing appeal, not medicinal value. I would suggest if you have not been consuming this product like it was water that the risks are low and side effects negligible or non existent.

The other thing I would note is you are out of the first trimester which is the most critical period during pregnancy.

Ginkgo is used to increase circulation to peripheral and cerebral areas. For some this extra blood to the head can cause headaches. For most it helps with circulation problems associated with old age, diabetes, Raynauds syndrome and drug induced impotence and lack of libido.

Of the Ginseng's; American and Siberian are less strong than the true Chinese Ginseng. The Ginsengs are considered tonics and are used for the weak and depleted, elderly and to increase sports performance. In most cases they help to balance body functions such as blood sugar and blood pressure. They are considered adaptogens which are used to counteract stress. In extremis Chinese Ginseng can increase blood pressure, especially for Type A personalities, but for most people if you do not have a problem these herbs usually don't do anything. In China they are eaten in foods added to soups and stews or eaten by themselves.

Side effects are minimal for both Ginkgo and Ginseng.

The general precaution you will see with these herbs and many others is that safe levels have not been established for pregnancy, children and the elderly. But again this is a general note.

RASPBERRY LEAF

QUESTION: I am 38 weeks pregnant with my second child. My first child was born 4 years ago by emergency caesarean section due to an undiagnosed breech presentation. My midwife originally sanctioned the use of raspberry leaf capsules to prepare my cervix for labour, as medical induction would increase my chances of having a repeat caesarean. However, she is now less enthusiastic in case the raspberry leaf extract brings on rapid and strong contractions, which could put undue pressure on my uterine scar. Do you think it is safe to take raspberry leaf extract in the circumstances and, if so, at what dosage please? Many thanks in anticipation.

ANSWER: I am sorry it is not my place to question your midwife's decision on her therapy for you, only you and she can make those decisions. My counsel to you would be to investigate Raspberry leaf yourself at a local library or online and talk to your midwife about your and her concerns. In all pregnancies, the goal is to deliver a happy healthy baby, your midwife is on your and the unborn child's side most of the time. The cure of therapy is faith in the practitioner's judgement, don't lose your faith in her now..

Here are two excellent books on pregnancy and child bearing herbs. We also carry these books in our store, if you cannot find them locally.

Herbalist and author, Susun Weed (Wise Woman Herbal for the Childbearing Year ISBN:09614620-0-0, \$9.95) <http://www.susunweed.com>

Herbalist and author, Aviva Romm (Natural Healing for Babies and Children, \$16.95; The Natural Pregnancy Book, \$19.95; The Pocket Guide to Midwifery Care, , \$6.95)

You can also read my other answers on pregnancy

ALFALFA

QUESTION: I have been trying to conceive for three months now with no luck. I have two children already and have gotten pregnant the first or second month for both. I was recently told to take alfalfa in order to increase my cervical mucus. I have not been having the most fertile cervical mucus since coming off of the bcp and was told to try this. Could this help? Have you ever heard of it having any effect on a woman's hormones?

ANSWER: Alfalfa is also called the King of Herbs in the Middle East, Latin Name: *Medicago sativa* It is a very nutrient rich herb containing carotenoids, B Complex, Vit D,E,K , flavanoids, potassium, calcium, phosphorus, magnesium, trace elements, Iron & folic acid among others. It is considered a herb with substantial amounts of phytoestrogens, phytoestrogens or isoflavones, its actions is somewhat amphoteric (balancing) to the female reproductive system, it helps to regulate estrogen levels, by acting like estrogen when natural estrogen is deficient in the body and mimicking estrogen by taking up receptor sites when your body is over producing estrogen. Alfalfa also contains 8 different digestive enzymes. Helps lower cholesterol levels. Useful nutritionally in anorexia, bulimia. useful in allergies. And the seeds of the plant are folk remedy for arthritis. One of the actions of your natural estrogen is the increase in mucus lining so theoretically alfalfa would do the same.

Susun Weed suggests that Red Clover works better than Alfalfa, but it is the "King of Herbs".

Other herbs that can be helpful include red clover blossoms, nettles leaf and raspberry leaves.

Read my other answers online about this subject.

SAFE HERBS

QUESTION: I have been feeling unwell (feverish, sore throat, mouth ulcer) in the past 1½ weeks. As I've always done in the past when I feel sick, I took a herbal preparation over this period to quell the discomfort (took 5 sachets in all). Each sachet contains the following herbs:

Radix Puerariae 4.8g
Herba Ephedrae 3.6g
Fructus Jujubae 2.4g
Ramulus Cinnamomi 2.4g
Radix Paeoniae Alba 2.4g
Radix Glycyrrhizae 2.4g
Rhizoma Zingiberis Recens 3.6g

Well, the question is, are these herbs safe for consumption by pregnant ladies? You see, I've been taking it up to yesterday & am now about 4+ weeks pregnant. Since most pregnancy websites would advise pregnant mums against taking herbs, I'm now very worried. Do you think there was any harm done?

ANSWER: Radix Puerariae 4.8g I am assuming this is the root of the Kudzu plant, Latin Named: *Pueraria lobata*, Radix means root, this is used for fevers and pain in the muscles during flu or colds and supports heart function by dilating vessels. Based on the fact that this is used as a food crop in some parts of the world, kudzu is believed to be

reasonably safe. However the general warning given out to many herbs/supplements/drugs which have not been totally tested is that safety in young children, pregnant or nursing women, or those with severe kidney or liver disease has not been established.

Herba Ephedrae 3.6g I am assuming this is the herb Ephedra, The Latin Name is Ephedra sinensis or Ephedra sinica along with other species being used, it also goes by the common name Ma Huang, use of the twigs and leaf is part used, Herba means Herbaceous part. Again this plant is used for fever and headaches, it is a bronchial dilator and sinus conditions, it is not a plant you want to overuse, it is very stimulating, it can cause hypertension and adrenal exhaustion. This herb is definitely contraindicated in pregnancy.

Frutus Jujubae 2.4g Frutus means fruit, and I am assuming this ingredient is the fruit of the Jujube date, this is nourishing to the body, good for stress. Its Latin Name is Ziziphys jujube. This is a great food, it also reduces toxicity of other things which are ingested.

Ramulus Cinnamomi 2.4g Ramulus means little branches or twig, this is the branches of a cinnamon, Cinnamon is used for circulatory problems, it helps with cold hands and feet, it is calming to the intestinal tract. Medicinal quantities are contraindicated in pregnancy.

Radix Paeoniae Alba 2.4g This is the root of the Peony plant, There are several species used medicinally to move stagnant blood and control sweating and again it is contraindicated in pregnancy.

Radix Glycyrrhizae 2.4g This is the root of the Licorice Plant, one species is Latin Named: Glycyrrhiza uralensis, it harmonized formulas, good as an antibacterial, antifungal, antiviral. It soothes mucus membranes. This plant can cause hypertension in large quantities when used longterm. I would probably avoid medicinal quantities in pregnancy.

Rhizoma Zingiberis Recens 3.6g This is the Rhizome of the Ginger plant, it is good for circulation, it is calming to the digestive tract. It is good for cold and damp conditions, such as colds and flu. It is great for motion sickness and nausea, some women have used a tea made from the fresh plant for morning sickness and nausea in pregnancy, use a very small amount, less than a gram a day. This plant is unusual because it helps calm nausea in small amounts but causes nausea in larger amounts.

FERTILITY TREATMENTS

QUESTION: . My wife will be undergoing IVF treatment. I see in one of your answers that Helonia Root helps to balance the female reproductive system. It has been a problem for my wife, in the previous IVF cycles, to produce good sized, multiple, healthy eggs (follicles?) to help the entire process. Would using False Unicorn (Helonia Root/Chamaelirium leuteum) anyway interfere with what IVF is trying to accomplish and if not, would it help the aforementioned problem that my wife has?

A quick reply would be helpful since she will be starting the cycle end of this month. FYI, I just bought Red Raspberry extract for her as recommended by you. Also, in general, how long these herbs would take to have a positive effect on a person, since we have only a month to take these herbs. I would like to use herbs for increasing my sperm count/motility too. You have recommended Dong Chong Xia Cao and a few others. Does this mean that I have to take all the five or so herbs that you have recommended or do I get a mixture of these essential herbs in one pill or extract form?

ANSWER: This is the chinese named plant Ge gen /googun/, known in the United States as Kudzu, Latin Named: Pueraria pseudo-hirsuta, P. pseudo-hirsuta, P. thunbergii has been used to lessen the craving for alcohol.

I would suggest the use of nervines and adaptogens such as Fresh Oats, Saint Johnswort, Lemon Balm and Siberian Ginseng taken as a formula several times a day. If you are considered an alcoholic consider a non-alcohol based extracts such as glycerites or pills.

If there is a herbalist in your area, please seek their consult.

GOAT'S RUE

QUESTION: I have heard that goat's rue is the latest and greatest galactagogue. How well does it work compared to fenugreek and others, and what are the side effects? Which do you recommend?

ANSWER: GOAT'S RUE, Latin Named: Galega officinalis

Goat's Rue has been used traditionally foragalactia (lack of milk flow after child birth), diabetes mellitus (some testing suggested increased insulin production because of increase pancreatic cell regeneration), hyperglycemia, edema/fluid retention.

The herb has the effect of increasing breast-milk production. It may also stimulate the development of the mammary glands. Has been used with some success in stimulating milk production in women that have not been pregnant but adopted a child.

This herb should be used with caution, it is more widely accepted for external use. Dosing and use should be provided by a qualified herbal/healthcare adviser. Dosing suggestions start very low such as 5 drops and slowly work up one drop at a time to a maximum of 15 drops three times a day.

When used internally it has an unpleasant flavor and can cause nausea to some people. If used in excess can cause nausea, vomiting, irritation and inflammation of the stomach and bowels.

Contraindications: pregnancy, amenorrhea, internal use with caution

The other herbs normally used to increase breast milk have less cautions. Fennel, Fenugreek and Blessed Thistle can be easily combined into a nice tea such as produced by Traditional Medicinals in their Mother's Milk Tea.

HERBS FOR LABOR

QUESTION:

I have read the information on your site about herbs used to help prepare for and progress through labor, however, I still have some specific questions that I am hoping you will address.

First, I am interested to know when to start using the Evening Primrose Oil (how long, typically, does this take to work) and then when to start using the Blue Cohosh (does this typically start to work immediately or take a week or more to get you to full labor?), and how much to take. Also, would you be able to direct me to a site where I can find the Mother's Cordial Syrup, as I have had no luck.

I appreciate your time and look forward to your response

ANSWER: The Blue Cohosh and Evening Primrose Oil should be used 2-4 weeks prior to your delivery date. If using the Mother's cordial you will not need the Blue Cohosh. As to where you can obtain the Cordial will carry it in our store and mail order every day, please give us a call and ask for my wife Susanna.

IRRITABLE UTERUS

QUESTION: I just found out I am pregnant with my third child, and I am a little nervous because I had preterm labor (caused by an irritable uterus) and eight months total of bedrest with my first two children. A few years ago I met a woman who had had two premature babies, but with her third child she drank an herbal tea for the entire pregnancy and had no problems with preterm labor. I've looked around and can't find anything that is supposed to relax the uterus, which this woman said the tea she drank did. I would love to find anything that would help me avoid the medication and bedrest I had to endure with my previous pregnancies.

I just found out I am pregnant with my third child, and I am a little nervous because I had preterm labor (caused by an irritable uterus) and eight months total of bedrest with my first two children. A few years ago I met a woman who had had two premature babies, but with her third child she drank an herbal tea for the entire pregnancy and had no problems with preterm labor. I've looked around and can't find anything that is supposed to relax the uterus, which this woman said the tea she drank did. I would love to find anything that would help me avoid the medication and bedrest I had to endure with my previous pregnancies.

ANSWER: The premiere herb for the uterus is Raspberry Leaf, my wife used it throughout her entire pregnancy to strengthen and tonify the uterus, her first child she delivered in a couple of hours fairly painfree.

In Traditional Chinese Medicine, they coin a phrase called "restless fetus", which means the baby wants to come out early..

The following herbs are used for it

Mugwort, in pill form
Eucommia bark as a tea
Scutellaria root, the tea is yucky a alcohol extract would be easier to consume
Dang Qui you must use alcohol extract which relaxes the uterus, as a tea it contracts the uterus

It would be best to find a herbalist and/or a midwife in your area to consult with.

HERBS AFFECTING FERTILITY

QUESTION: I am hoping you can answer my question. I will be trying to conceive starting in mid May. I am taking a bunch of herbs that help my hormones, skin and hair ;).. I've been taking them for about a year or so, and was wondering if it was ok to take up until the time i become pregnant... Can you enlighten me on this.. My nurse practitioner said that I should stop all of them now. But I would like the opinion of an Herbalist. I will understand if the Black Cohosh has to go.. etc..Thank you very much..

By the way, I am a pharmacist, and have read many things on herbs, but get conflicting views, etc.. Thanks so much in advance. I have read most of your answers online already.. but most of them do not deal with pre-conception.

I am taking the following herbs in tinctures, the first 3 tinctures say they have between 47-5-% grain alcohol.

Skin Clear- Yellow Dock, Echinacea, Sarsaparilla, Burdock, Oregon Grape, Red Clover.

Mennaplause- Black Cohosh, Dong Quai, Chaste Tree, Siberian Ginseng, Wild Yam, Oats

Horsetail + Fo-Ti- Horsetail, Fo-Ti, Nettles, Red Clover, Burdock

Squaw Vine tincture with roughly 13% alcohol.

also, Chastetree herbs in capsule form with Dong Quai..

ANSWER: This is the general warning you will see for many herbs, safety for pregnant or nursing women, young children, or individuals with severe liver or kidney disease have not been established again it is a general warning. I am in agreement with your nurse practitioner I would go off whatever you can, curiously many issues clear themselves up during pregnancy and I err on the side of caution. This is your choice in the end you must weight the benefit to cost ratio. Educating yourself as you are doing is the best solution. One herb which is normally given throughout pregnancy is Red Raspberry leaf to strengthen the uterus, I would also go on folic acid 800 - 1200 mcg a day. For a natural childbirth find a Midwife in your area that is familiar with herbs.

One good reference on the web and a site you may wish to visit it is called The Natural Pharmacist www.tnp.com. Another great site for chemical constituents and actions of medicinal plants is Jim Dukes at <http://www.ars-grin.gov/duke/> Another good source for information is the herbal PDR written by the same company that writes the Physician Desk Reference on drugs, we carry it in our store if you would like to mail-order it. Another book for your library is called the Botanical Safety Handbook, Editors include Michael McGuffin, Christopher Hobbs, Roy Upton, Alicia Goldberg, and Daniel Gagnon is listed in the Acknowledgements section. It is put out by the American Herbal Products Association.

We carry the PDR in our store and can get the Botanical Safety Handbook if you can't find them locally, we mail-order everyday.

And now the herbs you asked about.

Yellow Dock is used for inflammation of the skin, acne etc. It can stimulate a laxative effect so possible side effects of overuse include cramps, diarrhea, nausea. In addition, yellow dock contains oxalic acid so for those prone to kidney stones avoidance may be cautioned. In general Yellow Dock can cause nausea, use in small amounts, what it does do is help with mineral and nutrient absorption so it is excellent to combine with highly nutritious herbs like nettles or horsetail taken as a tea of dry in pill or powder form.

Echinacea is an immune potentiator and considered by some a blood cleanser, no contraindication in pregnancy have been established, It can cause mild GI upset or allergic reaction, no known herb drug interaction. It has been tested in high doses without toxicity.

Sarsaparilla is used as an anti-inflammatory especially to the skin or connective tissue, good alternative which helps the body to increase elimination of toxins, can increase diuresis drink plenty of water, no contraindication in pregnancy have been tested. Generally known as non toxic.

Burdock a great alternative, the sugars constituents of the herb slow the body's uptake of sugar from the GI tract, used in the popular herbal Cancer formulas called 1.) Hoxey and 2.) Essiac good for chronic conditions of the skin, caution is given for hypoglycemia when used in large amounts, Burdock root is eaten a vegetable in Japan on a regular basis without toxicity.

Oregon Grape is used again as an alternative to cleanse the body recommend for acne, psoriasis, eczema, its constituent berberine is used as an antibiotic, it is contraindicated in pregnancy because the berberine has been found as a uterine stimulant causing contraction in testing.

Red Clover again is listed as an alternative, is recommended for the treatment of acne, eczema, psoriasis, and other skin diseases, it is also used in cancer formulas, normally non toxic. It is listed on the FDA's GRAS (generally recognized as safe) list, and is consumed regularly in teas and as a wild food. However it has been shown to have blood-thinning and estrogen-like constituents and the general warning given is use by pregnant or nursing women should be avoided although safety levels have not been studied or established. A possible herb drug interaction could occur with blood thinning, anticoagulant drugs

Black Cohosh is normally given to menopausal women for issues concerning this timeframe in their lives along with pain in muscles especially pain in the uterus for women, it is also indicated for doom and gloom depression associated with female reproductive issues or conditions, a contraindication for pregnancy is given because the herb can effect blood pressure either up or down idiosyncratically. It should also be taken with food because stomach upset seems to be a common side effect.

Dong Quai this herb is generally regarded as nontoxic and is also used in FRS issue like Black Cohosh, it is contraindicated in pregnancy in at least the first trimester, use during pregnancy should be guided by a qualified herbalist.

Chaste Tree is again an FRS herb, use during pregnancy is contraindicated because of a reported ability to lower prolactin levels. This herb does not contain phytoestrogens but works via the pituitary balancing FSH (follicle stimulating hormone) and LH (lutening hormone). It is used for elevated estrogen and normal to low progesterone OR normal estrogen and low progesterone hormone levels.

Siberian Ginseng is considered an adaptogen helping the body deal with stress, it is considered safe and non toxic one side effect for some is over stimulation leading to insomnia

Wild Yam is used for menstrual cramps, nausea, gas and diarrhea, it does not contain and human hormones it does contain chemicals which have structures which can be used as a starting point for chemists to produce synthetic human hormones, as of this writing there are no contraindication indicated or demonstrated for this herb but again there is little if any testing done.

Fresh oats is a great nervine, building to the bodies nervous system food for it when we are pushing ourselves and burning the candle at both ends or have a nervous system problem, neurasthenia. It is considered non toxic and safely consumed as a food worldwide. The Contraindications are Celiac disease, high gluten allergy

Horsetail is a great nutritive herb, builder to the skin, nails and hair, it is also a diuretic however it has been listed as contraindicated in pregnancy because the fresh herb has an enzyme that destroys B1, this is not so in the dry herb. The herb is also said to contain small amounts of nicotine also contraindicated in pregnancy.

Fo-Ti is a bad common name it refers to several plants and several preparations of this herb, I will talk about the Latin Named: Polygonium multiflorum, FO-TI. This herb can cause a laxative effect and has been used for women because of its high iron content to help restore blood issues. It is used in a wide range of formulas in TCM

Nettles is nutritive as the leaf building the body and blood because it is highly nutritious, It is a diuretic but builder to the kidney as the seed helping to restore structure and function when kidney are failing and can trophorestore them, As the root this herb is indicated with Saw Palmetto to help with BPH issues. No contraindications are given

Squaw Vine is a common name used for several plants, one is Blue Cohosh, Latin Named: *Caulophyllum thalictroides* it is usually used in the last weeks of pregnancy to prepare the uterus for delivery, it is indicated for ovarian pain and inflammation in small joint from arthritis. A second plant with the common name squaw vine is Latin Named *Mitchella repens* Valued for its use in symptoms related to pelvic congestion. Painful menstruation (before onset) with heavy or clotted bleeding. Delayed or absent period. Chronic vaginal discharges. Hemorrhoids. Pelvic conditions with fluid congestion. A Native American-inspired tonic given in the last trimester of pregnancy for easy labor.

DRAGONS EGGS

QUESTION: I was recently in a health store and the clerk was telling me about a powerful fertility dose called dragons eggs have you ever heard of this? She was real evasive and was saying it caused multiple births and then got real tight lipped. Any truth here?

ANSWER: I have never heard of this product and can find any research to familiarize myself with the ingredients. If you cannot determine the ingredients, I would not ingest any product, including this one. The vagueness does not give me a warm and fuzzy feeling about this product and without more to go on, my advice is to avoid its use.

Read my other answers online about pregnancy and getting pregnant.

RIPENING THE CERVIX

QUESTION: I want to ripen my cervix to prepare for labor. I used cohosh with my first child and was 4cm dilated when I went in. I can not remember if it is blue cohosh or black cohosh that does this. I have also heard of using evening primrose oil vaginally and orally. Which one would be better and how much would you use?

ANSWER: Blue Cohosh, has been used traditionally to start a poky labor and prep a woman for delivery.

According to a CNM friend of mine, Evening Primrose Oil is given in the last couple weeks of pregnancy to soften the cervix. She recommends 1-2 caps up to 3 times a day. She has also seen them used intravaginally, apply at night so they dissolve inside you while you sleep and don't fall out. The EPO is a natural prostaglandin. Prostaglandin are used as the first step during induction for women who do not go into labor on their own.

My wife used a product called Mother's cordial, she was in labor for 2 1/2 hours with our first child, quick and fairly pain free. For more information You can read about this product and my other answers online about questions asked on pregnancy and labor/delivery which have been asked in the past.

OVULATION

QUESTION: Hi my husband and I are trying to conceive a child and i just cant stand or take the normal course of hormone therapy I went through 3 months of clomid and almost became single again, I was moody and such I have very irregular cycles and have been tested for everything, My uterus and tubes are clear but I just don't ovulate ,my husbands sperm tested excellent so the problems lie with me and I am 31 and have diabetes and high blood pressure and also a thyroid problem is there any thing you recommend that will get me to ovulate

ANSWER: The following herbs have been used for ovulation problems

Nu Zhen zi, Shiny Privet, *Ligustrum* fruit, Latin Named: *Ligustrum lucidum*

Blue Cohosh, Latin Name: *Caulophyllum thalictroides* in small amounts.

Helonia Root, (False Unicorn), Latin Name *Chamaelirium leuteum* works well with Chaste Tree for women coming off birth control medications to normalize hormones.

If you are going to use this one make sure of the Latin name for proper identification, there are other commonly named plants with Unicorn or even False Unicorn as their name.

Read my other answers online about this issue.

POST PARTUM DEPRESSION

QUESTION: I have a mild post partum depression (anxiety and anger) and I am still nursing my ten month old. I want to remedy the PPD with herbs instead of Zoloft, Paxil, etc. My midwife advised St. John's wort and kava kava. Can I take these in conjunction with each other so that it won't affect the baby negatively? What other herbs can be taken safely and in what combinations? Any advice you may have would be appreciated!

ANSWER: Unfortunately many herbs have not been well studied for the question you ask, the general warning you will see on most is Safety in young children, pregnant or nursing women, or those with severe liver or kidney disease has not been established. The key being it has not been established, most warnings are theoretical at best, herbs have been used for millenium and most modern day uses are traced back to the original uses.

Here are some herbs which have been used effectively for depression.

Black Cohosh, Latin Named: *Cimicifuga racemosa* is a great herb connecting female reproductive issues and nervous system issues such as Post Partum Depression, I would look at this herb as a good choice. Modern day testing of this

herb has demonstrated few side effects produced with longterm use. One side effect which it has been known to cause, is upset stomach, so take with food if this concerns you. Some say it can take 4-6 weeks for Black Cohosh to show its full benefits so take it for that long before determining its effect on you. I would suggest a fresh or freshly dry root alcohol based extract.

St John's Wort, Latin Named: *Hypericum perforatum* has been well known recently as the antidepressant herb. Today's scientific testing proves its abilities to fight mild to moderate depression and seasonal affective disorder (SAD) and what used to be called melancholy. It mixes well with Lemon Balm. Full effects are seen in 4-6 weeks, give it this long to work. A fresh or freshly dried flowering tops herb extract is best, I would avoid a standardized extract and use a whole plant alcohol based extract.

Lemon Balm, Latin Named: *Melissa officinalis* is a gentle herb found in most gardens or in the wild. This herb is a mood elevator used for mild depression caused by SAD or to get one out of the blues. It is excellent in combination with St John's Wort. This herb can be taken as a tea or a alcohol based extract from the fresh or fresh dried herb. Lemon Balm tea is easy to make and good tasting. Oral usage of Melissa is on the FDA's GRAS (generally recognized as safe) list. There are no known drug interactions.

Rosemary, Latin Named: *Rosemarinus officinalis* is another great herb for depression and mood lifting, it helps pick up the mind and is also good for memory, foggy thinking. It is also a great antioxidant and good carminative calming digestive issues. Rosemary can be taken fresh or dry as a tea or an alcohol based extract.

You may want to start with Lemon Balm or a combo of Lemon Balm and St John's Wort.

See my other answers online about depression.

Kava Kava or Awa Awa, Latin Named: *Piper methysticum* is used as an anti-anxiety agent and mixes well with Motherwort and or Blue Vervain. Kava is a little more volatile and prone to some interaction with other meds, it is normally considered safe when used appropriately. One warning comes from The German Commission E monograph warns against the use of kava during pregnancy and nursing, unfortunately this document is not well cited and no source for this warning is given.

Blue Vervain, Latin Named: *Verbena hastata* is another great women's herb, it is appropriately used for irritation and irritability and anxiety associated with female reproductive issues, such as pregnancy, menses, PMS, or menopause. It is a good muscle relaxant, antispasmodic and muscle aches. It is great in combination with Kava Kava and or Motherwort.

Motherwort, Latin Name: *Leonurus cardiaca* This herb is good for hormonal changes, anxiety, irritability and moodiness or mood swings, use in combination with Blue Vervain. It is also used for problems of the heart either physical or emotional, it relieves what the Chinese refer to as disturbed shen and helps relieve those who are stressed out.

I would probably start with Blue Vervain or a combo of Blue Vervain, Motherwort and/or Kava.

I would also try to find someone to talk to about your issues, some times just talking with someone helps out, find a friend or talk to your clergyman. Take some time for yourself, when you feel anxious or stressed out. Take a moment and do some deep breathing exercises, you will be amazed how they can calm you down, concentrate on your breath, take a long 20 second if you can breath in, then hold it as long as you can upwards to 20 seconds then exhale for 20 seconds. Five breaths of 20 in, 20 hold and 20 out will calm you down and reset all you body functions so your ready to go again. Do this exercise 3 times a day or whenever you feel out of control to get a grip, hope this helps.

INDUCING LABOR

QUESTION: I am past my due date and have heard that taking goldenseal can induce labor, is this true? If so how much are you suppose to take? Will it hurt the baby? I do not have a midwife I have a private doctor and am planned to deliver in a hospital setting, he wants to induce with pitocin and I had a c-section with my last baby one year ago and I have heard that pitocin can cause uterus abruption?? So I don't want to chance going that way, if I can go a natural way I would much rather prefer to do that. Any knowledge that you have on this situation would be greatly appreciated.

ANSWER: I would not use Goldenseal for this use. Try Evening Primrose Oil, internally and intravaginally with the assistance/agreement of your DR it is a natural prostaglandins, which are normally the first course of treatment when the doctors want to induce, depending on your due date and other factors. I would also try to find a local midwife to consult with if you have time.

Please read my other answers to this same question online

DRYING UP MILK

QUESTION: Is there a herb that will help dry up breast milk after delivering a baby. Please let me know if there is.

ANSWER: Sage and White Sage are the best.

EASY DELIVERY

QUESTION: My wife and I are expecting our first child February 26th. She's been hearing horror stories about labor pain. We'd like to try aromatherapy or herbals if possible to avoid an epidural. We'd appreciate your suggestions. Thank you.

ANSWER: My wife had our first child in less than 2 1/2 hours of labor, the nurses and doctors thought it was miraculous, She had very little pain. We attributed this to her use of Raspberry Leaf extract and a Mother's Cordial, both are safe to take while pregnant.

The Raspberry Leaf Extract is a uterine tonic to be taken while pregnant and post deliver to tone the Uterus.

The Mother's Cordial is to be taken in the last 2-4 weeks to prep the mother's body for delivery.

FENUGREEK FOR NURSING

QUESTION: Is really fenugreek for the increase of milk supply on mothers?how many pills a day should I take to increase it? How long it take? thank you ...I would like to know everything about it ..

ANSWER: Fenugreek, Latin Name: Trigonella foenum-graecum is an excellent Galactagogue, which increase milk flow. An excellent product my wife use was Mother's Milk Tea by Traditional Medicinals Company.

To make Fenugreek tea, Freshly grind 1-2 teaspoons of the seed and use 8 ounces (1 cup) of water, Decoct 10-15 minutes the steep up to 1 hour. You can consume up to 2 cups a day. You should see results within a couple days.

FALLOPIAN TUBES PROBLEM

QUESTION: Please can you help me i have suffered with one blocked and one damaged fallopian tube. I have been given some herbs blood moving one and also some others to put in a cloth bag direct onto my tube. Do you supply these Also is there anything I can take as I am starting IVF and always seem to loose the eggs as soon as they are transferred into my womb, they have problems putting them back as my cervix is quite far back but they do manage it but they never stay in the womb.

ANSWER: I cannot help with the physical problems of your fallopian tubes.

As to keeping the eggs in place, I would strengthen your Uterus with Red Raspberry leaf, Latin Named: Rubus idaeus

As to the other herbs you are using I would wonder why you would want to use Blood Moving herbs they would be contraindicated for getting pregnant, I would need more details here.

You may want to read my other pregnancy Questions and Answers

ENDOMETRIOSIS AND CONCEPTION

QUESTION: I have endometriosis & would like to have a child, I was wondering if there is a herbal remedy to help me concieve?

I am also over weight what do you recommend to use for weight loss?

ANSWER: The following herbs have been traditionally used for Endometriosis, some are contraindicated while pregnant and other conditions so this is only a starting point, specific herbal protocol for you would deal with everything going on with you. My suggestion would be if the endometriosis is stopping you from getting pregnant, clear up the endometriosis then deal with getting pregnant.

Shepherd's Purse, Latin Named: Capsella bursapastoris

Juniper Berry, Latin Named: Juniperus communis

White Peony root, Latin Named: Paeonia albiflora

Chinese Rhubarb/Turkey Rhubarb, Latin Named: Rheum tanguticum, R. officinale, R. palmatum

Dan Shen, Red Root Sage, Latin Named: Salvia miltiorrhiza

Huang Qin, Chinese Scullcap root, Scute root, Latin Named: Scutellaria bicalensis

Processed Rehmannia, Latin Named: Rehmannia glutinosa

Teasel root, Latin Name: Dipsacus japonicus

Aletris, Unicorn Root, Star Grass, Latin Named: Aletris farinosa

Pipsissewa, Latin Named: Chimaphila umbelata

Artichoke, Latin Named: Cynara scolymus

Chaste Tree, Latin Named: Vitex agnus-castus

Stay away from Blue Cohosh, Celery Seed, Wild Ginger and Wild Carrot they are contraindicated with Endometriosis.

As to herbs for weight loss I do not recommend any, the only way to lose weight is to reduce caloric intake and increase exercise. Many weight loss products inappropriately use herbs which can cause speed like reactions in the body to rev up your system overtaxing your adrenals or laxative herbs which can cause bowel dependency. Just because a product says it is natural does not mean it is safe.

Finally, for some women chronic endometriosis is associated with being overweight or obesity, lose the weight and your endometriosis may clear up on its own.

Additionally many time endometriosis clears when pregnancy occurs, if you can get pregnant it may clear up on its own.

SPIKENARD

QUESTION: I want to ask about spikenard I was told Indian women took this herb to ease labor and for a swift delivery. I am pregnant and I want to know if it is advisable to take this. Thank you for your time.

ANSWER: Spikenard, Latin Named: Aralia californica or Aralia species has been used in the past to restart a labor that stopped at 4-5 centimeter dilation, it may not be effective to start labor but can help stimulate it and keep it going. As to easing labor my wife used a formula called Mother's Cordial for the last 2-4 weeks of her pregnancy to prep her body for labor. I don't know what the cause was but she only had 2 and 1/2 hours of labor before delivering our baby girl, Angelica last year. I say it was the cordial. The other herb she used throughout the pregnancy was Red Raspberry Leaf a uterine tonic which is appropriately used pre, during and post pregnancy and labor to help the uterus return to it normal size and prep the uterus for implantation of the fertilized egg during conception.

Please read my other answers online involving herbs and pregnancy.

TRYING FOR TWINS

QUESTION: My husband and I are starting the family planning process. We are hoping there is a way to increase the odds of twins. Neither of us have family history of multiples. Is there an herbal way?

ANSWER: None that I know of, if you find one please inform me for future reference.

FALSE UNICORN FOR INFERTILITY

QUESTION: I have been recommended to try false unicorn as treatment for infertility.

I have been using Clomid but am now looking for natural alternatives. I am wondering what dosage is appropriate and should I take it at a specific time of my cycle. I have bought 100 capsules that each contain 450mg of root powder.

ANSWER: I am assuming you are talking about Helonia Root, False Unicorn, Latin Named: Chamaelirium leuteum, if so I would follow the directions provided on the bottle you bought. If none given I would start with 1 capsule 3 times a day, you don't need much of this herb. You may want to read my other answer to a similar question on getting pregnant and infertility

EMBRYO TRANSFER

QUESTION: I am about to have a transfer of embryos and want to know what herbs, teas, etc. would be helpful at this phase of the development. I also would like to know if there are any harmful herbs I should stay away from and if drinking Raja Cup, which contains clearing nut, kasmard, licorice and winter cherry is okay to drink.

ANSWER: The only herb I would suggest at this point is Raspberry leaf, which is a uterine tonic and strengthens and prepares it for implantation of a fertilized egg. Delete the rest. See my other answers for getting pregnant for additional thoughts. Folic acid supplement would also be called for.

PALPITATIONS DURING PREGNANCY

QUESTION: Is there something safe to take for heart palpitations during pregnancy?

I had them before I was pregnant and was on Verapamil, a calcium blocker, but am now off of that medication because of the pregnancy. Is Hawthorne safe and would it be effective for this during pregnancy? What about Gingko? Any suggestions are greatly appreciated.

ANSWER: What trimester are you in? if you are not in the first you can try:

Hawthorn, Latin Name: Crataegus oxycanthoides or C. monogyna, is a good choice

Many formulas for palpitations combine Hawthorn with Motherwort but Motherwort is contraindicated during pregnancy

so for you stay away from Motherwort.

The medicinal mushroom Reishi, Latin Name: Ganoderma lucidum will also help with palpitations and arrhythmia, calms the spirit, relieves insomnia, anxiety and helps with hypertension. If allergic to mushrooms stay away from this one.

Both Hawthorn and Reishi Mushroom are considered food herbs that are safe during pregnancy. Make broth for soup or strong teas of the Reishi and the Hawthorn can be taken as a tea or tincture.

Find an Herbalist in your area, or a Midwife familiar with herbs to help.

USING BLUE COHOSH

QUESTION: Is it true about Blue cohosh helping to induce labor, and what is the difference between the cap. and the liquid, and is it in anyway non effective if taken by cap. What cap. dose equals the liquid dose apposed to 5-10 drops of liquid in a teaspoon of water or in tea once an hour for 4 hours vs how many mg in a cap. does this add to.

ANSWER:

Blue Cohosh, Latin Name: Caulophyllum thalictroides: This herb is a Partis preparator - used in last 2 weeks of pregnancy it is part of a formula called Mother's cordial, a syrup prepared with Partridgeberry, Helonias, Ginger and several other herbs. This syrup has traditionally been used to prepare a woman for delivery. My wife used this and her contractions only lasted 2 and 1/2 hours before she delivered our baby girl Angelica. It is also used to stimulate labor once it has begun when contractions are weak or inconsistent. Finally it is useful for anxiety especially birth anxiety. Blue Cohosh is usually used in a formula. It is irritating to the mucous membranes and should be cautiously. Seek qualified herbal or health consultation on use.

If you are pregnant find an experienced midwife in your area to help.

As to form I would suggest, tea or tincture.

For Tea:

Use a tea ratio of : 1/2 to 1 teaspoon of freshly ground (don't inhale) dry root to 12 - 16 ounces of water, boil water then pour over herbs and cover, let sit for 1 hour, strain, add honey to taste. Suggested use is 2 - 4 ounces 3 to 4 times a day.

For Tincture:

As a Tincture use dry extract made 1:4 or 1:5 in 60% alcohol. Suggested use is 5-20 drops, 3 to 4 times a day. Put drops in hot tea, water or juice

Also review the previous answer on the pregnancy found on the HerbNet Website.

IMPROVING FERTILITY

Question: What are the best herbs for men and women to promote fertility? The information available seems very contradictory especially with regards to Vitamin C. One source says it does help promote fertility while another says it can be used in terminations. As I'm sure you understand, I don't want to get it wrong!

Answer: I am assuming the following:

You and your husband have been tested for fertility and he has adequate volume and motility of sperm, you have no blockages and eggs are released and make it down the fallopian tubes to your uterus. I am also assuming you don't have a problem with endometriosis or have had surgical corrections to your female reproductive system.

Recommendations

Stop trying so hard, this is easy to say but hard to do, I know you are frustrated, hurt and upset by the inability to conceive; and if you were in my office I would console you and try to talk you through the tough times. The reason I say stop trying so hard is many couple who are unable to conceive, finally give up then adopt, interestingly once the pressure is off most become pregnant the following year or so. The forced trying is over and the stress of the situation is gone because of the adoption. I am not saying you should go out and adopt a child. Just try to take the pressure off yourselves. You may want to try some stress relieving techniques, deep breathing or Tai Chi.

You may want to consider counseling, take your husband, deal with the pain, frustration and stress, let go of it. Talk to a good friend, preacher or give me a call the simple step in bringing the issue out in the open releases the pent up emotions and stress. Before and after the child is born, you need to keep a strong relationship with your husband, maintain it now through these hard times by talking.

I am going to tell you about folic acid. Pre, during and post pregnancy it is a vital nutrient, get 800-1200 mcg of folic acid per day.

When you feel ready stop any conventional treatments you are under going. Start using a condom as a birth control device, this will reduce risk of getting pregnant until you are ready again to try especially during the body cleansing period.

Use a fast or juice fast to cleanse your body of the chemicals and drugs you may need to do several. It will probably take several months up to a year. I am assuming you are not diabetic. If diabetic do not go on a fast, use a strict vegetarian diet and use vegetable juices to cleanse your body. You could also enlist the use of Alterative herbs, which help increase elimination. Watch what you eat try to eat only organic produce, meat, dairy etc. this will reduce your xeno-estrogen load, which may be a problem. Stay away from cleaning chemicals, fertilizers, paints, insecticides and herbicides etc.

Here are some herbs which may help once you are ready again.

Plant Name Helonia Root, False Unicorn Latin Name Chamaelirium leuteum

False Unicorn Helps with Hormonal Infertility, hormonal imbalances, use with licorice, Dong qui, Shatavari. This combination is also good for women coming off of Birth Control or Fertility Drugs. Helps normalize the reproduction system. Use with Chaste Tree.

To build blood and increase libido use

Bu qu zhi Latin Name: Psoralea corylifolia and the herb Shatavari

For the anxiety, stress, depression use chaste tree, blue vervain, Motherwort.

If you feel you are depressed try Saint Johnswort, it will take upwards of 6-8 weeks to be fully effective.

To build and strengthen your body.

Use Raspberry Leaf before during and after your pregnancy. It is a Uterine tonic, builds the structural integrity, prepares uterus to receive the egg, maintains the muscle tone of the uterus as it is stretched by the growing child. And after birth it will help reduce the uterus back to its prepregnancy size.

To build your blood, strength etc.

Use Horsetail, Alfalfa, Nettle leaf and a small amount of Yellow dock (yellow dock can cause nausea or upset stomach) or acquire a green super food drink mix. Take daily, if making a tea with the herbs heat them the night before allow to cool and then place in the refrigerator, the longer the herbs are in the water the more nutrients will be pulled out. You can make a batch, 2 day supply at most, store the tea in the fridge, but daily preparation would be best. The green super food powder can be added to a morning smoothie or shake. Sprinkled on salad or steamed veggies.

During the first trimester after getting pregnant, stop all treatments, except the folic acid. The raspberry leaf can be taken throughout. In your last 2-4 weeks before birth use a Mother's Cordial to prep your body for birth.

For your husband you can try the following herbs they help to improve sperm count and motility and increase libido.

Dong Chong Xia Cao, Summer Grass and Winter Worm, Latin name: Cordiceps sinensis

He shou wu, Fo ti (very bad common name), Latin Name: Polygonium multiflorum

Yin yan huo, lustful sheep and goat plant, Latin Name: Epimedium macranthum (use short term)

Ashwaganda Latin Name: Withania somnifera this is a great herb for stress reduction and calms you down.

Wu wei zu, 5 flavor fruit, Schisandra berry Latin Name: Schisandra chinensis This one will normalize hormone function and will be slightly stimulating, less than caffeine but could cause a pickup feeling.

Once you decide to start trying again, stop using the condom, enjoy your love making, it is not a job, or schedule to keep. Relax and let it happen. One point if you have done a basal temp diary, to pinpoint ovulation, start your love making 6 days prior and through ovulation. Most women conceive when lovemaking has occurred a couple days before ovulation, sperm can live several days in the female reproductive tract.

AGAIN, For a Woman the herbs which can help are:

Helonia Root, False Unicorn, Latin Name Chamaelirium leuteum

Helonius is a strong female fertility herb it balances the female reproductive system.

Chaste Tree can be used if there is a slight hormone imbalance, causing the infertility.

Women with history of miscarriages should use uterine tonifying herbs for 3 - 6 months before conception. The help to tonify and increase the integrity of uterine tissue:

Raspberry leaf (okay to continue in pregnancy)

lady's mantle

Partridge berry

Once pregnant discontinue herbs, one exception is Raspberry, it has traditionally been used to tonify the uterus throughout and post delivery.

IN GENERAL For a man the herbs that can help are:

To increase sperm count and motility use kidney yang tonics:

Morinda root, Bai ki tien

Ashwaganda

plantain seed
dodder seed
Saw palmetto
Sao yang, cistanches
Ru cong rong
Cordiceps
Use Red Ginseng for testosterone hormonal problem
Use He shou wu for deficient blood
increase essential fatty acids and zinc which are essential to normal reproductive function.

TUBAL REVERSAL

Question: I have a question and I hope you can help. I am 38 and had a tubal reversal done in February of this year. I have been taking Prometrium to extend the last phase of my menstrual cycle. Currently I am "late" a home PG test was neg., and this is a long weekend. Is there something in the herbal word that would increase my progesterone levels that I could take at least for a few days. If I am PG I don't want to risk miscarrying.

Answer:

If you are trying to get pregnant I wouldn't play with hormones or herbs at this crucial stage, although Raspberry leaf has been traditionally used prior, thru and after delivery to tonify and prep the Uterus, also get on a Folic acid supplement usual range is 800-1200 mcg per day to prevent neural tube defects. See my previous question/answer on pregnancy if you become pregnant there might be some ideas there to think about. If you are not, there is a previous question/answer on getting pregnant you might want to review it.

INDUCING PREGNANCY

QUESTION: I am 37 weeks pregnant. I have just seen a perinatologist who performed a level 2 ultrasound. He says my baby is too large for the gestational age (measured today at 8.1 lbs-8.8lbs). Because the fetus grows on an average of 1/2 pound per week, he doesn't want to let it go till my due date on 7/15. He is recommending inducing labor. He said if I attempt to wait for nature to take its course, I could have the shoulders get stuck and he described the worst case scenario. The health of the baby at this point is very good - it's just big.

I'm afraid of being induced and even more fearful of a c-section. I want labor to occur naturally. The reason I don't want to be induced is because they make you stay on the monitors, IVs and blood pressure cuff for the duration of labor. I wanted to void an epidural, but with the above conditions, I don't see how I can manage the pain if I'm not allowed to move around. The whole thing sounds like a complete ordeal. My cervix isn't ripe and I'm afraid that induction will lead to a c-section because the cervix won't cooperate. I'm a large woman and big babies run in the family. I'm not sure what decision to make. I think I could deliver a big baby, but I'm not sure how big. He really scared me. My blood pressure has been elevated for a week but I'm really stressed out from work because I have a lot to do before maternity leave.

I have some black cohosh and blue cohosh capsules but I want advice on whether to take them and in what doses. I know they probably won't work until the cervix is ripe. I read somewhere that I could take them in smaller doses in the last month or pregnancy as a tonic. I know blue cohosh elevates blood pressure so I'm concerned about that as well.

ANSWER:

I may be able to help but it is hard to tell with the information at hand. I want to stress one thing, you have a baby that is yours inside you. The method of deliver does not matter as long as the result is a healthy child and mother. My advice 9 months or more ago would be to find a Midwife lay or certified to help you with a natural child birth. At this point I would do whatever is necessary to achieve a happy and healthy outcome for you and your child. My wife and I recently had our second child and although she and I wanted to go natural, she also needed induced. Once labor started it was very quick and relatively pain free. We used Raspberry leaf throughout the pregnancy and post delivery to maintain uterine tone. Two weeks before delivery she started on a product called Mother's cordial and additionally Evening Primrose Oil, which has been used for years by mothers to prepare for delivery. We were delivered by a certified nurse midwife. Angelica is a happy healthy 8 month old.

My main goal was the health of my wife and child foremost, natural is good but if necessary make use of the modern technological, equipment and procedures. I believe Modern medicine has its place and herbal medicine has its place each has strengths and weaknesses, utilize the best of each to achieve you 9 month goal.

Remember your goal for the past 9 months or more has been to produce a child. Make that your most important issue and concern and don't let the other things bother you.

Print this out and give to your Doctor for discussion, but I stress to you a successful delivery is the utmost goal.

As to your natural-herbal questions here is the information I can provide on herbs, pregnancy and delivery:

I have a Midwife friend who uses Evening Primrose Oil (EPO) to ripen the Cervix ingest it internally and apply to Cervix to soften and ripen. It helps dilate the cervix because of prostaglandin's found in the oil. Prostaglandin's are the first step of induction, usually a cream or pill is inserted in the vagina close or on the cervix. The drawbacks of EPO is that it is expensive and dosage is high. But if you want to start with a natural prostiglandin try EPO, with you Doctors involvement.

Here are the herbs traditionally used for pregnancy and delivery, discuss them with your Doctor.

Blue Cohosh, Latin Name: *Caulophyllum thalictroides*: This herb is a Partis preparator - used in last 2 weeks of

pregnancy it is part of a formula called Mother's cordial, a syrup prepared with Partridgeberry, Helonias, Ginger and several other herbs. This syrrup has traditionally been used to prepare a woman for delivery. My wife who is also a large woman used this and her contractions lasted only 2 and 1/2 hours before she delivered our baby girl Angelica. It is also used to stimulate labor once it has begun when contractions are feeble. Finally it is useful for anxiety especially birth anxiety.

Beth Root, Birth root, Latin Name: *Trillium erectum*, Traditionally used as part of formula to stimulate delivery
1 part each Blue Cohosh, Spikenard and Beth Root

Partridgeberry, Squaw vine, Latin Name: *Michella repens*, One of the key ingredients in Mother's Cordial (Helonias, Blue Cohosh, Ginger, Blue Vervain) given last 2-3 weeks of pregnancy to help prevent false labor pains, prevents overdue labors, make labor less painful. Used in combination with Raspberry throughout pregnancy for tonification of uterus. Use postpartum w/ Raspberry leaf & Lady's Mantle help return uterus back to normal size.

Lady's Mantle, Latin Name *Alchemillia vulgaris*, *A. Mollis*: useful for boggy and atonic uterus in combination as mentioned above.

Blue Vervain, Simplers Joy, Latin Name: *Verbena hastata* (many species of vervainus, but blue is best): This is an underutilized herb, Blue Vervain is a great connector herb between the nervous system and female reproductive system. It is great for anxiety, irritability, cramping and spasms. Used in combination as mentioned above.

Spikenard, Latin Name: *Aralria racemosa*: Stimulate pokey labor, used in combination as mentioned above

Finally a herbal tincture combination to dilate the cervix is 1/4 part Lobelia, 1 part Spikenard, 1 part Blue Cohosh, 1/4 part Cottonroot bark, 1/4 part ginger take 30 - 40 drops three times a day. The caution with this one is Lobelia can cause nausea, which usually indicates a multiple birth i.e. twins or that nausea has been a factor with previous births.



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PRESERVING HERBS

QUESTION: I love to use FRESH thyme, rosemary, parsley, cilantro and chives. I buy them fresh and want to freeze them so they stay fresh for a longer period of time or if I put them in a plastic bag and/or in water and then store in the refrigerator. Do you have a way that I can freeze these marvelous herbs?

ANSWER: *I'm with you. Nothing is as wonderful as FRESH Herbs! Some herbs adapt to freezing better than others. Your cilantro, parsley and chives for instance, can be snipped and placed in vacuum bags in the freezer. (Those vacuum sealers are worth their weight in gold. I sue them for everything!) Or, you can mix the herbs with water in your blender and make ice cubes out of them for later use in soups, veggies, tea or sauces. Another great way to preserve herbs is by adding them to oil, or vinegar. But all herbs can be very easily grown in small pots in a sunny window and snipped as you need them. Just be sure not to let them go to seed. When you see little flowers forming, just pinch them back.*



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VARICOCELE

QUESTION: I have been diagnosed for having a varicocele, I want to know if there are some herb to cure that varicocele.

ANSWER: I am assuming you have been to a doctor for this condition and diagnosis if not, go see a urologist or your primary care physician for a referral.

Lumps in the testes can be caused by many things, eliminate the life threatening chronic possibilities with a accurate diagnosis. One friend had been told he had this condition but it was only a sign of a bigger problem in his heart and circulatory system. I am not trying to scare you simply asking you to be careful and mindful of your health, because only you are truly responsible for your health.

If it is a Varicocele, this is defined by modern medicine as a varicose vein in the testes, if you are asymptomatic your doctor may advise doing nothing, if it is a cause of discomfort or infertility he may suggest surgery.

There are herbs that are used traditionally for varicose veins. They include:

Nutritional herbs such as Blackberry, Cayenne pepper (add to foods), Calendula Flowers, Hawthorn berry, Elderberry, Bilberry/Blueberry, Nettle Leaf, Lycium fruit

Astringing and toning herbs such as Collinsonia, Blackberry (as a bath), Witch Hazel (as a bath, external poultice), Butchers Broom and Horse Chestnut (both internally and externally)

Under the food and supplement category I would suggest choosing your foods by color, the purple, blue and redish colors indicate health, and the bioflavanoids contained in these fresh foods help strengthen vascular integrity thus helping with varicosities.

Nutritionally I would look for bioflavanoid supplements along with Zinc and Vitamin C and E.

See my other answers online about varicose veins.

SAW PALMETTO DOSAGE

QUESTION: I am currently taking Full Spectrum Saw Palmetto, 160 mg, 1 tablet twice a day Total 320 mg per day.

It has been recommended that I take 900 mgs 4 times a day. Do you have any information on this, such as Brand Name. effectiveness for enlarged prostate, and could this be harmful?

ANSWER: Saw Palmetto, Nettle Root, White Sage and Collinsonia is a great herbal combination for BPH

PROSTATE CONCERNS

QUESTION: I'm a 45 years old, and I've been treated by my doctor for over a year for Chronic Prostatitis. Despite all the antibiotics, and the exploratory surgery, nothing has helped me. Generally, what herbs would you recommend that one can take to help alleviate the pain and disease itself?

ANSWER: I would use the following herbs for Prostatitis:

Saw Palmetto
Collinsonia

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White Sage
Nettle Root
Goldenrod
Uva Ursi (short term)

Corn Silk, Marshmallow and/or Couch Grass for a soothing demulcent to UT (i.e prostate)

for pain and antiinflammation

Wintergreen
Gravel Root
Kava
Hydrangea (not the house plant or cultivated variety)
Chaste tree berry (maybe helpful for the pain also)



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BRONCHITIS

QUESTION: I have chronic bronchitis and have been taking echinacea, and also astragalus. I took them all this winter and never got sick. but when I went back to buy more the girl told me to keep taking the astragalus when I'm not sick and only take the echinacea if I got sick first thing. Well when I quit taking the echinacea that's when I got this cold and so I started taking echinacea again. I'm wondering if I shouldn't have stopped to begin with. Is it o.k. to take both herbs with rest periods all year long without any problems? also what is the difference between echinacea, and echinacea root? I work in a bar two days a week where there is smoke and that doesn't help. Please help me to know what I should do.

ANSWER: *Echinacea and Astragalus both have antibiotic properties. Just as with prescription drugs, you wouldn't want to take something you didn't actually need. While Astragalus is safe and can be used all year, Echinacea's effects will diminish if used continuously over time. It is best used in cycles, 5 days on, 2 days off or something similar to that. To keep the colds at bay, make sure you are eating a healthy diet and taking vitamin C and E every day. When cold season comes around, I take 2000 mg of vitamin C every day until May and I have yet to be infected with the colds or flu that seem to plague my co-workers. At the first sign of a cold, start the Echinacea again. Echinacea root is simply one part of the plant. The roots, leaves and flowers are all used. As for your bronchitis, you're absolutely right. Working in a bar with lots of smoke is one of the worst things you can do. The irritation that causes to the bronchi can be devastating to someone with healthy bronchial tubes. If there's any way to avoid that, I'd certainly seek it out. In the meantime, Anise has shown some intriguing possibilities with respect to bronchitis. According to several scientific studies, Anise contains chemicals called creosol and alpha-pinene which act to break up the secretions and make them easier to cough up. Take 1 teaspoon of anise seeds per cup of boiling water. Steep for 10 to 20 minutes and strain. You can drink up to 3 cups a day. And it has a wonderful licorice taste!*

WHOOING COUGH

QUESTION: My 5 year old has whooping cough - would you recommend Osha for easing his symptoms? I am currently giving him tincture of Lobelia, Astragalus, and a children's tincture blend that includes echinacea, thyme, hyssop, cinnamon, ginger, elderberry, meadowsweet and horseradish. His diet has been modified to eliminate all known mucus forming foods.

ANSWER: Has the boy seen a healthcare practitioner, if not and it has last several weeks you should take him to be seen. If you do not, You need to establish what phase the condition is in, hot/dry/cold/moist. Profuse drainage that is white or clear is cold and moist. If yellow/green and thickened this is hot and dry. Mucus that is thick with a nonproductive cough is dry. Profuse mucus with drainage is moist. White or clear mucus is cold, yellow or green mucus is an indicator of a hot condition. As the illness progresses it moves through different phases.

Osha, Latin Name: *Ligusticum porterii* has a warm to hot and dry energetics and should be used with caution if the condition is turning to hot and dry. It has been used for bronchial congestion with profuse clear or white mucous.

Additionally Skunk Cabbage Latin Name: *Symplocarpus foetidus* has been used as an antispasmodic and pain reliever for sore throat. It is cooling and drying. It can be mixed with wild cherry bark syrup to stop coughing.

The herb sundew used in very small amounts is excellent for relieving spasmodic cough, whooping cough, dry ticklish cough, dry explosive coughs. But again it must be used in very small amounts.

A great lung herb is Elecampane which is moistening and neutral in energetics.

Most of these herbs are drying so mix with moistening herbs such as marshmallow or licorice or asparagus root

ASTHMA

QUESTION: MY SISTER IS SUFFERING FROM ASTHMA FOR THE LAST 8 YEARS. SHE IS 35. SOMEONE HAS TOLD HER THAT SHE WILL BE OK IF SHE UNDERGOES GANO THERAPHY WHICH ESSENTIALLY MEANS TAKING CAPSULES OF GANO DERMA. SHE IS ALSO TOLD THAT THIS GANO DERMA IS MADE OF ONE MUSHROOM CALLED REISHI. MY QUESTION IS "

- IS IT SAFE TO CONSUME GANO DERMA BY AN ASTHMA PATIENT WHO IS LADY OF 35.
- ARE THERE ANY KNOWN SIDE EFFECTS.
- WHETHER THIS MEDICINE WILL CURE ASTHMA"

ANSWER: The only problems associated with this approach is if she has mushroom allergies, Reishi Mushroom, Latin Named: Ganoderma lucidum(Red-best- on oaks), G. sinensis(black), G. applinatum(huge artist conch), G. Tsugae(grows on hemlock tree), G. oregonensis. Can be safely consumed longterm and in fairly large amounts. I would give it a try if I were her, I don't think it will cure her but may slow or reduce attacks. This is a very beneficial medicinal herb, I would stay on it for a couple months before evaluating results.

If she likes the taste of mushroom she can get it powdered and make a strong tea of it, consume three times a day. I would cook the mushroom overnight in a crockpot and consume broth the next day.

This is a download from the natural pharmacist website

----- Beginning -----

Reishi

The tree fungus known as reishi has a long history of use in China and Japan as a semi-magical healing herb. More revered than ginseng and, up until recently, more rare, many stories tell of people with severe illnesses journeying immense distances to find it. Presently, reishi is artificially cultivated and widely available in stores that sell herb products.

What Is Reishi Used for Today?

Reishi is marketed as a cure-all, said to prevent and treat cancer, strengthen immunity against infection, restore normal immune function in autoimmune diseases (such as myasthenia gravis), improve symptoms of asthma and bronchitis, overcome viral hepatitis, prevent and treat cardiovascular disease, improve mental function, heal ulcers, and prevent altitude sickness. However, there is no real evidence that reishi is effective for any of these conditions.

Contemporary herbalists regard it as an adaptogen, a substance believed to be capable of helping the body to resist stress of all kinds. (For more information on adaptogens, see the article on ginseng.) However, while there has been a great deal of basic scientific research into the chemical constituents of reishi, reliable double-blind studies are lacking.

Dosage

The proper dosage of reishi is 2 to 6 g per day of raw fungus, or an equivalent dosage of concentrated extract, taken with meals. Reishi is often combined with related fungi, such as shiitake, hoelen, or polyporus. Results may develop after about 1 to 2 weeks. It is often taken continually for its presumed overall health benefits.

Safety Issues

Reishi appears to be extremely safe. Occasional side effects include mild digestive upset, dry mouth, and skin rash. Reishi can "thin" the blood slightly, and therefore should not be combined with drugs such as Coumadin (warfarin) or heparin. Safety in young children, pregnant or nursing women, or those with severe liver or kidney disease has not been established.

Interactions You Should Know About

If you are taking blood-thinning medications such as Coumadin (warfarin) or heparin, use reishi only under a doctor's supervision.

BRONCHITIS

QUESTION: I was wondering if you could give me some advice on what types of herbs to use for chronic bronchitis? I would like to use something other than antibiotics to help my body heal its self. I find the antibiotics are making it worse instead of better. I am really desperately trying to stay away from the pharmaceutical ways. I know my body can heal itself I'm just not sure what to use.

ANSWER: I have answered other questions on chronic infections search my other questions and answers online.

Chronic bronchitis or any other infection is a sign of weakened immune systems. I would use immune Amphoterics such as the medicinal mushrooms, Ganoderma, Shitake, Maitake, Chaga and immune potentiators such as Astragalus

(chronic) and Echinacea (acute).

In addition you may need to clean up your diet, look for food allergies.

Environmental factors can also play a role, where do you work, what are the conditions, does your house have carpeting, dry heat, many things can cause or make you prone or susceptible to infections.

OSHA

QUESTION: What can you tell me about getting Osha, for respiratory problems?

ANSWER:

Osha, Bear root, Latin Named: *Ligusticum porterii* is a Native American herb and is very warming and hot in its energetics. It is appropriately used for cold and wet, clear or white mucus infections such as head colds, bronchitis, flu and sore throats and is not appropriate for yellow or green mucus or hot and dry conditions. It has also been used to move stuck blood such as in amenorrhea in women and can calm the digestive tract when colds and flu are affecting it with a carminative action. It has also been used to treat acute asthma attacks and conditions. It is not to be used long-term but appropriate for acute conditions and has the following contraindications, pregnancy, gastritis, gastric ulcers, (PID) Pelvic Inflammatory Disease, nephritis and when infections have hot dry energetics because it will make them worse.



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Reflex Sympathetic Dystrophy

Question: I have read that Cayenne is being studied in the treatment of Reflex Sympathetic Dystrophy. What can you tell me about this?

Answer:

I have not heard of the use of Cayenne, Latin Named *Capiscum annum*, *C. frutescens* or *Capsicum* species with RSD but *Capsicum* Creams have been used for other types of pain syndromes and conditions, you may want to try it.

Do you have reference for this idea, that you can send me to for further reading?

From The National Institute of Health (NIH) website.

Reflex Sympathetic Dystrophy Syndrome
Synonym(s): Chronic Regional Pain Syndrome, Causalgia
Reviewed 08-03-2000

What is Reflex Sympathetic Dystrophy Syndrome?

Reflex sympathetic dystrophy syndrome (RSDS) is a chronic condition characterized by severe burning pain, pathological changes in bone and skin, excessive sweating, tissue swelling, and extreme sensitivity to touch. The syndrome is a nerve disorder that occurs at the site of an injury (most often to the arms or legs). It occurs especially after injuries from high-velocity impacts such as those from bullets or shrapnel. However, it may occur without apparent injury. One visible sign of RSDS near the site of injury is warm, shiny red skin that later becomes cool and bluish. The pain that patients report is out of proportion to the severity of the injury and gets worse, rather than better, over time. Eventually the joints become stiff from disuse, and the skin, muscles, and bone atrophy. The symptoms of RSDS vary in severity and duration. The cause of RSDS is unknown. The disorder is unique in that it simultaneously affects the nerves, skin, muscles, blood vessels, and bones. RSDS can strike at any age but is more common between the ages of 40 and 60, although the number of RSDS cases among adolescents and young adults is increasing. RSDS is diagnosed primarily through observation of the symptoms. Some physicians use thermography to detect changes in body temperature that are common in RSDS. X-rays may also show changes in the bone.

Is there any treatment?

Physicians use a variety of drugs to treat RSDS. Elevation of the extremity and physical therapy are also used to treat RSDS. Injection of a local anesthetic is usually the first step in treatment. TENS (transcutaneous electrical stimulation), a procedure in which brief pulses of electricity are applied to nerve endings under the skin, has helped some patients in relieving chronic pain. In some cases, surgical or chemical sympathectomy -- interruption of the affected portion of the sympathetic nervous system -- is necessary to relieve pain. Surgical sympathectomy involves cutting the nerve or nerves, destroying the pain almost instantly, but surgery may also destroy other sensations as well.

What is the prognosis?

Good progress can be made in treating RSDS if treatment is begun early, ideally within three months of the first symptoms. Early treatment often results in remission. If treatment is delayed, however, the disorder can quickly spread to the entire limb, and changes in bone and muscle may become irreversible. In 50 percent of RSDS cases, pain persists longer than 6 months and sometimes for years.

What research is being done?

Investigators are studying new approaches to treat RSDS and intervene more aggressively after traumatic injury to lower the patient's chances of developing the disorder. Scientists are studying how signals of the sympathetic nervous system cause pain in RSDS patients. Using a technique called microneurography, these investigators are able to record and measure neural activity in single nerve fibers of affected patients. By testing various hypotheses, these researchers hope to discover the unique mechanism that causes the spontaneous pain of RSDS, and that discovery

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may lead to new ways of blocking pain.

Organizations

American Chronic Pain Association (ACPA)
P.O. Box 850
Rocklin CA 95677-0850
ACPA@pacbell.net
www.theacpa.org
Tel: 916-632-0922
Fax: 916-632-3208

National Chronic Pain Outreach Association (NCPOA)

P.O. Box 274
Millboro VA 24460
ncpoa@cfw.com
Tel: 540-862-9437
Fax: 540-862-9485

Reflex Sympathetic Dystrophy Syndrome Association (RSDSA)

116 Haddon Avenue
Suite D
Haddonfield NJ 08033-2306
jwbroatch@aol.com
www.rsds.org
Tel: 856-795-8845
Fax: same

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DEALING WITH SCARRING

QUESTIONS: I've heard there is an article somewhere about rosehips seed oil being helpful for burn scars. Do you know of this article and/or of rosehips seed oil's usefulness for scars? I recently had a hysterectomy and have a large scar {3 1/2 wks old} and would like to facilitate it's healing, painwise and colorwise, and {?} to tighten my stomach around it. I'd love your thoughts.

ANSWER: I have not heard of Rosehip seed oil for preventing scarring, can you give me a reference for this? I do know that the essential oil of Rose has been traditionally used in skin care products, such as skin creams, powders and lotions because it is soothing to the dry, sensitive or aging skin.

Note: most essential oils need diluted in a carrier oil, the few exceptions which are well known include Tea Tree and Lavender essential oil.

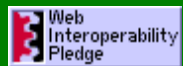
Here is what I would use to prevent scarring:

Gotu kola, Latin Name: Centella asiatica use a fresh poultice or spray the tincture on the wound several times a day to prevent scarring.

Or a combination of Lavender essential oil (a few drops) mixed in fresh aloe gel from the plant and Vitamin E, break several gel caps and add. Store in refrigerator to preserve freshness, apply several times a day.

Calendula and Saint Johnswort infused Oil is also great for the skin damage and wound healing.

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ANSWERS FROM KAREN MALLINGER

QUESTION: I'm a 21 year old women and I need a little help. I think I have mild depression, seems to come and go. I get stressed very easily and feel down a lot. Not overly down just more then I think I should. It is affecting other things now like my sex drive. I have a had a boy friend for 4 years and now I don't ever feel like sex. I don't think it should be like that when your only 21. Of course he understands but I think if there is something that I can try maybe it would help. Is there herbs or oils that can be used for depression?? How can I use them, I am new to herbs so all the help is greatly appreciated!!.

ANSWER: Not having much of a sex drive if you are a healthy 21 year old doesn't sound right to me. You could very well be depressed. Have you seen a doctor or a therapist? You don't want to treat something if that's not what's going on. I'd get a firm diagnosis before attempting to treat the symptoms. There are many wonderful holistic remedies for depression, but again, if you aren't sure that's what's going on, it's best to wait. If you know for sure that you are suffering from depression and don't want to use any of the synthetics on the market, many people have had success with St. John's Wort. You can find it in the drug store in the herb and supplements section.

QUESTION: Can you tell me what herbs or vitamins are good for increasing sexual drive, performance and sensitivity? (P.S. I'm a 32 year old male.)

ANSWER: *Well, the following herbs are reported to have "aphrodisiac" qualities. I must confess I cannot comment on the effectiveness of them! Damiana, Yohimbe Root, Muira puama and Ginseng. Sassafras root, licorice root, marshmallow root, sarsaparilla root and cinnamon bark mixed together make a wonderful tea. Of course, Vitamins C, and E are essential to keep your system strong. And the following foods are great for all around male health and vitality: Chicken, cultured milks like buttermilk, fish, dark green leafy vegetables, fresh fruit, pumpkin seeds, sesame seeds, squash seeds, (especially helpful for the male glandular system) and yogurt.*

ANSWERS FROM DAVID BRILL

QUESTION: I am a 32 year old woman who is very busy with work and family,(which I am sure promotes my problem) but for quite some time now I have had no sex drive. I began taking Maca about three weeks ago, (recommended by my health food store) but have not noticed any changes in my sexual urges. I know that Maca is also recommended for other problems women encounter but I have been unable to find any information on it. Would you please give me all the information about it and recommend the most complete herbal information book available to the public? Also, I have read your herbal mixture solution but have yet to try it. (Shatavari, Damiana, Dang Qui, Celery Seed, Chastetree berry) I am assuming this is liquid form your suggesting so, when you say <1 part> how much is 1 part? How much of the mixture do you think should be taken? How often would this mixture be safe to take? Do women have any fear of hormonal changes, ex..(estrogen increase or decrease) to be concerned about? ...

ANSWER: a part is any unit of measure you want to use, millimeters, ounces, etc. Yes I usually recommend a liquid herbal extract, if this is what you would use the suggested dosage would be 3-5 mils or 1/2 - 1 teaspoon probably 3 times a day. We do custom blending and carry single or premade compound formulas.

I have already answered a question on Maca which is on the website, search the site and if you cannot find the answer there, I will be glad to reforward it to you. I would give the herb a couple of months before evaluating results; it is a tonic herb which takes longer to impart its effect.

As to books: I like the authors: Jim Duke, David Hoffman, Penelope Odey and many others, if you want to call the store and ask for my wife Susanna she would be glad to guide you to a book she would think is appropriate for you.

QUESTION: My husband and I do not have sex any more because he is taking too many blood pressure tablets and this apparently has caused 'a climax' not to occur readily.

I am 52 and in the past 6 months I have discovered that I get night (and day) hot and cold flushes. I find that I have found myself in an 'old peoples' mode of sexual desire and am wondering whether I am going through menopause or does it have something to do with my husband's condition and lack of sex. (Oh by the way - he has the viagra tablets, but I think he is worried about taking them regularly in case something happens to him). We have been through the stage of blaming me ... saying I am too fat, but I am only 63 kilo and quite fit - so everyone tells me.
Signed ... In a quandary.

ANSWER: Without knowing all the detail here is the simple answer:

Many men have found relief from drug induced sexual problems with the regular use of Ginkgo a peripheral circulation herb.

I am not quite sure what you are asking me to provide for you, please elaborate.

QUESTION: I WANT TO KNOW IF DOWN BENDING OF THE PENIS CAUSES REVERSE FLOW OF BLOOD IN CAPERCAVERNOSOM AND RELAXING OF PENIS WITHIN ONE MINUTE. COITUS SOMETIMES SUCCESSFUL . SOMETIMES PENIS RELAXES IN UTERUS. DEPRESSION SINCE 19880.USED ALLOPATHIC

ANSWER: Many prescription depression medications come with the side effect of penile erection problems. Recent studies suggest that Ginkgo effectively relieves this problem you may want to employ this herb to help with this sexual side effect.

FEMALE AROUSAL

Question: I want to try Damiana because I am having trouble being aroused and it might also help with some of the cramps I get during PMS. So does it cancel out birth control?

Answer: I am sorry for seemingly prying but most herbs have multiple uses, I have gotten into long exchanges with some questions because the person didn't tell me upfront what they wanted to use the herb for. This puts them and I into a goose chase.

Damiana has been reported as used for an aromatic, diuretic, tonic, stimulant, mild laxative, blood purifier, expectorant, antidepressant, testosterone, aphrodisiac, yang tonic.

That said, I have never seen anything on the herb drug interaction of Damiana and any Birth Control Drugs.

One possible side effect is insomnia in overuse or overdose.

This herb is Contraindicated in Pregnancy, Pelvic inflammatory disease, prostatitis and over stimulated libido.

One possible blend to use to increase sexual energy is 1p Damiana, 1p Dang qui, 1 p Celery seed, 1 p Chaste tree, 1 p Asparagus Root. 1 p is one part.

Finally the herb Shatavari, is used in India for this issue, its nicknamed there, "she with one thousand husbands" because it reportedly causes a woman to have insatiable lust. It is also an Asparagus root local to India.

PREMATURE EJACULATION

QUESTION: . I am male, single, 31 and have a problem of "immature ejaculation". For the past 7 years, I am in sexual contact with a woman who is 15 years older than me. I ejaculate one or two seconds before or after intercourse. The problem is getting worse since past two years but before that, I used to have sex for more than 10 minutes. Because I am getting married in next month, so this must be treated before it and the cure should be permanent for life. Please also suggest any cream or lotion for the penis strength and power. I don't want to use unnatural ways of making longer duration sex like "Viagra". I am now looking forward to hearing from you soon.

ANSWER: There are many factors involved with premature ejaculation without knowing all the details I am not sure I can help.

Schisandra berry, Latin Name: Schisandra chinensis or S. sphenanthe has been traditionally used in China for premature ejaculation

Fenugreek, Latin Name: Trigonella foenum-graecum has been traditionally used in Mid East, TCM, Ayurvedic for premature ejaculation

Agrimony, Latin Name: Agrimonia pilosa or A. spp to astring the jing to correct premature ejaculation and clears and problem with burning or pain in the male urinary and reproductive tract

Without more information this is all I can offer, I have answered similar question before please read my response online at the herbnet website.

SATAVARI

QUESTION: Does Shatavari really increase sexual desires? If not what herb will. your help is greatly appreciated

ANSWER: Shatavari, Latin Named Asparagus racemosus is considered "The Viagra for Women" in India. They commonly refer to it as the herb called "She with a thousand husbands."

A formula that has been used to increase sexual energy and help with other FRS problems is suggested as a combination of 1/4 p Licorice root, 1 p fresh oat tops, 1 p Damiana, 1 p Dang Qui, 1 p Celery seed, 1 p Chaste tree berry, 1 p Shatavari. This formula releases inhibition and increases circulation to the pelvic region. It also gives her the itch for sex. It will also help with some PMS issues, help with vaginal dryness, nervous system/psychological/emotional problems (especially associated with sex), regulates menstrual cycles. And finally will help women coming off birth control pills and in general to help normalize the female reproductive system.

SEXUAL PROBLEMS

QUESTIONS: Sexual dysfunction is a common side effect of SSRIs (Selective Serotonin Re-uptake Inhibitors, i.e. Prozac). I understand that there is an herb that may combat these untoward effects. Do you know which herb may help people who suffer from this?

ANSWER: I would discuss switching to the herb Saint Johnswort with your doctor, it has been tested as effective as Prozac for mild to moderate depression and does not have this side effect.

QUESTION: What increases blood flow to the genital area? I see on T.V. where this helps sex function. It takes a very long time for me to get aroused & many times I can not climax. I've had this problem increase since about age 30; (now 39) when I broke my tail bone. Also I really don't have a sex drive where I think about it or desire it. (I take these meds: Temormin, Paxil, Premarin) Thanks...

ANSWER:

The Indian herb Shatavari has the nick name "She with a thousand husbands" because it reportedly increases sexual desire in women so that they cannot be satisfied. I am wondering if the lowered libido is being caused by the common side effect seen by patients who take Paxol.

If you are taking it for depression you may want to talk to your Dr about trying Saint Johnswort which has been tested just as effective for depression as Paxol and no side effects. Also, See my other answers on sexual desire and performance.

QUESTION: since the birth of my last child and my tubal, i have lost most of my desire to have sex. Are there any herbs out there that i can take that will help? i know my husband will be very happy if there are.

ANSWER: I am wondering if you are breast feeding since the birth of your child this can cause lowered libido. Also, See my other answers on sexual desire and performance.

Question: I have been unable to find a chemical answer to the problem of delayed ejaculation during sex and I am trying to find out about possible herbal solutions to this problem. It takes too long to reach orgasm

Answer: I am not sure if it is a physical, psychological, emotional or stress related problem? Your partner may also be a factor in this issue? Your and your partners age is a factor.

One possibility for you is BPH which can be corrected with Saw palmetto.

To increase a female partners sexual energy use 1p damiana, 1p Dang qui, 1 p celery seed, 1 p Chaste tree, 1 p Shatavari. Shatavari is an Indian herb nicknamed "She with a Thousand Husbands"

There are so many things which can effect sexual performance and pleasure the total picture needs to be taken into consideration before building a correct recommendation.

The possibilities that can be considered are a state of sexual neurasthenia, lack of circulation, physical conditioning, or lack or to much lubrication.

For sexual neurasthenia, use Fresh Oat Extract, for Circulation, Ginkgo, for lubrication you may need to adjust its level by adding some. If it is a lack of sexual arousal, herbs such as the Chinese herb Yin yan huo, lustful sheep plant, stinking lesvivous goat plant" Latin Name: Epimidium macranthum, E. grandiflorium and Yohimbe may help.

These herbs are not to be intended for long term use

To relieve tension and performance anxiety use Kava or Hops but remember to much will put you to sleep, just enough gets rid of the tension and anxiety.

If it is a "too much lubrication" problem there are herbs for your partner to take. You have not told me if you use a rubber but they tend to lessen stimulation. If this is your birth control technique you may want to try another. Use of past and present masturbation techniques can prejudice your penis to certain rhythms and pressure sensation. I would avoid masturbation and concentrate on having sex with your partner.

Positions, where you have sex and the type of bed you sleep in are also factors.

ERECTIONS

QUESTION:

Hi, I'm a 22 old male who has a mild case of keeping an erection. Sometimes I can have a long one and other times I can't have an erection at all. Sometimes I'll have an erection but it wouldn't be real hard. In most cases it's hard for me to stay erect for at least 1 minute. I want to try some herbs to help me with a good erection. I want to know is Yohimbe a good herb to have for a longer harder erection? I'm not looking to taking anything super strong like viagra cause I can get an erection sometimes its just keeping one for a while. And if so what kind and what kind of dosage

should I take. I have one from only natural. It says it has a 1000 milligrams. My girlfriend is not too happy so if you can help me I would appreciate it.

ANSWER: I may be able to help but it is hard to tell with the information at hand.

I am not sure if it is a physical, psychological, emotional or stress related problem?

Your partner may also be a factor in this issue?

To increase a female partners sexual energy use 1p Damiana, 1p Dang qui, 1 p celery seed, 1 p Chaste tree, 1 p Shatavari.

Shatavari is an Indian herb nicknamed "She with a Thousand Husbands"

There are so many things which can effect sexual performance and pleasure the total picture needs to be taken into consideration before building a correct recommendation for anyone.

Psychological Impotence is usually associated with younger men. Causes can be stress, performance anxiety, fatigue from overwork, relationship problems, anxiety/ depression, causing pregnancy anxiety. The majority of men will experience psychological impotence as some time in his life. To test for psychological impotence men will sleep with a rice paper band on. If they have erections at night or wake up with an erection (if the band breaks), they have psychological impotence. Men with physiological impotence do not achieve erections.

According to noted and internationally known herbal medicine author Jim Duke This is his list of Herbal APHRODISIACS (A-3) (IMPOTENCE (A-1)/FRIGIDITY (A-2)) Ashwagandha (2), Anise (2), Cardamom (2), Damiana (2), Dong quai (2), Epimedium (2), Fava bean (3), Fenugreek (2), Ginkgo (3), Ginseng (2), Nettle (1), Oats (1), Parsley (2), Quebracho (2), Sarsaparilla (2), Sunflower (1), Velvet bean (3), Yohimbe (3) Those rated 3 have the highest success, 2 then 1 in order of importance.

His book Green Pharmacy is a great book on herbal medicine.

The possibilities that can be considered are a state of sexual neurasthenia, lack of circulation, physical conditioning, or lack or to much lubrication. Other issues that are related to this problem are performance anxiety and stress in your life.

For sexual neurasthenia, use Fresh Oat Extract, for Circulation, Ginkgo, for lubrication you may need to adjust its level by adding some. If it is a lack of sexual arousal, herbs such as the Chinese herb Yin yan huo, lustful sheep plant, stinking lesvicious goat plant" Latin Name: Epimedium macranthum, E. grandiflorum and Yohimbe may help. These herbs are not to be intended for long term use

To relieve tension and performance anxiety use Kava or Hops but remember to much will put you to sleep, just enough gets rid of the tension and anxiety.

For stress use adaptogens:

When I ask people if they are under stress most say no. My feeling is if you don't have stress in your life, you are dead. Stress refers to any reaction physical, mental or emotional to stimulus. Stress is an unavoidable part of life. Areas that can cause stress for people are: deadlines at work, problems with loved ones, need to pay bills, getting ready for vacations or holidays. Simpler less obvious examples of stress are: crowds, encounters with people, loud noise, light, pain, traffic jams, change in temperature, lack of sleep, over work and welcome changes to ones life. Stress itself is not bad, how we handle stress is what is important.

Adaptogens help the body deal with stress the most common and well known are the Ginsengs.

Ginseng, Panax ginseng (Chinese or Korean Ginseng) or P. quinquefolium (American Ginseng) have been studied in thousands of tests. With over 5000 years of use in China as an old man's tonic and hundreds if not thousands of years of use for indigenous North Americans as the "Chief of the Medicine Plants". Ginseng has an amazing background. Ginseng gets its Latin name Panax from the word Panacea meaning cure all. It was reserved for the rich in historical China and today single aged "man root" can bring hundreds and thousands of dollars on the black market. What can Ginseng cure or correct, according to scientific evidence just about anything. It brings the life force or vital energy up eliminating the natural slow down of old age. These studies suggest improved physical and mental performance. The mental improvements are demonstrated by increased memory and learning capacity. This improvement is associated with enhanced circulation to the brain. Additional medicinal uses include reducing cholesterol and protection to the liver from chemical toxins and poisons. Further studies have shown Ginseng's ability to increase respiratory function, improve fluid metabolism and calm your spirit. Ginseng is appropriately used for shock, collapse and heart weakness. It has been associated with longer life and increased disease resistance. In vitro studies show the reversal of cancerous cells to normal cells when Ginseng was introduced. Siberian Ginseng a completely different plant species than Panax and has a Latin name Eleutherococcus senticosis. This herb is also in the same class as Panax Ginseng and P. quinquefolium listed as an Herbal Adaptogens with characteristics minimally outlined as helping the body deal with life's stress and improving immune system response.

My suggestion here would be to start with Siberian Ginseng, then go to American Ginseng then finally if the first two fail the Chinese Ginseng. Fresh Oats is food for the nervous system, and normalizes the nervous system. Fresh oats will help with constant stress such as the kind you are experiencing now as suggested by your signs. Ginkgo would help with circulation especially to the small capillaries of the extremities (i.e. your penis). For mild to moderate

depression Saint Johnswort is as effective as Prozac and many other prescription drugs.

If it is a "too much lubrication" problem there are herbs for your partner to take. You have not told me if you use a rubber but they tend to lessen stimulation. If this is your birth control technique you may want to try another. Use of past and present masturbation techniques can prejudice your penis to certain rhythms and pressure sensation. I would avoid masturbation and concentrate on having sex with your partner.

Positions, where you have sex and the type of bed you sleep in are also factors.

Your question on Yohimbe use is a good one, Yohimbe can be used to provide sexual arousal for men. The effects can last a long time. Some describe it as a perpetual hard on. From what I have read, cooking the herb with Vitamin C increases the potency. The cautions here is, it can cause depression in high doses, and permanent erection called priapism which is very painful. I would be careful with its use and it is not intended for long-term use.

My biggest concern for you would be why would a young man of your age have a problem like this. I would try to find out if I were you. Talk to a doctor, healthcare provider, herbalist in your area. Sometimes counseling is very helpful, find a specialist that deals with this issue, take your girlfriend.

If you would like to pursue this more please call for an appointment. I charge a dollar a minute for the consult, preparation and recommendation. I am sorry but this is all I can quickly help you with.

p.s. Please keep in touch I would like to hear if any of this has been helpful. If you would like a more personalized approach please call to set an appointment, face to face - person to person is best but a thorough phone interview would suffice, plan on a couple hour phonecon.

This is an article I read on the Net, it may provide some insight for you:

The Viagra Alternative

Walk into any health-food store and you'll find countless products that purport to enhance your sex life: Passion Blend, Man Power, Super Sex, the list goes on. But do these products work? And how do they compare with that hugely popular little blue pill, Viagra?

The drug Viagra has proved a best-seller for a good reason: For many people, it's effective. Despite side effects such as headaches and anecdotal reports of possible links to heart attacks, it has helped millions. And although it's prescribed for impotence, or erectile dysfunction, in men, some ongoing studies are aimed at women as well. One, at the Women's Sexual Health Clinic at Boston University School of Medicine, suggests that Viagra does indeed improve female sexual response.

While there's no doubt that popping a pill is convenient, sexual dysfunction is a complex issue, with many causes and manifestations. And doctors caution against taking a quick-fix approach to symptoms that are often part of a bigger problem. "The critical thing is to address the underlying cause," says naturopathic physician Michael Murray, N.D., of Bastyr University in Seattle.

According to the 1994 Massachusetts Male Aging Study, age-associated impotence is frequently tied to chronic illnesses, such as arteriosclerosis ("hardening of the arteries"), hypertension, diabetes, and depression. And researchers at the Women's Sexual Health Clinic say many of the same diseases affect female sexual function as well. Other causes include prostate enlargement (in men); endometriosis, fibroids, and PMS (in women); and age-related declines in hormone levels in both sexes. Sexual dysfunction is also a common side effect of many prescription and over-the-counter drugs, including those for depression, high blood pressure, insomnia, and allergies.

If you're concerned about sexual problems, a good place to start is to review your overall health and current medications with your doctor. It's also essential to address any psychological or relationship issues through counseling or other forms of therapy. Exercise, a healthy diet, less stress, and a daily multivitamin can also go a long way toward preventing problems. "If you take good care of yourself by protecting your blood vessels and nervous system, the likelihood is sexual function can be preserved in both men and women," notes Steven Lamm, M.D., author of *The Virility Solution*.

Herbal Jump-Start

"Treating the primary cause should improve symptoms," says Dr. Lamm, "but it will do nothing in one night." While Viagra is often effective and fast acting-it typically boosts blood flow within 30 minutes to several hours-some people prefer non-drug alternatives. Several interesting supplements have recently come to light and may provide benefits within days to weeks, thereby improving outlook. Unfortunately, studies of their effects on sexual response are limited-especially in women.

The herb ginkgo biloba, commonly taken as a memory booster, may provide benefits. It presumably acts by enhancing blood flow and seems relatively free of side effects. In a pilot study at the University of California at San Francisco, ginkgo reversed sexual problems in 84% of men and women who were taking antidepressant drugs such as Prozac. A larger trial is under way.

Another promising supplement is the heart-healthy amino acid arginine, which also enhances blood flow. In a study of 50 men at Tel Aviv University, 31% of those with impotence improved after six weeks of taking arginine, versus only 9% with a placebo. (As with Viagra, you should avoid arginine if you are taking the heart medication nitroglycerin, because the combination may cause a dangerous drop in blood pressure. For the same reason, you should probably not take arginine with Viagra.)

The supplement DHEA may also provide benefits in men and women who have low levels of this hormone. DHEA

helps our bodies make estrogen and testosterone, and a recent trial at the University of Vienna found it helped men with impotence.

Additional herbs that have shown some benefit in small studies include the stress reliever Panax ginseng and the hard-to-find Brazilian herb Muira puama. In a study at Yonsei University College of Medicine in Korea, 60% of men who took Panax ginseng were better able to achieve an erection, versus 30% in those who took a placebo; in animals, the herb appears to boost testosterone levels. And at the Institute of Sexology in Paris, more than half of men who took Muira puama responded positively within two weeks.

Finally, many potency formulas contain the African tree bark yohimbe, which some studies have shown may correct impotence and possibly heighten libido. However, this herb can cause a dangerous rise in blood pressure, as well as anxiety and other side effects. Many doctors prefer the purified form of the herb, the FDA-approved drug yohimbine, instead, because it has a guaranteed purity and potency.

Additional Remedies

Other popular but unproved therapies that may provide a boost for sexual function include aromatherapy (vanilla for confidence; rose for mood), hypnosis, meditation, acupuncture, and homeopathy. In a recent study from the Netherlands, twice-weekly acupuncture relieved impotence in 39% of men after four weeks. Off-the-shelf homeopathic remedies such as Vigorex, an ultra-diluted solution of oats (*Avena sativa*) that is thought to free up testosterone, are also popular, though expert Dana Ullman, M.P.H., advises that people see a professional homeopath to get individually tailored remedies.

Passion Potions

Can Super Sex, Biagra, or any of the countless other high-priced passion potions and aphrodisiacs sold at health-food stores or pharmacies restore your sex drive? Probably not. Many contain a long list of ingredients, some of dubious value. Check the label carefully to make sure the product delivers an adequate dose of natural compounds that have been shown to help (see chart below). "Unless it has a sufficient amount of the active ingredient, the product is not likely to be effective," says Dr. Murray.

Instead of a blend, you may be better off buying an individual ingredient tailored to your particular condition. Allow at least several weeks to see if it works for you.

In Search of that Lovin' Feelin' :

Arginine

Who Might Benefit? Men or women who have circulatory disorders that may be contributing to sexual problems; boosts blood flow. Suggested Dose 1 gram 3 times a day; sold as L-arginine.

DHEA

Who Might Benefit? Men or women with low levels of this hormone, as determined by doctor; helps the body make estrogen and testosterone. Suggested Dose 5 mg each morning for women; 10 mg for men; increase dose if doctor advises.

Ginkgo biloba

Who Might Benefit? Sometimes recommended for men or women on Prozac or other antidepressants; boosts blood flow. Suggested Dose 80 mg 3 times a day, standardized to contain 24% flavone glycosides and 6% terpene lactones.

Ginseng (Panax)

Who Might Benefit? Men with impotence. May also benefit men or women with stress-induced loss of libido. Suggested Dose 100 to 250 mg twice a day, standardized to contain at least 7% ginsenosides.

Muira puama

Who Might Benefit? Called potency wood in Brazil; only one small study in men has been conducted to date. Suggested Dose As tea, 1 tsp. dried herb per cup of water each morning.

Yohimbe

Who Might Benefit? May boost blood flow, but has serious side effects. Suggested Dose Opt for the prescription drug yohimbine instead. See your doctor.

Additional Herbs:

Avena sativa (oat extract, said to free up testosterone); damiana (Mayan herb that may boost blood flow); guarana (caffeine-rich soda imported from Brazil); maca (Peruvian herb used for menopause and impotence); tribulus (possible testosterone and libido booster). Little or no research has been done on these herbs. An appropriate dose cannot be determined at this time.

Further reading: Stephen Lamm, M.D., *The Virility Solution* re, 1999); Marc Bonnard, M.D., *The Viagra Alternative* (Healing Arts Press, 1999)

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SINUSITIS

Question: I have been experiencing sinus problems now for some time. I have been told that I have chronic sinusitis. What do you recommend?

Answer: Why do you have chronic sinusitis is it allergies, infections, poor diet, stress, lack of exercise, all these and more can affect this issue. I would really like more information about you, diet, lifestyle, health etc. Without that I am taking a shot in the dark. It seems you have tried everything, but I will give you some things to think about.

For allergies use Eyebright and Gano Derma to lessen histamine response, check what you are allergic too, many people are allergic to milk or gluten found in lots of food products, others dust, mold etc. To reduce reaction remove allergen from your diet or environment first and for most. For constant colds and flu use immune building herbs such as medicinal mushrooms or Astragalus to build your immune system, for acute onset of a cold or flu use Garlic and Echinacea in large amounts. Some people have taken up to 9 cloves a day the first couple of days, for Echinacea it has been used successfully at a teaspoon of tincture every couple of hours for the first 3 days.

Eliminate sugars and empty calories from your diet, anything with corn syrup, glucose, sucrose, dextrose, maltose, and any alcohol sugars such as sorbitol, all refined or bleach flour or wheat products, such as pasta, cereal and bread. Stay away from all processed foods. The fuel of infection is sugar and carbohydrates. Fat free products are full of sugars, they take the fat out and add sugars for flavor and texture, avoid them also. No soda, juice, sports drinks or sweetened teas or coffee.

Your diet should consist of water, vegetables, proteins then a small amount of fat. Make a 3 X 5 card up and list the following:

- 1 Water
- 2 Vegetables and fiber
- 3 Proteins
- 4 Fats

Take the card everywhere you go, before eating or planning a meal pull the card out and look at it, your choices are easy now, start with 1 as your preferred drink, 2 should be your major part of the meal (look for the salad or vegetarian menu choice), 3 protein should be the size of a deck of playing cards about 4 oz, fats are not all bad and we need essential fatty acids, but fats should consist of less than 15-20 percent of your diet. Use Olive oil, fats from deep sea fish, small amounts of nuts and seeds on salad to dress the salad up. These should cover the fat requirement in your diet.

Fruits are also full of sugar and should be your dessert of chose if you have dessert at all.

Use immune building herbs such as:

Astragalus, Huang Qi, Yellow Leader, Latin Name: Astragalus membranaceus

Use medicinal mushrooms such as Gano derma, Maitake, Shitake and Chaga to help build the deep immune system and fight infection. Make broths of the mushrooms as a base for vegetable soup or take them as tinctures.

Get as much Garlic in you as possible, add it to your daily diet, you should smell like garlic.

Herbs specific for Sinusitis are:

Elder Berry and Elder Flower, Latin name: Sambucus nigra (European), S. canadensis Long history of use for sinusitis, colds and flu helps fight the germs involved.

Sage, Latin Name: Salvia officinalis dries excess mucus

Thyme, Latin Name: Thymus vulgarus, T. serpyllum powerful antiseptic use for bacterial or viral conditions.

The Chinese herb Bai Zhi \Bi-Zur\, Angelica, Latin Name: Angelica dahurica it is been traditionally used for excessive mucus discharge which comes and goes, sinus headache, sinusitis, rhinitis.

Calamus, Sweet Flag, Bitter Root, Muskrat Root, Latin Name: Acorus calamus long history of use for colds and flu.

head colds with congestion, sinus Headache with fullness.

Barberry, Oregon Grape Root, Latin Name: *Berberis vulgaris* A gargle for sinus infection.

Eyebright, Latin Name: *Euphrasia* sp probably the number one used herb for Sinusitis. Use tincture 1/2 a teaspoon up to 4 times a day.

Lomatium, Bear Root (Bear Medicine), Biscuit Root, Latin Name: *Lomatium dissectum* traditionally used for acute and chronic viral or bacterial disease, make as a tea then Inhale for sinus infections and sinus headaches before drinking. Usnea, Old's man beard, Latin Name: *Usnea barbata* Traditionally used for bacterial or viral conditions such as sinusitis.

Take Vitamin C 1 gram or more and take Zinc upwards to 200 mg per day to improve infection fight capabilities of your body.

Question: I just read that over 90 percent of chronic sinusitis is caused by a fungus in the sinus cavity. can you suggest any herbs that might help eradicate fungus?

Answer: I don't know where you got your information, some people believe systemic Candidiasis (a fungus) causes allergic reactions in the body including sinus drainage or possible infection, if you had this you would be hospitalized. I am wondering if you have sinus drainage due to lots of colds and flus, chronic infection or allergies. I am wondering what is the cause and why.

Here are my thoughts and suggestions:

For allergies use Eyebright and Gano Derma to lessen histamine response, check what you are allergic too, many people are allergic to milk or gluten found in lots of food products, others dust, mold etc. To reduce reaction remove allergen from your diet or environment first and for most.

For constant colds and flu use immune building herbs such as medicinal mushrooms, astragalus to build your immune system, for acute onset of a cold or flu use Garlic and Echinacea in large amounts.

But to simply answer your question here is a list of herbs that have antifungal properties:

Internally (use in diet)

Garlic, latin named *Allium sativum*

Thyme, latin named *Thymus vulgaris*

Cardamom, latin named *Amomom cardamomom*

Most of the aromatic herbs in your spice closet, onions, ramps

Herbs that can be used as medicines internally, with herbalist guidance, many of these have antibacterial, antifungal and antiviral properties and many are only effective topically (they must be in contact with germ)

Myrrh, latin named *Commiphora molmol* or *C. myrrha*

Barberry or Oregon Grape Root, latin named *Berberis vulgaris*

Yellowroot, latin named *Xanthorrhiza simplicissima*

Chaparral, latin named *Larrea divaricata*, *L. Mexicana*, *L. tridentata*

Usnea or Old man's beard, latin named *Usnea barbata*

Spilanthes, latin named *Spilanthes oleracea*

Externally use only

Black Walnut, latin named *Juglans nigra*, use green hulls

External use or inhalation into lungs and sinus

Lavender essential oil, Latin named *lavendula officianalis*

Tea Tree essential oil

A non-herb product called Propolis which is gathered Bee resin



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ANSWERS FROM KAREN MALLINGER

PSORIASIS

QUESTION: I am 31 years old and I have been suffering from psoriasis for 9 years now. I have tried so many treatments and nothing seems to work I was wondering if you could recommend an herb to try.

ANSWER: *My first suggestion to you involves your diet. Reduce the fat, eat lots of fiber, fish and green leafy veggies, use fish oil, flaxseed oil or primrose oil supplements every day. I have a fabulous salve that I developed for a very good friend who suffered from Psoriasis for years. If you're interested, e-mail me with the word ORDER in the subject line for more information. Chaparral, dandelion and yellow dock are all helpful in relieving the symptoms of psoriasis.*

ACNE

QUESTION: I am a 33 year old female who has suffered with oily skin since 9 years of age. I still get breakouts and have cystic acne as well. I must wash my hair daily or it looks greasy. My breakouts are worse a week before my period. I also have patches of skin under my eyes near my nose that get red and flaky, the dermatologist called it dandruff and I use Elidel which does help. I also use Retin-A which really makes my face feel like it is on fire even though I only use it about 1-2 times a week. I have very large pores across my nose, cheeks and chin but scarring isn't that bad. I'm healthy, not overweight and get 8 hours of sleep a night. I have tried EVERYTHING from department stores, dermatologist to home remedies, you name it and I've tried it, nothing works! Any suggestions?

ANSWER: *Well, going back to my old standby, the diet, I have to ask first how you're eating? Our skin is the largest eliminative organ of our bodies and what goes in, comes out. In one way or another. Since you are 33, it could partially be hormonal, though I can't be sure. Your doctor can do blood tests to test the estrogen levels to see if there is an imbalance there. You say you've had this condition since childhood, so it may be genetic as well. First, make sure you are eating lots of leafy greens and drinking plenty of water. You'd be amazed at the difference it will make, trust me. Try some lavender cold compresses. 1 part lavender essential oil to 10 parts pure distilled water. Soak a washcloth in the mixture and place over your face. Leave there until it warms to body temperature. Then reapply. Do this 3 times a day. Internally, you can try milk thistle or chaste tree either caps or in tea. The chaste tree will help with the pre-menstrual flare-ups.*

RASH

QUESTION: I have a quick question. I have these raised red nickel size bumps on my neck, forearm, leg and stomach. at first I thought it was ringworm, but they don't have white centers, plus I have been using some antifungal cream but they haven't gone away. they have been there for about two weeks. I am 21 years old and I work for a medical facility where i see many patients a day with different problems so I most likely got it from work but I don't know what it is! oh yeah they don't itch. can you help me?

ANSWER: Unfortunately, being an herbalist, I cannot diagnose or prescribe medicines. Do you have any doctors at this medical facility you work at? I'd get someone to look at it, preferably a dermatologist. Once you have a diagnosis and know what it is, I might be able to help. Let me know!

ACNE

QUESTION: I have a reoccurring condition with cysts on my face. Acne they call it. I've tried all kinds of topical treatments and my doctors only want me to take drugs. I think there could be some underlying cause for them to keep coming back and in the same spots on my chin. The dermatologist tells me it's not food related but I have a hard time believing what they tell me because they only want to shove drugs down my throat. Can you help?

ANSWER: *Your letter didn't say how old you are. If you are a teenager, you may be experiencing typical acne*

brought on by the hormone changes you are going through. This also happens to older women when we begin to go through hormone fluctuations as we approach menopause. I have to disagree with your doctors saying it isn't food related. We really are what we eat, and several foods can exacerbate acne. Make sure your diet includes lots of green, leafy vegetables and fresh fruits as well as plenty of water every day. Avoid fatty foods, oils, saturated fats, sugar and all junk food. Also, vitamins, A, C and E are critical for healthy skin. To detox the liver and blood, I would recommend Burdock root, milk thistle and red clover.

Tea Tree essential oil is a natural antiseptic and antibiotic. Take a Q-tip and apply directly to the blemishes 3 times a day. If you must wear make-up, try one that is water based.

ECZEMA

QUESTION: someone told me that alfalfa could possibly help my problem with eczema. if this isn't true could there be anything that might be of help

ANSWER: *I don't know about alfalfa, but aloe Vera gel can be very soothing. Also Avena, Calendula, and Chamomile, externally. Internally, try burdock root, Oregon grape root and sarsaparilla. Avoid moisturizing creams and lotions as they inhibit the "barrier" function in eczema-affected skin, and encourage infection.. Also, any of the antioxidant compounds that stop the production of histamine and other inflammatory chemicals may offer some relief. Blackberries, blueberries, cherries, and raspberries all fall into this category.*

ANSWERS FROM DAVID BRILL

MOLLUSCUM

QUESTION: I have a 6 year old with molluskum on her legs and arm. She has had it about 6 months and the dermatologist is giving her Aldera cream alternating with Dermatop because the Aldera causes her skin to be so red that it appears burned. I am concerned about scarring and other issues. Your answer on the web page regarding Molluskum said that it are a character of a disturbed T-cell immune defense? Does this mean this could be a symptom of anything more serious?

(FYI: My daughter has also suffered from chronic sinus infections and leg pains, from 18 months throughout 5 years of age - both currently under control via diet and calcium/magnesium supplements.)

You mentioned herbs such as lemon balm and Sage and Echinacea and Astragalus - Echinaccia, as I understand is only to be used a week off and a week on. Is it safe to give Sage and Lemon Balm to a 6 year old and if so in what form and amount and have these been proven effective against Molluskum.

ANSWER: If she has Molluscum contagiosum it is normally caused by a virus in the Pox family.

Sage is a great antiviral, she can drink the tea which is quite strong, here is a suggested method for making the tea:
Tea 1 teaspoon dry crushed leaf (for fresh us twice this amount), steep covered 30 minutes, 2-3 Cups a day

Echinacea can be taken for more than a week at a time, if you are concerned about the alcohol content in the tincture you can use a glycerin based extract which tastes great to kids (very sweet), adding this glycerin extract to the sage tea would sweeten it and make it more palatable.

Lemon Balm is another great antiviral, **Tea** 1 t carefully fresh dried or 2 teaspoon of the fresh plant, 8 oz water, steep covered 15-20 min, 2-4 C day. It tastes great and can be combined with the Sage tea and the Echinacea glycerin or tincture.

For external use I would try Saint Johnswort oil another great anti viral, it is a blood red infused oil which is a great vulnerary and wound healer. Rub it on the affected areas.

Poke has been used for this but you would need to consult with a qualified herbalist who has used this herb for this condition for help.

A wash with elderberry or chamomile tea will help with itching or scratching. Apply to the skin with a cloth soaked in a strong tea made from the herbs.

Astragalus would boost her immune system help to fight the virus.

WARTS

QUESTION: Hi, I have a question about warts. I heard and have read that milkweed(asclepias syriaca) can get rid of warts, unfortunately it is winter and we don't have any right now. Do they make the milk from milkweed into any kind of oil?

ANSWER: The milk you refer to is a latex, many plants that have a latex in their leaves and stems have been used for warts, this includes, wild lettuce, dandelion, celandine and many in the milk weed family. Most people simply gather their own in season. I know of no oil or product that is made of this latex. We do have a tincture of Celandine that is made from the whole plant and so includes the latex of Celandine. It could be applied externally to the wart several times a day, it is a very strong yellow stain so be careful around clothing. It is considered an escharotic (flesh eater)

and for this reason is used to eat warts. Try not to get it on healthy skin for it can cause irritation. When Celandine is broken it releases an orange yellow latex which is topically applied to the wart when the plant can be found fresh in season.

MORE ON WARTS

WARTS

QUESTION: I find your website very interesting and informative. I have gone through several websites regarding warts but many did not seem to address the problem of scarring when applying herbal remedies. I have many warts on my face and so far chickened out for laser surgery on two occasions, preferring a less invasive but effective treatment.

Please recommend some herbal remedies that I can apply on my face without causing scarring.

ANSWER: I am not sure I can help you, I am sorry.

You may want to try the herbs which have latex in them such as Dandelion, Wild Lettuce and Celandine, break the stalk and apply the latex, Stronger tissue eating herbs such as Mayapple and Bloodroot can definitely cause scarring you would need to protect other areas of unaffected skin.

To soothe and protect the skin use Fresh Aloe gel mixed with vitamin E and Lavender essential oil. The infused oils of Saint Johnswort and Calendula are also great for the skin.

There must be another reason for you condition, treating the symptoms will not get rid of the source of the problem. Have you seen a dermatologist? Any diagnosis given from anyone? It is hard for me to help with the little you have given and the distance which separates us.

What type of warts are they?

Most warts are caused by viral infections you may want to try some antiviral herbs and rotate them throughout your daily diet. See my other answers to treating viral conditions and herbs suggested for ideas.

PLANTAR'S WARTS

QUESTION: A friend asked me if I knew of any herbal remedies to get rid of a planter's wart. I recently read that dandelion sap is useful for getting rid of warts, but it didn't specify a specific kind. Since dandelion isn't currently in season, would an dandelion extract work? I'm open to other suggestions.

ANSWER: No dandelion extract will not work, you need the latex sap from the plant, when you break the stem and the white milky stuff oozes out. It is this fresh latex of Dandelion, Wild Lettuce and Celandine which have some effect on warts. A stronger flesh eating plant would be mayapple or bloodroot but they can cause scarring and I would suggest finding someone who knows what they are doing in your area to apply these. I have also heard that the slimy side of a banana peel will help correct this problem. Apply the slimy side to the wart and hold in place with a band-aid change banana peel and dressing daily. It will probably take some time to be effective, give it a couple of weeks to a month.

MOLLUSKUM

QUESTION: I recently visited the doctor about a bump I found near my genitals, she told me it was molluskum, and it would go away by itself, and didn't offer any treatment except to burn them or freeze them off. Its been a few months and they are still there. Is there anything I can do to speed the healing process and will these "warts"; or the virus causing them ever go away? Please help me, the doctors don't seem to have the answers I need.

ANSWER: I would use Immune boosting or balancing herbs such as medicinal mushrooms, echinacea and astragalus. In addition I would mix in some antiviral herbs such as Lemon Balm and Sage to name a few. See my other answers in this section. Use the search feature and look for these category of herbs in my other answers.

The following is a download about Molluskum from another internet site.

The Molluscum contagiosum is caused by a DNA virus from the group of the smallpox viruses (2, 3). Typically it is seen with children in the face and neck area and with older patients in the Anogenital region (2, 3, 8). The transfer effected via direct contact, the incubation period is with 2 to 8 weeks (2, 3). The flat prominent warts are often treated with central Eindellungregress in the course of months or by means of excision. It is well-known that patients with the acquired immune deficient syndrome (AIDS) have a increased risk of infection. Mollusca contagiosa are a late cutaneous character of a disturbed t-cell-immune defense.

STRETCH MARKS

QUESTION: I was wondering if there is anything that would help reduce the stretch marks after delivery.

ANSWER: The best way to help with stretch marks is to use creams, lotions and oils on the abdomen skins as the baby is growing inside you during the entire period when your abdomen area is being stretched by the growing child inside you. Post delivery is after the stretch marks have already been made, you could still try some creams, lotions or oils such as calendula, lavender, aloe, etc. but it would have been best to start while the baby was growing and stretching your abdomen from the beginning.

BUMPS

QUESTION: My three year old gets small bumps on her buttocks. They start out like a small blister and then become

progressively angered until they resemble a boil. I thought she was getting chicken pox, but she she has been immunized. Her pediatrician said to put antibiotic ointment on the spots, but there is no change. Now one of these bumps has appeared on her back. A friend brought a bar of homemade soap, I think with chamomile, which really helped. I'm not sure if it was chamomille, but if it was, I need to find more.

ANSWER: Chamomile tea is a great anti-inflammatory for the skin, if you cannot find the soap simply make a strong tea and dip a cloth into it apply to the affected skin areas, you cannot also give her a chamomile bath.

My concern would be what is causing the bumps, has she been exposed to a virus? are they heat blisters, is she still in diapers and could be allergic to them. The Chicken Pox immunization is not 100% effective, she could still get them. And there is very little health problems associated with getting them we have chosen not to get our daughter immunized.

Elder flower is another good wash for the skin, taken internally it is an excellent antiviral and helps to bring out eruptions speeding the end to the disease. When elder flower tea is combined with peppermint it is a excellent tasting tea for children to consume.

Hi there David, I came across your site and wished to ask you a few questions. I am 21 yrs. old and am struggling for the last while with liver spots and acne in my back...I can't seem to get rid of them and have tried some herbal remedies but I guess I haven't been consistent and as disciplined as I should be. My diet is relatively healthy but because I am a full-time university student I don't always have proper meals....if you can suggest anything I would appreciate it...I live in Toronto so a consultation with you is pretty much impossible....I am really self-conscious about them and it really gets me down sometimes.

ANSWER: The following herbs have been used for liver insufficiency with pimples and skin alterations, such as colorings.

1. Red Alder, Tag Alder, Latin Name: *Alnus rubra*
2. Barberry, Latin Name: *Berberis vulgaris*
3. Oregon Grape Root, Latin Name: *Mahonia aquafolium*

They are strong bitter herbs and stimulate the liver, they are considered alterative herbs which help the body rid itself of wastes by stimulating the elimination pathways. The second and third one listed act as broad spectrum antibacterial, antifungal, antiviral agents.

You need to taste the bitterness for best effects.

I would suggested you would also benefit from regular use of a bitter herb blend 5-10 minutes before meals to jump start and improve digestive and eliminatioin action. Read my other answers on bitter herbs.

EPIDERMOLYSIS BULLOSA

QUESTION: I have a two year old daughter who was born with a rare and devastating skin disease. My daughters name is Abriana we call her Abbi. She was born in 1998 . When she was born we found out that she has a devastating skin disease called Epidermolysis Bullosa (EB). This disease effects her outside from her head to her toes and inside from her mouth to her anus. She is missing a protein in her collagen 7 gene. This causes her skin to blister and sloughs off very easy. She lives every day in bandages on her arms, legs, and upper body. Abbi has many different open wounds all over her body. Ever since she was born I have been trying to find something that will make her more comfortable. Since there is no cure to EB, I try very hard to make her life as comfortable as I can. I am interested in trying in anything that might work on helping her heal a little faster, and cut down on her scaring. I have recently come across a cream that I would like to try on her. I have heard that I could only get a hold of it in Mexico. I was wondering if there was any way that you would be able to help me get a hold of it or anything that could help her. The name of this cream is Tepezcohuite. I am very interested in getting a hold of this cream or anything that might help inside or out. I look forward to hearing from you. Anything you might have to offer will be helpful. Thank you for taking the time to read this.

ANSWER: This is what I found in the net about the plant and a product.

Tepezcohuite (or *Mimosa tenuiflora* Poiret) has been used since the time of the Maya Indians who had long recognized its healing properties on burns. A more recent event that led to Tepezcohuite's popularity is the 1984 incident of a gas complex explosion in a Mexican suburb. The Mexican Red Cross ran out of normal medical supplies and so turned to using the powder of this tree bark to treat burns. The treatment was so effective that they again used it a year later when an earthquake caused a gas explosion in the Aztec capital.

Tepezcohuite is known as a burn cream and with good cause; it can heal very serious burns without leaving a scar, yet it is all natural: a cream made from the powder of tree bark. Its properties as an anti-microbial, an analgesic agent, and a cellular regenerator have been verified by institutions such as the Mexican National Institute of Social Security, the National University, and the Ministry of Health. It is also highly effective against acne, skin blemishes, and pressure sores among other things.

Hozro Consultants is selling Tepezcohuite for everyday treatment of burns, scrapes, cuts and skin problems in (size) oz. jars of cream for \$(amount) per jar. You can order online, by fax, or by mail using our order form Hozro Consultants, 47-01 Greenpoint Ave., #114, Sunnyside, NY 11104-1709, the e-mail address is hozro@hotmail.com, and the phone number is 347/723-6287. Large jar is \$10 plus shipping, and we will ship anywhere

Additionally you could try the following

Aloe, Latin Name: Fresh Aloe vera gel can be used internally and externally to speed healing good for burns, rash, ulceration, inflammation, increases cell proliferants and stimulate healthy cell growth.

Sarsaparilla, Latin Name: Smilax species: Inflammatory conditions of the skin, bowels and connective tissue. Skin conditions that are red, hot and inflamed.

Calendula, Latin Name: Calendula officinalis has special affinity to skin and mucus membrane tissue, builds them and heals, use both cream, oil or ointments externally and tincture or tea internally. Tea can be used as a poultice on the skin also.

Gotu kola, Latin Name: Centella asiatica use in combination w/ Sarsaparilla for inflammation and skin conditions can be taken internally and applied externally.

Reishi mushrooms, Latin Name: Ganoderma lucidum: good for immune system and red inflamed painful skin, adaptogen lowers stress levels

Burdock seed, Latin Name: Arctium lappa is great for red inflamed skin conditions and sooth throat, dryness, combines well with sarsaparilla and evening primrose oil.

Yellow Dock, Latin Name: Rumex crispus (means curled): For weeping, oozing skin conditions: eczema, psoriasis with serous or pus drainage combines well with sarsaparilla or gotu kola.

Elder Flower, Latin name: Sambucus nigra (European), S. canadensis: Make a tea of flowers and use on skin to relieve dryness and itching, smooths and soothes skin.

For a homemade skin care combination, mix infused oil of calendula and saint johnswort with fresh aloe gel and several drops of lavender essential oil, test on small area of skin for several days to see reaction.

CHILBLAINS

QUESTION: I've read about arnica, agaricus, and tamus as possibly useful remedies, but can't find any specific information about what form, how much, how long, etc. I'd be grateful for any suggestions you have (or can direct me to) regarding the topical treatment of this annoying winter problem.

ANSWER: Chilblains are a painful sore appearing on the foot or the hand which is caused by exposure to cold. They can appear as red and/or itching patches on the extremities of the body such as fingers, toes, nose, ears and swelling can occur.

One cause which has been suggested for this condition is poor circulation. The best treatment is to avoid getting these areas cold and wet to avoid getting it and once they occur try hard not to scratch them.

In the past herbal poultice made with one part Powdered Marshmallow or Slippery Elm and two parts vegetable oil, mixed together and applied morning and night have been used to help. Additionally, a fresh poultice of chickweed has also been used successfully in the past to aid this condition and other inflamed conditions.

To help with circulation try a cup of ginger tea twice a day and add Garlic to your daily diet or supplement with pills. Ginkgo and Prickly Ash also increase circulation especially to peripheral areas such as those affected by this condition. They would be ingested as a alcohol extract.

ECZEMA

QUESTION: I want to ask you about the herbs that are used in the treatment of some skin diseases : eczema and urticaria and how we can use them.....

ANSWER: Eczema is an allergic reaction that shows on the body as mainly itchy, inflamed patches of skin on the face, elbows, knees, and wrists. Eczema is most commonly seen in young children and infants, than in adults. Western medical treatment for eczema consists mainly of topical steroid creams.

The use of essential fatty acids such as those from Evening Primrose Oil have been shown effective after several months of use. Typical recommended use and is high 2 to 4 grams a day for upwards of 6 months to see results, some combine EPO and fish oils.

10 mg of zinc picolinate and 1 mg of copper daily in children under 10. For older individuals, the dosage is 15 to 30 mg zinc taken daily, balanced with 1 to 3 mg of copper daily.

Creams made from chamomile, licorice and/or calendula used singly or together have been widely used in Europe for this condition.

Yellow Dock, Curly Dock, Latin Name: Rumex crispus is good for oozing weeping skin conditions such as eczema, for red and inflamed conditions it combines well with sarsaparilla or gotu kola.

Urticaria, commonly called hives, is an inflammation of the surface layers of the skin, and is characterized by small,

itchy red or white welts. These welts are sometimes called wheals. It is thought Urticaria is usually caused by an allergic reaction, but is also associated with excess exposure to the sun, allergies to foods ingested, stress and extreme exercise.

Nutritional supplements used are Vitamin C and B12

Herbs normally used for hives are the following:

Dan shen, Red Root Sage, Latin Named: *Salvia miltiorrhiza*

Huang Qin, Chinese Scullcap root, Latin Named: *Scutellaria biacalensis*

Reishi mushrooms Latin Named: *Ganoderma lucidum*

ATOPIC ECZEMA

QUESTION: I have an 18 month old grandson who has been having problems with Atopic Eczema since he was born. His pediatrician tried to let him avoid milk in his diet when he was younger. She has treated him with Hydrocortisone ointment and Elocan, but there was no relief. He has also been seen by a Dermatologist who says that it cannot be cured, he might eventually grow it out. The only thing he recommended was skin lotion and soap for sensitive skin to keep the skin moist, but it seems to be getting worse. This little baby is in great agony as he keeps scratching and sometimes there is bleeding as the skin gets damaged. I would be very grateful if you can help him.

Thanks for your reply and your recommendation.

ANSWER: Without all the details I can only provide some generic relief.

Skin problems are usually related to the digestive system or liver, treat this and they usually clear up.

For external use I would make an Elderberry tea, Latin Name: *Sambucus nigra* (European Species), *S. canadensis* (USA species) of the flowers to wash on the skin, Elderberry helps with dry itchy skin because it is an emollient.

Oats, Latin Name: *Avena sativa*, *A. fatua* (wild oats) is good for itchy skin conditions, cook small amount on stove top till thickened then add to bath waters. Usually stops the itching and is also good for the skin.

Milk Thistle, Latin Name: *Silybum marianum* is good for the Liver and helps with dry itchy skin. Taken as a tincture would be best.

Burdock seed Latin Name: *Arctium lappa* is great for dry itchy skin use in combination with Milk Thistle, again as a tincture.

For red and inflamed conditions Yellow Dock combines well with sarsaparilla or gotu kola, both of which are great skin herbs.

Use a dietary supplement with Omega 3 fatty acids such as deep sea fish oil or Evening Primrose Oil.

Zinc supplementation is said to be effective for eczema in some children. The usual dosage is 10 mg of zinc picolinate daily in children under 10, balanced with 1 mg of copper.

But the problem with most of these approaches is they are only symptom relief, you need to find the source of the problem. Food allergies have been associated with this condition.

I would clean up the child's diet, no processed or refined foods, eat only whole foods, some food allergies can cause skin reactions, eliminate dairy, wheat or gluten containing foods. I would try an elimination diet then slowly introduce foods to see what the source of the problem could be looking for problems as each food is reintroduced.

One food allergy disease which is hard to diagnose in children is Celiac disease: Children with Celiac disease tend to have certain blood test abnormalities. In particular, a low red cell count (anemia) is common as a result of iron and vitamin deficiency. Not only do children with untreated celiac disease tend to be quite short, x-rays of their bones show a lack of calcium and an overall slowing of bone growth. Enamelization of teeth may be impaired. A gluten-sensitive skin rash (dermatitis herpetiformis) can be observed in adults with celiac disease. This rash appears as painful, itchy, raised red blotches on the elbows, knees and buttocks. However, this skin rash is uncommon in children, but you may want to investigate this possibility.

FORMACATION

QUESTION: My sister has suffered from a severe skin itching for 3 years and has not been able to find a cure for this. Besides taking drugs to knock her out, she is also going through menopause and can get into a very bad fit of rage. She has been on a low dose of birth control and it seems to put her in a worse mood. My sister was watching the Oprah Winfrey show and heard about the term for skin crawling called formacation. Could you please give me any information on how to help my sister, as she seems to be going out of her mind. I feel that she is taking to many prescription drugs and feel that there has to be an alternative medication or herbal remedy for her problem. Thank you for any help in this matter.

ANSWER: Without knowing all the facts. This is what I would tell my sister to try:

Dang Qui, Chastetree & Black Cohosh for hot flashes, skin crawling, constipation & vaginal dryness associated with Menopause.

RINGWORM

QUESTION: I'm looking for a treatment of ringworm

ANSWER: Ringworm is a fungus named as Tinea capitis when in the scalp, Tinea corporis when in the beard, Tinea barbae when in the nails and Tinea unguium when on the feet.

Use antifungal herbs, such as Tea Tree or Thyme essential oil, Tea Tree is one of the few essential oils which can be applied directly to the skin, Thyme essential oil needs to be diluted. Also Garlic and Green Black Walnut husks are antifungal, see my other answers for antifungal herbs online at this website.

Probably the best choice would be Usnea, Old's man beard, Latin Named: Usnea barbata. Use a tincture internally and topically, this is alcohol based extract and may burn on contact, try a small skin area first to see results or side effects.

ATOPIC DERMATITIS

QUESTION: My son, age 30, was born with atopic dermatitis; however, it has only been in the last 10 years that his condition has become chronic. He's tried several conventional remedies with no success and has also had acupuncture and Chinese methods with no success. I read somewhere that taking Brewer's yeast might help. Could you comment on that? Any other suggestions would also be appreciated.

ANSWER:

I am not sure I can help with this problem in this forum, would he consider a full conciliation?

Here are some thoughts...

Atopic dermatitis

Alternative Names: neurodermatitis; infantile eczema; atopic eczema; dermatitis - atopic; eczema; eczema - infantile; eczema - atopic

Definition: A skin disorder involving hypersensitivity reaction within the skin characterized by inflammation, itching and scaling

Causes, incidence, and risk factors

Atopic dermatitis can occur in an infantile (children) or adult form. It is most common in infants, and at least half of those cases clear up by age 18 months. There is often a family history of asthma or allergy like hay fever, skin problems such as, eczema, psoriasis and additionally any other allergy-related disorders. In adults, it is generally a reoccurring chronic long term condition.

Neurodermatitis is a form of atopic dermatitis characterized by a self-perpetuating scratch-itch cycle. This is usually associated with stressful life conditions there is also a physiological changes in the nerve fibers are also present.

Atopic Dermatitis is a hyper reaction occurs in the skin like an allergic reaction, causing chronic inflammation. The inflammation causes the skin to become itchy and scaly. Chronic irritation and scratching can cause the skin to thicken and become leathery-textured, although this is more pronounced in the localized form, lichen simplex chronicus.

Exposure to environmental irritants can worsen symptoms, as can dryness of the skin, exposure to water, temperature changes, and stress.

The best herb for this sounds like Burdock seed, Latin Named: Arctium lappa. This herb is appropriately used for red hot skin conditions, swelling, dry, scaly or crusty skin. And Burdock seed combines well with evening primrose oil and sarsaparilla. Use them orally.

Sarsaparilla, Latin Named: Smilax species, S. bono-nox appropriately used for inflamed conditions of the skin which can be hot and red, helps to bind toxins in the gut and eliminate from body.

There seems to be a component of stress involved in this condition, you may want to employ adaptogen herbs such as the Ginseng family (start with Siberian Ginseng) and B- vitamins (brewers yeast is high in B's)

It has been suggested environmental toxin may play a role, stay away from chlorinated water, insecticides, pesticide, and other household paints, chemicals and cleaners. Paints and carpets give off toxins into the air along dusts and mites seem to be a problem for some. Several studies have indicated the need for a filter to remove chlorine and

fluoride from household drinking and bathing water. More chlorine and fluoride are consumed during a daily shower than through drinking tap water.

A second theory suggests poor air conditioning systems which incubate molds and fungus and then spread them through the house is a problem. Employ filters to clean the air.

Finally sick building or home syndrome has been indicated in some cases, good ventilation and removal of rugs and building materials which give off gases and toxins such as formaldehyde, formalin and methylenebenzene have proved effective.

Brewer's Yeast

Also known as: *Saccharomyces cerevisiae*

What does it do? Brewer's yeast is the dried, pulverized cells of *Saccharomyces cerevisiae*, a type of fungus. It is a rich source of the B-complex vitamins, protein (providing all the essential amino acids), and minerals, particularly chromium. Brewer's yeast should not be confused with baker's yeast, nutritional yeast, or torula yeast, which are low in chromium.

ITCHY SCALP AND SKIN

QUESTION: I have a terrible problem with itchy scalp which sometimes carries over to my face and back. I know it is caused by the shampoos I have used while in the shower and have tried a number of different ones. The only type I have found to be less itchy is Head and Shoulders or a similar (housebrand) type, but I am still not happy with those either as I still have some itching. Even the 'itchy scalp' Herbal Essence' shampoo is a problem for me. I have to shampoo daily because my hair is oily and limp and my skin is oily even at the ripe old age of 48! Any suggestions?

ANSWER:

It sounds like your sebaceous glands are working over time and I am wondering why? Most skin problems are liver or hormone related, I would really like more information on this. My other questions for you are do you use, coloring agents or get perms, you may be allergic to the chemicals involved. I am wondering what your occupation is? Some jobs lead to a build up of wastes and toxins in your body so your skin, which is the largest elimination organ in the body, may be over taxed because the other organs are not keeping up or can't help because they are overtaxed dealing with these agents or are not functioning properly for another reason. Do you have a problem with your either your lungs, liver, bowels or urinary tract? Some people are allergic to an ingredient called Sodium Laurel Sulfate (SLS) that is commonly used in many soaps, shampoos to make them suds easy. You may want to find a shampoo which does not contain this. Secondly many people with skin problems, find the use of homemade lye based soaps help clear them up. You may want to experiment with these.

Herbally

Elder Flower, Latin name: *Sambucus nigra* (European), *S. canadensis* (North American) - is appropriately used as an infusion. A infusion is a strong tea made of the herb and traditional called "Queen of Hungary" water, for itchy dry flaky skin, is demulcent and soothing. This herb is good for the skin, tones it and leaves skin soft.

Milk Thistle, Latin Name *Silybum marianum* is a great liver herb and is appropriately used for dry scaly, scratchy, itchy skin mix with burdock seed and omega 3 fatty acid (especially fish oils)

Burdock seed, Latin Name: *Arctium lappa* is a wonderful herb for dry, scaly and flaky skin problems. For skin problems Burdock seeds work well with Evening Primrose oil and Sarsaparilla. Burdock is appropriate for dry skins conditions associated with dry constipation.

Sarsaparilla, Latin Name: *Smilax* species, *S. bono-nox* is the North American Species) this herb is a good Alterative and skin herb.

Oats, Latin Name: *Avena sativa*, *A. fatua* (wild oat) This herb is good for itchy skin conditions, cook small amount on stove top until thick add to bath waters and soak or in your case you might want to apply to your scalp as a poultice, in other words lets it stay thick and mix into hair onto scalp then rinse out after 10-15 minutes in shower.

The Chinese herb

Sha Shen, Sand root, Na Sha Shen - *Glehnia* (northern), Bai sha shen - *Adenophora* (southern) Latin Name: *A. retrophylla*/ *A. stricta* and *Glehnia littoralis*. This herb moistens everything including dry skin. Especially dry skin associated with dry other dryness in body such as constipation or sticky sputum.

If this is a fungal problem a wash using the essential oils of Tea Tree and Lavender may help these two are essential oils which can be directly applied to skin without dilution in a carrier oil.

Plantain and Calendula are topically good for the skin, make poultice and apply to scalp or make a strong tea and soak cloth in tea apply cloth to scalp. Menthol containing herbs used topically are best for itching skin. These include Peppermint, Eucalyptus and others.

I would also help increase elimination via other pathways of the body using alterative herbs such as Barberry and Oregon Grape Root, Latin Name: *Berberis vulgaris* and *Mahonia aquafolium* these will increase liver function helping to eliminate toxins via the bowels, where skin problems are associated with a stagnant liver.

Use a vegetable juice fast to help cleanse your system.

Drink lots of water 12-15 glasses a day.

SKIN CONDITION DUE TO MENOPAUSE

QUESTION: I am 45 and in peri-menopause, a cycle in Aug Of 99 and my last one (so far) in May of 00. I started taking Promensil last year (Yam derived isoflavones I think) and at the order of my OB/GYN, started vitamin E for cysts in both breasts. Cut out caffeine. I've never been one to take a lot of medications, not even aspirin. The only thing I carry around in my purse is a RX for possible migraine attack which I take maybe twice a year to interrupt a migraine headache from becoming full blown. The migraines started with my first pregnancy when I was 18. I grew up on red meat and mashed potatoes, but in the last 5 years our regular meals consist of fish, chicken, lots of veggies and grains. I love fruit and eat it when I can except for ,about 7 years ago I developed a violent reaction to watermelon - nausea and vomiting, cramps etc..., I love it but won't touch watermelon anymore. The worst thing I eat is when I get an urge for salty stuff like Fritos or chips. I can live without sweets. I don't get hungry very often but when I eat I usually eat too much, I'm, 5"2" and weigh about 160#. I like to work hard, I enjoy physical exertion but (this may sound strange) but didn't begin to sweat like most people do until 2 years ago. I used to be' jealous of my peers who got beads of sweat or soaked clothing. All of a sudden now I sweat. I've had three cases of Giant Hives in my 20's. Became sensitive to Poison Oak in my 30's. I'm susceptible to getting tiny growths in the summer when I'm in the sun too much - on my shoulders, neck or nose.

Had pimple problems until 2 years ago when it all seemed to clear up with no effort on my part.I've never been a big water drinker but have started to drink a lot more water in the last year. In '98 I developed an irritation in the vaginal area, no real rash, just an overwhelming itch. It disappeared in '99 and was replaced by a dry scaly rash on both my shins behind both my ears and also in the higher pubic area. At the same time I was doing a lot of landscaping and got what I thought was poison Oak on my forearms but it never blistered, just itched like crazy and stayed in the same exact area where I had contacted poison ivy last year. I have it to this day. Also, I have developed irregular patches of itchy skin on my sides and abdomen that turn red and scale then leave a pigmented scar about the size of a nickel. I'm wondering if any of the following supplements

I'm taking might be the cause: garlic, parsley, B Complex, Calcium with Soy, Estroven/Promensil, or Vitamin E. (Or maybe I just have bugs!! Ha Ha !

One thing I've always had is a sense of humor.)I would appreciate your opinion. I know you cannot give in depth answers but maybe you could make a suggestion.

ANSWER: I would suggest finding a local herbalist to help you clarify these issues, you have several things going on.

It is interesting that 2 years ago several issues occurred or ended, what happened 2 years ago in your life that may account for this?

My thought is you entered your perimenopause state then!

Here are some thoughts for you.

The giant hives, you said you had, could have been shingles, and your recent dry skin to red patched, pigmented skin incidents may be a recurrence. The virus involved in this process, herpes zoster, never really goes away. It hides in your nervous system waiting for a opportunity to reemerge. Stress is a big pre shingle episode factor. Find a stress reduction technique and begin using it. To deal with this virus, rotate antiviral herbs through your diet on a daily basis, such as: Lemon Balm, Elderberry, Sage, Thyme, Basil, Licorice, Cinnamon, Fresh Ginger, Horehound, Hyssop, Chrysanthemum flowers, Mullen Flowers just to name a few. Add them to dishes such as in salads for meals or make teas with them.

Additionally Saint Johnswort is antiviral, besides its recently (in the past several years) advertised antidepressant qualities.

Without knowing all the facts here are some areas to think about.

For Cystic Breast Disease:

Figwort, Carpenter square, Latin Named: Scrophularia nodosa / S. marylandica this herb is good for cystic breast and lymphatic stagnation

Red Root, Latin Named: Ceanothus americanus is good for fluid filled cysts and chronic lymph congestion, very good for cystic breast disease.

Red Clover, Latin Name: Trifolium pratense good for lymphatic congestion and cystic breasts, good alternative, it also is rich in isoflavones.

Violet, Latin Named: Viola odorata, V. papillonacea, V. xeodensis is a good lymph herb and relieves constipation and helps with cystic breast disease. In Traditional Chinese Medicine (TCM) they used it to clear hardness in the body i.e. cysts.

Evening Primrose, Latin Name: Oenothera biennis: Evening Primrose Oil (EPO) is good for cystic breasts, menopausal issues such as vaginal dryness, dry skin. With EPO use you may need a high dose to see effect, higher than suggested on bottle, try it then adjust up if necessary.

The Chinese Herbs

Dan shen, Red Root Sage, Latin Named: Salvia miltiorrhiza is good for lumps in breast (cystic breast disease and

tumor cell growth). It is a very popular female reproductive remedy.

Mu dan pi, Tree Peony, Latin Named: *Paeonia suffruticosa* is good for cysts in the body and headaches and is used for menopausal formulas.

Xia ku cao, Self Heal / All Heal / Heal -all, Latin Named: *Prunella vulgaris* is used for all cystic conditions, to soften hardness, combines well with figwort.

In general use alterative herbs such as violet, cleavers, poke, red root, red clover and also other lymphatic herbs.

Do you have any problems with your liver or fat digestion if so use liver herbs such as dandelion, headaches can be caused by liver stagnation or even constipation, liver herbs will help with both.

Increase water intake to 12 -15 glasses a day, for a while you will pee more often then your body will adjust and you will pee more volume at your usual times and frequency.

For your pre and menopausal issues

Helonia Root, (False Unicorn), Latin Named *Chamaelirium leuteum* used appropriately for menopause to normalize hormones and for palpitations. Use with Chaste Tree, Licorice and Alfalfa

Alfalfa, King of Herbs, Latin Name: *Medicago sativa* It has substantial amounts of phytosterols, phytoestrogens and isoflavones. This herb could be classified as slightly amphoteric to female reproductive system because it normalizes estrogen levels, in estrogen deficiency it mimics estrogen but in estrogen excess it takes up receptor sites in the body. It is also highly nutritious and good for the bones.

Black Cohosh, Latin Named: *Cimicifuga racemosa*, Good for menopause especially doom and gloom depression, hot flashes, anxiety and uterine pain

Blue Vervain, Simplers Joy b/c used in Simples, Latin Name: *Verbena hastata* is good for menopause issues, such as anxiety, irritation or irritability and spasm.

Chaste Tree, Monks pepper, Latin Name: *Vitex agnus-castus* is used for anxiety, hot flashes, menopause. Used with Oats and Shatavari for vaginal dryness. This is a herb for menopause: regulates hot flashes and is used for sweating with Sage and Ox-eye daisy. Good for menopausal anxiety, irritation and skin crawling (formacation).

Saint Johnswort, Latin Named *Hypericum perforatum* can be used for depression caused by menopause

Motherwort, Latin Named: *Leonurus cardiaca*: anxiety, panic attacks, irritability, palpitations caused by menopause

Oats, Latin Named: *Avena sativa*, *A. fatua* (wild oats) Good for menopausal women with vaginal dryness and lack of desire.

The Chinese and western herb Gan Cao, Licorice Root, Latin Named: *Glycyrrhiza uralensis* is used to harmonize reproductive problems, menopausal hotflashes & vaginal dryness in combo as mentioned above. It has phytoestrogens, isoflavones.

The Chinese herbs

Bai shao yao \Ba Zhou\, White Peony root, Latin Name: *Paeonia albiflora* is good for menopause, liver, and sweat gland control, it adjusts flow back to normal.

Ge gen /goo gun/, Kudzu, Latin Name: *Pueraria pseudo-hirsuta* P. *pseudo-hirsuta* P. *thunbergii* good source of isoflavone and helps reduce menopause issues.

Nu Zhen zi, Shiny Privet, Ligustrum fruit, Latin Name: *Ligustrum lucidum* good for peri and menopausal issues caused by deficient estrogen levels

Dang Qui, Tangkuei, Dong Quai, Latin Name: *Angelica sinensis* is good for menopause issues such as hot flashes, skin crawling, constipation & vaginal dryness. Combines well with Black Cohosh and Chastetree

Look for "Women's four herb" tea it may be of help to you.
See my answer for sweating for other sweat controlling herbs.

CYSTIC ACNE

Question: my daughter-in-law has cystic acne and has tried so many things. Can you recommend an herbal approach?

Answer: There really is no simple answer but it is most likely a hormone imbalance or problem with the liver. Is the acne cyclic or get worse at menses? Does she have a problem with fats or sluggish liver? How heavy is she? Problems which last a long time such as this take time to cure. Look for results in a couple months.

Try Saw Palmetto, which is not just a men's herb, it helps to balance hormones and has been effective with acne.

To help the liver use Dandelion Root, My all time favorite mild liver herb. A great combination for the liver and digestion in general is Dandelion, Orange Peel and Angelica.

She might also want to use some diuretic herbs, such as Dandelion Leaf, that has been tested as effective as Lasix.

In general Tree Peony, Latin Name: *Paeonia suffruticosa* is good for cysts all over the body and is part of the Chinese formula "Womens 4 herb tea".

RASH

Question: I have had a heat rash that comes back repeatedly under my breasts, stomach flap area and under my left arm. I used to only have the problem occasionally under my breasts and stomach flap, but due to an accident in which I fractured/dislocated my left shoulder (broke the ball of the ball & socket joint in 12 pieces and ripped it out of the socket) I cannot raise my left arm enough to keep sufficient air to the area and now I have the problem there...big time! I cannot use deodorant of course, and sometimes it can be embarrassing.

I have tried baking soda baths and Epsom salts baths, corn starch, Lanacaine, Gold Bond powder and cream, hydrocortisone, lotrisone, Tinactin, chamomile, Benadryl, lemon balm, and comfrey.

I have consulted my regular doctor about this, and he gave me the lotrisone but seemed to think it wasn't much to worry about... but he doesn't have to put up with the burning, stinging, itching, and pain, along with the spreading redness and embarrassment. Can you recommend an herbal remedy? I have a small herb garden in which I have flat and curled parsley, lemon balm, lemon thyme, sage, oregano, chamomile, caraway, dill, basil, spearmint, catnip, thyme, pennyroyal and marjoram. I would appreciate any expertise you can pass on to me!

Answer:

I would really like more information about you, diet, lifestyle, health etc. Without that I am taking a shot in the dark. It seems you have tried everything, but I will give you some things to think about.

Lets try stopping the moist environment from the inside the following herbs that help with sweating.

The herbs generally associated with excess sweating are:

Sage, Latin Name *Salvia officinalis*, combines well with *lycanthimum* (ox eye daisy) for excess sweating

White Peony root, Latin Name: *Paeonia albiflora* is an amphoteric to sweating, reducing excess sweating or increasing loss of sweating, it balances and harmonizes the sweat response, increases or decreases sweating as needed.

Astragalus, Huang Qi, Yellow Leader, Latin Name: *Astragalus membranaceus* (beware there are other species being used as a substitute) is an amphoteric to sweating, reducing excess sweating or increasing loss of sweating, it balances and harmonizes the sweat response, increases or decreases sweating as needed. It also helps build immune response to stop the infection.

Schisandra berry, Wu wei zu, 5 flavor fruit, Latin Name: *Schisandra chinensis* (northern) *S. sphenanthera* (southern, is preferred species) Astringing in activity: puckers the jing, night sweats, inappropriate sweating. Schisandra gently stimulates metabolism and normalizes immune response.

Additionally the following herbs can help.

Get as much Garlic in you as possible, add it to her daily diet, you should smell like garlic.

Use medicinal mushrooms such as Gano derma, Maitake, Shitake and Chaga help to build the deep immune system and fight infection. Make broths of the mushrooms as a base for vegetable soup or take them as tinctures.

More tips:

Keep the area clean, bath and shower daily and after getting sweaty, change clothing so you are not sitting around in sweaty outfits. Less damp wet and dark, less possibility of infection.

SUNBURN

Question: What is good cure for sunburns besides not getting burned

Answer: A simple answer would be to use fresh Aloe Vera Gel, Break open the leaf of an Aloe Vera plant, scrape gel out, open and scrape several leaves, then mix one drop of Lavender essential oil into gel and apply to burn. Extra gel and Lavender mixture can be refrigerated for later use. Apply several times a day. Aloe is very soothing to the skin and the essential oil of lavender is one of a few essential oils that can be applied directly to the skin without being diluted by a carrier oil.

Here are a few more sunburn relief tips

Drink a gallon of water a day, remoistening the skin from the inside out will help with recovery.

DO NOT use over-the-counter creams and sprays that may contain benzocaine. Benzocaine often causes an allergic reaction to the skin and can make sun burned areas worse.

Take cool baths, don't use bath salts, bath oils or bubble bath, the water needs only be cool not cold or ice cold.

Pat skin to dry with a plush towel, do not rub.

Do not scrub or shave sunburned skin.

Stay out of the sun until the burn heals.

If the sunburn is severe or you are blistering, feel faint or nauseous, see a doctor immediately.

WARTS

Question: I read that Bloodroot (*Sanguinaria Canadensis*) can be used to remove warts. How do you prepare a solution of it?

Answer: What kind of warts? The latex of Celandine, Dandelion and Wild Lettuce have been traditionally used for warts. Break stem and squeeze out latex, it should be applied several times a day to the wart for up to 2 months. Bloodroot is an escharotic, I would suggest finding an expert to assist with its use.

ESCHAROTIC: /Esch-ar-ot-ic/ a corrosive, tissue-eating substance. Herbal examples are bloodroot and mayapple. Escharotics have been traditionally used for skin cancer. The addition of zinc chloride (to the different red and black herbal salves which have been sold) dramatically increases the tissue eating effect, it can cause scarring.

HORMONAL ACNE

QUESTION: I'm currently taking 80 mg soy isoflavons per day it helps with a hormonal acne (if acne) problem i recently received. I'm only 35 and the soy helps but I notice I gain weight on it. Is there anything else I can try? I have tried lower doses of the soy but the bumps on my face or acne reappear. I am also trying wild yam for the to help ease the stronger menstrual cramps the soy gives me. help!

ANSWER: End of commercial!

Without knowing all the facts here are some areas to think about.

I am glad to hear that your use of soy is helping I would suggest that all the legume family would be appropriate in your diet. They all have similar constituents and effects; make beans part of your everyday diet.

Do you have any other symptomology, cysts, lymph congestion, PMS issues, is the acne cyclic or get worse around menses, etc. Have you had your hormone levels checked? How is your bowels, lung and urinary tract working?

Skin problems are usually Hormone or Elimination systems and Liver function related. Hormone balancing and alterative herbs which increase elimination are appropriate for use. Herbs used to improve sluggish liver are specifically used in many cases which leads to increased elimination via the bowels and improvements in the skin.

Using bitter herbs helps the digestive system work better, taken 5 - 10 minutes before meals, bitters help to jump start the digestive process increasing production and secretion of saliva, acid, bile, enzymes and increasing peristalsis which leads to better elimination of wastes. I would include bitters formulas or herbs everyday.

Figwort, Carpenter square, Latin Name: *Scrophularia nodosa* / *S. marylandica* is appropriately used for chronic acne rosacea and stasis of blood. It can be used both internally and externally as a poultice or wash applied to the skin.

Pipsissewa, Latin Name: *Chimaphila umbelata* is used appropriately for skin problems such as white heads, boils, PMS acne and for women with break outs at menses. This herb increases elimination of waste via the kidney as a non irritating diuretic.

Saw palmetto, Latin Name: *Serona repens* is not just a man's herb it is used for hormonal acne and is used as a male and female reproductive tonic. It is also useful for cystic and fibroid conditions for women.

Red Alder, Tag Alder Latin Name: *Alnus rubra* or *Alnus serrulata* is used for skin conditions that tend to be cyclic and is good for big red pimples that never come to a head, acne rosacea or acne caused by hormone cycles. This herb can be used internally and externally as a poultice or wash.

Sarsapirilla, Latin Name: *Smilax* species, *S. bono-nox* is the North American species, Sarsapirilla is used for inflamed conditions of the skin. Skin conditions that are red, hot and inflamed. This herb binds with toxins in the gut to carry out of body

Red clover Latin Name: *Trifolium pratense* is a good alterative for skin problems it helps increase lymph flow. It is also appropriate for estrogen sensitive cancers. Red clover is rich in formononetin, genisitin, daidzein and other isoflavones like Soy.

Barberry and Oregon Grape Root, Latin Name: *Berberis vulgaris* and *Mahonia aquafolium* these herbs will increase liver function helping to eliminate toxins via the bowels, where skin problems are associated with a stagnant liver.

Balmomy, Turtle head, Latin Name: *Chelone glabra* (white flowers) and *C. lyonii* (pink flowers) are again used for stagnant liver problems leading to acne or other skin problems





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SMOKING

Answers from Karen:

QUESTION: I'm in the process of kicking the NASTY smoking habit. I have heard a lot of good about the herb LOBELIA, so I went and bought LOBELIA(inflata)50mg capsules. My question is is how many capsules should I take and how many time a day. There seems to be all different answers on the internet on the right dosage (I sure wouldn't want to OD on it) can you help.

ANSWER: *Lobelia, also called "Indian Tobacco" or "pukeweed" in large amounts can cause vomiting and could be fatal. Lobelia is usually used for coughs and other respiratory problems, but should never be taken internally long term. It is an anti-spasmodic as well as an expectorant. It is usually combined with other herbs as it is very potent. I wouldn't venture a guess as to dosage. I can't find anything referencing using it as a smoking cessation aid. Since it is purported to have nicotine-like effects, it is probably feeding your cravings rather than eliminating or suppressing them. I did find a reference saying that more than 50 mg can suppress breathing, depress blood pressure and even lead to coma. Vitamins C, E and B complex will help you to rebuild your system. Catnip, hops, skullcap and valerian root are better choices to reduce the anxiety and nervousness associated with nicotine withdrawal. Dandelion Root and milk thistle will help protect your liver from the toxins and slippery elm will help to relieve any lung congestion and coughs.*

QUESTION: What I am looking for is a natural herb's that remove nicotine from the body. In combination with helping with stress, etc that come with nicotine withdrawal. Any information would be greatly useful.

ANSWER: Congratulations on trying to kick the habit! Vitamins C, E and B complex will help you to rebuild your system. Catnip, hops, skullcap and valerian root are good choices to reduce the anxiety and nervousness associated with nicotine withdrawal. Dandelion Root and milk thistle will help protect your liver from the toxins and slippery elm will help to relieve any lung congestion and coughs. If you are interested in a custom formulation, please e-mail me with the word ORDER in the subject line and ask for my smoking cessation tea.

Answers from David:

QUESTION: Is there a herb that if I drink would cover up any tobacco use on a insurance test?

ANSWER: None that I know of. I'd try stopping the tobacco.

QUESTION:

I was wondering if you know of any herbs that can assist in the reduction of nicotine cravings?

ANSWER: For Smoking Cessation yes there are herbs which reduce the cravings, make cigarettes taste bad and help with withdrawal.

Here are a few examples:

Lobelia, Pukeweed, Indian Tobacco, Latin Named: *Lobelia inflata*, *L. cardinalis*, *L. syhilitica*

Lobelia is an Antispasmodic especially to the lung and diaphragm it is appropriately used for cough, spastic bronchitis, hiccups along with spasm in the muscle tissue and caused by the nervous system. In some instances it has been shown to decrease nicotine cravings (lobelia is closely related to the nicotine plants in the plant kingdom and it is theorized that the chemicals in lobelia take up the nicotine receptor sites in your body reducing cravings).

Lobelia is contraindicated during Pregnancy (unless you know what you are doing), low Blood Pressure, Depression and people who get nauseated easily.

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The dosage of lobelia is suggested in drops starting very low (5-10 drops of tincture) and working up a drop at a time until nausea occurs then drop back a couple drops to relieve the nausea. Lobelia can be irritating take it with food.

To make cigarettes taste bad use Plant Name: Licorice Root, Latin Named: *Glycyrrhiza uralensis* or Plant Name: Fennel Seeds Latin Named: *Foeniculum vulgare*

To help with withdrawal utilize Fresh Oats, Latin Named: *Avena sativa*



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ANSWERS FROM KAREN MALLINGER

ECHINACEA

QUESTION: I was wondering if echinacea is a stimulant. I have to avoid stimulants because I have occasional episodes of supra-ventricular tachycardia (rapid heart beat) and I'm taking 100mg of Atenolol (beta-blocker) daily as a prophylactic.

ANSWER: Echinacea is not classified as a stimulant in the normal sense. It does "stimulate" the immune system, but not in the same way you're thinking with reference to rapid heartbeat. Before taking any herbal medication, especially if you are taking prescription meds, please consult your medical practitioner. The drug interactions between herbs and medication can sometimes be severe, so check with your doctor

POPPY SEEDS

QUESTION: I AM ON PROBATION AND SUBJECT TO RANDOM DRUG TESTING....WILL EATING SEVERAL SLICES OF POPPY SEED BREAD HAVE EFFECTS ON MY URINE THAT COULD SEND ME TO PRISON!

ANSWER: *I suppose if you eat several slices a day for an extended period of time, it could, but don't try to use it as an excuse. Poppy seeds don't really have enough of the chemical in them to cause a positive on a urine test. I spent 20 years in the Navy, and believe me, when people have tried the excuse, a medical professional can very quickly dispel the rumor. How about a nice slice of banana bread instead?*

DANDELION:

QUESTION: I live in Sydney, Australia and found this very interesting site on herbs. My question is: Does Dandelion and Alfalfa tea assist in taking more calcium to the bones by reducing calcium lost through urination? If yes, how does this work as I have read that Dandelion is diuretic.

ANSWER: *Interesting question. First, you're assuming that just because Dandelion is a diuretic, that it depletes calcium stores. It doesn't. Diuretics as a rule assist the kidneys and the liver in the detoxification processes in the body. Also, Dandelion is, in itself, a rich source of not only calcium, but potassium as well. So when you ingest it, you're adding calcium to your system. Plus, dandelion contains the mineral boron, which helps raise estrogen levels in the blood, which in turn helps preserve bone. Another interesting note, if you're taking it with alfalfa, you are adding vitamin K2, which clinical studies in Japan have found links with the vitamin D in the system to increase the formation of new bone! Pretty neat, huh! So keep drinking that tea!*

MORE ON DANDELION

QUESTION: I have a patient who has Dandelion growing on her property. How many cups (250ml) would she need to take to get the benefit of increasing her calcium levels at a good level for the formation of new bone. I am also personally interested and I suspect that my sister may have decreased bone density due to taking prednisone for rheumatoid arthritis. She has ceased this horrible drug now but was on very high doses.

ANSWER: While Dandelion greens are a great source of calcium, if you are looking to rebuild bone, they are not the best choice. (Although they can't hurt!) To rebuild bone and fight the effects of Osteoporosis, I recommend the following:

- Eat a low-protein, low-fat diet
- Reduce the amount of dairy you consume. Don't rely on dairy products as source of your calcium
- Reduce your intake of substances know to rob the body of calcium. This would include anything with caffeine in it, carbonated beverages, alcohol, salt and sugar
- Eat a diet rich in dark-green leafy vegetables, nuts, seeds, (try sesame seeds - they are very high in digestible calcium), tofu, molasses and seaweeds
- Find an exercise program you like and will stick with. Resistance type exercises are the

best for rebuilding bones. Yoga, walking and weight lifting and free weights are some of the best.
- Take calcium supplements with magnesium in them. 1000 - 1500 mg a day.
- Loss of estrogen contributes to osteoporosis. Nourish and support the endocrine system with the following herbs: licorice, wild yam, sassafras, sarsaparilla, vitex, ginger, dandelion root and dong quai.

MORE ON DANDELION

QUESTION: I need to take some type of diuretic for swelling after having lymph nodes removed 10 years ago, I thought dandelion leaf would be a good one but can I take it even though my blood pressure isn't high? It runs consistently 120 over 70.

ANSWER: *Yes, you should be able to take dandelion in a tea form with no problems. The diuretic properties are well-documented, plus it provides calcium, Vit C and Potassium.*

DHEA

QUESTION: I taking Dhea I'm 47 yrs, and I heard it had some good benefits talking this herb. I think I going though pre-menopause and I'm taking black cohosh for hot flashes. I haven't started my period in two months I heard red cover and vitex chaste tree are good for period to start. Also is DHEA good for the brain? I go to school at night and study too and have tests and I don't test well. I don't want to take the synthetic HRT because I heard how it's not good. Please let me know what good herbs good for me for pre-menopause or menopause and for your period. I exercise three times a week and try to eat right. So taking all these herbs will it hurt me.

ANSWER: *First, DHEA is not an herb. It is a hormone that is naturally produced in the body. There is a treatment called DHEA therapy, but the DHEA is synthetic and produced in a lab, usually using wild yam. If you're looking for an herb, I would suggest wild yam instead of the synthetics. If the herbs are taken in moderate amounts, they should not hurt you. However, as with anything, you should always listen to your body. If you have an undesirable reaction to any herb, you should stop taking it immediately. We've covered menopause extensively in the Ask the Herbalist section so check out the Archives. There's a wealth of information there.*

QUESTION: If your taking lasix, can you take flax oil with rosemary each tablespoon supplies Omega 3, Omega 6, Omega 9, Beta Carotene, Vitamin B-6, Rosemary/ascorbic acid?

ANSWER: *Not being a doctor, I can't advise you on taking herbal preparations with prescription medications. You would need to speak with a pharmacist or your doctor about that.. Lasix is used for several things, what are you taking it for? I'd need more information to suggest and herbal treatment and then only with the consent of a medical professional.*

QUESTION: I have been under a tremendous amt of stress lately, and I've been having PVCs and intermittent tachycardia (fast heart rate). All diagnostic tests show a normal functioning heart. My doc is trying a beta blocker to try and normalize the heart rate. My question is: Is it safe to take the Hawthorn herb along with the Beta Blocker? The BB is Toprol x-tended release. I'm hoping to eventually stop the Beta blocker. I've been taking the Beta blocker for 1 week.

ANSWER: In answer to your question ". . .is it safe to take the Hawthorn herb along with the Beta Blocker?" I would refer you back to your physician. Never, never mix herbs and prescription medications without consulting a professional as there can be serious complications that may occur with drug interactions. And never stop taking any prescribed medication without your doctor's knowledge and approval.

As for Hawthorn, is it a heart stimulant. It may help the heart in several ways: by opening the coronary arteries, improving the heart's blood supply or increasing the heart's pumping force. It may eliminate some types of heart-rhythm disturbances. It is traditionally used in Europe for heart weakness, irregular heartbeat, hardening of the arteries, artery spasms and angina.

Large amounts of hawthorn may cause sedation and/or a significant drop in blood pressure, possibly resulting in faintness. Children and pregnant or nursing mothers should not use hawthorn.

ALOE

QUESTION: I've heard a lot about Aloe Vera. I would like to take it internally as a supplement on a daily basis. I have seen it in a grocery store but there are no indications of where it came from, plant name, etc. Would it be safe to use - say cut a piece off the leaf, extract the juice and take internally?

ANSWER: For taking Aloe Vera internally, check the health food stores for aloe juice. The ingredients should be on the label. Aloe has laxative properties, so I certainly wouldn't advise taking it internally without the guidance of a health professional. It can cause cramping. It is not safe for pregnant women or nursing mothers to take.

As for pulling a leaf off and extracting the juice, I think you'd be better off to get the juice from your local health food store. Make sure you get

the juice and not the gel.

**ANSWERS FROM DAVID BRILL
SMOKING MIXTURE**

QUESTION: My question is this:

You have in your archives a question about Drachasha being sold as a cannabis substitute. As a "substitute" they mean something that can be smoked that will have some of the same effects as cannabis but not contain any form of cannabis, therefore being legal. I too have received this solicitation and would like to know if the following alleged ingredients are Safe, or in fact are they really herbs. For all I know they are just made up words.

The alleged ingredients include Drachasha, Chavana Prash, Trikatu, Black Seed Herb, Hybrid Flowering Turnera Diffusa, Capillaris Herba, Angelica Root, Wild Dagga mature leaf matter, Haritaki, Shatavari, Labdunum, Neroli, Unicorn Root, Papaver Rhoes, Dendrobian stems, Calea Zacalechichi buddings, Rue, Amla, Salvia Divinorum, Crocus Sativa, Lotus and Gokshura cuttings.

They are allegedly core refined, ratio enhanced resins, essences, flower-tops and oils in ratio extractment ranging from 8.5 to 1 to 100 to 1 concentrations I have double checked all the spellings and they are correct as presented to me.

ANSWER: I am sorry it has taken so long to get back to you, we have been on vacation for the past 10 days and getting back in the groove and catching up on emails is a enormouse task. It sounds like you are talking about "Kathmandu Temple Kiff", a pipe-smoking product/substitute for marijuana.

The ingredients listed include:

Drachasha
Chavana Prash
Trikatu
Black Seed Herb
Hybrid Flowering Turnera Diffusa
Capillaris Herba
Angelica Root
Wild Dagga mature leaf matter
Haritaki
Shatavari
Labdunum
Neroli
Unicorn Root
Papaver Rhoes
Dendrobian stems
Calea Zacalechichi buddings
Rue
Amla
Salvia Divinorum
Crocus Sativa
Lotus
Gokshura

This is a a confusing mix of common, Ayurvedic and Latin names and terms for plant and plant parts among other things. Many of the herbs listed were traditionally used for gastric and abdominal disorders, constipation, flatulence, colic, hysteria, blood sugar control and reduce cravings for sweets, aid kidney and bowel dysfunction and female productive issues and as an aphrodisiac, but who knows what a would happen to someone that smoked this concoction.

One of the ingredients Salvia Divinorum is a known psychoactive plant used in Mexico and is probably one of the active constituents which could get you high. It would be much simpler to buy the plant Salvia Divinorum and grow and use it yourself. It is not illegal to grow or use it. That being said I will also say that smoking is bad for your health and I am not a fan of using plants for recreational drugs. I do know agents that sell this plant legally as a member of the Salvia family and then you can do whatever you want with it.

Hopes this helps

WOLFBERRY

QUESTION: Recently, I Was Advised to Take Wolfberry For Kidney/Bladder Issues. What Information Can You Give me On Lycium Barbarum L. ?

ANSWER: Chinese Plant Name: Gou qi zi (Lycium fruit, Wolfberry)

Latin Name: Lycium chinensis or L. barbarum

Suggested Medicinal Uses: antihepatatoxin, hypoglycemic agent, antioxidant, nutritive

Possible Uses: Nourishes and tonifies TCM liver and kidney. Used for deficient liver and kidney (spots in eyes, floaters, excessive tearing, poor or cloudy vision, poor night vision and dizziness) Fruit is rich in flavinoids and cartinoids. It has alot to do with effect on eyes. Prevention of further degeneration of cateracts, diabetic retinopathy, macular degeneration, peripheral nueropathy, cold feet, poor circulation tofeet and toes. Spider viens in legs. Not real strong but does help to regenerate liver cells.

Suggested Dose:

Tea 2 t berries, 12 Oz water, decoct 15 min, steep 1 hr
Alcohol Extract1: 60-90 drops up to 4 times a day
Contraindications: Allergies to Nightshade family of plants, loose stools, diarrhea
Additional: Can be cooked in rice to make a desert. The brighter the fruit the better the quality and smooth is better than wrinkled.

GOLDENSEAL

QUESTION: I have been using goldenseal for sinus inflammation/infection for a while in combination with a Chinese herb.. A recent blood test showed elevation of the liver enzyme SGPT (ALT), Any chance the goldenseal would be the culprit. I've read it's actually a liver tonic and should NOT cause liver problems. Am I correct?

ANSWER: Long term use of goldenseal can cause liver and kidney problems and inhibit B vitamin absorption according to some sources.

It is contraindicated in Hepatitis, its a strong bitter and increases the flow of bile from the liver. It is very stimulating to the liver not protecting like Milk Thistle.

I am wondering what the Chinese herb is also, and why you are taking this combination?

CHIPPEWA PINE

QUESTION: What is chippewa pine extract? I recently went to an Amish Dr. who after a long examination period suggested I take it. however I cannot find it anywhere I look. None of my herb books have a clue what it is, and since I was asked to take it I would like to know what it does.
If you could let me know something I would appreciate it.

ANSWER: CHIPPEWA PINE ~ an outstanding natural source of Vitamin C given to us by the Canadian Indians (Iroquois and Chippewa) to repair connective tissue and prevent the effects of premature aging. Prevent colds and flu. Elimination of all the "free radicals" (poisons that can build up from body functions that cause illness and premature aging).

Here is a site that sells it <http://www.stakich.com/chippewapine.htm>
and another

<http://www.theherbdoc.com/Products/PureHerbs/ExtractsC.htm>

Chippewa Pine

Chippewa Pine is used to affect rapid body repair in cases of injury, strengthen fragile capillaries, repair blood vessels which cause varicose veins, prevent bruising too easily, increase connective tissue and skin flexibility, tighten loose teeth, restore gum health, prevent skin wrinkling, neutralize poisons and prevent infections. We now know the compounds that we call free radicals are neutralized and eliminated, as well as, prevented by Chippewa Pine. Premature aging and deterioration in old age can be laid at the doorstep of these free radicals. When cells divide abnormally, our immune system may not recognize the new cells and their altered protein as our own and attack them. These auto-immune reactions (the body fighting itself) are at the heart of some of the baffling conditions that are labeled "lupus", "osteoarthritis", or some form of "allergy" or other catch all labels.

One of the proven ways to counteract this is to give the body enough natural Vitamin C and its correlative factors (rutin, hesperidian, bioflavonoids) which occur in nature with it.

<http://www.pureherbs.com/Herbal%20Information.htm>

CHIPPEWA PINE

Natural source of Vitamin C, colds, flu, repair connective tissue, elimination of "free radicals", if you like pycnogenol, you'll love this

Pycnogenol (C) is made from French Marine Pine Bark.

Why does he want you to take this there maybe another herb, supplement that would work for you.

1974 How Indians Use Wild Plants for Food, Medicine & Crafts. Dover Publications, Inc., New York. Unabridged reprint of "Uses of Plants by the Chippewa Indians" in the 44th Annual Report of the Bureau of American Ethnology to the Secretary of the Smithsonian Institution, 1926-1927. pp.275-397. 1928. Subject matter is mostly medicine.

HOW LONG TO KEEP HERBS

QUESTION: I was wondering what sort of shelf life most herbs have, I was given a bunch in large glass mason jars they are about 1 year old. Also in most of the books I have been reading I notice when showing you how to make a syrup or tincture or other things I haven't notice an expiration for those either.
Is there a rule of thumb or a way to tell? Any advice is appreciated!

ANSWER: In general this answer varies depending on the plant or plant part and whether you are looking for the aromatic qualities of the plant which quickly dissipate after picking, chopping or powdering. Herbs that are whole last longer than chopped or powdered herbs. If herbs are best prepared fresh, such as Dandelion or Echinacea their shelf life is only a matter of days when refrigerated and should be prepared almost immediately after wildcrafting or picking them for best results.

Here is a rough idea:

Delicate plant parts like flowers or flower parts usually 6 months, sometimes less.

Leaves, stems or aerial parts 6 - 12 months (probably can be stretched if store properly)

Berries, Woody parts, such as barks, twigs and roots, can last over a year easily sometimes many years.

Many nuts can only last a short time because their oils go rancid.

Storing herbs is usually the key to keeping them fresh, keep them in an air tight container, such as in an amber glass jar with a lid or in a darken closet out of the light in clear glass, the temperature should not be too cold or hot.

Some dry herbs can be frozen to preserve freshness.

Only chop or powder your herbs when you are ready to use them.

The other interesting thing about this answer is if you ask 12 herbalists the same question you'll get 13 answers. HA! HA!

So the best answer is use your herbs as soon as possible unless they are prepared in an alcohol, glycerin or oil extract.

Alcohol stores easily 5 years

Glycerin 3 years

Oil 3 years if prepared and stored well, one note if prepared from fresh material it can easily mold if the water content is not completely removed.

LYCIUM CHINENSIS

QUESTION: Was wondering how to take this herb and what's the recommended dosage? Also where to buy it?

ANSWER: A Suggested Dosage:

Tea 2 t berries, 12 Oz h2o, decoct 15 min, steep 1 hr

Alcohol Extract (Tincture) 60-90 drops up to 4 times a day

It can also be eaten as a fruit or cooked in dishes such as rice

LUNGWORT

QUESTION: Have you heard of the herb "lung wort" or "lung wart" if so what is it used for .

ANSWER: Downloaded from the Herbalpedia CD-ROM

Lungwort, Latin Named: *Pulmonaria officinalis*

Medicinal: Lungwort has been used primarily for lung problems, especially in cases of bronchitis and laryngitis and to reduce bronchial congestion. The silica it contains restores the elasticity of lungs, and made it an appropriate remedy when tuberculosis was common. It is used for cough, irritated throat, bleeding from the lungs, and dysentery. An astringent, lungwort treats diarrhea and hemorrhoids. As a poultice, it helps enlarged thyroid, burns and tumors and reduces swelling and inflammation from injuries and bruises. Its properties are similar to those in comfrey. Both contain allantoin, which promotes wound-healing action. A yin tonic and a well-known Russian folk medicine. Wort means plant so Lungwort means Lung plant.

GOTU KOLA

QUESTION: I read in Prevention Magazine that Gotu Kola is being researched and found to be helpful in everyday stress. Do you know anything about this, and how many milligrams a day should be taken?

ANSWER: Gotu Kola, Latin Named: *Centella asiatica* is an excellent plant with many uses. It increases circulation to the brain helping with memory and clarity of thought. It is also good for skin conditions that are inflamed, or damaged such as burns, wounds or skin diseases. It is good for autoimmune, muscle and connective tissue and can be used for Lupus, Arthritis, Muscle and Structure issues of the heart and the list goes on.

Manufacturer's suggested doses are usually on the bottle.

A generic suggestion for an alcohol extract is usually 1/2 a teaspoon (20-30 drops) three times a day. Teas would need to be made from a freshly dried good quality herb source.

STEVIA

QUESTION: Are there any medical properties to this and any precaution= s?

ANSWER: This is a download from the Health World Online Website www.healthy.net

Questions and Answers about Stevia

© David Richard

(Excerpted with permission from *Stevia Rebaudiana: Nature's Sweet Secret*

<http://www.healthy.net/books/bk_shoppingCart.asp?ItemNumber=1890612006>, Blue Heron Press)

Q) What is Stevia?

A) Stevia Rebaudiana is an herb in the Chrysanthemum family which grows wild as a small shrub in parts of Paraguay and Brazil. The glycosides in its leaves, including up to 10% Stevioside, account for its incredible sweetness, making it unique among the nearly 300 species of Stevia plants.

There are indications that Stevia (or Ca-he-he) has been used to sweeten a native beverage called mate since Pre-Columbian times. However, a Natural Scientist names Antonio Bertoni first recorded its usage by native tribes in 1887.

Q) How much Stevia is used around the world?

A) Exact numbers are unavailable at this time. However, as an indication, Japanese consumers used the equivalent of 700 metric tonnes of Stevia leaves in 1987 alone. This number does not include other major consuming countries such as Brazil and the whole of South America; South Korea, China and the whole of the Pacific Rim; as well as Europe, Australia and North America. I would also assume that the Japanese figure has increased since 1987.

Q) What is the FDA's position on Stevia?

A) The FDA's position on Stevia is somewhat ambiguous. In 1991, citing a preliminary mutagenicity study, the FDA issued an import alert which effectively blocked the importation and sale of Stevia in this country. Ironically, this was the year that a follow-up study found flaws in the first study and seriously questioned its results.

In September of 1995, the FDA revised its import alert to allow Stevia and its extracts to be imported as a food supplement but not as a sweetener. Yet, it defines Stevia as an unapproved food additive, not affirmed as GRAS (Generally Recognized as Safe) in the United States. The following is a portion of this revised alert:

"If Stevia is to be used in a dietary supplement for a technical effect, such as use as a sweetener or flavoring agent, and is labeled as such, it is considered an unsafe food additive. However, in the absence of labeling specifying that stevia is being or will be used for technical effect, use of stevia as a dietary ingredient in a dietary supplement is not subject to the food additive provisions of FD & C ACT."

In my opinion, this revision represents a political compromise between the artificial sweetener and sugar lobbyists and the Natural Food Industry and its representatives, as mediated by the FDA.

Q) Where is Stevia cultivated?

A) Mainly in Paraguay, Brazil, Japan and China. There are other growers scattered across the Pacific Rim. Stevia is also being cultivated in Southern Ontario and Mexico. Surprisingly, it has been successfully grown in California and the South of England as well.

Q) How has Stevia been used in food applications?

A) First, as a prepackaged replacement for sugar and artificial sweeteners. Second, it has been used in various food products, including the Japanese sugar-free versions of Wrigley's gums, Beatrice Foods yogurts and even diet Coke. It has also been used in Japanese style pickles, dried seafoods, fish meat products, vegetables and seafoods boiled down with soy sauce, confectioneries and a host of other products. Whether it will reach into food applications such as these in the U.S. market depend largely on the FDA's regulatory position and health industry efforts to re-classify Stevia as a GRAS (generally recognized as substance).

Q) Is Stevia safe?

A) See chapter 6 for a detailed discussion. In general, Stevia is an all-natural herbal product with centuries of safe usage by native Indians in Paraguay. It has been thoroughly tested in dozens of tests around the world and found to be completely non-toxic. It has also been consumed safely in massive quantities (Thousands of tonnes annually) for the past twenty years. Although one group of studies, perform 1985 through 1987, found one of the metabolises of steviosides, called Steviol, to be mutagenic towards a particular strain of Salmonella bacteria, there is serious doubt as to whether this study is applicable to human metabolism of Stevia. In fact, the methodology used to measure the mutagenicity in this test was flawed according to a follow-up piece of research which also seriously questioned the validity of the results. For myself, I intend to use the product with both confidence in nature and respect for the healthy moderation and balance which nature teaches us.

Q) Can Stevia replace sugar in the diet?

A) Yes. Refined sugar is virtually devoid of nutritional benefits and, at best, represents empty calories in the diet. At worst, it has been implicated in numerous degenerative diseases. Stevia is much sweeter than sugar and has none of sugar's unhealthy drawbacks.

Q) How sweet is Stevia?

A) The crude Stevia leaves and herbal powder (green) are reported to be 10-15 times sweeter than table sugar. The refined extracts of Stevia called steviosides (a white powder, 85-95% Steviosides) claim to be 200-300 times sweeter than table sugar. My experience is that the herbal powder is very sweet while the refined extract is incredibly sweet and needs to be diluted to be properly used. Both products have a slight bitter aftertaste, also characteristic of licorice.

Q) Can Stevia replace artificial sweeteners in the diet?

A) Yes! I do not believe that humans should consume anything artificial in their diets. Stevia offers a safe, all-natural, alternative to these "toxic time-bombs." And industrial usage in Japan proves that this substitution is both practical and economical.

Q) How many calories are in Stevia?

A) Virtually none. And the refined Stevia extracts are considered to be non-caloric.

Q) Will Stevia raise my blood sugar levels?

A) Not at all. In fact, according to some research, it may actually lower blood sugar levels. However, this research has yet to be confirmed and contradictory results make any conclusions premature.

Q) Can I use Stevia if I am diabetic?

A) Diabetes is a medical condition which should be monitored and treated by a qualified physician or health care practitioner. However, Stevia can be a part of a healthy diet for anyone with blood sugar problems since it does not raise blood sugar levels. If in doubt, ask your doctor. However, if they do say no, ask them politely for the current research to support their opinion.

Q) Can I combine Stevia with other sweeteners?

A) Most certainly. However, sweeteners in general should be used in moderation in a balanced healthy diet. And refined and artificial sweeteners should be avoided altogether.

Q) Will Stevia harm my teeth?

A) Apparently not. Two tests conducted by Purdue University's Dental Science Research Group have concluded that Stevioside is both fluo-ride compatible and "significantly" inhibits the development of plaque, thus Stevia may actually help to prevent cavities.

Q) Can Stevia be used in cooking and baking?

A) Absolutely! Industrial research in Japan has shown that Stevia and Stevioside extracts are extremely heat stable in a variety of everyday cooking and baking situations.

Q) Does Stevia contain vitamins and minerals?

A) Raw herbal Stevia contains nearly one hundred identified phytonutrients and volatile oils, including trace amounts of Rutin (from the Callus) and B-Sitosterol (from the leaves). However, in the quantities typically consumed, the nutritive benefits will be negligible. The extracts of Stevia, being more refined, will contain far fewer of these phytonutrients and volatile oils.

Q) How are Stevia extracts prepared?

A) Extracts of Stevia leaves can be prepared by a number of methods some of which are patented. One researcher states: "Production of Stevioside involves water extraction from the dried leaves, followed by clarification and crystallization processes. Most commercial processes consist of water extraction, decoloration, and purification using ion-exchange resins, electrolytic techniques, or precipitating agents."

Q) Can I make my own Stevia Extract?

A) Yes. A liquid extract can be made from the whole Stevia leaves or from the green herbal Stevia powder. Simply combine a measured portion of Stevia leaves or herbal powder with pure USP grain alcohol (Brand, or Scotch will also do) and let the mixture sit for 24 hours. Filter the liquid from the leaves or powder residue and dilute to taste using pure water. Note that the alcohol content can be reduced by very slowly heating (not boiling) the extract and allowing the alcohol to evaporate off. A pure water extract can be similarly prepared, but will not extract quite as much of the sweet glycosides as will the alcohol. Either liquid extract can be cooked down and concentrated into a syrup.

Q) What is the replacement factor for Stevia herbal powder and extract in terms of common table sugar?

A) Since Stevia is 10 to 15 times sweeter than sugar, this is a fair, if approximate, replacement factor. Since the crude herb may vary in strength, some experimentation may be necessary. The high stevioside extracts are between 200-300 times sweeter than sugar and should be used sparingly. Unfortunately, FDA labelling guidelines may prevent manufacturers from providing a specific replacement factor.

Q) What cant I do with Stevia?

A) Stevia does not caramelize as sugar does. Meringues may also be difficult since Stevia does not brown or crystalize as sugar does.

Q) Will Stevia change the color of my food?

A) The green herbal powder may impart a slight amount of color to your food, depending on how much you use in your recipe. If you are concerned about color, I would suggest that you use the white powdered extract or a similar "clear" liquid extract of Stevia.

Q) Where can I buy Stevia herbal powder and extract?

A) At your local natural food store. As Stevia gains consumer acceptance, it may also begin to appear in supermarkets and grocery stores, but probably only in its refined form.

Q) What is the future of Stevia?

A) Very bright, as long as the gene stock of the Native Paraguay Stevia Rebaudiana species is preserved in the wild. Overharvesting and foreign transplantedation has depleted this stock which contains the greatest possible gene diversity, essential to the strength and continuance of the species.

CHLOROPHYLL

QUESTION: I recently visited a health food store and the clerk insisted that I buy liquid Chlorophyll. What are the physical benefits and possible side effects? I am currently taking an oral antibiotic for my skin, can I still use the chlorophyll?

ANSWER: If anyone insists that I buy something I question their intent, or knowledge. I am glad you also were not pressured into buying but wanted to question first. An educated consumer is a powerful one.

If you check the Internet, Chlorophyll is billed as a Panacea (cure all). When I see this from print or hear this in the spoken word it is hard to believe, nothing is a cure all.

Here is what I can tell you. Chlorophyll is the energy building machine of plants, it is what makes them green, it uses carbon dioxide, water and sunlight to create the energy of plants keeping them alive. Chlorophyll consists of the elements, Carbon, Hydrogen, Nitrogen, Magnesium, Oxygen combined in a multiple ring structure with an organic chemical attached looking like a tail. It has the Magnesium at the center. As you can see from the elements in the molecular structure of Chlorophyll, the "chloro" in chlorophyll does not mean that it contains the element chlorine. The chloro portion of the word is from the Greek chloros, which means yellowish green. The name of the element chlorine comes from the same Greek word source. Chlorine is a yellowish green gas.

In animals another chemical called Heme is very similar to Chlorophyll when Heme is combined with proteins it becomes Hemoglobin which carries the oxygen in our blood. The difference between Heme and Chlorophyll is Heme has Iron at its center and Chlorophyll has Magnesium.

Every plant we eat that is green has Chlorophyll so in general I can say its consumption is safe.

This is a download from the following URL. It lists some sources and use for Chlorophyll.

<http://www.motherearthworks.com/articles/Food/green.htm>

Green Foods- The Magic Of Chlorophyll

The healing benefits of green foods has been recognized throughout history. Many indigenous peoples and all mammals except humans live primarily on grasses and green plants in times of disease. To better understand this healing power we need to understand how chlorophyll affects the body. Lets begin with the history surrounding the use of chlorophyll.

Studies back in 1911 discovered that there was a similarity between chlorophyll and hemoglobin (red blood cells) in human blood. Their molecular structure is identical except that hemoglobin is attached to the metallic ion of iron and with chlorophyll the metallic ion is magnesium. This structural similarity explains why these two vital substances are at the center of life. Chlorophyll is the blood of the plant. The therapeutic uses of chlorophyll are unknown but mans observation of animals has been instrumental in the use of many medicinal plants. One example is your cat or dog eating grass.

Some of the properties and actions of chlorophyll include:

Purification:

Stops bacterial growth in wounds, and the growth of fungi and yeasts in the intestinal tract.

Deodorizes:

Eliminates bad breath and body odor.

Removes drug deposits and counteracts all toxins-deactivates many known carcinogens.

Halts tooth decay and gum infections.

Anti-inflammatory:-counteracts the following:

Sore throat, pyorrhea, gingivitis, ulcers, inflammatory bowel , skin inflammations, arthritis, and pancreatitis.

Renewal;

Builds blood, renews tissues, promotes healthy intestinal flora, improves liver function, activates enzymes to produce vitamins e, k and a.

Chlorophyll has also been beneficial in treating anemia, high blood pressure, relieving nervousness and as a mild diuretic. This mainly due to its magnesium content.

Lets look at some food sources of chlorophyll. Of course all green leafy vegetables like chard, kale, collard, mustard, spinach, alfalfa and sea vegetables. Leaf lettuce, broccoli, green beans are also good sources. However over the years there have been other sources that are now available that you might not recognize.

Lets begin with the micro algae. These would include spirulina, chlorella and blue green algae. These are primitive organisms that were among the first life forms on the planet. Encoded in their rna/dna are over three and one-half billions years of life. Micro algae exist on the edge of the plant and animal kingdom. They not only contain chlorophyll but proteins, beta carotene and nucleic acids. These nucleic acids are known to benefit cellular renewal and to reverse aging.

Spirulina is nurturing, tonifying, and helpful in overcoming deficiencies. It also offers cleansing action on the body. It is a complete source of protein and is rich in a the essential fatty acid gla (gamma linolenic acid).

Its properties include: slightly salty flavor, cooling, nutritive, detoxifies the kidneys and liver, builds blood, cleanses arteries, enhances intestinal flora and inhibits opportunistic bacteria, fungi and yeasts.

Spirulina has been used in the treatment of: anemia, hepatitis, gastritis, diabetes, obesity, hypoglycemia, malnourishment, and skin conditions.

Chlorella is another well known algae but has a much different nutrient profile than spirulina. It's uses are similar to spirulina but there are some differences. Chlorella has the ability to bind with heavy metals, pesticides and know carcinogens like (pcb's) and carry them safely out of the body. The cell walls have the ability to activate the immune system and shows anti tumor properties. Some of the major uses of chlorella are for improving growth patterns in children, healing injuries, chemical sensitivities, nervousness, seizures, multiple sclerosis, immune deficiency, and all blood sugar disorders.

Blue green algae is another popular form of chlorophyll. This is found usually in the wild and one source is the klamath lake in oregon. Wild blue green algae is bitter, cooling, mildly diuretic, a neurostimulant, an antidepressant and a relaxant. It has been used to treat obesity, drug addiction, alzheimer's, arthritis, and similar conditions mentioned above.

One other algae worth mentioning is dunaliella. This algae is the source of many beta carotene products currently on the market.

Another source of chlorophyll would be cereal grasses. Mainly wheat grass and barley grass being the most popular. Lets examine these two grasses.

They are both similar in action except that barley grass is easier to digest. These are made by extracting the juice of the wheat and barley grass and then freeze dried into a powder. In addition to their high nutrient content they offer unique digestive enzymes not available in other foods. The anti-oxidant enzyme sod(superoxide dismutase) is present and is used by the body to slow aging and to promote cellular regeneration. Cereal grasses have been shown to benefit the following conditions: arthritis, burns, cancer, constipation, emphysema, gangrene, hypertension, hemorrhoids, ulcers, pms, and heavy metal toxicity.

As you can see there are numerous ways to get chlorophyll into your body. Liquid chlorophyll is usually made from organic alfalfa. This form is usually diluted with water and drank once or twice a day. It has a pleasant taste.

If you are considering the use of chlorophyll it is important to assess your body. Many of these chlorophyll rich substances come in formulas or by themselves. They can be taken for preventive measures and therapeutically. Be sure to consult with an authoritative source or health care practitioner. There is not much in the literature about toxicity of too much chlorophyll. However with observation of the use with animals and humans there have not been any reported cases of toxicity. Be sure the source is clean and chemical free.

David hawkins is owner of mother earth foods and has been a practicing herbalist for over 20 years. He is available as a lecturer and for private consultations at therapy, health and fitness. You can send comments and questions to david hawkins 1638 19th st. Parkersburg, wv 26101 or email www.motherearthworks.com

MYRRH DURING PREGNANCY

QUESTION: I recently used a massage lotion that contains myrrh on a client that is 6 months pregnant. Is there anything to worry about?

ANSWER: Myrrh is contraindicated in pregnancy when taken internally it can cause increased white blood counts and constipation, it is a strong herb.

As an external agent, it increases blood flow to areas it is applied; because it causes irritation. The answer you need is how much, myrrh was in the lotion you used and what does the manufacturer of the lotion say about its use in pregnancy. I cannot believe there was a lot of myrrh in the lotion, it is a fairly non-soluble herb.

The most critical part of a pregnancy is the first trimester, which you client is beyond at 6 months of gestation. Are these your concerns or your clients?

My suggestion would be to use a non-infused massage oil on pregnant clients, just as a general precaution.

HAELAN

QUESTION: What do you know about Haelan?

ANSWER: Haelan, a fermented soy supplementation is a superior method of providing the body with the useful characteristics of soy. Haelan is a concentrated, specially fermented soy beverage developed in China during the early 1980s as a hospital nutrition supplement. It is rich in anti-cancer nutrients including the two main isoflavones genistein and daidzein (there are seven other known isoflavones differing slightly in molecular structure), and protease inhibitors (these prevent the mutation of healthy cells into cancerous cells). It also is rich in proteins, selenium, zinc, vitamins A, B1, B2, B12, C, D, E, and K. Haelan is an FDA approved food category product.

A patented low temperature fermentation process and other "trade secrets" pre-digest the soybean making it more absorbable. Remarkably, starches and sugars from the soybean are eliminated in this painstaking fermentation process. This is a crucially significant point, as cancer loves sugars and starches. There is absolutely no yeast present in the final product. The soybean is then hydrolyzed, or broken down to smaller molecules that become bio-active free form amino acids and isoflavones. Finally the substance is nitrogenated.

These last two steps are vital to the effectiveness of the product. When in the free form, the isoflavones are more readily used by cells since they are no longer attached to other compounds such as proteins. Cancer cells require high levels of nitrogen. The nitrogenation process of Haelan is a pivotal step because the nitrogen molecule attached to the isoflavones during nitrogenation acts as "bait" to delude cancer cells into ingesting not only the nitrogen but also the anti-cancer agents. Soy powders, drinks and tofu do not produce the same health benefits as Haelan. Not only do they lack the concentration of isoflavones, protein, vitamins, selenium, anti-oxidants and protease-inhibitors found in Haelan, they also do not have the bound nitrogen molecule that baits the cancer cells to ingest nutrients that can ultimately diminish the cancers ability to survive.

GINKGO

QUESTION: I'm fortunate to have a Ginkgo Biloba tree growing in my front yard, and seeing that it is Autumn in Australia, I've begun to collect the leaves just before they're about to drop. Firstly, have I done it right? Secondly, now what do I do? Could you please supply a recipe for preparing ginkgo leaves into an effective formulation.

ANSWER: Gather Ginkgo leaves just as they are yellowing on the tree. Then dry completely, I usually spread them out on a sheet then gather up the sheet and daily shake the leaves and spread them out again. You want them crisp, so you can powder them. It may take a week or more for them to dry. A blender takes a little time but it is a usable grinder. Weigh the resultant ground Ginkgo leaves and calculate for a 1 to 4 or 5 menstrum recipe. The ratio is grams of herb to mls of menstrum. You want a fairly high alcohol percentage 60-70 percent which is 120-130 proof as your final menstrum product. I usually use grain alcohol and dilute it to this percentage with distilled water. You must account for the 5 percent water in the grain alcohol when calculating. Add ground leaves to menstrum and let sit for 4-8 weeks. Shake the jar daily and use a clear glass while in this step of the processing. Once the time is up, strain and/or press the Ginkgo from the liquid. The liquid resultant is a strong alcohol extract. Which we call in the States a tincture store it in a darkened glass container I usually use amber glass. You can also simply wrap a clear glass jar with a dark paper to keep the light out which shortens shelf life of the product. We in the state give minimum shelf life estimates of 3-5 years, but most extracts last literally forever if store properly.

PAXIL

QUESTION: I was wondering if there was a time-limit for taking Paxill. I was recently told that you should not take it for more than three months but my Uncle's doctor has had him on it for over a year. Is there a time duration regarding this medication? If so, could you please let me know? Thanking you in advance for any information regarding time limits imposed on this drug, would be greatly appreciated.

ANSWER: I usually only answer questions on Medicinal Herbs, I am not a pharmacist. Here is what I know and can provide. According to the John Hopkins Drug Site, the usual course is 6 months to a year. Under physician concurrence longer time frames maybe used.

Here is that URL <http://www.intelihealth.com/IH/ih/IH/WSIHW000/19689/11711/214184.html?rbrand=Paxil>

This is a download from the same site

www.intelihealth.com.

Paroxetine Hydrochloride
Brand Names: Paxil

Available in: Tablets, oral suspension

Drug Class: Selective serotonin reuptake inhibitor (SSRI) antidepressant Not available as Generic Not available over-the-counter

Side Effects

Serious: Muscle pain or fatigue, lightheadedness or fainting, rash, agitation or irritability, severe drowsiness, dilated pupils, severe dry mouth, rapid heartbeat, trembling, severe nausea or vomiting. Call your doctor immediately.

Common: Insomnia, dizziness, sexual dysfunction, unusual fatigue, loss of initiative, nausea or vomiting, constipation, difficulty urinating, headache, trembling.

Less Common: Decreased sexual desire, blurred vision, increased or decreased appetite, weight gain or loss, heartbeat irregularities, change in sense of taste. Also tingling, prickling, or burning feeling.

Principal Uses

To treat symptoms of major depression, obsessive-compulsive disorder, panic disorder, and social anxiety disorder.

How the Drug Works

Paroxetine affects levels of serotonin, a brain chemical that is thought to be linked to mood, emotions, and mental state.

Dosage

Adults: To start, 20 mg once a day, usually taken in the morning; dose may be gradually increased by your doctor to 50 mg a day. Older adults: To start, 10 mg once a day; may be gradually increased by your doctor to 40 mg a day.

Onset of Effect

From 1 to 4 weeks.

Duration of Action

Unknown.

Dietary Advice

This drug can be taken without regard to diet.

Storage

Store in a tightly sealed container away from heat, moisture, and direct light.

If You Miss a Dose

Take it as soon as you remember. If it is near the time for the next dose, skip the missed dose and resume your regular dosage schedule. Do not double the next dose.

Stopping the Drug

Take as prescribed for the full treatment period even if you begin to feel better before the scheduled end of therapy. The decision to stop taking the drug should be made in consultation with your doctor. Dosage should be gradually tapered over 1 to 2 weeks.

Prolonged Use

Usual course of therapy for depression lasts 6 months to 1 year; some patients may benefit from additional therapy.

Precautions

Over 60: Adverse reactions may be more likely and more severe in older patients. A lower dose may be warranted. Driving and Hazardous Work: Use caution when driving or engaging in hazardous work until you determine how the medicine affects you.

Alcohol: Avoid alcohol.

Pregnancy: Adequate studies of paroxetine use during pregnancy have not been done. Before you take paroxetine, tell your doctor if you are pregnant or plan to become pregnant.

Breast Feeding: Paroxetine passes into breast milk; caution is advised. Consult your doctor for advice.

Infants and Children: The safety and effectiveness of the use of paroxetine in children have not been established.

Special Concerns: Take paroxetine at least 6 hours before bedtime to prevent insomnia, unless it causes drowsiness.

Overdose

Symptoms: Agitation or irritability, severe drowsiness, dilated pupils, severe dry mouth, rapid heartbeat, trembling, severe nausea and vomiting. What to Do: Call your doctor, emergency medical services (EMS), or the nearest poison control center immediately.

Drug Interactions

Paroxetine and MAO inhibitors should not be used within 14 days of each other. Very serious side effects such as myoclonus (uncontrolled muscle spasms), hyperthermia (excessive rise in body temperature), and extreme stiffness may result. Tryptophan, warfarin, sumatriptan, naratriptan, rizatriptan, and zolmitriptan may also interact with paroxetine; consult your doctor for advice.

Food Interactions

No known food interactions.

Disease Interactions

Caution is advised when taking paroxetine. Consult your doctor if you have a history of alcohol or drug abuse or a seizure disorder. Use of paroxetine may cause complications in patients with liver or kidney disease, since these organs work together to remove the drug from the body.

HERBAL COMBINING:

QUESTION: Why do herbs work better in combination than alone?

ANSWER: Because science is proving what Herbalists have known for milleniums, using a single silver bullet approach to healthcare is not as effective and the synergy attained when adding the power of more than one plant. 1+1 usually equals 2, but synergy means the combination of more than one element adds up to more than their individual sums.

Synergy combination of individual components means
 $1+1 = 3$ or 4 or 5 not 2

How do I make valerian extract from fresh grated root? Would refluxing the root in strong ethanol work?

ANSWER: Extracting Fresh Herbs is more difficult than most believe.

You need to know what concentration of water is in the fresh plant and what percentage of final alcohol you want in the product

Normally you want the alcohol in Valerian Extract Products fairly high, 55-65%

Using Ethyl Alcohol which is 5% water and 95% alcohol is best.

You also need to know what concentration you are extracting too, normally fresh plants are extracted to a 1:2 ratio (grams to milliliters)

Here is an example

Suppose you have 1 pound of Valerian Root converting this to grams you have 454 times 1 equals 454 grams.

Starting with 454 grams in a 1:2 ratio your product would theoretically be 908 milliliters of extract (actually yields can have a loss of 25%, which is liquid still held in the marc after pressing)

Assuming you want a 55% alcohol final product .55 times 908 equals 528 mls of alcohol but Ethyl Alcohol is 5% water.

So you need $528/.95 = 556$ mls of grain alcohol from the bottle

Now you need to calculate the number of mls of distilled water to be added.

The fresh root already has some amount of water in it, probably 80% water so of the 454 grams of Valerian root $.8$ times 454 equals 363 mls of water (assuming 1:1 density of water)

If the final product is suppose to be 908 mls and we know we have 28 mls of water coming from the Ethyl alcohol (556-528) and we have 363 mls of water coming from the fresh plant and we are using 528 mls alcohol then we don't need to add any mls of distilled water (because 908 minus 528 minus 28 minus 363 equals negative 11). We can't add a negative number. But we will assume some water loss between harvesting the roots, garbling (cleaning anything out that is not Valerian Root), washing and drying them previous to adding the menstrum (water and alcohol preparation) we will forget the negative 11 mls of water.

So here is what we have to mix

1 pound Valerian Root
556 mls grain alcohol from bottle

I would add everything to a blender and mash until the root is liquified. Let the whole thing set for 4-8 weeks or longer then strain off the solids and/or press out the marc. The marc is what is left after the liquid is drained off. The liquid recovered is extract of Valerian.

If you do not want to go through this process we sell extracts of valerian root prebottled with dropper and directions for use.

HORNY GOAT WEED

QUESTION: Hi, is there herb extract called Horny Goat Weed, if so, what is it used for?

ANSWER: Yes, there is an herb with this common name.

Here is what I can tell you about this plant

Chinese Pin Yin English named: Yin yan huo
Common Name: "lustful sheep plant" or "stinking lascivious goat plant"
Latin Name: Epimedium macranthum or E. grandiflorum

It has been used for Male Impotence, low sperm count and/or motility, frequent urination, pre-ejaculation, low back pain, pain in knees, male infertility, cold in the kidneys. It is a popular Traditional Chinese Medicine (TCM) herb for men who need help keeping their penis up and woody. It is intended for short term use only. A little helps to much can burn out your urinary tract including your kidneys and adrenals leading to worse problems.

Suggested use is

As a Tea 1/2 teaspoon to 8 oz water, steep 45 min, drink 4 oz up to three times a day

As an Alcohol Extract drink 10-15 drops twice a day in juice, water or tea.

Some Contraindications: Are excessive signs of heat in the body, Prostatitis, or already excessive libido.

Excessive use can cause: dizziness, vomiting, dry mouth and nosebleeds along with problems in the urinary tract such as kidneys and adrenals.

Additional: Sheep and goats eat it and then mount anything they find! This herb is rarely if ever used alone but combined in a formula to support the whole person. It can sometimes be found in a liqueur in Chinatown. Not to be used for more than 2-3 weeks at a time.

HOLY BASIL

QUESTION: Are there any precautions to taking Holy Basil?

ANSWER:

Holy Basil, Latin Named: *Ocimum sanctum*, Has no contraindications that I am aware of, it is a food/culinary herb in many places in the world.

One Caution Found is Theoretical: Though no uterine stimulant has ever been identified, given its pervasive multicultural use as a menstruation promoter and labor inducer, pregnant women should probably limit their consumption to culinary amounts. As with most essential oils do not use Basil essential oil externally or internally during pregnancy.

KAVA KAVA

QUESTION: I would like some information on kava. I have been reading a lot about kava and I have a lot of trouble with anxiety. I am currently taking Valium for this problem, but I would like to try kava. Can I take kava while I am taking Valium? I know I read about not taking Xanax, but it didn't say anything about Valium.

ANSWER: As to form I would suggest an alcohol tincture of Kava, one made from dried root is better than fresh. If you were to make an infusion (a tea); it should be given reasonable time to sit in solution to improve solubility. Use 1-2 teaspoons of freshly ground root to 8 ounces of water decoct (boil) 15-20 minutes then use a blender to thoroughly crush the Kava and mix with the water. Let steep (cool) for at least one hour, overnight would be good. A suggested use would be 4 ounces of the tea up to 4 times a day.

There are also capsules and pills available.

Kava Kava, Latin Named: *Piper methysticum* is appropriately used for anxiety and as an antispasmodic. It is also used for Urinary pain and for irritation of the urinary tract such as interstitial cystitis. It is used in combination with other herbs for Fibromyalgia.

Some Contraindications include: Long term use may cause bizarre skin lesions and plating and can produce cognitive problems. Avoid use when taking barbiturates and alcohol (will potentiate the sedating effects). May interfere with driving or motor skills because of the sedating effect. There is a strong potential for herb-drug interaction with antihistamines, antispasmodics, etc. Plants picked too young may cause gastric upset. Kava can be psychologically addicting

From the Natural Pharmacist Website, www.tnp.com

Safety Issues

When used appropriately, Kava appears to be safe. Animal studies have shown that dosages of up to 4 times that of normal cause no problems at all, and 13 times the normal dosage causes only mild problems in rats. A study of 4,049 people who took a rather low dose of Kava (70 mg of kavalactones daily) for 7 weeks found side effects in 1.5% of cases. These were mostly mild gastrointestinal complaints and allergic rashes. A 4-week study of 3,029 individuals given 240 mg of kavalactones daily showed a 2.3% incidence of basically the same side effects. However, long-term use (months to years) of Kava in excess of 400 mg kavalactones per day can create a distinctive generalized dry, scaly rash called "Kava dermatopathy." It disappears promptly when the Kava use stops. One case report suggests that a Kava product might have caused liver inflammation in a 39-year-old woman. However, because the product was not analyzed, it isn't clear whether Kava itself or a contaminant was responsible; the authors also could not rule out other causes of liver inflammation. Kava does not appear to produce mental cloudiness. Nonetheless, we wouldn't recommend driving after using Kava until you discover how strongly it affects you. It makes some people quite drowsy. Contrary to many reports in the media, there is no evidence that Kava actually improves mental function. Two studies are commonly cited as if to prove this, but actually there was only one study performed: It was described in two separate articles. This tiny study found that Kava does not impair mental function; however, it doesn't show that Kava improves it. A slight improvement was seen on a couple of tests, but it was statistically insignificant (too small to mean anything). High doses of Kava are known to cause inebriation. For this reason, there is some concern that it could become an herb of abuse. There have been reports of young people trying to get high by taking products they thought contained Kava. One of these products, fX, turned out to contain dangerous drugs but no Kava at all. European physicians have not reported any problems with Kava addiction. One study suggests that Kava does not amplify the effects of alcohol. However, there is a case report indicating that Kava can increase the effects of other sedatives. For this reason, Kava should not be taken with alcohol, prescription tranquilizers or sedatives, or other depressant drugs. Kava should also not be combined with antipsychotic drugs or

drugs used for Parkinson's disease, due to the risk of increased problems with movement. The German Commission E monograph warns against the use of Kava during pregnancy and nursing. Safety in young children and those with severe liver or kidney disease has not been established.

Transitioning from Medications

If you're taking Xanax or other drugs in the benzodiazepine family, switching to Kava will be very difficult. You must seek a doctor's supervision, because withdrawal symptoms can be severe and even life-threatening. Additionally, if you are taking Xanax on an "as needed" basis to stop acute panic attacks, Kava cannot be expected to have the same rapidity of action. It is easier to make the switch from milder Antianxiety drugs, such as BuSpar, and antidepressants. Nonetheless, a doctor's supervision is still strongly advised.

Interactions You Should Know About

If you are taking Medications for insomnia or anxiety such as benzodiazepines; do not take Kava in addition to them. Antipsychotic drugs: Kava might increase the risk of a particular side effect consisting of sudden abnormal movements, called a dystonic reaction. Levodopa for Parkinson's disease: Kava might reduce its effectiveness.

For the Benzodiazepine Family of Drugs the following Applies:

- Kava - Possible Dangerous Interaction
- Other Sedative Herbs - Possible Increased Action of Drug
- Melatonin - May Be Helpful for Discontinuing Benzodiazepine Sleeping Pills

This family of medications is used to treat anxiety and insomnia.

Benzodiazepine drugs include

alprazolam (Xanax)
chlordiazepoxide hydrochloride (Libritabs, Librium, Lipoxide, Mitran, Reposans-10)
clonazepam (Klonopin)
clorazepate dipotassium (Gen-Xene, Tranxene-T, Tranxene-SD)
diazepam (Diastat, Valium, Valrelease)
estazolam (ProSom)
flurazepam hydrochloride (Dalmane, Durapam)
halazepam (Paxipam)
lorazepam (Ativan)
oxazepam (Serax)
quazepam (Doral)
temazepam (Restoril)
triazolam (Halcion)
and others

Kava

Possible Dangerous Interaction One report suggests that the combination of kava and benzodiazepine drugs can lead to excessive sedation.¹

Other Sedative Herbs

Possible Increased Action of Drug It may not be wise to combine benzodiazepines with any herb that produces a sedative effect, such as ashwagandha, calendula, catnip, hops, lady's slipper, lemon balm, passionflower, saffron, skullcap, valerian, or yerba mansa, due to the possibility that the sedative effects may be amplified.²⁻⁵

Melatonin

May Be Helpful for Discontinuing Benzodiazepine Sleeping Pills Many people who take conventional sleeping pills (most of which are in the benzodiazepine family) find it difficult to quit. If you try to stop taking your medication, you may experience severe insomnia or interrupted sleep. A double-blind placebo-controlled study of 34 individuals who regularly used such medications found that melatonin at a dose of 2 mg nightly (controlled-release formulation) could help them discontinue the use of the drugs.⁶

Warning: It can be dangerous to stop using benzodiazepines if you have taken them for a while. Consult your physician before trying melatonin to help you stop taking them.

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SAW PALMETTO

QUESTION: I would like to know if Saw Palmetto has any side effects for someone taking it for prostate problems

ANSWER: Saw palmetto appears to be safe, mostly side-effect free. The most common complaint is GI upset so take with food if you have an easily upset stomach. The Indians of Florida ate this berry as a food crop for hundreds of years, it is very nutritive. There are no known drug interactions. The General Warning given is safety for those with severe kidney or liver disease has not been established, but this is a general warning given for many products.

GOTU KOLA: I read that I should avoid using Gotu Kola if I am pregnant. Can you tell me why? Unfortunately, I have been drinking a hot morning drink that has Gotu Kola in it for the past 5 months. After what I read last night I have obviously stopped.

ANSWER: From the Botanical Safety Handbook the reason given is it could increase fetal heart rate causing the fetus to go into distress, Gotu Kola, Latin Name: *Centella asiatica* is not recommended during pregnancy for this reason.

As a side note if the Gotu Kola you were consuming was part of a formula you were probably not getting very much, secondly it has been recommended that Gotu Kola be processed fresh because it is most effective then. So if the product was a tea or a pill you were probably getting a product which used dry Gotu Kola, possibly as inert as dirt (clean dirt).

FENUGREEK

QUESTION: I was taking a fenugreek supplement for approx. 2 weeks during the first month of my pregnancy, before I knew that I was pregnant. I have been reading that fenugreek should not be taken during pregnancy. I am in my 3rd month now, and everything seems normal. Could the supplement have harmed the baby in any way?

ANSWER: The caution on this herb refers to the herb's ability to be a uterine stimulant which could lead to spontaneous abortion of a fetus, since you have stopped taking it you and the baby should be okay.

If you are going to breast feed this is a great herb to increase milk production and help your uterus return to normal. Keep it in mind for that time period after you give birth to your child.

GINSENG

QUESTION: I take Red Panax Ginseng Extract daily for energy. I am taking 10 c.c. oral liquid extra strength 5000mg. Is this safe to take on a daily basis? Could there be any side effects.

ANSWER: Red Ginseng, Chinese Ginseng, Red Chinese Ginseng, Latin Name *Panax Ginseng*

There are actually three different herbs commonly called ginseng: 1.) Chinese, Asian or Korean ginseng (*Panax ginseng*), 2.) American ginseng (*Panax quinquefolius*), and 3.) Siberian "ginseng" (*Eleutherococcus senticosus*). The latter herb is actually not a Ginseng at all and is not in the Ginseng family directly but its actions are similar.

Chinese Ginseng is a perennial herb which grows a taproot resembling the human body. It is sometimes called manroot. It can be found growing in northern China, Korea, and Russia.

Dried, unprocessed ginseng root is called "White Ginseng," and steamed, heat-dried root is "Red Ginseng."

Most Herbalists believe that each form red or white has its own particular use and benefits.

Ginseng is widely regarded by the public as a stimulant (or as you said for energy), but Herbalists who utilize it with their clients disagree with this singular description.

In TCM (Traditional Chinese Medicine), Chinese Ginseng is used to strengthen digestion and respiratory systems, calm the spirit, and finally increase overall energy. It was generally considered an old man's herb, to strengthen the debilitated or ill.

A Russian scientist, named Brekhman, coined the category of herbs called Adaptogens which help the body deal with and recover from stress in all forms. Helping the body return to balance. Ginseng is considered by modern day Herbalists as an Adaptogen.

Chinese Ginseng is relatively safe, in short and long term use. This has been confirmed with studies done on mice, rats, chickens and pigs no toxicity was observed and use for thousands of years in Asia.

There are very few side effects. Unconfirmed reports suggest that excessive doses of Chinese Ginseng can cause insomnia, hypertension, increased heart rate. But one adulterant in some Ginseng products is Caffeine, whether some

of these cases were actually caused by caffeine mixed in with the Ginseng product remains unclear. Allergic reaction is possible as it is with anything else. An article published by JAMA in 1979 claimed that Ginseng can cause addiction, hypertension, nervousness, sleeplessness, diarrhea, and hypersexuality but this report has been since regarded as inaccurate.

The general warning you will see is safety in young children, pregnant or nursing women, or people with severe liver or kidney disease has not been established. Interestingly, Chinese tradition supports the idea that Ginseng should not be used by pregnant or nursing mothers.

Here are some suggested herb-drug interactions you should know about.

If you are taking Drugs processed by an enzyme called "CYP 3A4" Ginseng might interfere. Ask your physician or pharmacist whether you are taking any medications of this type. There has been a suggested problem with Ginseng use with MAO inhibitor drugs or digitalis. Insulin or oral diabetes drugs should be used with caution when combined with Ginseng because of its ability to reduce blood sugar levels leading to hypoglycemia. Coumadin (warfarin) is a bleeding thinning agent and Ginseng might decrease its effect. It has also been suggested that Flu vaccines might work better when combined with Ginseng use.

HAWTHORN SAFETY

QUESTION: My mom starting taking Hawthorne to alleviate "spells" of high blood pressure probably caused by anxiety (of course there's more to it, but for the sake of simplicity...) Her last blood work showed slightly elevated serum potassium levels. I read that some conventional blood pressure medicine slows potassium loss, does Hawthorne have this effect, too?

ANSWER: If a diuretic is given for High Blood Pressure it can reduce potassium levels, as far as I know Hawthorn has not been shown to elevate or reduce potassium levels but everyone is different one way to find out is take her off the Hawthorn.

Hawthorn is a berry and should be considered food for the heart.

RO My question is : Why is rosemary harmful during pregnancy? Is it ok to eat rosemary when pregnant?

ANSWER: Rosemary, Latin Name: Rosmarinus officinalis is a very strong herb when used medicinally it has warming and drying energies, but most of the culinary herbs can be used during pregnancy in culinary amounts including Rosemary.

HORSE CHESTNUT SAFETY

QUESTION: Are there serious side effects to taking Horse Chestnut Herb

ANSWER: This information comes from the Natural Pharmacist Website. www.tnp.com

Whole Horse Chestnut is classified as an unsafe herb by the FDA. Eating the nuts or drinking a tea made from the leaves can cause horse chestnut poisoning, the symptoms of which include nausea, vomiting, diarrhea, salivation, headache, breakdown of red blood cells, convulsions, and circulatory and respiratory failure possibly leading to death.

However, many manufacturers typically remove the most toxic constituent (esculin) and standardize the quantity of another constituent of escin. To prevent stomach irritation caused by another ingredient of horse chestnut, the extract is supplied in a controlled-release product, which reduces the incidence of irritation to below 1%, even at higher doses. Properly prepared Horse Chestnut products appear to be quite safe.

After decades of wide usage in Germany, there have been no reports of serious harmful effects, and even mild reported reactions have been few in number.

In animal studies, Horse Chestnut and its principal ingredient escin have been found to be very safe, producing no measurable effects when taken at dosages seven times higher than normal. Dogs and rats have been treated for 34 weeks with this herb without harmful effects. Studies in pregnant rats and rabbits found no injury to embryos at doses up to 10 times the human dose, and only questionable effects at 30 times the dose. However, individuals with severe kidney problems should avoid horse chestnut. In addition, injectable forms of horse chestnut can be toxic to the liver. Horse chestnut should not be combined with anticoagulant or "blood-thinning" drugs, as it may amplify their effect. The safety of horse chestnut in young children and pregnant or nursing women has not been established. However, 13 pregnant women were given horse chestnut in a controlled study without noticeable harm.

Interactions You Should Know About: If you are taking aspirin, Trental (pentoxifylline), or anticoagulant drugs such as Coumadin (warfarin) or heparin, do not use Horse Chestnut except under medical supervision.

Risks and Side Effects: The saponins in horse chestnut extract are irritating to the gastrointestinal tract. This is the rationale for the use of controlled release products, which reduce incidence of irritation to below 1%, even at higher doses [Diehm, 1996]. Calf cramps and pruritis are occasionally reported. Pulse and blood pressure are not affected, even in long-term treatment.

Keep in mind that whole horse chestnut is classified as an unsafe herb by the FDA. Poisoning by ingestion of the nuts or a tea made from the leaves and twigs is characterized by nausea, vomiting, diarrhea, salivation, headache, hemolysis, convulsions, and circulatory and respiratory failure possibly leading to death [Chandler, 1993]. However, typical European standardized extract formulations remove the most toxic substances (i.e., esculin) and standardize the quantity of escin.

Acute oral toxicity of HCSE and escin has been studied in several animal species. The "no effect" dose is approximately 8 times higher than the recommended human dose. Chronic administration in rats and dogs failed to show embryotoxicity or teratogenicity. Mutagenic and carcinogenic studies have not been published [Hansel et al., 1992].

Use of oral HCSE in patients with renal or hepatic dysfunction should be approached with caution, as renal toxicity after high-dose oral escin has been reported [Grasso and Corvaglia, 1976]. In addition, acute renal failure has occurred in patients receiving intravenous escin at doses greater than 20 mg to prevent and treat post-surgical edema [Reynolds, 1989]. Drugs that displace escin from plasma-protein binding sites may also increase its nephrotoxic potential [Rothkopf et al., 1977].

Hepatotoxicity as well as shock has been reported in a patient receiving an intramuscular injection of an HCSE product [Takegoshi et al., 1986], but there are no reports of such events involving oral HCSE products.

Two trials reported use of HCSE in pregnancy-related varicose veins with good tolerability. However, no formal safety evaluations have been reported, thus compression stockings should be recommended for pregnant women before HCSE.

Drug Interactions: none are known.

Since horse chestnut contains coumarins, interference with anticoagulant therapy is a possibility. In addition, escin is known to bind to plasma proteins and may thus compete with or displace drugs which are highly protein-bound.

Additional Cautions for Self-Treatment:

Phlebitis can cause symptoms similar to ordinary CVI, but requires treatment by a physician. Typical early CVI ("varicose veins") may be appropriately self-treated with HCSE after examination by a physician.

BLACK COHOSH SAFETY

QUESTION: I am currently taking Black Cohosh to alleviate menopausal hot flashes. I have only been taking for about one week. I am experiencing a pain in my kidneys which might be coincidental. Can you confirm if there would be such a side effect from use of Black Cohosh and if so is there an alternative. I do not want to take traditional medication.

ANSWER: Black cohosh, Latin Named Cimicifuga racemosa seldom produces any side effects. The number one side effect for everything including food and beverage is occasional mild gastrointestinal distress and Black Cohosh can cause this so take it with food to avoid this possibility.

Animal studies with mega doses of the herb for long periods which equate to a decades use in humans showed no adverse actions or long term safety concerns.

Black Cohosh has been shown to slightly lower Blood Pressure and Blood Sugar in some animal studies.

Form and preparation is always important when taking a herb, I would shy away from standardized preparations and look for a more whole plant extract. A fresh herb extract is more effective than dry and so I would use a alcohol based extract. Pills and teas may not be as effective.

Black Cohosh is appropriately used for Muscular Pain and Muscular Athritus, Fibromyalgia, Uterine Pain and Depression and other issues associated with menses, PMS or menopause such as Hot Flashes. Black Cohosh has been shown as effective as ERT or HRT, when combined with Hawthorn to protect the heart and other herbs to protect the Bones along with Calcium.

The general warning you will see for most herbs, supplements and drugs is safety in young children, pregnant or nursing women, and individuals with severe renal or liver disease has not been established.

Read my other answers online about this herb.

SAFETY ISSUES

QUESTION: i would like to know how safety are the herbs such as burdock root, ywllow dock root, dandelion root, and milk thistle. i have skin problems, and bowel movement problem.your input would be appreciated.

ANSWER: As with many herbs comprehensive safety studies have not been done on the herbs you have mentioned, here is what I can come up with quickly.

Yellow Dock root, Latin Named: Rumex crispus does contain Oxalic Acid which for those prone to kidney stones, gout or arthritis could cause problems. For those prone to diarrhea caution should be observed and introduction of use gradual, start low and build up dose.

For Burdock root, Latin Named: Arctium lappa it is eaten as a common food in Japan. A safety scare of Burdock poisoning by JAMA was subsequently withdrawn because the poisoning was linked to another source not commonly found in the plant, that chemical was atropine. Burdock root is safely consumed.

Dandelion root, Latin Name: Taraxacum officinale is believed to be quite safe It is on the FDA's GRAS (generally recognized as safe) list. It is used quite often as a food flavoring and beverage substitute for coffee. One caution which has been seen in recent press is for those with bile duct obstruction or gallbladder problems caution should be

observed, but this is a general warning no basis in an actual case which has occurred purely theoretical.

Milk Thistle, Latin Named: Silybum marianum is believed to possess very little toxicity. High dose, extended Animal studies have not shown any negative effects. Possible mild gastrointestinal disturbance is possible but this is the number one side effect of just about anything including food and drink. Milk Thistle is used as a food by some cultures. No drug interaction are known, except the positive effect of protecting your liver from OTC and prescription drugs that may damage it.

The general warning you will see for most herbs, supplements and drugs is safety in young children, pregnant or nursing women, and individuals with severe renal or liver disease has not been established.

VALERIAN

QUESTION: I was just wondering if taking valerian root will cause any side effects???

ANSWER: Safety Issues on Valerian

Valerian is on the FDA's GRAS (generally recognized as safe) list.

Enormous amounts of Valerian need to be given to test animals to affect any serious adverse actions.

Some testing done with Valerian and Scullcap mixtures have resulted in liver problems for subjects, but a known adulterant for Scullcap named Germander causes this problem and probably was the culprit.

One known general problem is possible mild gastrointestinal (GI) distress, but this is the most widely known side effect for anything including food and drink

You will see general warnings, which are common sense, that persons using Valerian or other sedatives should not drive or use mechanical equipment but again these are general warning individual response to this herb will vary.

Some test subjects using Valerian demonstrated it does not appear to cause longterm impairment of driving ability just a short couple hours of reduced attention ability and others produced no morning drowsiness when it was taken at night.

There have been no reported drug interactions with valerian. A 1995 study found no interaction between alcohol and valerian as measured by concentration, attentiveness, reaction time, and driving performance, but again general warnings and common sense says two sedatives, alcohol and Valerian might combine to work synergistically.

However, Valerian extracts could compound actions of other sedative or CNS depressants

Another general warning would be: Safety in young children, pregnant or nursing women, or those with severe liver or kidney disease has not been established.

Interactions which could be possible include:

Avoid using prescription meds for insomnia or anxiety and using Valerian in combination, one class of these type of drugs are benzodiazepines.

Read my other answers online about Valerian.

DO HERBS GO BAD?

QUESTION: Can capsules of the ground root of echinacea "go bad" after a certain amount of time if they are stored in a cool, dry place?

ANSWERS: Once an herb is ground it is completely exposed to the air, which decreases potency, the same is true for your Echinacea root capsule. The simple consumer at home test of potency is open a capsule and put the contents in your mouth if your tongue tingles the Echinacea is still active. I must say the dry form of Echinacea is not the most effective. This simple at home test works with all forms of the plant from fresh, dry to alcohol extract, my preferred medicinal form. So to tell if the product you bought is as good as eating dirt or the active herb, try it on anything you purchase immediately.

SENNA

QUESTION: I purchased a caffeine free weight loss tea just to try. I read the label and noticed nothing unusual. My son and I tried the tea and within a couple of hours we had an almost automatic attack of diarrhea. Re-reading the label I noted Senna Leaves, Malva Leaveas, Stevia Leaves and Panax Ginseng (all in small print at the bottom of the label). I am not familiar with anything except the Ginseng. Will extended use of this tea cause problems?

ANSWER: Senna is the culprit, it causes you to void yourself. It is an herbal purgative and used in many laxative formulas both natural and chemical based. I would suggest discontinuing the tea. This herb can cause bowel dependence robbing your body of its own ability to go to the bathroom at regular times and make you a habitual laxative user. Many people become addicted and need it or other chemical laxatives to go everyday. This is not a good or healthy thing.

I feel it is not ethical for manufacturers to put this and other ingredients in a weightloss product, please read my other answers online about this and weightloss.

The stevia is an herbal sweetener and a great sugar substitute when used by itself.

Without the Latin Name I cannot be sure what Malva is, but I will assume it is, Common Mallow, Latin Named: Malva sylvestris which is a demulcent, moistening and probably in there to keep things soft and flowing so the Senna is more effective in getting everything out of you. Malva is not as effective a Marshmallow, Latin Named: Althea officinalis another demulcent.

EVENING PRIMROSE

QUESTION: Currently I am using evening primrose oil 500 mg soft gel two times daily for PMS. I am starting to use it 2 weeks before my menstruation and stopping on the first day of my period. I would like to know if there are possible side effect of it. Recently I have some gastro problems and when I visited my gastroenterologist he diagnosed reflux. I was wondering if the fatty acid in the primrose oil increase the acidity in my stomach or causes any other side effects in my body.

ANSWER: I have not seen that listed as a side effect or adverse action anywhere for EPO, the most common side effect for just about anything including food and drink is GI upset. Gastric reflux is normally associate with a sphincter problem at the top of the stomach for some reason it doesn't close either it is lazy, or not working properly because of chemical messenger or physical problem.

Sometimes the Gastric Reflux is associated with the foods you eat or the amount of foods you eat or if you lay down just after eating. If you feel there is a relationship between the EPO and your GI upset try taking the supplement just before a meal so there is something in your stomach.

One possibility to connect Gastric Reflux and EPO is EPO is a good antispasmodic to the GI tract making it good for IBD and IBS in some cases. If this relaxing effect is working on the lower esophageal sphincter (which holds food and acid in the stomach not letting it get back up the way it came), EPO could be the cause. I am on guessing with this one nothing is documented in testing or current writing that I am aware of with this relationship.

Have you been tested for Gastric Reflux or is you physician guessing this could be the cause?

To determine if the EPO is the cause stop taking it and see if your issues clear up.

PAPAYA

QUESTION: I am taking papaya extract for digestive problems. Can papaya also cause dizziness or other side effects?

ANSWER: Maybe papaya is not the correct answer for your digestive problems.

I am not sure I have enough information to make this leap but since Papaya can act as a hypotensive (lowers blood pressure) dizziness could be a side effect.

It would depend on what product you are taking, what species was extracted, what part was extracted, extraction process, what your dosage is, many factors which are not elaborated on in your question.

HAWTHORNE

QUESTION: Are there dangerous drug interactions with hawthorne?

ANSWER: Hawthorn, Latin Named Crataegus oxyanthoides, C. monogyna, is considered a food herb and can be taken in large quantities for long periods of times. It is recommended as food for the heart and circulation systems a tonic

Germany's Commission E lists no known risks, contraindications, or drug interactions with hawthorn.

In animal studies mice and rats have been given huge doses with little toxicity noticed.

The most common side effects is mild stomach upset, an occasional allergic skin rash is rare.

Safety in young children, pregnant or nursing women, or those with severe liver, heart, or kidney disease has not been established.

Possible potentiation of digitaloides & beta blockers

GENERAL

Q

ANSWER: The advantage to the herbal antimicrobials is they usually work on both so you don't have to know the pathogen.

Some examples that are both antiviral and antibacterial:

Echinacea
Garlic
Sage
Thyme
Licorice
Cinnamon
Chrysanthemum
Isatis or Woad
Andrographis

Basil
Barberry
Oregon Grape Root
Lomatium
Osha
Red Root
Goldenseal
Angelica
Elecampane
Thuja

Some more well know to be antiviral

Elder
Lemon Balm
St Johnswort
Fresh Ginger
Picrorrhiza
Horehound
Hyssop

Some have specific actions and/or complementary actions, the knowledge of a qualified herbalist comes into play in choosing one with right actions and energetics for the person.

Is the cold/flu

Cold, hot, moist or dry.

Is the herb specific to mucus membranes, upper respiratory, lungs or GI?

All must be considered before a recommendation is made.

OAK

QUESTION: I was wondering if quercus alba (oak) can be used as an antiseptic?

ANSWER: White Oak, Latin Named Quercus alba is a great styptic, antiinflammatory, astringent and mild antibacterial

Some constituents of Oak are antiseptic such as:

IODINE in stems 2 - 6 ppm
GALLIC-ACID in the Bark MIC=1,000 ug/ml
ASCORBIC-ACID Bark 127 ppm

But this is not what this herb is normally used for.

ALOE VERA

QUESTION: I like to know about aloe vera interaction with drugs. I tried many web sites to know if there is any interaction before I start my tonic drink.

Could you please help me in view some of the research articles, if any on the subject.

ANSWER: A site from the UK which lists Aloe Vera articles and books is
<http://www.aloevera.co.uk/research.htm>

It is a commercial site and its intention is to sell products but there is a good list of papers and books there

In General:

No specific side effects or adverse actions are know. General warnings are given, such as no FDA safety values are established for young children, pregnant or nursing women, or those with severe liver or kidney disease. As with anything else consultation with your healthcare provider is advised.

Their are some who are allergic to Aloe when used externally or internally so start slow. The most common side effect of drugs, herbs, supplements and foods is upset stomach.

For wound healing the gel applied topically could cause a stinging for the first 20-30 minutes but should subside after continued use.

Research for internal use of Aloe gel to lower sugar leveisl is being evaluated, if this proves scientifically true (it has been used for this traditionally) warnings will be given for those prone to Hypoglycemia or diabetics to monitor blood sugar levels when using it internally.

Since Aloe vera is a gel and coats the linings of the GI tract and helps with constipation moving food and feces through the body quicker, it could also reduce the time medications are in the GI tract, reducing their absorption/assimilation

into the body.

Search the US National Institute of Health Website <http://search.nih.gov/> for the many papers, research and information on the use of Aloe Vera

From Jim Duke on the USDA website

Dr. Duke's
Phytochemical and Ethnobotanical Databases at

<http://www.ars-grin.gov/cgi-bin/duke/farmacy2.pl>

SKULLCAP

QUESTION: What are the adverse reactions/dangers to using skullcap?

ANSWER: Skullcap, Scullcap, Latin Named: *Scutellaria lateriflora*, is appropriately used for relaxing due to nervous exhaustion, spasm, tremors, anxiety, insomnia, restless leg syndrome, or for those that cannot sit still.

Contraindications/Side Effects/Adverse Reactions: Today not much testing has been done on this herb, so no problems have been established or related. The problems associated (hepatotoxin) with this plant have actually been the blame of Germander and adulterant found in many commercial sources and products which are labeled as Scullcap. Scullcap has not been associated with this problem.

Safety in young children, pregnant women or nursing moms, or those with severe liver or kidney disease has not been established.

Common sense would suggest not taking this herb and driving or using machinery or mixing this herb with OTC or prescription medications which do the same thing or there may be potentiation or synergistic actions between them.

CASSIA SOPHERA

QUESTION: I am trying to locate information on an herb called cassia sophera. We are collecting information as part of a project for a homeopathic college. I am finding much info on cassia without the sophera as the last part of the name. I know the cassia has something to do with cinnamon. Any ideas would be very helpful.

ANSWER: This is not cinnamon, this is more related to senna.

Common Name: Cacay, Kasamarda(india)
Latin Named: *Cassia sophera*, *Senna sophera*
Family: fabaceae
Country of origin: Guam
Ailments used for: fever, headache, pneumonia

These is considered a vegetable crop.

In homeopathic remedies it has been used for Arthritis: Pain knee joint, worse by movement, better initial movement, continous pain in joints worse while rising from seat, pain in heels worse by movement.

GUARANA

QUESTION: Could you tell me a little about guarana????? is it a dangerous herb??? >>

ANSWER: Guarana is used to speed you up like the caffeine in coffee and tea, inappropriate use can overtax your adrenal glands, for some addiction is possible and withdrawal symptomology unpleasant.

In my opinion it is inappropriately used in diet formulas, keep you awake formulas or as a recreational drug.

KAVA

QUESTION: Hello, is there one brand of Kava Kava that is recommended? There are so many on the market. Do you personally recommend one?

ANSWER: I am not sure exactly what you mean, whether you are talking about form such as pill, tincture or tea or actually company. And I am not sure in this forum I should promote one company over another there are many high quality brands, and the way to tell is look at the company's label, look for information such as the herbs common and Latin name, what part of the plant was used, was it processed fresh or dry, what ratio of herb to menstrum was utilized, such as 1:2 or 1:5, what is the suggested dose and frequency of use, what are the ingredients, the companies information, location, phone, email, website, are there any safety or contraindications listed, what is the source of the herb, wildcrafted, grown without chemicals or organic. What percentage of alcohol was used.

As to form I would suggest an alcohol tincture one made from dried root is better then fresh. If you were to make an infusion (a tea); it should be given reasonable time to sit in solution to improve solubility. Use 1-2 teaspoons of freshly ground root to 8 ounces of water decoct (boil) 15-20 minutes then use a blender to thoroughly crush the Kava and mix

with the water. Let steep (cool) for at least one hour, overnight would be good. A suggested use would be 4 ounces of the tea up to 4 times a day.

There are also capsules and pills available.

Kava Kava, Latin Named: Piper methysticum is appropriately used for anxiety and as an antispasmodic. It is also used for Urinary pain and for irritation of the urinary tract such as interstitial cystitis. It is used in combination with other herbs for Fibromyalgia.

Some Contraindications include: Long term use may cause bizarre skin lesions and plating and can produce cognitive problems. Avoid use when taking barbiturates and alcohol (will potentiate the sedating effects). May interfere with driving or motor skills because of the sedating effect. There is a strong potential for herb-drug interaction with antihistamines, antispasmodics, etc. Plants picked to young may cause gastric upset. Kava is psychologically addicting

From the Natural Pharmacist Website, www.tnp.com

Safety Issues

When used appropriately, Kava appears to be safe. Animal studies have shown that dosages of up to 4 times that of normal cause no problems at all, and 13 times the normal dosage causes only mild problems in rats. A study of 4,049 people who took a rather low dose of Kava (70 mg of kavalactones daily) for 7 weeks found side effects in 1.5% of cases. These were mostly mild gastrointestinal complaints and allergic rashes. A 4-week study of 3,029 individuals given 240 mg of kavalactones daily showed a 2.3% incidence of basically the same side effects. However, long-term use (months to years) of Kava in excess of 400 mg kavalactones per day can create a distinctive generalized dry, scaly rash called "Kava dermopathy." It disappears promptly when the Kava use stops. One case report suggests that a Kava product might have caused liver inflammation in a 39-year-old woman. However, because the product was not analyzed, it isn't clear whether Kava itself or a contaminant was responsible; the authors also could not rule out other causes of liver inflammation. Kava does not appear to produce mental cloudiness. Nonetheless, we wouldn't recommend driving after using Kava until you discover how strongly it affects you. It makes some people quite drowsy. Contrary to many reports in the media, there is no evidence that Kava actually improves mental function. Two studies are commonly cited as if to prove this, but actually there was only one study performed: It was described in two separate articles. This tiny study found that Kava does not impair mental function; however, it doesn't show that Kava improves it. A slight improvement was seen on a couple of tests, but it was statistically insignificant (too small to mean anything). High doses of Kava are known to cause inebriation. For this reason, there is some concern that it could become an herb of abuse. There have been reports of young people trying to get high by taking products they thought contained Kava. One of these products, fX, turned out to contain dangerous drugs but no Kava at all. European physicians have not reported any problems with Kava addiction. One study suggests that Kava does not amplify the effects of alcohol. However, there is a case report indicating that Kava can increase the effects of other sedatives. For this reason, Kava should not be taken with alcohol, prescription tranquilizers or sedatives, or other depressant drugs. Kava should also not be combined with antipsychotic drugs or drugs used for Parkinson's disease, due to the risk of increased problems with movement. The German Commission E monograph warns against the use of Kava during pregnancy and nursing. Safety in young children and those with severe liver or kidney disease has not been established.

Transitioning from Medications

If you're taking Xanax or other drugs in the benzodiazepine family, switching to Kava will be very difficult. You must seek a doctor's supervision, because withdrawal symptoms can be severe and even life-threatening. Additionally, if you are taking Xanax on an "as needed" basis to stop acute panic attacks, Kava cannot be expected to have the same rapidity of action. It is easier to make the switch from milder Antianxiety drugs, such as BuSpar, and antidepressants. Nonetheless, a doctor's supervision is still strongly advised.

Interactions You Should Know About

If you are taking Medications for insomnia or anxiety such as benzodiazepines; do not take Kava in addition to them. Antipsychotic drugs: Kava might increase the risk of a particular side effect consisting of sudden abnormal movements, called a dystonic reaction. Levodopa for Parkinson's disease: Kava might reduce its effectiveness.

If you cannot find a quality source in your area we would be glad to talk to you about the brands we carry in our store, please call we mail order everyday.

ST JOHNS WORT

QUESTION: have there been any studies regarding the use of St. john's wort for children suffering post-traumatic stress syndrome (or as an alternative to Prozac anti-depressants currently being prescribed for children)? I have grave concerns for the developing brain chemistry and the Prozac or clone chemicals alteration of same. any direction you can point me to would be greatly appreciated. I thank you for your time and attention.

ANSWER: St Johnswort has been tested as effective as Prozac for mild to moderate depression in adults. I don't know of any studies of the herbs use an children, but would say if prozac is being used for them, St Johnswort might be a better choice. Camomile and Catnip are also two great children herbs for settling nerves and tummies, when upset or with cold and flu. You might want to start with them.

QUESTION: In my training as a herbalist, i've learned that st john's wort oil is & has been used internally for depression. lately, however, some of the herbalists i respect (one being terry willard of wild rose herbs) says not to take it internally. others are concerned with the possibility of bacterial contamination/botulism. what is your feeling on this issue?

ANSWER: My choice would be a fresh or freshly dry alcohol tincture of the flower tops not the oil for internal use. SJW is great as a nervine for depression but it is also good for nerve damage or trauma, for this case I would combine a treatment of oil on the outside as a rub into the affected area and the tincture inside as a double whammy. The oil is also a great Vulnerary for wounds, externally.

CHASTE BERRY

QUESTION: hello there, i am trying to find out some info. on how to take chaste tree berries for acne. i have a load of the berries that were given to me, but i dont have any info on how to prepare them and take them. any thing you can give me on this would be greatly appreciated.....

ANSWER: If the berries are fresh simply dry them for future use.

Chaste Tree, Latin Name: Vitex agnus-castus

This herb does not contain phytoestrogens but works via the endocrine system balancing other hormones produced by the pituitary gland such as FSH (follicle stimulating hormone) and LH (lutening hormone). It is appropriately used for elevated estrogen and normal to low progesterone OR normal estrogen and low progesterone hormone levels.

It should be taken in small amounts for a long time to see full effect.

Suggested Dosage: For a tea would be 1-2 teaspoons of freshly ground berry steep covered in 8 ounces of water for at least an hour take 1-2 C early in day for best results. To make an ethyl alcohol extract use a ratio of 1 part by weight berries to 5 parts by volume alcohol, grind the berries then added them to the alcohol let it sit for 4-8 weeks then strain the berries out. You should use a 120 proof alcohol, a suggested dose would be 60-90 drops 1-2x day prior to lunch.

Best results are achieved when this herb is best taken in the morning once at or before breakfast and again at mid morning before lunch. A small amount long term is better than a lot short term.

Contraindication is pregnancy.

CHASTE BERRY WHILE NURSING

QUESTION: Can vitex and dong quai be taken by a nursing mother? Menstrual periods may resume before completely weaning a child. Could these herbs be harmful if they pass on to the milk to the child? Would they help with menstrual discomfort?

ANSWER: Chaste Tree Berry, Latin Named Vitex agnus-castus is appropriately used for all cases where either there is high Estrogen and normal or low Progesterone or normal Estrogen and low Progesterone levels. This plant does not work as others as a Plant Phytoestrogen and does not contain them, instead it works via the pituitary gland affecting the Folical Stimulating Hormone (FSH) and Lutening Hormone (LH) and suppresses the release of prolactin. Prolactin is one hormone which rise during pregnancy and post birth to help nursing mothers. In general there have been no safety studies of this herb but it widespread use in Germany without reported effects indicates some level of assumed safeness. The most quoted contraindications are nursing mothers and pregnancy, but no studies for these conditions or for infants and children exist. As to whether it gets into the milk again there is no evidence available but I would predict it does, at the very least because it effects on prolactin it would probably effect milk production. This herb is used for menopause and in PMS situations for the correct client profile.

Dong Quai, Dong Qui, Dang Quai, Dang Qui, Tangkuei Latin Named: Angelica sinensis is great for stuck or stagnant blood, it moves blood and produces regularity in menses such as amenorrhea and dysmenorrhea. It has been suggested as a anti menopausal agent. In general the herb seems to be nontoxic, side effects are rare and mostly fall in the categories of most drugs, supplements, herbs and foods leading to possibly upset stomach. Two skin problems have been theorized which are increased sensitivity to the sun and rashes. Because Dong Quai moves blood it is also possibly contra indicated when on blood thinning agents and prior to surgery. Safety for infants, young children, nursing mothers, pregnant women has not been established. Better blood moving herbs are contraindicated during pregnancy or preconception. There was one possible case which has been reported where the herb was being used by a nursing mother and the mother's and infant's blood pressure was elevated. But, one case does not establish a problem only suggests a possible one, hypertension can be caused by many factors. Again, little evidence exist as to whether it enters the milk of nursing mothers my feelings are I would suggest that it also enters the milk, I try to mostly err on the side of caution. This herb is usually used in combination and its efficacy is proven there more than as a single herb protocol treatment. The most famous combination using this herb in China is as one part of the 4 herbs in Women's 4 Herb Tea w/ Ligusticum, White Peony, & Rehmannia.

My suggestion would be wait and see what happens, many nursing mothers do not go back to having a menses and sometimes the problems they had prior to being pregnant with PMS clear up.

Finally there may be other herbs which may better fit your picture but without all the information, this is all I can do for now.

EUCOMMIA ULMOIDES

QUESTION: Can I have full details of this herbal plant. Understand its leaves, bark and roots are very effective for treatment of many diseases. What is it most effective for (cure)? Does any of its parts need to be mixed with other herbs to product stronger effect?

ANSWER: It is a good question you ask about the plant Named Du Zhong (in Pin Yin Chinese English), Tu Chung otherwise know to us as Eucommia, Latin Name: Eucommia ulmoides which means Elm like. Eucomia bark is used effectively as a tea to lower blood pressure, help with low back pain, weak knees, impotence, frequent urination, fatigue & dizziness. It helps to strengthen ligaments & tendons, improve sprains and muscle pulls. In China they use it for what is called restless fetus to prevent miscarriage or low back pain in pregnancy and use it for women with heavy irregular menstrual bleeding. It is less well know for its use to reduces absorption of cholesterol which it does so marginally well.

I would recommend a book on Chinese herbs called Chinese Herbal Medicine: Materia Medica by Bensky and Gamble as a good resouce material on this plant. We carry both the herb and the book in our store if you cannot find it locally and mail order every day.

PUMPKIN SEED

QUESTION: I would appreciate receiving nutritional data on pumpkin(seed) as well as recommended dosage.

ANSWER: It is a good question you ask about Pumpkin seed, internationally known ethnobotanist Jim Duke recommends their daily use in your diet to combat Benign Prostatic Hypertrophy (BPH) along with Evening Primrose, Nettle, Pygeum, Saw Palmetto in a peanut butter type spread which he coins as Prosnut Butter, see below.

Prosnut Butter TM, a combination of foods made into a peanut-like butter, embracing the most important traditional phytomedicinal approaches to BPH. The butter would be comprised of, in decreasing order of relative abundance, ground pumpkin, cucumber, and watermelon seeds (agricultural byproducts), saw palmetto fruit and seed (edible palm), brazilnuts, sunflower, ground carob, peanuts, almonds, sesame, soybean, flaxseed, and walnut, leaving out the poppyseed. Spiked with a little zinc picolinate, this could be a tasty sandwich spread, an ounce of which would give you the suggested quantity of alanine, glycine, glutamic acid, not to mention the EFA's, and sitosterol, and whatever it is in saw palmetto that increases urinary flow and ease of micturition, while reducing residual urine and frequency of urination. The brazilnuts and sunflowerseed could provide the recomnded dose of 200 ug selenomethionine. Licorice like saw palmetto contains compounds that prevent the conversion of testosterone to dihydrotestosterone.

From the same man comes the USDA's phytochemical and ethnobotanical database which listes chemical constituents and activities for a given plant:
<http://www.ars-grin.gov/duke/>

Chemicals in: Cucurbita pepo L. (Cucurbitaceae) -- Pumpkin

Chemicals

Chemicals

(+)-CIS-ABSCISIC-ACID Plant:

(+)-DEHYDROVOMIFOLIOL Plant:

(+)-TRANS-ABSCISIC-ACID Plant:

(+)-VOMIFOLIOL Plant:

24-ETHYL-5-ALPHA-CHOLESTA-7,22,25-TRIEN-3-BETA-OL Seed:

24-ETHYL-5-ALPHA-CHOLESTA-7,25-DIEN-3-BETA-OL Seed:

24ALPHA-ETHYLLATHOSTEROL Plant:

5-ALPHA-STIGMASTA-7,25-DIEN-3-BETA-OL Plant:

ADENINE Flower:

ADENOSINE Flower:

ALANINE Fruit 280 - 3,333 ppm Seed 11,580 - 12,441 ppm

ALPHA-AMINO-ADIPIC-ACID Flower:

ALPHA-AMINO-BUTYRIC-ACID Flower:

ALPHA-KETO-BETA-METHYL-BUTYRIC-ACID Juice 100 ppm;

ALPHA-KETO-BETA-METHYL-VALERAINIC-ACID Juice 180 ppm;

ALPHA-LINOLENIC-ACID Flower 20 - 410 ppm Fruit 30 - 357 ppm Seed 1,810 - 1,945 ppm

ALPHA-SPINASTEROL Flower: Seed:
 ALPHA-SPINASTERYL-BETA-D-GLUCOSIDE Flower:
 ALPHA-TOCOPHEROL Fruit 10 - 119 ppm
 ALUMINUM Seed 11 ppm;
 ARACHIDIC-ACID Seed 200 ppm;
 ARGININE Fruit 370 - 6,429 ppm Seed 40,330 - 43,328 ppm
 ASCORBIC-ACID Flower 280 - 5,773 ppm Fruit 90 - 1,071 ppm
 ASH Flower 4,800 - 98,970 ppm Fruit 7,500 - 95,238 ppm Seed 47,530 - 70,000 ppm
 ASPARTIC-ACID Fruit 1,020 - 12,143 ppm Seed 24,770 - 26,612 ppm
 BETA-AMINO-ISOBUTYRIC-ACID Flower:
 BETA-CAROTENE Flower 12 - 240 ppm Fruit 9.6 - 114 ppm Seed 2 - 2.5 ppm
 BETA-HYDROXYBUTYRIC-ACID Fruit:
 BETA-SITOSTEROL Seed:
 BORON Fruit 1 ppm;
 CAFFEIC-ACID Leaf:
 CALCIUM Flower 390 - 8,041 ppm Fruit 210 - 2,500 ppm Seed 418 - 474 ppm
 CARBOHYDRATES Flower 32,800 - 676,290 ppm Fruit 65,000 - 773,809 ppm Seed 178,100 - 191,341 ppm
 CHOLESTEROL Plant:
 CHROMIUM Seed 17 ppm;
 COBALT Seed 143 ppm;
 CODECARBOXYLASE Plant:
 COPPER Seed 14 - 15 ppm
 CRYPTOXANTHIN Flower:
 CUCURBIC-ACID Plant:
 CUCURBIC-ACID-GLUCOSIDE Plant:
 CUCURBIC-ACID-METHYL-ESTER Plant:
 CUCURBITAXANTHIN Fruit:
 CUCURBITIN Seed 16,600 - 66,300 ppm
 CUCURBITOL Seed:
 CYSTINE Fruit 30 - 700 ppm Seed 3,010 - 3,234 ppm
 DEHYDROASCORBIC-ACID Seed:
 DELTA-HYDROXYLYSINE Flower:
 DL-CITRULLIN Seed:
 EDESTINE Seed:
 FAT Flower 700 - 14,430 ppm Fruit 1,000 - 11,905 ppm Seed 384,500 - 520,000 ppm
 FERULIC-ACID Plant:
 FIBER Flower 6,300 - 130,000 ppm Fruit 11,000 - 130,952 ppm Seed 19,690 - 26,538 ppm
 FLAVOXANTHIN Juice:
 GABA Seed:
 GIBBERELLIN-A39 Plant:
 GIBBERELLIN-A48 Plant:
 GIBBERELLIN-A49 Plant:
 GLUTAMIC-ACID Fruit 1,840 - 35,000 ppm Seed 43,150 - 46,358 ppm
 GLUTINOL Flower:
 GLYCINE Fruit 270 - 8,000 ppm Seed 17,960 - 19,295 ppm
 GLYOXALIC-ACID Juice 200 ppm;
 GUANOSINE Sprout Seedling:
 HISTIDINE Fruit 140 - 1,905 ppm Seed 6,810 - 7,316 ppm
 HYDROXYBRENZTRAUBEN-ACID Fruit:
 IRON Flower 7 - 144 ppm Seed 86 - 172 ppm
 ISOLEUCINE Fruit 310 - 3,690 ppm Seed 12,640 - 13,580 ppm
 ISORHAMNETIN-3-O-RUTINOSIDE-4'-O-RHAMNOSIDE Flower:
 KAEMPFEROL Leaf:
 KILOCALORIES Flower 150 - 3,092 /kg Fruit 220 - 3,095 /kg Seed 2,730 - 5,812 /kg
 LAURIC-ACID Flower 10 - 205 ppm Fruit 10 - 119 ppm Seed 440 - 472 ppm
 LECITHIN Seed 4,000 ppm;
 LEUCINE Fruit 460 - 5,476 ppm Seed 20,790 - 22,336 ppm
 LINOLEIC Flower 20 - 410 ppm Fruit 20 - 238 ppm Seed 209,040 - 222,411 ppm
 LUPEOL Flower:
 LUTEIN Flower:
 LYSINE Fruit 470 - 6,429 ppm Seed 18,330 - 19,693 ppm
 M-CARBOXYPHENYLALANINE Seed:
 MAGNESIUM Flower 240 - 4,950 ppm Fruit 120 - 1,429 ppm Seed 5,140 - 5,748 ppm
 MANGANESE Seed 40 ppm;
 MANNITOL Fruit 150,000 - 200,000 ppm
 METHIONINE Fruit 110 - 1,310 ppm Seed 5,510 - 5,920 ppm
 MUFA Flower 90 - 1,855 ppm Fruit 130 - 1,548 ppm Seed 142,580 - 153,180 ppm
 MYRISTIC-ACID Flower 50 - 1,030 ppm Fruit 60 - 714 ppm Seed 200 - 559 ppm
 NEOXANTHIN Flower:
 NIACIN Flower 7 - 142 ppm Fruit 71 - 6 ppm Seed 14 - 22 ppm
 OLEIC-ACID Flower 40 - 825 ppm Fruit 60 - 714 ppm Seed 141,460 - 151,977 ppm
 ORNITHINE Flower:

OXALIC-ACID Juice 400 ppm;
OXYCEROTINIC-ACID Seed:
PALMITIC-ACID Flower 260 - 5,360 ppm Fruit 370 - 4,405 ppm Seed 56,120 - 60,292 ppm
PALMITOLEIC-ACID Flower 50 - 1,030 ppm Fruit 60 - 714 ppm Seed 990 - 1,064 ppm
PHENYLALANINE Fruit 300 - 3,810 ppm Seed 12,220 - 13,128 ppm
PHOSPHOLIPIDS Seed:
PHOSPHORUS Flower 490 - 10,100 ppm Fruit 440 - 5,238 ppm Seed 10,600 - 12,982 ppm
PHYTIC-ACID Seed 15,000 - 22,000 ppm
PHYTOSTEROLS Fruit 120 - 1,428 ppm
POTASSIUM Flower 1,730 - 35,670 ppm Fruit 3,400 - 40,476 ppm Seed 5,540 - 8,670 ppm
PROLINE Fruit 260 - 17,100 ppm Seed 10,000 - 10,743 ppm
PROTEIN Fruit 10,000 - 140,000 ppm Seed 86,000 - 271,797 ppm
PUFA Flower 40 - 825 ppm Fruit 50 - 595 ppm Seed 209,040 - 224,581 ppm
QUERCETIN Leaf:
RHAMNAZIN-3-RUTINOSIDE Flower:
RIBOFLAVIN Flower 0.7 - 15 ppm Fruit 1.1 - 13.1 ppm Seed 2.7 - 4.9 ppm
SALICYLIC-ACID Seed:
SELENIUM Seed:
SERINE Fruit 440 - 6,100 ppm Seed 11,480 - 12,333 ppm
SFA Flower 360 - 7,425 ppm Fruit 520 - 6,190 ppm Seed 86,740 - 93,180 ppm
SILICON Seed:
SODIUM Flower 50 - 1,030 ppm Fruit 10 - 119 ppm Seed 180 - 193 ppm
STEARIC-ACID Flower 20 - 410 ppm Fruit 30 - 357 ppm Seed 28,110 - 30,200 ppm
STIGMAST-7-ENOL Flower:
STIGMAST-7-ENYL-D-GLUCOSIDE Flower:
SUCROSE Seed 14,000 ppm;
THIAMIN Flower 0.4 - 8.6 ppm Fruit 0.5 - 5.9 ppm Seed 1.9 - 3.7 ppm
THREONINE Fruit 250 - 3,452 ppm Seed 9,030 - 9,701 ppm
TIN Seed 23 ppm;
TRIGONELLINE Sprout Seedling:
TRYPTOPHAN Fruit 120 - 1,800 ppm Seed 4,310 - 4,630 ppm
TYROSINE Fruit 130 - 5,000 ppm Seed 10,190 - 10,948 ppm
UREASE Seed:
VALINE Fruit 350 - 4,167 ppm Seed 19,720 - 21,186 ppm
VIOLAXANTHIN Flower:
WATER Fruit 916,000 ppm; Seed 65,200 - 73,110 ppm
XANTHOPHYLL Flower:
ZEAXANTHIN Flower:
ZINC Seed 74 - 83 ppm

ST JOHNS WORT

QUESTION: I'm considering using Hypericum supplements (for depression) but am uncertain about possible side effects. I know that in stock (ie sheep, cattle, horses) it can stuff up the liver if eaten in sufficient amounts (not sure exactly how much is too much, because only a bit doesn't hurt them)- are humans affected like this, too, or is it a compound in the herb that is not present in supplements that causes liver damage, or should people with family history of liver problems avoid it? Also, what affects, if any, does it have on "breeding" women (ie fertility, pregnancy, childbirth, breastfeeding etc)?

ANSWER: I am assuming you are talking about Saint Johnswort, Latin Named: Hypericum perforatum, which has been appropriately used for mild to moderate depression.

Not sure all of what you are talking about or asking but here is a generic article downloaded from The Natural Pharmacist Webpage www.tnp.com.

Herbs & Supplements, St. John's Wort

Hypericum perforatum

Principal Proposed Uses

Mild to Moderate Depression <topic.asp?ID=110>

Other Proposed Uses

Depression-Associated Symptoms : Anxiety, Insomnia
PMS, Menopause, Seasonal Affective Disorder (SAD)

For the professional-level monograph, see also St. John's Wort

St. John's wort is a common perennial herb of many branches and bright yellow flowers that grows wild in much of the world. Its name derives from the herb's tendency to flower around the feast of St. John (A "wort" is simply a

plant in Old English.) The species name perforatum derives from the watermarking of translucent dots that can be seen when the leaf is held up to the sun. St. John's wort has a long history of use in treating emotional disorders. During the Middle Ages, St. John's wort was popular for "casting out demons," conceivably an archaic description of curing mental illness. In the 1800s, the herb was classified as a "nervine," or a treatment for "nervous disorders." It began to be considered a treatment for depression in the early 1900s, and when pharmaceutical antidepressants were invented, German researchers began to look for similar properties in St. John's wort. Today, St. John's wort is one of the best-documented herbal treatments, with a scientific record approaching that of many prescription drugs. Indeed, this herb is a prescription antidepressant in Germany, covered by the national health-care system, and is prescribed more frequently for depression than any synthetic drug. Evidence suggests that for mild to moderate depression, it is at least as effective as standard drugs, with fewer and less severe side effects. The active components in St. John's wort are found in the buds, flowers, and newest leaves. Extracts are usually standardized to the substance hypericin, which has led to the widespread misconception that hypericin is the active ingredient. However, there is no evidence that hypericin itself is an antidepressant. Recent attention has focused on another ingredient of St. John's wort named hyperforin as the potential active ingredient. Hyperforin was first identified as a constituent of *Hypericum perforatum* in 1971 by Russian researchers, but it was incorrectly believed to be too unstable to play a major role in the herb's action.¹ However, recent evidence has corrected this view. It now appears that standard St. John's wort extract contains about 1 to 6% hyperforin.² We don't really know how St. John's wort works. Early research suggested that St. John's wort works like the oldest class of antidepressants, the MAO inhibitors.³ However, later research essentially discredited this idea.^{4,5} More recent research suggests that St. John's wort may inhibit the reuptake of serotonin, norepinephrine, and dopamine.^{6,7} Evidence from animal and human studies suggests that hyperforin is the ingredient in St. John's wort that raises these neurotransmitters.^{8,9,10} Nonetheless, there may be other active ingredients in St. John's wort also at work.^{11,12} In fact, two double-blind trials using a form of St. John's wort with low hyperforin content found it effective.^{13,14} St. John's wort appears to be reasonably safe when taken alone. However, there is good reason to believe that it may interfere with the effectiveness of numerous medications, including treatments for HIV infection <topic.asp?ID=123>. (See Safety Issues for details.)

What Is St. John's Wort Used for Today?

St. John's wort is primarily used to treat mild to moderate depression. Typical symptoms include depressed mood, lack of energy, sleep problems, anxiety, appetite disturbance, difficulty concentrating, and poor stress tolerance. Irritability can also be a sign of depression. Research suggests that St. John's wort is effective in about 55% of cases. As with other antidepressants, the full effect takes approximately 4 to 6 weeks to develop. **Warning:** St. John's wort should never be relied on for the treatment of severe depression. If you or a loved one are feeling suicidal, unable to cope with daily life, paralyzed by anxiety, incapable of getting out of bed, unable to sleep, or uninterested in eating, see a physician at once. Drug therapy may save your life. Furthermore, various systemic diseases may masquerade as depression, such as hypothyroidism, chronic hepatitis, and anemia. Make sure to find out whether you have an undiagnosed medical illness before treating yourself with St. John's wort. Like other antidepressants, St. John's wort is also used in the treatment of chronic insomnia and anxiety when they are related to depression. It may be effective in relieving seasonal affective disorder (SAD) as well. Early reports suggested that St. John's wort or synthetic hypericin might be useful against viruses such as HIV, but these haven't panned out.¹⁵ There is some evidence that the presumed active ingredient in St. John's wort, hyperforin, may be able to fight certain bacteria, including some that are resistant to antibiotics.¹⁶ However, this evidence is far too preliminary to count. St. John's wort as an effective antibiotic. Highly preliminary evidence suggests that St. John's wort might be helpful for PMS and menopause.

What Is the Scientific Evidence for St. John's Wort?

Taken as a whole, the available research makes a convincing case that the herb is an effective antidepressant. There have been two main kinds of studies: those that compared St. John's wort to placebo, and others that compared it to prescription antidepressants. **St. John's Wort Versus Placebo** Probably the best-designed St.-John's-wort-versus-placebo study was reported in 1993 by the German physician K. D. Hansgen and his colleagues.¹⁹ In this 4-week trial, 72 moderately depressed individuals were randomly assigned to

receive either placebo or 300 mg 3 times per day of an extract of St. John's wort standardized to contain 0.3% hypericin. Participants were evaluated using a set of questions called the Hamilton Depression Index (HAM-D). This scale rates the extent of depression, with higher numbers indicating more serious symptoms. Over 80% of the participants taking St John's wort improved significantly based on this index, while only 26% of the placebo group responded. Later, 36 additional people were added to the trial, with essentially identical results. A recent double-blind study examined the effectiveness of a new kind of St. John's wort extract standardized to its content of hyperforin rather than to hypericin.²⁰ It followed 147 people with mild to moderate depression for a period of 42 days. Participants were given either a placebo or one of two forms of St. John's wort: a low-hyperforin product (0.5%) or a high-hyperforin product (5%). The results showed that the St. John's wort containing 5% hyperforin was successful in controlling depression symptoms in about 50% of cases, a better result than placebo. Although identical to the high-hyperforin product in every respect other than hyperforin content, the low-hyperforin product did not do any better than the placebo. This study provides strong evidence that hyperforin is at least one of the active ingredients in St. John's wort. However, another St. John's wort product with very low levels of hyperforin was also found effective in a double-blind placebo-controlled trial of 159 individuals with mild to moderate depression.²¹ There have been over 13 other double-blind placebo-controlled studies as well.²² A review that evaluated most of the published studies up through 1994 found that nine of them were performed according to adequate scientific standards, involving a total of over 600 participants.²³ Adding in the hyperforin study just mentioned, the combined results make a compelling case for St. John's wort as an effective antidepressant. This body of research has been criticized by some authorities who point out that none of the studies exceeded 8 weeks in length. However, as it states in the Physician's Desk Reference, Prozac was approved on the basis of studies no longer than 6 weeks. It isn't fair to apply a higher standard to herbs than to drugs. **St. John's Wort Versus Medications** A 6-week double-blind trial of 240 individuals with mild to moderate depression compared St. John's wort (250 mg twice daily of a 4–7:1 alcohol extract) to fluoxetine (Prozac) at the standard dose of 20 mg daily.²⁴ The results showed that St. John's wort was somewhat more effective, and caused far fewer and less severe side effects. Another double-blind study of 149 seniors with mild to moderate depression found that St. John's wort extract at a dose of 800 mg daily was as effective as a standard dose of the drug fluoxetine (Prozac).²⁵ In addition, a double-blind study that enrolled 30 individuals found equivalent benefits comparing St. John's wort and sertraline (Zoloft).²⁶ An 8-week study of 263 individuals with moderate depression compared the effectiveness of a slightly high dose of St. John's wort (350 mg 3 times daily of an extract standardized to contain 2 to 3 % hyperforin) against placebo and the somewhat outdated, but nonetheless effective, antidepressant imipramine.²⁷ The results showed that imipramine and St. John's wort were equally effective, and both were more effective than placebo. However, according to a double-blind study of 209 people, St. John's wort, even in double the usual dose, is not as effective as imipramine for severe depression.²⁸ Ten other trials of individuals with mild to moderate depression have compared St. John's wort against old-fashioned but tried-and-true antidepressants including imipramine, maprotiline, and amitriptyline.^{29,30,31} However, these studies used very low doses of the standard drug, and therefore proved little. **Depression-Related Symptoms** In many of the studies described above, anxiety and insomnia associated with depression were noted to improve with St. John's wort treatment. **Seasonal Affective Disorder** One small controlled study found St. John's wort to be effective in the treatment of seasonal affective disorder (SAD), a form of depression that occurs primarily during the winter.³²

Dosage

The standard dosage of St. John's wort is 300 mg 3 times a day of an extract standardized to contain 0.3% hypericin. A few new products on the market are standardized to hyperforin content (usually 2 to 3%) instead of hypericin. These are taken at the same dosage. Yet another form of St. John's wort has also passed double-blind studies. This form contains little hyperforin, and is taken at a dose of 250 mg twice daily.^{33,34} Some people take 500 mg twice a day, or 600 mg in the morning and 300 mg in the evening. If the herb bothers your stomach, take it with food. Remember that the full effect takes 4 weeks to develop. Don't give up too soon!

Safety Issues

St. John's wort is essentially side-effect free. Strangely, this good news has an unfortunate consequence: Some people who try St. John's wort decide that it must not be very powerful since it doesn't make them feel ill, and quit. Be patient! When St. John's wort works, it is very smooth. In a study designed to look for side effects, 3,250 people took St. John's wort for 4 weeks.³⁵ Overall, about 2.4% experienced side effects. The most common were mild stomach discomfort (0.6%), allergic reactions³⁶; primarily rash³⁷; (0.5%), tiredness (0.4%), and restlessness (0.3%). In the extensive German experience with St. John's wort as a treatment for depression, there have been no published reports of serious adverse consequences from taking the herb alone.³⁶ Animal studies involving enormous doses of St. John's wort extracts for 26 weeks have not shown any serious effects.³⁷ Cows and sheep grazing on St. John's wort have sometimes developed severe and even fatal sensitivity to the sun. However, this has never occurred in humans taking St. John's wort at normal dosages.³⁸ In one study, highly sun-sensitive people were given twice the normal dose of the herb.³⁹ The results showed a mild but measurable increase in reaction to ultraviolet radiation. The moral of the story is, if you are especially sensitive to the sun, don't exceed the recommended dose of St. John's wort, and continue to take your usual precautions against burning. Nonetheless, there might be problems if you combine St. John's wort with other medications that cause increased sun sensitivity, such as sulfa drugs and the anti-inflammatory medication Feldene (piroxicam). In addition, the medications Prilosec (omeprazole) and Prevacid (lansoprazole) may increase the tendency of St. John's wort to cause photosensitivity.⁴⁰ A recent report also suggests that regular use of St. John's wort might also increase the risk of cataracts.⁴¹ While this is preliminary information, it may make sense to wear sunglasses when outdoors if you are taking this herb on a long-term basis. One study raised questions about possible antifertility effects of St. John's wort. When high concentrations of St. John's wort were placed in a test tube with hamster sperm and ova, the sperm were damaged and less able to penetrate the ova.⁴² However, since it is unlikely that this much St. John's wort can actually come in contact with sperm and ova when they are in the body rather than in a test tube, these results may not be meaningful in real life. Older reports suggested that St. John's wort works like the class of drugs known as MAO inhibitors.⁴³ This led to a number of warnings, including avoiding cheese and decongestants while taking St. John's wort. However, St. John's wort is no longer believed to act like an MAO inhibitor, and these warnings are now thought to be groundless.^{44,45} Herbal experts have warned for some time that combining St. John's wort with drugs in the Prozac family (SSRIs) might raise serotonin too much and cause a number of serious problems. Recently, case reports of such events have begun to trickle in.^{46,47,48} This is a potentially serious risk. Do not combine St. John's wort with prescription antidepressants except on the specific advice of a physician. Since some antidepressants, such as Prozac, linger in the blood for quite some time, you also need to exercise caution when switching from a drug to St. John's wort. (See Transitioning from Medications to St. John's Wort.) The antimigraine drug sumatriptan (Imitrex) and the pain-killing drug tramadol also raise serotonin levels and might interact similarly with St. John's wort.^{49,50} Perhaps the biggest concern with St. John's wort is the possibility that it may decrease the effectiveness of various medications, including protease inhibitors (for HIV infection), cyclosporine (for organ transplants), digoxin (for heart disease), warfarin (a blood thinner), chemotherapy drugs, oral contraceptives, olanzapine or clozapine (for schizophrenia), and theophylline (for asthma).⁵¹⁵²⁵³ Furthermore, if you are taking St. John's wort and one of these medications at the same time and then stop taking the herb, blood levels of the drug may rise. This rise in drug level could be dangerous in certain circumstances. These interactions could lead to catastrophic consequences. Indeed, St. John's wort appears to have caused two cases of heart transplant rejection by interfering with the action of cyclosporine. Also, many people with HIV take St. John's wort in the false belief that the herb will fight the AIDS virus. The unintended result may be to reduce the potency of standard AIDS drugs. In addition, the herb might decrease the effectiveness of oral contraceptives, presenting a risk of pregnancy.⁶⁰ The bottom line: We recommend that individuals taking any critical medication should avoid using St. John's wort until more is known. It is probably advisable on general principles to discontinue all herbs and supplements prior to surgery and anesthesia, due to the possibility of unpredictable interactions. However, there does not appear to be any specific foundation to publicized claims that St. John's wort interacts with anesthetic drugs. Safety in young children, pregnant or nursing women, or those with severe liver or kidney disease has not been established.

Transitioning from Medications to St. John's Wort

If you are taking a prescription drug for mild to moderate depression, switching to St. John's wort may be a reasonable idea if you would prefer taking an herb. To avoid overlapping treatments, the safest approach is to stop taking the drug and allow it to wash out of your system before starting St. John's wort. Consult with your doctor on how much time is necessary. However, if you are taking medication for severe depression, switching over to St. John's wort is not a good idea. The herb probably won't work well enough, and you may sink into a dangerous depression.

Interactions You Should Know About

If you are taking Antidepressant drugs, including MAO inhibitors, SSRIs, and tricyclics; or possibly the drugs tramadol or sumatriptan (Imitrex): Do not take St. John's wort at the same time. Actually, you need to let the medication flush out of your system for a while (perhaps weeks, depending on the drug) before you start the herb. Digoxin, cyclosporine, protease inhibitors (for HIV infection), oral contraceptives, amitriptyline, Coumadin (warfarin), theophylline, chemotherapy drugs, newer antipsychotic medications (such as aripiprazole and clozapine or, indeed, any critical medication: St. John's wort might cause the drug to be less effective. Medications that cause sun sensitivity such as sulfa drugs and the anti-inflammatory medication Feldene (piroxicam), as well as Prilosec (omeprazole) or Prevacid (lansoprazole): Keep in mind that St. John's wort might have an additive effect.

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PARTHENOLIDE

QUESTION: What is parthenolide?

ANSWER: This is an excerpt from *BOTANICAL AND NATURAL THERAPIES FOR MEMORY AND COGNITIVE FUNCTION* by JILL E STANSBURY ND AHG Conference 1999

...Tanacetum parthenium (Feverfew) - contains parthenolide that inhibits the release of inflammatory substances from platelets and mast cells, and reduces the formation of proinflammatory leukotrienes.

Parthenolide has been shown to reduce the secretory activity of platelets and leukocytes. Since aberrant release of serotonin from platelets is one mechanism of migraine headache development, longterm use of Feverfew may prevent migraines due to this mechanism. The chemical constituent Parthenolide is believed to inhibit the release of serotonin, the neurotransmitter often found to be elevated in migraine sufferers. Tanacetum is often standardized to its parthenolide content, though there is some disagreement as to what this standard would be. Apparently sample from the UK are found to be significantly higher in parthenolides than samples from the US and Mexico. The reference here is: (DVC Awang, Rawson BA, and Kindack DG "Parthenolide content of Feverfes assessed by HPLC and IHNMR spectroscopy" *J of Natural Products* Nov-Dec 1991 154(6):1516/1521). Feverfew is sometimes said to be effective only when used prophylactically for several months and is not very effective if simply taken at the time one has a headache. However, many people have reported that Feverfew works well for them when taken at the onset of a migraine.

USE OF REISHI

QUESTION: I am 36 years old and had heart attack twice the same day in April this year. My blood pressure is 140 - 90. I am now advised to take aspirin and other general heart related medicines plus pressure tablets. Recently , a Dr. advised me to take REISHI GANO (RG) and GANO Licelium (GL) one pair in the morning, afternoon and night and I had just started taking this Herbal capsule. Dr. informed that Reishi Gano helps in bringing down blood pressure, lowers cholesterol, and removes thrombosis and assured that continuous in take of this herbal based capsule will result in normalcy and that I can stop all medicines in a year or two. Please confirm whether this is true and that Reishi Gano can be consumed for general health improvement and particularly in my case of Heart and blood pressure problem. The capsule is imported from Malayasia and sold through Multi-Level-Marketing in India. I eagerly look forward to your comment and advice.

ANSWER: REISHI GANO (RG) and GANO Licelium (GL) is probably the medicinal mushroom Reishi which is Latin Named *Ganoderma lucidum* and grows on hardwood trees such as Oaks in the USA. This mushroom is classified as an herbal Adaptagen, which means it helps the body deal with stress. The other mushrooms in this family are *G. sinensis*, the black mushroom, *G. applanatum*, the artist conch mushroom and *G. Tsugae* which is grows on hemlock trees and finally one which is only found in the northwest areas of the USA is *G. oregonensis* and probably has similar characteristics.

Ganoderma lucidum or Reishi is a great immune amphoteric balancing the immune system bringing it back to balance if in a hyper or hypo state. In addition this mushroom is good for slightly balancing blood sugars, slightly lowering blood pressure, reducing arteriosclerosis and thrombosis, protecting the liver and helping with insomnia, anxiety, heart palpitations and arhythmias caused by stress.

Rich broths made with the mushroom can be consumed as teas, or used as a basis for soups or can be taken as alcohol tinctures and pills. This is a food or tonic herb can normally be taken for long timeframes and in fairly large amounts. As to the brand being recommended I do not have an opinion on it; my general thought on multilevel marketing is I do not like it or trust the quality of products. I think the main reason people get involved in selling these products is the dollars involved not the ethical use of the plant for its intended purpose.

You could easily get the herb yourself and in a powdered or whole form and make soup or tea or consume it by a herbal alcohol based tincture. These would be found in most health food stores or herb stores. If you cannot find a resource in your area, we carry it in our store and mail order every day. My concern for the pill is you probably would be getting very little in quantity.

Additionally I would also utilize Hawthorn and Garlic one a daily basis for heart, blood pressure, circulation or cholesterol problems.

LIPOIC ACID

QUESTION: What is Lipoic Acid and where can I get it.

ANSWER: Use: Lipoic acid is a great antioxidant, additionally it makes other antioxidants work better and keeps them in circulation longer. It is also known by the name Alpha Lipoic Acid.

Therapeutic Dosages

The typical dosage of oral lipoic acid for treating complications of diabetes is 300 to 600 mg daily, although much higher doses have been tried in studies. Be patient, as the results take weeks to develop. For use as a general antioxidant, a lower dosage of 20 to 50 mg daily is commonly recommended.

Safety Issues

Lipoic acid appears to have no significant side effects at dosages up to 1,800 mg daily.

Safety for young children, women who are pregnant or nursing, or those with severe liver or kidney disease has not been established.

THYME

QUESTION: What is health benefit of thyme?

ANSWER:

Thyme, Latin Named: *Thymus vulgaris* (more volatile oils), *T. serpyllum* (wild spp), is a great antiseptic, antiviral, antibacterial and antifungal herb. It is specifically indicated for lung conditions such as pneumonia, bronchitis, pertussis. It is a good expectorant because it stimulates the ciliary elevator to expel mucous from your throat and lungs. This herb is also a good carminative settling upset stomachs, nausea and gas. A thyme tea can be used for a gargle for thrush or as a douche for vaginal candidiasis.

MARIJUANA

QUESTION: Is there an herb that would create a positive drug test result for marijuana?

ANSWER: Your answer is No!

Just FYI

In the Cannabaceae family there are only two members that I am aware of:

Hops, Latin Named *Humulus lupulus*
Marijuana, Latin Named *Cannabis sativa*

YARROW

QUESTION: what is yarrow good for ? and how do i use it.

ANSWER: Yarrow, Latin named: *Achillea millefolium*, The white wild flower is a styptic (stops blood flow), it is Diaphoretic to combat colds and flu (increase body temp and makes you sweat if drunk hot), it is good for IBS/IBD because it helps control diarrhea but doesn't cause constipation. It is a great herb and does many things well. In the past it was used when making beer like hops.

ECHINACEA

QUESTION: I am looking to take echinacea to help fight a cold, however I have no idea what dosage I should take and which is the most effective way to take the herb. I also wanted to let you know what a great site this is!

ANSWER: Echinacea is best taken as fresh herb (juiced plant) or a fresh herb extract, once dried it loses most of its activity, so very rarely do pills or capsules work, and tea made from dried Echinacea is mostly inert. There are 3 species which you will see on the Market today, they are *Echinacea purpurea*, *E. pallida* and *E. angustifolia*. Each is similar in use and effect. Some herbal combination will use all 3 species and may call it Ultimate Echinacea or Total Echinacea, the plant part used is usually the root, leaf or flowering cone. Many tinctures combine all three parts and three species, but any species and combination will probably due. To test if the Echinacea preparation is good it should tingle your tongue, make it feel like something is dancing on it. It should also make you salivate profusely.

For use, start taking Echinacea when you feel a cold coming on, most people know when they are getting sick, and that's when to start taking it. The problem most people encounter, when using Echinacea, is not using enough (the suggested use on a tincture bottle is usually in a very safe zone for manufacturer's liability concerns), if using a fresh alcohol based tincture the often suggested use is a teaspoon every hour for the first day and every couple hours for the next several days. You will probably go through a 4 ounce tincture bottle during this timeframe. I would suggest having a 4 ounce size on hand at your residence is best for each person. If using a glycerite you may need to double or triple the above suggested use to see effect, glycerites are usually less strong.

The only concern could be if the person is allergic to ragweed, Echinacea is in this plant family, and could possibly cause an allergic reaction for that person. Test it on them to find out with a small amount to begin with, a drop or two on the tongue should be enough, increase use if no effects are observed.

QUESTION: Can you please tell me what the adverse effects are of long term Echinacea use are?? I have heard that you should not take it for extended periods.. is this true?? What happens if you take it daily to prevent colds, etc. Thanks,

ANSWER: Echinacea, Purple Cone Flower, Latin Named Echinacea purpurea, E. pallida, E. angustifolia, is appropriately used for acute colds and flus, most people know when they are getting sick, this is when to take Echinacea and take a lot. I recommend a teaspoon of the fresh herb tincture every 1 - 2 hours for the next 3 days.

Some people successfully use Echinacea prophylactically, trying to up their immune response before they are attacked by an opportunistic bacteria or virus during the cold and flu season.

I recommend its use prophylactically, when traveling by air, meeting new people, attending smoky events, or if you have been in the presence of a sick individual.

As to length of use I know of known problems, there was a study done in Germany that was mistranslated into English and was used as a warning by the Popular Media that Echinacea stopped being effective after so many days. Again I will repeat it was mistranslated.

Echinacea has been studied fairly well and it helps to stave off colds or lessen severity helping to potentiate your immune system.

The Germany's Commission E warns against using Echinacea in cases of autoimmune disorders such as multiple sclerosis, lupus, and rheumatoid arthritis, as well as tuberculosis or leukocytosis. There are also rumors that Echinacea should not be used by people with AIDS. These warnings have no substance and are theoretical, based on the fear that Echinacea might activate immunity in the wrong way. But there is no evidence that Echinacea use has actually harmed anyone with these conditions or diseases.

Additionally the Commission E monograph also recommends against using Echinacea for more than 8 weeks, but the problems with this document is its statements and information is not cited or explained in anyway.

This is my feeling on this warning: It is probably not a warning for prophylactic use, but for the person trying to treat a condition or disease. Why would you only give the herb 8 weeks, because if the condition has not corrected in 8 weeks on Echinacea you should be reevaluated as to what is wrong or try another approach.

And finally the 8 weeks is just a number pulled out of the air, it was not based on anything but a common sense approach to medical treatment in general. If the treatment prescribed is not working after using it for so long try something else 8 weeks, 9 weeks whatever the case might be.

The other possibility is the Commission E does not want to endorse potentiating or tweaking the immune system for any extended period of time and has set a limit by saying do not use Echinacea for over 8 weeks.

ESSIAC

QUESTION: Side effects from daily use of 2 oz of Essiac formula?

ANSWER: This is a download from the WWW.Remedies.net website on Essiac formula.

There are 2 herbal formulas for Essiac teas:

An Explanation of the Differences

The original Essiac formula which Canadian nurse Rene Caisse got from the Ojibway tribe in 1922 consisted of 4 herbs. This is the same formula which she successfully used in Canada for some 40 years. It is also the formula which she submitted to the Canadian medical authorities in 1937 for their evaluation. The herbs of this 4 herb formula are listed below with their percentages by weight:

Burdock Root: 67.7%
Sheep Sorrel: 21.6%
Rhubarb Root: 5.0%
Slippery Elm Bark: 5.0%

Later in her life, Rene Caisse went to Cambridge, Massachusetts where she worked with Dr. Charles C. Brusch in his medical clinic. Dr. Brusch was a distinguished physician of great renown, and was John F. Kennedy's personal physician. While Rene Caisse worked with Dr. Brusch, she and Dr. Brusch would for certain patients, on occasion, add small amounts of other potentizing herbs to the Essiac formula. They were added in small amounts only, and the basic 4 herb formula remained the primary formula.

After Rene Caisse's death in the 60's, a Canadian radio announcer and researcher named Elaine Alexander visited with Dr. Brusch in Massachusetts. She obtained from Dr. Brusch a formula for Essiac which contained the basic 4 herbs plus small potentizing amounts of 4 other herbs. She later set up a business to manufacture and distribute a brand of Essiac which she named Floessence. Some confusion was created when she claimed that her 8 herb formula was the only "genuine" Essiac product.

We consider both the 4 herb formula and the 8 herb formula to be valid. In each formula the main ingredients are Burdock Root and Sheep Sorrel, which Rene Caisse valued most. The small amounts of the other herbs function to

assist the Burdock Root and Sheep Sorrel to do their job.

Many people get confused by the fact that there are 2 formulas, and do not know which Essiac formula to use. We have used and studied both the 4 herb formula and the 8 herb formula, and have decided to manufacture and sell the 8 herb formula. We consider it to be slightly better than the 4 herb formula. The really critical factor is not which formula to use, but that the herbs in the formula are of the highest quality. Listed below are the 8 herbs we use, and their percentages by weight: As you will note, the additional 4 herbs are added in very small amounts.

Our Bottles and Package of Dried Herbal Mix

Burdock Root: 60.5%
Sheep Sorrel: 19.5%
Rhubarb Root: 4.8%
Slippery Elm Bark: 4.8%
Kelp: 4.8%
Blessed Thistle: 2.4%
Red Clover: 2.4%
Watercress: 0.333%

These formulas and information is provided by the
Natural Heritage Enterprises
PO Box 278, 183 Bellevue Overlook
Crestone CO 81131, USA
Tel: 719 256 4876
Fax: 719 256 4874
email: herbs@fone.net

As to side effects: I am not sure what you want to know are you looking for something specific?

These formulas will increase elimination in the body (i.e. more going to potty would be one result). Alterative formulas like these are designed to bring a gentle change to the body by increasing elimination. The major component in each formula is Burdock Root, Latin Named: Arctium lappa/ A. minor it is a good Alterative herb, it increases Lymphatic drainage, allowing toxins to flow more easilly out of the body. It also helps stabilize cells so they do not mutate into cancer cells, it is also good for stabilizing blood sugars, and correcting skin problems and degenerative diseases such as arthriits, gout and IBD's. It is a mild diuretic and helps tonify the liver. It is also part of another herbal cancer combination called the Hoxey formula.

Sheep Sorrel is the second ingredient listed and between the two herbs Sorrel and Burdock make up 80 to 90 percent of the formulas listed above. Sorrel is a food herb and has high amounts of vitamins A and B's, C, D, E, K and P. It is also rich in minerals, including calcium, chlorine, iron, magnesium, silicon, sodium, sulfur, and has trace amounts of copper, iodine, manganese and zinc. Additionally it also contains carotenoids and chlorophyll, citric, malic, oxalic, tannic and tartaric acids.

Can you be more specific in what you are looking for?

WHITE WILLOW BARK

QUESTION: I FOUND YOUR NAME AND E-MAIL VIA "HERBS FOR HEALTH" WEBSITE. I WAS WONDERING IF YOU WOULD BE ABLE TO HELP WITH THE HERB "WHITE WILLOW BARK"? I AM INTERESTED IN TAKING A PRODUCT CALLED "STACKER 2" AND IT CONTAINS WHITE WILLOW BARK. FROM MY UNDERSTANDING, WHITE WILLOW BARK IS ASPIRIN. IS THERE ANY WAY THAT YOU CAN VERIFY THIS, AS I AM ALLERGIC TO ASPIRIN? I WOULD BE INTERESTED IN KNOWING IF WHITE WILLOW BARK IS AN INGREDIENT IN ASPPIRIN, OR IF IT IS PURE ASPIRIN?

In White Willow the ingredients Salicin and Salicylic Acid have the analgesic effects of aspirin but are not aspirin you may not be allergic to White Willow. I do not know what your allergic reactions are, but I would start with a small amount and try it to test it before consuming a full dosage. You may want to work up to a full dose if trying this herb.

But I believe some of the other ingredients in this product may be worse for you.

This is a download on the product.

----- Start of download

Stackers 2 - In order to create a product that could help satisfy the average American's desire to become fit and energized, our researchers relied upon a belief shared by professional bodybuilders that a combination of Ephedrine, Caffeine, and Aspirin could cause the body to burn fat faster and more effectively than any product ever marketed to the general public!

Since the safety of such a combination is questionable, we decided to utilize three herbal ingredients whose properties most closely approximate those found in the aforementioned substances. Ephedra, Kola Nut, and White Willow Bark are the herbal forms of Ephidrine, Caffeine, and Aspirine, respectively. These herbs work synergistically to potentially enhance adipose tissue destruction and boost energy levels. To become energized while sculpting your body, order the STACKER 2 today with Chromium Picolinate, the most biologically active form of Chromium available!

Supplement Facts:

Serving Size: 1 capsule
Proprietary Blend 520mg
Ephedra Extract, Kola Nut Extract (contains caffeine), White Willow Bark, Chromium Picolinate.

Other Ingredients: Di Basic Calcium Phosphite, Stearic Acid, Magnesium Stearate, Black Lke Blend "R", Gelatin, FD&C Yellow #5.

----- End of download

Ephedra and Kola nut are like speed on the body and can be very dangerous causing heart palpitations and death if over used. They can also created almost addict like reactions in the body and withdrawal symptoms when you go off them. Used correctly each plant has a medicinal herb use, abuse like this is man based and originated. I do not think it is ethical to use these herbs as a means to sell the unsuspecting public a magical bullet on weight loss.

Additionally, chromium can lower blood sugar levels and cause hypoglycemic reactions for some.

I do not believe in the use of products which pushed the buttons of emotional issues for consumers. This product falls in that class.

Finally, what happens when you go off the pills, supposing they work at all, you will probably gain the weight back and more because you have not changed your eating habits or exercise patterns.

The only effective weight control method is reduced caloric intake and increased physical activity. Please see my answers on herbs and weight loss at herb website of HerbWorld and HerbNet at <http://www.herbnet.com> under "Ask the Herbalist".

This is a direct link to that page:

http://www.herbnet.com/asktheherbalist_questions%20on%20weight%20loss.htm

Here is some information on Aspirin and White Willow.

Aspirin is Acetylsalicylic Acid a derivative of Salicylic Acid, aspirin was discovered in the late 1800s. The key compound in the synthesis of aspirin, salicylic acid, is prepared from phenol by a process discovered over 100 years ago by the German chemist Hermann Kolbe. In the Kolbe synthesis (also known as the Kolbe-Schmitt reaction) sodium phenoxide is heated with CO₂ under pressure and the reaction mixture is subsequently acidified to yield salicylic acid.

Aspirin is a synthetic chemical compound, acetylsalicylic acid. It is made from salicylic acid, that is found in the bark of the willow trees. This herb has been used for thousands of years by the ancient Greeks and Native Americans, among others, to counter fever and pain.

Willow bark has been used as a treatment for pain and fever in China since 500 B.C. In Europe, it was primarily used for altogether different purposes, such as stopping vomiting, removing warts, and suppressing sexual desire. However, in 1828, European chemists made a discovery that would bring some of these different uses together. They extracted the substance salicin from white willow, which was soon purified to salicylic acid. Salicylic acid is an effective treatment for pain and fever, but it is also sufficiently irritating to do a good job of burning off warts.

Chemists later modified salicylic acid (this time from the herb meadowsweet) to create acetylsalicylic acid, or aspirin.

MAITAKE

QUESTION: I can not find any information on this Mathake tea. Can you tell me if this herb has any precautions? Is there anything I should be aware of (side affects) or where I can find it. Do local health food stores carry this herb?

ANSWER: Mathake Tea if this is Maitake Tea then this is a plant or mushroom if you want to get technical. Maitake mushrooms are food plants but have medicinal actions on the body.

Maitake Mushroom or Hen of the Wood's, Latin Named : Grifola frondulosa and Lentinula elodes is used as a amphoteric to the immune system, lowering function when it is high such as in the case of autoimmune diseases and increasing function when it is low such as chronic infection or cancer. It has been used to slightly lower cholesterol level and fight candida yeast infections and combat interstitial cystitis.

The only contraindication I know is mushroom allergies since this is a mushroom. Other wise it is used as a food and can be found in most grocery stores or healthfood stores. Many gather it themselves this time of year and freeze for use as a broth for soups.

If this is not the correct herb, then I need more information to identify it, such as manufacturer, or product name, latin names, ingredients, etc.

HORSE CHESTNUT

QUESTION: I would like to know the side effects of this Herb.

ANSWER: Horse Chesnut, Latin Named: Aesculus hippocastanum this herb is appropriately used for Impaired circulation and peripheral circulation, peripheral nueropathies, phlebitis, varicose veins, spider veins, hemorrhoids and

prolapse in the body.

Contraindications: pregnancy. Overdose can cause gastric irritation, vomiting, headache, nausea, palpitations, dizziness, and in extreme cases coma or death

It is normally used in small quantities combined with other herbs as a formula such as Hawthorn/Ginkgo and Horsechestnut . It can be taken internally when it is extracted into Ethyl Alcohol as a tincture and can be applied externally when the chopped or ground nuts are soaked in rubbing alcohol for 2 or more weeks.

DANDELION

QUESTION:

HI I WOULD LIKE TO KNOW HOW DANDELION SHOULD BE TAKEN. IT SAID 3 TIMES A DAY, BUT SHOULD IT BE TAKEN ANY SPECIAL TIMES. HOW MAY AT ONE TIME IS GOOD FOR YOU? >>

ANSWER: I am not sure if you are talking about leaf or root, fresh or dry but here goes:for the dry leaf the suggested use is 1 cup of tea 3 to 4 times a day; for the dry root it is 1 cup of tea taken 3 times a day
In both cases fresh would be best, but this would require taking it as a tincture as suggested on the manufacturers label. As to time, the number one side effect of any supplements, herbs and OTC or Rx drugs is upset stomach or nausea, if you are prone to this take them with meals.

ECHINACEA/GOLDENSEAL

QUESTION: There has been quite a bit of controversy over this combination lately. What are your findings? >>

ANSWER: I am not sure I know what you are looking for, but here are some thoughts:

Echinacea is appropriately used to catch a cold or flu before it gets full blown, lessening the severity and recovery time. It can also be used prophylactically when meeting new people at parties, riding in airplanes or going into smoky places such as bars to stave off sickness and bring up immunity to combat the new germs encounter and stale recycled air. There is no drop off when taking the herb and no need to cycle it. Echinacea can be used for quite some time without problems. The Eclectics used it for Pain, and blood cleansing.

Goldenseal is not appropriately used as a systemic agent to treat infection it is best as a topical agent. It must come in contact with the bug. Appropriate use would involve gargles for sore throat, topical treatments of skin or tissue. It is a bitter herbs and can be healing to the GI tract. It is endangered and should be used wisely, there are analogues which can do most of the same things this herb is known for. I would chose them.

Echinacea and Goldenseal is the highest selling herbal combination to fight sickness from colds and flu, this reputation has been built up by ill witted and unknowing commercial PR specialist which create commercialism to sell the unsuspecting public on herbal and natural products with no ethical thought to the consequence or total ignorance of the subject.

End of sermon for the day!

BILBERRY

QUESTION: Its function and does it have any after effects, such as dizziness. Is it good for memory and better vision. This has been my understanding of this herb. I would appreciate your version....

ANSWER:

Both the leaf and berry have medicinal uses.

1. The leaf has been used to control blood sugar levels in border line diabetes along with dietary changes.

The only contraindication would be for those with Hypoglycemia, because they already have low blood sugar.

Large amounts or long term use of the leaf can cause gastric irritation.

2. The berry is a nutritious food source packed with Flavanoids, proanthocyanidin, Vitamin C, Iron, Maganese, Potassium and other vital nutrients. This fruit and its active constituents help improve vascular integrity, strengthening veins, arteries and capilleries because of the blue pigmnets that are found in the fruit. Billberry and has a special affinity for the eyes and help to stabalize them, reducing or preventing poor vision, macular degeneration, cataracts. Because of its vascular effects this herb is also appropriately used for varicose veins, spider veins, etc. Our native american indigenous population used this as a food for pregnant women during pregnancy.

I know of no contraindications for the fruit

Huckleberry, Whortleberry and Blueberry all have much the same value.

LOBELIA

QUESTION:

I recently attended a seminar to stop smoking and although I thought that the focus would be hypnotism, it seemed that the major theme was to purchase herbal products to assist in quitting smoking. The pills that were promised to help with cravings contained 18 different herbs but the one the "salesman" mentioned all night was Lobelia. He said that the molecule of this herb fit perfectly into receptor sites in the brain where normally acetylcholine was present but because we smoked, nicotine, had killed all the acetylcholine and now filled all these receptor sites. This herb would

replace the nicotine for 75-90 days until our body reproduced the acetylcholine.

I did not purchase any of these pills because although I am not a herbalist or a physician, I know that the body is composed of chemicals and any drug, be it synthetic or natural, is also a chemical and is sure to cause some kind of chemical change in the body chemistry. So without knowing about this herb I am leery to take it. Especially in the quantity he prescribed, 90 pills in ten days!

I did look up the herb lobelia and all I could find is that it can be a respiratory stimulant and CNS depressant, and may cause depression if taken in large quantities. I found nothing that related it to quitting smoking.

Do you know anything about this herb, it's uses, and the quantities it should be used in or can you send me a web site where I can look this information up?

ANSWER: I am glad you did not purchase this product, many products are being sold to the unsuspecting public based on their magical ability to do this or that, your suspicion is good. Just because a product is natural or herbal does not mean it is safe or effective. As to the killing your acetylcholine, you would not be able to write this email if it were gone, you would be gone.

Here is what I know about lobelia.

Lobelia, Pukeweed, Indian Tobacco

Latin Named: Lobelia inflata, L. cardinalis, L. syphilitica

Lobelia is an Antispasmodic especially to the lung and diaphragm it is appropriately used for cough, spastic bronchitis, hiccups along with spasm in the muscle tissue and caused by the nervous system. In some instances it has been shown to decrease nicotine cravings (lobelia is closely related to the nicotine plants in the plant kingdom). It can also be used topically as a poultice for raised, hot, infected flesh and to draw out splinters. An infused oil of lobelia is good for tight muscles, or trauma to muscles. You would rub the oil into the effected area. Lobelia has been known to cause people to feel like vomiting, but it very rarely causes a person to vomit unless they have taken a very large dose. It is a poor Emetic there are other herbs that would do a better job. Lobelia has been used as a preventative for seizures and asthma, taken prophylactically; for acute attacks several drops under the tongue can bring relief.

Lobelia is contraindicated during Pregnancy (unless you know what you are doing), low Blood Pressure, Depression and people who get nauseated easily.

The dosage of lobelia is suggested in drops starting very low (5-10 drops of tincture) and working up a drop at a time until nausea occurs then drop back a couple drops to relieve the nausea. Lobelia can be irritating take it with food.

BARLEY GREEN

QUESTION: Could you share any information you have on Barley Green, and where to purchase it.

ANSWER: I am assuming you are going to use it for its nutritional value. Barley Grass Greens are a high nutritional source. They are full of nutrients and micronutrients. Additionally they are used in part for Super Green Formulas, that are put in shakes or sprinkled on salads. Both can be found in your local Health food stores.

From Jim Dukes Ethnobotanical Database:

<http://www.ars-grin.gov/duke/>

These are the constituents in Barley Grass Greens, Latin Name: *Hordeum vulgare*

Chemicals

ALPHA-TOCOPHEROL Seed 3 - 11 ppm
APIGENIN-7-O-BETA-D-GLUCOSIDE Leaf:
ASCORBIC-ACID Seed: Stem 3,300 ppm;
ASH Plant 61,000 - 235,000 ppm Seed 9,000 - 132,000 ppm Stem 81,000 ppm;
BETA-CAROTENE Plant 149 - 660 ppm Seed 1 ppm; Stem 312 ppm;
BIOTIN Seed 0.088 - 0.902 ppm
BORON Seed 2 - 6 ppm
CALCIUM Plant 800 - 10,400 ppm Seed 160 - 4,100 ppm Sprout Seedling 720 ppm; Stem 11,000 ppm;
CARBOHYDRATES Plant 265,000 - 785,000 ppm Seed 608,000 - 868,000 ppm Stem 801,000 ppm;
CATECHIN Leaf:
CELLULOSE Plant 190,000 - 322,000 ppm
CHOLINE Seed 928 - 1,617 ppm
CHROMIUM Stem 31 ppm;
CITRININ Seed:
COBALT Stem 49 ppm;
COPPER Seed 1 - 20 ppm Sprout Seedling 8 ppm;
COUMARIN Plant:
CYSTINE Seed 1,000 - 2,000 ppm
FAT Plant 19,000 - 64,000 ppm Seed 5,000 - 55,000 ppm Stem 29,000 ppm;
FIBER Plant 128,000 - 446,000 ppm Seed 5,000 - 151,000 ppm Stem 134,000 ppm;
FRUCTOSE Seed:
GLUCODIFRUCTOSE Seed:
GLUCOSE Seed:

GLUTAMIC-ACID Seed 32,000 - 38,000 ppm
INDOLE-3-CARBOXYLIC-ACID Sprout Seedling:
IRON Seed 40 - 100 ppm Sprout Seedling 100 ppm; Stem 160 ppm;
ISOVITEXIN Leaf:
ISOVITEXIN-7-DIGLUCOSIDE Leaf:
ISOVITEXIN-7-O-BETA-D-DIGLUCOSIDE Leaf:
ISOVITEXIN-7-O-BETA-D-GLUCOSIDE Leaf:
LIGNIN Plant 15,000 - 77,000 ppm
LINOLEIC-ACID Seed 2,185 - 24,035 ppm
LINOLENIC-ACID Seed 22 - 242 ppm
LUTEIN Sprout Seedling:
LUTEOLIN-7-O-BETA-D-GLUCOSIDE Leaf:
MAGNESIUM Seed 100 - 2,300 ppm Sprout Seedling 1,670 ppm; Stem 2,250 ppm;
MALTOSE Seed:
MANGANESE Seed 2 - 120 ppm Sprout Seedling 26 ppm; Stem 60 ppm;
MERCURY Sprout Seedling 007 ppm;
NIACIN Seed 17 - 115 ppm Stem:
OLEIC-ACID Seed 1,325 - 14,575 ppm
P-COUMARIC-ACID Seed:
P-COUMAROYL-AGMATINE Shoot 2 - 3 ppm
PALMITIC-ACID Seed 370 - 4,070 ppm
PHOSPHORUS Plant 2,300 - 6,900 ppm Seed 1,890 - 9,200 ppm Stem 5,950 ppm;
POTASSIUM Plant 19,880 - 44,000 ppm Seed 1,600 - 9,900 ppm Sprout Seedling 6,130 ppm; Stem 25,000 ppm;
PROCYANIDIN-B-3 Seed:
PROTEIN Plant 25,000 - 344,000 ppm Seed 82,000 - 212,000 ppm Stem 89,000 ppm;
RIBOFLAVIN Seed 1 - 9 ppm Stem 27 - 28 ppm
SELENIUM Stem:
SILICON Stem 34 ppm;
SILICON-DIOXIDE Seed 5,000 - 9,000 ppm
SODIUM Sprout Seedling 256 ppm; Stem 2,240 ppm;
STARCH Seed 620,000 ppm;
STEARIC-ACID Seed 130 - 1,430 ppm
SULFUR Seed 200 ppm;
THIAMIN Seed 1 - 10 ppm Stem 13 ppm;
TIN Stem 12 ppm;
TOCOPHEROLS Seed 56 - 71 ppm
TRYPTOPHAN Seed 1,000 - 3,000 ppm
TYRAMINE Sprout Seedling 26 ppm;
TYROSINE Seed 2,000 - 6,000 ppm
UBIQUINONE Sprout Seedling:
VITEXIN-7-O-BETA-D-DIGLUCOSIDE Leaf:
VITEXIN-7-RHAMNOGLUCOSIDE Leaf:
WATER Plant 883,000 ppm; Seed 6,000 - 178,000 ppm Stem 860,000 ppm;
ZINC Seed 20 - 30 ppm Sprout Seedling 20 ppm; Stem 21 ppm;

ppm = parts per million
tr = trace

PAXIL

Question: Could you tell me if there is a natural product that could take the place of the drug Paxil?

Answer: Paxil is used for a variety of conditions and diseases. The major ones being depression or migraines.

For mild to moderate depression, Saint Johnswort has been tested as effective with less side effects or adverse actions. For some it may take up to 4-6 weeks to see results. If you are already on Paxil, some say to slowly go off it while at the same time slowly on to the herb. But, a Psychologist I know says she simple switches her patients one day from drug to the herb, since it takes 4-6 weeks to get rid of the Paxil in your system and 4-6 weeks to build up the Saint Johnswort effect. For you, consult with a practitioner in your area.

For migraines it is more difficult:
Herbalist look for 2 types: vaso-dilative and vaso-constrictive.

Vaso-dilative: feels like pressure out your eyes or top of the head, cold compress helps, use Feverfew here. Feverfew is a preventative so take it continuously to prevent onset.

Vaso-constrictive: feels like a tightness or vise around head, use Ginkgo here, again use it to prevent.

Its easy to tell if you chose the wrong herb, the migraine/headache will get worse, use the other to help then

PAXIL: FOLLOWUP QUESTION:

Thanks for your reply concerning an herbal alternative for Paxil. You mentioned that it is used for headaches or depression. I have neither! My problem is a sort of Social Anxiety when I have to speak in front of a large crowd. I will avoid this at all costs and it is starting to affect my job! I would like to be able to speak to a crowd of people and feel comfortable. I get so nervous that my upper lip begins to twitch. I have heard that Paxil could help, but I'd rather take something natural. I have tried Kava pills but they do not seem to work, is form important, please Help!!

ANSWER: For performance anxiety try Kava Kava, this is the short answer. Start with a small dose 10-30 drops of alcohol tincture see how you react to it. You can probably do upwards of 1/2-1 teaspoons (depending on your weight, most dosages are set to a 150 pound person) of tincture prior to speaking to relax you, again start slow you don't want

to sound drunk or fall asleep prior to your talk. Again I want to reiterate, herbalists are trained to look at the whole person and come up with an individual approach to resolve issues. There may be more issues in your life which are contributing to this condition. A thorough review of everything about you may reveal interrelationships, not seen by your simple question. Which as you can tell by our email exchange, asking the question what is a natural alternative to Paxil is only part of your story.

We do mail order this tincture and I have found it effective when I give lectures to calm my nerves and relax me prior to a speaking engagement.

And yes form is always a consideration when taking herbs. What part of the plant is used, when is it gathered, should it be fresh or dry. How much is the recommended dose? Tincture, tea or pill?

I would recommend freshly ground Kava to make tea or better the tincture as the best form for this herb. As to your pill use; there can be several problems. Once herbs are ground they begin to lose potency quickly, there is more surface area to release aromatics and constituents.

The other issue is volume. You may simply be not getting enough Kava in the pill form. Some pill manufacturer's use fillers and binders. One more issue is how old is the Kava, I have read that some herbs and spices sit months and sometimes years before being processed. Aging is a big factor for herbal potency. Try the tincture, the alcohol acts as a solvent extracting all the Kava's constituents. It holds them in freshness because it is also a great preservative, there are tinctures which are 50 years old and still effective. Additionally, with the tincture you can fine tune your dose more easily, literally a drop at a time. Another positive thing about tinctures is they start being absorbed through the lining in your mouth and all the way down the alimentary canal to the small intestine, so they are faster acting and bypass the digestive process being absorbed right into the blood stream almost immediately.

One more thing to consider, there are those people that may not react at all to Kava, I doubt if this is the case, but is always a possibility.

GINKGO BILOBA

Question: Could you please tell me what negative effects might be of Ginkgo Biloba. I have been experiencing terrible headaches when I started taking it. I wondered if it might be related.

Answer: The simple answer to your question is Ginkgo biloba is a vasodilator and one of its uses is specific to cerebral circulation. Dilation of these vessels in the brain can cause headaches for some people.

I would like to know why you are taking Ginkgo, there may be an alternate.

HYSSOP AND CALENDULA

QUESTION: I have a nice group of Koean Hyssop growing that I planted this spring. I have read that hyssop is a good healer. What parts of the plant would I harvest and how would I process them for internal and topical use. Is this even the proper Hyssop to use for herbal remedies.

I also have a nice patch of calendula and am looking for a recipe for a skin cream.

ANSWER:

Here is your answer to the Hyssop question.

The medicinal plant Hyssop is Latin Name: *Hyssopus officinalis*. It is part of the Lamiaceae Family. The part used is the Flowering herb, gather while it is in flower. It can be used dry or fresh.

Its major constituents are:

Flavonoids: Diosmin, Hesperidin, Hyssopin.

Terpenoids: Marrubiin acid, Oleanolic acid, Ursolic Acid.

Volatile Oils: Camphor, thujone, linalool, pinocamphone, isopinocamphone.

The herb has traditionally been used for viral conditions such as colds, flu, viral pneumonia, intestinal viruses, bronchitis. This is a very old herbal medicine and is mentioned in the Bible. It is rich in essential oils, which are calming to the digestive system and act as antiviral and antibacterial agents. This herb combines nicely with Yarrow or Boneset for colds and flus

The essential oil has been used as an inhalation for asthma.

It can be taken as a tea or an alcohol extract (tincture).

Contraindications: Amenorrhoea, pregnancy, or fevers with profuse sweating.

Here is an answer for the Calendula:

It is an excellent skin care herb. This is a great wound plant for a wide range of cuts, scratches, scrapes, infections. Use either fresh or dry flowers and make a water or oil infusion.

To make a Calendula cream first make an infused oil of Calendula by drying the flowers then fill and lightly pack them in a clear jar. Cover the dried flowers with vegetable oil, such as virgin olive oil or sunflower oil. Let sit in the sun and shake for a couple of weeks the oil should begin to pick up the color of the flowers. Strain the flowers from the oil. This oil is your infused Calendula oil.

To make a basic cream follow this recipe.

Mixture number 1

add the following together.

3/4 Cup Almond oil (can substitute vegetable oil or herbal infused oil, such as Calendula)

1/3 Cup coconut oil

1 teaspoon lanolin

1/2 oz beeswax

Melt together in a pot then let come to room temperature, i.e. cool down, could take several hours.

The trick to cream is all the ingredients need to be at the same temperature, so get the ingredients for mixture number 2 ready and have them come to room temperature before combining in the blender and adding mixture number 1.

Mixture number 2

Add the following into a blender:

2/3 Cup distilled water

1/3 Cup aloe juice (or more water)

2-3 drops of essential oil

¼ - ½ teaspoon vitamin E

Turn blender on high and SLOWLY pour in Mixture number 1 above which included your Calendula oil.

We usually divide it up into small baby food jars (run jars through dishwasher to sterilize, let cool and have ready for your batch of creams). Keep creams refrigerated until ready to use, once opened the cream will probably on keep a couple of weeks. To retain freshness longer return opened container to refrigerator.

MACA

QUESTION: have you heard of MACA? The latest Psychology Today had an ad in the back section for it. It is listed on the website <http://www.thesimpletruth.com/> . It sounds interesting, but just because it is from a rainforest in Peru, doesn't make it an automatic save for the planet. I'm trying to research it and have found nothing except on their site.

ANSWER: Maca, Latin named *Lepidium meyenii* and *L. peruvianum* Chacon, is a vegetable root or tuber that grows in the mountains of Peru at an altitude of 11,000-14,500 feet and additionally at lower elevations in parts of Bolivia, Argentina and Peru. Native Peruvians have used Maca for it's medicinal and nutritional value since before the Incas.

Maca flourishes under these harsh growing conditions producing an amazing herbal medicine and food crop. Maca was domesticated about 2,000 years ago by the Inca Indians and primitive cultivars of Maca have been found in archaeological sites dating back as far as 1600 B.C.

The dried roots can be stored for up to seven years. Native Peruvians have used Maca since before the time of the Inca's for both nutritional and medicinal purposes.

Recent medicinal research on the herb has found claims that it is a panacea, curing sexual dysfunction in both men and women, used as a treatment in place of HRT and included post hysterectomy to help with hormone problems, in addition to many others.

Maca has been studied for many years and its active constituents have been established as essential fatty acids (such as linoleic, palmitic and oleic acids), sterols, alkaloids, tannins and saponins, aromatic isothiocyanates, p-methoxybenzyl isothiocyanate, glucosinolates and it has a high mineral content as well. Maca herbal medicinal qualities are listed to improve sexual relations as aphrodisiac, increase fertility, act on hormonal issues such as hot flashes, memory problems, fatigue, and male impotence.

It has been reported that indigenous population used it traditional to increase energy levels, stamina and endurance. It promoted mental clarity and treated male impotence. For females it helped with menstrual irregularities and female hormonal imbalances and controlled hot flashes, fatigue, mood swings, and other pre and post menopausal issues.

Today Maca has be reported as an Adaptogen like herb. Adaptogen herbs help the body deal with stress. Other Adaptogen herbs include the Ginsengs, Chinese, American and Siberian.

PC-SPES FOR PROSTATE

QUESTION: My father was diagnosed with prostate cancer and has undergone radiation therapy. He read an article in which it stated that an herbal remedy known as PC-SPES is supposed to help a person who has been diagnosed with not only prostate cancer, but other forms of cancer as well. Can you tell me more about PC-SPEC and where can this be purchased? I am having a difficult time trying to find information on this product. >>

ANSWER: The information I have found on this product is limited. I have never had a client use it and so cannot provide first hand feedback but read this and the following answer for help

While I studied at Donnie Yantz's Cancer Clinic in Connecticut, which is called Wellspring Center for Natural Healing, I picked up from Donnie's

teachings that this was an exciting new product. Donnie Yantz is a well known cancer fighting Master Herbalist. Donnie Yantz has recommended this product at his wellness center for clients who consult with him and is impressed with the results. If you are interested in his teachings on Herbal Medicine and Cancer we carry his book in our store, call and ask for Susanna to order we mail order every day.

For reducing the side effects of classic chemotherapy and radiation therapy which suppress the immune system, cause lethargy and loss of appetite, a Chinese formula called Fu Zheng has been very successfully used by our clients and we carry a formula of it in our store. For more information on Fu Zheng or if you cannot find these products at your local herb store please give us a call.

Question: Can you direct me to a specialist who can inform me of the herb pc-spes for use in prostate cancer?

Answer: I may be able to help but it is hard to tell with the information at hand. The information I have found on this product is limited. I have never used it on any client and so cannot provide first hand feedback.

PC-SPES is a product manufactured by
Botaniclab
2900-B Saturn Street
Brea, CA 92821
Phone 1-800-242-5555

SPES means "hope" in Latin

International Medical Research has been doing research on prostate cancer and has become convinced that single chemical cancer chemotherapies will not work against it. What they have come up with is a proprietary combination of herbs:

Reishi mushroom
Rabdosia rubescens
Chinese Skullcap
Isaditis
Chrysanthemum
Licorice
Saw Palmetto

This combination has been studied by Zbigniew Darzynkiewicz, MD PhD at the Cancer Research Institute, New York Medical College, in Valhalla New York. This herbal extract exerted cytotoxic and cytostatic changes in the prostate cells studied. The apoptosis, cell death reproduced effected the reproduction cycle of the cancer cells. This product has been used with classic chemotherapy treatments and without them. Success has been demonstrated in both cases. If used with the chemotherapy a synergistic effect has been realized, and classic side effects reduced. This is an exciting product and the well know cancer fighting Master Herbalist, Donnie Yantz of Wellspring Center for Natural Healing, East in Fairfield CT 06432 has used it in his practice and speaks highly of it. For reducing the side effects of classic chemotherapy and radiation therapy, a Chinese formula called Fu Zheng has been very successfully used by our clients. For more information on Fu Zheng please contact us directly.

RHODOLIA ROSEA

QUESTION: I am looking for in depth information on the benefits and toxicology of rhodiola rosea. Do you know where I could find such information?

ANSWER: Rhodiola Rosea is indigenous to the northern arctic areas of Europe, Scandinavia, Lapland, Alaska and Siberia. The traditional use by indigenous peoples was for strength and stamina. Additionally it was given to weak and ill to return them from long term illness. It has also been used in folk love potions to enhance longing and staying power. Today, we know Rhodiola Rosea is an adaptogen. Adaptogens are a class of medicinal herbs which help the body deal with stress. It is also has mild depressant quality, making it a calming adaptogen, in the same class a Ashwagandha, many adaptogens speed you up. The herb has also been effective in dealing with stress induced damage to the heart, and stress induced nervous system problems. It has been suggested that it is additionally beneficial to memory loss and to fight cancer. Testing and studies are underway to evaluate these claims. Rhodiola Rosea is also known as: Rhodiola rosea, rhodiola rosea, Rose Root, Golden Root

ST JOHN'S WORT

QUESTION: I was wondering if St. John's Wort will interfere with taking Zoloft? I currently take 200mg. of Zoloft daily.

ANSWER: I am assuming you are taking Zoloft for depression, if so; Saint Johnswort can also be used for this condition. It has been tested as effective as Prescription drugs for Mild to Moderate depression (including Prozac and Zoloft). You may be able to get off your med or decrease its dosage by using St Johnswort, please consult with your practitioner about this possibility. Depression can become a serious life threatening illness please don't self medicate. For some it may take 4 - 6 weeks to see effect. Also See my previous question/answer on this drug and condition.

QUESTION: I have been taking 600-900mg of St. John's Wart a day to fight a mild cause of depression. It seems to be

working somewhat? I heard that St. John's tea may work better. Do you have any recommendations on this?

More importantly I have heard on 3 different occasions over a span of time that St. John's Wart may lessen the effect of birth control (pill)... "Women on the Pill could have breakthrough bleeding, which could cause their birth control to fail."

This is of great concern to me because I have just started to take Otrho Novum 7/7/7 again. I have spoken to my gynecologist and she does not believe that the herb will interfere with my the pill. She also does not believe that "break through bleeding" on the pill means that the pill is failing. (She has been treating me for break through bleeding problems for over a year, which is not associated with St. John's Wart, for I have only recently begun taking it.) I would like to know if you have heard of St. John's Wart lessening the effect of birth control pills?

ANSWER: Here is the simple answer to Saint Johnswort, Latin Named: Hypericum perforatum questions.

My preference would be a fresh or freshly dry herbal alcohol tincture of the flowering tops of the plant, not teas or pills. Saint Johnswort's activity is lost once dried. It has a very short shelf life. You did not mention whether it was a standardized pill, if so this lead to another debate which occurs between herbal and scientific based medicine. Should herbs be standardized? Saint Johnswort, has been an herb which was and is standardized. The first time it was standardized to Hypericin, because science said it was the active constituent, just within the past year a new active ingredient Hyperforin was proclaimed as the active constituent. And products are being standardized to it. I now wonder which it is? Ha Ha, really, my position is a whole plant extract is best in most cases, not standardized in any way. There are only a few exceptions herbalist support.

Saint Johnswort is appropriately used for mild to moderate depression and has been tested as effective as antidepressant prescription drugs with virtually no side effects or adverse actions demonstrated by the millions of people in Germany who have been taking it for years without reported problems. For some it can take 4 - 6 weeks to see full effect of the herb.

As to your question about Saint Johnswort and birth control pills, I would suggest there is not a connection.

For your bleeding it may be do to an overdose of the pill, Otrho Novum 7/7/7 it is listed as a side effect. Talk to GYN about this concern.

LEIGONTENG DUODAI PIAN

QUESTION: I am attempting to find information on Tabellae Glucosidorum Tripterygii Totorum or Tripterygium Wilfordii. This is a Chinese herb, commonly known as Leigonteng Duodai Pian. Please advise me if you have any information on this herb (referenced if possible). Alternatively, do you have any information (websites to look at?) on herbal products that may be used instead of Corticosteroids and Aziothioprine (which I am currently on) to reduce the inflammation caused by an on-going, biopsy proven auto-immune reaction affecting my Lacrimal Gland. The belief now is that I may have Sjogrens Syndrome which eventually leads to a dry eye/mouth. The drug regime for this is more steroids and Azothioprine, the side effects of which are unpleasant. I am keen to source some herbal alternatives, and would like referenced materials to give to my medical specialist. He accepts that there are alternatives to these drugs, but remains skeptical about product which has no scientific backing to its claim. I hope you can help, and I look forward to hearing back from you very soon.

ANSWER: Tabellae Glucosidorum Tripterygii Totorum: I am not familiar with this one, I would guess it is a Chinese patent medicine which is a combination of several to many herbs. Can you give me more information on this one, a reference, manufacturer's name, anything more, where did you find it?

For Radix Tripterygii Wilfordii
Chinese Name: Lei Gong Teng
Family: Celastraceae

Use for Specific Indications:

1. Expel wind-dampness, relieve swelling and alleviate pain, dredge the meridian passage: For arthralgia of wind-dampness type, especially rheumatoid arthritis; also for lupus erythematosus, glomerular nephritis, nephrotic syndrome, subacute and chronic hepatitis and various kinds of skin diseases, such as vasculitis, erythema multiforme, eczema, dermatitis, psoriasis, Behcet's syndrome, recurrent aphthae, etc.

Pharmacological Action:

1. The decoction of its root cortex lowers blood pressure, slows heart rate and prolongs the PR period in ECG.
2. Its active components, triptolide and triptolidine inhibits leukemia 1210 in mice.
3. Its alkaloids inhibit the experimental arthritis in animals.
4. Its decoction promotes phagocytosis.

A good book on Chinese herbs is "Chinese Herbal Medicine Materia Medica Revised Edition" written by Bensky and Gamble

For Sjogren's syndrome I would employ immune Amphoteric as listed below:

Maitake, Hen of the Wood's, Latin Named: Grifola frondulosa or Lentinula elodes has been used for Sjogren's Syndrome, it is in a class with other medicinal mushrooms which are amphoteric to the immune system. An amphoteric herb normalizes function so if the system is over reacting such as autoimmune it lowers the immune response, if it is under reacting it raise the response.

The other medicinal mushrooms are:

Chaga, Birch conch, Latin Name: Inonotus obliquus - immune amphoteric

Reishi mushrooms TCM named: Lang Chih \Ling Ja\, Latin Name: Ganoderma lucidum(Red-best- on oaks), G. sinensis(black), G. applanatum(huge artist conch), G. Tsugae(grows on hemlock tree), G. oregonensis

Other herbs which are not mushrooms that are immune amphoteric are:

Astragalus, Yellow Leader, TCM named: Huang Qi, Latin Name: Astragalus membranaceus - immune amphoteric which is moistening

Licorice root, TCM named: Gan Cao, Latin Named: Glycyrrhiza uralensis has been traditionally used as an immune amphoteric herb, antiinflammatory and is moistening. The caution generally given out, is this herb is contraindicated when hypertension is an issue.

Antiinflammatory herbs are:

Sarsaparilla, Latin Named: Smilax species, S. bono-nox (This is the North American species), good for inflammatory conditions, it is moistening, good for autoimmune inflammatory conditions.

Turmeric, Latin Named: Curcumma longa, C. zedoaria, C. aromatic is antiinflammatory and liver (hepato) protective but also drying so use moistening herbs.

The Chinese Herb:

Huang Qin, Chinese Scullcap root, Scute root, Latin Name: Scutellaria biacalensis has been traditionally used for inflammation caused by hyper immune response, but the caution is it is drying.so you would want to use moistening herbs with it.) Additionally it normalizes immune response and helps the liver as an antihepatotoxin agent.

Wu wei zu, 5 flavor fruit, Schisandra berry, Latin Named: Schisandra chinesis, S. sphenanthe is anti-inflammatory but again drying so use moistening herbs

Moistening herbs are:

Marshmallow, Latin Named: Althea officinalis very moistening and antiinflammatory

Slippery Elm, Latin Named: Ulmus fulva, U. Rubra, very cool and moist energetics and additionally this is a topical antiinflammatory and good nutritive qualities, coats surfaces lessening irritation

This is a website I found on Sjorgren Syndrome <http://www.sjogrens.com/>

Good herbal source website, look on the USDA site and the NIH for referenced herbal studies and results and the book mentioned above.

In general increase essential fatty acids such as Evening Primrose, Black Currant and Borage oil which contain Gamma Linoleic Acid (GLA).

MEDICATIONS

QUESTION: Can you tell me what zypan, vasculin, myo Plus, catalyn is used for also lact erz

ANSWER:

Catalyn ®

Lact-Enz ®

Myo-Plus ®

Vasculin ®

Zypan ®

Are all products by:

STANDARD PROCESS INC.

1200 West Royal Lee Drive P.O. Box 904

Palmyra, Wisconsin 53156

262-495-2122 - FAX: 262-495-2512 1-800-848-5061 <http://www.standardprocess.com/>

I would contact them by phone or email to get product literature, they do have downloadable information on their website for some of the products you are asking about. If they will not send it to you, I will try and get it as a practitioner. I do not know their product line, and would not hazard a guess on its quality or efficacy.

TANSY

QUESTION: I was wondering if you could comment on using the herb tansy to treat obsessive-compulsive disorder (OCD). I recently received an e-mail from a friend on the net who says she (and others) have gotten dramatic relief from their OCD symptoms for a while after taking tansy.

Has tansy ever been used to treat anxiety disorders like this? What is tansy usually used for, and do any of its constituents have psycho-active properties? One source I found said that tansy has thujone, which is also in wormwood (and in absinthe!). I'd appreciate any comments you might have.

ANSWER: Tansy has normally been used as an external remedy, it is an excellent bug repellent. Internal use would be short term if at all. Some suggest its use for digestive upset and gas, but there are better herb choices for these conditions. Tansy has abortifacient characteristics and should be avoided during pregnancy. I have not seen any information on use with OCD. According to the constituents I have found, there are some with psycho- active properties. I am interested in the use you describe and would like to see documentation if available.

The Beta and Iso Thujone listed below are chemical structures similar to Thujone.

From Jim Dukes website at the USDA the Chemicals and their Biological Activities in Tansy Latin named: Tanacetum

vulgare are:

These are the chemical constituents which have been documented according to Jim Duke, ethnobotanist at his site on the USDA. <http://www.ars-grin.gov/duke/>

1,8-CINEOLE Leaf 472 - 1,300 ppm DUKE1992A

Allelopathic 450 ; Allergenic M&R486 ; Anesthetic DUKE1992B ; Anthelmintic JBH ; Antiallergic JFH33(6):569 ; Antibacterial 50 ppm; Antibronchitic DUKE1992B ; Anticatarh M29 ; Anticholinesterase LGR ; Antifatigue JAR8:2 ; Antihalitosis AH12(4):17 ; Antilaryngitic DUKE1992B ; Antipharyngitic DUKE1992B ; Antirhinitic DUKE1992B ; Antiseptic JBH ; Antispasmodic SHT158 ; Antistaphylococcic JAR8:2 ; Antitussive MED'94 ; Candidicide LAF337 ; Choleric DUKE1992B ; CNS-Stimulant DUKE1992B ; Convulsant JAR8:2 ; Counterirritant M29 ; Cytochrome-P450-Inducer MED'95 ; Degranulant 0.3 ul/ml EJP331:253 ; Dentifrice M29 ; Edemagenic inj EJP331:253 ; Expectorant JBH ; FLavor FEMA 1-200 ARC ; Fungicide SHT158 ; Gram(+)-icide JAR8:2 ; Gram(-)-icide JAR8:2 ; Hepatotoxic DUKE1992B ; Herbicide IC50=78 uM TOX ; Hypotensive DUKE1992B ; Inflammatory inj EJP331:253 ; Insectifuge 382 ; Myorelaxant CAN ; Nematicide NIG ; Neurotoxic JAR8:2 ; Perfume ARC ; Pesticide DUKE1992B ; Rubefacient M29 ; Secretagogue SHT158 ; Sedative JE25:165 ; Spasmogenic JAR8:2 ; Surfactant SHT158 ; Testosterone-Hydroxylase-Inducer MED'95 ; Trichomonicide DUKE1992B

1-BETA-HYDROXYARBUSCULIN-A Plant: DUKE1992A

No activity reported.

1-EPI-LUDOVICIN-C Flower: DUKE1992A

No activity reported.

11,13-DEHYDRODESACETYL-MATRICARIN Flower: DUKE1992A

No activity reported.

4-THUJEN-2-ALPHA-YL-ACETATE Plant: DUKE1992A

No activity reported.

ALPHA-BERGAMOTENE Plant: DUKE1992A

No activity reported.

ALPHA-CAMPHOLENOL Plant: DUKE1992A

No activity reported.

ALPHA-PINENE Plant: DUKE1992A

Allelochemic DUKE1992B ; Allergenic M&R523 ; Antibacterial RIE12:5 ; Antifeedant JAF45:3276 ; Antiflu EMP5:195 ; Antiinflammatory IJO15(4):194 ; Antiviral EMP5:195 ; Cancer-Preventive 525 ; Coleoptiphile DUKE1992B ; Expectorant MIK ; FLavor FEMA 15-150 ARC ; Herbicide IC50=30 uM TOX ; Insectifuge 50 ppm 382 ; Insectiphile JSPR22:141 ; Irritant JBH ; Perfumery ARC ; Pesticide DUKE1992B ; Sedative LRN-JUN90 ; Spasmogenic CAN ; Tranquilizer LRN-JUN90

ALPHA-TERPINENE Plant 40 - 200 ppm DUKE1992A

ACE-Inhibitor 100 ug/ml (weak activity) K26575 ; Aldose-Reductase-Inhibitor 100 ug/ml TYK1992:95 ; Antiacetylcholinesterase IC50=1.0 mM JAF45:677 ; FLavor FEMA 1-40 ARC ; Insectifuge DUKE1992B ; Perfumery ARC ; Pesticide DUKE1992B

APIGENIN Plant: DUKE1992A

11B-HSD-Inhibitor CPT59:62 ; Antiaggregant 411 ; Antiallergic PAM ; Antiarrhythmic PT4:118 ; Antibacterial 452 ; Anticomplementary MSC'96 ; Antidermatitic BIS ; Antiestrogenic PAM ; Antiherpetic EMP5:197 ; Antihistaminic 411 ; AntiHIV IC50=143 ug/ml JNP60(9):884 IC72=200 ug/ml JNP60(9):884 ; Antiinflammatory = indomethacin WIC ; Antimutagenic ID50=10-40 nM PCF ; Antioxidant 411 ; Antispasmodic EC50=1-5 uM ; Antithyroid JNM1:10 ; Antitumor (Skin) MSC'96 ; Antiviral EMP5:197 ; Anxiolytic 10 mg/kg PM61:213 ; Aromatase-Inhibitor IC65=1 uM/l JMF2:235 ; Calcium-Antagonist? BBA1115:69 ; Cancer-Preventive 525 ; Choleric FTS:1986 ; CNS-Depressant JNP67:359 ; COX-2-Inhibitor COX2000 ; Cytotoxic IC88=10 ug/ml PM57:A113 ; Deiodinase-Inhibitor JNM1:10 ; Diuretic JBH ; Estrogenic EC50=0.1-25 uM/l JMF2:227 ; Hypotensive JBH ; Musculotropic WIC ; Myorelaxant JBH ; NADH-Oxidase-Inhibitor BJP3:10 ; Nodulation-Signal JBH ; Pesticide DUKE1992B ; PKC-Inhibitor IC50=10 uM MSC'96 ; Quinone-Reductase-Inducer 20 uM CLE120:213 ; Sedative 30-100 mg/kg PM61:213 ; Sunscreen MSC'96 ; Topoisomerase-I-Inhibitor TIH14:223 ; Topoisomerase-II-Inhibitor 50 ug/ml JB118:312 ; Uterotrophic EC50=0.1-25 uM/l JMF2:227 ; Vasodilator BBA1115:69

ARBUSCULIN-A Plant: DUKE1992A

Herbistat JBH

ARTEMISIA-ALCOHOL Plant: DUKE1992A

No activity reported.

ARTEMISIA-KETONE Plant: DUKE1992A

No activity reported.

ARTEMORIN Plant: DUKE1992A

No activity reported.

BETA-ELEMENE Plant: DUKE1992A

Anticancer (Cervix) MPT

BETA-THUJONE Leaf 1,124 - 3,500 ppm DUKE1992A
 Abortifacient CAN ; Antibacterial JEO7:271 ; Emmenagogue CAN ; Insectifuge DUKE1992B ; Pesticide DUKE1992B

BETA-THUJYL-ALCOHOL Plant 348 - 435 ppm DUKE1992A
 No activity reported.

BORNEOL Plant: DUKE1992A

Allelochemic JAF45:3276 ; Analgesic DUKE1992B ; Antiacetylcholine CAN ; Antibronchitic JBH ; Antifeedant JAF45:3276 ; Antiinflammatory DUKE1992B ; Antipyretic DUKE1992B ; Antispasmodic ED50=0.008 mg/ml FT59:465 ; CNS-Toxic JBH ; FLavor FEMA<1 ARC ; Hepatoprotective DUKE1992B ; Herbicide IC50=470 mM 438 IC50=470 uM TOX ; Inhalant JBH ; Insect-Repellent DUKE1992B ; Insectifuge 382 ; Myorelaxant CAN ; Nematicide MLC=1 mg/ml SZ44:183 ; Perfumery JBH ; Pesticide DUKE1992B ; Sedative MED

BORNYL-ACETATE Plant: DUKE1992A

Antibacterial LAF ; Antifeedant 382 ; Antispasmodic ED50=0.09 mg/ml FT59:465 ; Antiviral LAF ; Expectorant JBH ; FLavor FEMA 70-80 ARC ; Insectifuge DUKE1992B ; Myorelaxant CAN ; Pesticide DUKE1992B ; Sedative

CAFFEIC-ACID Plant: DUKE1992A
 Aldose-Reductase-Inhibitor 4 ug/ml (weak activity) SKN43:99 ; Allergenic M&R317 ; Analgesic PMP23:51 ; Antiadenoviral EMP5:207 ; Antiaggregant JBH ; Antibacterial PAM ; Anticancer JAF47:397 ; Anticarcinogenic EMP6:189 ; Antiedemic EMP6:189 ; Antiflu EMP5:207 ; Antigonadotropic JNM1:10 ; Antihemolytic 25 uM PC36:579 ; Antihepatotoxic PM56:173 ; Antiherpetic 50 ug/ml EC50=>50 ug/ml POP:270 ; Antihistaminic DUKE1992B ; AntiHIV EC50=200 ug/ml ; Antihypercholesterolemic EMP6:189 ; Antiinflammatory JBH ; Antimutagenic PCF:18 ; Antinitrosaminic PCF:18 ; Antiophidic FT65(2):101 ; Antioxidant 1/3 quercetin JAF47:397 50 um PC27:973 IC57=30 ppm PCF:221 ; Antiperoxidant IC50=44 uM PM57:A54 ; Antiprostaglandin PJB1(1):169 ; Antiradicular 1/3 quercetin JAF47:397 10 uM PC36:579 ; Antiseptic JE26:76 ; Antispasmodic EC50=3.4-15 uM PR4:73 ; Antistomatitic EMP5:207 ; Antisunburn PM61:510 ; Antithiamin PCF:69 ; Antithyroid JNM1:10 ; Antitumor PCF:19 ; Antitumor-Promoter IC42=10 uM CR48:5941 ; Antiulcerogenic ; Antivaccinia EMP5:207 ; Antiviral IC50=62.5 ug/ml ; Calcium-Antagonist IC50=1.2 uM rbt K16299 ; Cancer-Preventive 525 ; Carcinogenic 2% (diet) ; Cholagogue WIC ; Choleric 411 ; Clastogenic JBH ; CNS-Active WIC ; Co-carcinogenic PCF:44 ; Collagen-Sparing PM61:510 ; Cytoprotective CAN ; Cytotoxic TC50=200 ug/ml POP:270 ; Diuretic WIC ; DNA-Active JBH ; Fungicide MIC=0.4 mg/ml ; Hepatoprotective ACM:210 ; Hepatotropic DUKE1992B ; Immunostimulant PPL7:187 ; Insectifuge EB48:111 ; Leukotriene-Inhibitor DUKE1992B ; Lipoxigenase-Inhibitor IC27=5 mM JAF38:688 IC50=62-148 uM JAF44:2057 ; Lyase-Inhibitor IC50=94-164 uM JAF44:2057 ; Metal-Chelator PCF:25 ; Ornithine-Decarboxylase-Inhibitor PCF:19 ; Pesticide DUKE1992B ; Prooxidant JAF45:632 ; Prostaglandinogenic RWG27 ; Sedative 500 mg RWG17 ; Sunscreen IC50=2.5 mg/l FT64:134 IC91=5 mg/l FT64:134 IC98=25 mg/l FT64:134 ; Tumorigenic 505 ; Vulnerary JE26:76

CAMPHOR Leaf 1,800 ppm; DUKE1992A

Allelopathic 450 ; Analgesic MAR ; Anesthetic JE26:65 ; Antiacne NIG ; Antiemetic 100-200 mg man orl KCH ; Antifeedant IC50=5,000 ppm diet 438 ; Antifibrositic MAR ; Antineuralgic MAR ; Antipruritic M11 ; Antiseptic M11 ; Antispasmodic ED50=0.075 mg/ml FT59:465 ; Cancer-Preventive 525 ; Carminative JPP46:16 ; CNS-Stimulant JE26:65 ; Convulsant RJH ; Cosmetic JBH ; Counterirritant MAR ; Decongestant NIG ; Deliriant M11 ; Ecbolic DUKE1992B ; Emetic DUKE1992B ; Epileptigenic CAN ; Expectorant M29 ; Fungicide ED50=2.7 mM TOX ; Herbicide IC50=3.3-180 mM 438 ; Insect-Repellent DUKE1992B ; Insectifuge M11 ; Irritant JBH ; Nematicide MLC=1 mg/ml SZ44:183 ; Occulorirritant M&R ; Pesticide DUKE1992B ; Respirainhibitor M11 ; Respirastimulant KCH ; Rubefacient MAR ; Stimulant RJH ; Verrucolytic NIG

CARYOPHYLLENE Plant: DUKE1992A

Aldose-Reductase-Inhibitor PJB1(3):238 ; Antiacne PJB1(3):238 ; Antiasthmatic LAF ; Antibacterial JAF40:2328 ; Anticariogenic MIC=>1,600 ug/ml JAF41:1103 ; Antiedemic CPB38:2283 ; Antifeedant 500 ppm TOX ; Antiinflammatory IC50=100 uM CPB38:2283 ; Antispasmodic DUKE1992B ; Antistreptococcic PJB1(3):238 ; Antitumor JNP55:999 ; FLavor FEMA 20-200 ARC ; Insectifuge 382 ; Perfumery M11 ; Pesticide DUKE1992B ; Termitifuge 382

CHLOROGENIC-ACID Plant: DUKE1992A

Aldose-Reductase-Inhibitor IC50=1.8 uM rat (strong activity) CPB47:340 ; Allelochemic SN149:389 ; Allergenic ; Analgesic PMP23:51 ; Antibacterial JE26:81 ; Anticancer (Colon) PAL:335 ; Anticancer (Forestomach) PAL:335 ; Anticancer (Liver) PAL:335 ; Anticancer (Skin) PAL:335 ; Anticarcinogenic JAF45:1523 ; AntiEBV EMP6:189 ; Antifeedant 382 ; Antigenotoxic JAF45:1523 ; Antigonadotropic JNM1:10 ; Antihemolytic 10 uM PC36:579 ; Antihepatotoxic PM56(2):173 ; Antiherpetic EMP5:194 ; Antihistaminic DUKE1992B ; AntiHIV EMP6:189 ; Antihypercholesterolemic EMP6:189 ; Antiinflammatory PCF:19 ; Antimutagenic PCF:245 ; Antinitrosaminic PCF:18 ; Antioxidant IC53=200 ppm PCF:21 IC80=12 uM PC27:973 ; Antiperoxidant IC50=36 uM PM57:A54 ; Antipolio V&E ; Antiradicular 10 uM PC36:579 9 x quercetin JAF47:397 ; Antiseptic PMP23:51 ; Antisunburn PM61:510 ; Antithyroid JNM1:10 ; Antitumor JBH ; Antitumor-Promoter IC25=10 uM CR48:5941 ; Antiulcer EMP6:189 ; Antiviral V&D ; Cancer-Preventive 525 ; Cholagogue WIC ; Choleric KCH ; Clastogenic JAF38:805 ; CNS-Active WIC ; CNS-Stimulant 1/6 Caffeine LAF ; Collagen-Sparing PM61:510 ; Diuretic WIC ; Fungicide NIG ; Hepatoprotective KCH ; Immunostimulant EMP1:124 ; Insectifuge EB48:111 ; Interferonogenic EMP1:124 ; Juvabional 382 ; Lrvistat JBH ; Leukotriene-Inhibitor DUKE1992B ; Lipoxigenase-Inhibitor IC23=5 mM JAF38:688 ; Metal-Chelator PCF:25 ; Ornithine-Decarboxylase-Inhibitor PCF:19 ; Oviposition-Stimulant JBH ; Pesticide DUKE1992B ; Sweetener LAF ; Vulnerary CAN210

CIS-CHRYSANTHENYL-ACETATE Plant: DUKE1992A

No activity reported.

CIS-LONGIPINANE-2,7-DIONE Flower: DUKE1992A

No activity reported.

COSTUNOLIDE-DIEPOXIDE Plant: DUKE1992A

No activity reported.

CRISPOLIDE Plant: DUKE1992A

No activity reported.

DAVANONE Shoot 7,061 - 8,803 ppm DUKE1992A

No activity reported.

DESACETYLPIRETROSIN Flower: DUKE1992A

No activity reported.

DIOSMETIN Plant: DUKE1992A

Aldose-Reductase-Inhibitor IC17=10 uM PC23:1885 ; Antimutagenic IC50=10-40 nM PCF ; Antirhinoviral EMP5:197 ;
 Antiviral EMP5:197 ; Cancer-Preventive 525
 EO Plant 4,000 - 5,000 ppm DUKE1992A
 No activity reported.
 EUPATILIN Plant: DUKE1992A
 Aldose-Reductase-Inhibitor IC50=25 uM rat (weak activity) CPB47:340 ; Lipoxygenase-Inhibitor JBH
 GAMMA-CADINENE Plant: DUKE1992A
 No activity reported.
 GAMMA-TERPINENE Plant: DUKE1992A
 ACE-Inhibitor 100 ug/ml (weak activity) K26575 ; Aldose-Reductase-Inhibitor 100 ug/ml TYK1992:95 ;
 Antiacetylcholinesterase IC23=1.2 mM JAF45:677 ; Antioxidant JA6(4):33 ; FLavor FEMA 1-40 ARC ; Insectifuge
 DUKE1992B ; Perfumery ARC ; Pesticide DUKE1992B
 GERMACRENE-D Pm 1,400 - 2,000 ppm DUKE1992A
 Pesticide DUKE1992B ; Pheromone DUKE1992B
 ISOCHLOROGENIC-ACID Plant: DUKE1992A
 Antioxidant PCF:64 ; Antiseptic JNP46(5) ; Cancer-Preventive 525 ; Pesticide DUKE1992B
 ISOPINOCAMPHONE Plant: DUKE1992A
 No activity reported.
 ISOTHUJONE Plant 2,640 - 4,050 ppm DUKE1992A
 No activity reported.
 JACEIDIN Plant: DUKE1992A
 Antiinflammatory DUKE1992B ; Antispasmodic HG20:40
 JACEOSIDIN Plant: DUKE1992A
 No activity reported.
 L-EPIUDOVICIN-C Plant: DUKE1992A
 No activity reported.
 LYRATROL Plant: DUKE1992A
 No activity reported.
 LYRATRYL-ACETATE Plant: DUKE1992A
 No activity reported.
 PARTHENOLIDE Plant: DUKE1992A
 5-HT-Inhibitor JPP42:553 ; 5-Lipoxygenase-Inhibitor AMR333 ; Allelopathic JBH ; Allergenic AEHD1:257 ;
 Antiaggregant IC50=50 uM uMJPP42:553 ; Antiarthritic M29 ; Antibacterial HG20:32 ; Anticancer AEHD1:256 ;
 Antiinflammatory HG20:31 ; Antimigraine 250 ug/man/day ; Antineuralgic PM56(6):540 ; Antiprostaglandin HG20:31 ;
 Antisecretory AEHD ; Antiseptic HG20:32 ; Antispasmodic HG20:31 ; Antitumor JPP42:557 ; Candidicide CAN119 ;
 COX-2-Inhibitor COX2000 ; Cytotoxic 2.3 ppm DUKE1992B ; Dermatitigenic HG20:34 ; Fungicide JBH ; Gram(+)-icide
 CAN119 ; Hypercalcuric 411 ; Pesticide DUKE1992B ; Phospholipase-Inhibitor AMR333 ;
 Prostaglandin-Synthetase-Inhibitor AMR333
 PHYTOSTEROLS Plant: DUKE1992A
 No activity reported.
 PIPERITONE Plant: DUKE1992A
 Antiasthmatic DUKE1992B ; FLavor FEMA 1-2 ARC ; Herbicide IC50=30 mM 438 IC50=75 uM TOX ; Insectifuge (>
 DEET) JNP56:935 ; Perfumery ARC ; Pesticide DUKE1992B
 QUERCETIN Plant: DUKE1992A
 11B-HSD-Inhibitor CPT59:62 ; 5-Lipoxygenase-Inhibitor IC50 (uM)=4; Aldose-Reductase-Inhibitor 100 uM 4 ug/ml
 SKN43:99 IC50=0.344 uM ZZZ18:623 IC50=0.84 ug/ml cow CPB43:1385 ; Allelochemic IC82=1 mM 438 ; Allergenic
 JBH ; Analgesic FT63(3):197 ; Antiaggregant 30 uM JAF45:4505 IC50=55 uM EMP5:333 ; Antiallergic IC50=14 uM
 JIM127:546 ; Antianaphylactic PR4(5):201 ; Antiasthmatic JIM127:546 ; Antibacterial JBH ; Anticarcinomic (Breast)
 IC50=1.5 uM MED ; Anticataract PM56(3):258 ; Anticolitic 400 mg/man/3x/day PAM ; AntiCrohn's PAM ; Antidermatitic
 PAM ; Antidiabetic PAM ; Antiencephalitic EMP5:199 ; Antiestrogenic; Antifeedant IC52=<1,000 ppm diet 438 ;
 Antifibrosarcomic JAF45:4505 ; Antiflu V&D ; Antigastric RR21:85 ; Antigonadotropic JBH ; Antihepatotoxic
 PM56(2):171 ; Antiherpetic PAM ; Antihistaminic; AntiHIV JNP60(9):884 ; Antihydrophobic V&D ; Antihypertensive
 KCH ; Antiinflammatory (20 mg/kg) 150 mg/kg FT5:1990 ; Antileukemic IC50=10 uM EMP5:225 IC50=>10 ug/ml
 LS55:1061 ; Antileukotrienic PAM ; Antilipoperoxidant IC67=50; Antimalarial IC50=1-6.4 ug/ml MPT ; Antimutagenic
 ID50=2-5 nM PCF ; Antimyocarditic EMP5:199 ; Antinitrosaminic PAL:339 ; Antioxidant ED50=2.3 uM PR14:93
 IC96=300 ppm PCF ; Antiperiodontal PAM ; Antipermeability DUKE1992B ; Antiperoxidant PM57:A110 ;
 Antipharyngitic PAM ; Antiplaque PAM ; AntiPMS 500 mg/2x/day/wmn PAM ; Antipodriac PAM ; Antipolio PAM ;
 Antiproliferant JNM7:51 ; Antiprostanoid PCF:51 ; Antipsoriac PAM ; Antiradicular IC50=4.6 uM PM56(6):695 ;
 Antispasmodic; Antithiamin PCF:69 ; Antithrombic PAL:339 ; Antitumor HG22:9 ; Antitumor (Bladder) JNM7:51 ;
 Antitumor (Breast) JNM7:51 ; Antitumor (Colon) JAF45:4505 ; Antitumor (Ovary) JNM7:51 ; Antitumor-Promoter PAM ;
 Antiviral IC50=10 uM; Apoptotic BOI ; ATPase-Inhibitor NIG ; Bacteristat 10 mg/ml QRNM(SUMMER):91 ;
 Bradycardiac KCH ; Calmodulin-Antagonist PAM ; cAMP-Phosphodiesterase-Inhibitor PAM ; Cancer-Preventive 525 ;
 Capillariprotective M11 ; Carcinogenic 40,000 ppm (diet) mus NIG ; Catabolic AFR27:173 ; COMT-Inhibitor
 QRNM1997:293 ; Cyclooxygenase-Inhibitor PCF:49 ; Cytotoxic ED50=70 ug/ml PM56(6):677 IC82=100 ug/ml
 PM57:A113 ; Deiodinase-Inhibitor JNM1:10 ; Diaphoretic? LRN-DEC90 ; Hemostat KCH ; Hepatomagenic 5,000 ppm
 (diet) rat PCF ; Hepatoprotective FT67:200 ; HIV-RT-Inhibitor IC50=<1 ug/ml JNP53(5):1239 ; Hypoglycemic
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ANSWERS FROM KAREN MALLINGER

QUESTION: I have cells on my cervix my pap smear that came out to be abnormal. I don't think my current boyfriend gave me HPV. I was wondering if I could get HPV from anything else? Would he now have it?

ANSWER: *HPV is one of the most common Sexually Transmitted Diseases. But of more concern to me is your pap smear coming out with abnormal cells. What did your health practitioner say? Surely they spoke to you and gave you some advise? If you have HPV, having unprotected sex with anyone will pass the disease on to them. If you have had unprotected sex with your boyfriend, then he should be tested as well. My advise to you is to speak with your doctor right away and find out if the abnormal cells are caused by the HPV or if they are something more serious.*

ANSWERS FROM DAVID BRILL

HPV

QUESTION: I WAS DIAGNOSED WITH CERVICAL CANCER 5 YEARS AGO, HAVE UNDERWENT RADIATION, RADIATION IMPLANTS, SURGERY AND CHEMO CREAM. HAVE NOT HAD REOCCURENCE IN THIS TIME. STILL HAVE HPV VIRUS. ARE THERE ANY HERBS FOR THIS VIRUS?

ANSWER: You will probably never get rid of the virus, but the following may help.

Eat lots of Garlic, smell like garlic, get it in the diet daily or as a second choice as pills, deodorized not as effective.

I would rotate antiviral herbs so that the virus does not get resistant to them, you can get them in your diet: such as Lemon Balm, Elderberry, Sage, Thyme, Basil, Licorice, Cinnamon, Fresh Ginger, Horehound, Hyssop, Chrysanthemum flowers, Mullein Flowers. Add them to dishes for meals or make teas.

Additionally Saint Johnswort is antiviral

Herbs which have traditionally been used specifically for HPV are:

Lemon Balm, Latin Named Melissa officinalis

Lomatium, Bear Root, Biscuit Root Latin Named: Lomatium dissectum

Thuja, Flat cedar, Latin Name: Thuja occidentalis

Hyssop, Latin Name: Hyssopus officinalis

This has been a suggested treatment in the past for erosion of the cervix, dysplasia, and even mild cancer. Make a topical treatment by mixing Goldenseal powder, mashed freshly washed Plantain leaves, peeled Garlic cloves and Calendula flowers, place mixture in old diaphragm and insert diaphragm in place against cervix over night. Repeat several nights.

Use immune Amphoteric herbs such as:

Maitake, Hen of the Wood's, Latin Named: Grifola frondulosa or Lentinula elodes is in a class with other medicinal mushrooms which are Amphoteric to the immune system. An Amphoteric herb normalizes function so if the system is over reacting such as autoimmune it lowers the immune response, if it is under reacting it raise the response. Since your body has this virus it is apparently lacking in immune reservoir or response.

The other medicinal mushrooms are:

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no animals
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creating this site



Chaga, Birch conch, Latin Named: Inonotus obliquus - immune Amphoteric

Reishi mushrooms TCM named: Lang Chih \Ling Ja\,
Latin Named: Ganoderma lucidum, G. sinensis, G. applanatum, G. Tsugae, G. oregonensis

Other herbs which are not mushrooms that are immune Amphoterics are:

Astragalus, Yellow Leader, TCM named: Huang Qi, Latin Named: Astragalus membranaceus - immune Amphoteric which is moistening

Licorice root, TCM named: Gan Cao, Latin Named: Glycyrrhiza uralensis has been traditionally used as an immune Amphoteric herb, antiinflammatory and is moistening. The recent caution generally given out, is this herb is contraindicated when hypertension is an issue. I would suggest you needed to consume large quantities for this side effect to become evident.

The following is a download off the Internet about HPV, Cervical Dysplasia and Cervical Cancer.

HPV and CERVICAL DYSPLASIA Patient Information

What is HPV?

HPV, or Human Papilloma Virus is commonly called the wart virus. There are over 60 types of HPV that have been identified. Types 1, 3 and 5 can cause warts on the hands and feet of children. Types 6 and 11 can cause warts on men's and women's bottoms (genital warts). Other types, such as 16, 18, 31, 33, and 35 may not cause warts but can cause changes to the cells of your vagina or cervix, such as Dysplasia.

What is cervical Dysplasia?

Cervical Dysplasia is a premalignant or precancerous change to the cells of your cervix. There are three types of cervical Dysplasia: mild, moderate, and severe. Mild Dysplasia is by far the most common, and probably is not a true premalignant disease. Mild Dysplasia generally represents a tissue response to the HPV virus. Up to 70% of women with mild Dysplasia will have the cells become normal without any treatment. However, even mild Dysplasia can progress to more significant disease. Moderate and severe Dysplasia are treated when they are discovered, because of their higher rates of turning into cancer.

What causes cervical Dysplasia?

HPV is one of the most frequent causes of cervical Dysplasia. In addition, cigarette smoking has been found to be a cause. Women who smoke concentrate the chemicals nicotine and cotinine into their cervix, which harms the cells. Men also concentrate these chemicals into their genital secretions, and can bathe the cervix with these chemicals during intercourse. Male partners of women with cervical Dysplasia should not smoke. Some nutritional deficiencies also can cause cervical Dysplasia. The National Cancer Institute recommends that women consume five servings of fresh vegetables or fruits each day. If you cannot do this, consider taking a daily multivitamin with antioxidants such as Vitamin E or beta-carotene.

How can you tell if I have HPV?

Only one person in 100 with HPV will exhibit any warts. The PAP smear often detects HPV. Even if HPV is not noted on the PAP smear, it is 80% to 90% certain that you have the virus if you have been diagnosed with any type of cervical Dysplasia.

How did I get the virus?

You generally obtain the virus through sex contact. Condoms can prevent the spread of many diseases, but not HPV. HPV is found on all the genital tissues, and a condom on the penis usually will not prevent transmission of HPV. The virus can lay dormant on your cervix for 20 years before it causes warts or changes to the cells. If your physician has just discovered an abnormal PAP smear, you may not have recently acquired HPV.

Can I get rid of HPV and Dysplasia?

Even if your entire cervix is burned or frozen, the virus generally still remains. The goal of treatment is not elimination of the virus, but for the body's immune system to control the virus. Immune system function can be enhanced by not smoking and by taking multivitamins. Cervical Dysplasia can be removed by many techniques, and your physician can discuss these treatments with you if they are needed. Women with normal immune system function can be cured of cervical Dysplasia. Follow your physician's instructions to improve your chances of keeping the cervix free of Dysplasia.

from the 1996 - Midland Family Physicians - LSUMC Family Medicine Patient Education Home Page
<[HTTP://lib-sh.lsumc.edu/fammed/pted/pted.html](http://lib-sh.lsumc.edu/fammed/pted/pted.html)>

Nutrition Science News

From The January 1999 <index.cfm> Issue of Nutrition Science News
NUTRITION Q&A
with Linda White, M.D.

Question:

Do women with cervical Dysplasia have treatment options other than surgery?

Answer:

Yes, if the condition is mild. Abnormal cervical cell growth is triggered primarily by the human papillomavirus (HPV), but other risk factors include early age at first intercourse, multiple sexual partners, cigarette smoking and poor nutrition.

A host of studies demonstrate a relationship between low levels of antioxidant nutrients and HPV infection, cervical Dysplasia and cancer.

A study of 123 women found that blood levels of vitamin E and carotenoids such as beta-carotene, cryptoxanthin and lutein were on average 24 percent lower among women who had active HPV cervical infection, compared with women who had no infection or whose infection cleared. Furthermore, those with the lowest vitamin levels tended to have the most severe Dysplasia.⁵

Blood tests from 147 women with cervical Dysplasia and 191 control women showed those with the highest levels of cryptoxanthin and vitamin E reduced their risk of cervical Dysplasia by about two-thirds. Other carotenoids and vitamin C offered weaker protection.⁶

A study of 206 women found a correlation between high plasma levels of vitamin A and regression of cervical Dysplasia. It also uncovered a protective effect from high zinc levels.⁷ Preliminary trials of the prescription vitamin A derivative retinoic acid (Retin-A®) applied topically to the cervix show complete regression in about 45 percent of patients treated with higher concentrations (0.1583 to 0.484 percent) of retinoic acid.⁸

Low folic acid levels appear to play a role in the initiation of cervical Dysplasia. Although this vitamin probably helps prevent Dysplasia, it is not clear whether supplements can reverse it. A study of 47 women with mild to moderate Dysplasia found that taking 10 mg of folic acid daily for three months produced significant improvement compared with placebo.⁹ A subsequent trial of 235 women taking the same dose of folic acid for six months failed to find a significant change.¹⁰ To avoid masking a B12 deficiency, most practitioners suggest folic acid be taken with 400-1,000 mcg of B12.

Holistic practitioners generally recommend reducing risk factors including smoking, unsafe sex and poor diet, as well as taking daily supplements of 10 mg folic acid, 25,000-50,000 IU beta-carotene, 1-3 g vitamin C, and 200-400 IU vitamin E. Herbs such as Echinacea (*E. purpurea*), Astragalus (*Astragalus membranaceus*), and Shitake (*Lentinus edodes*) and Reishi (*Ganoderma lucidum*) mushrooms can also boost immune function to help fight HPV infection.

Controlling the Incurable Viral STDs

by Jill E. Stansbury, N.D.

In the wake of the AIDS epidemic, we've had to examine our social attitudes about sexuality. So severe are the consequences of human immunodeficiency virus (HIV) that concerns about less vicious infections seem almost trivial. However, herpesvirus and human papillomavirus continue to plague millions. Although typically not as life-threatening as AIDS, these viruses are common sexually transmitted diseases (STDs) that cause a great deal of both physical and psychological pain and suffering.

The Many Forms of Herpes

Herpesvirus is thought to be millions of years old, and infects all known vertebrate species.¹ The herpes family is large and ubiquitous, with more than 70 members including the herpes simplex virus (HSV), which is responsible for recurrent cold sores and genital herpes. Herpes zoster, or shingles, is caused by the varicella-zoster virus, which also causes chicken pox in children and often remains dormant in nerves after recovery. The herpes family also includes several viruses associated with acute infections and chronic fatigue syndrome, namely Epstein-Barr virus (EBV) and cytomegalovirus (CMV).²⁻⁵ CMV is a common pathogen that has been isolated from virtually all bodily fluids. CMV infections may be minimal or may cause a mononucleosislike illness with sore throat, swollen lymph nodes and elevated white blood cell counts. EBV and CMV are serious pathogenic threats to immune-compromised individuals causing prolonged flulike illness.

Herpesviruses affect the nerves and may lie dormant in the body for many years, becoming active during times of stress or immune challenges. Herpes, from the Greek word herpein, which means to creep, causes tingling, burning or crawling sensations as the virus becomes active and inflames local nerves. Many people can predict the onset of either a cold sore or a genital outbreak a few days prior to the emergence of a blister by the characteristic nerve sensations produced. Herpesvirus often produces tiny, painful blisters that quickly ulcerate and create red, raw, inflamed lesions that take several weeks to scab and heal. As with most viruses, outbreaks can be accompanied by enlargement of the lymph nodes.

Most of the U.S. adult population is believed to be infected with the herpes simplex virus, and at least one-third of the population has recurrent outbreaks, either oral or genital. Some estimates put the number of new genital herpes cases at half a million each year and the total number of genital herpes cases in the United States at about 30 million.⁶ With oral herpes, the initial infection commonly occurs in childhood and is often mild and unremarkable, although it may be associated with fever and flulike symptoms. Once the initial infection has occurred, the virus may lie dormant for years or become active at any time. Two types of HSV have been identified--type 1 and type 2. While HSV-1 is mostly responsible for oral lesions and HSV-2 for genital herpes, both can occur in either location. Oral-to-genital contact at a time when the virus is active can transmit the virus to a susceptible mucous membrane. Both types are taken up by nerve endings and migrate to nerve ganglia. Oral herpes commonly targets the trigeminal nerve, the motor and chief sensory nerve of the face, while genital herpes commonly migrates to the sacral ganglia, located at the base of the spine. When HSV-1 infects the genitals, the outbreaks are somewhat less severe.

Highly Contagious Genital Warts

The human papillomavirus (HPV) is one of the causes of genital warts and is among the most common sexually transmitted diseases. Some 25 million Americans are thought to have HPV.⁷ There are more than 60 types of the virus; some infect the skin, causing common warts, and about one-third of the HPV types may be spread sexually and cause genital warts. Some HPVs may infect the cervix and are associated with an increased risk of cervical cancer.⁸

Genital warts are highly contagious and may appear as a minuscule pimple or a massive tissue-destroying tumorlike growth. In women genital warts may occur on the labia, the vagina or the cervix. In men they appear on the shaft or, more commonly, the glans of the penis. In both sexes genital warts also may occur around the anus. It is rare, but HPV can occur in the mouth of immune-compromised individuals who have had oral sex with an infected person. Genital warts may go away on their own without treatment or may progress into invasive growths and carcinoma.

Sometimes HPV doesn't cause visible warts but is noticed by pathologists during Pap test screenings. The presence of HPV causes visual changes in vaginal and cervical mucosal cells (koilocytes), which are detected by a Pap test. With further lab tests, the subtype of HPV can be identified. Because certain strains of the virus are associated with an increased cancer risk, knowing the type of HPV is valuable. More than 95 percent of all women with cervical cancer have an associated HPV infection.⁹ The majority of cervical cancers have been found to contain DNA identical to that of the human papillomavirus, providing evidence that HPV may cause malignant changes.⁹ HPV infections also have been linked to anal cancer.

Avoiding Disease

Preventing infection and the spread of infection is paramount. Although the human papillomavirus is difficult to eradicate, there is no known cure for herpesvirus. The rules of the game, now familiar to most sexually active adults, involve knowing the sexual history of partners and practicing safe sex. The only way to prevent the spread of these viruses from an infected to a noninfected partner is to prevent skin-to-skin contact.

Unfortunately, the absence of lesions or warts does not guarantee the absence of a virus. Even when there are no visible signs, the virus can be passed through most bodily fluids including saliva, semen and mucosal secretions.^{10,11} Both the herpesvirus and the human papillomavirus can lie dormant for months and years at a time without producing noticeable ulcers and nerve pain in the case of herpes, or warts in the case of HPV. Even when the viruses have been transmitted, the recipient may not be aware of them for some time. The herpesvirus may become active during times of stress or poor immunity and be "shed" or communicable without causing active illness or lesions. The human papillomavirus may be active in mucous membranes, such as those of the cervix, and be transmitted without creating visible genital warts.¹²

Therapies for HSV and HPV

Natural therapies show promise in treating the tenacious herpesvirus and human papillomavirus

Since both herpes and genital warts are caused by viruses, using the following antiviral herbs and nutrients can be beneficial. Treating immune status with nutrition and lifestyle changes also is important. Treatment approaches to both viral infections include antiviral medications and supplements. Genital warts can also be physically removed. All approaches have varying degrees of success in slowing the effects of the viruses and minimizing outbreaks.

Vitamin C: Well known to enhance immunity by acting as an antioxidant, antihistamine, antiviral and antifungal substance, vitamin C may enhance white blood cell activity and also may promote interferon production.¹³ Alpha, beta and gamma interferons are specific immunoactive proteins released by blood cells in response to viral infections. Interferon alerts blood cells to the presence of a virus and helps cells resist infection. Vitamin C also is necessary for connective tissue formation and for the synthesis of the neurotransmitters serotonin, dopamine and norepinephrine. In sum, because of its immune-enhancing and antiviral activities, vitamin C is important in the treatment of herpes and human papillomavirus.¹⁴

Zinc: Essential to proper immune function, zinc has been shown in several clinical trials to reduce the frequency and severity of herpes outbreaks.¹⁵ Zinc may inhibit the ability of the herpesvirus to reproduce itself, particularly when applied topically to lesions. Hence, zinc sulfate ointments for topical use and zinc lozenges taken orally may shorten the duration of an outbreak. Zinc supplementation also appears to enhance cell-mediated immunity and benefit herpes patients by helping the immune system identify and fight the virus.^{16,17} The dose to enhance immunity is 60-90 mg of zinc per day. This large dose of zinc may be continued for a month or two, and then reduced to 30 mg per day as immune function improves and the herpes outbreak declines. Zinc is notorious for causing nausea, so it should be taken in divided doses, 15-30 mg at a time, with food.

Lysine: An essential amino acid found in meats, dairy products and legumes, lysine serves many functions in the body. It facilitates connective-tissue and bone formation as well as calcium absorption. Lysine has demonstrated effectiveness against the herpesvirus. Although it appears most effective against cold sores, it also has shown some benefit for those with genital herpes.¹⁸

Studies have shown not only that lysine is important in the prevention and treatment of herpes outbreaks but that the ratio of lysine to arginine, another amino acid, also is worth examining. Some researchers believe that a diet high in arginine and low in lysine may activate the herpesvirus and promote outbreaks.¹⁹ HSV replication requires arginine, so a diet high in lysine may block arginine and prevent it from activating the virus. Most of our high-protein foods--meat, fish, dairy products and eggs--contain many amino acids including both arginine and lysine. Chocolate, nuts and grains are high in arginine while relatively low in lysine. Legumes have a high lysine content and are lower in arginine. Those who suffer recurrent herpes outbreaks should limit their intake of chocolate and nuts and eat legumes regularly to favor lysine in their diet while limiting arginine.

Supplementing with lysine can help, but no amino acid should be taken exclusively for more than one month. Favoring one amino acid can lead to deficiencies in other amino acids. Lysine is best used as part of a comprehensive program that includes diet, herbs and immune support. It can be taken as needed for occasional outbreaks and discontinued when health improves.

Lysine is considered extremely safe and without side effects even at doses of 2-3 g per day, which are required for effectiveness. Most commonly, lysine is taken 500 mg at a time, three to five times a day with food, as needed to control herpes outbreaks.

Aloe (Aloe vera, *A. barbadensis*): A familiar plant long used topically for burn and wound healing, aloe is an excellent antiulcer and vulnerary.^{20,21} Herpes sufferers can apply aloe topically to lesions and also take it internally for its antiviral effect.²² Recent research has identified several immune-stimulating compounds in the pulpy gel of the aloe plant.²³ Acemannan, a long-chain polysaccharide, has been noted to have immune activity useful in combating viral infections.²⁴ Acemannan, like other immune-enhancing polysaccharides, has been shown to increase white blood cell counts and promote the cells' phagocytic abilities, produce interferon and fight viruses. Those with chronic viral infections might consider drinking 1-2 ounces of aloe juice mixed with fruit juice each day. The amount of aloe vera juice can be increased as needed, up to a pint or more per day. Research involving acemannan and the AIDS virus has shown that drinking one-half to 1 liter of aloe juice per day may enhance the effects of the pharmaceutical drug AZT and allow AIDS patients to decrease their dosage.²⁵ [For more on aloe usage, see story on page 16.]

Lemon balm (*Melissa officinalis*): Long associated with the nerves, lemon balm is mentioned in many old European herbals for its uplifting and antidepressant effects. Recent research credits lemon balm, also called melissa, with antiviral activity against the herpesvirus. Promising German clinical trials report that applying strong melissa extracts to initial herpes outbreaks prevented recurrence.^{26,27}

Melissa may speed healing and shorten the duration of an outbreak when applied topically. Creams prepared from highly concentrated melissa extracts are now available, as is melissa essential oil. Apply melissa preparations to herpes lesions immediately at the onset of an outbreak for best results.²⁸

Licorice (*Glycyrrhiza glabra*): Root preparations of licorice have been shown to possess antiviral activity.²⁹ Licorice, widely used in herbal medicine, has numerous actions including anti-inflammatory, antiulcer, immune-enhancing and hormone balancing. For herpes infections, licorice makes a lot of sense because it is an antiviral known to reduce inflammation and heal ulcers. Licorice contains a steroidlike saponin called glycyrrhizin, a derivative of glycyrrhetic acid. This saponin can alleviate pain and speed healing of herpes lesions.³⁰ Glycyrrhiza should be applied topically and taken internally for best results.³¹⁻³³ Prepare tea by boiling one teaspoon of the shredded root per cup of water for five to 10 minutes. Drink four to five cups of licorice tea per day at the onset of a herpes outbreak. Soaking a cloth in tea and applying to ulcers may speed healing. Salves containing glycyrrhizic acid, one of the antiulcer compounds in licorice, are available.

Glycyrrhiza is known to elevate blood pressure in rare instances in susceptible individuals. Using licorice preparations topically, however, appears safe, even for hypertensive patients. Taking licorice internally for a week or two is unlikely to harm anyone, even those on blood pressure medications. However, if licorice is recommended as a long-term therapy to manage severe and recurrent herpes outbreaks, it would be wise to monitor blood pressure.

Surgery: For genital wart removal, laser surgery, cryosurgery and electrocautery are effective but somewhat painful. For severe or resistant cases, type I alpha interferon often is injected into the warty growths. It is expensive, however, only minimally effective, and it does not reduce the rate of recurrence.³⁴

Podophyllum: The caustic resin derived from the mayapple plant (*Podophyllum peltatum*) is typically prepared as a 20 percent solution by diluting the plant resin with a tincture of benzoin. This solution is applied topically to the genital wart and washed off four or five hours later. To prevent the podophyllum from harming surrounding skin, apply a greasy ointment such as calendula salve around the wart. Podophyllum is not appropriate to use intravaginally, on the cervix or in the anus.

Although the application is not painful, podophyllum destroys the tissues it comes in contact with, causing the wart to dry up and flake away. A single drop of podophyllum and a single application may destroy the wart in many cases. For large, fleshy growths or unresponsive cases, the podophyllum resin may be applied every two to four weeks as needed. Podophyllum should not be used, even topically, by pregnant women because of its potential to cause birth defects. Because of its potentially caustic action, podophyllum is available only by prescription.

A combination of antiviral herbs and nutrients may help deter these stubborn viruses. A healthy diet and lifestyle also support the immune system resist the activation and spread of viral diseases. People plagued by genital warts or recurrent herpes outbreaks don't have to suffer or allow the virus to create malignant changes. A consultation with a naturopathic physician, herbalist or other health care provider can be very heartening. More so with viral STDs than with other ailments, an ounce of prevention is worth a pound of cure.

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Jill E. Stansbury, N.D., maintains a private practice in Battleground, Wash., where she specializes in botanical and natural therapies. She heads the botanical medicine department at the National College of Naturopathic Medicine in Portland, Ore., and has published a brief materia medica, Herbs for Health and Healing (Publications International, 1997).

HERPES

QUESTION: Do you have any herbs that can cure herpes. If so can you email me with the name of this product. Thanks very much.

ANSWER: I was not sure what kind of Herpes you had, this is an answer for Shingles but if you do not have shingles, using antiviral herbs in general and rotating them through your daily diet will help. There are other answers on antiviral herbs and herbs for herpes online at this site, please do a search to find them.

I am not sure what type of herpes you are referring to if it is Shingles, Shingles is a Herpes zoster virus that lives in the Nerves System, pain is caused by nerves being attacked. I would think this is being caused by a stress you are under. As always, pathogens are opportunistic, your stress causes reduced immune response and immune reservoir in general. The virus was just waiting for the chance to attack. Herpes virus never really go away but just wait for a chance to reappear. I would suggest dealing with the stress is as necessary as getting over the shingles. Use the food/culinary herbs mentioned below, on a rotating basis in your diet, get as much in or on you as possible.

Use the Fresh Oats and Saint Johnswort for nerve food and to help with pain, and strengthening nervous system. I would also suggest an Adaptogen here to deal with the stress use Siberian Ginseng, additionally to boost immune reservoir use Astragalus or medicinal mushrooms.

Best herbal for itching is anything with Menthol in it, peppermint, Eucalyptus, etc also Witch Hazel or an oatmeal plaster.

Antivirals in general

Aloe Vera - combine w/ Lemon Balm & Licorice to treat herpes apply to skin

Saint Johnswort - mild antiviral, can use internally and externally, nerve food, nerve pain

Woad "big blue leaf", Latin Name: Isadis tinctoria - Good Antiviral internally and externally.

Lomatium - strong antiviral

Goldenseal, Barberry, Oregon Grape are topically antiviral

Food herbs that are antiviral rotate them through your diet.

Elderberry - antiviral

Sage - antiviral

Lemon Balm - mild antiviral, can use internally and externally

Licorice root - mild antiviral, can use internally and externally, apply very strong tea on skin, reduce incidence length by 50% according to testing.

Calendula - mild antiviral, can use internally and externally, affinity for skin, good herb

Basil - mild antiviral, can use internally and externally, apply strong tea to skin

Garlic - antiviral, need to smell like garlic

Ramps, Onions, etc - antiviral

Herbs for Nervous system

Fresh Milky Oats - Nerve food

Saint Johnswort - mild antiviral, can use internally and externally, nerve food, nerve pain

Adaptogen herbs: Siberian Ginseng

Immune reservoir and balancing herbs such as Astragalus and Medicinal Mushrooms. Echinacea is a immune potentiating herb.

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STRESS:

QUESTION: I am trying to find an herb that is fast acting that I could use to alleviate stress and tension (possibly a liquid) that would effectively replace having an alcoholic drink. I sometimes like to have a drink to unwind in the evening, however, as I get older I find alcohol harder to tolerate. I don't need something every day and don't want to take something on a regular basis as I don't need that type of product. I also would like something that could possibly be poured into a glass of juice that I could sit and drink but something that works quickly (not that takes an hour or more!) but is also non drowsy. Any suggestions would be appreciated.

ANSWER: I don't know how "fast acting" you are looking for, but my first suggestion would be a nice cup of chamomile or lemon balm tea. Tinctures usually work faster, but are most commonly made with alcohol, so if you're trying to avoid alcohol, I wouldn't recommend a tincture. I can, however, make a special formulation for you without the alcohol if you're interested. I also have a special Stress Tea that works wonders for the stresses of the day. Also some aromatherapy mixtures and special bath salt combinations that have relaxing properties. If you're interested, E-mail me with the word ORDER in the subject line for more

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ANSWERS FROM KAREN MALLINGER

SWEATING UNDER ONE ARM

QUESTION: I have a problem with just one of my underarms sweating for no reason. I don't know what it is caused from. Could it be from lack of circulation in my arm? And what can I do to make it stop???

ANSWER: *Sweating under just one arm is a little strange. Have you spoken to your doctor about it? I would seem medical advice on this one. There are things you can try for abnormal sweating, but if it's only occurring under one arm, there may be something else going on. Check with your doctor.*

ANSWERS FROM DAVID BRILL

EXCESSIVE SWEATING

QUESTION: I have reviewed your answers regarding excessive sweating and appreciate the inf.. However you give no indication as to how these herbs should be used. FYI...excessive sweating is know as hyperhidrosis. It's cause is unknown....sweating occurs at inappropriate times.....i.e. at rest etc. My sweating occurs in the under arm region and is profuse. It has nothing to do with external factors such as heat. I am not obese and am in good health. Stress compounds the situation a bit but is not the underlying cause. I also blush a bit and was wondering if there are any remedies for this. The blushing also happens at inappropriate times. I ma not a shy person nor do I suffer from any social phobias. If you need any other inf. please feel free to e mail me. Also where can these herBs be purchased?

ANSWER: I normally recommend alcohol extracts, i.e. tinctures and you would follow directions on the bottle if you are not seeing an herbalists who would formulate a protocol for you. You would put the number of drops recommended in water, juice or hot tea. You could also do the herbs as teas.

Normally the redness and flushing is a sign of heat, vessels close to the skin expand to allow more blood into the area; the sweating is also associated with heat. The water removes heat as it evaporates off your skin. The redness and flushing brings blood to the surface removing heat or bringing heat depending on the ambient temperature and your bodies reaction to it.

As I stated above I would need to know more about you to create a specific protocol.

Sweating is also associated with emotional issues, nervousness and anxiety. If this is associated Nervine herbs such as fresh Oats would be appropriate, for stress use Adaptogen herbs.

You do not say if you are on any medications but they can affect sweating.

If you cannot find what you need locally, we mail order every day please call and we will send it to you. I would begin with Sage and Astragalus.

The herbs generally associated with excess sweating are:

Sage, Latin Name *Salvia officinalis*, combines well with *lycanthimum* (ox eye daisy) for excess sweating

White Peony root, Latin Name: *Paeonia albiflora* is an amphoteric to sweating, reducing excess sweating or increasing loss of sweating, it balances and harmonizes the sweat response, increases or decreases sweating as needed.

Astragalus, Huang Qi, Yellow Leader, Latin Name: *Astragalus membranaceus* (beware there are other species being used as a substitute) is an amphoteric to sweating, reducing excess sweating or increasing loss of sweating, it balances and harmonizes the sweat response, increases or decreases sweating as needed.

Schisandra berry, Wu wei zu, 5 flavor fruit, Latin Name: *Schisandra chinesis* (northern) *S. sphenanthera* (southern, is preferred species) Astringing in activity: puckers the jing, night sweats, inappropriate sweating.

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UNDERARM IRRITATION

QUESTION: I am having a problem under my arm pits. It started years ago and it was only about once or twice a year. My doctor prescribed antibiotics to clear it up which worked well. But I would like to find an alternative because the problem has gotten worse. I'd normally have a large pimple/bump filled with pus and it would be very sore. I'm almost unable to move my arm due to the pain. If I didn't get attention sometimes it would burst and all would be fine. If I couldn't stand it any longer, I'd go to the doctor. It would sometimes get as large as a ping pong ball.

I think it was caused by my sweating under the arm area and may be a reaction to the deodorant I used. But I have switched to different deodorants/antiperspirants. And now I'm even trying the no-alcohol, all-natural kind. One of them was a tea tree oil natural deodorant and Origins deodorant. But even while using them the problem has become more severe. Now they constantly occur under my arm pits and they are smaller (more like large pimples) and they burst and the pus comes out. But then another one appears soon after that. This is happening under both arm pits.

I sweat under my arms quite badly and can not go without something. I've tried that and it just won't work for me. After about half the day I can't stand myself (the smell)

Can you help to clear up this problem and offer some something to either prevent it or to use the next time it occurs? Your assistance would be greatly appreciated.

ANSWER: I would try violet, viola species, and use in combination with, red clover and burdock root. Fresh is best for violet leaf, juice the leaves and add to black cherry juice do a shot a day until things clear or find a herbal tincture which is made from the fresh leaves, the other two herbs mentioned would also help to relieve congestion like this.

My thought on the antiperspirant use is you may be allergic to the aluminum used to shrink the sweat glands and stop perspiration, I would go off any antiperspirant which contains aluminum which is most, if you need to use something use a deodorant to cover the smell. But I think I would try to control the sweating internally see my answers on controlling sweating with herbs online and avoid deodorants and antiperspirants until the problem clears up. Better to use soap and water in the restroom and cleanse and bath the area several times a day to remove the sweat buildup and odor.

EXCESSIVE SWEATING

QUESTION: I was told cayenne pepper would be good for excessive sweating. Do you think this is true? Also, is there anything better?

ANSWER: I may be able to help but it is hard to tell with the information at hand. Why do you have excess sweating, menopause, pregnancy, diabetes, weight problem? I would not use cayenne for this condition, unless it was homeopathic in nature, cayenne causes sweating.

The herbs generally associated with excess sweating are:

Sage, Latin Name *Salvia officinalis*, combines well with lycanthimum (ox eye daisy) for excess sweating

White Peony root, Latin Name: *Paeonia albiflora* is an amphoteric to sweating, reducing excess sweating or increasing loss of sweating, it balances and harmonizes the sweat response, increases or decreases sweating as needed.

Astragalus, Huang Qi, Yellow Leader, Latin Name: *Astragalus membranaceus* (beware there are other species being used as a substitute) is an amphoteric to sweating, reducing excess sweating or increasing loss of sweating, it balances and harmonizes the sweat response, increases or decreases sweating as needed.

Schisandra berry, Wu wei zu, 5 flavor fruit, Latin Name: *Schisandra chinensis* (northern) *S. sphenanthera* (southern, is preferred species) Astringing in activity: puckers the jing, night sweats, inappropriate sweating.



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BRUISING/SWELLING

QUESTION: What are your favorite herbal remedies for healing skin bruising, black and blue marks and swelling of skin after injury?

ANSWER: Here are a few herbs that have been used in the past.

- Tien Chi Ginseng or Tien Qi Ginseng
- Witch Hazel the herb, not the stuff in the bottle from the pharmacy that has little or no witch hazel in it, but is mostly alcohol.
- Safflower
- Processed Aconite
- Frankincense
- Myrrh
- Balm of Gilead
- Blue Vervain
- Prickly Ash
- Eucalyptus
- Rue
- Dang Qui
- He Shou Wu
- Teasle Root
- Comfrey (probably the most common treatment)
- Arnica (close behind Comfrey)

SWELLING IN LEGS AND ANKLES

QUESTION: I will be 61 this month. Over the last few years whenever I bump or scrap my shins the wounds get pretty bad and take along time to heal. Now I am experiencing ankle and foot swelling. I noticed it this past mothers day at a picnic when a got hit in the shin by a baseball. The swelling and bruising were pretty bad. The inside of my right foot turned black and blue. Now both feet and ankles are swelling. I have been working a lot outside siding my house. A lot on the ladder and a lot of walking. Help please. Anything I can take to help this?

ANSWER: Have you been tested for high blood sugar levels, congested heart failure, weak heart, poor circulation? You should find out what the problem is. Long-term problems associated with any of these issues can lead to poor peripheral circulation and poor wound healing, and edema. Without intervention they will lead to many other issues, please see someone in your area for medical treatment.

Without knowing all the facts, I would suggest some Heart and circulation herbs to get the blood to the right places, and a diuretic herb to reduce the swelling.

Hawthorn berries - good for the heart, strengthens the beat, improve vascular integrity

Ginkgo leaf - good for improving peripheral circulation getting the blood to your extremities.

Dandelion leaf - a diuretic as effective a Lasix, will lower swelling and edema.

Externally for bruising you can use a poultice of Comfrey, smash and juice leaves and apply to effected area, hold in place with a cloth, or large bandage. Do not use Comfrey for deep wounds.

Also for the edema elevate your feet and legs, whenever possible.

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Please consult with your physician to determine the cause, I cannot tell from where I am with the limited information you have provided what is causing this.



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THROAT

QUESTION: I am working on the healing of my vocal cord, which has a hemorrhage, and has left me with very little speaking voice. The doctor gave me vocal exercises to do, and I must speak very quietly, but the healing is quite slow. Do you have herbal recommendations?

ANSWER: *Here's a recipe for a tea that should help. 2 parts licorice root, 1 part cinnamon, 1 part Echinacea, 1 part marsh mallow root, 1 part mullein and 1/8 part ginger. Combine all the ingredients in a tea ball or muslin bag and steep for 10 minutes. You can also make a spray from 1 tsp Echinacea, 1 tsp licorice, 1 tsp sage, 1 cup distilled water and a few drops of tea tree Essential oil or eucalyptus oil. put all the herbs and the water in a saucepan and heat slowly for 20 to 45 minutes, covered. Add the essential oils after the tea has steeped. put in a mister or spray bottle and squirt into the back of the throat as needed.*

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THRUSH

QUESTION: I have had thrush in veyring degrees for about 2 years which would be a good natural remedy or most used remedy for male thrush.

ANSWER: The herbs used in the past for this include

- Thyme
- Black Walnut
- Goldenseal
- Coptis
- Oregon Grape Root
- Barberry
- Usnea
- Spilanthes
- Echinacea

You would also want to adjust diet, lower Carbohydrates and simple sugars, and use herbs to boost the immune system such as Medicinal mushroom and Astragalus.

If it were me I would gargle with them.

QUESTION: Could you please tell me a natural or herbal remedy for thrush? >>

ANSWER:Who has the thrush, male/female, baby child, adult?

The simple answer to your question is Barberry, Yellowroot, Oregon Grape Root, Goldenseal, Spilanthes, Thyme, Black Walnut and Usnea have been used. You would normally gargle a tea, swish in mouth, etc, 3 - 4 times a day.

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ANSWERS FROM KAREN MALLENGER

QUESTION: Can you recommend herbs for an over active thyroid?

ANSWER: *An over active thyroid, or hyperthyroidism, occurs when the thyroid produces too much of the hormone, thyroxine, which causes the body functions to speed up. To ensure that this is really what's going on, you need to have a blood test to verify it. The symptoms are similar to a variety of other ailments, so please ensure you have had the proper diagnosis with a blood test to confirm. If left untreated, it can lead to bone and heart disorders. Three conditions of hyperthyroidism are Graves disease, Plummer's disease and a potentially dangerous form called Thyroid Storm. Graves disease is related to the immune system, while Plummers and Thyroid Storm are not. Common herbs for this condition are Bugleweed and Motherwort. Those suffering from Graves disease should avoid the following herbs: Aloe, American ginseng, Astragalus, Bamboo, Burdock, Chrysanthemum, Echinacea, ginger, ginseng, lemon balm, Siberian ginseng and wheat grass. Vitamin E as well as plenty of broccoli, Brussels sprouts, cabbage, cauliflower, kale, peaches, pears, soybeans and spinach will help as well.*

ANSWERS FROM DAVID BRILL:

HYPERTHYROID

QUESTION: i would like to know what herbs are used to normalize this condition.

ANSWER: A combination of the following herbs have been used in the past for Hyperthyroidism.

Lemon Balm, Latin Name: *Melissa officinalis*
Bugle Weed, Latin Name: *Lycopus virginicus*
Motherwort, Latin Name: *Leonurus cardiaca*.

If you are talking Graves disease add in Medicinal Mushrooms such as those in the Ganoderma family to balance the immune system.

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ANSWERS FROM KAREN MALLINGER

INFECTIONS:

QUESTION: Do you have any ideas on why if I drink water that hasn't been filtered, I get symptoms of kidney/bladder infection? This started about a year ago. I'm 49, female, with a history of kidney/bladder infections going back to childhood. I would very much appreciate any help you can give me on this. Thank you in advance for your time.

ANSWER: *I think the symptoms you described answer your question. "Regular" water from the tap is filled with chemicals. I don't even let my dogs drink tap water! (We live in a very toxic area of western New York) We only drink distilled water. If the only change you are seeing is drinking undistilled water, then I would say there's something in the treatment of the water there that is causing an infection. Make sure that's the only change that brings these on. (diet, sexual activity, nylon panties, lots of things can bring on a bladder infection)*

QUESTION: I was wondering if you can help me figure out what my father in law is trying to describe to me. He said 'back in the old days' people used to use a herb called - his pronunciation - Ratsbain as a cure for bed wetting. They made a tea out of it. I cannot find anything on this - or anything even close to that spelling.

ANSWER: What your father-in-law is referring to is Chimaphila maculata, pronounced, [ky-MAF-ih-luh mak-yuh-LAH-tuh]. It is also referred to as dragon's tongue, pipsissewa, ratsbane, rheumatism root, spotted pipsissewa, wild arsenic, wintergreen, and striped prince's pine. The leaves and fruit have been used to increase urine flow, as a tonic, and for treating diarrhea, syphilis, nervous disorders, and ulcers. The plant has an antiseptic influence on the urinary system and is sometimes used in the treatment of cystitis. An infusion of the plant has been drunk in the treatment of rheumatism and colds. A poultice of the root has been used to treat pain while the plant has also been used as a wash on ulcers, scrofula and cancers. All parts of the plant can be used, though only the leaves are official.

ANSWERS FROM DAVID BRILL
URINARY TRACT INFECTIONS

QUESTION: what type of herbal product would you recommend for urinary tract infection in a man, burning upon urination.

ANSWER: The following herbs have been used for this problem in the past.

- Agrimony, Latin Named: Agrimonia spp
- Cleavers, Latin Named: Galium Aparine
- Sheperd's Purse, Latin Name: Capsella burse-pastoris
- Kava Kava, Latin Named: Piper methysticum
- Honeysuckle, Latin Named: Lonicera japonica
- Sweet Birch, Latin Named: Betula lenta
- Cranberry, Latin Named: Vaccinum macrocarpon or V. oxycoccus
- Pipsissewa, Latin Named: Chimaphila umbelata
- Couch grass, Latin Named: Elytriga repens
- Corn silk, Latin Named: Zea mays
- Goldenrod, Latin Named: Solidago odora, S. Virgauria
- Hydrangea, Latin Named: Hydrangea arborensis
- Usnea, Latin Named: Usnea barbata

A good combination would be Kava and Hydrangea for pain, Agrimony and/or Pipsisewa for infection and Corn Silk for soothing the bladder and UT and to help repair and rebuild tissue in the UT.

Lower sugar intake and use unsweetened cranberry juice or a cranberry extract/pill like Cranactin.

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You can also use the two herbs Boldo or Buchu if you can find them.

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SPIDER VEINS

QUESTION: Can you please tell me what specifically what herb is used to reduce or eliminate spider veins?

ANSWER: Most of the purple/red/bluish fruits and vegetables have what are called oligo-proanthocyanidines (OPC's) these strengthen blood vessel walls.

These are the herbs that have been used in the past for spider and varicose veins

- Elderberry
- Blueberry
- Cinnamon
- Hawthorn
- Lycium or Wolfberry
- Calendula Flowers
- Horse Chestnut
- Butchers Broom
- Grape Seed
- Grape Skins

Herbs that help with circulation should also be considered

- Gingko
- Hawthorn
- Cinnamon
- Cayenne
- Ginger

You can get supplements that contain OPC's

VARICOSE VEINS

QUESTION: Please inform me if grapeseed extract is effective and safe for use of treatment of varicose veins and/or spider veins. Thank you.

ANSWER:

From the HealthCentral herb library on Grape Seed extract

<http://www.healthcentral.com/home/home.cfm>

Grape seed extract:
Active Ingredients

The oil pressed from grape seeds contains a number of essential fatty acids and is rich in vitamin E compounds.

The most interesting constituents of grape seeds are the polyphenols (catechins). These tannin compounds, also called procyanidins, leucoanthocyanins, pycnogenols, or oligomeric proanthocyanidins (OPC), are powerful antioxidants. Commercial extracts are generally standardized for OPC content.

Grape leaves and presumably seeds also contain flavonoids, and the skin and seeds are the source of several recently identified compounds known as 5-nucleotidase inhibitors.

Use:

Grape seed oil can be used for cooking. It has an unobtrusive flavor and a high smoking point and is rich in omega-6 fatty acids.

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Grape seed extract is used in Europe to improve circulation. It prevents oxidation of blood fats and inhibits enzymes that break down the proteins that make up blood vessels.

Grape seed is believed to benefit cardiac and cerebral circulation. In animals it reduces capillary permeability and presumably has similar activity in humans.

Capillaries may be fragile due to diabetes or other disorders. In four small studies, grape seed extract was better than placebo at improving peripheral circulation as well, resulting in less pain and swelling, fewer nighttime cramps, and less numbness and tingling.

Studies have shown that grape seed extract may slow macular degeneration, improve vision stressed by computer screens or glare, and reduce myopia. Although further research is needed, the results have been promising.

In test tube research grape seed polyphenols stop the growth of *Streptococcus mutans*, a bacteria that causes tooth decay. They also slow the conversion of sucrose (table sugar) into glucan, and as a consequence of both these actions, grape seed may have a role in maintaining dental health.

Another potential benefit of grape seed extract is anti-inflammatory activity.

Dose

Usual dose for general health maintenance ranges from 50 to 100 mg daily. To treat illness, doses from 150 to 300 mg per day are recommended.

From Jim Duke's website on medicinal and ethnobotanical uses of plants
<http://www.ars-grin.gov/cgi-bin/duke/farmacy2.pl>

Grape seeds have the following constituents.

ENOTANNIN Seed: DUKE1992A :No reported activity

EPICATECHIN Seed: DUKE1992A :No reported activity

LINOLEIC-ACID Seed 33,000 - 110,000 ppm DUKE1992A

Activity Reported: Antianaphylactic, Antiarteriosclerotic, Antiarthritic, Anticoronary, Antieczemic, Antifibrinolytic, Antigranular, Antihistaminic, Antiinflammatory, Antileukotriene, Antimenorrhagic, AntiMS, Antiprostatic, Cancer-Preventive, Carcinogenic, Hepatoprotective, Hypocholesterolemic, Immunomodulator, Insectifuge, Metastatic, Nematicide,

OLEIC-ACID Seed 22,200 - 74,000 ppm DUKE1992A

Activity Reported: Allergenic, Anemiagenic, Antiinflammatory, Antileukotriene, Cancer-Preventive, Choleric, Dermatitigenic, FLavor FEMA 1-30, Hypocholesterolemic, Insectifuge, Irritant, Percutaneostimulant, Perfumery

PALMITIC-ACID Seed 3,300 - 11,000 ppm DUKE1992A

Activity Reported: Antifibrinolytic, FLavor FEMA 1, Hemolytic, Hypercholesterolemic, Lubricant, Nematicide, Pesticide, Soap

PROTEIN Seed 70,000 - 100,000 ppm DUKE1992A :No reported activity.

SQUALENE Seed: DUKE1992A

Activity Reported: Antibacterial, Antitumor, Cancer-Preventive, Immunostimulant, Lipooxygenase-Inhibitor, Perfumery, Pesticide

STEARIC-ACID Seed 1,440 - 4,800 ppm DUKE1992A

Activity Reported: Cosmetic, FLavor, Hypocholesterolemic, Lubricant, Perfumery, Suppository

TANNIN Seed: DUKE1992A

Activity Reported: Anthelmintic, Antibacterial, Anticancer, Anticariogenic, Antidiarrheic, Antidysenteric, Antihepatotoxic, AntiHIV, Antihypertensive, Antilipolytic, Antimutagenic, Antinephritic, Antiophidic, Antioxidant, Antiradicular, Antirenitic, Antitumor, Antitumor-Promoter, Antiulcer, Antiviral; Cancer-Preventive, Carcinogenic, Chelator, Cyclooxygenase-Inhibitor, Glucosyl-Transferase-Inhibitor, Hepatoprotective, Immunosuppressant, Lipooxygenase-Inhibitor, MAO-Inhibitor, Ornithine-Decarboxylase-Inhibitor, Pesticide, Psychotropic, Xanthine-Oxidase-Inhibitor

From Nutrition Science New article titled

Phytochemicals: Nutrients Whose Time Has Come

July 2000, read it on the web at

http://exchange.healthwell.com/nutritionsciencenews/nsn_backs/Jul_00/phytochemicals.cfm

...A distinct group of polyphenols known as the flavan-3-ols includes anthocyanidins, proanthocyanidins, catechins and tannins. These have been extensively studied for their antioxidant, anticancer, antitumor and cardioprotective effects.³⁷ Hundreds of studies alone have been done on green tea catechins to assess their cardiovascular effects.³⁸ Red wine, grape juice, pine bark and grape seed extracts have been studied for their anticlotting, antioxidant, cardiovascular and anticancer effects.³⁹...
references...

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..

Herbs which have been traditionally used for varicosities include the following:

Elder Berry, Latin named: *Sambucus nigra* S. canadensis, this herb is a rich source of flavonoids, and as such is strengthening and nutritive to the vascular integrity of veins, capillaries, and arteries for spider veins, varicose veins.

Nettle, Stinging Nettle, Latin Named: *Urtica dioica*, the leaf is useful for varicose veins, very nutritive, increase vascular integrity.

Calendula, Pot Marigold, Latin Named: *Calendula officinalis* The flowers are very rich in carotenoids and flavonoids which increase the integrity of veins, arteries and capillaries. This herb can be used in combination with other herbs which have been used for varicosities to build a formula.

Blueberry Fruit Latin Named: *Vaccinium* sp, rich source of flavonoid such as proanthocyanodins which have a strengthening effect on blood vessels, good for varicose and spider veins. Eat all fruit jams or just fruit in diet, this herb is very nutritive.

Blackberry, Latin Named: *Rubus* species The berries are a rich source of flavonoids which strengthen vessels and capillaries.

Collinsonia, Stone root, Rich weed, Horse balm, Latin Named: *Collinsonia canadensis* is a good herb for varicose veins combine with Hawthorn, Calendula and the Chinese herb Lycium fruit.

Cayenne pepper, hot pepper, bird pepper, Latin Named: *Capsicum* spp, *C. annum*, *C. frutescens* highly nutritious, rich source of flavanoids and carotenoids, helps with varicose veins and impaired circulation, get in diet or a couple drops a day of tincture.

Witch hazel, Latin Named: *Hamamelis virginian* use a strong tea in bath and soak, this herb is an astringent and helps with bruise, sprain, strains as an external application. Other astringing herbs can be used also, such as Yarrow, Oak bark, etc.

Horse Chestnut, Latin Named: *Aesculus hippocastanum* is good for varicosities such as hemorrhoids and varicose veins, moves venous congestion and increase tone of vessels, use small amount several drops of tincture.

The Chinese herb

Gou qi zi, Lycium fruit, Wolfberry, Latin Named: *Lycium chinensis* very rich in nutrients, flavanoids, carotenoids, helps to increase vascular integrity throughout body.

I would suggest any of the fruits or vegetables that have red/blue/purple flesh and skin would increase vessel integrity.

again from Nutrition Science News, July 2000

Herbal Treatment for Varicose Veins
by Mindy Green

See it on the web at http://exchange.healthwell.com/nutritionsciencenews/nsn_backs/Jul_00/vveins.cfm

In the body, blood pumps from the heart via arteries and returns back to the heart through veins. Down in the legs, venous blood must work against gravity; to prevent backflow, intermittent valves open for the blood and close behind it. A vein becomes varicose when valves break down or weaken, thereby putting more pressure on other valves. This can cause a cycle of damage that tends to increase with time. When valves no longer prevent backflow of venous blood, the abnormal pressure inflames the veins, blood pools, and veins become permanently dilated.

More than half the middle-age population in the United States has enlarged, twisted or bluish varicose veins. For reasons not wholly known, the condition occurs about four times more frequently in women than in men.¹

The underlying causes of varicose veins are multifaceted and can include pregnancy and chronic constipation, both of which can increase venous pressure in the legs and lead to varicose veins. Overweight individuals who have less muscle and tissue tone are more likely to have weakened vein walls. Other factors are a hereditary predisposition, a lack of exercise and age. All these can be compounded by a lack of muscle tone and degenerative changes in supporting connective tissue. People in service positions who must stand on their feet for hours are most affected because their work conditions increase venous pressure.

Most varicosities are close to the skin's surface and, though they are not a severe threat to health, may hint at chronic circulatory problems. If ignored, they can become painful. Spider-web veins are tiny, dilated blood vessels just under the skin. They don't bulge like varicose veins and, though unsightly, are harmless. Deeper varicose veins can lead to stroke, heart problems or thrombophlebitis, a vein inflammation in conjunction with an obstructive blood clot formation. Varicose veins are not confined to the legs. Hemorrhoids are varicose veins in the rectum and are much more common, frequently affecting pregnant women because of the extra pressure and weight in the perineal area.

If a customer is concerned about varicose veins, you can recommend a number of healing herbs. The herbs can be even more effective when integrated with appropriate dietary and lifestyle changes. Some examples include increasing dietary fiber intake to prevent constipation, raising the legs for 10-minute intervals throughout the day to relieve pressure and pain on the varicosities, and raising the foot of the bed one to three inches to relieve pressure at night.

Phytotherapy

Teas or tinctures can be taken internally three to four times a day to help heal varicose veins from the inside. The actions of the medicinal plants listed here can increase vein elasticity, reduce blood-vessel fragility, stimulate circulation and reduce water retention.

Horse chestnut (*Aesculus hippocastanum*) strengthens blood vessels and is an effective astringent that tones and tightens tissues.² The herb reduces capillary fragility and swelling by regulating capillary permeability, and it helps strengthen and repair blood vessels that have lost their elasticity.³

The shiny brown fruits of this ornamental shade tree have a long history of treating varicose veins. As is the case with many herbs, horse chestnut's historical uses are being affirmed by modern research, and now some animal, clinical and in vitro studies give evidence of the herb's benefit.⁴

At least two classes of compounds in horse chestnut, aesculin and aescin, may affect circulation. Both are coumarin glycosides; coumarins slow the onset of blood coagulation and are found in more than 150 species of medicinal plants.

Aesculin thins blood and improves blood viscosity, so is thought to be endowed with vascular-protective properties.⁵ Aescin is a complex mixture of saponins, which are soaplike agents found in plants such as potatoes and beans that foam when cooked. Saponin compounds reduce the surface tension of liquids, and aescin itself increases the permeability of the inner vascular walls, making it easier for tissue fluids to drain into capillaries. Aescin, present at up to 13 percent in horse chestnut, is reported to have anti-inflammatory, anti-swelling and anti-exudative (oozing of fluids) properties.⁵ Rutin, the key flavonoid in buckwheat, and other flavonoids have long been used to treat weak capillaries and veins--and aescin is 300 times more potent than rutin.⁶

Commercial extracts of aescin from horse chestnut seeds also have been shown to reduce excessive clotting. Researchers at Bastyr University in Kenmore, Wash., conducted a double-blind, randomized, single-dose trial on 71 healthy individuals to assess the effects of a topical 2 percent aescin gel on experimentally induced bruises (broken blood vessels). The aescin gel reduced inflammation and tenderness in all cases over the recorded 10-hour period.⁷ Horse chestnut is most often used as a tincture rather than a tea and can be applied externally. It is also sold in a massage oil. The tincture and the massage oil can be combined with essential oils (see sidebar, this page).

Horse chestnut is a fairly toxic herb that can cause vomiting and sometimes paralysis. However, cautionary notes on the internal use of this herb are conflicting. Although horse chestnut is often included in references on poisonous plants, it has high therapeutic value with low acute and chronic toxicities noted, except in children, who don't normally have varicose veins anyway. Nevertheless, this tincture should be used carefully when taken internally because the potency of commercial preparations varies widely. Some German pharmaceutical companies offer compounds specifically for internal use, often in combination with supportive herbs or nutritional substances including vitamins B and C. Since strengths and formulations vary, it is best to follow the recommended dosage on the label. Pregnant women should consult their health care practitioners before taking horse chestnut products, though the external use of gels, ointments, teas or tinctures poses no harm. Customers already using prescription anticoagulant medications should consult their health care practitioners because horse chestnut is also a weak blood thinner.

Butcher's broom (*Ruscus aculeatus*) has been used historically to treat varicose veins because it is believed to improve vein tone and encourage blood flow. Research shows that both internal and topical applications may improve symptoms of poor circulation such as blood pooling in the legs, swelling and constricted blood vessels. The pharmacological activity is attributed to steroidal saponins, mainly the sugar-derivative glycosides called ruscogenin and neoruscogenin, which have vasoconstricting and anti-inflammatory effects.

In a double-blind clinical trial of 20 healthy people, a combination of ruscus extract and the flavonoid hesperidine improved the tone of varicose vein walls; the herb also reduced foot swelling.⁸

A double-blind, placebo-controlled, crossover study was conducted on 30 females and 10 males between the ages of 28 and 74. The trial involved two treatment periods of two months, with a 15-day washout period. Participants took two capsules three times a day. Each capsule contained either placebo or 16.5 mg *Ruscus aculeatus* extract, 75 mg hesperidine and 50 mg vitamin C--a daily total of 99 mg ruscus, 450 mg hesperidine and 300 mg vitamin C. Researchers noted a significant decrease in swelling in the supplement group.⁹

A tea or tincture of butcher's broom can be taken internally up to three times a day, or applied directly. Internal use should be avoided by pregnant women.

Other astringent herbs include white oak (*Quercus alba*) bark and witch hazel (*Hamamelis virginiana*). The healing and anti-inflammatory actions of calendula (*Calendula officinalis*) are also well suited for treating varicose veins. These herbs can be taken as teas and used in sitz baths or used as compresses with a few drops of the essential oils added for their synergistic effects. A salve can be made of any of these herbs for treating hemorrhoids.

Other herbs stimulate peripheral circulation, thereby aiding blood flow in the legs. These include ginkgo (*Ginkgo biloba*), ginger (*Zingiber officinalis*), cayenne (*Capsicum frutescens*), and prickly ash (*Zanthoxylum americanum*).

Garlic (*Allium sativum*), either fresh cloves or odorless standardized capsules, and bromelain from pineapple both contain enzymes that improve circulation by dissolving blood vessel fibrin that forms lumpy deposits around the veins.¹⁰⁻¹¹ If water retention causes ankle or leg swelling, a diuretic such as dandelion (*Taraxacum officinale*) or yarrow (*Achillea millefolium*) is also helpful. Hawthorn (*Crataegus* spp.) is said to improve circulation by safely toning the heart muscle. Hawthorn also contains proanthocyanidins and anthocyanidins, which increase capillary strength and tone veins.¹²⁻¹⁴

Liver tonic and cleansing herbs such as Oregon grape (*Berberis aquifolium*), milk thistle (*Silybum marianum*), dandelion and burdock (*Arctium lappa*) are important for varicose vein treatment. A popular remedy is yellow dock (*Rumex crispus*); though not for varicose veins specifically, it is a helpful liver tonic and cleanser, and is a safe, mild laxative.

Finally, nonherbal methods can also ease the discomfort of varicose veins. Sitz baths (for hemorrhoids) or hot and cold compresses (for varicose veins in the legs) often provide the greatest immediate pain relief. Hot and cold water added to a bath in one- to three-minute intervals improves circulation and helps decongest the veins. Compression stockings also relieve the pain of varicose veins, but the stockings themselves can be a nuisance. Also, using a slantboard to raise the legs above the level of the head for 10-minute intervals several times a day can bring relief. Even though chronic venous insufficiency is one of the more common health conditions of the adult population, it's nice to know nature offers effective remedies for its treatment.

Mindy Green has 26 years of herbal experience and is director of educational services at the Herb Research Foundation and a faculty member at the Rocky Mountain Center for Botanical Studies, both in Boulder, Colo. She is author of *Calendula* (Keats, 1998).

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DEXATRIM

QUESTION: Is the ephedrine free formula safe? What is in it and what does each thing amount to or do for you. I'm thinking it's probably a lot of caffeine containing products, but really have no idea, and would like to be made aware of any possible side effects or possible concerns. I'm afraid to take anything with ephedrine anymore due to recent reports and have been looking for a safe sub. I wish these companies would sponsor the FDA to take part in regulating their products, but at the same time the FDA has screwed on the safety of a lot of drugs as well.

ANSWER: I am not familiar with this product so I cannot say, my suggestion to all that ask about losing weight is a simple formula of reduced caloric intake and increased physical exercise. It works everytime, using dietary supplements to stimulate the body or supress appetite fail in the end everytime.

QUESTION: Have you every heard of a herb that helps control the fat tissues in the body? It is being advertised in First Magazine as an herbal supplement.

ANSWER: I have not, I would need more information to give an informed opinion. My common answer is herbs can't help with weight loss, anything that sounds to good to be true is probably not accurate. The only true way to weight loss is reduced caloric intake and increased physical exercise.

QUESTION: I've been trying to lose a little amount of weight. Have exercised, eating right etc, but that extra few kgs won't come off. so I'm trying pills by nutra-life called thermo-trim. I was wondering if there are any side effects or if it even works. I only want to go on it for a short period. Also I've heard about a product called ECA stack or something. how effective is this product and what are its side affects?

ANSWER: I would suggest not to go on any weight loss pills or supplements, I am totally against them. Some are addicting, some can damage your body severely, see my other answers below. I have had many questions about this, my answer is always the same, the key to permanent weight loss is reduced caloric intake and increase physical activity. Changing your lifestyle and making it a habit, which takes 3 weeks to set in and then you will miss it if you don't do it.

My advice to you would be if you are eating correctly and exercising aerobically such as walking every day, add weight bearing exercise. The extra muscle will up your resting metabolic rate so your body needs more fuel even when you are doing nothing. As a woman there are many other fantastic advantages to weight bearing exercise, such as increased bone density, increased strength to protect yourself or play with your kids, and its gives you more energy, relieves stress built up throw the day.

Set a goal that you will go to the gym for 2-3 times a week for three weeks when you met your goal reward yourself and at the end of three weeks working out will be a habit hard to break. If you cannot afford to go to the gym your

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body is all the weight you need to do exercise that don't need machines or stacks of weight such as pull-ups, pushups, sit-ups, stairs.

DEXATRIM

QUESTION: I am trying to lose weight and in doing so have started taking Dexatrim. This claims to lower you appetite (which it has) and speed up your metabolism (which it might have judging by the slite hand shakes I get). It does contain 12 mg of Sida cordifolia (Ephedrine). I read your answers to the previously asked questions in the weight loss section. Is Ephedrine the same thing as Ephedra in the Ma Huang. If it isn't what are the negative side-effects of taking Dexatrim and are there any if you take it for less than 12 weeks as indicated?

ANSWER: If it were me I would not take this product, ephedrine and ephedra the plant have similar actions and reactions in the body. Japanese chemists isolated ephedrine from ma huang (ephedra) at the turn of the century, and it soon became a primary treatment for asthma in the United States and abroad. Ephedra's other major ingredient, pseudoephedrine, became the decongestant Sudafed.

From the WWW.tnp.com website.

Although it can still be found in a few over-the-counter drugs for asthma, physicians seldom prescribe ephedrine anymore. The problem is that ephedrine mimics the effects of adrenaline and causes symptoms such as rapid heartbeat, high blood pressure, agitation, insomnia, nausea, and loss of appetite. The newer asthma drugs are much safer and easier to tolerate.

Recently, pills containing ephedrine have been sold as weight-loss aids and "natural" stimulants. Unfortunately, these products have been overused and combined with other stimulants, such as caffeine, resulting in severe overstimulation and even death in some people.¹ In 1997, the FDA proposed stiff limits on dietary supplements containing ephedrine, but they are presently under appeal by manufacturers who say they go too far. The FDA's intervention stemmed from unscrupulous manufacturers.

The one true weight control method is decrease caloric intake and increased physical exercise.

HERBALIFE

QUESTION: Hello, I just recently started taking Herbalife products for weight loss and was wondering what you thought about the company and their products? The main thing I am concerned about is the Guarana that is in one of the products I use. On the bottle it suggests taking one tablet up to four times per day. Each tablet contains: Calcium (as calcium sulfate) 76mg and Guarana (seed) 800mg. What is the daily suggested amount? I know that it is something containing caffeine, I drink 1 to 2 cups of coffee a day and no caffeine the rest of the day. Is this something I should be concerned with?

ANSWER: I will not give an opinion on a commercial product or a particular brand name such as Herbalife, but I will give a general opinion on the use of herbs in diet formulas and the use of Guarana.

Guarana is used to speed you up like the caffeine in coffee and tea, inappropriate use can overtax your adrenal glands, for some addiction is possible and withdrawal symptomology unpleasant.

In my opinion it is inappropriately used in diet formulas, keep-you-awake formulas or used as a recreational drug.

The only true and correct weight loss method is lowered caloric intake and increased physical exercise. If the diet formula works and you lose weight what happens when you go off it, you will probably gain the weight back because there was no correction to lifestyle, diet or exercise. I would set short term goals and make eating correctly and exercising daily a habit in your life. It takes three weeks to ingrain a habit, after that you miss it, if it is not done. Start with small changes, a 20 minute walk every day is one. Hope this helps!

There are some simple steps you can do to change your life and it can be applied to everything, eating, exercising, saving, finances, reading, etc.

1. Set a Big Goal.
2. Set a Big Reward for the Big Goal.
3. Break the Big Goal Down into manageable steps.
4. Reward Yourself for meeting each step.
5. Do it everyday, make a habit of it.
6. Tell someone and make a promise to meet your Big Goal and steps, use this person to get encouragement as you meet each step and do not break your promise to them about the big goal. This is the concrete that will hold you to your goal!
7. Then just do it and don't stop, meet your steps/goals reward yourself and eventually it will be integrated into your life some much you will miss it if it is gone and wonder how you missed doing it before. Eventually you wont need the reward. Then move onto another aspect in your life which you would like to change or improve, and do it again.

This Process builds self confidence and character, you will become stronger then all the things in life that normally control you and you think may be out of control. You now have now set a pattern for successfully changing things in your life and controlling your life.

End of sermon for today

SUGAR CRAVINGS

QUESTION: Hi, I am bi-polar, taking 150mg of Zoloft and 450mg of Lithium a day. It works for me, but I was wondering if I could add the liquid licorice to this. I'm putting on weight because of sugar cravings and I've heard that licorice helps with cravings. I'm wondering if I could use this or could this be a bad combination.

ANSWER: To simply answer your question Licorice, Latin Named *Glycyrrhiza uralensis* has a bitter and sweat taste. The bitter taste helps to reduce sugar cravings but the sweat taste dampens stomach fire reducing digestive ability which is not good for you. The contraindications for Licorice are for hypertension, edema and kidney disease.

If it were me I would use a balanced bitter formula instead which helps to stop sugar craving and improves digestion, the formula should be a combination of warming and cooling bitters such as Angelica, Orange Peel, Gentian, Artichoke and Dandelion along with some carminative herbs such as peppermint or ginger, stay away from the Swedish Bitters which have a laxative ingredient or Angustora Bitter which has only one ingredient, Gentian. If you cannot find a bitter formula in your local health food or herb store please give us a call. We mail order our products out everyday.

For weight loss avoid weight loss products and simply reduce caloric intake and increase exercise.

I have heard all the horror stories about ma-huang. I have seen da-huang listed in a popular over the counter weight loss product. Do the same horror apply to da-huang?

ANSWER: Da Huang is the Chinese pin yin English term for the plant Rhubarb, which is a laxative.

Plant Name: Da Huang pronounced as \Dong Quang\, Chinese Rhubarb/Turkey Rhubarb, Latin Named: *Rheum tanguticum*, *R. officinale*, *R. palmatum* is a powerful laxative and is not appropriately used longterm, and to use it in a diet formula is not ethical in my opinion, chemical laxatives can cause bowel dependency crippling your bodies own ability to void itself. I would avoid products with this ingredient. It is not Ephedra, Ma Huang, a different plant which acts to speed up the body and is also not appropriate for herbal dietary products.

QUESTION: Hello, I have found this Herb in Diet Products sold in Heath Food Stores, Would you please give me information relative to this Herb?

ANSWER: *Gymnema*, Gumar, Sugar Square, Sharduku, Latin Named: *Gymnema sylvestre* this herb is appropriately used for diabetes, it deadens sweet craving and turns bitter tastes sweet, for insulin dependent diabetes it can reduce insulin load required.

I do not see this or any other herb appropriate in any diet formula. These silver bullet formulas aimed at the unsuspecting public, have speed like ingredients Ephedra, Caffeine, Kola nut, Guarana, laxatives and purgative herbs such as Senna, Butternut and Rhubarb and other ingredients that are not good for you and can be addictive and cause withdrawal symptoms when you go off them. Each of these herbs when appropriately used have medicinal actions and can be used short-term for specific conditions or disease but their misuse in formulas such as these are irresponsible by the manufacture and disrespectful to the plant.

The only true control for weight loss is reduced caloric intake and increased exercise please see my other answers online for herbs and weight loss.

Use like this of plants, for dishonorable purposes gets the hair on the back of my neck up, I apologize for the directness and tartness of this response.

QUESTION:

A friend of mine has recently stop taking one of those "metaba" something pills to loose weight. She was on the pill for a year. She is now experiencing "withdrawals" according to her Doctor. He told her that what she was taking was a natural form of speed. She now wants to find out what other side effects this pill will cause and what is the fastest way to get it out of her system so she can feel normal again. She told me the main ingredient is "Mahuana". Help!

ANSWER: Mahuana is probably Ma Huang. This is the Chinese name for Plant Ephedra, Latin Named: *Ephedra Sinensis*. This herb should not be used as a weight loss method ever. It does speed/pick you up and increase energy use by the body but this comes with expense. Over dose or long term use can tax the adrenal glands, cause hypertension, insomnia, and irregular heart beat, or death. This is not an herb for amateurs and should only be used under the care of a qualified herbalist or healthcare provider.

I would suggest the majority of the herb/chemical constituents involved were out of her system in a matter of hours, I would think that she should be free from the rest of its effects in a week to 10 days.

This herb is not appropriately used or ethically given as a recreational drug, herbal amphetamine (speed) or weight

loss product.

Properly used it does have medicinal qualities for acute or short term use under the guidance of a qualified herbalist or healthcare provider.

This herb is contraindicated for people with Heart Disease, Hypertension, Liver or Kidney Disease, or while using over the counter (OTC) cough and cold medicines containing pseudoephedrine, etc which also can speed you up.

For her withdrawal symptoms herbal relaxants could be used, but I would not give them to her. She should deal with the withdrawal symptoms and learn from this experience that weight loss is not done by taking a pill or an herb. Weight loss should be achieved by a combination of lowered caloric intake and increased physical exertion. Any product that offers a quick, magical or easy way out should not be believed and in this case and more could be potentially dangerous.

End of sermon for the day.

QUESTION: I read some place that if I combine the following 3 herbal extracts it will raise my metabolism and there for I would loose weight easier.

Ma Huang

Guarana

White Willow Bark

So far I've lost some weight but is it safe, and what are the long and short term effects of these herbs on my body. Also how long is it safe to take these (or any one alone) for.

ANSWER: Ma Huang - is Ephedra, a stimulant herb.

Guarana - is also a stimulant herb.

White Willow Bark - has precursors to aspirin and is normally used for pain.

Just because something is natural does not mean it is safe; if medicinal herbs are used improperly they can just as easily harm you as help.

My suggestion would be not to use herbs to lose weight. Ma Huang and Guarana used improperly can harm you. My suggestion would be to change eating habits, drink more water and increase physical activity. These are lifestyle changes not symptomatic or silver bullet relief provided by the herbal diet supplement.

What happens when you stop taking the supplement, you will probably gain the weight back, because your lifestyle and eating habits have not changed.

Here is a simple technique to help you lose weight:

Your diet should consist in this order water, vegetables, proteins then a small amount of fat and finally fruits for desert, if you have desert.

Make a 3 X 5 card up and list the following:

- 1 Water (12 - 15 glasses a day)
- 2 Vegetables and fiber (Main part of meals)
- 3 Proteins
- 4 Fats
- 5 Fruits as your desert choice

Take the card everywhere you go, before eating or planning a meal pull the card out and look at it, your choices are easy now, start with 1 as your preferred drink, 2 should be your major part of the meal (look for the salad or vegetarian menu choice), 3 protein should be the size of a deck of playing cards about 4 oz, fats are not all bad and we need essential fatty acids, but fats should consist of less than 15-20 % of your diet. Olive oil, fats from deep sea fish and a small amounts of nuts and seeds on salad to dress it up should cover the fat requirement in your diet.

Start a garden and grow vegetables and herbs, this is the beginning of your increased physical activity, spend sometime everyday in your garden, pruning, weeding, watering, etc. Begin walking everyday, start with a small distance, and add onto it as you progress. You will be amazed by this simple change in your life.

Spice up your meals with culinary herbs you are growing in your garden, dry them for winter use at the end of your growing season.

Remember most fruits are also full of sugar and should be your dessert of chose if you have dessert at all.

If you have a craving for sweets bitter formulas taken 5 - 10 before meals can help.

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WILDCRAFTING

QUESTION: Could you please tell me, when gathering various barks, for medicinal purposes, si it safe to assume that different varieties of the same tree will have the same properities? i.e.. white willow bark vs. river willow bark? Also, does it make a difference which part of the tree you remove the bark from? I've read different theories such as shaving the base of the trunk, (ouch), or using small twigs and branches. The later seems much kinder to the tree.

ANSWER: For most cases, the best time to gather bark is when trimming branches from a tree, strip the bark from the cut branches not from the trunk of a tree, never ring a tree or it will probably kill the tree.

Yes, its important to know what species of tree to use.

Technically, it is also important to know whether to harvest, spring, summer, fall or winter, when the tree is in bloom, in fruit, leafing or dropping leaves. And, yes its important to know if you want, inner bark, outer bark, root bark, trunk or branch bark.

The final rule of Wild Crafting (harvesting what you need from the wild) is if you need it badly and don't have time to be ethical or technical, take what you need where you can find it. But this mainly applies to emergency situations, not planned wild crafting such as you are suggesting.

Here is a little information for Willow:

Use the following species, Latin Name: Salix alba, S nigra, S purpurea

Part Used: bark of the three and aments of black willow

Gathering Time: early spring or fall for the bark and spring for the aments

The Aments are used for excessive libido and priapism (permanent erections)

The Bark is used as an antiinflammatory, anodyne, and wide range of muscular-skeletol pain. Along with general aches and pains where you would use aspirin. It doesn't thin the blood like aspirin but will lower fevers

Could you please tell me a natural or herbal remedy for thrush? >>

ANSWER:Who has the thrush, male/female, baby child, adult?

The simple answer to your question is Barberry, Yellowroot, Oregan Grape Root, Goldenseal, Spilanthes, Thyme, Black Walnut and Usnea have been used. You would normally gargle a tea, swish in mouth, etc, 3 - 4 times a day.

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ANSWERS FROM KAREN MALLINGER

QUESTION: I'm hoping to find some information about herbs for my family. My 11 year old daughter just began her menses and I'm looking for an herbal tea combination to provide her and myself with some nourishment and comfort during this time of physical upheaval. Any information would be useful.

ANSWER: I have a wonderful "Feminini-Tea" that I make if you're interested. E-mail me with the word ORDER in the subject line for more info. My favorite herbs for women during menstruation are raspberry leaf, vitex and cramp bark.

BLACK COHOSH FOR NIGHT SWEATS

QUESTION: I am menopausal and have night sweats I would like to take Black Cohosh for it but don't know how much to take, could you please advise.

ANSWER: *If you are buying the Black Cohosh capsules, there should be directions on the bottle. I prefer a nice tea that combines Wild Yam, Licorice, Black Cohosh, Ginseng and False unicorn root.*

FIBROIDS

QUESTION: What herb can be helpful in treating uterian fibroids, blocked fallopian tubes and adhesion of organs in the abdomen.

ANSWER: *Uterine fibroids are benign tumors, generally solid in nature that grow on the uterus. They can be symptom free or can cause bleeding or pain. Not much is known about them except that they are dependent on estrogen for their growth. Estrogen treatments, birth control pills and pregnancy can all contribute to the growth of uterine fibroids. First and foremost, you need to take a good look at your diet. Estrogenic foods, or foods that contribute to estrogen production, include dairy, eggs, red meat and fat. Also, sugar, caffeine, white flour and refined foods should be eliminated. Once you are eating healthy, you might try the following: (The recommendations are in no way meant to prescribe. Please see a qualified medical professional for that.) A liver cleanse tea made of yellow dock root, wild yam root dandelion root, Oregon grape root, burdock root and chaste tree. (My company, All Goode Gifts has a great liver detox tea if you're interested. Go to www.allgoodegifts.com) Chaparral capsules made from equal parts of chaparral powder, pau d'arco powder, yellow dock root powder and chaste tree powder. Take 2 capsules three times a day for three months. (I can make these up for you if you like. Go to the website and e-mail me) Adhesion of organs in the abdomen is something I'm not at all familiar with, but my suggestion to you is to seek medical advice.*

VAGINAL CYSTS

QUESTION: I would like to know if there is an herbal remedy or poultice that I can apply on this vaginal cyst. The glands are located in the 4 o'clock to 8 o'clock position in the lower vaginal cavity. I do not want to go through any surgery because of the delicate nature of the area. I have been applying aloe vera and see some relief shrinkage. Some say bromelain (fresh pineapple) red clover or sweet clover pills helps in the lymph area.

ANSWER: *Have you had this examined by a medical professional? You don't want to mess with anything like this in case it is serious. There are some remedies that can be used for vaginal cysts, but I would make sure it is benign and not something more serious before proceeding. That said, check your diet and make sure you are avoiding estrogenic foods such as dairy, eggs, red meat and fat. emphasize a diet rich in dark green leafy vegetables, whole grains and fresh fruit. Diet is essential in any cleansing/building program and should be*

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carefully considered when developing a natural program for cyst conditions. The following herbs taken in a tea or in capsules are helpful: chaparral, pau d'arco, yellow dock root, vitex, wild yam, dandelion root, Oregon grape root, and burdock root. You can also make what's called a bolus. Mix 1 cup of coconut oil with 3 parts slippery elm powder, 1 part black walnut hull powder, 1 part myrrh powder, 1 part pau d'arco powder and 1/2 part goldenseal powder. Add one to 2 drops of tea tree oil. Make sure all the herbs are very finely ground. mix until you have a workable paste roll into boluses the size and shape of your pinky finger. store them in a glass jar with a tight-fitting lid in the refrigerator. Insert one each night into the vagina. Use a panty shield, as the coconut oil will melt and make a bit of a mess. Every couple of days, gently douche with a mild vinegar and water douche to remove any residual herbs.

HOT FLASHES

QUESTION: I am interested in stopping the hot flashes if you can help I would be so grateful. My doctor took me off hormone replacement because of the cancer reports but I need something for the night sweats.

ANSWER: *Hot flashes are a common problem, though still not fully understood. There are several things you can do to reduce the severity and sometimes eliminate them completely. As always, my first line of defense is the diet. It will do you know good to keep putting junk into your body while you take an herbal remedy to help your symptoms. Try the following: Stick to a grains based diet and eliminate ALL sugars and sugar-rich foods. (This would include fruit and fruit juices for the time being). There is a formula called "Dr. Christopher's Change-Ease formula" that is available in most health food stores. Take 2 tablets 3 times a day and continue for 3 months. Concentrate on foods rich in calcium and vitamin E. Take ginseng daily. Drink sage tea every day. one Tablespoon of sage per cup of water. Steep for 20 minutes. (Garden sage is fine. Make sure no pesticides have been used on it). The following herbs are helpful for relief of hot flashes: sage, blue vervain, motherwort, blessed thistle, rosemary, ginseng, false unicorn root, black Cohosh, licorice and wild yam. You might also try a dermal progesterone cr me with wild yam in it. I use one, and it is absolutely wonderful. There is a company called "The Key Corporation". Contact them for their Endo Cr me 9000.*

SPOTTING

QUESTION: I'm a 39 year old female. A few months ago, i started spotting between my periods, first just for a couple days after my period ended and just a couple days before it started, but then pretty much everyday between periods. I've been to my gyno, they ran all the tests, could find nothing wrong, so they put me on birth control, which did the trick, but caused horrible headaches, so i stopped using it. Of course I'm back to spotting again. I've seen herbs for menopause, and also heard about raspberry leaf for controlling bleeding. Could you give me more info?

ANSWER: Birth Control pills seem to be the panacea of the day for all female problems. Unfortunately, messing with a woman's estrogen production isn't a good idea. There are several things you can do. First, try to include seaweed in your diet every day. You can take it in capsule form. Make sure you are taking an iron supplement. If you are spotting, you are most certainly anemic or heading in that direction. Eat plenty of green leafy vegetables, root vegetables, high quality protein foods and whole grains.

Make a tea of the following:

2 parts wild yam root, 2 parts licorice root, 1 part burdock root, 3 parts dandelion root, 1 part comfrey root, 2 parts sassafras and or birch bark for flavor, 1 part cinnamon, 1 part vitex, 2 parts pau d'arco and 1 part ginger root. Use 4 to 6 tablespoons of the herb mixture per quart of water. Heat slowly and bring to a simmer. Simmer gently for 20 minutes with the pot covered. strain and drink 3 to 4 cups daily for at least 4 months.

NIGHT SWEATS

QUESTION: I'm a 57 year old female expetancing night sweats, is there any thing that I can take to help lessen them.

ANSWER: *Night sweats come on for many reasons, but considering your age, I would guess part of it could be menopausal. Excessive sweating can also be the result of hypoglycemia or hyperthyroidism. Your doctor can test for either of these conditions. There are several herbs you should avoid if you are sweating excessively. These include cinnamon, ephedra, green tea (except decaffeinated,) Japanese mint, juniper berries, kudzu, ledebouriella, lobelia, mate, red cedar, sassafras and yohimbe. Avoid coffee, tea and other stimulants. Avoid highly spiced foods, especially if you live in a warm climate. Avoid MSG. Sage and walnut leaf can be helpful in alleviating excessive sweating. You can take them as a tea, or in a bath bag.*

INFERTILITY

QUESTION: My husband and I are trying for baby #2. Conventional medicine is not doing the trick. I am currently taking clomid to stimulate the ovaries to ovulate with no luck. I want to try an herbal approach and have been doing a lot of research. I just cant seem to find out if Black Cohosh and Vitex can or should be used together. Everything I have read on the two makes me think that they would cancel each other out. Can you let me know what you think?

ANSWER: *Your question is a common one, but your approach has me a bit puzzled. Black Cohosh is a uterine stimulant that is often used to bring on contractions. It is only to be used in the last week of pregnancy. If you have been taking Black Cohosh hoping to conceive, it's no mystery to me why you haven't. Although it is used for it's estrogen-like qualities, and that may have been what threw you off, it will not help you increase your*

fertility or ability to conceive. Since this is Baby #2, I'm assuming there are no other conditions that would prevent normal conception. The following formulas have a reputation for increasing fertility.

Take 2 tablets of dong quai three times a day, except during menstruation.. (Have your husband take 2 capsules of ginseng every day)

Fertility Tea

3 parts wild yam root	1/2 part dong quai	1/2 part false unicorn root
2 parts licorice root	a pinch of stevia for sweetness	1/4 part orange peel
4 parts sassafras bark or root	1 part ginger root	
1 part chaste tree or vitex	1 part cinnamon bark	

Use 4 to 6 Tbls of the herb mixture per quart of water. Add the herbs (put them all in a muslin bag or large tea ball if you have one.) to cold water and bring to a slow simmer over low heat. Keep the pot tightly covered. Simmer gently for 20 minutes. Remove from heat and allow to infuse for another twenty minutes. Drink 3 to 4 cups daily. Hubby can drink this too, but substitute ginseng for the dong quai in his mixture.

MORE ON VITEX

QUESTION: I have a problem with progesterone and I have heard that chaste berry (vitex) can help in this area my question is I am taking Gonal-F which is a FHS for infertility will that affect the meds and should they be taken together. Also after my IUI they usually put me on progesterone supplement to help raise my progesterone since it is so low but even on the supplement. I had a miscarriage the last time I got pregnant.

ANSWER: Chaste Tree, or vitex (the berries are the part used) has a stimulating effect on the pituitary gland, which regulates and normalizes hormone production in both men and women. For this reason, it has an excellent reputation as a tonic for the endocrine gland and is used to normalize the reproductive systems of both men and women. It can also restore and balance our stores of energy. It is the herb of choice for many women to relieve the symptoms of menopause and PMS and to regulate any kind of menstrual dysfunction. As to taking it with your current medications, please consult your doctor as drug interactions can be very serious. Never mix herbs and prescription drugs without the advice and guidance of a medical professional.

In your letter, you asked the question on Chaste Tree as well as a problem with progesterone. There are many natural progesterone creams available at health food stores. Look for one with Wild Yam in it. Lastly, you mentioned a miscarriage and I didn't know if you were looking for an herb to assist with that or not. To address that briefly, nutrition is critical. No alcohol, coffee or tobacco if you are experiencing chronic miscarriages. Black Haw Root taken as a tea is regarded as an especially effective miscarriage preventative. It can be taken, through the entire pregnancy. False Unicorn root is another herb used for women who have experienced multiple miscarriages. A tincture, 3 to 5 drops per day for the first trimester is the usual dose.

USING VITEX

QUESTION: I have been taking 800 mg of Vitex each morning for the past month for fertility. I am wondering if it is a safe to drink "Female Toner" by Traditional Medicinals during my periods as I have in the past. Would it interact with the Vitex at all? Also, is it true that I should discontinue the Vitex after six months?

ANSWER: Vitex is considered one of the herbs beneficial in increasing fertility. Some of the others are: Astragalus, dong quai, false unicorn, wild yam and licorice. I don't know what's in the female tonic, but I like the Traditional Medicinals teas very much. There are no known cases of vitex causing problems after extended use. If, however, you do become pregnant, you should discontinue use of all medicines and herbs until consulting with a medical professional.

ANSWERS FROM DAVID BRILL:

MORE ON BREAST ENLARGEMENT (You guys just don't get it, do you?)

QUESTION: Sorry to be one of the many women to ask you about what herbs play in the part of breast-enlargement. I understand you believe it's a waste of time. Well, I was wondering if there's any harm in trying. Some women actually achieve results 2-7 months after using a combination of fennel, fenugreek, wild yam, etc. Does that mean that their results are only temporary? And is there any danger in taking larger quantities of these products? (say 3 capsules of wild yam, fenugreek, and fennel 3x a day along with a few cups of tea from the mixed fresh herbs)? I've already bought these products, and I don't want them to go to waste, maybe just for the other benefits I can take them? I really hope to hear from you soon:!!!!
I feel kinda disappointed, I guess I'm not the only one

ANSWER: I am sorry you are disappointed. There is no harm in trying. If someone not associated with a product told me they actually got results from a product I would be glad to get these testimonials posted to our site.

Unfortunately I am not sure the industry that produces products that play on human emotions are willing to use their pure profits to do the proper testing to verify a theory that some combination of herbs actually promotes breast enlargement.

I am not trying to hurt anyone's feelings or burst anyone's bubbles...hope is a great human emotion/feeling.

Being a man I guess I don't understand the need to enlarge the breast given to you by nature. Please enlighten me. My issue is the pressure caused by society imposed on the person that does not have what is considered by the fashion industry a perfect body. Or the teasing a little girl who has not developed yet gets when she is in school and desperately wants to be a woman before her time has come. It is ultimately your choice what you do with your body, if you don't like what you have been dealt you can always try to change it. This is what I can honestly say about the herbs you mentioned here are the normal results achieved.

Fennel, tastes good if you like licorice and calms the digestive tract. Helps to increase milk flow in lactating women.

Fenugreek, helps control blood sugars and has a very bitter taste, helps to jump starting the digestive process if taken before meals. It has also been used in formulas to promote milk flow.

Wild Yam helps with spasms, calms digestive tract is good for gas, diarrhea and menstrual cramps. This plant does not have any human hormones or steroids.

I have had many questions on this subject, it and losing weight are probably the most answered questions to date.

IMPROVING SEX DRIVE

QUESTION: Please tell me if there are any harmful effects from taking two 500 mg capsules to give my libido more drive at age 43 for a healthy normal female.

ANSWER: Horny Goat Weed, also known as Yin yan huo, lustful sheep plant and stinking lascivious goat plant is Latin Named: Epimedium macranthum and E. grandiflorum

Horny Goat Weed is not meant for long-term use it is normally used for impotence, frequent urination, pre-ejaculation, low back pain, pain in knees, male infertility, cold in the kidneys, popular TCM herb for men who need help keeping it up. For short term use: a little helps - a lot burns out the kidneys. Often used by older men short term.

Contraindications: Excessive heat signs. Long term use. Prostitution, excessive libido, excessive use could damage you and cause: dizziness, vomiting, dry mouth and nosebleeds.

Additional: Sheep and goats eat it and then mount anything! This herb is rarely if ever used alone traditionally. Sometimes found in a liqueur in Chinatown. Not to be used for more than 2-3 weeks at a time.

LARGE BREASTS

QUESTION: I am 16 years old and I'm 4 foot 11 inches tall. I'm a pretty small girl. I weight about 105 -110. My shoe size is 5 to 5 and a half. And size 3 pants. So from my description you can tell I'm rather tiny but my breast are a size 34c. I know their girls with bigger breasts then mine but its hard for me to find shirts that fit right. And their are all kinds of products sold in stores and on TV to help enlarge your breasts. you know the kind where you take 1 or 2 pills a day till you get the size you want and then stop taking them and they will stay that size. (I don't know if that stuff really works or not) My sister is 20 and is the opposite of me. she buys stuff to make them bigger. Anyhow can you suggest some kind of herbal pills i might be able to get over the counter in a store that might decrease my breast size. or if I have to send away to get it that's fine too. If there is no pill you can find do you know of any exercises I could that might make them smaller or at least firmer? thank you for your time and i hope to hear from you soon.

ANSWER: You are in a unique position, most of the questions I get from young girls and women are how to increase breast size. You may simply want to wait another 4-6 years until you are in your early 20's and see how you feel then. If you are uncomfortable with the way you look or are teased at school I am sorry. You are a beautiful young women and need as much self confidence as you can muster, you may want to find someone to talk to it about. I would be glad to help if I could.

My first thought is there is probably no product out there that would work for your problem. I am sorry, but that is my honest answer and I agree with you that there is probably no product out there to enlarge breasts.

But, if you are will to try anything, you might try Figwort also known as Carpenter square a Native American Herb. Its Latin Name is Scrophularia nodosa and S.marylandica (the S. is abbreviation for Scrophularia). It has been used in the past for swellings, cysts, etc of the breasts and other parts of the body. You can take it both internally (make a tea or take a tincture) and rub it on externally or make a strong tea then soak a cloth in it and place on your breasts several times a day.

Additionally I would try Chaste Tree Berry (to balance your hormones), Red Clover (for swellings and lymph edema) and Dandelion Leaves (as a diuretic to reduce swollen breasts) these can be done as a tea or an alcohol extract called a tincture.

My other suggestion would be clean up your diet, eat only organic foods, produce and especially meats, chicken, turkey and dairy products. Many of today's animals are injected with drugs to make them bigger, these drugs are called steroids, and they are passed onto the people that eat the products made from them. My daughter is only two and we only let her eat organic produce and products.

Additionally many household products, have chemicals that act like hormones on the human body, be careful not to inhale or handle them with bare skin, avoid them or use them with gloves and in well ventilated rooms. There are

natural household cleaners, soaps, etc., available at health food stores or natural grocers that try not to use these harsh chemicals in them.

One final tip, don't cook in microwave ovens with plastics, the plastic containers can pass chemicals into the foods cooked this way and they also act like hormones on the human body.

You had asked about firming them up, not sure what you meant here, breast tissue does not have muscle in it, but the muscles in the chest wall behind them and your back and shoulders help support and pull up the breast you can build these muscles up to lift the breasts.

One final thought you may want to get properly fitted for a bra, this will help support the breast and confine them more so clothes may fit better. Larger department stores and specialty stores strictly for bra fittings are available, get you mother, older sister, aunt or a friend to go with you.

LARGE BREASTS

QUESTION: Everyone is always trying to increase their bust, I on the other hand just finished breast feeding my baby after several months and am waiting for my milk to dry up. I want to make the swelling go away, or help it at least and maybe help my milk dry up in the meantime. It has been several days and they are still sore and swollen. The baby made the transfer to the bottle wonderfully, I on the other hand want to chop off my chest! Any advice?

ANSWER: Herbs that have been used in the past for this include Sage, White Sage and additionally the Chinese herb *Angelica dahurica* is very drying

OVARIAN CYST

QUESTION: I'm 29 years old my DRs have been watching 3 cyst's on the ovaries the one on the right is blood filled and the two on the left on fluid filled one is complex and one is simple they have been there for four cycles I had two ultrasounds they are the same size still. My question is my dr. said they are concerned about the one that is complex why? they said it is a good sign cause there not getting any bigger.

ANSWER: From a site on the Internet on Ovarian Cysts

The most common site of a pelvic mass is the ovary. The age of the woman gives the doctor great insight into how serious the finding of an ovarian cyst can be.

Finding a cyst in a young girl before she's begun menstruation is alarming and can be malignant 50% of the time. An ovarian cyst in a post-menopausal woman is also frequently malignant. In both of these age groups, diagnostic surgery to make an absolute identification is needed. This can be done by either diagnostic laparoscopy which is inserting a tube with a camera attached to it through the belly button, or diagnostic laparotomy which is making an incision through the abdomen, and looking at the ovary.

The most challenging area of patient care for a doctor are the cysts that occur between these two extremes in their productive life of women. A sonogram can help in the diagnosis.

The most common cysts found are the *functional cysts*. A functional cyst can be one of four types and are not malignant: *follicular, corpus luteum, theca luteum, and polycystic ovaries*.

A *follicular cyst* occurs when the normal follicle, or sac that matured to release an egg, does not shrink after release of the egg. These are soft, have thin membrane walls, and contain clear fluid. These can rupture, causing sudden, severe pain which gradually goes away over several days. Usually, however, they spontaneously disappear over the course of one or more menstrual cycles. They can cause changes in your periods and pelvic pain. Depending on the size of the cyst, it can just be observed or treated with birth control pills.

Corpus luteum cysts are less common, but cause more symptoms and problems. They become larger than follicular cysts, thus causing more pelvic pain. They result when bleeding occurs in the follicle after an egg is released. This type of cyst often causes a delayed period and if it ruptures, can cause bleeding into the abdomen which may necessitate surgery.

Theca luteum cysts, the least common of the functional cysts, are often associated with an abnormal pregnancy. They most often occur in both ovaries, unlike the functional cysts described above. They disappear without treatment after the pregnancy is terminated.

Polycystic ovaries are multiple clear fluid filled cysts in both ovaries and are associated with menstrual problems and hormone imbalances.

Endometriosis can cause **complex ovarian cysts** or *endometriomas*, also commonly called chocolate cysts. Up to 60% of women with endometriosis have ovarian involvement.

Hopes this helps

BREAST CYST

QUESTION: I recently had a mammogram and they found a "cyst." Small, but this is the first time I've ever had anything wrong with my breasts. I can't stop thinking about it, even though they tell me not to worry about it. My question - A friend told me that Red Clover helps get rid of cysts. If this is true, how much do I need to use a day to make it effective? She's talking Red Clover as a tea. I drink a lot of tea. Always DE-CAF, and a lot of Jasmine tea.

ANSWER: Your friend is correct. Red Clover is used for lymphatic drainage and swellings especially in the breast, which includes cysts. It could actually work better when combined with Saw Palmetto berries.

Red Clover is also used as a preventative for breast cancer or to treat cancer as a lymph drainage herb.

This herb is also rich in flavanoids, minerals, vitamins and the isoflavones such as those found in Soy.

The suggested dose would be as a Tea 1-2 teaspoons of ground Red Clover flowers (adding in the Saw Palmetto is extra), Steep in 8 oz water for an hour, drink 2- 6 Cups a day.

It can also be taken as a tincture 60-90 drops up to 4-6 times a day.

UTERINE CYST

QUESTION: I have just been diagnosed as having a uterine cyst, which my doctor classifies as a cross between a cyst and a growth (it shows up as a mass of cells/blood? encircled by a lining), about 4 cm across in my uterus. it was there 6 weeks ago and seems to have grown abt a cm in the meantime. I am still waiting for blood results on cancer markers, but would like to know what herbs I could take to help, if it is indeed cancer. I am 29 yo and have a 15 month-old child, I hope to have more children in the future.

ANSWER: Without a clear diagnosis I cannot help but on a general level. Here is what I can provide right now.

Herbs that have been used for cysts include

Dan shen, Red Root Sage, Latin Named: *Salvia miltiorrhiza*
Gui pi, Cinnamon (Chinese cinnamon not Ceylon), Latin Named: *Cinnamomum cassia*, C. quizhi (use twigs), C. rouqui (use thin young bark)
Dang Qui, Tangkuei, Dong Quai, Latin Named: *Angelica sinensis*
Mu dan pi, cinnabar skin, Tree Peony, Latin Named: *Paeonia suffruticosa*
Xiang fu, Nut sedge, Chufa grass, Latin Name: *Cyperus spp*
Xia ku cao, Self Heal, All Heal, Heal -all, Latin Name: *Prunella vulgaris*
Blue Cohosh, Papoose Root, Squawroot, Latin Name: *Caulophyllum thalictroides*
Saw palmetto, Latin Name: *Serena repens*
Chaparral, Latin Name: *Larrea divaricata*, L. Mexicana, L. tridentata
Red Root, New Jersey Tea, Latin Name: *Ceanothus americanus*
Angelica, Latin Name: *Angelica archangelica*, A atropurpurea
Burdock Root, Latin Name: *Arctium lappa*, A. minor
Chaste Tree, Monks pepper, Latin Name: *Vitex agnus-castus*
Red Clover, Latin Name: *Trifolium pratense*
Violet, Latin Name: *Viola odorata*, V. papillonacea, V. xedensis
Thuja, Flat cedar, Latin Name: *Thuja occidentalis*

I have answered quite a few questions on herbal medicine and cancer you may want to read my other responses online. I would use immune modulating herbs and a formula called Fu Zheng.

VAGINAL DISCHARGE

QUESTION: I am a 41 yr. old female who can't seem to get rid of a vaginal discharge. I've been checked by five different doctors, and all of them said I had a yeast infection. There is a clear to gray color with minimal itching. I have taken everything over the counter, but to no avail. I've also been giving stronger prescriptions, but still the discharge doesn't stop. Please help!

ANSWER: What you are describing is called leukorrhea, it is sometimes associated with pregnancy. Leukorrhea is a white discharge from the vagina. Causes include: *Trichomonas vaginalis* or chlamydia; *Candida albicans* or yeast infection; excess douching; vitamin B deficiency; antibiotic use; contraceptives; and intestinal worms. This condition is especially common in pregnant and diabetic women. Symptoms include: vaginal discharge, burning, and itching. Bloody discharge may be a symptom of more serious disorders.

You may want to check for dietary connections, reduce refined and processed carbohydrates, sugar and dairy.

Please get checked for diabetes or pregnancy before proceeding with any new therapies.

Some herbs specific to Leukorrhea include

Agrimony, Latin Name: *Agrimonia spp*
Shan yao, Mountain Medicine, Chinese Yam, Latin Name: *Dioscorea opposita*/ *D. batatas*
Bu qu zhi, Latin Name: *Psoralea corylifolia*

For mucopurulent discharge
Uva Ursi, Bearberry, Kinninnik, Latin Name: *Arctostaphylos uva-ursi*
Wild Indigo, Latin Name: *Baptisia tinctora* this one needs to be used with caution

For infections

use garlic, Echinacea, barberry, Oregon grape, Coptis

SMALL BREASTS

QUESTION: Please let me know...is there any cream, lotion or medicine for small sized breasts? and explain how does it work?

ANSWER: I know of no herbs or combination of herbs in pill, tea, tincture, salve, ointment or other form that can truly help with this issue.

That said, I will tell you that most of the products on the market use herbs or herbal combination that normally have the action of increasing milk flow in nursing mother's. These herbs such as Fennel, Fenugreek, Blessed Thistle and Goat's Rue have also had anecdotal references to increased breast size for these nursing mother's but this is explained as the following: their milk flow increases so their milk glands increase to produce the increased flow and store the milk until use, this is associated to these nursing mother's breast enlargement. Whether any of these herbs

will have the breast enlarging effect on a non nursing mother is unknown.

Saw Palmetto has also been associated with enlargement of breast tissue because of its Estrogen like effects and actions. Although traditionally it was never used by the Florida Indian tribes for this use, it was a food crop to them.

Blessed Thistle was used in Europe and England for young girls who were late bloomers and had not entered puberty at the correct age. The girl after consuming the herb experienced the normal course of events leading to their first menses which is enlargement of breast tissue and pubic hair. Whether this herb will work once a women has already gone through puberty is hypothetical, for some women this herb will swell the breast but this may be more a short term uncomfortable effect then truly a long-term enhancement.

All I can tell you is if you wish to try herbs for this don't be disappointed if they do not work.

Please read my other answers online about breast enhancement whether herbal or surgical; it is one of the most asked questions along with how to use herbs to lose weight.

NIGHT SWEATS

QUESTION: I would like to know what I can use for night sweats along with lack of sleep and mood swings. I think I am being menopausal and I am experiencing these symptoms

ANSWER: The simple answer to your question is Black Cohosh, take with food its usual side effect is upset stomach.

MORE ON BREAST ENLARGEMENT

QUESTION: I noticed that you have some very strong feelings about women wanting to enlarge there breasts. I am 25 yrs old and was a very late bloomer. I married at 18 yrs and gave birth to my daughter at 19. My problem and question is that when I became pregnant I was not finished puberty, My breast were still growing and when I became pregnant I went from a size A cup to a double D. I now have saggy old lady breasts with stretch marks that I find not only embarrassing but have left me feeling totally ashamed of my body. My husband has never complained but he is a kind man and knows how much this problem bothers me. I have tried vitamin e oil for the scars but they are too deep and I have tried bust exercises as well. I do not desire bigger breasts at all but I do desire firmer breastseven just a little lift would suffice. Is there anything that can be done? I am still a younger women and I have never been able to enjoy youthful breasts. What would you advise?

ANSWER: I am not sure I can help. Here is the information I can provide:

My first thought is to enhance your breasts from sagging with support devices. Talk to a specialist that deals with breast issues, look for a breast center. They can advise on clothing, swimwear and bras to wear to enhance your look.

Thank you for providing as much information as you have and reading my other answers online. Plastic surgery for breast enhancement is not my idea as necessary surgery, but always the choice is with the individual. The process the female breast goes through during pregnancy and post delivery during milk production, stretches the tissue, muscle, ligaments and skin around the breast usually past their elastic range. Which means they cannot return to their normal size, the rubber band is weakened and nearly broken. Many women chose surgery to correct these conditions, I am not sure there is a natural product that could help return this tissue to its original shape and size. Surgery of any kind is risky, cosmetic surgery is your chose to make. Although not natural, it can give many women the result they desire to produce a breast of correct size and shape. You sound like an intelligent women, research your options, decide on the risks, interview as many surgeons as you can, ask for references, talk about complications. Cosmetic surgery on the breast usually interrupts the ability to provide milk to infants, if you are planning on having more children and breast feeding (the best thing for the child) wait until you have your last one to move on this idea.

I have found some stretch mark herbal remedies see the following. I don't have first hand knowledge of their use and results but respect the source I found them in.

Neroli essential oil is made from orange blossoms and is said to help with stretch marks and scarring when applied to the skin because it is suppose to stimulate new cell growth to help fill in the skin. Apply to affected are two to three times a day. Almost all essential oils including this one, need diluted in a carrier oil, look for an aromatherapy or essential oil book for more information. A good health or herbal store in your area should be able to advise on use and products.

Here is a recipe for an Anti-Stretchmark Oil: 3 drops each of frankincense and myrrh essential oil; 6 drops of lavender essential oil; 4 drops of geranium essential oil; 2 fl oz of Calendula Carrier Oil. Apply to affected areas morning and night

One more thought, I can't stop myself from getting on my soap box. Your husband has no complaints and he is the one that loves you including your breasts, why would you want to change yourself, you on the inside is the one that he loves? And apparently he loves the way you look also (ask him)

I would ask myself who else do I need to impress with perky breasts? My answer would be only my husband. Just a thought!

additional answer: I recently came across this herbal remedy thought you might be interested in it. It involves the use of Lady's Mantle, Latin Named: Alchemilla vulgaris

"The leaves are accounted good for lank sagging breasts, to bring them to a greater firmness and smaller compass." According to the Colonial Dames of America.

To firm breasts which sag from child-bearing or old age, make an infusion of the fresh plant in 2 pints of boiling water and after 5 minutes strain and place cloths in waters for covering the breasts. Wring out surplus moisture and leave breasts for 10 minutes repeat several times a day for several weeks will restore a youthful firmness to the breasts.

You may also want to take the herb internally at the same time. External and internal use of an herb is normally recommend when possible.

The suggested dosage:

As a Tea: 1-2 teaspoons to 8 oz water, steep 30 min, drink 2 cups a day

As an Alcohol Extract: 30-40 drops, 3 or 4 times a day

MENOPAUSAL DEPRESSION

QUESTION: I am currently going through menopause and am experiencing severe depression. I have a feeling of doom and all of the changes are throwing me into depression which I can't seem to throw off. I have also had breast cancer and am afraid to take hormone replacements. Is there some herbal remedy that can help menopausal depression.

ANSWER: The simple answer to you question is Black Cohosh. This herb is indicated for this specific menopausal effect and it may help any others you are experiencing, hope you become well

BREAST ENLARGEMENT FORMULA

QUESTION: Here is a company claiming these herbs all together will help firm and enlarge breast. Is this possibly true? Their address is 4ISIS.com. Do you have any suggestions?

ANSWER: My answer is probably not, the ingredients listed in their formulas are the following, of the ingredients listed.

Blessed Thistle, Fenugreek and Fennel are used to increase milk flow in lactating women (nursing mothers) obviously a nursing women's breast size increases because it fills with milk and milk production glands increase to hole the milk.

Hops is sedating.

Wild Yam Extract has phytoestrogens it is good for menstrual cramps w/ nausea, gas, diarrhea

Saw Palmetto is used to balance hormones in male and female body. It is used for sexual neurosthenia, prostatitis and a reproductive tonic for FRS and MRS. It has been used for women with ovarian cysts, polycystic ovarian disease (PCOD), uterine fibroids, UTIs. Although no evidence exists, it has been used for delayed growth of testicles, breasts and ovaries if there is delayed growth in juveniles. It works via 5 alpha reductase inhibitor.

Chaste Tree does not contain phytoestrogens works via the pituitary balancing the FSH (folicle stimulating hormone) and LH (lutening hormone). Use for elevated estrogen and normal to low progesterone OR normal estrogen and low progesterone. Elevated estrogen due to exogenous estrogens (in meat, dairy, plastics, pollutants) which lead to PMS-anxiety (use with motherwort and blue vervain), Menstrual irregularities, polymenorrhagia, fibroids, ovarian cysts especially functional cysts, menstrual headaches, swelling painful breasts (with red clover and maybe a diuretic), part of a protocol for endometriosis. Vaginal dryness with oats and shatavari. For women coming off of birth control pills (erratic cycles). Stimulates prolactin. The herb for menopause: regulation of hot flashes especially night sweats with sage and ox-eye daisy. menopausal anxiety, irritation skin crawling(formacation). Works best long term

Black Cohosh is a good connector herb between Female Reproductive and Nervous System. It is good for menopausal symptoms such as hot flashes, anxiety, post partum pain or depression, lower back pain associated with menses, dysmenorrhea, amenorrhea, specific for uterine pain, testicular pain, pain associated with prostritis, uterine fibroids, uterine prolapse, used in the last 2 weeks of pregnancy to ease delivery

Damiana is good for sexual inhibition due to a distraction of time & energy, increase libido.

Dong Quai strengthen and nourishes and moves blood associated with female reproductive issues, such as amenorrhea, dysmenorrhea, fibroids, ovarian cysts, menorrhagia. Helps with many PMS, menses and menopausal issues.

MSM is not a herb

Lycium is good for the eyes, good for liver and diabetic conditions.

Royal Jelly is not a herb

Scullcap is sedating

Evening Primrose Oil is rich in essential fatty acids

Comfrey is healing to the skin, increase cell proliferation, rich in nutrients

White Willow Bark is a pain reliever, astringent

Ma Huang is ephedra a energy stimulant, very astringent

Guarana is a stimulant, very astringent

Passion Flower is good for insomnia and circular thinking, good for spasms and tremors.

Bilberry very good for vessels wall strength strengthens capillary integrity especially in the eyes.

Horsetail is rich in minerals very high in silica good for nails, skin and hair

Cayenne good for impaired circulation, increases blood flow, good pain reliever but may get initial flush to area or hotness.

Here are my comments.

Some of these herbs work best fresh not dry.

Is the pill or cream going to get into the system and work at all?

Are the correct parts of the plant being used?

Is the amount you are getting in the pill or cream therapeutically active and is there enough in the pill or cream to work, if they could work?

Will they do anything, are you throwing your money away?

You probably already know my opinions on this subject of breast enlargement, if not read my other answers online, this is one of the most asked question next to weight loss. I am afraid there is not an herbal answer.

Hope this helps.

ISIS® HERBAL CAPSULES

ISIS® Proprietary Blend Containing:

Blessed Thistle (Herb), Hops 4:1 Extract (Flower), Wild Yam Extract (Root), Fenugreek 4:1 Extract (Seed), Saw Palmetto Extract (Berry), Chaste Tree (Berry), Fennel (Seed), Black Cohosh Extract (Root), Damiana (Leaf), Dong Quai (Root), Msm (Methyl Sulfonyl Methane), Lycium Chinese Herb 10:1 Extract (Wolfberry), Royal Jelly, Scullcap Concentrate (Root) And Curcubita Pepo Pumpkin (Seed).

ISIS® HERBAL CREAM

ISIS® Proprietary Blend Containing:

Deionized Water, Butylene Glycol, Mineral Oil, Pueraria Mirifica Extract, Glyceryl Stearate (And) Peg-100 Stearate, Polyacrylamide (And) C13-14 Isoparaffin (And) Laureth-7, Cetyl Alcohol, Dimethicone, Evening Primrose Oil, Tocopheryl Acetate, Panthenol, Proprietary Herbal Blend (Saw Palmetto, Chaste Tree Berry, Fenugreek, Fennel, Comfrey, White Willow Bark, Ma Huang, Black Cohosh, Guarana, Passion Flower, Bilberry, Horsetail, Cayenne), Menthol, Phenoxyethanol, Citric Acid, Methylparaben, Propylparaben, Fragrance.

End of Answer

POST MENOPAUSE

QUESTION: I am a 55 year old female who had taken birth control pills for years. Last year I went off the pill. I still have all my parts. I have found that my libido and some off my strength have gone. I am currently taking progonol (a creme made up from women's international pharmacy) which is a form of progesterone. I also started taking black cohosh (3 capsules of 40mg of standardised a day. I am finding myself a little nausea, and not a lot of increase in my libido. Any suggestions?

ANSWER: Black Cohosh can cause this side effect, take it with meals to alleviate it. For a great herbal/sexual combination we have a blend called Replenish Compound. This formula helps to increase vaginal lubrication, balance endocrine system (hormones), increase sexually activity and longing, as well as help the nervous system as a sexual tonic.

FIBROIDS

QUESTION: I AM ATTEMPTING TO SHRINK MY UTERINE FIBROIDS SO AS TO AVOID SURGICAL REMOVAL/HYSTERECTOMY. I DON'T HAVE UTERINE CYSTS. WHAT WOULD BE GOOD HERB(S), VITS, MINERALS? I AM 45 Y.O.

ANSWER: These herbs have been traditionally used of fibroids

Plant Name: Sheperd's Purse, Latin Name: Capsella burse-pastoris, stops bleeding, reduces fibroids, to shrink fibroids use with White Pond Lily, Raspberry Leaf. For prolapsed uterus or with heavy bleeding use with Lady's Mantle.

Bai shao yao \BaZhou\, White Peony root, Latin Name: *Paeonia albiflora* or *P. lactiflora*: also good for pain and to build blood after loss

Dan shen, Red Root Sage, Latin Name: *Salvia miltiorrhiza*: good for cysts and fibroids, good for pain

Chuan xiong, Chinese parsley root, Latin Name: *Ligusticum wallachii*: good for pelvic congestion

Gui pi, Cinnamon, Latin Name: *Cinnamomum cassia*, *C. quizhi* (use cinn twigs), *C. rouqui*(use thin young bark): Chinese cinnamon not Ceylon also good for cysts, chills or feeling cold

Dang Qui, Tangkuei, Dong Quai, Latin Name: *Angelica sinensis*: stagnant conditions such as fibroids and cysts of uterus, nourishes blood

Shi di huang, Chinese Foxglove, Processed Rehmannia, Latin Name: *Rehmannia glutinosa* good for bleeding fibroids

Mu dan pi, "cinnabar skin", Tree Peony, Latin Name: *Paeonia suffruticosa* used for profuse bleeding stops bleeding but moves stuck blood

Black Cohosh, Latin Name: *Cimicifuga racemosa*: good for uterine pain and pain associated with fibroids

Saw palmetto, Latin Name: *Serenoa repens*: its not just a man's herb good for uterine fibroids and cysts

Angelica, Latin Name: *Angelica archangelica*, *A. atropurpurea*: stagnant conditions such as fibroids and cysts of uterus

Chaste Tree, Latin Name: *Vitex agnus-castus*: Does not contain phytoestrogens works via the pituitary balancing FSH (follicle stimulating hormone) and LH (lutening hormone). Use for elevated estrogen and normal to low progesterone OR normal estrogen and low progesterone. Elevated estrogen due to exogenous estrogens (in meat, dairy, plastics, pollutants) which lead to PMS-anxiety (use with motherwort and blue vervain), Menstrual irregularities, polymenorrhea, fibroids, ovarian cysts especially functional cysts, menstrual headaches, swelling painful breasts (with red clover and maybe a diuretic), part of a protocol for endometriosis.

Raspberry Leaves, Latin Name: *Rubus idaeus*: great for tonification of the uterus, good for excessive bleeding.

Lady's Mantle, Latin Name *Alchemilla vulgaris*, *A. Mollis* good for week atonic uterus, increased bleeding or spotting

MENOPAUSE

QUESTION: My wife recently had her last ovary removed, due to endometriosis. she was on estratest also. the doctor has told her to stop the Estratest, and given her a depoprevera shot to help burn away any small remains of the endo. She is having major hot flashes and night sweats. is there anything herbal that she can take, without possibly agravating the endo.

ANSWER: These are the herbs normally given for Hot Flashes and other post menopause issues, such as night sweats, vaginal dryness, palpitations etc.

Dang Qui, Latin Named: *Angelica sinensis* combines well with Chaste Tree & Black Cohosh for hot flashes

Black Cohosh, Latin Named: *Cimicifuga racemosa*

Chaste Tree, Latin Named: *Vitex agnus-castus* works well with sage and ox-eyed daisy for night sweats. It would also be an herb used in an endometriosis formula.

I would probably start out with the Chaste Tree berry, this herb works better with long-term use, so wait 4-6 weeks before evaluating its effect.

QUESTION: I would like to have some info on herbs for menopause and irritability

ANSWER: I would suggest

1. Black Cohosh, Latin Named *Cimicifuga racemosa*, is great for Menopause and Depression, good as freshly dry tea/tincture or best as fresh tincture.

2. Motherwort, Latin Named *Leonurus cardiaca* is great for Menopause and stress/irritability/anxiety/female sensitivities associated with hormonal changes/disturbed Shen/physical or emotional problems with the heart. Best as fresh tincture the tea is less effective.

We carry both in our store if you cannot find them locally, please give a call we mail order everyday.

OVARIAN CYSTS

QUESTION: I have an ovarian cyst which is getting quit large and my dr. wants to have it removed. This option doesn't excite me to much so I'm looking to herbs to possibly help. I read black cohosh and false unicorn root are good for this. The cyst seems to be giving me irratal bowl syndrome as well. I have just begun taking black cohosh in 1000 mg capsules, I am 120lbs and 26. Is this a good amount to take and approx how long would I have to take for minimal results if any. Any suggestions and advice is greatly appreciated.

ANSWER: Here are some herbs which have traditionally been used for ovarian cysts.

Chuan xiong, Chinese parsley root, Latin Named: *Ligusticum wallachii*

It is part of a great Chinese formula called Female 4 herb tea or Womens 4 herb tea, the other ingredients are Rhuemania, Dong Quai, White Peony.

Gui pi, Cinnamon (Chinese cinnamon not Ceylon),
Latin Named: *Cinnamomum cassia*

Dan shen, Red Root Sage, Latin Named: *Salvia miltiorrhiza*

Dang Qui, Tangkuei, Dong Quai, Latin Named: *Angelica sinensis*

Mu dan pi, Cinnabar skin, Tree Peony, Latin Named: *Paeonia suffruticosa*

Frankincense, Ru Xiang, Pharmaceutical Named: Gummi Olibanum,
Latin Named: *Boswellia carterii*

Figwort, Latin Named: *Sacrophularia nodosa* / *S. marylandica*

Saw palmetto, Latin Named: *Serena repens* - not just a man's herb

Chaste Tree, Latin Named: *Vitex agnus-castus*

Red Clover, Latin Named: *Trifolium pratense*

Thuja, Flat cedar, Latin Named: *Thuja occidentalis*

FIBROIDS

QUESTION: Is there an herb or combination of herbs that can shrink uterine fibroids? Someone recommended trying Red Root (*Ceanothus Americanus*) since it worked for her. Is it safe or is there another herb or combination?

ANSWER: Red Root, Latin Named: *Ceanothus Americanus* is normally used for Cysts and Lymphatic Congestion not Fibroids, do you have fibroids or cysts on your uterus?

RED RASPBERRY LEAF

QUESTION:

I HAVE BEEN TAKING A TINCTURE OF RED RASPBERRY FOR ABOUT A WEEK NOW TO TONE THE UTERUS. IT MADE ME START SPOTTING. IS THIS NORMAL? IS THAT ONE OF THE WAYS YOU KNOW IT IS WORKING?

ANSWER: Raspberry leaf is normally astringing to the uterus, to stop over bleeding and spotting or tone uterus during and after pregnancy. Is there any other ingredients in this tincture, are you sure it is Red Raspberry leaf? What are the Latin names on the ingredients list?

POLYCYSTIC OVARIAN SYNDROME

QUESTION: Can you suggest herbs for dealing with Polycystic Ovarian Syndrome?

ANSWER: For Cystic conditions try the following herbs:

Dan shen, Red Root Sage, Latin Name: *Salvia miltiorrhiza*

Chuan xiong, Chinese parsley root, Latin Name: *Ligusticum wallachii* or *L. chuanxiong*

Gui pi, Cinnamon (Chinese cinnamon not Ceylon), Latin Name: *Cinnamomum cassia*

Dang Qui, Tangkuei, Dong Quai, Latin Name: *Angelica sinensis*

Mu dan pi, cinnabar skin, Tree Peony, Latin Name: *Paeonia suffruticosa*

Xuan shen, purple majestic figwort, Latin Name: *Scrophularia ningpoensis*, *S. murilandica*, *S. oldama*

Xiang fu, Nut sedge, Chufa grass, Latin Name: *Cyperus spp*

Xia ku cao, Self Heal, All Heal, Heal -all, Latin Name: *Prunella vulgaris*

Frankincense, Latin Name: *Boswellia carterii*

Blue Cohosh, Latin Name: *Caulophyllum thalictroides*

Figwort, Carpenter square, Latin Name: *Sacrophularia nodosa*, *S. marylandica*

Saw palmetto, Latin Name: *Serena repens*

Chaparral, Latin Name: *Larrea divaricata*, *L. Mexicana*, *L. tridentata*

Red Root, New Jersey Tea, Latin Name: *Ceanothus americanus*

Angelica, Latin Name: *Angelica archangelica*, *A atropurpurea*

Chaste Tree, Monks pepper, Latin Name: *Vitex agnus-castus*

Red Clover, Latin Name: *Trifolium pratense*

Violet, Latin Name: *Viola odorata*, *V. papillonacea*, *V. xerodensis*

Thuja, Flat cedar, Latin Name: *Thuja occidentalis*

See my other answer on cysts for more information.

BREAST ENLARGEMENT

QUESTION: I am a 19 year old female who has a flat chest and I don't want to go through surgery for bigger breast. So.....I started using an herbal breast enhancer system. That system includes pure Wild Yam, Saw Palmetto, Fennel, and Fenugreek in powder form. I take about 18 of these capsules a day and drink about 1 ounce of Fenugreek and

Fennel in tea form a day, I also massage my chest with Fenugreek and Fennel powder mixed with lotion everyday. I've been on this system for 2 months now and have not seen any results.....Do these herbs actually increase bust size or not and if so what can i do to speed up the results?????

ANSWER:

Why do you need larger breasts? I would suggest you do not!

As to the methods you have employed so far to increase your breast size, my thought would be you are wasting your time.

Why do women in today's society feel the need to increase the size of their breasts, is it the commercials which show large breasted women as successful, beautiful and lavishly given riches? Is it the men in your lives, who cannot except you for who you are?

Why would you want to change yourself, you are unique in every way. Artificial or natural approaches to increase breast size are simply there to sucker in people who are injured by today's society and the images we project as perfect. These methods are simply out to take your money, waste your time and let you down.

I would suggest that you take that money and talk to a counselor about self image, keep the person you are on the inside and increase the beauty within you. Exterior beauty is fleeting, a man should love you for who you are inside, personality, mind, spirit. If he does not get rid of him, there is someone out there who is good and will accept you for who you are and he is meant for you.

Question yourself, is there a rational reason to think you need larger breasts, will the size of your breasts matter in 5, 10 or 20 years. Plastic surgery to increase breast size is a ridiculous thought. Read the following:

BREAST KELOIDS

QUESTION: Thank you so much for making this available -- i have a client who recently had breast surgery -- she had implants -- she has developed severe scar tissue or keloids, in her right breast -- not the left -- this is her second breast surgery - she developed severe scar tissue around both implants after the first surgery -- her second surgery was necessary for the purposes of removing the scare tissue -- this causes her a great deal of discomfort -- her breast is very hard -- what can she do to prevent having surgery a third time -- she is extremely open to alternative treatments --

ANSWER: I am not sure I can help, any surgery is dangerous, using implant surgery to cosmetically enhance one's body by enlarging the breast is not safe and poor judgment. I would have advised against it from the beginning. I think the damage is done and may be non-reversable. Many women bow to the pressures from our society to look perfect, this surgery or any other non necessary cosmetic surgery should be avoided. Here are some things to think about, I can only offer the following.

In Tradition Chinese Medicine

--Violet, Latin Named: Viola odorata, V. papillonacea, V. xedensis this herb was used to resolve hardness, it has an affinity for lymph and breast tissue. It is a great Alterative, you may want to employ other Alteratives or lymph drainage herbs such as cleavers, poke, red root, red clover and others. The violet leaves need to be fresh juiced or fresh herb leaf tincture.

--Xuan shen, Purple Majestic Figwort, Latin Name: Scrophularia ningpoensis, S. murilandic, S. oldama this herb was again used to soften hardness, lymph congestion, heat problems, cysts. Combines well with Prunella vulgarus

--Xia ku cao, Self Heal, All Heal, Heal-all, Latin Name: Prunella vulgarus softens hardness such as cysts, can be used internally and topically.

Sorry I could not help more!

HEAVY BLEEDING DURING PERIODS

QUESTION: A friend has heavy menstrual bleeding and I recommended Shepard's Purse - is there any precautions she should know? She also has Migraines during her period and feels there must be something lacking or excessive in her diet and would like to correct this or take something to trigger her body to balance itself. Any suggestions?

ANSWER: For your friend I would need more information to really help completely, has she had children, is she anemic any other issues going on?

The simple answer to your question is Shepherd's Purse, Latin Named Capsella burse-pastoris is appropriately used for menorrhagia, which is excessive bleeding during menses, The cautions would be not to use if pregnant or if the person has high blood pressure because it is a vasoconstrictor. To be effective you need a fresh tincture of the plant.

Other herbs which stop bleeding are Tienchi Ginseng and Yarrow on a scale from strongest to less strong

The number one blood stopper is Tienchi Ginseng, Latin Named: Panax Psuedoginseng

The number two blood stopper is Shepherd's Purse, Latin Named: Capsella burse-pastoris

The number three blood stopper is Yarrow, Latin Named: Achillea millefolium

I would also suggest herbs to build blood for a short term, get Cherry, Blackberry, Parsley, Beets, Watercress (find as fresh organic clean source) in her diet, use the Chinese herb Dang Qui, Tangkuei, Dong Quai, Latin Name: Angelica sinensis root in a soups.

Use the Chinese herb, Bai shao yao \BaZhou\, White Peony root, Latin Named: Paeonia albiflora or P. lactiflora as a tincture or tea.

If atonic uterus is the cause, use

Raspberry leaf, Latin Named: Rubus Idaeus

Partridgeberry (squaw vine) Latin Named: Michella repens

Lady's Mantle, Latin Named: Alchemilla vulgaris or A. Mollis

BLACK COHOSH FOR MENOPAUSE

QUESTION: What is a safe amount of Black cohosh to take to help relieve menopausal systems?

ANSWER: Black Cohosh, Latin Name: Cimicifuga racemosa suggested preparation and dose of this herb are 10 - 30 drops, 3 to 4 times a day of a fresh or dry alcohol extract or you can try a making a tea daily of 1/2 to 1 teaspoons of recently ground dried herb to 12 ounces of water, boil herb in water for 15 - 30 minutes keep lid on pot, let herbs in water and cool for at least 1 hour, drink 4 ounces of tea 3 or 4 times a day.

I would suggest the tincture more convenient.

Dosage and preparation methods differ among herbalists, the standard joke among is us if you have 12 herbalists in a room, you will get 13 opinions.

You will be able to fine tune the dose for yourself increase a few drops at a time until you see results. Give it a couple weeks to see effects. Most suggested doses are low to begin with and can be increased most of the time, but guidance of a local herbalist would help.

The caution with Black Cohosh is not to take while pregnant except under the guidance of a qualified herbalist or healthcare provider and it should be taken with food, because it can cause GI mucousal irritation.

There is a Herbalpedia available from the webmaster of Herbworld and Herbnets email Herbworld@aol.com for details. Herbalpedia(TM) is a monthly monograph series of herbs through which you'll receive 5 in depth profiles of various botanicals. They are more extensive than the monographs in our monthly online magazine. We try to pick a selection of medicinal herbs, culinary herbs and spices. But often these lines are foggy and you'll get plants that cross all the borders. We try to find the most up-to-date research as well as the folklore. And we want to give you as many ways to use the plants as possible, so of course, there's always lots of recipes. Our aim is to increase your knowledge and awareness of our green relations as well as increase your culinary and healing skills. If ordered hardcopy they come double-sided with 3 punch holes so they're easily included in a binder. They range from 2-8 pages in length. Back issues can be ordered separately.

MORE ON BLACK COHOSH

QUESTION: Could black cohosh cause a spontaneous abortion?

ANSWER: Here is the short answer for your question. The uses and contraindications for Black Cohosh, Latin Named Cimicifuga racemosa are the following:

Use: It is useful for spasms, pain in muscles, muscular arthritis, FM and uterus, menopause issues such as hot flashes, anxiety and depression.

Contraindications: 1.) Do not take if pregnant except in the last 2 weeks, helps to bring on delivery and ease labor by stimulating the uterus. 2.) This herb has been known to increase or decrease blood pressure depending on the person, 3.) this herb is very strong and is not for kids or weak people such as elderly or sick. 4.) This herb should be taken with food because it could cause irritation of the gastric mucousal of your digestive tract.

To answer your question yes, it is possible for Black Cohosh to cause abortion, but if someone were pregnant and aborted; I would not jump to the conclusion that this herb was the cause. In today's society 25% of all pregnancy end in the first trimester, there could be many causes, Black Cohosh would only be one possible causative factor.

My question for you is why are you asking about Black Cohosh and pregnancy? I would avoid its use during pregnancy except at the guidance of a qualified healthcare provider such as midwife or herbalist. I would not use it as an herbal abortifacient for intentional planned abortion, this is not its primary or inherent medicinal use and would be dishonoring to the plant.

ESTROGEN SUBSTITUTES

Question:

Have had hysterectomy take estrogen would like to know if there is substitute for it .

Answer:

If this were happening to my sister this is what I would tell her.

Once an organ is removed it is tough to use an herb to bring back or replace structure or function. There are no herbs, I don't care what anyone has written or says that contain Estrogen. Some herbs have chemicals which have a similar structure or effect as estrogen. The herbal constituents are called phytoestrogens. Here is a list of herbs which have a phytoestrogen constituent or effect.

Beans, Soybeans, or any other legume, make soups get as many in to your daily diet as possible.

Plant Name: Gan Cao or Licorice Root Latin Name: Glycyrrhiza uralensis, Licorice is a Phytoestrogen and Harmonize reproductive problems, menopausal hotflashes & vaginal dryness in comb w/ other things.

Plant Name: Ge gen /googun/ or Kudzu Latin Name: Pueraria pseudo-hirsuta, P. pseudo-harsisa, P. thunbergii, Kudzu is a really good source of diadzin an isoflavone - phytoestrogen. Reduces menopausal symptoms.

Plant Name: Alfalfa or "King of Herbs" Latin Name: Medicago sativa, Alfalfa is nutritive herb- it is used as the nucleus of bone formula along w/ Horsetail, nettles to help strengthens integrity & density. It is good for osteoporosis, degeneration of jaw, vertebrae, hips, weak teeth, broken bones & hard to heal fractures, osteoarthritis w/ osseous changes. This herb is rich in caritonoids, B Complex, Vit D,E,K , flavanoids, K+(potassium), CA+ (Calcium), Phosphorus, Mg+(magnesium) , & trace elements, Fe+ (Iron) and folic acid. It also contains a substantial amts of phytosterols, phytoestrogens or Isofavones. It is somewhat amphoteric to FRS- i.e. it regulates estrogen levels/effects (in estrogen deficiency it mimics estrogen/ In excess it takes up receptor sites).

Plant Name: Anise Seed Latin Name: Pimpinella anisium, Anise is a mild, good tasting herb which can be used as a flavoring agent in formulas. It is carminative (cramps, tummy aches, gas) so it would be good to alleviate the gas from the beans along use along with fennel, coriander, caraway and cumin. It contains a mild phytoestrogens.

Plant Name: Fennel Latin Name: Foeniculum vulgare, Fennel does contain some mild phytoestrogens- how it works and the role that it plays in its use is undetermined.

Plant Name: Solomon's Seal Latin Name: Polygonatum biflorium, P. odoratum (Uuzhu), P. commutatum (Wang jing), P. siberium, Solomon Seal is primarily used externally, but it can be used internally as a women's tonic - it contains diostenin a phytoestrogen, use for menopause discomfort, vaginal dryness and PMS.

Plant Name: Nu Zhen zi, Shiny Privet or Ligustrum fruit Latin Name: Ligustrum lucidum, Ligustrum helps with problems of FRS - menopause symptoms, symptoms due to deficient Estrogen. such as weak libido, perimenopausal symptoms it is also an immune tonic it strengthens and stimulates WBC count. It is good for the eyes and works through the liver, also has a lot of EFAs & carotinoids. Cataracts, retinitis, mac. degen, poor night vision, dry, irritated, red eyes

Plant Name: Aletris , Unicorn Root, Star Grass Latin Name: Aletris farinosa, Aletris has some phytoestrogen activity and also helps for nausea.

Plant Name: Chaste Tree, Monks pepper Latin Name: Vitex agnus-castus, Chaste Tree does not contain phytoestrogens it works via the pituitary balancing FSH (folicle stimulating hormone) and LH (lutenizing hormone). Good for vaginal dryness with oats and shatavari. The herb to use for menopause: regulation of hot flashes especially night sweats with sage and ox-eye daisy. menopausal anxiety, irritation skin crawling (formacation). Works best long term.



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YEAST INFECTIONS

ANSWERS FROM KAREN MALLINGER

QUESTION: I am 47 and recently when to the doctor for a yeast infection. I have a yeast infection all the time. When he examined me he found a small tumor in my uterus. He wanted to do a DNC and a lathoscopy.....something like that.... to investigate to see what was going on. He says that my uterus is swollen which is why my bladder is leaky and that he couldn't take the tumor out. He wants to do a hysterectomy. I do not have any other symptoms. I do not bleed a lot. My periods are regular. I do not cramp. I do not have PMS, just a little nervousness a few days before. I feel that a hysterectomy may be a bad idea. I know that there could be other health issues arise because I let him get rid of my uterus. I am not sure about the tumor, I saw it when he did a sonogram. and at that time he thought through the sonogram he could see that the lining of my uterus was healthy looking. Since my D&C I have had two periods. They are just a little more heavy the first two days than they were before the D&C. Do you think it is possible that the yeast infection is causing the swelling of my uterus? I believe that my diet might be keeping my yeast infection thriving. I have taken medication for it but it comes back in a few weeks or sooner. I have started eating different but I still have the yeast infection. Is there anything I can do besides take medications and have a hysterectomy? If I could be absolutely, 100% sure that I would have no problems and would have much more energy and feel just great after a hysterectomy and it would cause no other health problems, then I would give him the go-ahead. The D&C hasn't really helped me at all. Do you have any suggestions or comments?

ANSWER: I'm with you. The medical community in this country seems a little too eager to yank out a woman's uterus for any "female problem". The tumor is a bit of a concern. Any particular reason why he felt it couldn't be removed? The uterus is the main blood supply to your ovaries. Having it removed can put you into early menopause as well as messing with those delicate hormones. There are lots of things you can do besides resorting to something as sever as a hysterectomy. Unless of course, your medical professional is thinking cancer. In that case, I would recommend getting a second and third opinion before proceeding with a hysterectomy. It should be your very last resort. I have an Anti-Yeast tea that I make that you can take as well as use as a douche to get rid of the yeast problem. If you're interested, e-mail me with the word ORDER in the subject line for more info. Drink 8 oz of unsweetened cranberry juice every day. Take a high quality acidophilus every day. Eliminate alcohol and sweets from your diet as these exacerbate the yeast problem in the body.

ANSWERS FROM DAVID BRILL

QUESTION: I seem to get recurring yeast infections lately. I was told Pau d'Arco taken daily would help prevent this. It will also cure it when taken in higher doses (5-6 capsules/day for 3 days). I would like to know more about this herbal supplement. I am also wanting to have another baby. Is there any side effects from this supplement that would cause complications, miscarriage or even deformities to the baby. I'm afraid I'll even get them during pregnancy and I don't want to keep taking OTC products or even Diflucan. I'd appreciate any info you have on this!

ANSWER:This is a download off The Natural Pharmacist Website.

Lapacho, Latin Named: *Tabebuia impestiginosa*
Alternate Names : Pau d'Arco, Taheebo
Principal Proposed Uses
Yeast Infection, Respiratory Infection, Bladder Infection
Other Proposed Uses
Diarrhea, Cancer?

The inner bark of the lapacho tree plays a central role in the herbal medicine of several South American indigenous peoples. They use it to treat cancer as well as a great variety of infectious diseases. There is intriguing, but far from conclusive, scientific evidence for some of these traditional uses. One of lapacho's major ingredients, lapachol, definitely possesses antitumor properties, and for a time was under active investigation as a possible chemotherapy drug. Unfortunately, when given in high enough dosages to kill cancer cells, lapachol causes numerous serious side

effects. Another component, b-lapachone, continues to be investigated as an anticancer agent since it may have a better side-effect profile and acts similarly to a new class of prescription antitumor drugs.¹ Herbalists believe that the whole herb can produce equivalent benefits with fewer side effects, but this claim has never been properly investigated. Various ingredients in lapacho can also kill bacteria and fungi in the test tube.² However, it is not yet clear how well the herb works for this purpose when taken orally

What Is Lapacho Used for Today?

Based on its traditional use and the fledgling scientific evidence, some herbalists recommend lapacho as a treatment for cancer. However, we do not endorse this usage. There is no good evidence that lapacho is an effective cancer treatment, and cancer is clearly not a disease to trifle with! Furthermore, the mechanism by which lapacho possibly works may cause it to interfere with the action of prescription anticancer drugs. Definitely do not add it to a conventional chemotherapy regimen without consulting your physician. Lapacho is also sometimes used to treat candida yeast infections, respiratory infections such as colds and flus, infectious diarrhea, and bladder infections.

Note: Do not count on lapacho to treat serious infections.

Dosage

Lapacho contains many components that don't dissolve in water, so making tea from the herb is not the best idea. It's better to take capsulized powdered bark, at a standard dosage of 300 mg 3 times daily. For the treatment of yeast and other infections, it is taken until symptoms resolve. The inner bark of the lapacho tree is believed to be the most effective part of the plant. Unfortunately, inferior products containing only the outer bark and the wood are sometimes misrepresented as "genuine inner-bark lapacho."

Safety Issues

Full safety studies of lapacho have not been performed. When taken in normal dosages, it does not appear to cause any significant side effects.³ However, because its constituent lapachol is somewhat toxic, the herb is not recommended for pregnant or nursing mothers. Safety in young children or those with severe liver or kidney disease has also not been established.

From the Mother Nature Website

Pau d'arco (*Tabebuia impetiginosa*)

Common names: Lapacho, taheebo

Parts used and where grown: Various related species of pau d'arco trees grow in rain forests throughout Latin America. The bark is used for medical purposes.

In what conditions might pau d'arco be supportive?

"infection

"yeast infection

Historical or traditional use: Native peoples in Central and South America reportedly use pau d'arco bark to treat cancer, lupus, infectious diseases, wounds, and many other health conditions.¹ Caribbean folk healers use the leaf of this tree in addition to the bark for the treatment of backache, toothache, sexually transmitted diseases, and as an aphrodisiac.

Active constituents: Lapachol and beta-lapachone (known collectively as naphthaquinones) are two primary active compounds in pau d'arco. According to laboratory tests, both have antifungal properties as potent or more so than ketoconazole, a common antifungal drug.² Although these compounds also have anticancer properties, the effective dosage for this effect is toxic.^{3 4} Therefore, pau d'arco cannot currently be recommended as a treatment for cancer. How much should I take? Because the naphthaquinone active constituents are not water soluble, a tea from pau d'arco bark is ineffective. Capsules or tablets providing 300 mg of powdered bark can be taken; usually three capsules are ingested three times per day. A tincture can be used in the amount of 0.5-1 ml, three times per day.

Are there any side effects or interactions? High doses of lapachol can cause uncontrolled bleeding, nausea, and vomiting.⁵ Use of the whole bark is much safer than isolated lapachol-the whole bark has no known serious side effects.⁶ Pregnant or lactating women should avoid use of pau d'arco.

References:

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Check the Web at Jim Duke's Ethnobotanical Database for Pau D' Arco for constituents and medicinal chemical activities of the plant.

<http://www.ars-grin.gov/cgi-bin/duke/farmacy2.pl>

As to where can you buy this herb we carry it in our store and are glad to mail order it to you. Please Call!

Here is some more information:

If you are trying to get pregnant I would not use Pau d'Arco as cautioned above, if you want to use this herb then use a birth control method to stop chances of getting pregnant while on it. You may want to read my previous question and answer on pregnancy and getting pregnant for other ideas.

In general lower your sugar and refined and processed white flour and wheat load, these simple sugars in diet increase chances of infection. Drink lots of water to continually flush your system. Reduce the consumption of fruit juices and sugar laden soda and drinks, some even say eliminate fruit in general. Diet plays a critical role clean it up completely see my other questions and answers on a simple change to eating using a 3 by 5 reminder card.

Increase use of probiotics, or "friendly" bacteria, use a mixture of acidophilus, bulgaricus, and bifidus. The suggested daily dose should be in the range of 3 to 10 billion viable organisms. Look for refrigerated products.

Get 500 - 1000 mg of Vitamin C and a Zinc supplement into your diet.

Sleep without underwear, wear cotton panties not synthetics, change when sweated. When you can keep underwear off, many ladies stop wearing them completely.

A cycle can be created by first getting a bacterial infection, then being treated with antibiotics and finally getting a yeast infection, this can happen quite regularly for some women. You may want to avoid antibiotic use. Yeast are naturally kept in check by the good bacteria in most of the body areas they exist. But, the use of antibiotics for illnesses can upset this balance, then Yeast flourish. The Yeast infection occurs because both the good and the bad bacteria is killed by the prescription antibiotic and the Yeast take the opportunity to take over. Yeast like a warm, dark and moist environments, classic conditions in skin folds, the vagina and under the arms where Yeast infections normally occur.

While you are pregnant you may get an infection because your body is moister and sweeter caused by your joyous condition. Some western medically trained doctors will tell you the OTC yeast infection creams and ointments and/or the use of the prescription drug, Diflucan will not cause a problem during pregnancy or when trying to get pregnant, you must determine the risk and benefit ratio, if it were me, I would err on the side of caution.

A natural approach used by some women has been the consumption of live culture yogurt which is another source of good bacteria, to rebalance the bacteria/yeast ratio in your body.

Others include yogurt douching which introduces the bacteria directly to the problem area, garlic suppository which are antifungal, antibacterial, antiviral etc and therapuetic use of your diaphragm with Goldenseal and other herbs.

Here is a fairly interesting site on Yeast infections, the lady says if you are offended by blunt talk of yeast infection causes and cures don't read on. <http://www.msu.edu/user/eisthen/yeast/> I felt there was some good information here.



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HERBALPEDIA

GARLIC



Allium sativum

[AL-ee-um sa-TEE-vum]

Family: Liliaceae

Names: ail commun (French); Knoblauch (German); knoflook (Dutch); ai, aglio (Italian); alho (Portuguese); ajo común (Spanish); vitlök (Swedish); tshesnok (Russian); suan, da suan (Chinese); Rasona (Sanskrit); Lasan (Hindi); ninniku (Japanese); toum (Arabic); Ail De Cuisine, Bawang Poetih, Bawang Puteh, Cropleek, Cultivated Garlic, Hsiao Suan, Lai, Lasan, Poor Man's Treacle, Rosina, Samersaq, Sarimsak, Sir, Suan, Thum

Description: Grows in grasslike clumps with a height of 1 foot and a width of 6 inches. The flowers are small, rose-white or green-white, clustered in 3-4 inch globes, on tall stems rising from the underground bulb. The leaves are thin, narrow, flat, gray-green, straight, pointed. The fruit are small black seeds, although small

bulbs may also develop and can be planted. The bulbs are globe-like, containing 8-20 individual cloves, surrounded by a white, sometimes pink, paperlike covering. Blooms from June to July

Cultivation: An annual germinating in 1-3 weeks. Space 6-10 inches apart. Prefers rich soil with a pH of 4.5 to 8.5 and full sun. Heat develops the best flavor. Plant seed in the fall. Plant individual cloves with pointed ends up, in early spring or fall in areas where the ground does not freeze. Outer cloves produce the best quality. Planted in March, they will be ready to harvest in July or August. Harvest after the blooms die down, then sun-dry for a day. Garlic brands hanging on the wall are an attractive and handy way to store them. Soak the long stems in water for a few hours, then tightly braid a few bunches together. Flowers that hold their shape when they dry (like statice) can be braided in too for decoration.

History: Garlic's common name describes its leaves and use from the Anglo-Saxon *gar* (lance) and *leac* (leek or pot-herb). Grown in the Mediterranean and central Asia for centuries, garlic was widely used as medicine by the ancients. It was found in King Tut's tomb and was eaten for endurance by the slaves who constructed the great Cheops pyramid. Garlic was placed by the ancient Greeks on the piles of stones at crossroads as a supper for Hecate while garlic and onion were invoked as deities by the Egyptians at the taking of oaths. Among the ancient Greeks, persons who partook of it were not allowed to enter the temples of Cybele. The East Indian herbalist Charaka said in the first century A.D. that garlic would be worth its weight in gold, if it weren't for its smell. Garlic has been used by rich and poor alike through the years to keep away disease, evil spirits, moles and racing competitors. It was a main ingredient in the

“Four Thieves Vinegar” used by 4 Marseilles thieves who confessed that “garlek” protected them while they robbed plague victims’ bodies. There is a superstition in some parts of Europe, that if a morsel of the bulb be chewed by a man running a race it will prevent his competitors from getting ahead of him and Hungarian jockeys will sometimes fasten a clove of garlic to the bits of their horses in the belief that any other racers running close to those baited, will fall back the instant they smell the odor. In the early 18th century, it was used by French priests to protect themselves from a highly contagious fever in London’s poor sections. European doctors in World War I and World War II applied sterilized swabs of sphagnum moss and garlic to dress wounds and prevent gangrene.

Constituents: allyl sulfide, allicin, alliin, enzyme alliinase, Vitamins A, B1, B2 and C, nicotinic acid, thiamin, riboflavin, minerals (magnesium, phosphorus, potassium)

Properties: yang tonic and a stimulant, diuretic, alterative, digestant, carminative, expectorant and parasiticide, antiseptic, anti-microbial, diaphoretic, cholagogue, hypotensive, anti-spasmodic, anthelmintic, anti-catarthal, pectoral, rubefacient, vulnerary

Energetics: spicy, hot

Meridians/Organs affected: lungs, kidney, spleen, stomach, colon

Medicinal Uses: It stimulates metabolism, and is used both for chronic and acute diseases; has both tonic and alterative properties; counteracts lower back and joint pains, arthritis and rheumatism. It also treats weak digestion, genito-urinary diseases, lung and bronchial infections and mucous conditions. In Ayurveda it is considered a rejuvenative for both kapha (water) and vata (air). Garlic cloves may be taken internally both as a preventative and as a treatment for all intestinal worms. Blend with a little sesame or olive oil, it may be used externally. However, its strong odor may repel humans as well as parasites. A single dose is

three to five cloves in infusion or taken raw. This is repeated three to six times a day until the problem is resolved. Garlic is good for amoebic dysentery. Enemas of garlic are also helpful. It is an effective antibiotic for staphylococcus, streptococcus and salmonella bacteria and is effective against bacteria that are resistant to standard antibiotic drugs. It is a good antifungal for the treatment of *candida albicans* yeast infections. For the treatment of pinworms, it should be made into a paste with olive oil or the bruised clove inserted directly into the rectum. For vaginitis and leucorrhoea, one or two bruised cloves wrapped in muslin are inserted into the vagina. As an oil or vinegar, it can be used to treat ear and mouth infections. Researchers noted some success in treating deep fungal infections, whooping cough, lead poisoning, and some carcinomas. Even appendicitis was improved in a number of studies. Studies of factory workers found that garlic not only detoxified harmful levels of lead from the blood, it seemed to prevent its accumulation in the first place. Subjects who ate garlic for six months found that their “bad” LDL cholesterol and triglyceride levels went down, while their “good” HDL cholesterol levels increased. Garlic also helps normalize systolic blood pressure levels and can sustain them up to 24 hours. Many cultures turn to garlic to control mild diabetes. The natural killer cells of the immune system are dramatically activated by garlic. The fresher the garlic, the better it works. Garlic oil capsules work better than dried garlic powder.

Combinations:

Microbial infections: Echinacea

Dosage: a clove should be eaten three times a day or use garlic oil capsules taking 3 once a day as a prophylactic or three times a day when an infection occurs.

Homeopathy: Homeopaths use *Allium sativum* for colitis, tuberculosis, painful constipation, bronchitis, painful breasts, and skin eruptions during the menses. The remedy is more effective for meat eaters than for exclusive vegetarians.

TCM: Expels internal cold and internal dampness.

Indications: hookworm, pinworm; diarrhea and dysentery; tuberculosis; coughing fits; external application to early stages of abscesses and ringworm on the head; internal cold and internal damp symptoms.

Dosage: fresh cloves: 3-5 per day; taken raw in food, or in capsules. External: puree of fresh garlic cloves can be applied to abscesses as an antiseptic and healing agent, also to ringworm on the head; for athlete's foot, apply liberally to infected area and wrap well with a clean, dry cloth for 1-2 hours, then remove and wipe away excess garlic with dry cloth.

Contraindication: excessive use of garlic is said to be harmful to the eyes, cause dizziness, and scatter energy; it is said to cause ascending fire energy

Incompatible: honey

Flower Essences: For those who are fearful, weak or easily influenced, prone to low vitality. Garlic flower restores wholeness for such souls, helping them to consolidate and unify the astral body, and to bring it into greater harmony with the physical and etheric bodies and the spiritual ego.

Aromatherapy:

EXTRACTION: Essential oil by steam distillation from the fresh crushed bulbs.

CHARACTERISTICS: A colorless to pale yellow mobile liquid with a strong, unpleasant, familiar garlic-like odor

USE: Due to its unpleasant and pervasive smell, the oil is not often used externally. However, the capsules may be taken internally for respiratory and gastro-intestinal infections, urinary tract infections such as cystitis, heart and circulatory problems, and to fight infectious diseases in general. The oil is made into capsules and also included in many health food products mainly to help reduce high blood pressure and protect against heart disease. Extensively employed as a flavor ingredient in most major food categories.

Toxicity: Pregnant women should use in small amounts as garlic is a mild emmenagogue. Large doses occasionally cause indigestion and some reports claim they make the eye more sensitive to light.

Ritual Uses: In the home, braids of garlic guard against evil, repel thieves, and turn away the envious. And of course, garlic protects against vampires. It is a very effective blessing for new homes. Garlic cloves were once placed upon cairns, small piles of stones heaped at the intersections of paths and roads, in order to give honor to Hecate. Moslem lore holds that garlic and onion rose from the spots where Satan's feet first touched the earth. Garlic was treated by the Egyptians as divine, and was included in oath-taking. Homer believed that Ulysses used garlic when he and his men escaped from Circe's anger. It may be included in ritual breads eaten in Hecate's honor.

Cosmetic Uses: Rich in alkaline salts and sulphur compounds, garlic is a blood purifier and keeps the skin clear of spots and pimples. The juice added to warm lard or olive oil and applied to a spotty skin or where there is soreness, will bring about rapid healing.

Recipe: Break up a bulb into several cloves and place in a saucepan with 1 lb of lard and heat gently for 30 minutes. Leave for several hours after turning off the heat, then add ½ oz beeswax and slowly reheat. Remove the garlic cloves and pour into screw-top jars to solidify. Use as a nightcream.

Other Uses: Research shows that garlic sprays kill cabbage white and ermine moth, onion fly larvae, mole crickets, pea weevils and field slugs and deter aphids and Japanese beetles.

Bug Formula: 3 oz garlic, chopped, 2 tsp mineral oil, 1 pint water, 1 oz oil-based hand soap, water to dilute

Soak garlic in oil for 1 week. Then dissolve soap into water and mix in the garlic oil. Strain out garlic. When ready to use, dilute 1 part in 20 parts water and spray on plants.

The soap can be replaced with ½ oz of liquid all-purpose, bio-degradable soap.

Culinary Use: One of the most popular flavoring herbs in the world, garlic is incorporated into butters, vinegars, salts, dried seasoning, salad dressings, soups and main dishes. The Chinese even prepare a honeyed garlic. Fresh cloves have the best flavor. Peeling garlic is a simple task. To peel just a few cloves, place the flat side of a heavy knife over a clove and rap your fist smartly down onto the blade. You can then easily slip off the skin. You'll learn quickly just how much force to use—too much and the garlic is mashed; you just want to break the seal of the skin. To ensure ending up with a whole perfect clove, simply nip off the ends of the clove and strip away the peel with the knife edge. To peel several cloves at a time, drop the unpeeled cloves in boiling water for 30 seconds, rinse under cold water, drain, and peel the skins off easily. One clove of garlic will yield approximately one teaspoon minced. To mince garlic peel the clove and then lay it on your working surface. Slice it into pieces and then chop until you have achieved the size mince you wish. When you want to soften cloves so they are easier to crush, sprinkle on a little salt. Avoid powdered garlic, which has rancid undertones. When you cook with garlic, the amount of medicinal properties left corresponds to how strong it tastes.

Fresh garlic may be creamy white or have a purplish-red cast and it should be plump and firm, with its paperlike covering intact, not spongy, soft or shriveled. Fresh garlic keeps best in a cool, dry place with plenty of ventilation. It should not be refrigerated unless you separate the cloves and immerse them in oil, either peeled or unpeeled. If the garlic isn't peeled, the cloves will hold their firmness longer, but peeling will be more difficult. Fresh garlic which is held in open-air storage for any length of time will lose some of its pungency and may even develop sprouts. The garlic is still usable, but will be somewhat milder and more will be needed to achieve the

same strength of flavor in a dish being prepared.

In India it is eaten by everyone except by very puritanical sects who fear its reputation as an aphrodisiac, or by strict vegetarians who believe that in uprooting a garlic bulb from the ground they may accidentally kill an insect.

Recipes:

Rosemary and Garlic Burgundy

4-5 sprigs of rosemary

4 cloves garlic, peeled and halved

1 ½ cups Burgundy

Place rosemary and garlic in a 1 pint jar. Pour wine over and cover. Store in a cool, dark place for at least 2 weeks before testing flavor. Use ½ cup with 3 Tbsp olive oil, 1 Tbsp lemon juice and 1 tsp freshly ground black pepper as a marinade for beef. (Herbed-Wine Cuisine.)

Indonesian Chicken with Garlic and Peanut Butter Sauce

3-4 lb frying chicken

2 Tbsp peanut oil

1 small onion

3 large garlic cloves

1 tbsp soy sauce

juice of ½ lemon

2 tsp sambal oelek

1 cup warm water

½ cup smooth, natural peanut butter

Cut the chicken into serving pieces. Sauté it in a large skillet, in the oil, over moderately high heat for 15 minutes, turning frequently. Remove the skillet from the heat and transfer the chicken to a platter. Finally mince the onion and garlic and sauté them in the chicken skillet, over low heat, for 5 minutes. Add the soy sauce, lemon juice, and sambal to the skillet. Stir well and cook for 55 minutes. Add the water and peanut butter to the skillet and stir well to make a smooth sauce. Return the chicken to the skillet and cook, covered, over moderately low heat for 20-30 minutes. Stir occasionally to prevent the sauce from sticking. Transfer to a heated serving platter and serve immediately. (Cooking with Herbs)

Garlic Rosemary Potato Chips

3 lbs potatoes, scrubbed but do not peel
8 cloves garlic, peeled & put through a press
4 Tbsp fresh rosemary leaves
½ cup olive oil
salt & coarse grind black pepper

Cut the washed and scrubbed potatoes into ¼" thick slices. Into a food processor, put the garlic, rosemary and olive oil. Pulse on & off to chop the rosemary and garlic finely. Line a baking sheet with foil and brush lightly with the rosemary flavored oil. Then lay the potato slices in one layer on top of the foil. Brush again with the rosemary-garlic oil. Sprinkle with salt & pepper. Turn and do the same thing to the other side. Bake in a 350 degree oven for 15 minutes – turn the potatoes and bake until they are lightly browned. Remove from oven and drain potatoes on paper towels. Serve while still warm. (Mad for Garlic)

Earthy Garlic Soup

2 heads garlic
8-10 oz day-old country style white bread
1 Tbsp olive oil
kosher salt and freshly ground pepper
1 Tbsp chopped, fresh flat-leaf parsley

Separate the garlic cloves and smash, peel and coarsely chop them. Remove and discard the bread crusts, and cut the bread into 1-inch pieces. Put it in a saucepan with the garlic and 5 cups water. Cover and bring to a boil. Reduce the heat to a simmer, and cook for 20-30 minutes, until the bread starts to disintegrate. Transfer the mixture to a food processor. Add the olive oil and process until smooth, about 2 minutes. Season to taste with salt and pepper, garnish with parsley and serve hot. (Tonics)

Garlic Ice Cream

3 (750 ml) cups whole milk
½ tsp (2 ml) finely chopped garlic
1 vanilla bean, split in half
1 cup (250 ml) heavy cream
1 ½ cups (375 ml) sugar
9 egg yolks

Put milk, garlic and vanilla in a saucepan. Bring to a boil and remove from

heat. Blend the cream, sugar, and egg yolks in a mixing bowl. Strain the scalded milk into the egg and sugar mixture, stirring constantly. Return the combined mixture to the pan and stir continuously over moderate heat until it coats the back of a spoon, about 10 to 15 minutes. Cool in an ice bath and freeze until firm. Serves 4 to 6.

Brie Baked with Garlic

2 whole heads garlic
¼ cup olive oil
2 lb wheel Brie cheese, or 4 small wheels (4 ½ oz each), chilled
½ cup whole Greek olives, pitted and quartered
4 tsp parsley, finely chopped
apple wedges or warm French or sourdough bread

Place whole garlic heads in a heavy saucepan. Add oil. Cook and stir over medium heat for 5 minutes. Cover and reduce heat to medium-low for 15 minutes, or until garlic is soft. Remove garlic and drain on paper towels. Cool. Preheat oven to 400 degrees. Carefully slice the thin rind off one of the flat sides of the Brie and place on a baking sheet, cut side up. Separate and peel the garlic cloves. Make parallel slices in each clove, being careful not to cut through the root end. Gently press cut cloves into fans. Arrange garlic fans and olive pieces on top of the cheese. Bake, uncovered for 10-12 minutes, until Brie is warm and slightly softened. Sprinkle with parsley and carefully transfer to a plate. Serve with apple wedges or sliced French bread. (The Wild Onion Cookbook)

For cats: Tigger's Tomato & Turkey Jerky

1 lb ground turkey
2 Tbsp tomato paste
½ tsp garlic powder
2 tsp brewer's yeast

Preheat oven to 120F or the lowest setting. Combine all the ingredients and mix well. Line a jelly roll pan with foil and spread the meat mixture in it. Using your hands flatten the mixture to about ¼" thick. Place the meat in the oven and prop the oven door open a crack using a wooden spoon, so the moisture

can escape. Bake for about 2 hours, until the meat is quite dry. Remove the meat from the oven and place another sheet foil over it. Grasping both sheets of foil, flip the meat over and peel the foil from the top. Place the meat back in the oven with the door propped open, and bake for another 1-2 hours. The meat will be red and dry, like jerky. (Cat Nips! Feline cuisine)

Dog Biscuits

2 Tbsp margarine, lard or bacon fat, softened
1 tsp brown sugar
1 egg, slightly beaten
½ cup dry milk powder
½ cup chicken broth
1 cup all-purpose flour
1 cup whole wheat flour
½ cup wheat germ
½ tsp salt
8 large cloves of garlic, crushed

Cream margarine and brown sugar in mixer bowl until light and fluffy. Beat in egg, dry milk and broth. Add flours, wheat germ and salt; knead until soft dough forms. Shape into a ball. Let stand, covered, for 30 minutes. Roll ¼ inch thick on lightly floured surface. Sprinkle with garlic; pat lightly into dough. Cut with 3-inch bone-shaped cookie cutter. Place on lightly greased baking sheet. Bake at 325F for 30 minutes or until browned and crisp. Cool on wire rack. Store in airtight containers. (Along the Garden Path)

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HERBALPEDIA

BASIL



Ocimum basilicum

[OSS-ih-mum bass-IL-ee-kum]

Names: Sweet basil, St Josephwort, Basilienkraut (German); basilic (French); basilico (Italian); Albahaca (Spanish); Basilkört (Swedish); Raihan (Arabic); Basilicum (Dutch); Manjericao (Portuguese); Bazilik (Russian); Meboki (Japanese); Lo-le, luole (Chinese); American Dittany, Alabahaca; Witches' Herb; Our Herb; Bazylija pospolita (Polish)

Family: Labiatae

History: The specific and common names are derived from the Greek *basileus*, king, and the herb, by reason of its special properties was given regal status; the generic name may also come from the Greek *okimon*, fragrant-lipped. The ancient Egyptians burned a mixture of basil and myrrh to appease their gods and embalmed their dead with it. In Persia and Malaysia Basil is planted on graves, and in Egypt women scatter the flowers on the resting places of those belonging to them. To the ancient Greeks and Romans, the herb was a symbol of hostility and insanity. They painted poverty as a ragged woman with a Basil at her

side. They believed that to grow truly fragrant basil, one had to shout and swear angrily while sowing its seeds. In French "sowing basil" (semer le basilic) means "ranting". Other folk traditions have associated the herb with love. During recent centuries, when an Italian woman placed a potted basil plant on her balcony, it signaled that she was ready to receive her lover. The French were introduced to it by Catherine de Medici in 1533 when she married King Henry II and brought with her Italian chefs and a taste for food well seasoned with basil. They dubbed it *Herbe Royale*. And in northern Europe, lovers exchanged basil sprigs as signs of faithfulness. Haitians believe in basil's protective powers. Shopkeepers in Haiti sprinkle basil water around their stores to ward off evil spirits and bring prosperity.

Its old association with the basilisk explains sweet basil's contemporary correspondences with such creatures as salamanders and dragons. As a consequence of this association, the plant became associated with scorpions. Grieve writes that the "superstition went so far as to affirm that even smelling the plant might bring a scorpion into the brain." It is believed that Solomon chose sweet basil when making his ritual aspurger to use in his temple.

Description: There is a wide variety of basil. From Tom DeBaggio's book comes the following list: African Blue, Anise, Bush Green, Camphor, Cinnamon, Clove, Cuban, Dark Opal, Dwarf Bouquet, East Indian, Genoa Green Improved, Genoa profumatissima, Green, Green Bouquet, Green Ruffles, Holy Basil (Indian Tulsi), Holly's Painted, Italian Dwarf, Karamanos, Lemon, Mrs. Burns' Lemon, Lesbos, Lettuce Leaf, Mexican Spice, Miniature, Miniature Puerto Rican, Miniature Purple Well-Sweep, Napletano, New Guinea,

Osmin, Peruvian, Piccolo, Puerto Rican, Purple Ruffles, Red Rubin, Sacred, Spice, Spicy Bush, Spicy Globe, Sweet Basil, Sweet Fine, Thai Purple, True Thai, West African. Since the descriptions of these varieties covers 24 pages in the book, my recommendation is that you read up on ones that appeal to you. Tastes vary as do growth habits.

Cultivation: The basic information for production is that unless you live in a southern climate with a long growing season, it's not advisable to sow basil directly into the herb garden. Start indoors and move outside when night temperatures stay above 50 degrees. Seed germinates in 5-14 days. Seeds may rot in a cold, damp soil. Sow to a depth of one-fourth to one-half inch. Expected germination rates should be between 80-95%. The seed will remain viable for over a decade if refrigerated. About six pounds of seed will plant an acre. In 4-6 weeks the plants should be large enough for you to begin harvesting leaves. Fertilize the plants at this time and at 3-4 week intervals thereafter. To encourage basil to grow in a bush, periodically pinch the center stem 1 inch from the top. This will also prevent the plant from flowering and going to seed, thus reducing leaf production. Harvest basil totally when the possibility of low temperatures is approaching. After you've harvested the crop, strip the leaves from the stems, cleaning them if necessary and freeze in plastic bags in recipe size portions. Or, to dry, hand in small bunches in a dark place. Once the leaves become brittle, strip them and store them in an opaque jar. Another harvesting method is to chop basil in a food processor, adding a little olive oil and freeze in small jars....pesto waiting to happen.

Constituents: volatile oil (including estragol), tannins, borneone, cineole, methylchavicol, eugenol, ocimene, pinene, sylvestrene, basil camphor; eugenol, methyl cinnamate, others depending on species. The oil is 40-45% methyl linalol, 23.8% methyl chavicol and small amounts of limonene and citronellol

Nutritional Profile: one ounce of fresh basil leaves has 12 calories. It provides 0.9 g protein, 0.3 g fat, 2 g carbohydrates, 91 mg calcium, 0.3 mg iron, approximately 12,380 IU vitamin A and 8 mg vitamin C. One teaspoon ground basil has 4 calories. It provides 0.2 g protein, a trace of fat, 0.9 g carbohydrates, 30 mg calcium, 0.6 mg iron, 131 IU vitamin A and 0.9 mg vitamin C.

Character: sweet, pungent, slightly bitter, very warm, dry. The oil is a colorless or pale yellow liquid with a light fresh sweet-spicy and balsamic undertone. The taste is pungent. Energy is heating, neutral

Meridians/Organs affected: lungs, stomach

Actions: antidepressant, antiseptic, stimulates the adrenal cortex, prevents vomiting, tonic, carminative, febrifuge, expectorant, soothes itching.

Dosha effect: VK-, P+ in excess

Blends Well with: bergamot, black pepper, lavender, marjoram, melissa, neroli, sandalwood, verbena, clary sage, lime, opopanax, oakmoss, citronella, geranium, hyssop and other 'green' notes, camphor, rosemary, juniper, lemon, eucalyptus, myrtle, lavender, bergamot,

Extraction Method for Oil: steam distillation from the flowering herb

Aromatherapy Use: Top Note. The essential oil is used in soaps, toothpastes, mouthwashes, and perfumes. It is also a basic ingredient for the manufacture of Chartreuse-type liqueurs. Basil also helps to restore the sense of smell lost from sinus congestion. Aromatherapists massage oils scented with basil into overworked muscles and use the fragrance to decrease mental fatigue and to clear the head.

SKIN CARE: insect bites; insect repellent, refreshing and tonic action benefits sluggish and congested skins and may help to control acne.

CIRCULATION, MUSCLES AND JOINTS: gout, muscular aches and pains, rheumatism

RESPIRATORY SYSTEM: bronchitis, coughs, earache, sinusitis

DIGESTIVE SYSTEM: dyspepsia, flatulence, nausea

GENITO-URINARY SYSTEM: cramps, scanty periods

IMMUNE SYSTEM: colds, fever, flu, infectious disease

NERVOUS SYSTEM: anxiety, depression, fatigue, insomnia, migraine, nervous tension.

Good tonic for the nerves when feeling fragile, sharpening the senses and encouraging concentration.

BLENDS:

Alertness: 80 drops lime, 60 drops rosemary, 20 drops ginger, 15 drops sweet basil combined in 4 oz of pure water

Restful sleep: 4 drops Peru balsam, 4 drops celery, 4 drops orange, 3 drops sweet basil in 1 Tbsp carrier oil

Digestive: 5 drops basil, 3 drops peppermint, 3 drops Roman Chamomile

Respiratory: 6 drops basil, 3 drops pine, 3 drops benzoin

Reproductive: 5 drops basil, 4 drops lavender, 3 drops jasmine

Medicinal Uses: The Chinese used it to treat stomach, kidney and blood ailments. During the 11th century, Hildegard of Bingen used basil in a complicated mixture to treat cancerous tumors. By the 17th century, basil was widely used in Europe to treat colds, warts, and intestinal worms. In Ayurvedic medicine, the juice is recommended for snakebites, as a general tonic, for chills, coughs, skin problems and earaches. It is called tulsi. The oil kill intestinal parasites confirming its traditional use in Malaya and as a stomach soother and treatment for a broad range of intestinal ailments. Indian researchers have reported that basil kills bacteria when applied to the skin and have used basil oil successfully to treat acne. One animal study shows basil stimulates the immune system by increasing production of disease-fighting antibodies by up to 20%. In

the West it is considered a cooling herb and is used for rheumatic pain, irritable skin conditions and for those of a nervous disposition. Basil is one of many healing herbs containing both pro-and anti-cancer substances. On the prevention side, it contains Vitamin A & C, anti-oxidants that help prevent cell damage. But basil also contains a chemical, estragole, that produced liver tumors in mice, according to a report published in the *Journal of the National Cancer Institute*. However, the cancer risk, if any, remains unclear. It's on the FDA list of GRAS herbs.

Applications:

Leaves: Rub fresh leaves on insect bites to reduce itching and inflammation. As an infusion, combine with a little motherwort and drink immediately after childbirth to prevent a retained placenta. Combine the leaves with wood betony and skullcap in a tincture for nervous conditions or with elecampane and hyssop for coughs and bronchitis. Combine the juice of the leaves with an equal quantity of honey and use for ringworm and itching skin. Mix the juice with a decoction of cinnamon and cloves for chills. Combine the juice with an equal quantity of honey for coughs. Pour boiling water onto the leaves and inhale the steam for head colds.

Essential Oil: Add 5-10 drops to a bath for nervous exhaustion, mental fatigue, melancholy, or uneasiness. Dilute 5 drops basil oil in 10 ml almond or sunflower oil for asthma and bronchitis. Use the diluted oil in a massage oil for nervous weakness and can also be applied as an insect repellent.

Sweet Basil Balm (for hard-to-heal blisters and minor burns):

8 fresh sweet basil leaves

1/8 tsp apricot kernel oil

sterile cotton gauze

surgical tape

Rinse the sweet basil leaves under cold water. Pat dry. Mince the leaves. In a small glass bowl, combine the basil and the apricot kernel oil. Mash to form a smooth paste. Cut 2 rectangular strips of gauze large enough to cover the injury, plus an extra inch all around.

Spread an even layer of the basil paste on the surface of one of the gauze strips, leaving an inch around the edges free to accommodate the surgical tape. Place the clean strip of gauze on top. Fasten the poultice to the injured area with surgical tape. Keep the balm on the injury for at least 2 hours. Remove and discard. Rebandage with plain gauze for the next 24 hours to keep clean.

Flower Essence: An integration of sexuality and spirituality into a sacred wholeness. Good in relationships where there is a compulsive need to seek sexual liaisons outside the main partnership. Basil flower essence helps the soul to experience the world and the Self as truly sacred and whole.

Caution: Though no uterine stimulant has ever been identified, given its pervasive multicultural use as a menstruation promoter and labor inducer, pregnant women should probably limit their consumption to culinary amounts. Do not use the essential oil externally or internally in pregnancy.

Cosmetic Uses: Essential oil useful as hair conditioner.

Spring-Green Summer Facial

1 cucumber, peeled and seeded

1 cup lemon basil, leaves only

2 egg whites, whipped to soft peaks

Place cucumber and lemon basil in a blender or food processor. Puree until smooth. Quickly fold in egg whites. Apply to the face, avoiding the eyes, for 5-8 minutes. Lie down, put your feet up. Wash off the facial with tepid water. Apply skin cream or moisturizer.

Psoriasis Relief Treatment

1 anise bulb, cut into pieces

3 cups water

1 Tbsp basil

1 Tbsp parsley

1 cup steeped black tea

In a blender, mix anise on medium speed until smooth. In a small saucepan, heat water, basil,

and parsley until boiling; then reduce heat and simmer for 45 minutes. Remove from heat and cool. Mix liquid with anise and tea in small mixing bowl. If you don't want herbs in the final mixture, filter them out before using liquid. Apply mixture with a clean cloth to psoriasis-affected areas every 30 minutes for 2 hours every night. Makes 2 cups. Cover and refrigerate. Discard after 5 days. (Blended Beauty)

Ritual Use: Planet: Mars. Element: Fire; Associated Dieties: Krishna, Vishnu; Gender: hot. . Basil is used in rites of exorcism and to bring happiness to the home. Burn it as incense, sew it into sachets, weave it into wreaths, or sprinkle the powder in the corners of rooms. An open bowl of basil placed in a room dispels melancholy. Basil brings joy to the user. It creates an aura of understanding between people. Use in tea and in the ritual bath. It is used to mend lovers' quarrels and in love spells. Basil attracts money and brings good luck to a new home. Sprinkle the powder over the area of your heart to promote fidelity. The scent brings happiness to the home and will protect you in crowds. Any person in need of courage should use basil. It brings strength and helps one move forward in a positive manner no matter how perilous the dangers. Birthday flower of July 12.

Spiritual Properties: Basil will help develop, reveal, and use the enthusiastic fire element within. It supports idealism and keeps inner vision clear. Basil's medicine is courage in the face of initiatory change and growth. It is an herb of fluid movement on many levels.

Culinary Use:

The key ingredient in pesto. It is the essential ingredient of many Italian, French, Greek and Southeast Asian dishes. One of the most wonderful summer dishes is slices of ripe tomatoes, buffalo mozzarella cheese, and handfuls of chopped basil. Stuff sweet red or yellow peppers with cooked rice combined with chopped fresh basil, minced scallions, minced Italian plum tomatoes and crumbled feta cheese. Bake at 350F until tender about 40

minutes. This is one case where more is always better than less if you're using fresh basil.

Recipes:

Sweet Basil Thai Style Relish

16 fresh sweet basil leaves
1 medium cucumber, peeled
1 tsp salt
1 fresh jalapeno pepper
2 Tbsp unsalted peanuts
2 Tbsp sesame oil
2 Tbsp honey
3 Tbsp minced red onion
2 Tbsp fresh lime juice
1 Tbsp rice vinegar

Rinse the basil under cold water. Pat dry. Coarsely chop. Slice the cucumber in half, lengthwise. Remove the seeds and coarsely chop. Place in a medium bowl and sprinkle with salt. Set aside to dehydrate for 30 minutes. Seed and dice the jalapeno pepper. Coarsely chop the peanuts. In a small bowl, combine the sesame oil and honey. Whisk to blend thoroughly. Drain the cucumber. Discard the liquid. Add all of the ingredients to the bowl of cucumber, except the sesame-honey mixture. Toss. Drizzle the honeyed sesame oil over all. Toss to coat. Cover and chill in the refrigerator for 30 minutes before serving. Stored in an airtight container in the refrigerator, the relish stays fresh for 3-4 days. (The Healing Kitchen)

Chilled Pink Consommé

3 large ripe tomatoes, skinned and chopped
2 large basil leaves, torn into pieces
5 cups chicken or vegetable stock
salt and pepper
4 Tbsp heavy cream
basil and sorrel flowers, to decorate

Simmer the chopped tomatoes and basil leaves in the stock for 25 minutes. Season to taste, then strain through a sieve and leave to cool. Serve the soup well chilled in individual bowls. Decorate each with a swirl of cream and a sprinkling of basil and sorrel flowers. (Cooking with Flowers)

Grilled Salmon with Lavender & Basil

4 fresh salmon steaks or fillets

Marinade:

1 tsp dried lavender
5 large basil leaves, chopped
2 Tbsp tamari
2 Tbsp fresh squeezed lemon juice
1/3 cup olive oil

Combine all marinade ingredients to use as a baste for grilling. Place salmon on a hot, lightly oiled grill or barbeque, skin side down. Baste frequently with the marinade. When salmon is done, baste with the remaining marinade, serve. (From Purple Haze Lavender Farm)

Herbed Chicken Skillet Dinner

4 chicken quarters (legs & thighs)
4 medium red potatoes
1 red bell pepper
1 medium zucchini
1/2 sweet onion
1 Tbsp canola oil
1 cup chicken broth
2/3 cup white wine
1 Tbsp chopped fresh basil
1 Tbsp chopped fresh sage
paprika
seasoned salt & ground black pepper to taste

Heat the oil in a large skillet. Add the chicken and sprinkle with seasoned salt and paprika. Lightly brown the chicken on both sides. Add the broth and white wine. Cover the skillet tightly and simmer for 20 minutes. Meanwhile, chop the vegetables into 1 inch pieces. Turn the chicken, add the diced potatoes. Sprinkle with half of the herbs. Cover the skillet tightly and cook another 20 minutes.

Add the remaining vegetables. Sprinkle the remaining herbs over the vegetables. Add freshly ground black pepper to taste. Simmer another 10 minutes or until the vegetables are tender crisp. Spoon the sauce over the chicken and vegetables to serve. Serves 4. Copyright 2001 Sandie Shores

Basil Corn Chowder

1 medium Walla Walla onion, coarsely chopped
1 Tbsp olive oil
½ cup basil flowers
8 medium red potatoes, cut into 1-inch cubes
kernels from 8 ears corn, divided
6 cups vegetable stock (or chicken stock)
salt and pepper to taste

In a large saucepan, sauté onion in olive oil until translucent. Add basil flowers, potatoes and half the corn. Continue to cook for 3 minutes. Pour in the vegetable stock, and bring to a boil. Lower heat, cover and simmer for 15 minutes or until potatoes are tender. Remove from heat and allow to cool for 15 to 20 minutes. Pour half of the soup into a blender or food processor. Process until smooth. Pour back into saucepan. Reheat and add remaining corn. For a smoother soup, purée all of the soup, for a chunkier soup, process for less time. If you like soup thinner, add more vegetable stock. Adjust seasoning with salt and pepper. The secret is pureeing part of the soup. (Edible Flowers from Garden to Palate)

Sweet Basil Soup

4 Tbsp butter
1 1/3 cups chopped scallions, including the tops
2 cloves garlic, minced
6 cups chicken stock or broth
1½ cups peeled, seeded and chopped tomato
½ cup long grain rice
5 cups chopped fresh basil
1 Tbsp minced fresh chervil (optional)

In a Dutch oven, melt the butter over medium heat. Add the scallions and the garlic and sauté for 5 minutes. Add the chicken stock, tomato and rice and cook, covered, for 20 minutes, or until the rice is tender. Add the basil and the chervil, lower the temperature and simmer the soup for 10 minutes. Serve immediately, garnished with a good homemade bread and herb butter. (Special Request Herbal Recipes)

City Grill's Gulf Redfish with Spicy Szechuan Sauce

6 redfish fillets or use swordfish, tuna, Mahi Mahi or shark
Garnish 6 Thai basil sprigs, lime wedges, and slivered scallion

SZECHUAN MARINADE

1 8-oz can Szechuan chile paste
1 cup dark honey
2 Tbsp rice wine vinegar
3 Tbsp Oriental sesame oil
3 Tbsp peanut oil
juice of 1-2 fresh limes

SPICY SZECHUAN SAUCE

1 cup mayonnaise
2 Tbsp rice wine vinegar
1 Tbsp Oriental sesame oil
¼ cup Szechuan marinade
3-4 Tbsp Thai basil, chopped

Prepare the marinade by mixing all of the ingredients, blending well. Mix together the ingredients for the Spicy Szechuan Sauce and chill. Dip the fillets in the marinade, and place presentation-side down on the grill over red-hot coals. Grill until well marked by the grill, turning once (approximately 8 minutes per inch of thickness of fish). Serve with a generous dollop of Spicy Szechuan Sauce, either on the side or melted on the fish, and garnished with a sprig of Thai basil, several lime wedges, and slivered scallion. (The Herb Garden Cookbook)

Salad with Purple and Lettuce Leaf Basils

About 12 cups mixed lettuces and salad greens such as red or green leaf, Boston, bibb, deer tongue, oak leaf or limestone lettuces, spinach, chicory, endive or frisé
About 3 cups lettuce leaf basil leaves
About 1 cup purple basil leaves
1 pint basket of baby pear tomatoes
about ¼ cup basil, balsamic, or red wine vinegar
about ½ tsp salt
about 1 cup extra-virgin olive oil
1 large clove garlic, finely minced
freshly ground pepper

Wash the salad greens well and spin them dry. Tear the leaves into large pieces, if necessary. Rinse the basil leaves and spin them dry. Wash the tomatoes and halve them lengthwise. Pour the vinegar into a small bowl, add the salt, and stir well with a fork. Add the oil, garlic and pepper and stir until blended. Taste for seasoning; stir well before using. Arrange the greens on a large serving platter. Scatter the basil leaves over the greens. Scatter the tomatoes over the salad. Dress the salad just before serving, or serve the salad and pass the vinaigrette. (Basil: An Herb Lover's Guide)

Spiced Potato and Basil Gratin

6 medium boiling potatoes
2 cups loosely packed fresh sweet basil leaves
2½ cups heavy cream
1 Tbsp ground coriander seeds
1 tsp each salt, black pepper, mace and allspice
¼ pound fontina or domestic provolone cheese, grated.

Preheat oven to 375F

Cook the potatoes in a pot of salted boiling water for 10 minutes. Drain and cool to room temperature. When cool enough to handle, remove the skins and cut the potatoes into 1/4 inch slices. Arrange one-third of the potato slices in a thin layer on the bottom of a round 10-inch baking dish rubbed lightly with olive oil. Sprinkle one-third of the basil over the potatoes. Cover with half of the remaining potatoes and the remaining basil. Finally, top with the remaining potatoes. Combine the cream and spices in a small bowl. Slowly drizzle the mixture over the potatoes. Bake for 1 1/2 hours or until the cream is thick and the potatoes are very tender. Sprinkle the cheese over the top; bake for 5 minutes longer or until the cheese is melted. Remove from the oven and let stand at room temperature for 10 minutes before serving (Basil)

Classic Basil Pesto

2 cups fresh basil leaves
2 large garlic cloves
½ cup freshly grated Parmesan cheese
2 Tbsp freshly grated Pecorino Romano cheese

¼ cup pine nuts or walnuts
½ cup olive oil
salt and freshly ground pepper

Combine the basil, garlic cheeses and nuts in a food processor or blender. With the machine running, slowly add the olive oil. Season to taste with salt and freshly ground pepper and process to the desired consistency. Let stand 5 minutes before serving. (Pestos! Cooking with Herb Pastes)

Basil-Lime Cookies

2 cups sifted all-purpose flour
1 ½ tsp baking powder
½ tsp salt
2/3 cup softened butter
1 cup sugar
1 egg
1 tsp vanilla
3 Tbsp fresh cinnamon basil, chopped
1 Tbsp lime peel, finely chopped
1 cup pistachios, chopped

Sift first three ingredients together and set aside. In a large bowl, beat butter at medium speed until light. Gradually beat in sugar. Add egg, vanilla, basil, and lime peel, beating until very light and fluffy. Mix in dry ingredients 1/3 at a time, mixing well after each addition. Stir in chopped pistachios. Turn out dough onto a lightly floured surface. Divide in halves. Shape each half into a 6-inch long roll. Roll in plastic wrap. Refrigerate until firm, at least 8 hours. Preheat oven to 375F. Cut dough into 1/8-inch slices and place 2 inches apart on ungreased baking sheets. Bake 8-10 minutes or until lightly browned. Remove immediately from baking sheet and place on a wire rack to cool. Store in an airtight container. Yield: 8 dozen cookies (An Herbal Collection)

Lavender-Basil Punch

2 cups water
one 3-inch cinnamon stick
½ tsp whole cloves
½ tsp whole allspice
½ cup fresh cinnamon basil leaves
¼ cu lavender flowers
2 cups purple grape juice

½ cup lemon juice
¾ cup sugar
1 lemon, thinly sliced
1 quart sparkling mineral water

Combine water, cinnamon, cloves and allspice in a saucepan and bring to a boil over high heat. Reduce heat to low and simmer for 5 minutes. Remove from heat, stir in cinnamon basil and lavender flowers, cover and steep for 15 minutes. Strain into a pitcher, removing spices and lavender. Stir in grape juice, lemon juice and sugar. Cover and refrigerate. Just before serving, pour into a punch bowl or large pitcher; add lemon slices, ice, and sparkling water. Serve immediately. (The Herbal Palate)

Basil and Coconut Muffins

2 eggs
6 oz milk
3 oz vegetable oil
8 oz plain flour
1 level Tbsp baking powder
2 oz caster sugar
1 tsp cinnamon
½ tsp salt
3 Tbsp basil leaves, chopped
5 oz desiccated coconut
2 oz chopped hazelnuts

Topping

2 tsp demerara sugar

Preheat the oven to 400F. Combine the eggs, milk and vegetable oil. In a separate bowl, sift the flour and baking powder and add the sugar, cinnamon, salt, basil, coconut and hazelnuts. Mix together, then make a well in the center. Add all the liquids and mix briefly until combined. Do not overstir. Place paper muffin cases in bun tins and fill the cases with spoonfuls. Top with sugar. Bake in the preheated oven for about 20 minutes until well risen. Cool on a wire rack. (Feasting on Herbs)

Tomato and Cucumber Salad with Basil Flowers

2 medium ripe tomatoes
1 medium cucumber
1 medium sweet onion such as Vidalia, Walla Walla, or Texas

8 oz mozzarella cheese
about 3 Tbsp olive oil
salt and freshly ground pepper
1/3 cup basil flowers (cut the flower stems in between each whorl)

Core and chop the tomatoes into ¾ inch dice. Peel the cucumber, quarter it lengthwise, and then cut it into ½ inch pieces. Cut the onion into ½ inch dice. Combine all the vegetables in a bowl. Cut the cheese into ½ inch dice, or if using fresh mozzarella, shred it into bite-sized pieces. Add the cheese to the vegetables and toss. Drizzle the oil over the vegetable mixture and season with salt and pepper. Toss the vegetables with the basil flowers and taste for seasoning. Add a bit more olive oil if the salad is not moist enough. Let the salad marinate at least 30 minutes, and as long as a few hours, before serving. Refrigerate it in hot weather, allowing it to come to cool room temperature for serving. (Flowers in the Kitchen)

Chocolate Ice Cream with Basil

2 cups milk
2 cups whipping cream
1 cup sugar
½ cup packed whole basil leaves
6 extra-large egg yolks
2 oz unsweetened chocolate, broken into pieces
6 oz good semisweet chocolate, broken into pieces

Combine the milk with 1 cup of the whipping cream, sugar, and basil in a 2-quart, heavy-bottomed nonreactive saucepan. Bruise the leaves against the side of the pan with a wooden spoon. Bring the contents of the pan to a simmer; remove from heat. Cover, and let the herbs steep in the liquid for 30 minutes. Strain the infused cream through a sieve, pressing on the herb leaves to extract their essence. Return the infused cream to the pan, reserving about 1 cup. Lightly whisk the eggs in a small bowl. Add about half of the reserved cup of cream to the eggs and whisk. Add the remaining cream and whisk again. Whisk the egg and cream mixture into the saucepan and gently reheat the infused cream over low heat. Cook, stirring constantly, until the custard lightly coats a

metal spoon, about 5 minutes. Remove from heat.

Melt the chocolate in a double boiler or microwave. Whisk about a quarter of the melted chocolate into the custard. Add the rest of the chocolate to the custard in three parts. Strain the cream mixture into a bowl and cool it to room temperature. Putting the bowl into another, larger bowl full of ice will speed this step. Stir in the remaining 1 cup whipping cream. Pour into an ice cream maker and freeze according to manufacturer's instructions. Best served day it's made, but it will keep in the freezer for up to two weeks. For best flavor, do not serve it rock hard. Allow it to stand at room temperature for 5-10 minutes so that it softens slightly. (The Herb Companion, Feb/Mar 2001)

Fresh Basil Ale

1 gallon water
1 cup brown sugar
1½ cups unhopped amber malt extract
15-18 fresh Basil tops, about 3-4 inches each
1 teaspoon ale yeast (SafAle or Danstar brand)
1 gallon wide mouth glass jar
1 plastic bag
1 elastic band

Boil water, sugar, and malt extract, covered, for 30 minutes. Add Basil, boil 15 minutes more. This boil yields the "wort," the sweetened

herbal decoction which is the basis of every ale. Remove the wort from the heat and the Basil from the wort, cover, and set aside for 6-7 hours to cool to room temperature (70 degrees). While it cools, make an infusion of Sage or Yarrow. Wash the glass jar, plastic bag, and elastic band, and use the cooled infusion to rinse them all thoroughly. Pour the cooled wort into the clean, rinsed glass jar (the "fermenter"). Dissolve 1 teaspoon of brewer's yeast in ½ cup of water, then add it to the wort in the fermenter. Cover the fermenter's opening with the plastic bag, and secure it with the elastic band.

Label, date, and leave undisturbed to ferment for a week or until bubbles subside. Make another disinfectant infusion to rinse your

bottles. Funnel the ale into clean bottles (recycled Grolsch beer bottles come with reusable flip tops) and store in a cool place for at least 2 weeks and up to 4 months. Improves with age. (From Radical Weeds)

Using Lemon Basil

Basil Brandy

3 large handfuls of lemon basil leaves, soft stems and flowers

1 handful of sweet woodruff

1 angelica leaf

6 sprigs French tarragon

½ handful Roman wormwood

1 fifth brandy.

Twist and cram all of the herbs into a quart canning jar. Pour in the brandy. Stir to release air bubbles. Seal, shake, expel air bubbles. Seal and store in a cool, dark place for four months. Decant quickly to remove herbage and minimize exposure to air. Rebottle suitably and label. (The Basil Book)

Lemon Basil Cheesecake

2 lbs cream cheese, at room temperature

¾ cup sugar

1 cup sour cream

2 large eggs, lightly beaten

½ cup lemon basil leaves, stems removed, finely chopped

2 Tbsp lemon juice

1 tsp vanilla

2 Tbsp cornstarch

1 cup crushed vanilla wafers

2 Tbsp butter, softened

Add sour cream, sugar, basil, cornstarch, and lemon juice to lightly beaten eggs. Beat with an electric mixer until smooth. Add cream cheese, 8 oz at a time, mixing well after each addition. Spread softened butter on the bottom and halfway up the sides of a 9-inch springform pan. Press vanilla wafer crumbs into butter. Pour in batter. Bake in a preheated 450F oven for 35-45 minutes or until a toothpick inserted in the center comes out clean. Run a knife around the edges as soon as the cheesecake is removed from the oven. Let cool for 5-10 minutes, then remove sides of the pan. (An Herbal Collection)

Lemon Basil Chicken

1/3 cup minced lemon basil
1 clove garlic, minced
sea salt and white pepper to taste
¼ cup tarragon or rosemary vinegar
2 Tbsp olive oil
2 chicken breasts, skinned and boned

Combine the first 5 ingredients and whisk well until thoroughly blended. Add chicken breasts and marinate for 4-5 hours in the refrigerator. Chicken may be oven broiled, pan broiled or grilled, using the marinade mixture as a baste. Cook approximately 15 minutes or until a fork inserted into the thickest part releases a clear white fluid when withdrawn. (Can also use opal basil or anise basil). (The Herb Cookery)

Lemon Basil Salad

4 cups cooked angel hair pasta
¾ cup chopped lemon basil
2 Tbsp chopped chives
1 Tbsp Italian parsley
1 cup sour cream
parmesan cheese

Prepare pasta, add herbs and sour cream. Stir until combined. Refrigerate and add Parmesan cheese before serving. (Herbs in a Minnesota Kitchen)

Lemon Basil Spinach Souffle

2 Tbsp butter
2 Tbsp flour
¾ cups milk
1 tsp chopped onion
1 Tbsp chopped Italian parsley
½ cup chopped lemon basil
1 ½ cup grated cheddar cheese
3 eggs, separated
1 ½ cups chopped, cooked spinach

Make cream sauce with butter, flour, and milk. When smooth add onion, herbs, and cheese. Stir in beaten egg yolks and spinach. Fold in stiffly-beaten egg whites. Pour into greased 1-quart casserole. Bake in preheated 350F oven until knife comes out clean

(approximately 55 minutes) (Herbs in a Minnesota Kitchen)

Using Opal Basil

Tomato, Opal Basil and Mozzarella Salad

5 Tbsp olive oil
2 Tbsp red wine vinegar
2 Tbsp fresh opal basil, chopped
1 Tbsp fresh parsley, chopped
1 tsp lemon juice
1 clove garlic, chopped
salt
pepper
leaf lettuce leaves
4 large tomatoes, cut into ¼ inch slices
8 oz Mozzarella cheese, thinly sliced (Buffalo Mozzarella is perfect)
1 red onion, thinly sliced
opal basil sprigs

Place first 6 ingredients in blender container or food processor with metal blade. Cover and process until well blended. Season with salt and pepper to taste. Line large serving dish with lettuce leaves. Arrange alternating slices of tomato and Mozzarella cheese in rows, overlapping slices. Spoon dressing over salad. Top with onion rings and garnish with opal basil sprigs. (The Windowsill Herb Garden)

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HERBALPEDIA

ECHINACEA



Echinacea angustifolia

[ek-in-AY-shee-uh an-gus-tee-FOH-lee-uh]



Echinacea purpurea

[ek-in-AY-shee-uh pur-PUR-ee-uh]



Echinacea pallida

[ek-in-AY-shee-uh PAL-lid-duh]

Family: Compositae

Names: *E. purpurea*: purple coneflower, black Sampson, rudbeckia, Missouri coneflower, Echinacée pourpre

Description: *E. purpurea*: Stately plant with a striking flower with a height of 3 feet and a width of 2.5 feet, sometimes larger. The flowers are a few on each stalk, bright pink-purple, petals of 3 inches long, around a raised center disk or orange. Heads are up to 6 inches wide. The leaves are sparse, narrow, pointed, and very 6 inches long. The fruit is brown, papery seeds. The root is long, spindly, grouped together in older plants with a fleshy white inside covered by a dark skin. It blooms from July to August.

Cultivation: *E. purpurea*: A perennial to Zone 3. It germinates 10-20 days, best if stratified 4 weeks in the refrigerator. Plant shallow, needs sunlight to germinate. Space 1.5 to 2feet. Prefers soil

temperature of 70-75F. Soil should be well drained, fairly poor, can be fairly dry with a pH of 6.8. Prefers full sun or light shade in very hot climates. Plant from seed or divide the crown on 2 year or older plants. It will bloom the first year from seed if started early. Root division is not suggested too often but young plants can be removed from the main rootstock and replanted. It takes 3-4 years to develop roots large enough for a substantial harvest.

History: Botanists named the plant after the hedgehog (*Echinus*) to describe its prickly, conelike center. The Plains Indians used various species for treatment of sore throats, toothaches, infections, wounds, snakebites, and skin problems as well as mumps, measles, smallpox, and cancer. When these illnesses occurred, they would suck on the root. They also applied root poultices to all manner of wounds, used Echinacea mouthwash for painful teeth and gums and drank the tea to treat ailments. Samples of Echinacea were uncovered in campsites from the 1600s, but its use probably goes back much further. Since the 1930s, over 300 scientific articles have been written about it. It was included in *King's American Dispensatory* after the eclectic doctor, John King, tested the herb and successfully used it to treat bee stings, chronic nasal congestion, leg ulcers and infant cholera.

Constituents: *E. purpurea*: Essential oil includes humulene, caryophyllene, sesquiterpenes, polyacetylenes, isobutylalkamines with olefinic and acetylenic bonds, glycoside, polysaccharide, betaine, inulin, caffeic acid esters (mainly echinacoside and cynarin), echinolone

Constituents: *E. angustifolia*: alkalamides (mostly isobutylamides with olefinic and acetylenic bonds); caffeic acid esters (mainly echinacoside and cynarin); polysaccharides; volatile oil (humulene); echinolone; betaine

Properties: anti-inflammatory, antibiotic, detoxifying, increases sweating, heals wounds, antiallergenic

Character: cool, dry, mainly pungent, bitter

Meridians/Organs affected: lungs, stomach, liver

Medicinal Uses: Echinacea root is a popular medicinal herb because it activates the body's immune system, increasing the chance of fighting off almost any disease. It is very nontoxic. Clinical

studies show that extracts improve white blood cell count and create other immune responses. Echinacin, found in Echinacea, stops bacteria from forming the hyaluronidase enzyme, which helps make cells more susceptible to infection. It is a mild natural antibiotic, 6 milligrams of one glycoside equals 1 unit of penicillin, that is effective against strep and staph infections. A study done with over 200 children found that the group who took echinacea, along with two other herbs, had fewer colds and, when they did get sick, had fewer days of fever. Similar results were observed in studies with upper respiratory tract infections and viral infections. It is obvious to researchers that echinacea contains a number of immune-stimulating constituents, although the mechanism is not fully understood. Some components are better extracted into water, others into alcohol. Small amounts taken a few times daily work better than larger doses. Echinacea is also more stimulating to immunity when taken in an on-off regime, say 2 weeks on, 1 week off.

The same chemical (HA) that helps shield tissues against germs also lubricates the joints. Arthritis breaks down HA, but echinacea's HA-protective action may have an anti-inflammatory effect, lending credence to the herb's traditional use in treating arthritis. German researchers have successfully treated rheumatoid arthritis with echinacea preparations. The herb is a helpful remedy for treating allergies, such as asthma

Echinacea serves to support disease resistance in several ways. At the blood level, it accelerates phagocytosis, the means by which macrophages and other antibodies attack and remove bacteria. At the cellular levels, Echinacea helps to reduce the production of an enzyme that breaks down hyaluronic acid, the compound that occurs between cells to bind them together. Because of its multidirectional means of immune system support, its primary usefulness, depends on a healthy immune system. Without a healthy population of unencumbered antibodies to work with, echinacea's capacity to fight infection is limited to its simple, and less-than-impressive, antiseptic actions. This means that timing is critical to echinacea's effectiveness—this herb should be taken at the first onset of infectious symptoms, otherwise its activity will amount to a losing battle against microbial opponents that have already fortified their positions in the body.

Echinacea tincture can be added to juice three times a day and taken along with other herbal

approaches for athlete's foot.. It is also used to treat mastitis and nipple fissures in nursing women.

Solvent: The acid constituents in Echinacea are poorly water soluble and require a strong alcohol base to extract them into a tincture form, but the plant's polysaccharide constituents are easily extracted into water and largely destroyed by alcohol. That is why a 50% alcohol menstrum is an excellent extraction method allowing the acids to be dissolved in the alcohol half and the polysaccharides to be soluble in the half that's water.

Tincture of root: For chronic infections, take ½ tsp in water 3 times a day

Decoction of root: To treat throat infections, gargle with 50 ml 3 times a day. Take 2-5 ml doses every 2-3 hours for influenza, chills, and urinary tract infections, during the first couple of days of acute symptoms. For more chronic conditions, use standard doses and combine with other suitable herbs such as buchu and couchgrass for kidney infections, or cleavers for glandular fever. May be used in 10 ml doses for food poisoning or snakebites.

Wash: Use the decoction or diluted tincture for infected wounds. Bathe the affected area frequently.

Powder: Use for infected skin conditions such as boils (combine with marshmallow) or weeping, infected eczema

Combinations: With yarrow or bearberry for stopping cystitis

Winter Shield Protective Tincture

3 parts Echinacea root (fresh preferred)

2 parts blue elderberries, fresh or dried

2 parts rose hips

1 part fresh or frozen blackberries

1 part fresh or frozen raspberries

1 part grated fresh gingerroot

1 part sliced fresh organic oranges
brandy

Combine herbs and fruits in a glass jar with a tight fitting lid. Cover with brandy. Let sit in a dark place for 2 weeks, shaking each day. Strain off the plant material and bottle in dark bottles.

Allergy Tea

2 cups water

½ tsp each echinacea root and marshmallow root

1 tsp chamomile flowers

½ tsp peppermint leaf

¼ tsp ginger rhizome

Combine water and echinacea and marshmallow roots in a saucepan and simmer for about 5 minutes. Turn off heat and add remaining ingredients. Steep for 15 minutes, then strain out herbs. For a 50-lb child give 1-2 cups daily.

Homeopathy: Tincture of the whole fresh plant for appendicitis, bites of rabid animals, blood poisoning, carbuncles, diphtheria, enteric fever, gangrene, poisoned wounds, pyoemia, rhus poisoning, scarlatina, snake bites, syphilis, typhoid, ulcers, vaccination

Flower Essence: For those feeling shattered by severe trauma or abuse which has destroyed one's sense of Self or those threatened by physical or emotional disintegration. Echinacea flower essence stimulates and awakens the true inner Self. This is a fundamental remedy for many soul and physical illnesses, especially when the individual has experienced shattering and destructive forces. Echinacea restores the soul's true self-identity and essential dignity, in relationship to the Earth and to the human family.

Recipes:

Echinacea and Sheep Sorrel Dressing

3 Tbsp each powdered echinacea root and sheep sorrel

1 cup unpasteurized cider vinegar

½ cup olive oil

3 Tbsp lemon or lime juice

1 Tbsp garlic granules

1 Tbsp onion granules

4 big pinches parsley flakes

salt and pepper to taste

Blend mixture and set out overnight in sealed jar. This is a tangy immune stimulant. (An Herbal Feast)

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HERB OF THE YEAR FOR 2002

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HERBALPEDIA

ROSE

Rosa species

For essential oil: *Rosa damascena*, *R. centifolia*, *R. gallica*

For eating/medicine: *R. rugosa*

Family: Rosaceae

Names: Rose (German); rose (French); rosa da essenza (Italian); rosa (Spanish); Roza (Polish)

Rose hips--Hipberry

Essential oil roses: Damask Rose, Bulgarian rose, Turkish rose, Cabbage Rose, Red Rose

Description: a woody shrub its shoots bear thorny, alternate, unpaired pinnatisect leaves and flowers in terminal corymbs with a swollen receptacle that produces the fleshy false fruit or hip, which contains the true fruits or achenes.

Cultivation: Perennial to zone 5. Germinates in 2-3 months. Space 3-4 feet apart. Soil temperature 70-75F. Soil should be fairly rich and well drained with a pH of 5.5-6.5. Full sun. Propagates best by cuttings. Dry, hot weather produces more fragrant flowers. The roots are dug up in summer and dried in the sun to make rose-root water.

Constituents: Flower contains essential oil which includes citronellol, geraniol nerol, eugenol, linalool, L-p-menthene, cyanin, gallic acid, beta-carotene

Fruit: vitamins C, B, E, K; nicotinamide, organic acids, pectin.

Medicinal Properties: Rosehips: antiscorbutic, diuretic; Petals: carminative, stimulant, emmenagogue

Energetics: (petals) sweet, slightly bitter, warm; rose hips: sour, neutral

Meridians/Organs affected: (petals) liver, spleen; rose hips: kidney, bladder, colon

History: The Rose is thought to have originated in Persia. According to the ancient Greeks, the red rose, a symbol of passion, first bloomed when Aphrodite stuck her foot with a thorn and bled while assisting Adonis. One legend has it that the rose was born from a drop of sweat that fell from the brow of Mohammed. It gave its name to the town of Damascus several thousand years ago and to the silk material made there in the color of the flower. Syria means "land of the rose". From the Near East, its culture spread to Greece and Italy and the Mediterranean islands. The flowers are depicted on the walls of the Palace of Knossos in Crete dating from 2000 BC. *Rosa* comes from the Greek word for red, *rodon*. The Greek poetess Sappho first christened it "Queen of Flowers" around 600 BC.

The Gallic rose was cultivated by the Greeks and Romans, early in their history. The Romans lavishly covered banquet floors, statues, wedding couples and the streets in front of victors with it. The dried petals were sold from barrels in apothecary's shops, hence its name of Apothecary's Rose. The flower was used to adorn the shields of Persian warriors several thousand years BC and was introduced by Roman legions wherever they went reaching Gaul in Northern France 2000 years ago and later, the British Isles. That the plant is able to survive in the most arid conditions accounts for it being possibly the oldest plant known to man still in cultivation. Spanish priests brought the plants to the missions of California where they were used for nutritive and medicinal purposes. Four states in the US regard the rose as their state flower. For early Christians, the rose was a symbol of the Virgin Mary. After Europe's "conversion" to the Christian religion, the rose was forbidden to be used as a symbol of the Virgin Mary because of its earlier associations with Venus, Bacchus and other classical deities. The purer lily was adopted as her floral symbol.

The first rosaries were strung with beads made from ground rose-petal paste and rose bead necklaces are still popular. The rose and the nightingale have long been linked together, and from France comes the legend that the rose is red from the blood of the nightingale, forming an eternal alliance of the beauty of song and flower. Scandinavians have believed that elves colored the rose and man benefits from its special protection. In Germany ill omens were once connected with roses and you got rid of evil spirits by burning the fallen petals. A rose suspended over the table signified that all talk beneath it would be confidential, or *sub rosa*. (The plaster rose once placed in the center of ceilings had the same meaning.)

The story is that a Persian princess, Nour-Djihan, discovered rose oil while being rowed during her wedding procession in a canal filled with fresh roses. The hot day caused the oil to float on the water's surface. When the princess swept her hand into the water, it was covered with exquisite perfume. She begged her father to have his alchemist extract the essence and the manufacture of attar of roses began in Persia in 1612. By the 18th century, France began making rose oil. Currently attar of roses is mostly distilled from flowers grown in Bulgaria. The Turkish rose oil is slightly less expensive.

The fruit of the rose, rose hips, are a popular ingredient in herbal teas. Its vitamin-C content is so high that British sailors during World War II were encouraged to use it as a substitute for citrus.

Rose water, obtained by distillation, is a valuable astringent and relieves tired eyes. Along with almond oil, spermaceti and wax, it makes a soothing cold cream.

Ritual Use: Planet: Venus; Element: Water; Magical attributes are virtue, love, peace, sex, beauty, faithfulness, improving spirits, aiding sleep. If a woman picked a rose on Midsummer's Eve and its color remained until the next month, she could be certain her lover was faithful. Roses represent all aspects of the Goddess: the ability to love and nurture, and to see beauty in all things. It represents the love the Goddess has for Her children and is a patron herbe of lesbians. The rose is associated with emeralds and if one is consecrating jewelry set with an emerald or empowering a stone for magickal work, the emerald should be dressed with rose oil

Cosmetic Use: Rose is good for most skin types and is used in a wide range of cosmetics.

To make a *mouthwash* from rose petals, pour 1/4 pint white wine vinegar over 1/2 pint freshly picked, scented rose petals and mash together for five minutes. Cover and leave in a warm place for two days, then strain and dilute 1 tablespoon with 7 fl oz water.

Galen's Cold Cream: 4 Tbsp olive oil, highly perfumed rose petals, 1 Tbsp purified beeswax, rain or soft water. Place the olive oil in a double boiler and heat slowly until it becomes very warm. Immerse as many rose petals in the olive oil as can be packed in firmly. Cover and leave for several days. When the oil has absorbed the perfume from the petals, strain it and keep on one side until needed. To make the cold cream, heat the beeswax slowly in a pan until it is reduced to a liquid, then blend in the perfumed oil. Remove from the heat and stir until the mixture cools. Add the soft water, a few drops at a time, until the cream reaches the consistency that you most prefer. Pot and label.

Fruity Hand Lotion: 3 Tbsp rosewater, 3 Tbsp glycerine, 3 Tbsp alcohol, 1 Tbsp lemon juice, 1 Tbsp orange juice, 1 Tbsp cider vinegar. Mix all the ingredients together. Bottle, shake well and label.

Rose-root water: Place 1 lb of root in a saucepan with a lid and add 1 pint of water. Simmer over a low flame for 1 hour (with the lid on), then strain into bottles when cool and keep under refrigeration.

Medicinal Use: Honey of Red Rose (Apothecary) was once an official pharmaceutical preparation in the US for sore mouths and throats. Fill a jar with fresh, dry rose petals and clear honey. Cover and leave in a warm place for one week then strain the mixture. Sip a teaspoonful of the honey as required. Rose vinegar was used for headaches, especially those brought on by heat. The leaves are a mild, but seldom used, laxative. In Greece, Hippocrates recommended rose flowers mixed with oil for diseases of the uterus. Ayurvedic physicians use the petals in poultices to treat skin wounds and inflammations. At various times, European herbalists recommended dried rose petal tea for headache, dizziness, mouth sores, and menstrual cramps.

Rose hips are a significant source of vitamin C. But the drying process destroys from 45-90% of it, and infusions extract only about 40% of what's left. For a mildly astringent infusion for colds and flu, use 2-3 teaspoons of dried, chopped hips per cup of boiling water. Steep 10 minutes. Drink as needed. In a tincture, use 1/2 to 1 teaspoon as needed. Dilute rose hip infusions may be given to children under age 2.

TCM: Petals: dries cold, clear mucous discharges, relieves constrictive feelings of the chest and abdomen (stuck liver chi), treats poor appetite, harmonizes blood and is used for irregular menstruation and pain caused by blood stagnation. Hips: used for diarrhea, enuresis, frequent urination, spermatorrhea and leucorrhoea (all complaints of deficient kidney chi)

Aromatherapy Uses:

Note: Middle to Base

Planet: Venus

Constituent: over 300 constituents some in minute traces. citronellol, rhodinol, phenylethylalcohol, stearopton, nerol, linalool, geranium, eugenol, farnesol, different forms of acid, aldehydes

Character: Yin

Taste: bitter, pungent, astringent, sweet

Energy: cooling, moisturizing

Aroma: rosa damascena is warm, deep-floral, slightly spicy and immensely rich, truly reminiscent of red roses, with nuances in spicy and honey-like notes; rose centrifolia is deep-sweet, rich and tenacious floral rose-odor.

Actions: alterative, emmenagogue, refrigerant, nervine, carminative, laxative, astringent, cell regenerator, aphrodisiac, stimulant, antidepressant, antiphlogistic, antiseptic, antispasmodic, anti-tubercular agent, antiviral, bactericidal, choleric, cicitrisant, depurative, haemostatic, hepatic, laxative, regulator of appetite, sedative (nervous), stomachic, tonic (heart, liver, stomach, uterus)

Usage: perfumes, lotion, compress, bath, inhalations, massage, diffusers, all uses

Mixes well with: sandalwood, jasmine, neroli, lavender, bergamot, clary sage, geranium, patchouli, rosewood

Distillation: Extracted by steam distillation of fresh flowers. About 5,000 pounds of flower petals yield 1 pound of essential oil. First distillation yields some of the highest, most volatile components that are so light they are easily lost. It is customary to redistill the spent roses a second time; this is usually combined with the first distillation to ground it and prevent it from evaporating, then sold as "first." The third distillation of the same material produces a somewhat less grand product, and "fourth" distillation is best for blends.

The best-quality essential oil comes from the bushes north of Plovdiv in Bulgaria, in the famous Valley of Roses, situated at an altitude of 300 to 500 meters between two mountain chains--the southern slopes of Stara-Planina and the northern slopes of Sredna Gora on the 42nd parallel. In Turkey, it is in the central-southern and south-western lake region of the Anatolian plateau. Moroccan Rose also seems to come from the *damascena* group; it is cultivated in the high valleys of southern Morocco, M'goun and Dades.

The absolute is obtained by successive washes in pure alcohol, which makes it possible to purify the waxy molecules and other undesirable impurities and cooling at a temperature of -20 to -25 C in order to precipitate the waxes. The removal of the latter enables a clear, liquid product, fairly concentrated in aromatic molecules, to be obtained--called an absolute--which is directly soluble in perfumes.

The essence content of the petals is highest from daybreak until about 9am when the temperature, humidity and light are favorably conjoined (hot, dry and windy weather leads to a reduction in the essence level). Roses are picked at the end of May. Picking is done by hand and lasts four weeks. It begins at dawn and ends when the dew has disappeared from the petals.

Characteristics: A pale yellow or olive yellow liquid with a very rich, deep, sweet-floral, slightly spicy scent. The absolute is a reddish-orange or olive viscous liquid with a rich, sweet, spicy-floral, tenacious odor. The oil congeals at about 17F.

Effects:

Physical: antiseptic, tonic, cooling, relieving cramps, menstruation stimulant, wound healing. For nervous heart, irregular menstruation, vaginitis, conjunctivitis, fever, migraine, wound healing, gingivitis, shingles, herpes simplex

Mind and Spirit: balancing, strengthens inner being, affecting heart chakra, encouraging patience and love. For sorrow, disappointment, sadness, postpartum depression

Skin: astringent, tonic, cleanser. For all skin types especially dry, inflamed skin, skin allergies, baby skin care, pregnancy; broken capillaries, conjunctivitis, eczema, herpes, mature and sensitive complexions, wrinkles.

Rose gives a sense of security and spiritual attunement. It keeps your heart open and connected to all things. It reduces anger and strengthens liver function. It is important in menopause formulas.

A beneficial anti-aging lotion is a few drops each of rose, neroli, frankincense, and sandalwood added to a light vegetable oil. Massage the mixture into the skin or add a few drops of the essential oil mixture to a bowl of hot water for a facial sauna.

The absolute is considered to be inferior to the otto. Some holistic aromatherapists prefer the true otto of rose because it's difficult to remove all of the solvent from the oil after processing.

Other Uses: Rose petals and rosehips add color and fragrance to potpourris. Rosebeads are also popular.

Rosebead Recipe:

½ lb fresh fragrant rose petals

¼ lb fine salt

½ oz each of cloves and allspice

Pound the ingredients together in a mortar or grind in a meat or grain grinder. (If your rose petals are not moist enough to form balls, boil them in a small amount of water first.) Shape into balls, sliding a thick needle or toothpick through the center for a hole. They will shrink and dry in a few days and continue to harden with age. When very hard, they can be polished with vegetable oil.

Another Rosebead recipe:

Half bushel of fresh fragrant rose petals (about a shopping bag full)

Grind the petals in a hand food grinder until you have a mass that resembles modeling clay. Put the ground petals in a cast-iron skillet or pot (no rust in the pot) and regrind daily for 2 weeks. Paste will become thicker each day until it reaches a consistency where it can be formed into smooth, hard beads. To do this, roll little lumps (smaller than marbles) between your hands with a circular motion until they are smooth and well-rounded. Put a large pin through the center of each and stick the pin into a soft board. Continue rolling, piercing, and attaching to the soft board (at least 1/2 inch apart) until you have as many beads as you need. Finished beads will be half the size of the fresh ones. About 60 are needed for adult necklace. Let beads dry for at least two weeks or longer if the weather is humid. Remove the pins and polish each bead with flannel or other soft cloth. String them on button thread using a dark color so it will blend with the color of the beads. Use a very plain clasp.

Culinary Use: Rose water and rose syrup, made from rose petals, are used in numerous Middle Eastern and Indian pastries and confections and are available from specialty stores and ethnic markets. Rose petals are used in making jelly, butter, vinegar, syrup, tea cakes and desserts. They are ideal for crystallizing and are good macerated with wine and fruit. They are also used to garnish desserts and salads. Rose petal sandwiches started with placing a hunk of butter with rose petals in a closed jar overnight. The delicately flavored butter was spread on thin slices of bread that were made into sandwiches with a few fresh petals showing around the edges. Roses were also included in the liqueur Parfait d'Amour. *Lassi*, an East Indian yogurt drink, is flavored with rose water.

To prepare flowers for kitchen use, rinse them and shake off the water. Grasp the open flower in one hand so that the stem is pointing upward. With a sharp pair of scissors, snip right below the stem, and the petals will fall freely. Trim off any bitter white part at the base of each petal. Greenhouse roses are not recommended because they most likely have been sprayed. The more fragrant roses offer the most flavor. Roses vary in flavor and the darker ones have a stronger taste than the lighter ones. The old-fashioned varieties are the best choice. Good choices for edible roses include: *R. rugosa*, *R. damascena*, *R. x alba* and *R. eglantheria*.

Recipes:

Strawberry Rose Cooler

1 pint fresh strawberries

½ cup fresh rose petals

2 cups vanilla ice cream

2 qt milk

½ cup sugar

Place the strawberries, sugar, and rose petals in a blender; blend for approximately 1-2 minutes or until smooth. Add ice cream and remaining milk, 1 cup at a time until mixture is well blended. Recipe can easily be cut in half. (Edible Flowers: A Recipe Collection)

Mexican Rose Olé

- 1 cup red rose petals
- 2 cans yellow whole kernel corn, drained
- ½ cup butter
- 2 eggs
- 2 ½ cup Cheddar cheese, shredded
- 1 cup sour cream
- ½ cup corn meal
- 1 tsp salt
- ¼ tsp pepper
- ½ cup green chilies, drained and diced

In a blender, mix 1 cup corn, butter, and eggs. In a large bowl, mix remaining corn, 2 cups cheese, sour cream, corn meal, salt, pepper, chilies, and rose petals. Add blended mixture; mix and pour into well greased 8 or 9 inch dish. Bake at 350 for 50 minutes or until center is set. Top with ½ cup cheese. Bake about 10 minutes longer until cheese melts. Cover top with rose petals before serving. (Edible Flowers: A Recipe Collection)

Rose Petal Sorbet

- 2 egg whites, at room temperature
- 1 teaspoon cream of tartar
- 1 cup water
- 1 cup loosely packed red rose petals, rinsed and patted dry
- ½ cup granulated sugar
- 4 teaspoons rose syrup
- 1/3 cup half-and-half
- 2 teaspoons lemon juice
- candied rose petals, for garnish

In a mixing bowl, beat the egg whites with the cream of tartar until stiff peaks form. Set aside.

In a small saucepan, combine the water and rose petals. Bring to a rolling boil. Remove from heat, and let steep, covered, for 10 minutes. With a slotted spoon, remove and discard rose petals. Add the sugar and rose syrup, and return to boil for 2 to 3 minutes. Immediately pour the boiling mixture in a slow stream into the egg whites, beating continuously. Add the half-and-half and lemon juice, and beat the mixture for 1 minute. Freeze until set, stirring several times during the freezing process to prevent the mixture from separating. To serve, spoon sorbet onto individual bowls and garnish with candied rose petals. (Edible Flowers: A Kitchen Companion with Recipes)

Crystallized Flower Petals

- 1 Tbsp gum Arabic
- 1 Tbsp warm water

Roses

20 rose petals, gently rinsed and patted dry

¼ cup superfine sugar

In a small bowl, with a wooden spoon, thoroughly mix the gum Arabic with the water until smooth. If small lumps remain, strain the mixture through a fine-meshed sieve. With a clean, small, soft-bristle brush, paint both sides of a petal with a thin coat of the gum Arabic mixture. Sprinkle each side lightly with superfine sugar. Set petal on a metal rack to air dry. Continue in this manner until all the ingredients are used. When the petals are completely dry, store them in an airtight container. Use within 3 months.

Romantic Rose Wine

2 gallon pot half-full of rose petals

1 gallon water

3 pounds sugar

½ package champagne or wine yeast

2 Tbsp rose water

1 tsp orange juice

Cover the rose petals with water and simmer over low heat until the petals become translucent. Strain off the liquid and dissolve the sugar in it. Cool to lukewarm, adding champagne yeast (preferably) which has been suspended in ¼ cup warm water. Cover the pot with a cloth for 24 hours to begin fermentation. Then move the liquid to a larger container with a fitted fermentation lock, and add the rose water and orange juice. Allow this to age until fermentation has all but ceased. Rack off the clear pink liquid into bottles with a sugar cube in each bottle. Seal, using champagne corks, and store in a dark, cool area for 1 month. Open with caution as the bottles will have built up a fair amount of pressure. (A Witch's Brew)

Drop Scones with Rose Petals and Pistachios

2 1/4 cups unbleached white flour

2 teaspoons sugar

3/4 tsp salt

2 tsp baking powder

1/2 tsp baking soda

2-3 pinches cinnamon

4 Tbsp unsalted butter

1/3 cup shelled pistachios, lightly toasted and coarsely ground

1 cup cream

1 tsp rose water

a good handful of rose petals

1 cup confectioner's sugar

1 Tbsp rose jelly or 1 Tbsp red currant jelly mixed with about ½ tsp rose water

Preheat oven to 425F. Combine the dry ingredients in a large bowl and blend thoroughly. Cut in the butter until

the mixture resembles a coarse meal. Stir in the pistachios. Stir the cream together with the rose water. Rinse the rose petals and pat them dry. Shred them finely; there should be about 2 tablespoons. Stir them into the cream, then stir the liquid into the dry ingredients to form a soft dough.

Drop the dough by heaping tablespoonfuls onto an ungreased baking sheet. Bake the scones for 10-12 minutes or until golden brown. Prepare the icing while the scones are baking.

Combine the confectioner's sugar, jelly, and 2 teaspoons water in a small bowl and whisk until smooth. Add another teaspoon water if icing seems too thick--it will melt a little if applied while the scones are warm. Remove the scones to a baking rack to cool slightly before drizzling them with icing. They are best served warm, right after baking.

If preparing them in advance, cool completely without icing and store in an airtight container. Wrap them in foil and gently reheat at 325F for 10-15 minutes. Drizzle the icing over them while they are warm. (Flowers in the Kitchen)

Rose Water

Pour 1 quart water into a 3-quart pan and add about 2 quarts well-washed rose petals; place the lid on it and seal with tape, allowing a length of tubing (about 2 1/2 feet) to extend out at one point, being sure it is not in the water. Place the pan over low heat. Put the other end of the tubing into a glass jar. The steam will carry the vapors into the tube and then into the jar. At one point the tubing must be chilled to condense the vapors; place several ice cubes in a tea towel and wrap around the tubing about midway. (The Forgotten Art of Flower Cookery)

The Rosehattan

1½ ounces whiskey

¼ ounce dry vermouth

¼ ounce sweet vermouth

3-4 drops rose water

1 candied rose petal

Shake the liquid ingredients with crushed ice and strain. Drop a candied rose petal into the glass as a garnish. (The Forgotten Art of Flower Cookery)

Rose Petal Salad

1 quart washed greens (Ruby lettuce a nice contrast)

2 cups fragrant rose petals, with white "nail" removed

1 cup strawberries, halved

2 oranges, peeled, cut in sections, and drained

2 Tbsp rose vinegar (or 1 ½ Tbsp wine vinegar combined with ½ tsp rose water)

2 Tbsp corn oil

1 Tbsp minced sweet cicely

roses and violets or violas for garnish

Arrange lettuce on salad plate, sprinkle with 1 cup rose petals. Arrange strawberries in the center of the plate. Place orange sections in a wheel around the strawberries. Beat rose vinegar; corn oil, and sweet cicely together and drizzle over all. Sprinkle with remaining rose petals and garnish with a whole rose or two and some violets or violas. (Sage Cottage Herb Garden Cookbook)

Lobster Salad a la Roses

2 cups cold cooked lobster
6 Tbsp salad oil
3 Tbsp vinegar
½ tsp rose water
¼ tsp minced fresh tarragon
salt and cayenne pepper to taste
pickled rosebuds

Marinate the lobster chunks in the other ingredients for at least an our in the refrigerator. Serve on lettuce with a few additional pickled rosebuds tucked in. (The Forgotten Art of Flower Cookery)

Moroccan Chicken with Pistachios, Apricots, Roses and Marigolds

2 cups long grain rice
2 Tbsp vegetable oil
3 spring onions (scallions)
1 onion, finely chopped
2 oz plump dried apricots, chopped
2 oz pistachio nuts, shelled
2 oz pine nuts
1-2 Tbsp ground cinnamon
1 3 lb chicken, skinned, boned and cut into strips
sea salt and black pepper
1 tsp rose water
1 heaped Tbsp highly scented rose petals
1 heaped tsp marigold petals

Cook the rice in boiling, salted water for 15-20 minutes, or until just tender; it should still be a little chewy. Heat 1 tablespoon oil in a frying pan, put in the onions and fry quickly for 2 minutes. Add the apricots, pistachios and pine nuts, sprinkling them with cinnamon as they cook. Using a slotted spoon, remove the mixture from the pan and stir into the rice. Cover and keep warm.

Heat the remaining oil, put in the chicken strips and fry quickly, sprinkling with a little more cinnamon. Do not overcook the chicken, which should be tender and juicy. Mix the cooked chicken into the rice, season if necessary and spread the mixture in a wide shallow dish. Sprinkle with rose water and decorate with the rose and marigold petals. Serve at once. (Cooking with Flowers)

Rose Pancakes

1 cup flour

3 tsp baking powder

1 Tbsp sugar

¼ tsp salt

dash of cinnamon (optional)

1 egg

1 Tbsp honey

1 Tbsp rose way

2 Tbsp almond oil, plus extra for the griddle

Mix the flour, baking powder, sugar, and salt in a medium-sized bowl. Beat the egg, honey, rose water, and oil in a small bowl. Stir egg mixture into the dry ingredients. Oil griddle; heat until a few drops of water bubble and dance on the surface. Fry until bubbles appear and the edges are dry; flip. Serve with butter and syrup or strawberries and whipped cream. (A Kitchen Witch's Cookbook)

Rose Omelet

8 eggs

1 level tsp celery salt

pinch of marjoram

½ cup clean rose petals

paprika to taste

extra rose petals for garnish

Break eggs into the blender, season with celery salt and marjoram. Add rose petals and blend at medium speed until the eggs are fluffy and the petals practically liquefied. Pour the mixture into a greased pan over medium heat. When bottom is lightly browned and top is set, make a crease across the top with a spatula and fold the omelet over and slide onto a plate. Decorate with a bright trail of paprika and garnish the dish with dewy rosebuds. (Stalking the Healthful Herbs)

Rose Hip and Apple Cheese

2¼ lb apples

2 oz red rose hips

10 oz fresh orange juice

5 oz water

2 lb raw sugar

Wash and chop up the unpeeled and uncored apples. Slice the rose hips and tie them in a muslin bag. Put the apples and rose hips into a preserving pan with the orange juice and water and cook over low heat with the lid on until the apples are soft and pulpy. Remove the bag of rose hips and discard. Press the apples through a sieve and measure the purée. For every 1 lb allow 1 lb of sugar. Put the pulp and the sugar into the pan, and cook over medium heat, uncovered, until very thick—about 1 hour. Stir frequently to prevent burning or sticking. Spoon into jars while hot. Serve this preserve with all kinds of meat, or on warm new bread, fresh scones or hot buttered toast. (Herbs for All Seasons)

Rose Peach Muffins

- 1 egg
- 1 cup milk
- ¼ cu melted shortening
- 2/3 cup sugar
- ½ tsp salt
- ¼ tsp cinnamon
- 1 tsp lemon juice
- ¼ tsp vanilla
- 1 Tbsp crushed, dried rose petals or 3 Tbsp fresh, chopped
- 2 cups unsifted flour
- 3 tsp baking powder
- 1 cup unpeeled, chopped fresh peaches

Beat the egg. Stir in the milk, shortening, sugar, salt, cinnamon, lemon juice, and vanilla. Sift together flour and baking powder. Stir into the liquid mixture just until blended. Do not overmix. Fold in the peaches and rose petals. Fill greased muffin tins 2/3 full. Bake at 450F about 20 minutes, or until golden brown. Makes 1 dozen. (Edible Flowers: A Recipe Collection)

Rose Hip Soup

- 1 lb dried red rose hips
- 2 quarts cold water
- 6-8 oz sugar
- 1 Tbsp cornflour
- ½ pint whipped cream (or sour cream)
- ¼ lb almonds

Soak the hips for 12 hours in the water. Turn hips and water into a saucepan. Bring to boil. Simmer gently till into a pulp, stirring occasionally. Strain juice into a saucepan. Add sugar. Bring to boiling point. Cream the cornflour with cold water and stir in. Stir till boiling. Simmer for 3 minutes, stirring constantly. Dish up. Spoon a tablespoon of the cream over each portion, then sprinkle cream lightly with tiny shredded blanched almonds. When the weather is cold, serve soup tepid. When the weather is hot, serve soup chilled. (Edible Flowers)

Rose Petal Jam

- 4 cups rose petals
- 1¼ cups water
- juice of 2 lemons
- 1 cup white sugar

2 Tbsp rose water

Gently simmer the rose petals in water for 15 minutes. Stir in the lemon juice and sugar and bring again to the boil, stirring continuously until the sugar has dissolved. Cook steadily for 15-20 minutes, until the jam starts to thicken. Remove from the heat and stir in the rose water. Pour into sterile jelly glasses and seal. (The Herbal Connection Collection)

Rose Drop Cookies

2¼ cups sifted cake flour

¼ teaspoon salt

½ teaspoon baking soda

½ cup shortening

1 egg, beaten

1 cup sour cream

½ cup brown sugar

4 tsp rose water

light handful dried rose petals (optional)

Mix and sift first four ingredients; cut in shortening. Beat egg and add to sour cream and brown sugar; then combine with the flour mixture. Next add the rose water and if desired a handful of crushed dried rose petals to add a touch of color. Drop by teaspoons onto a greased cookie sheet. Bake at 350F for about 15 minutes. (The Forgotten Art of Flower Cookery)

Cold Cherry and Rose Soup

1 15 oz can dark pitted cherries with syrup or 1 lb fresh cherries, pitted and 3-4 Tbsp sugar

1 pint cold water

1 wine glass red wine

1 cinnamon stick broken in half

pinch of freshly grated nutmeg

1 lemon, thinly sliced (seeds removed)

trimmed petals of 1 large or 2 small strongly scented roses (or 2 tsp of rose water)

1 Tbsp cornflour

juice of 1 lemon

sour cream

Put the cherries, water, red wine, spices, lemon slices and rose petals in a saucepan. Bring to the boil and simmer gently for 15 minutes. Remove the lemon and cinnamon with a slotted spoon. Allow the liquid to cool slightly, then place it in a blender and blend until smooth. Pour it back into the saucepan. Put the cornflour in a small bowl and add enough of the cherry mixture to make a smooth paste. Add the lemon juice and cornflour paste to the liquid in the saucepan. Heat slowly, stirring, until completely blended and very smooth. Add the rose water if you are using it and put the mixture in a bowl to chill in the refrigerator. Swirl a spoonful of sour cream into each bowl when you serve it. (Edible Flowers)

Rose-Berry Pork Chops

4-6 pork chops

1 can jellied cranberry sauce

2 Tbsp mustard

2 Tbsp lemon juice

¼ cup rose petals, dried and crushed

½ tsp cinnamon

2 Tbsp brown sugar

In a small glass bowl, cook cranberry sauce, mustard, lemon juice, cinnamon, rose petals, and brown sugar for 2 minutes in a microwave. Stir and then cook for 1 minute more. In a glass baking dish, lay the pork chops in a single layer. Spoon on the sauce mixture. Cook, covered, for about 10-12 minutes in the microwave or for about 40-45 minutes in a conventional oven at 350F or until tender. Spoon sauce over pork chops when serving. Garnish with fresh rose petals. (Edible Flowers: a Recipe Collection)

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HERBALPEDIA

SAGE



Salvia officinalis

[SAL-vee-uh oh-fiss-ih-NAH-liss]

Names: garden sage, meadow sage, Spanish sage, Greek sage, Dalmatian sage; Salbel, Salbei, echte Salvei (German); sauge (French); salvia (Italian); Salvia (Spanish); Szalwia lekarska (Polish)

Family: Labiatae

Description: small, rounded shrub with a height of 2 feet and a width of 2 feet. The flowers are violet-blue, pink or white up to 1 3/8 inches long, small, tubelike, clustered together in whorls along the stem tops. The leaves are woolly white, textured, elongated ovals 1-2½ inches. The drier the weather, the grayer the leaf color. Blooms May to June.

Cultivation: A perennial to zone 4-5. Germination is 2-3 weeks. Space 1½ to 2 feet apart. Soil temperature 60-70F. Soil should be well drained, sandy, fairly rich with some nitrogen and a pH of 6-6.5. Sow seeds 6-8 weeks before the first frost. Needs mulch when temperatures drop below 0F. Cut 6-8 inches of top growth from the plant 2 or 3 times a year (after the first growing season), then dry the

bunches in thin layers. Sage leaves are heavy so drying may take from 7-10 days. Seeds difficult to germinate, root cuttings in sand or layer them. Use a light application of fish emulsion in early spring. Set traps to deter pill bugs; use bacillus thuringiensis to kill worms; spray with insecticidal soap to kill mealy bugs.

History: The generic name for sage, *Salvia*, comes from the Latin word meaning "to heal" or "savior" The Greeks called it *elifagus* which became the Greek *spahkos* and later, *sawge* in Old English. The ancient Greeks and Romans first used sage as a meat preservative. They also believe it could enhance memory. Pliny prescribed it for snakebite, epilepsy, intestinal worms, chest ailments, and menstruation promotion. Dioscorides considered it a diuretic and menstruation promoter and recommended sage leaves as bandages for wounds. Around the 10th century, Arab physicians believe sage extended life to the point of immortality. After the Crusades, this belief showed up in Europe where the saying : "Why should a man die who grows sage in his garden?" evolved. Charlemagne ordered sage grown in the medicinal herb gardens on his imperial farms and the French called the herb *toute bonne*, meaning all's well. Every country's herbals recommended sage: an Icelandic book from the year 1000, Hildegard of Bingen, Chinese physicians, Ayurvedic physicians and John Gerard and Nicholas Culpeper. Folk healers in America used sage to treat insomnia, epilepsy, measles, seasickness and intestinal worms. The Eclectics used it primarily to treat fever and also prescribed sage poultices for arthritis and the tea as a sexual depressant. As late as the 1920s, US medical texts recommended sage tea as a gargle for sore throat and sage leaf poultices for sprains and swellings.

English herbalists believed that in the garden, this plant would prosper or wane as the owner's business prospered or failed. It was also said that the plant grows vigorously in any garden where the wife rules the house. It was common, then, for the husband to prune the garden ruthlessly to destroy the evidence of his subservience. In France, it was displayed in cemeteries to mitigate grief.

Properties: aromatic, stimulant, carminative, antispasmodic, antiseptic, immune stimulant

Constituents: Of oil: pinene, camphene, myrcene, limonene, linalool, bornyl acetate, borneol, salviol, camphor, cineole, thujone, phellandrene

Energetics: spicy, astringent, warm

Meridians/Organs affected: lungs, stomach

Nutritional profile: one teaspoon (.7 g) ground sage has 2 calories. It provides 0.1 g protein, 0.1 g fat, 0.4 g carbohydrates, 12 mg calcium, 0.2 mg vitamin C and 41 IU vitamin A

Medicinal Uses: Sage oil has a unique property from all other healing herbs--it reduces perspiration. Several studies show sage cuts perspiration by as much as 50% with the maximum effect occurring 2 hours after ingestion. This effect explains how it developed a reputation for treating fever with profuse sweating. Salysat is a sage-based antiperspirant marketed in Germany. Sage is a drying agent for the body. Use it as a sore throat gargle and as a poultice for sores and stings. Use two teaspoons of the herb per cup of water, steep for twenty minutes and take a quarter cup four times a day. Can also be used as a gargle. It tastes warm, aromatic and somewhat pungent. Tincture: 15-40 drops, up to four times a day.

Like rosemary, sage contains powerful antioxidants, which slow spoilage supporting its traditional use as a preservative. This is due to the presence of labiatic acid and carnosic

acid. British researchers have confirmed that sage inhibits the enzyme that breaks down acetylcholine, thus preserving the compound that seems to help prevent and treat Alzheimer's.

Sage makes a good digestive remedy. The volatile oils have a relaxant effect on the smooth muscle of the digestive tract, while in conjunction with the bitters, they stimulate the appetite and improve digestion. Sage encourages the flow of digestive enzymes and bile, settles the stomach, relieves colic, wind, indigestion, nausea, diarrhea and colitis, liver complaints, and worms. Its antiseptic properties are helpful in infections such as gastroenteritis. Sage is a tonic to the nervous system and has been used to enhance strength and vitality.

It has a tonic effect upon the female reproductive tract and is recommended for delayed or scanty menstruation, or lack of periods, menstrual cramps and infertility. It has an estrogenic effect, excellent for menopausal problems, especially hot flashes and night sweats. It stimulates the uterus, so is useful during childbirth and to expel the placenta. It stops the flow of breast milk and it is excellent for weaning. One German study shows sage reduces blood sugar levels in diabetics who drink the infusion on an empty stomach. It also contains astringent tannins which account for its traditional use in treating canker sores, bleeding gums and sore throats. Commission E endorses using 2-3 teaspoons of dried sage leaves per cup of boiling water to make an anti-gingivitis tea. Recently published studies by a team of scientists from the Department of Microbiology and Chemotherapy at the Nippon Roche Research Center in Kamakura Japan, informed that powdered sage or sage tea helps to prevent blood clots from forming, and is quite useful in the prevention and treatment of myocardial infarction and general coronary pains.

The Chinese value it in treating yin conditions such as weakness of the stomach, nerves and digestive system. (*S. miltiorrhiza*--dan shen)

Floral Calm Tea: 4 oz skullcap herb; 2 oz rosemary flower, leaf; 2 oz linden flower; 1 oz sage leaf; 1 oz passion flower herb. Combine 1/2 ounce of the mixture with 3 cups of boiling water in a teapot or container with a well-fitting lid. Let stand for five to fifteen minutes before straining. Drink 2 ups hot or cold as needed. (The Herbal Menopause Book)

Cyclone Cider Deluxe

¼ cup grated fresh gingerroot

¼ cup chopped onion

¼ cup fresh rosemary leaves

1/8 cup fresh sage leaves

1/8 grated fresh horseradish

4 slices fresh organic lemon

4 slices fresh organic orange

4-6 fresh peeled garlic cloves

2-4 cayenne peppers

apple cider vinegar

honey or maple syrup

Place all herbs, fruits and vegetables into a widemouthed jar. Cover with 2-3 times as much apple cider vinegar. Place plastic wrap over jar and then secure tightly with a lid. Shake daily for 2-4 weeks. Store at room temperature out of direct heat and light. Strain, squeezing all liquid possible out of the herbs. Discard herbs and rebottle the vinegar. Add honey to taste, enough o make a syrupy consistency. Take 1-2 Tbsp as needed, or add to soups, sauces, marinades and dressings.

Sage Throat Spray:

5 fresh sage leaves

8 oz distilled water

5 inch square cheese cloth

8 oz amber glass bottle with spray-top

Place sage in a small glass bowl. In a small, nonmetal pot with a tightly fitting lid, bring the distilled water to a boil. Pour the boiling water over the sage. Cover and steep for 10 minutes. Place the cheese cloth in a fine-gauge sieve. Strain the infusion into the spray bottle and discard the spent herb. For swollen, inflamed throat apply the spray every 2 hours. Can be stored in refrigerator for 3 days. (The Healing Kitchen)

Homeopathic: Homeopaths use sage for night sweats, coughs, and to dry breast milk.

Flower Essence: Sage flower essence enables the Self to learn and reflect about life experience, particularly enhancing the capacity to experience deep inner peace and wisdom. This remedy addresses a natural distillation process which occurs as the healthy person ages. Drawing wisdom from life experience; reviewing and surveying one's life process from a higher perspective.

Aromatherapy Uses:

Extraction method: steam distillation of the dried plant.

Characteristics: strong, herbal, fresh and spicy; colorless. Top note.

Energy: heating, drying; Taste: pungent, bitter, astringent

Dosha effect K V-, P+

Blends well with: bay, bergamot, geranium, ginger, lavender, melissa, myrtle, niaouli, orange, rosemary; cajeput; clary sage; eucalyptus; peppermint, pine, rose, tea tree, citrus, rosewood, citronella, pine

Toxicity: Since the oil contains up to 50% ketone, a toxic substance that causes cramps, it should not be taken orally.

Uses: Digestive system: helpful for weak or debilitated digestion, also good for diarrhea
Respiratory: strengthens the lungs and if useful for colds, flu, coughs and sore throats.

Reproductive: Promotes menstruation and is helpful for scanty periods or menstrual cramps. Eases hot flashes and sweating during menopause

Muscular System: relaxes the muscles, especially when they have been overworked as in weight-training or other strenuous sports.

Skin: Good for cuts and wounds; seems to arrest bleeding from cuts and wounds and helps the formation of scar tissue.

Emotion: Quickens the senses, strengthens the memory and tones the conscious mind. Indicated for tiredness, depression and grief

Blends:

Digestive: 6 drops sage; 4 drops peppermint; 2 drops orange

Respiratory: 5 drops sage; 4 drops eucalyptus; 2 drops thyme

Reproductive: 6 drops sage; 3 drops geranium; 3 drops cypress

Emotion: 4 drops sage; 2 drops bergamot; 2 drops lime

Cosmetic Use: Sage is recommended for oily skin as a deep cleansing mask or a facial steam. It's a tooth cleaner or works well with apricot and banana as a lip balm. It's recommended for dry/sensitive hair; anti-dandruff; added shine and luster; color enhancer for dark and grey hair. It's a refreshing and deodorizing footbath.

For an aftershave: Buy two bottles of plain witch hazel. Pour ½ cup liquid out of one of the bottles, and 1/4 cup crumbled sage leaves. Cap the bottle and shake it thoroughly. Let it stand for a week, pour out all the witch hazel in the second bottle, and strain the scented liquid from the first bottle into the second through a coffee filter or a clean linen handkerchief. Discard the wet sage leaves. If you prefer a stronger scent, repeat the process, adding another ¼ cup crumbled dried sage leaves to the liquid. At the end of the second week, strain the liquid back into the empty witch hazel bottle, discard the sage leaves and the empty bottle and use the liquid as an astringent aftershave.. Sage tea can be used as an after-shampoo rinse to make brunette hair shiny and smooth. To make the rinse, pour 1 cup boiling water over 1 tablespoon rubbed or ground sage. Let the mix steep for 15 minutes. Then strain the liquid through a coffee filter or a clean linen handkerchief; use after shampooing.

Rosemary-Wheat Germ Body Toner

1/2 cup water, 2 Tbsp chopped sage leaves, 2 Tbsp chopped rosemary leaves; 1/4 cup wheat germ; 1/2 cucumber (do not peel); 1/4 russet potato; 1 Tbsp alfalfa sprouts; 1 tsp lemon extract

Bring water, sage, and rosemary to a light boil; reduce heat and simmer infusion for 1/2 hour. Let cool and, in a blender, mix infusion with remaining ingredients together on medium speed for 1 minute, or until pureed. Filter solution through a paper towel or coffee filter, discarding solids. Put liquid into a small cosmetic bottle and apply to face, gently wiping with a cotton ball. Let toner absorb into skin and follow with a moisturizer. Use daily. Cover and refrigerate; discard after 3-4 days. (Blended Beauty)

Black Tea Body Masque with Almond and Peppermint

1 1/4 cups water, 2 black tea bags, 1 Tbsp chopped sage leaves; 1 Tbsp thyme leaves; 1/2 packet unflavored gelatin; 1/2 tsp honey; 1/4 tsp almond extract; 1/2 tsp peppermint extract

Bring the water to a boil in a saucepan; immerse the tea bags, sage and thyme in it, reduce heat and simmer for 25 minutes; remove from heat and cool slightly. Stir in gelatin, honey, and extracts. Let sit in refrigerator for 8-12 hours or until firm (it should have a gelatinous consistency). Apply to the body, smoothing mixture evenly over skin. Leave on for 15 minutes, then rinse with warm water. Makes 1 cup. For entire body, double the recipe. Cover and refrigerate; discard after 5 days. (Blended Beauty)

Hair Color: Make an infusion of a handful of "tops" or the dried leaves in 1 pint of boiling water and let stand for 10 minutes before straining. Massage into scalp and hair after shampooing. Let dry on and afterwards massage in a little coconut oil if the hair is dry.

Sage Stain-removing Powder

2 Tbsp fresh sage leaves; 2 Tbsp sea salt

Put the ingredients in a bowl and using a pestle or some other heavy smooth tool, crush them

into a fine powder. Place the mixture in a warm oven. When it is well baked and fairly hard, remove and pulverize a second time. Store in a shallow airtight container. This cleanser rids the teeth of harmful plaque and unsightly stains.

Deodorizing Herbal Foot Bath

2 Tbsp rosemary, 2 Tbsp pennyroyal, 2 Tbsp sage, 2 Tbsp angelica, 2 Tbsp juniper berries, 2 pints boiling water. Put all the ingredients in the boiling water, cover and leave to stand for one hour. Strain, bottle and refrigerate. Pour half a pint of liquid into a foot-basin partially filled with warm water. Immerse your feet in the soak for fifteen to twenty minutes. Pat dry and apply a cologne or astringent. (The Natural Beauty Book)

Sage Lip Cream: 4 tsp sweet almond oil, 1 tsp shredded beeswax, 2 tsp dried sage, 4 tsp warm rosewater, 5 drops sage oil. Put the almond oil and the beeswax together in a double boiler and simmer slowly until they have melted and mixed. Add the dried sage, stir, cover and allow to simmer for five minutes. Remove from the heat and leave to steep for two hours. Return the mixture to a low heat, strain and whip in the rosewater. Continue blending for several minutes. Remove from the heat, add the sage oil and keep stirring until the salve thickens and cools. Pot and label.

Ritual Uses: Sage absorbs negativity and misfortune. It drives away disturbances and tensions, and lifts the spirits above the mundane cares of life. Burn it to consecrate a ritual space. Carry it as an herb of protection. Use it in the ritual bath and the chalice. Herb of Jupiter; Element: Earth. It brings wisdom, immortality and wealth. Tradition holds that those who eat sage become immortal in wisdom and in years. It is used in wish manifestation and to attract money. The Language of Flowers: domestic virtues; esteem; long life and good health

Culinary Uses:

Fresh sage has a milder flavor than dry so it can be used more extensively. In Italy, fresh sage

leaves are fried whole and eaten with gnocchi, potatoes and veal dishes. Focaccia is frequently studded with fresh sage leaves. In England, fresh sage and onion stuffing is traditional with goose and chopped fresh sage is mixed with cottage cheese to spread on dark bread. Sage honey is marvelous over homemade bread and muffins. Stir chopped fresh sage into biscuit dough and add it to dumplings and scones. Lay cut branches of sage on top of hot coals to impart a sage flavor to the cooking food. Spread fresh leaves over a pork roast before cooking. Use it to cut the richness of fatty foods such as goose, duck and oily fish. Fresh sage has a prominent lemon zest flavor that is lost when the herb is dried. Fresh sage can be frozen: place small sprigs in plastic bags and freeze. It will keep for up to two months.

Tastes good with/in: poultry stuffing mixtures with onion, rich and fatty meats such as goose and pork, sausages and other charcuterie, veal, risotto, anchovies, tomato-based sauces, salads, pickles and cheese dishes. An affinity with oregano, thyme, parsley and bay leaf.

Recipes:

Sage Liqueur

12-14 fresh sage leaves or 4 tsp dried or 2 tsp ground
2 whole cloves
sliced and scraped peel of one lemon
1½ cups dry white wine
1 ¼ cups vodka
1 cup sugar syrup

Lightly crush the sage leaves, add the clove and lemon peel to the white wine and vodka for 2 weeks. Strain and filter; add the sugar syrup. Mature 4-9 weeks.

Sugar Syrup

1 cup white granulated sugar and ½ cup water
Bring to a boil, and stir until all the sugar is dissolved and the mixture is clear. Always cool before adding to alcohol mixture. (Homemade Liqueurs)

Sage Flower Pesto

2 cups sage flowers
1/4 cups walnuts, roasted
1/2 cup walnut oil
1 clove garlic, peeled
4 green onion, white part only, coarsely chopped

Process all ingredients in processor until smooth. Good on pasta or as an accompaniment to roast pork or veal.

Sage Stuffed Trout

4 fresh trout, 6-8 ounces each, boned and cleaned, heads and tails left on
20 small sprigs fresh sage
salt and pepper to taste
2 Tbsp unsalted butter
4 Tbsp safflower oil
juice of 1/2 lemon
4 large bay leaves
4 sprigs fresh flat-leaf parsley
4 large fresh basil leaves
4 small sprigs fresh rosemary
4 sprigs fresh mint
1/2 cup gin

Stuff each trout with 4 sprigs of sage. Sprinkle with salt and pepper to taste. Tie trout with a bit of butcher string to hold closed. In a large sauté pan, heat the butter and oil. Sauté the trout over medium-high heat for 5 minutes. Turn and cook for another 5 minutes or until done when flaked with a fork. Squeeze on lemon juice. Place trout on a flameproof platter; pour the juices over the fish. Arrange the remaining sage and the other herbs over the fish. Heat the gin in a small pan over low heat. Pour the gin over the fish and herbs; flame with a match. Serve the trout with the flamed herbs immediately. (Kitchen Herbs)

Salviata (Sage Pudding)

6 eggs, lightly beaten
1 Tbs all-purpose flour
1/4 cup chopped fresh sage leaves
1 small clove garlic, finely chopped
3 Tbs freshly grated Parmesan cheese
2 Tbs heavy cream
Salt and freshly ground pepper to taste
1 Tbs extra-virgin olive oil

Combine the eggs and flour in a mixing bowl and beat to incorporate. Stir in the remaining ingredients except the olive oil. Grease a 6-inch round baking dish with the olive oil and pour in the egg mixture. Bake in a preheated 325F oven for about 30 minutes, until risen and set but still soft. Serves 4 to 6.

Pasta E Fagioli

1 1/2 pounds white beans
1/3 cup olive oil
1 1/2 tsp salt
1 large onion, diced
8 garlic cloves, chopped
8 oz small dried pasta
5 cups vegetable stock or water
1/3 cup tomato paste
3 Tbsp chopped fresh sage or 2 tsp crumbled dried sage
3 Tbsp chopped parsley
salt and freshly ground pepper
6 sage leaves
2-3 parsley sprigs
olive oil
freshly grated parmesan

Soak the beans overnight. Pour off the soaking water and transfer the beans to a large soup pot. Cover the beans with 1 inch of water. Add 3 tablespoons of the olive oil. Cook the beans until they are tender, about 1 hour, adding 1 1/2 teaspoons salt at the end of the cooking time. While the beans are cooking, soften the onion and garlic in the remaining olive oil over moderate heat. Bring abundant, well-salted water to a boil. Cook the pasta barely al dente and drain it. Stir the pasta, onion, and garlic into the beans. Add the vegetable stock and the tomato paste and simmer over low heat for about 5 minutes. Add the chopped sage and parsley to the soup. Cook over low heat for 10 minutes. Adjust the seasoning with salt and pepper. Chop the sage and parsley leaves together for garnish. Ladle the soup into warm soup plates or bowls. Garnish with the herbs. Pass the olive oil and the grated cheese (Herbs in the Kitchen)

Sage Crusted Lemon Sole

1 cup sage flowers, finely chopped
12 small mushrooms, finely chopped
¾ cup parsley, finely chopped
1 Tbsp lemon zest, finely chopped
1/3 cup bread crumbs, processed to a fine consistency
1 egg
6 Tbsp sweet (unsalted) butter, softened to room temperature
salt
freshly ground black pepper
2 Tbsp olive oil
4 lemon sole fillets

Mix the flowers, mushrooms, parsley, lemon zest, crumbs, egg, butter, salt and pepper in a nonmetallic bowl. Preheat the broiler. In a heavy, cast-iron (or all metal--no plastic handles) frying pan, heat the oil until hot (not smoking). Add the fillets and cook them about 2 minutes on each side, just until lightly browned. Season with salt and pepper, if desired. Spoon the crust mixture onto the fish. Smooth to evenly cover each fillet. Place the frying pan about 12 inches under the broiler and cook until the crust is crisp and lightly browned. Be careful not to burn it. (Edible Flowers from Garden to Palate)

Italian Braised Beef

3-4 pounds beef chuck roast
1 large onion, chopped
2 Tbsp olive oil
24 oz tomato sauce
4 ripe tomatoes, chopped or 1 can Italian plum tomatoes (28 oz)
1 cup water
½ tsp ground allspice
2 Tbsp chopped fresh marjoram
1 Tbsp chopped fresh sage
2 tsp chopped fresh thyme
6 cloves garlic, crushed
¼ cup chopped parsley
½ lb fresh mushrooms, sliced
salt and pepper to taste

In a large Dutch oven or deep ovenproof skillet, slowly brown meat and onion in olive oil on top of stove or in oven at 450F. Turn over to brown both sides. Add tomato

sauce, tomatoes, water, allspice, marjoram, sage, thyme, garlic and parsley (reserve some parsley for garnish). Cover and cook on top of stove over low heat or in oven at 300F for 1 1/2-2 hours. Meat should be very tender. Add more water if necessary. When meat is tender, skim off any excess fat. Add mushrooms and continue to simmer for 15-20 minutes. Remove meat from pan and let rest 10-15 minutes. Slice meat and serve with sauce over macaroni, rigatoni or rice. Garnish with reserved parsley. Substitute Chianti or Zinfandel for 1 cup water for extra flavor in sauce. (Southern Herb Growing)

Scalloped Cabbage and Cheese

4 cups shredded cabbage
2 Tbsp butter or margarine, melted
1½ Tbsp flour
½ tsp salt
1 cup milk
¼ tsp ground sage
1 cup shredded cheddar cheese
2 cups soft bread crumbs
¼ cup butter or margarine, melted

Boil cabbage for 5 minutes. Drain well and set aside. Combine 2 tablespoons melted butter, flour and salt in a saucepan. Cook over low heat, stirring constantly, until bubbly. Gradually add milk. Cook, stirring constantly, until smooth and thick. Place a layer of cooked cabbage in the bottom of a greased 1½ quart baking dish. Sprinkle the sage evenly over the cabbage. Sprinkle the cheese over the cabbage. Pour the white sauce over the cheese. Combine bread crumbs and ¼ cup melted butter. Sprinkle crumbs over casserole. Bake at 350 for 30 minutes. Do not brown. (The Best of Thymes)

Sage Stuffed Acorn Squash

6 medium acorn squash--cut in ½ and seeded
1 cup dry breadcrumbs
1 cup cornbread crumbs
½ minced onion
1 cup milk
1 egg beaten
2-3 Tbsp minced fresh sage
¼ cup olive oil (flavored if possible)

Place squash cut side down in pyrex type dish. Add about ½"-1" water and bake at 350F for 1 hour or until tender (microwave 20-25 minutes). Cool somewhat. Scoop out squash leaving shell. Combine squash pulp and all ingredients except olive oil. Mix well. Spoon back into shell. Drizzle with oil and bake additional 15 minutes. Serves 12. Can easily be cut down. (The Herbal Connection Collection)

Mousseline of Goose and Wild Turkey

1½ lb fresh goose breast
1 lb wild turkey breast
4 oz cognac
1 oz ground cumin
2 oz goat milk
½ oz worcestershire sauce
1 serrano pepper, minced
1 Tbsp dark soy sauce
1 Tbsp fresh opal basil, chopped
1 Tbsp fresh tarragon, chopped
1 Tbsp fresh sage, chopped
1 Tbsp fresh Mexican mint marigold, chopped
Hot pepper sauce to taste
Salt and Szechwan pepper to taste
2 oz fat back
2 oz reduced fowl stock
¼ oz sea salt
2 garlic cloves, crushed
½ oz dry mustard
½ oz tumeric
1 oz chili powder
2 eggs
1 Tbsp yellow peppers, diced
1 Tbsp brown Holland pepper, diced
chicken broth to fill large stock pot

Remove the skin from goose and turkey breast. Cut meat into large diced pieces. Place goose and turkey meat in large bowl. Add cognac, cumin, goat milk, worcestershire sauce, serrano pepper, soy sauce and fresh herbs. Season with hot pepper sauce, Szechwan pepper and salt to taste. Cover bowl. Allow meat to marinate in refrigerator for 24 hours.

Remove meat from marinade and add meat to food processor bowl. Puree meat. Add diced fat back, reduced fowl stock, sea salt, garlic, dry mustard, turmeric, chili powder and

eggs. Process until ingredients are pureed or for approximately one minute. Remove puree from processor bowl to large mixing bowl. Fold in diced peppers.

Roll cheesecloth around mixture and tie ends off with butchers twine. Fill a large stockpot with chicken broth. Heat chicken stock. Poach the mousseline roll in stockpot for approximately one hour. Remove from stock and let cool. Slice and serve either warm or cold. (Culinary Herb Festival Cookbook Vol 1)

Cornmeal Sage Biscuits

1¼ cups white flour
¾ cup yellow cornmeal
2 tsp baking powder
¼ tsp baking soda
1/8 tsp freshly ground pepper
1¾ tsp minced fresh sage or ¾ tsp crumbled dry sage
4 Tbsp margarine or vegetable oil
2/3 to ¾ cup apple juice
1 egg white, lightly beaten
14 small, fresh sage leaves or 30 very small ones.

Combine first 6 ingredients in a medium bowl; cut in margarine with pastry blender or two knives until pieces are the size of peas. With a fork, lightly stir in 2/3 cup of juice until dough is moistened and pulls away from sides of bowl. If it seems too dry, add a bit more apple juice. Dump dough onto lightly floured board and roll lightly to ¾ inch thickness. Fold in thirds, roll lightly, and fold in thirds again. Roll out to ½ inch thickness. Cut into rounds with 1½ inch or 2 inch cookie cutter. Gather cuttings, reroll lightly and cut more biscuits. Place biscuits, touching, on a cookie sheet. Dip each sage leaf lightly in the egg white and place one on top of each biscuit. Bake at 425F 12 minutes or until lightly browned. Serve with chutney or a wild grape jelly or filled with tiny, thinly sliced pieces of turkey or with turkey salad. (Sage Cottage Herb Garden Cookbook)

Cheddar, Sage and Walnut Torta

½ lb cream cheese, softened
3 Tbsp fresh sage leaves, plus some leaves for garnish
½ lb sharp cheddar cheese, shredded
1 c walnuts, chopped fine

Put cream cheese in food processor with chopped sage. Blend. Line a 2-cup mold (a 12-ounce Cool Whip container could be used) with a double thickness of cheesecloth. Arrange the whole leaves in a decorative pattern on the bottom of the mold. Add half the cream cheese mixture. Then add a layer of shredded cheese, smoothing out the layers and pressing down slightly. Add walnuts, again pressing lightly. Smooth the remaining cream cheese over the walnuts. Fold the cheesecloth over the top of the layers and press lightly. Refrigerate overnight. To unmold, fold back the top of the cheesecloth. Invert a serving plate and flip the torta. Lift off the mold and carefully remove the cheesecloth. Can be garnished with walnut halves. (The Charlotte Herb Guild Cooks)

Pumpkin Soup with Sage Flowers

2 onions, chopped 3 garlic cloves, peeled and cut into slivers
1 Tbsp sunflower oil
3 tomatoes, skinned and chopped
1 lb pumpkin, peeled, sliced and seeds removed
1 Tbsp tomato paste
sea salt and black pepper
1½ pt vegetable stock
3 sprigs flowering sage

Put the onions, garlic and oil in a heavy saucepan and heat gently for 3-4 minutes. Add the tomatoes and pumpkin, stir in the tomato paste and season to taste. Cook for 3-4 minutes, stirring continuously. Add the stock, stir well and cook for a further 5-10 minutes, until the pumpkin is tender. Stir in most of the sage flowers, then puree the soup and serve garnished with fresh sage flowers (Cooking with Flowers)

Rice Fritters with Sage Flowers

1 cup cooked white rice
1 cup cooked wild rice
3 Tbsp finely minced onion

2 Tbsp unbleached flour
1 tsp baking powder
2 Tbsp parmesan cheese
2 extra-large eggs
salt and pepper
about ½ cup sage blossoms
oil for frying

In a mixing bowl, combine the white and wild rices with the onion and toss well to mix. Sprinkle the flour, baking powder, and parmesan over the rice mixture and toss well. Heat a griddle with about 2 teaspoons oil over medium heat. Beat the eggs in a small bowl with some salt and pepper and stir into the rice mixture. Add the sage blossoms and toss lightly. For each fritter, drop about 2 tablespoons of the mixture onto the hot griddle, pressing down on the top to flatten it a bit. Cook about 2 minutes on each side, or until a nice golden brown. Serve immediately. (Flowers in the Kitchen)

Fresh Shiitake and Sage Pasta Sauce

3 Tbsp melted ghee or vegetable oil
½ cup thinly sliced shallots
¼ lb julienned shiitake mushrooms
salt and freshly ground pepper
salt and freshly ground pepper
¼ cup soup stock
1½ cups cream
1 Tbsp sage Pesto
¼ to ½ tsp lemon juice

In a large skillet, sauté the shallots in ghee or oil very slowly for about 10 minutes. Do not let them brown. Add the shiitakes, salt and pepper and continue sautéing, stirring frequently. Add the soup stock, a little at a time, as you sauté. Pour in cream and simmer very slowly until sauce is reduced by half (about 15-20 minutes), stirring frequently. Add sage pesto and lemon juice to taste. Serve hot.

Sage Pesto

½ cup fresh sage leaves
1½ cups fresh parsley leaves
2 large garlic cloves
½ cup grated Parmesan cheese
½ cup pine nuts or walnuts
½ cup olive oil

salt and freshly ground pepper to taste

Combine the sage, parsley, garlic, cheese and nuts in a food processor or blender. Process to mix. With the machine running, slowly add the olive oil. Season to taste with salt and freshly ground pepper and process to the desired consistency. Let stand for 5 minutes before serving. (Herbs for Health and Healing)

Roasted Potatoes with Fresh Sage and Rosemary

4-6 large Idaho potatoes, or 10-12 red potatoes, peeled and cut into $\frac{3}{4}$ inch cubes

1 cup extra virgin olive oil

1 whole head garlic, separated into cloves but left unpeeled

3 sprigs fresh rosemary, leaves only

1 bunch fresh sage leaves ($\frac{3}{4}$ cup loosely packed)

salt

freshly ground pepper

Soak the potato cubes in a bowl of ice water until you are ready to cook them. Preheat oven to 400F. Heat the olive oil in a heavy skillet over high heat. Thoroughly dry the potatoes and place them in the hot oil. Cook the potatoes, searing them on all sides, and tossing them to keep them from sticking. When the potatoes are lightly colored, add the garlic, stir well, and cook for 2 more minutes. Remove from the heat and put the potatoes, oil, and garlic into a baking pan that can accommodate all of the potatoes in one layer. Scatter the rosemary and sage leaves on top of the potatoes. Season liberally with salt and freshly ground pepper. Roast for about 40 minutes, stirring occasionally until golden brown. Remove the potatoes with a slotted spoon and serve immediately. (The Tribeca Cookbook)

Wild Mushroom Soup with Sage

$\frac{1}{4}$ lb oyster mushrooms

$\frac{1}{4}$ lb shiitakes

1 $\frac{1}{2}$ lbs white button mushrooms

1 tsp extra virgin olive oil

1 small carrot, shredded

2 shallots, minced

1 garlic clove, peeled and chopped

2 tsp chopped fresh sage

1 scallion, green and white parts, chopped

2 tsp chopped fresh parsley plus 6 small sprigs for garnish

2 cups chicken broth

$\frac{1}{4}$ tsp cayenne

salt and freshly ground black pepper

2 Tbsp dry white wine

Clean and chop all the mushrooms, keeping the oyster and shiitake pieces separate from the button mushrooms. In a large saucepan, heat the oil over low heat. Add the oysters and shiitakes, carrot, shallots, garlic, sage, scallion, chopped parsley, and $\frac{1}{2}$ cup of the chicken broth. Cook slowly until all the vegetables are soft, about $\frac{1}{2}$ hour. Add the remaining chicken broth, the button mushrooms, and the cayenne. Bring to a boil, then reduce heat and simmer until the mushrooms are soft, about 15 minutes. Purée the soup in a food processor or blender, season with salt and pepper to taste, and return to the soup pot. Reheat until the soup is hot but not boiling. Add the wine, transfer the soup to heated soup bowls, and garnish with a sprig of parsley. (Mushrooms Love Herbs)

Chilled Sage Blossom and Cucumber Soup

4 cups chopped cucumber

2 cups water

$\frac{1}{2}$ cup of fresh sage blossoms

1 Tbsp honey

2 cups yogurt

2 Tbsp fresh parsley

Peel the cucumber, remove the seeds and chop into pieces. Add the cucumber, water and sage blossoms to a blender and purée until smooth. Transfer to a bowl, and add the honey, yogurt and parsley. Mix well and chill at least $\frac{1}{2}$ hour before serving. Garnish with sage blossoms. (An Herbal Feast)

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HERB OF THE YEAR FOR 2001

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HERBALPEDIA

LEMON BALM \

Melissa officinalis

FAMILY: Labiatae

OTHER NAMES: Common balm, lemon balm, melissa, sweet balm; bee balm; heart's delight; honey plant; Zitronenmelisse, Melisse, Herztröst (German); citronelle, baume, mélisse, Herbe citron (French); melissa (Italian); Sidrunmeliss (Estonian); Badrangbuye, Farandj moschk (Farsi); Sitruunamelissa (Finnish); Mézfû, Orvosi citromfû, Macskaméz, Anyaméhû (Hungarian); Sítrónumelissa, Hjartafró (Icelandic); Sitronmelisse (Norwegian); Melisa lekarska (Polish); Melissa limonnaya, Limonnik (Russian); Balsamita maior, Toronjil (Spanish); Citronmeliss, Hjärtansfröjd (Swedish); Melisa, Ogul out (Turkish)

CONSTITUENTS: essential oil includes citronellal and geraniol with neral; citral, citronellol, eugenol, geraniol, polyphenols, flavonoids, triterpenoids; caryophyllene, caryophyllene oxide, linalol, limonene.

PARTS USED: leaves

CHARACTER: cold, dry, sour, slightly bitter

ACTIONS: sedative, anti-depressant, digestive stimulant, promotes sweating, relaxing restorative for nervous system, antiviral (possibly due to polyphenols and tannins); antibacterial, carminative, antispasmodic

LANGUAGE OF FLOWERS: Social intercourse; pleasant company of friends; memories; a cure; "Don't misuse me."

DESCRIPTION: Bushy, rounded herbs. Height 3 feet; width 2 feet; flowers: small, white, tube-shaped, 1/3 inch long; leaves: oval, coming to a point, serrated around the edges and strongly lemon-scented, 1 to 3 inches long. Blooms May to August.

CULTIVATION: Perennial Zone 3. Performs best in a fertile soil with a pH of 5 to 7. Seeds may be sown in the garden, either broadcast in one spot or in rows, as soon as the ground can be worked in the spring. It will germinate rapidly (7-14 days) in light in a flat at temperature of 70°F in the medium. Seedlings should be transplanted, when they have 4 true leaves, to a deeper flat or small pots and hardened off before setting out. Lemon balm will grow well in partial shade or full sun. It probably exhausts the soil after two or three years because it makes such a large clump so it must be fertilized annually especially with nitrogen. The old plants may die off in a wet winter, especially where they do not have adequate drainage, but seedlings volunteer from any plant that is not cut down completely at the time of flowering. The roots do not seem to put out runners as do mints, but they increase into a hard-to-divide clump. There is a variegated form, called "golden Lemon Balm". Full sun or partial shade for lush plants. If you wish to confine its growth, don't hesitate to cut into the plant to within a 6 inch diameter in late fall of the second year and every two years thereafter. Flower spikes form in midsummer, which stops leaf production. Cut off these flowering stems 6 inches from the crown. The first cutting from a new plant can usually begin 10 weeks after transplanting. Do not cut more than half the plant at a time. Harvested stems can be hung in bundles in a dark, dry, well-ventilated room for 4 to 7 days and is approximately 80% water, then stripped and stored in an opaque container for later use. Yields of dry herb are 1,500 to 2,500 pounds per acre.

HISTORY: The botanical name, *melissa*, is Greek for "bee". Lemon balm has been cultivated in the Mediterranean region for about 2000 years. The Muslim herbalist Avicenna recommended lemon balm "to make the heart merry." Paracelsus claimed this herb could completely revitalize the body and called it the "elixir of life", and 14th century French King Charles V drank its tea every day to keep his health. The famous Carmelite Water, first made by 17th century Carmelite nuns to treat nervous headache and neuralgia, combined lemon balm with lemon-peel, nutmeg, coriander and angelica root. Sacred to the temple of Diana, lemon balm was called "heart's delight" in southern Europe. Its virtue of dispelling melancholy has been praised by herbal writers for centuries, and it is still used today in aromatherapy to counter depression.

AROMATHERAPY USES:

EXTRACTION: essential oil by steam distillation from the leaves and flowering tops

CHARACTERISTICS: a pale yellow liquid with a light, fresh lemony fragrance.

BLENDS WITH: lavender, geranium, floral and citrus oils

USES:

Skin care: allergies, insect bites, insect repellent

Respiratory: asthma, bronchitis, chronic coughs; useful for colds and influenza

Digestive: colic, indigestion, nausea; good for vomiting and indigestion of a nervous origin, relieving spasms and flatulence

Circulatory: a tonic for the heart, slowing its action, relieving palpitations and lowering blood pressure

Genito-urinary: menstrual problems especially painful periods

Nervous: anxiety, depression, hypertension, insomnia, migraine, nervous tension, shock and vertigo

Emotion: melissa is vivacious and provocative, revitalizing the inner self and calming the senses. Makes the heart merry and joyful. Also helpful in dispelling a sense of dejection in times of grief or bereavement. Melissa calms raging emotions, engendering a state of quiet peace.

Other: used extensively as a fragrance component in toiletries, cosmetics and perfumes. Employed in most major food categories including alcoholic and soft drinks.

BLENDS:

Digestive: 5 drops melissa, 3 drops peppermint, 3 drops cardamom

Circulatory: 4 drops melissa, 4 drops ylang-ylang, 2 drops clary sage

Nervous: 4 drops melissa, 3 drops vetivert, 2 drops Roman chamomile

Emotion: 4 drops melissa, 4 drops orange, 3 drops frankincense

CULINARY USES: Fresh lemon balm imparts a subtle lemon flavor and fresh lemon fragrance, making it especially nice for fruit dishes, custards, and tea. Early fresh leaves can be chopped and added to salads; just cut down somewhat on the vinegar or lemon juice.

Cut the leaves into slivers and sprinkle over fish or add to poached fruit where a lemony flavor is desired.

Lemon balm can be used in stuffings, sauces, or any dish in which you would use lemon thyme. It enhances the flavor of vegetables, light grains, roast chicken, steamed vegetables and fruit salads. Lay fish or chicken over a bed of lemon balm leaves before baking: you won't need any other seasonings. Stir the minced leaves into cooked rice or into clarified butter for dipping artichoke leaves. Try stuffing a handful of the leaves and some minced green onions under the skin of chicken breasts, then sprinkle with lemon pepper before baking or grilling.

Stir chopped fresh lemon balm into plain yogurt and sprinkle with any kind of fresh berries. The minced leaves can be added to a cooked soft custard to pour over fresh fruit. Add the leaves to iced tea or place sprigs of fresh lemon balm in a tall chilled wine glass with white wine; add a splash of sparkling water for a summer spritzer.

Spread cream cheese blended with a small amount of mayonnaise on slices of whole-grain bread, then add lots of lemon balm leaves and generous slices of juicy nectarines, strawberries, or peaches. Or try some of the leaves in an omelet with fresh strawberries and creme fraiche.

For a late-night soothing tea, steep lemon balm leaves in a cup of boiling water. Stir in honey and lemon juice, to taste.

Dried lemon balm is mainly used for tea. For other uses, it's better to freeze the leaves for later use, packed into plastic bags. They'll keep well for up to 2 months.

Chopping with a knife usually bruises the leaves, causing them to discolor so tear the leaves into small pieces instead.

Known as a traditional wine herb, lemon balm is used to flavor many liqueurs. Use ½ oz of the fresh leaves late in the boil in a home brewed beer to add a strong lemon scent and flavor.

MEDICINAL: Energetics: sour, spicy cool; Lemon balm's main action is as a tranquilizer. It calms a nervous stomach, colic, or heart spasms. The leaves are reputed to also lower blood pressure. It is very gentle, although effective, so is often suggested for children and babies. The hot tea brings on a sweat that is good for relieving colds, flus and fevers and an antiviral agent has been found that combats mumps, cold sores and other viruses.

The tea has also been shown to inhibit the division of tumor cells. Studies indicate that the herb slightly inhibits the thyroid-stimulating hormone and restricts Grave's disease, a hyperthyroid condition. Lemon balm's antihistamine action is useful to treat eczema and headaches and accounts for the centuries-old tradition of placing the fresh leaf on insect bites and wounds.

Lemon balm has antipyretic, refreshing, cholagogic and stimulating properties. Use a pad soaked in the infusion to relieve painful swellings such as gout. Use as ointment for sores, insect bites, or to repel insects. Use hot infused oil

as ointment or gentle massage oil for depression, tension, asthma and bronchitis.

A clinical multicentric study in Germany offers evidence of the antiviral activity of a specially prepared dried extract of lemon balm against herpes simplex infections. The extract was a concentrated (70:1) dry extract of lemon balm which was included at a level of 1% in a cream base. Patients applied the cream 2-4 times daily for 5-10 days. In the group receiving the active Melissa cream, there was a significant improvement in symptoms on day two compared to the placebo group and on day five over 50% more patients were symptom-free than in the placebo group. To be effective, the treatment must be started in the very early stages of the infection.

Research has clearly demonstrated the plant's ability to impact the limbic system of the brain and "protect" the brain from the powerful stimuli of the body and should be part of any ADHD formula.

Formula for ADHD: 70 ml Bacopa monneira; 50 ml Ginkgo biloba; 30 ml Valerian; 30 ml Panax ginseng; 30 ml Melissa officinalis. Dose is 5 ml t.i.d.

Heartburn Formula: 1 tsp each chamomile flowers, lemon balm leaves and licorice root

½ tsp slippery elm bark

¼ tsp each fennel seeds and catnip leaves

1½ cups very hot water

1½ cups carrot or apple juice (optional)

Combine herbs and pour very hot water over them. Steep for at least 15 minutes, then strain out herbs and add juice. Drink 1 cup after each meal. Stored in the refrigerator, this formula will keep for a few days.

Stomachache Tea

2 cups boiling water

1 tsp each chamomile flowers and lemon balm leaves

½ tsp each catnip leaves and fennel or dill seeds

Pour boiling water over herbs and steep for 10 minutes. Strain out herbs and allow to cool.

COSMETIC USES: To make a lemon-scented bath, tie ¼ cup crushed balm leaves into a handkerchief or washcloth. Let the water run through the bag until the tub is filled. Infuse as a facial steam and as a rinse for greasy hair.

COSMETIC RECIPES:

Minty Astringent

1 Tbsp fresh lemon balm (or peppermint or spearmint)

1 cup witch hazel

Combine the ingredients in a jar with a tight-fitting lid. Allow herb to steep for 1 week. Strain. Use 1 teaspoon per application. Refrigeration not required.

Lemon Balm Honey Bee Mouthwash

25 fresh lemon balm leaves

2 oz chartreuse liqueur

8 oz glass jar with screw-top

5 inch square cheese cloth

6 oz distilled water

1 tsp honey

8 oz amber glass bottle with screw top

Coarsely chop lemon balm. In the glass jar, combine the lemon balm and the liqueur. Set aside in a cool, dark place for two weeks to extract the healing essences from the lemon balm leaves. Shake the bottle once a day. Place the cheese cloth in a fine-gauge sieve and strain the tincture into a glass bowl. Discard the herb. Add the distilled water and honey. Whisk to dissolve the honey. Transfer to the amber bottle. Rinse or gargle twice a day with a half oz of the mouthwash. (The Healing Kitchen)

RITUAL USE: Lemon Balm is primarily used in the pursuit of romance. It is an herb which attracts, and is sometimes made into a charm and worn to bring a lover into one's life. It may also be used as a bathing herb, some of the delightfully scented leaves scattered over the water, or an infusion poured to mix with the bath. This is also said to attract romance. Planetary ruler: Venus

OTHER USES: Used in potpourris. In the 16th century, it was rubbed on beehives to encourage the bees to create honey. Because it contains citronella oil it is used in insect repellants.

TOXICITY: Prolonged contact with balm plants or leaves may cause contact dermatitis (itching, sting, burning, reddened or blistered skin) or it may sensitize you to other allergens.

RECIPES

Melissa Liqueur

2 ½ tsp dried lemon balm
sliced and scraped peel of ¼ lemon
a pinch of coriander
a pinch of cinnamon
2 peppermint leaves
1 cup vodka
½ cup sugar syrup

Place all the ingredients in a bottle and steep 3 weeks. Shake the jar daily during the steeping period. Strain and filter into a dark bottle, adding more sugar to taste. Mature for 2 months.

Sugar Syrup

1 cup white granulated sugar and ½ cup water
Bring to a boil, and stir until all the sugar is dissolved and the mixture is clear. Always cool before adding to alcohol mixture. (Homemade Liqueurs)

Valentino

2 oz unsalted butter, softened
8 oz cream cheese, softened
2 generous Tbsp strawberry preserves or orange marmalade
1 tsp orange zest
1 Tbsp Grand Marnier or other orange liqueur or fresh orange juice
3 Tbsp chopped fresh lemon balm
Fresh strawberries for optional garnish
Fresh lemon balm sprigs for optional garnish

Blend the butter and cream cheese with a fork. Mix in the other ingredients. Best made a day in advance for flavors to mingle; chill overnight and serve at room temperature. Keeps for a week. Use as a dip or serve as a spread. (The Herb Garden Cookbook)

Chicken Stew with Blackberries and Lemon Balm

4 chicken breasts, partly boned
salt and pepper
scant 2 Tbsp butter
1 Tbsp sunflower oil
4 Tbsp flour
2/3 cup red wine
2/3 cup chicken stock
grated rind of half an orange plus 1 Tbsp juice
3 sprigs lemon balm, finely chopped plus 1 sprig to garnish
2/3 cup heavy cream
1 egg yolk
2/3 cup fresh blackberries plus 1/3 cup to garnish

Remove any skin from the chicken, and season the meat. Heat the butter and oil in a pan, fry the chicken to seal it, then transfer to a casserole dish. Stir the flour into the pan, then add wine and stock and bring to a boil. Add the orange rind and juice, and also the chopped lemon balm. Pour over the chicken. Preheat the oven to 350F. Cover the casserole and cook in the oven for about 40 minutes. Blend the cream with the egg yolk, add some of the liquid from the casserole and stir back into the dish with the blackberries (reserving those for the garnish). Cover and cook for another 10-15 minutes. Serve garnished with the rest of the blackberries and lemon balm. (The Encyclopedia of Herbs and Spices)

Crab Soup with Lemon Balm and Coconut Milk

1 large steamed crab, such as Dungeness or blue

Lemon Balm

½ inch piece ginger, peeled
12 large lemon balm sprigs
3 shallots, 2 chopped
2 garlic cloves, chopped
2 Tbsp Thai or Vietnamese fish sauce
1 tsp dried shrimp paste or ½ tsp anchovy paste
1 14-oz can unsweetened coconut milk
1 green Thai or serrano chili
1 red Thai or serrano chili
zest of ½ lime
juice of 1 lime, or to taste.

Scrub the crab well, then crack the shells and remove the meat, keeping it in large pieces. Set the meat aside. Break the shells into small pieces with a mallet or the blunt side of a chef's knife. Place the broken shells in a food processor with 1 cup water and process for about 1 minute. Scrape the shells and liquid into a noncorrodible pan and add 4 cups water. If you are using pre-shelled crab meat, place 4 cups chicken stock in a noncorrodible pan. Slice the ginger about 1/8 inch thick and add to the shells and water or to the stock. Bruise six lemon balm sprigs and add them to the pan along with the chopped shallots and garlic. Simmer the broth for 15 minutes, skimming occasionally. Strain the broth into a clean noncorrodible pan. Stir the coconut milk very well and add half of it to the broth. Remove the leaves from the remaining lemon balm and shred them. Cut the remaining shallot in a fine dice. Stem the chilis and slice them in thin diagonal pieces. Remove the seeds if desired. Add the lemon balm, shallot, chilis, and lime zest to the broth and simmer for 5 minutes. Add the crab meat and lime juice and heat through. Serve hot. (Herbs in the Kitchen)

Lemon Balm Chicken

4 boned chicken breasts
2 Tbsp dry sherry
¾ cup shredded cheese (Swiss or another white cheese)
½ cup light cream
4 Tbsp butter
1 Tbsp chopped lemon balm
Salt/pepper

Season chicken with salt and pepper. Melt butter and fry chicken 5-7 minutes. Place chicken in glass baking dish. Add sherry and lemon balm and cream into the pan of hot butter. Stir and simmer over low heat. Pour liquid over chicken. Top with cheese and bake for 15-20 minutes in 350° oven in covered dish. Serve with sauce over angel hair pasta. (The Herbal Connection Collection—Volume 1)

Lemon Balm-Spearmint Pesto

2 cups fresh lemon balm and spearmint leaves
½ cup olive oil
½ cup garlic cloves

Chop and blend all ingredients together. This blend can be stored frozen for 2-3 months in an airtight container. Ideal to use as a fresh summer sauce on fish. (Herb Mixtures & Spicy Blends)

Watercress, Lemon Balm, Parsley and Chive Sauce

A verdant sauce to serve with cold, poached chicken, fish or seafood. Or spread it over raw fish or chicken before baking.

1 cup loosely packed watercress leaves
1 cup loosely packed fresh parsley leaves
½ cup loosely packed fresh lemon balm
½ cup minced fresh chives
1 cup mayonnaise
2 to 3 drops of hot pepper sauce.

Put watercress, parsley, lemon balm and chives into a food processor, and process until fine. Then add mayonnaise and hot pepper sauce, and process until well blended. (The Herb & Spice Cookbook: A Seasoning Celebration)

Berry Balm Crunch

16 oz blackberries, raspberries or blueberries

Lemon Balm

- 2 Tbsp lemon juice
- 4 Tbsp finely chopped fresh lemon balm
- 2/3 cup packed brown sugar
- 1/2 cup all-purpose flour
- 2/3 cup quick-cooking rolled oats
- 5 Tbsp butter, softened
- 1 tsp cinnamon
- sprigs of fresh lemon balm for garnish

Combine berries, lemon juice, and lemon balm. Spread in an 8-inch square baking pan. Mix sugar and next 4 ingredients. Sprinkle over berries. Bake at 375° for 30 minutes or until crisp and brown. Serve warm with ice cream and garnish. (Today's Herbal Kitchen)

Nana's Chicken Salad

- 1 (3- to 4 1/2 lb) chicken
- 1/4 cup olive oil
- 1 tsp minced garlic
- 4 hard-cooked eggs, chopped
- 1 dill pickle, chopped
- 1 bunch celery hearts, chopped
- 2 Tbsp sweet relish
- 2 tsp fresh lemon balm
- 2 tsp fresh tarragon
- 2 tsp fresh basil
- 2 tsp fresh chives
- salt and pepper to taste
- 1 cup mayonnaise
- 1 Tbsp lemon juice
- 1 Tbsp tarragon vinegar
- fresh parsley and radish flowers for garnish

Boil chicken until tender. Remove from liquid and cool. Cut into small chunks. Combine oil and garlic. Pour over chicken and let stand 30 minutes. Add egg and next 7 ingredients. When ready to serve, combine salt, pepper, and next 3 ingredients. Add to chicken and mix. Garnish. (Today's Herbal Kitchen)

Glazed Raspberry Tarts with Lemon Balm

- 1/2 cup all-purpose flour
- 1 Tbsp sugar
- 3 Tbsp very cold butter
- 1 egg yolk
- 1/2 tsp cider vinegar
- 3 oz cream cheese, softened
- 1 Tbsp confectioners' sugar
- 2 Tbsp minced lemon balm
- fresh raspberries
- 1/4 cup red currant jelly
- lemon balm leaves, for garnish

Preheat oven to 300°. Stir together flour and sugar. With a pastry blender, cut in butter until mixture resembles coarse meal. With a fork, stir in egg yolk and vinegar. Work dough with your hands until it forms a smooth, noncrumbly ball. (to make dough in a food processor: in a work bowl fitted with steel blade, combine flour, sugar, and butter with on/off motion until mixture resembles coarse meal. Add egg yolk and vinegar. Continue processing until dough forms a ball.)

Press a rounded tablespoon of dough into each of 6 tart pans that are 2 to 2 1/2 inches in diameter, forming an even layer on bottom and sides of pans. Prick the pastry with a fork, line with aluminum foil, and fill with dried beans or pie weights. Bake for 20 minutes, or until golden brown. Let cool in pan, invert to remove and set aside. Discard beans.

In a small bowl, cream together cream cheese, confectioners' sugar, and lemon balm. Spread 1 tablespoon cheese-lemon balm mixture on the bottom of each cooled tart shell. Arrange berries in tart shells. In a small saucepan, melt jelly; brush over berries. Refrigerate tarts until ready to serve. (Kitchen Herbs)

Herb and Vegetable Stir-Fry

1 head cauliflower, cut into florettes
5 carrots, peeled and sliced thinly
1 bunch broccoli, cut into florettes
1 tsp ginger powder
¼ tsp garlic granules
1 tsp dillweed, snipped fine
6 fresh lemon balm leaves, cut small
1 Tbsp oil
1 Tbsp vinegar
2 Tbsp Worcestershire sauce
1 can condensed tomato soup diluted with ½ can water
1 cup cooked rice

Mix vegetables and herbs and sauté at medium heat in oil. Continue to stir slowly until tender crisp. Add vinegar, Worcestershire sauce and diluted tomato soup. Mix and simmer slowly for a few more minutes and spoon over cooked rice. (An Herbal Feast)

Lemon Balm Cornucopia Cookies with Minted Berries and Lemon Balm Custard

3 cups strawberries cut into fourths
3 Tbsp sugar
1 ½ Tbsp Grand Marnier
1 Tbsp minced fresh mint
¼ cup sugar
2 Tbsp melted unsalted butter
1 tsp grated lemon peel
1 Tbsp minced fresh lemon balm
1 large egg white, at room temperature
¼ cup flour
6 large egg yolks
6 Tbsp sugar
3 Tbsp whipping cream
4 ½ Tbsp fresh lemon juice
6 Tbsp whipping cream

1 Tbsp minced fresh lemon balm

Sprinkle strawberries with 3 tablespoons sugar, Grand Marnier and mint in large bowl; stir gently. Chill for 2-4 hours. Process ¼ cup sugar, butter, lemon peel and 1 tablespoon lemon balm in food processor until fluffy. Add egg white. Process for 2-4 seconds. Pour mixture into bowl; stir in flour. Spoon 1 tablespoon batter onto buttered baking sheet. Spread into a 5-inch circle. Repeat, having 2 circles on baking sheet at a time. Bake at 325 degrees for 12 minutes or until pale golden color. Loosen each cookie from baking sheet quickly; fold into cornucopia shape. Cool on wire rack. Repeat process until all batter is used. May prepare a day in advance and store in a single layer in an airtight container. Whisk egg yolks, 6 tablespoons sugar, 3 tablespoons whipping cream and lemon juice in double boiler. Cook over simmering water for 5 minutes or until mixture is thickened and no longer separates, stirring constantly. Pour into bowl to cool; press waxed paper on top to prevent skin from forming on custard. Beat 6 tablespoons whipping cream in mixer bowl until soft peaks form. Fold in 1 tablespoon lemon balm. Fold mixture into cooled custard. Fill cornucopia cookies with custard, allowing some custard to spill out onto dessert plate. Drain strawberries; spoon over custard. Garnish with fresh mint leaves. (Along the Garden Path)

Lemon Balm Cheesecake

2 c flour
1/2 cup sour cream or yogurt
1 c butter or margarine
1 egg yolk

Combine in food processor and process about 1 minute, until well blended. Flatten on waxed paper and refrigerate for about 1 hour.

Filling:

Lemon Balm

8 oz cream cheese
½ c sugar
3 c lemon balm leaves, loosely packed, large stems removed
2-3 drops lemon extract (optional)
1 egg
1 tsp lemon rind

Cut cream cheese into chunks, put all ingredients into food processor. Pulse a few times, then process for about 2 minutes until smooth and well blended. Remove pastry from refrigerator and roll out on floured waxed paper until about 1/8 inch thick. Cut 4" circles with knife and lift each circle into a muffin tin. Press down lightly to make circle fit tin. Spoon in cheese filling about 2/3 of the way full. Makes about 15 small cheese cakes. Bake at 250 degrees, 20 minutes. Don't over bake. (The Culinary Gardener)

Tropical Smoothie with Mint and Lemon Balm

1 medium banana, peeled and sliced
1 medium mango, peeled, seeded, and chopped
1 medium papaya, peeled, seeded, and chopped
3 cups skim milk
¼ cup fresh mint leaves
¼ cup fresh lemon balm leaves
2 Tbsp honey.

Combine all ingredients in a blender, puree, and serve immediately. Garnish with sprigs of fresh mint or lemon balm, if desired. (The Herbal Palate)

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HERBALPEDIA

ROSEMARY



Rosmarinus officinalis

[rose-ma-REE-nus oh-fiss-ih-NAH-liss]

FAMILY: Labiatae

NAMES: Dew of the Sea; Old Man; Incensier; Sea Dew; Ros Maris; Rosmarine; Rosemarie; Guardrobe; Rosmarin (German); romarin (French); rosmarino (Italian); romero (Mexico); Rozmaryn lekarski (Polish)

DESCRIPTION: Tall, stout shrub; height 4-6 feet; width: 4 feet; Flowers: pale blue, sometimes pink or white. Leaves: long, narrow, leathery, folded into themselves, deep green on top and white and slightly fuzzy underneath. Native to the Mediterranean,

Portugal and Spain and brought to Britain with the Roman armies.

CULTIVATION: Perennial in zones 6-8 depending on the variety. Germination: 15-20 days; space 2-3 feet; soil temperature 55-77F. Soil should be well drained, fairly dry with a pH of 5-8 in full sun. Drip irrigation commercially is ideal. Weed intensely when young. There should be good air circulation. If it is located in a stuffy corner, insider or out, it begins to lose its leaves and soon develops a mildew-like fungus that eventually kills it. Propagate by seed, cuttings or layering. Avoid peat pots, which are too acid. Mulch in the winter if the ground freezes and temperatures dip below 20F. Cuttings of 4-6 inches should be taken in early summer from a ripe, flower-free shoot; remove the lower leaves and place the cutting in water or dip in hormone rooting powder and plant in a rooting compound such as vermiculite until the roots have formed. Occasional sprayings of foliage with seaweed and occasional light feedings of fish emulsion; mulch well when in danger of frost. Some spider mite or small webworm damage during periods of high heat and humidity. Biggest cause of death is overwatering.

With adequate light and drainage, can be grown inside and can easily be cultivated as a topiary. Once a cutting has formed a good ball of root, pot it in a mixture of sand and potting compost, taking care in handling the delicate roots and retaining as much rooting compound as possible. Allow it to become slightly pot-bound at this stage, which will encourage flowering, but do not overdo it. If the plant becomes too pot-bound, remove the top growth to ease the strain on the root system. To bring the plant inside in the winter, there are two opinions. One is to keep your rosemary in a pot and plant it, pot and all, in the garden with the rim below the soil line. This prevents

damaging the roots when you bring it in. But Cyrus Hyde of Well Sweep Herb Farm recommends planting it outside without the pot, digging it up about 2-3 weeks before bringing it inside and put it in the pot until it's time to bring it in.

To harvest pick small amounts all year round commercially beginning in the second year. Gather main leaf crop before flowering. Avoid cutting into woody parts as this will hinder development of the plant. First cutting is usually in late spring. For essential oil production the plant is picked when in flower. Commercial production best in zones 9 and 8 with yields as high as 1,500 pounds per acre of dry herb per year in good situations. Dry sprigs and branches, usually in 4-7 days as the water content is about 60%. If shipping fresh harvest after moisture from the dew is gone or the night before. Strip off leaves before storing. To release the aroma, crush leaves only just before use. Commercial rosemary fields are trimmed on a continuous basis for fresh herbs.

There are many varieties both prostrate and upright, blue, pink and white flowers and some more hardy than others: Arp and Hill Hardy.

CONSTITUENTS: essential oils include cineole, borneol, camphene, camphor, linalool, verbenol; flavonoids (diosmin, apigenin, diosmetin, luteolin), rosmarinic acids, tannins, diterpenes (picrosalvin), rosmarinic, bornylacetat, dipenten, eucalyptol, D-a-pinen, camphor, L-a-thujon

CHARACTER: warming, dry, pungent, bitter

ACTIONS: astringent, tonic, anti-inflammatory, digestive remedy, nervine, carminative, antiseptic, diuretic, promote sweating, promote bile flow, antidepressant, circulatory stimulant, antispasmodic, restorative tonic for nervous system, cardiac tonic

NUTRITIONAL PROFILE: One teaspoon dried rosemary has 4 calories. It provides 0.1 g

protein, 0.2 g fat, 0.8 g carbohydrates, 15 mg calcium, 0.4 mg iron, 0.8 mg vitamin C and 38 IU vitamin A.

LANGUAGE OF FLOWERS: You ever revive

HISTORY: The name comes from the Latin *ros maris* or "dew of the sea" where it is native. It was later called Rose of Mary or rosemary in honor of the Virgin Mary because this was thought to be the bush that sheltered the Holy Family on their flight to Egypt. As she spread her cloak over the herb, the white flowers turned blue. Another story is that during the flight of the Holy Family the bushes through which they passed crackled, increasing the danger of detection, while only the rosemary stretched out its branches in silence. Another legend held that when Mary hung the Child's clothing on a rosemary bush, she found that she had hung them on a sunbeam and thereafter rosemary was endowed with magical powers. It is also said that the bush never grows higher than Christ stood and that it only lives for 33 years. Another story of rosemary is that a beautiful young woman from Sicily was changed into a rosemary bush. At the time of this transformation, Sicily was under the domination of Circe, who caused violent volcanoes to erupt and plants to wither and die. She also enchanted the inhabitants so that they would throw themselves into the sea. The blue-eyed woman who had become rosemary held to the cliffs to remind men of the ever-renewing power of good in the world.

The ancients said that it strengthens memory and even in Shakespeare's Hamlet, Ophelia says "There's rosemary, that's for remembrance, pray you love, remember." To encourage couples to remember their wedding vows, it was entwined into the bride's head wreath and, tied with ribbons, was presented to wedding guests. It was added to wine and used to toast the bride's special wishes. Someone could be made to fall in love merely by being tapped on the finger with a sprig of rosemary. And a man indifferent to rosemary's perfume

was said to be incapable of giving true love to a woman.

It has also become a funeral flower because it symbolized the memories of loved ones. It has been placed in tombs to remember the dead as far back as ancient Egypt and was used to embalm them. . During Medieval times, rosemary was believed to grow only in the gardens of the righteous. In Australia today, a sprig is worn on Anzac Day in memory of the dead. Students taking examinations would massage rosemary oil into the forehead and temples. Rosemary was burned for church incense and, until recently, purified the air in French hospitals. Its Old French name was *incensier* 16th century Europeans carried it in pouches and in the heads of walking sticks to ward off the plague and judges placed it on their benches to protect them from typhoid.

In Belgium, children were told that babies come from rosemary plants. In Cicely, children are told that young fairies in the form of snakes lie in the branches of rosemary bushes. In Poland newly engaged men would wear a branch of rosemary tucked behind a green ribbon wound around their hats on the left side. On the day of the wedding the groomsmen would wear rosemary in their hats and the groom had a boutonniere made of rosemary with a white ribbon the left side of his chest.

MEDICINAL USE Studies show rosemary leaves increase circulation, reduce headaches and fight bacterial and fungal infections. It is considered one of the strongest natural antioxidants. The flavonoid diosmin strengthens fragile blood vessels, possibly even more effectively than rutin. German pharmacies sell rosemary ointment to rub on nerve and rheumatic pains and for heart problems. A traditional European treatment for those suffering from poor circulation due to illness or lack of exercise is to drink rosemary extracted into white wine.

Rosemary contains many compounds that are reported to prevent the breakdown of acetylcholine in the brain, usually a symptom

of Alzheimer's disease. Several if not all can be absorbed through the skin, and some probably cross the blood-brain barrier so using a using a final rinse of vinegar with rosemary essential oil added may be beneficial in prevention. Of these antioxidants, at least four are known cataract fighters and Japanese researchers find it promising for removing wrinkles.

Rosemary is recommended for flatulence, heartburn and as a digestive. It improves food absorption by stimulating digestion and the liver, intestinal tract and gallbladder. It is also used to inhibit kidney- and bladder-stone formation. Studies on rosemary conducted in Paraguay show that it almost completely inhibits the enzyme urease which contributes to kidney stone formation. It makes an antiseptic gargle for sore throats, gum problems and canker sores. Researchers speculate that rosmarinic acid might even be a good treatment for septic shock. In addition, it inhibited, although didn't destroy, 87% of the cancer cells tested in a laboratory study. Asthma sufferers used to smoke it with coltsfoot and eat bread that had been baked over rosemary wood.

Research has shown that rosmarinic acid is a stimulant and mild analgesic. The oil content varies within the plant. It is analgesic and stimulant, especially when applied to the skin. Rosemary's anti-inflammatory effect is due mainly to rosmarinic acid and flavonoids.

As a warming herb, it stimulates circulation of blood to the head, improving concentration and memory. It also eases headaches and migraine, and encourages hair growth by improving blood flow to the scalp. It has been used to treat epilepsy and vertigo. It aids recovery from long-term stress and chronic illness. It is thought to stimulate the adrenal glands and is used specifically for debility, especially when accompanied by poor circulation and digestion.

APPLICATIONS:

Take the hot infusion for colds, influenza, rheumatic pains and indigestion; also as a stimulating drink for fatigue or headaches.

Take the tincture as a stimulant tonic. Combine with oats, skullcap, kola or vervain for depression

Soap a pad in the hot infusion and use for sprains. Alternate two to three minutes of the hot compress with two to three minutes of applying an ice pack to the injury.

For capillary fragility and varicose veins, it combines well with horse chestnut, yarrow, hawthorn and ginkgo.

Homeopathic Use: For conditions of premature menstruation, violent pains followed by uterine hemorrhage, a feeling of heaviness and drowsiness in the head, chills, icy coldness in the lower extremities, and thirstlessness followed by heat.

FLOWER ESSENCE: Is a strong awakening and incarnating remedy. It is indicated for those souls whose incarnation is weak or disturbed, especially when the higher spiritual or thought faculties cannot work properly through the physical vehicle. Rosemary gives such persons the ability to feel warm and secure in their physical bodies.

Toxicity: Prolonged handling of fresh rosemary plants or using cosmetics scented with rosemary oil may cause contact dermatitis in sensitive people. Use sparingly if pregnant and not at all during first trimester because it could trigger a miscarriage (in therapeutic doses). (Mixed info on the possibility of rosemary as an abortifacient....Review of Natural Products says no valid role)

AROMATHERAPY USE:

EXTRACTION: Extracted by steam distillation of the flowering plant. Liquid is clear to light yellow. Fragrance is camphor-like, strong, woody. About 66 pounds of the flowering plant yields 1 pound of essential oil. Because of their slightly different components, the oil from France is more effective for the liver, and the oil from Spain more effective for the heart

MIXES WELL WITH: mint, bergamot, basil, Swiss pine, lemon, juniper, cedar; frankincense, geranium, ginger, grapefruit, lemongrass, lime,

mandarin, melissa, myrtle, orange, peppermint, tangerine, elemi, petitgrain, cinnamon and other spice oils.

CHARACTER: yang

DOSHA EFFECT: K V-, P+; Taste: pungent, bitter; Energy - heating and drying

NOTE: middle

EFFECTIVE FOR: liver ailments; gallbladder inflammation; gallstones; flu; colds; asthma; rheumatism; sore muscles; relieving cramps; stimulating menstruation; raising blood pressure; lowering blood sugar; heart tonic; antiseptic; poor memory; weak ego; apathy; blemished or oily skin.

TOXICITY OF THE OIL: The borneol, camphor, eucalyptol and pinene in oil of rosemary can be skin irritants. Should be avoided during pregnancy (though there is no real research to substantiate this) as well as in cases of epilepsy..

OTHER: Rosemary oil is a psychic protector and is particularly useful to use first thing in the morning before exposing oneself to all the external influences. It is particularly relevant to the Brow Chakra. At a subtle level it is associated with qualities of clear thought and clear-sightedness and may help the development of clairvoyance.

Helpful for sagging skin and may ease congestion, puffiness and swellings

BLENDS:

For Low Blood Pressure: 15 drops rosemary; 10 drops lemongrass; 10 drops grapefruit. Use 1-2 drops in cold water as a sponge bath.

For circulatory Problems: 15 drops rosemary, 5 drops angelica, 5 drops juniper. Mix in 1 3/4 fluid ounces almond oil for massage oil or add 10 drops to bathwater.

Hungary Water: alcohol (150 proof) 1 quart, 1 1/2 tsp rosemary oil; 1 1/2 tsp balm oil, 1 1/2 tsp lemon oil; 1/4 tsp mint oil, 3 1/2 fluid oz rosewater. Mix the essential oil in the alcohol, add rosewater and shake well.

For lice treatment: 2 oz vegetable oil, 20 drops tea tree oil, 10 drops each of rosemary, lavender and lemon oil. Combine ingredients. Apply to dry hair and cover with a plastic bag

or shower cap. Wrap the head in a towel. Leave on for 1 hour. Then put shampoo on dry hair to help cut the oil. Work the shampoo into hair, rinse, shampoo again and rinse.

Anti-inflammatory Prostate Oil: 1/8 tsp each lavender and rosemary essential oils; 4 drops Roman chamomile essential oil (optional), 2 oz St. John's Wort oil. Combine ingredients. Rub on the skin under the scrotum once or twice a day to increase circulation, reduce inflammation and relax muscles.

Rheumatic and muscular pains formula: 12 drops chamomile, 12 drops juniper, 12 drops marjoram, 12 drops rosemary, 4 oz ginger tincture. Blend the essential oils with the ginger tincture. You can prepare fresh ginger tincture at home by placing one ounce of fresh or two ounces of fresh or two ounces of dried ginger into one pint of vodka or apple cider vinegar and leaving it to soak for a couple of weeks before straining it off. Remember to give it a good shake every day and make sure that the ginger is always covered by the liquid. Apply to painful areas morning and night, and more often if necessary. (Australasian College of Herbal Studies)

Morning Revive: 4 oz unscented shower gel, 15 drops rosemary oil, 10 drops grapefruit oil, 10 drops tangerine oil, 6 drops petigrain oil. Blend the ingredients and use externally in morning shower. (Australasian College of Herbal Studies)

ROSEMARY CLEANSING CREAM

Melt together 1 oz each beeswax and spermaceti and 2 oz camphor ice in a large pan partly immersed in boiling water. Stir in a cupful of almond oil, then remove the pan and slowly work in a 1/2 pint of rose water, stirring all the time. When thoroughly mixed to a creamy consistency, add a teaspoonful oil of rosemary and pour into screw-top jars.

COSMETIC USE: Rosemary is found in hair shampoos and conditioners to decrease dandruff and stimulate as a tonic. In earlier times, the branches were used like hairbrushes. It has flavored tooth powders and toothpastes

since medieval days. Use the leaf as a facial steam and it makes a rinse for dark hair.

HAIR CONDITIONER:

Take a bunch of fresh rosemary and crush or chop the leaves; add 1/2 pint boiling water and allow to stand for an hour, then strain. Use it as a final rinse after washing and towel-dry the hair.

ROSEMARY MILK TONIC FOR FEET

1 cup hot milk
1/2 cup mint leaves
6 stems and leaves of rosemary
2 tsp peppermint extract

In a saucepan, simmer milk, mint, and rosemary over low heat for 15 minutes. Remove from heat and let cool slightly. Strain mixture through a filter, and stir in peppermint extract. Soak a clean, dry cloth with mixture and apply to feet, wrapping material around feet. Wrap in plastic if necessary. May be applied with a cotton ball instead for lighter treatment. Makes 1/2 cup, enough for 1 application.

PROTEIN-ENRICHED ROSEMARY SHAMPOO FOR DARK HAIR

4 Tbsp dried rosemary
3 pints boiling water
6 Tbsp castile soap, shredded
1 Tbsp borax
2 eggs.

Put the rosemary in the boiling water, stir, cover and allow to infuse for two hours. Strain and add the soap. Place on a low heat and whisk continuously until all traces of the solid soap have disappeared. Remove from the heat and blend in the borax. When completely cool, fold in the eggs and whisk until the mixture thickens. Bottle, label and leave to stand for 24 hours. Always shake the bottle before use. Refrigerate.

Samia and Fatima's Diamanda Special
(to condition or naturally tint the hair)

2 oz rosemary leaf & flower
1 oz horsetail leaves
1 oz chamomile flower

1 oz nettle leaf
½ oz black walnut hulls
½ oz clove powder
½ oz ground coffee
hot water sufficient to make a paste
1 Tbsp of olive oil
(optional 1-4 oz henna powder)

Grind the herbs to a fine powder in a blender or coffee grinder. Remove as many stems as you have the patience to sift out. Stir powders together. In a nonmetal covered container, pour the hot water on the herbs and soak, covered, for 10 minutes. Lightly shampoo hair; towel dry. Place a thin line of moisturizer around the hairline, including the tops of your ears, to avoid staining facial skin. Stir olive oil into wet herb mixture to get a smooth paste of oatmeal consistency. The mixture shouldn't run through the fingers or crumble into dry lumps. Add spoonfuls of water or oil to get the right consistency. If it gets too wet, add more powdered dry herbs. Divide clean, damp hair into sections and apply this herb goo, massaging it into the scalp. When hair is covered with an even thickness, roots to ends, swish a few spoonfuls of warm water in the henna bowl to make a little herb-flecked "tea" to pat on or pour over the mud pack on your head. Use a damp wash cloth frequently to wipe any drips from your neck and face. Cover your hair with an old towel or shower cap. The herb mixture shouldn't get dry over the next 15-90 minutes, so keep the scalp wet—if necessary, by covering the hair first with a shower cap or plastic bag or by periodically changing to a new hot, wet towel. After 15 minutes, rinse out a test strand. The longer the time, the deeper the color and/or conditioning. After 1-2 hours or when you've had enough remove the towel/cap and get in the shower. Rinse out the herbs with plain water before using diluted mild shampoo. You may need to wash your hair several times. Repeat once ever 6-12 weeks as desired. (The Herbal Menopause Book)

Rosemary-Wheat Germ Body Toner

½ cup water
2 Tbsp chopped sage leaves

2 Tbsp chopped rosemary leaves
¼ cup wheat germ
½ cucumber (do not peel)
¼ russet potato
1 Tbsp alfalfa sprouts
1 tsp lemon extract

Bring water, sage, and rosemary to a light boil; reduce heat and simmer infusion for 1/2 hour. Let cool and, in a blender, mix infusion with remaining ingredients together on medium speed for 1 minute, or until pureed. Filter solution through a paper towel or coffee filter, discarding solids. Put liquid into a small cosmetic bottle and apply to face, gently wiping with a cotton ball. Let toner absorb into skin and follow with a moisturizer. Use daily. Makes 1 cup. Cover and refrigerate. Discard after 2 days.

RITUAL USE: Gender: Hot; Planet: Sun; Element: Fire; Basic Powers: Purification, Love, Intellectual; Protection. Add to all purification bath sachets, love incenses, exorcism mixtures and protection incenses. Wear a chaplet of rosemary to aid the memory. Hung up it wards off thieves. It has connections with the sea and so is used in all sea-rituals. Make a simple of rosemary and use it to cleanse the hands before working magic, if you have no time for the regular ritual bath. Include a sprig in protection sachets of all kinds. It is often used to form a protection wreath. Burn rosemary and juniper as a healing and recuperation incense. It is the Flower for those born on January 17.

SOLAR CLEANSING BREW

2 parts fern, 2 parts juniper, 2 parts rosemary, 1 part cumin, 1 part yarrow; 1 part pepper; 1 part rue. Place the ground, mixed and empowered herbs in a red bottle half-filled with water. Set this in the sun, let steep, strain. For a gentle cleansing, sprinkle the brew around the house at sunrise for three or four days every month

ISIS HEALING BREW

1 part rosemary, 1 part sage, 1 part thyme, 1 part cinnamon. Half fill a blue-glass bottle

with fresh water. Add the ground, empowered herbs to it and let this sit in the sun all day. If by sunset the water has been colored by the herbs, it is ready for use. If not, store in the refrigerator overnight and steep in the sun the following day. Strain. Anoint the body or add to bath water while visualizing yourself as being in perfect health

OTHER USES: Boil a handful of rosemary in 2 cups of water for 10 minutes to make an antiseptic solution for washing bathroom fixtures. Shape the stems into barbecue skewers. Also used as an insect repellent especially for moths. The essential is used to perfume a variety of cosmetics, including soaps, creams, lotions, deodorants and hair tonics.

CULINARY USE: Rosemary's aroma combines fir, balsam and ocean air. The fragrance of the leaves has been described as like tea or like a combination of pine and nutmeg, while the flavor is somewhat peppery, warm, spicy and resinous with a hint of bitterness. The flavor has also been described as a cross between sage and lavender with a touch of ginger and camphor. Its tannin and camphor components give it a moderate bitterness and pepperiness which are especially good with foods rich in fat or with bland foods such as potatoes or legumes. Rosemary is used mostly with greens, meats and eggs and is excellent with tofu. Its bold, assertive flavor is a natural with lamb, pork and veal as well as with robust vegetables such as beets, cabbage and beans. It's excellent in stuffings for poultry and fish. Add it to bean, pea or mushroom soup and stir it into stews. Rosemary butter is excellent on new potatoes, beans, peas, spinach and zucchini. The flowers, with a milder flavor, are also added to food dishes. The flowers can be candied, preserved, or added to jellies, honey, vinegar and wine. Because of its strong flavor, rosemary should always be employed sparingly, especially if dried, in which case it should first be soaked in hot water before being added to uncooked foods.

When used in cooking, rosemary should be added to the dish at the beginning so that its full aromatic flavor can permeate the food slowly. Some cooks prefer to place the rosemary in a firmly tied muslin bag before adding it to a dish; others simply tie a bunch of rosemary together and add it as it is. Oil of rosemary is used to flavor candies, baked goods and liqueurs

Rutgers University in NJ has found that a dilution of .02% is a more powerful food preservative and antioxidant and is less toxic than the chemicals BHA and BHT. It has been patented as *rosmaridiphenol*

Rosemary was an essential part of the "ale grout", a brewer's bouquet of herbs used to flavor ale in Europe before the introduction of hops. If making beer, use 1 ½ oz of fresh leaves late in the boil for flavor and aroma. Or use for dry hopping in fermenter to add a stronger piney scent to your beer.

RECIPES:

Roasted Italian Pepper Tomatoes

2 Tbsp fresh basil, finely chopped
2 Tbsp Italian parsley, finely chopped
1 Tbsp oregano flowers, chopped
1 Tbsp rosemary flowers, chopped
2 shallots, finely minced
2 cloves garlic, minced
1/3 cup extra virgin olive oil
6 Italian pepper tomatoes
salt and pepper
2 Tbsp olive oil

Preheat oven to 350F. Mix together basil, parsley, oregano flowers, rosemary flowers, shallots, garlic and 1/3 cup olive oil. Set aside for 1 hour to allow the flavors to meld. Meanwhile, slice tomatoes in half. Toss tomatoes with 2 tablespoons olive oil to coat. Sprinkle with salt and pepper. Place tomatoes, cut side down, in a shallow baking pan. Roast for 30 minutes. Flip tomatoes over carefully. Spoon herb mixture evenly over tomatoes and roast 30 minutes more. Serve tomatoes garnished with oregano and rosemary flowers. (Edible Flowers from Garden to Palette)

Fresh Berry and Rosemary Fool

1 cup whipping cream
2-3 Tbsp vanilla sugar
1 cup raspberries
1 cup blueberries
about 2 Tbsp rosemary flowers.

Begin to whip the cream; when the cream begins to thicken, whisk in the sugar and most of the rosemary flowers. (Reserve enough flowers to scatter a few over each serving.) Continue whipping the cream until it is soft and fluffy, but not quite stiff. Fold in the berries and chill for 30 minutes before serving. Serve the fool in elegant glasses garnished with the reserved flowers. A piece of light sponge cake or a lady finger is a nice accompaniment. (Flowers in the Kitchen)

Rosemary-Tangerine Liqueur

1 cup sugar
2 cups water
¾ cup fresh rosemary leaves, loosely packed
2 tsp tangerine zest
1 cup 80-proof vodka
½ cup brandy

Bring sugar and water to a boil over medium-high heat, stirring constantly to prevent scorching. Add rosemary leaves and boil for 5 minutes, stirring frequently. Use a fine-mesh strainer to strain out leaves. Discard. Transfer liquid to a clean 1-quart container with a tight-fitting lid. Add tangerine zest and let cool for 15 minutes. Add vodka and brandy. Cover and let stand in a cool, dark place for 1 month. Rack or filter liqueur into final container, cover, and age for 1 month before serving. Can be used also as a marinade, in vinaigrettes or as an addition to iced tea. (Cordials from your Kitchen)

Rosemary Lamb Stew

2 lbs boneless lamb for stew
1 Tbsp corn oil
2 cloves of garlic, sliced
1 large onion, coarsely chopped
1 cup dry vermouth
6 slices of lemon cut in quarters
4 medium potatoes, cut in quarters

4 medium carrots, cut diagonally in 1/2-inch slices
1 large onion, coarsely chopped
½ tsp dried rosemary, crumbled or 1 tsp minced fresh
½ tsp rubbed dried sage
½ tsp dried thyme
½ tsp freshly ground pepper
¼ cup minced fresh parsley

Heat oil in heavy pan or Dutch oven, add meat, and cook over medium-high heat until brown. Add garlic and 1 onion and cook until translucent. Add vermouth, reduce heat, and scrape the bottom of the pan to loosen all the good brown stuff. Add lemon. Cover and bake in a 325F oven for 45 minutes. Add vegetables, including the remaining onion, and cook 30 minutes. Add rosemary, sage, thyme and pepper and bake an additional 15 or 20 minutes or until vegetables are tender. Serve with tasted French bread, brushed with garlic and olive oil. (Sage Cottage Herb Garden Cookbook)

Rosemary Potatoes with Cheese

8 medium potatoes, peeled
1/3 cup plus 1 Tbsp butter
1 cup minced onions
1½ cups grated onions
1½ cups grated Cheddar cheese
¾ cup hot milk
salt and freshly ground black pepper
1 tsp chopped fresh rosemary or ½ tsp dried rosemary
2 eggs, well beaten

Preheat oven to moderate 375F. Peel the potatoes and cook them in boiling salted water to cover. Drain and mash them. Melt one Tbsp of the butter and add the onions. Cook, stirring until onions are translucent. Combine the mashed potatoes, onions, remaining butter, the cheese, milk, salt and pepper to taste and rosemary. Fold in the beaten eggs and pour the mixture into a lightly buttered casserole. Bake for 45 minutes, until puffy and brown. Serve immediately. (The New York Times Menu Cookbook)

Smelt Grilled with Rosemary

1 lb smelt, cleaned
4 tsp extra-virgin olive oil
1 tsp salt
1tsp freshly ground black pepper
12 fresh rosemary sprigs
1 lemon, cut into 4 wedges

Prepare a fire in a charcoal grill. Divide the smelt into 4 equal portions. Place each portion in the center of a 10-inch square of aluminum foil, arranging the fish in a single layer. Drizzle each portion with 1 teaspoon of the olive oil, sprinkle evenly with the salt and pepper, and lay 3 rosemary sprigs atop each serving of fish. Fold up the edges, creating 4 shallow pans with 1-inch rims. Place the pans on the grill rack and grill until the fish are opaque throughout, 7-10 minutes. Slip the fish onto individual plates and garnish with the lemon wedges. Serve at once. (Herbs de Provence)

Rosemary Pesto Confit for Pasta

2 Tbsp butter
2 Tbsp virgin olive oil
3 cups very thinly sliced onions
salt and freshly ground pepper
1/8 tsp sugar
1-2 Tbsp full-bodied red wine
½ lb cob-smoked ham, sliced ½ inch thick
about 1½ Tbsp Rosemary Pesto
salt and freshly ground pepper

Heat the butter and 1 tablespoon of the oil in a large sauté pan. Add the onions, salt and pepper. Sauté very slowly, stirring frequently for 10 minutes. Do not brown. Add the sugar and red wine. Continue sautéing very slowly until the onions are a little caramelized, about 20 minutes. Remove the onions from the pan with a slotted spoon. The onion confit may be prepared at any time. It will keep for about a week in the refrigerator. To complete this dish, heat the remaining 1 tablespoon oil and sauté the ham over a high heat until lightly browned. Return the onions to the pan and heat briefly. Add the pesto, salt, pepper to taste. Serve over hot pasta.

Rosemary Pesto

1/3 cup fresh rosemary leaves
1½ cup fresh parsley leaves
2 large garlic cloves
½ cup freshly grated Parmesan cheese
½ cup walnuts
½ cup olive oil
salt and freshly ground pepper

Combine the rosemary, parsley, garlic, cheese, and walnuts in a food processor or blender. Process to mix. With the machine running, slowly add the olive oil. Season to taste with salt and freshly ground pepper and process to the desired consistency. Let stand 5 minutes before serving. Use this pesto as a sauce or marinade base for vegetables, seafood and lamb. (Pestos! Cooking with Herb Pastes)

Rosemary Walnuts

2 cups blanched, toasted English walnut halves
3 Tbsp extra virgin olive oil
2 tsp dried rosemary, slightly crushed
½ to 1 tsp sea salt (or to taste)
½ tsp ground red pepper

Drop shelled walnuts into boiling water. Cook 2 minutes after water returns to a boil. Drain nuts in a colander. Rinse well with cold water. Spread nuts on paper towels. Let dry. Spread dried nuts on a baking sheet and toast in a 350F oven for 10-12 minutes, stirring once or twice. Line a large baking sheet with foil. Gently heat olive oil, rosemary, salt and red pepper in a small pan, stirring to mix well. Spread nuts on the baking sheet. Pour the oil mixture over them and stir gently to coat all the nuts evenly. Toast in a 350F oven for 10-15 minutes, stirring once or twice. Cool. Best if served slightly warm. Can be refrigerated and retreated in a 350F for about 5 minutes. Also can be added to salads. (It's About Thyme)

Focaccia with Rosemary

2 envelopes active dry yeast
1 tsp sugar
1¾ cups warm water
2/3 cup olive oil
1½ tsp salt
4-5 cups unbleached all-purpose flour
2 tsp dried hot red pepper flakes

Toppings:

2 tomatoes, sliced paper-thin
2 onions, sliced paper-thin
12 sun dried tomatoes, preserved in rosemary oil, cut into chunks
very small sprigs of fresh rosemary
coarse salt

Dissolve yeast and sugar in 1 cup lukewarm water. Let sit until foamy. In another bowl, combine remaining 3/4 cup water, 1/3 cup olive oil, and salt. Pour in yeast mixture. Blend in flour, 1 cup at a time, until dough comes together. Knead on a floured board for 10 minutes, adding flour as needed to make dough smooth and elastic.

Place dough in an oiled bowl, turn to coat well, cover with a cloth, and let rise in a warm, draft-free place for 1 hour, or until doubled in bulk.

In a small saucepan, heat remaining oil until very hot but not smoking. Add chili flakes and remove from heat. Let stand until cool. Punch down dough and knead again on a floured board for about 5 minutes. Preheat oven to 400F. Divide dough in half and roll out on a floured board into two 8-inch squares about 1/2 inch thick. Place on a baking sheet and brush with prepared chili oil. Press toppings into the dough. Sprinkle with coarse salt. Bake until golden brown, about 20 minutes. Cut into squares and serve warm. (Kitchen Herbs)

Rosemary Punch

1 large can pineapple juice
5 tsp fresh rosemary
1 1/2 cups lemon juice
2 cups water
fresh lemon slices and rosemary sprigs
1 large bottle ginger ale

Boil 1 cup of pineapple juice with the rosemary. Remove from heat and let stand 5 minutes, then strain and cool. Add all other ingredients except the ginger ale. Pour into a punch bowl over ice and add ginger ale just before serving. Float lemon slices and rosemary sprigs in a bunch bowl.

Blueberry and Rosemary Cake

6 oz plain flour, sifted
pinch of salt
3 oz fine polenta
1 tsp baking powder
4 oz golden caster sugar
grated zest of 1 small orange
4 oz unsalted butter, cubed
1 large egg
1 Tbsp rosemary flavored olive oil

FILLING

12 oz blueberries
1 oz demerara sugar
2 tsp polenta

TOPPING

1 heaped tsp very finely chopped young rosemary leaves
1 level Tbsp demerara sugar

Place the flour, salt, polenta, baking powder and golden caster sugar in a food processor with the orange zest. Process briefly, then add the butter and process until it resembles breadcrumbs. Mix the egg and oil and add through the feeder tube. Preheat the oven to 350F. Press half the dough into a deep, buttered, 9 inch tart or cake tin, leveling off with the back of a spoon. Mix the filling ingredients together and pile on to the base, taking care to leave about 1/2 inch around the edge. Sprinkle over the remaining dough as if it were a crumble mixture. Mix the topping ingredients together and sprinkle over the top. Bake in the oven for about 50 minutes, until golden brown. Allow to cool for at least 20 minutes, before serving warm with sweetened cream or Mascarpone cheese. Freezes well. (Feasting on Herbs)

Rosemary Pound Cake

1 cup butter, softened
1 cup sugar
1/4 cup honey
5 eggs
2 cups sifted flour
1 tsp baking powder
1 Tbsp snipped, fresh rosemary or 1 tsp crushed, dried rosemary
1 1/2 tsp orange flower water
1 1/4 tsp finely shredded orange peel

1½ tsp orange juice
1 recipe orange juice glaze
sprigs fresh rosemary

In a medium mixing bowl, beat butter and sugar with an electric mixer on medium speed for 6 minutes or until light and creamy. Beat in honey. Add eggs, one at a time, beating for 1 minute after each addition. (Batter may look slightly curdled.) In separate bowl, stir together flour and baking powder. Gradually add the flour mixture to the sugar mixture, beating on low speed just until blended. Gently stir in the rosemary, orange water, peel and orange juice. Pour into two greased and floured 8x4x2" loaf pans. Bake at 325F for 45 minutes or until toothpick inserted in center comes out clean. Cool in pans 10 minutes, and remove and cool on wire rack. Drizzle with orange juice glaze and top with rosemary sprigs.

ORANGE JUICE GLAZE

Stir together 2/3 cup sifted powdered sugar and 2 teaspoons orange juice.
(The Herbal Connection Collection)

Rosemary Spice Cake

1 cup water
1 small zucchini, grated
1 large sweet apple, peeled, cored, and cut into a ½ inch dice
1 cup sugar
7 Tbsp margarine
1 Tbsp minced fresh rosemary
½ tsp salt
½ tsp freshly grated nutmeg
¼ tsp ground cloves
2 cups all-purpose flour
1 tsp baking powder
1 tsp baking soda

Preheat an oven to 325F. Grease a 9-inch round or square cake pan. In a saucepan, combine the water, zucchini, apple, sugar, margarine, rosemary, salt, nutmeg and cloves. Bring to a boil over medium heat, stirring occasionally. Meanwhile, in a large bowl, sift together the flour, baking powder, and baking soda. Gently stir the cooled zucchini mixture into the flour mixture just until mixed. Pour into the prepared cake pan. Bake until a knife

inserted into the center comes out clean, 35-40 minutes. Transfer to a rack to cool, then turn out onto a serving plate or serve directly from the pan. (Herbes de Provence)

Baby Routh's Rosemary Muffins with Goat Cheese

¾ cup milk
¾ cup golden raisins
1 Tbsp chopped fresh rosemary leaves
¼ cup unsalted butter
1½ cups all purpose flour
½ cup sugar
2 tsp baking powder
¼ tsp salt
1 large egg
8 Tbsp goat cheese

Simmer milk, raisins and rosemary in a small saucepan for 2 minutes. Remove from heat; add butter and stir until melted. Let cool. Mix dry ingredients in a large bowl. Beat egg into cooked milk mixture. Add to dry ingredients and mix lightly just until dry ingredients are moistened. Spoon 1/3 of the batter into 12 greased muffin cups. Place 2 tsp of goat cheese in center of batter in each cup. Cover cheese with remaining batter, divided among each of the muffins. Bake approximately 20 minutes in a preheated 350F oven, or until brown and springy in the center. Serve muffins hot or cool. If desired, a ¾ inch cube of cream cheese may be substituted for goat cheese. (The Herb Garden Cookbook)

Mulled Rosemary Wine and Black Tea

1 bottle claret or other full-bodied red wine
1 quart black tea, preferably Assam or Darjeeling
¼ cup mild honey
1/3 cup sugar (castor sugar)
2 oranges, sliced thin and seeded
2 3-inch cinnamon sticks
6 whole cloves
3 rosemary sprigs

Mix the wine and the tea together in a noncorrodible saucepan. Add the honey, sugar, oranges, spices, and rosemary. Heat over low heat until barely steaming. Stir until the honey is dissolved. Remove the pan from the heat,

cover, and let stand for at least 40 minutes. When ready to serve, heat to just steaming and serve hot. (Herbs in the Kitchen)

Asian Pear Sorbet with Rosemary

Poaching Liquid

4-5 Asian pears peeled, cored and coarsely chopped (4 cups)

1 tsp fresh lemon juice

1 egg white

mint sprigs or sweet cicely feathers, for garnish

In a saucepan combine Poaching Liquid and pears. Cover and cook over medium heat until pears are soft (15-25 minutes). Using a slotted spoon transfer pears to a shallow metal dish. Strain liquid, cover and refrigerate. Place pears in freezer until frozen almost solid (3-4 hours). In a food processor fitted with metal blade or a blender, combine frozen pears and lemon juice and purée. Add reserved liquid, blend well, and return to dish. Place in freezer and freeze, stirring with fork several times, until solid (3-4 hours). Beat egg white just until soft peaks form. Return pear purée to food processor and blend until smooth. Transfer to mixing bowl. Fold in egg white, spoon mixture into freezer container, and refreeze until solid (3-4 hours) or up to 3 days. Just before serving, return to processor and blend until smooth (3-4 seconds). Spoon into glasses or bowls and garnish each serving with mint or sweet cicely.

POACHING LIQUID

1 cup Chardonnay

2/3 cup water

1/2 cup sugar

2 slices lemon or 4 slices ginger

4 whole cloves

4 coriander seeds, lightly crushed

1 cinnamon stick broken in to 3-4 pieces (3")

3 sprigs of rosemary

In a large, nonreactive saucepan over medium-high heat, combine all ingredients and bring to a boil, stirring to dissolve sugar. Reduce heat and simmer, stirring occasionally, 10 minutes. Let cool, cover and refrigerate up to 1 week. Makes about 1 2/3 cups.

(Cooking From the Gourmet's Garden)

Cream of Carrot Soup

4 Tbsp unsalted butter

1 large onion, preferably Spanish or Vidalia chopped

12 carrots, sliced

1 potato, peeled and diced

4 cups chicken stock

2 Tbsp minced fresh ginger

2 tsp minced fresh rosemary

1/2 cup heavy cream

Salt and pepper

Additional rosemary sprigs for garnish

Melt the butter in a heavy pot over low heat. Add the onion and let it cook slowly, covered, until it is soft but not browned, about 30 minutes. Add the carrots and potato, chicken stock, ginger, and rosemary; cook until the carrots and potatoes are soft, about 30 minutes longer. Mash with potato masher or purée in a food processor. Stir in the cream and season to taste with salt and pepper. Garnish with rosemary, if desired.

Rosemary Garlic Stir-Fry

2 whole boneless, skinless chicken breasts, cut into bite-sized strips

1 Tbsp olive oil

5 or more cloves garlic, minced

2 tsp chopped fresh rosemary (2/3 tsp dried)

3 cups chopped fresh vegetables (broccoli, cauliflower, zucchini, summer squash, onions, mushrooms, carrots, green beans)

3/4 cup chicken broth

4-6 cups hot cooked rice

1/2 cup cashews

fresh rosemary sprig

In large skillet or wok, cook and stir half of the chicken in olive oil for 2 minutes, or until chicken is no longer pink. Remove from pan with slotted spoon. Repeat with remaining chicken. Remove from pan and keep warm. In skillet or wok, cook and stir garlic and rosemary over medium heat for 1 minute. Stir in vegetables and broth. Bring to boil. Reduce heat. Cover and cook mixture for 3 minutes. Return chicken to the skillet or wok. Toss to coat. Heat. Serve over hot cooked rice.

Sprinkle with cashews. Garnish with a sprig of fresh rosemary. (Favorite Recipes with Herbs)

Rosemary Cookies

1 cup butter
1 cup oil
1 cup sugar
1 cup confectioner's sugar
2 eggs
1 tsp vanilla
1 tsp baking soda
1 tsp cream of tartar
4 cups flour
2 Tbsp chopped fresh rosemary or 2 tsp dried

Combine all ingredients, except rosemary, in mixer bowl. Mix thoroughly. You may need to add a little more flour if dough appears sticky—add a tablespoon at a time. Add rosemary and gently mix into the batter. Form into small balls and place on an ungreased cookie sheet. Flatten with the bottom of a glass dipped in sugar. Bake at 375F. Check after 6 minutes. Turn pan and bake another 2-4 minutes until cookies are pale golden brown and firm to the touch. Baking time depends on how large you form the cookies. (It's About Thyme)

Rosemary and Black Peppercorn Rosé Marinade

½ cup rosemary and black peppercorn rosé
½ cup olive oil
1 Tbsp fresh whole black peppercorns
Thoroughly blend wine and olive oil with a fork in a glass measuring cup. Stir in peppercorns. Use with pork and beef.

Rosemary and Black Peppercorn Rosé

3-4 sprigs rosemary
1 Tbsp black peppercorns
2 cups rosé

Place rosemary and peppercorns in a 1-quart jar. Pour wine over and cover. Store in a cool, dim place for at least 2 weeks before testing flavor.

Rosemary Water

Ingredients for one quart:
One handful of Rosemary

2 tsp. nutmeg
1 tsp. ginger
2 cups Vodka
2 cups cane sugar
1 cup brown sugar
2 cups water

Mix rosemary, nutmeg, ginger, and vodka in a stone or glass jar and store sealed in a cool, dark place for 5 to 10 days. Combine sugar and water in a saucepan and bring to a boil. Let boil for about 5 minutes and then remove from heat. Allow the mixture to cool for an hour and then pour into a clean quart bottle. Strain rosemary mixture into the quart glass, seal and let condition for at least 2 weeks. *Note: This recipe was derived from Hannah Wolley's Rosemary Water recipe*

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SOURCES OF ESSENTIAL OIL OF ROSEMARY

Australasian College of Herbal Studies, PO Box 57, Lake Oswego, OR 97034; 800-48-STUDY; email: achs@herbed.com website: <http://www.herbed.com>

Resources:

Companion Plants, 7247 No Coolville Ridge Rd., Athens, OH 45701; 740-592-4643; www.companionplants.com plants

Crimson Sage, PO Box 337, Colton, OR 97017; 503-824-4721; <http://www.crimson-sage.com> Plants

The Rosemary House, 120 S Market St., Mechanicsburg, PA 17055; 717-697-5111; www.therosemaryhouse.com tincture

LAVENDER



Lavandula vera (best for eating) (also *Lavandula officinalis*); *Lavandula angustifolia*; [lav-AN-dew-lah an-gus-tee-FOH-lee-uh]
L. stoechas (Spanish lavender); *L. x intermedia* (lavandin); *L. latifolia* (spike lavender); *L. multifida* (fern-leaf lavender); *L. dentata* (French)

Family: Lamiaceae (mint family)

Names: Lavendel, Hunlavendel (Danish); Lavendel, Spijklavendel (Dutch); Lavendo (Esperanto); Tähklavendel (Estonian); Ostukhudus (Farsi); Tupsupäälaventeli (Finnish); Lavand (French); Lus-na-tùise (Gaelic); Lavendel, Lawendel (German); Levendula (Hungarian); Lofnarblóm (Icelandic); Lavanda (Italian); Lavendel (Norwegian); Lawenda waskolistna, Lawenda prawdziwa (Polish); Lavanda (Russian); Lavendel (Swedish); Lavanta (Turkish)

Description: a perennial plant with narrow gray green leaves and long spikes with purple flowers (sometimes white or pinkish). The fragrant leaves and flowers can be used fresh in

salads and fruit dishes, or added to cooked sauces, candies and baked goods. When dried they are used in jellies. Lavender is grown primarily for the oil in its flowers, which is widely used as a fragrance in perfumes and cosmetic products and to flavor beverages and baked goods.

There are dozens, if not hundreds of genotypes, all with subtle and sometimes great genetic variation, both in the morphology and the chemical composition of the essential oil. English lavender (*Lavandula angustifolia*) is the most widely grown lavender and is often erroneously sold in the trade as *L. vera* or *L. officinalis*

Culture: Lavender prefers a sunny location and light, dry, well-drained soil. It is an ideal plant for a large rock garden. To plant in the traditional way, select a sunny, well drained site that affords protection from winter winds. Unless you're in a frost free climate, stick with lavenders and lavandins which winter well unless they are abused with poor drainage or frost heave. Lavenders can be started from seed but it is far easier to buy plants or do cuttings. Some cultivars, such as Lavender Lady and Munstead can be grown efficiently from seeds, germinated at about 21C, with emergence in 15-25 days. Moist prechilling for 1 to several weeks, considerably increased speed of germination. Plants produced from seeds are often variable and may not reproduce the distinctive characteristics of the cultivar, while cuttings have the advantage of propagating desired traits well.

Lavandins can only be grown from cuttings. The best time for cuttings is from August to November when the stems are semihardened, but have not been subjected to a freeze. A mix of one part coarse perlite to one

part sterilized, baked clay frit (kitty litter) is a recommended medium (not the clumping kind). Place cuttings in 50% shade. Do not cover or mist them as this will encourage rot. The leaves should not come in contact with the root medium. Spring plantings of older plants are best to allow for safe overwintering. When ready to plant, work in some sand and compost. Heavy clay is not suitable for lavenders. Add about one cup of dolomitic lime per plant. Space lavender plants about one foot apart, allowing more room for the larger lavandins. Keep the plants well watered until new growth resumes. Prune the seedheads after flowering and shape the plants slightly if desired. Prune lightly in the fall as well. In areas where there is no deep snow cover, protect the plants from frost heave by mulching with evergreen branches after winter sets in. Never use leaves or straw as mulch because they mat down and can cause rot. Prune harder in the spring, cutting out any dead wood.

To mound plant (longer life span and more time consuming) loosen the existing soil then make a soil mix of one part native soil, one part sand and one part compost. Then mix in a third as much pea gravel, or mixed rock about ½" in diameter. Pour this mix onto the site and shape it into a mound from 8 to 18" high, using higher mounds in wetter areas. Taper the edges of the mound to meet the soil level. Make a cone of the soil mix (without the gravel) and spread the roots of the plant over the cone, covering them with the mix. Water thoroughly (use seaweed solution to reduce transplanting shock). You can add two cups of granite dust, which sweetens the soil and provides a high mineral fertilizer. Then topdress the entire mound with 2 inches of white sand (no beach sand because of the salt). Reflects light which mimics lavender's natural habitat of the Mediterranean.

Typical productive life of English lavender is ten years, and five to six years for lavandin. An acre of lavender turns out between 300 and 1800 pounds of dried flowers per acre (12-15 lb of essential oil), while lavandin yields 3500-4500 per acre (53-67 lbs of oil).

Harvest the buds just as the flowers are about to open. Dry in a well ventilated space with subdued light. Creating high quality lavender oils depends on a wide range of variables, including the stage of blossoming, harvesting at the right time of day, weather conditions, and methods of harvest and storage. Flowers for oil production are harvested when at about 50% blooming. The harvest takes place on dry, warm, sunny days. Cold or rainy weather can hamper the development of esters in the essential oil.

History: Lavender has scented washing water and baths since the Romans named it after *lavare* "to wash". The *Lavandula vera* plant is known as "el khzama" in Morocco, where the dried flowers are an important ingredient in a herb and spice mixture known literally as "top of the shop." Ancient Egyptians created mummification casts that would last indefinitely by soaking linen in oil of lavender containing asphalt, wrapping the bodies with these and drying them in the sun until the casts were hard. The color lavender is named for the flower. In the Victorian language of flowers, lavender signifies distrust. In North Africa, lavender is used to protect the Kabyle women from being mistreated by their husbands.

Actions: analgesic, anticonvulsive, antidepressant, antimicrobial, antirheumatic, antiseptic, antispasmodic, antitoxic, carminative, cholagogue, choloretic, cicatrizant, cordial, cytophylactic, deodorant, diuretic, emmenagogue, hypotensive, insecticide, nervine, parasiticide, rubefacient, sedative, stimulant, sudorific, tonic, vermifuge, vulnerary

Constituents: Over 100. Lavender has 0.5-1/5% volatile oil, tannins, coumarins (including coumarin, umbelliferone and herniarin), flavonoids (such as luteolin), and (in the leaves) about 0.7% ursolic acid. The essential oil has linalyl acetate (8-18% in English lavender, 30-60% in French lavender), linalool, 1,8-cineole, camphor, ? pinene, geraniol and its esters, lavandulol, nerol, cineole, caryophyllene, limonene, furfural, ethyl amyl

ketone, thujone, and pinocamphone. Linalool has the distinct smell of lavender. The sweetly floral English lavender has little camphor compared to other lavenders, which accordingly have a medicinal or detergent-like smell. High altitudes generally produce more esters.

Medicinal Uses: In the past, lavender has been used as a folk remedy for numerous conditions, including acne, cancer, colic, faintness, flatulence, giddiness, migraine, nausea, neuralgia, nervous headache, nervous palpitations, poor appetite, pimples, rheumatism, sores, spasms, sprains, toothache, vomiting and worms. Lavender salts have been employed for centuries as a stimulant to prevent fainting; lavender oil vapor is traditionally inhaled to prevent vertigo and fainting. A compound tincture of lavender (also known as Palsy Drops) was officially recognized by the British Pharmacopoeia for over 200 years, until the 1940s. Used to relieve muscle spasms, nervousness, and headaches, it originally contained over 30 ingredients. Tests show that lavender's essential oil is a potent ally in destroying a wide range of bacterial infections, including staph, strep, pneumonia, and most flu viruses. It is also strongly anti-fungal. A lavender-flower douche is an effective treatment for vaginal infections, especially candida-type yeast infections. Lavender ointments are rubbed into burns, bruises, varicose veins, and other skin injuries. The straight oil is dabbed on stops the itching of insect bites.

Hangover Remedy: 1 egg, 2-3 drops light soy sauce, pinch lavender flowers. Break the egg into a glass and whisk until froth. Add the soy sauce, then crush the lavender flowers in a pestle and mortar and add to the mixture. Liquidize, pour back into the glass and sip slowly. Then lie on the floor and do some deep breathing exercises from your diaphragm. Rest for 1 hour—you're found to feel better.

Palsy Drops: 1 oz each lavender, rosemary, cinnamon; ½ each nutmeg and red sandalwood;

16 ounces brandy. Combine ingredients and let sit for 7 days, then strain.

French Lavender Sleep Cocktail:

60 fresh lavender leaves
4 oz glass jar with screw-top
4 oz vodka
5 inch square cheese cloth
4 oz amber glass bottle with screw-top
1 ½ oz distilled water

In the glass jar, combine the lavender and vodka. Set aside in a cool, dark place for 2 weeks to extract the healing essences from the lavender leaves. Agitate the jar once a day. Place the cheese cloth in a fine-gauge sieve. Strain the tincture into the amber glass bottle. Discard the spent herb. In a small drinking glass, combine a half oz of tincture and an ounce and a half of distilled water. Stir. Drink just before you retire. Repeat until your normal sleep pattern returns.

HEADACHE SACHET

equal parts lavender and cloves
Enclose in a muslin bag and inhale the vapors when a headache begins. (The Herb Basket, 141 Main St., Landisville, PA 17538; 717-898-6334)

SINUS SNIFFING JAR

Equal parts Lavender, peppermint and eucalyptus
few drops of each essential oil. Pack in a small glass jar. Open and inhale the vapors to clear a stuffy head. (The Herb Basket, 141 Main St., Landisville, PA 17538; 717-898-6334)

Lavender Sleep Pillow

To enhance your sleep and dreams, make small pillow and place inside your pillow case. Or to relax, lie down and place bag over your eyes, breathe deep. (Lunar Farms Herbals – 1-800-687-1052;

<http://www.herbworld.com/lunarfarms>)

2 cups lavender
1 cup roses
1 cup hops
½ cup rosemary
½ cup lemon balm

1/3 cup thyme

Lavender - is relaxing, can relieve stress, soothing & is known to enhance your dreams

Roses - enhances romance & is relaxing

Hops - has been known to encourage relaxing, pleasant dreams

Rosemary - in folklore it has been used to insure sleep & prevent bad dreams

Lemon Balm - has been used for anxiety, insomnia & nervous tension

Thyme - for centuries it has been used to insure restful sleep and prevent nightmares

Aromatherapy:

EXTRACTION METHODS: essential oil by steam distillation from the fresh flowering tops. An absolute and concrete are also produced by solvent extraction.

CHARACTERISTICS: Colorless to pale yellow liquid with a sweet, floral-herbaceous scent and balsamic-woody undertone.

DOSHA EFFECT: P K-

TASTE: pungent

ENERGY: slightly cooling/neutral

BLENDS WITH: most oils especially citrus and florals, also bay, bergamot, cedarwood, chamomile, citronella, clove, clary sage, geranium, jasmine, lemon, mandarin, nutmeg, orange, pine, labdanum, oakmoss, vetiver, patchouli, thyme, rosemary

USES: Well known for its nervine-sedative properties and is useful to alleviate stress. It is helpful in the treatment of all types of pain. Headaches respond well to the application of lavender by rubbing a drop on the temples or placing a compress on the forehead or back of the neck. For muscular pain and rheumatism, it's useful in a massage or bath oil. It will help lower blood pressure and has a stimulating effect for someone with a weak heart, fatigue upon exertion and cold extremities. Because of its low toxicity it is considered one of the safest essential oils to use with children. The essential oil most commonly associated with burns and healing of the skin. Its antiseptic and analgesic properties will ease the pain of a burn and prevent infection as well as promoting rapid healing and reducing scarring. It can be used for the treatment of dermatitis, eczema,

psoriasis and acne. Also useful for the treatment of sunburn and insect bites.

NOTE: middle

BLENDS:

Refreshing Bath: 5 drops lavender; 4 drops peppermint; 3 drops grapefruit; 3 drops lemongrass in 1 tsp carrier oil

PMS: 7 drops chamomile; 7 drops geranium; 7 drops lavender; 5 drops rosewood; 4 drops clary sage; 1 Tbsp borage oil; 1 Tbsp jojoba oil. Massage the blend into the lower back at least once a day before the onset of symptoms

Jet Lag Formula

Lavender oil: 10 drops

Grapefruit oil: 7 drops

Peppermint oil: 4 drops

Ginger oil: 4 drops

Blend the oils. When traveling by air, place on the air vent above your seat. Add 10 drops to a base oil and apply to ear lobes, base of neck and inside of wrists while in the air. It is important to drink at least two 8 oz. glasses of water hourly while traveling. (Australasian College of Herbal Studies)

Cosmetic Use:

Lavender Velvet Cream

Great daily foot treatment

1/2 cup (120 ml) all-vegetable shortening

1 teaspoon (5 ml) beeswax

3 tablespoons (45 ml) distilled water, rose water, German chamomile tea, or lavender tea

1 teaspoon (5 ml) borax

15 drops lavender essential oil

15 drops rose or geranium essential oil

5 drops spearmint essential oil (optional, but adds a nice, mild, minty note. Yield: approximately 3/4 cup (180 ml)

In a small saucepan, heat the shortening and beeswax over very low heat until just melted. Remove saucepan from heat. In another small saucepan, warm the distilled water, rose water, or tea and dissolve the borax in it; then remove saucepan from heat. When both mixtures have cooled to approximately the same temperature, set the wax/shortening pan into a bowl of ice cubes and add the essential oils. Drizzle the

liquid into it, stirring rapidly with a small whisk or spoon. The cream should set up fairly quickly and look and feel like fluffy cake icing.

To use: Slather it thickly onto clean feet, put on socks and go to bed. Awaken to "feet of velvet." This product can be used wherever you have dry skin: hands, elbows, knees, or even as a cuticle conditioner. It sinks in amazingly fast, is non-greasy if you don't use too much, and makes your skin super soft. Store in an attractive container away from heat or light. No need to refrigerate unless weather is hot. Will last approximately one year if you do choose to chill it or up to three to four months at room temperature. (Natural Foot Care)

Lavender Cream for Acne

50 tsp sweet almond oil
13 tsp white wax
39 tsp distilled water
1 tsp lavender oil
¼ tsp aspic

Mix the ingredients together slowly, one at a time, in a double boiler or similar container over a low heat. When cool, pot up and label. (The Herbal Health & Beauty Book)

Lavender Barrier Cream

¼ oz beeswax pieces
1 oz cocoa butter
4 Tbsp almond oil
1 Tbsp castor oil
15 drops lavender oil

This waterproof hand cream protects the hands from abuse and should be used before chores. Put the beeswax pieces and cocoa butter in a heatproof bowl and place in a saucepan half-filled with water. Gently heat until the beeswax and cocoa butter have melted together. Remove from the heat and stir in the almond oil and castor oil. Allow to cool and beat in the lavender essential oil. Pour the mixture into tubs or shallow screw-top jars and rub into the hands whenever a protective barrier cream is needed. (Illustrated Natural Beauty)

STARDUST BODY POWDER...

This powder leaves your skin feeling silky smooth and a bit sparkly with the addition of a fine "fairy or angel dust" powder.

1 Cup White Clay
½ Cup Baking Soda
½ Cup Arrowroot Powder
½ Cup Powdered herbs:
Lavender/Roses/Thyme
¼ Cup Slippery Elm powder
40 drops of Palmarosa Essential Oil
A pinch of Fairy Dust!

Mix all ingredients together and store in a moisture proof container, preferably a powder cylinder. It smells good, feels good, and looks great! (Jean's Greens, 119 Sulphur Springs Rd., Newport, NY 13416; 888-845-8327)

Flower Essence: Helps those souls who are highly absorbent of spiritual influences. For those highly awake and mentally active that often absorb more energy than can be actually processed through the body. Those that suffer from afflictions to the head like headaches, vision problems and neck and shoulder tension.

Ritual Uses: Gender: Hot; Planet: Mercury; Element: air; Basic Powers: love, protection, purification. Lavender is burned during childbirth and labor as an herb of peace and tranquility. The joyful scent of lavender is welcome at baby blessing rituals. It is strewn into bonfires at Midsummer as an offering to the Gods and Goddesses. An ingredient of love spells, its scent is said to attract men. Lavender in the home brings peace, joy, and healing. At one time lavender was carried with rosemary to preserve chastity. Carry the herb to see ghosts.

Crafting:

Lavender Wands

19 fresh lavender stalks, cut as long as possible
4 feet of ¼" ribbon

Strip leaves from lavender stalks. Tie stalks together just below heads. Holding flower heads in your fist, bend stems down from the point where they are tied back over flower heads. Secure stalks temporarily with a rubber band. Stalks should be evenly spaced

and form a little cage around flowers. With ribbon at top of cage, drop one end of ribbon through cage and let it hang. Take the other end of ribbon and, starting at the top of cage, weave ribbon in and out through stalks until flowers are completely enclosed. Remove rubber band. Wrap ribbon around stems several times and then, using both ends of ribbon, tie a knot and a bow. Trim ends of the ribbon and stalks to even lengths. (Growing and Using Herbs in the Midwest)

Culinary Uses: Lavender blooms are highly aromatic and taste much like they smell: perfumey, vaguely oily, with the heavy muskiness of lavender and a hint of lemon. Generally, the varieties with darker flower buds are more attractive and flavorful. Use blossoms sparingly.

Recipes:

Leek Quiche with Thyme and Lavender

One 9-inch pie shell, unbaked, store-bought or homemade

1 ¼ cups grated Gruyere, Emmenthaler, or low-fat Swiss cheese

2 Tbsp butter

1 Tbsp canola oil

2 medium leeks or a quantity sufficient to yield

2 ½ cups when the cleaned white portions are cut into ½-inch sections

2 Tbsp fresh thyme leaves

½ cup dry white wine

2 large eggs, lightly beaten or ½ cup egg substitute

1 cup heavy cream or evaporated skim milk

1 Tbsp lavender flowers

½ tsp salt

½ tsp ground black pepper

1/8 tsp grated nutmeg

1/8 tsp ground cayenne

Heat oven to 350°F. Line the pastry shell with parchment paper and put in ½-inch or so of pie weights or dried beans. Bake for 15 minutes; remove weights and parchment, reduce heat to 325°F, and bake for about 8 minutes more, or until the bottom is dry. Sprinkle ¼ cup grated cheese over the bottom

of the crust and bake for about 5 minutes, or until the cheese is melted. Remove and cool.

In a large skillet, heat the butter and oil over medium-high heat until foaming subsides. Add the leeks and cook, stirring, for about 5 minutes, or until it is fragrant. Stir in the wine, reduce heat to medium, and cook, stirring for about 3 minutes, or until all liquid is gone. Set aside and cool to room temperature.

In a large bowl combine the eggs or egg substitute, cream or evaporated milk, lavender, 1 cup grated cheese, salt, black pepper, nutmeg and cayenne. Stir in the cooled leek mixture pour into the crust and bake at 350F for about 35 minutes, or until the top is just set. Serve warm or cold. 6 servings. (The Herbal Palate)

Peach and Lavender Tart

One 9-inch pastry shell, store-bought or homemade

2 lb peaches, split, pitted, and cut in ¼ inch slices

4 Tbsp lemon juice

1/3 cup sugar

1 Tbsp lavender flowers, gently crushed

2/3 cup blanched almonds

1 large egg, or ¼ cup fat-free egg substitute

2 Tbsp butter

Heat oven to 350°F. Line the pastry shell with parchment paper and put in at least ½ inch of pie weights or dry beans. Bake the shell for 15 minutes, then remove the parchment and weights, reduce heat to 325°F, and bake for 8 minutes or just until the bottom is dry. Set aside to cool. In a large bowl, combine peaches, lemon juice, 2 tablespoons sugar and lavender. Toss and let stand for at least 1 hour. Put the almonds in a small baking dish and toast in the oven for about 8 minutes, or until golden. Break up the almonds in a food processor, then add the remaining sugar, egg or egg substitute, and butter; process until blended but chunky. Spread the almond mixture over the bottom of the pastry shell. When the peaches have given up about ¼ cup of juice, drain them well, reserving the juice. Spread half the peaches over the almond mix, then arrange the remaining half in a spiral pattern on top. Bake the tart at 325°F for 50 minutes,

lightly brushing the top with the reserved juice three times during the baking. To keep the crust from becoming too brown, cover the rim with aluminum foil until the last 15 minutes of baking. Cool and serve. (The Herbal Palate)

Saffron Fettuccine With Fresh Lavender and Lemon

Fettuccine:

3 cups all-purpose flour
4 large eggs
1 ½ tsp powdered saffron
½ tsp salt
3 Tbsp olive oil

Lemon-Lavender Sauce:

1 ½ cups dry white wine
2 shallots, minced
20 sprigs of fresh lavender
1 cup heavy cream
juice of 1 lemon, or to taste
salt to taste
½ cup unsalted butter, cut into pieces
rind of one lemon, cut into very fine julienne strips

To make the fettuccine: mound the flour on a work surface and make a well in the center. In a small bowl, whisk together the eggs and saffron. Pour the egg mixture into the well along with the salt and olive oil and gradually work in the flour until a dough is formed. Knead the dough until smooth and elastic. Transfer the dough to an oiled bowl, cover with a towel, and let rest 15 minutes. Quarter the dough and, while working with one piece at a time, knead and roll the dough on a pasta machine to the lowest setting. With the fettuccine attachment, cut the dough into strands and transfer to a lightly floured baking sheet.

To make the Sauce: in a small saucepan set over moderate heat, combine the white wine, shallots, and 12 of the lavender sprigs. Reduce the mixture to 2/3 cup. Add heavy cream and again reduce to 2/3 cup. Strain the sauce into another saucepan and add the lemon juice and salt to taste. Bring to a simmer over low heat and whisk in the butter, a little at a time until butter is completely incorporated.

Keep warm. In a large saucepan of boiling salted water, cook the fettuccine until al dente, about 5 minutes. Drain and transfer to a large bowl. Add the sauce and lemon rind and toss to combine. Garnish with the remaining lavender. (Victoria Magazine)

Lavender Aioli

1 c olive oil
4 to 6 cloves of garlic crushed
2 fresh lavender sprigs, leaves and flower, bruised
3 eggs room temperature
1 T fresh squeezed lemon juice

Gently heat oil with garlic and lavender over low heat for about 15 minutes. Remove from heat just before oil starts to bubble. Allow to cool to room temperature. With a sieve over a small bowl, strain lavender oil, pressing with a spoon to extract soft solids from the garlic and lavender. Discard herbs. In food processor process egg and lemon juice till well blended. With the motor running add oil a few drops at a time, then in a thick steady stream until all the oil is absorbed and mixture has thickened. Season to taste with salt.

Makes about 1 and 1/2 cups.

White Asparagus, Crabmeat and Lavender Salad

1 lb white or green asparagus, peeled, trimmed and cut into 2-inch lengths
8 small cooked artichoke hearts, halved
1 lb fresh lump crabmeat
½ small red onion, minced

DRESSING:

3 Tbsp fresh orange juice
1 Tbsp unseasoned rice vinegar or white wine vinegar
a pinch of sugar
salt to taste
2 Tbsp extra-virgin olive oil
1 Tbsp minced fresh lavender flowers
mixed salad greens to taste
minced fresh chives, Johnny-jump-ups or violets and the tops of fresh lavender flowers, for garnish

In a saucepan of boiling salted water, cook the asparagus for 4-5 minutes or until just

tender. Drain and refresh. Pat dry. Chill the artichoke hearts, crabmeat and onion. To make the dressing: in a bowl, whisk together the orange juice, vinegar, sugar and salt and pepper to taste. Add the olive oil in a stream, whisking, and stir in the lavender flowers.

To serve: Arrange the greens on a serving platter. In a bowl, combine the crabmeat with a little of the dressing and spoon it onto the greens. Add the asparagus and artichoke hearts, then sprinkle with the onion. Drizzle with the dressing. Garnish with the chives, violets and lavender flowers. (Victoria Magazine)

Baked Apple Slices with Lavender Cream

3 Tbsp unsalted butter or margarine, cut into thin slices

¼ cup firmly packed light brown sugar

¾ cup light ricotta cheese

¼ cup skim milk

1 Tbsp fresh or dried lavender flowers

3 Tbsp honey

Preheat the oven to 375°F and butter four 6-oz ramekins. Arrange the apple slices in the ramekins. Lay the butter slices evenly over the apples and sprinkle with the brown sugar. Bake for 20 minutes. While the apples are baking, combine the remaining ingredients in a food processor or blender and process until smooth. After the apples have baked, turn the oven up to 500°F. Pour the creamed mixture over the apples and bake for another 10 minutes. Serve warm. (Recipes from an American Herb Garden)

Raspberries with Lavender Cream

½ cup whipping cream

½ cup milk

2 tablespoons light honey

3 tablespoons sugar

pinch salt

5 lavender spikes, 2½ to 3 inches long

2 extra-large egg yolks

½ cup shipping cream, stiffly whipped

about 2 pints fresh berries, picked over, then rinsed just before serving

In a double boiler over very hot water, combine the cream, milk, honey, sugar, salt,

and lavender blossoms. Cook over simmering water for 10 minutes stirring occasionally.

Beat the yolks in a small bowl. Pour about ½ cup of the lavender cream mixture over the yolks and whisk well. Return the cream and yolk mixture to the double boiler and mix well. Cook over just-simmering water for 10 minutes, stirring, until the mixture thickens. Remove from heat and strain the custard cream through a sieve into a stainless steel bowl. Discard the lavender.

Let the custard cream cool to room temperature with a piece of waxed paper covering the bowl, then chill. Or to cool it more quickly, place the bowl of custard cream in a larger bowl filled with ice, and stir occasionally until cooled, then chill. The cream will thicken a bit as it cools.

Remove the lavender cream from the refrigerator 10 or 15 minutes before serving. Fold in the freshly whipped cream. Spoon a little lavender cream onto each dessert plate and arrange the berries on top. Serve immediately. (Flowers in the Kitchen)

Fennel Tuna with Lavender

1 large can of tuna, packed in water

½ cup plain, low-fat yogurt

½ tsp fennel seeds, crushed

1/8 tsp dried lavender flowers

½ tsp Dijon-style mustard

Drain tuna in a strainer and rinse with cold water. Place tuna in a flat broiler-proof dish, breaking it up as you do. Combine remaining ingredients and spread over tuna. Place in a 350°F oven for 10 minutes. Stir tuna to mix yogurt sauce into it; baked an additional 8-10 minutes. Serve hot or cold. (Sage Cottage Herb Garden Cookbook)

Lavender Lamb

1 boneless leg of lamb

1 cup milk

juice of ½ lemon

8-10 lavender flower heads

8 basil leaves

freshly ground pepper

Wash the lamb and score or prick it approximately every inch. Place in a large

cooking bag. Add the other ingredients to the bag. Add the other ingredients to the bag. Secure bag tightly. Marinate 4-6 hours, turning the bag hourly. To bake, place the entire bag in a large pan which is at least 2 inches deep. Slit the top side of the bag about 4 times to let steam escape. Bake at 325°F for approximately 30 minutes per lb. Use a meat thermometer to monitor, and cook until the lamb is 165°F. Do not overcook. When the meat is done, make the marinade into gravy. Gravy: Pour the marinade into a frying pan and heat. Mix 1 tablespoon flour in ½ cup cold water. When smooth, stir into hot marinade and simmer until thick. (Cooking with Lavender)

Lavender Shortbread

1 ½ cups butter, at room temperature
2/3 cup sugar
2 Tbsp finely chopped lavender florets
1 Tbsp chopped fresh mint
2 1/3 cups flour
½ cup cornstarch
¼ tsp salt

Garnish: lavender powdered sugar: put a few lavender flowers in a sealed jar with powdered sugar for a day before using sugar.

Preheat oven to 325°F cover bottoms of two baking sheets with parchment or brown paper. In a large bowl, cream together the butter, sugar, lavender, and mint with an electric mixer. Mix until light and fluffy, about 3 minutes. Add flour, cornstarch, and salt and beat until incorporated. Divide dough in half. Flatten into squares and wrap in plastic. Chill until firm.

On a floured board, roll or pat out each square to a thickness of ½ inch. Cut the dough into 1 ½ inch squares or rounds. Transfer to baking sheets, spacing cookies about 1 inch apart. Prick each cookie several times with the tines of a fork. Bake 20 to 25 minutes until pale golden (do not brown). Cool slightly, then transfer to a rack. Sprinkle with lavender powdered sugar. Store in tin cookie boxes or sealed containers. (More Recipes from a Kitchen Garden)

Grilled Salmon with Lavender Butter Sauce

SAUCE

1 cup unsalted butter, cut into small pieces
1/3 cup minced shallots
¼ cup dry white wine
¼ cup champagne vinegar
¼ cup fish stock or 2 Tbsp each clam juice and water
2-4 lavender flower heads, chopped
salt and white pepper to taste

4 salmon fillets, about 6 oz each
olive oil

In a saucepan, melt 1 tablespoon of the butter over low heat. Add the shallots and sweat until soft. Add the wine, vinegar, stock, and half the lavender. Raise heat to high, and cook until liquid is reduced to 2 or 3 tablespoons. Remove from the heat and whisk in the remaining butter bit by bit. Strain the sauce through a fine sieve; add the remaining lavender. Season to taste with salt and pepper. Keep warm.

Prepare a fire in the grill. When the coals are covered with a fine white ash the fire is ready. Rub the salmon fillets with a little olive oil and place on the grill. Cook, basting occasionally with olive oil, approximately 3-5 minutes per side. The fish should be firm but not dry. Serve with the sauce on the side. (Cooking with Herbs)

Coconut Milk Chicken Soup

2 ½ cups unsweetened coconut milk
6 cups chicken broth
one 3-inch piece fresh galangal, peeled and thinly sliced or 12 dried slices
8 fresh or dried Thai lime leaves or 1 tsp grated lime zest
3 fresh lemongrass stalks, cut into 2-inch pieces or 2 tsp chopped dried lemongrass
3 lb skinless boneless chicken breasts, trimmed and cut into 1-inch cubes
¾ cup fresh lime juice
3 Tbsp Asian fish sauce
2 small fresh Thai or other hot chili peppers, seeded and thinly sliced
1 tsp dried lavender flowers

1 tsp Tellicherry peppercorns, cracked
1 tsp pink peppercorns cracked
½ tsp green peppercorns, cracked

Pour the coconut milk into a food processor and blend until very smooth. Pour into a saucepan and add the broth, galangal, lime leaves and lemon grass. Simmer, partially covered, for 30 minutes. Stir in the chicken, lime juice, fish sauce, chilies, lavender flowers, and peppercorns and simmer for 5 minutes, or until the chicken is cooked through. Remove the lemongrass. Garnish with the mint leaves and serve. (Adriana's Spice Caravan)

Lavender Pound Cake

2 cups unsalted butter
2 cups all-purpose flour
2 cups *lavender sugar (see recipe below)
6 eggs
2 tablespoons vanilla

Add all the ingredients together and beat for 10 minutes. Pour into bundt pan that has been greased, floured and lined with lavender flower buds. Place in an unheated oven. Turn oven heat to 300 degrees and bake for 1 1/2 hours. Do not open the oven door for the first hour. Glaze with 2 tablespoons melted butter, 2 cup confectioners sugar, 1 tablespoon lavender tea and 1 tablespoon vanilla.

Lavender Sugar

1 cup sugar
1 tablespoon dried lavender flowers, organic
Store in a closed container. Use to flavor tea, cakes, cookies, cereals, fruits and puddings.
(From Church Hill Herbs,

Aspi

3 Tbsp lavender flowers
1 bottle of dry white wine
1 Tbsp granulated sugar
½ glass of brandy

Steep the flowers in the wine for 24 hours. Make a syrup by simmering the sugar with 6 tbsp of water for 10 minutes. When it is cool add the strained wine with the brandy.
(The Complete Book of Herbs and Spices)

Steamed Lavender Chicken or Rabbit

sprigs flowering lavender
4 chicken or rabbit portions
2 tablespoons butter
1 tablespoon flour
salt and pepper.

Put a few sprigs of flowering lavender in the bottom of a steamer and place the chicken or rabbit portions in the top. Steam for 20-30 minutes, until the meat is just tender, it should still be nice and juicy. Keep warm. Melt the butter in a saucepan, stir in the flour and cook, stirring, for 2 minutes. Pour in enough of the lavender-flavored water from the steamer to give a sauce of the consistency you like, bring to the boil and simmer for 5 minutes. Season to taste. Slice the meat and serve, covered in pale lavender sauce. Decorate each portion with a sprig of flowering lavender. (Cooking with Flowers)

Lavender Blueberry Soup

4 quarts fresh or frozen blueberries
1 cup hearty red wine
3 cups water
12 ounces honey (or to taste)
4 ounces orange juice concentrate
2 ½ tablespoons dried lavender flowers
juice and rind of medium lemons
2 cinnamon sticks
1 teaspoon freshly ground black pepper
½ teaspoon ground cloves
1 teaspoon salt

Put all ingredients into a stock pot. Bring just to the boil, then reduce heat and simmer 10 minutes. Garnish with a dollop of creme fraiche and a sprinkling of fresh blueberries and lavender florets. Serve hot or cold. An excellent soup for a summer luncheon. Makes about 4 ½ quarts. (Edible Flowers From Garden to Palette)

Lavender and tomato jam

yield - 3 pints
3 lbs. ripe tomatoes - peeled, cored, and chopped
3 lbs. sugar
1/2 cup fresh lemon juice

6 sprigs fresh lavender with blossoms
Combine tomatoes, sugar, lemon juice, and lavender mix well. Bring to a boil. Stir. Reduce heat. Simmer until tomatoes break down - 1 to 1 1/2 hrs. Remove from heat. Skim off foam and discard lavender. Put into 1/2 pint canning jars with a fresh sprig of lavender. Seal and cool. Store in refrigerator up to 3 weeks. (from Margaret Kershey Rivera, 32 Justice Dr., Newtown, PA 18940; <http://www.erols.com/riveram>)

LAVENDER JELLY

2 1/4 Cups apple juice
1 Cup lavender flowers (1/2 cup dried)
3 1/2 Cups sugar
1/2 t butter
3 Oz. liquid pectin
Combine apple juice and lavender flowers and heat. Steep flowers 15 minutes, strain. Add 1 t butter to 2 cups of juice infusion, and follow pectin package directions. Makes about seven 4-ounce jars. (Willow Pond Herb Farm)

Lavender Martini

Make your martini with your favorite proportions. Use a small sprig of lavender as the garnish. The oil of lavender is quickly but subtly released by the alcohol, furnishing a new appetizing taste. (The Forgotten Art of Flower Cookery)

Lavender Liqueur

1 part chamomile flowers
3 parts lemon grass
1 part rose hips
1 part sugar
3 parts lemon balm
1 part lavender flowers
1 part hop flowers (optional)
Mix all ingredients together and slightly pack in glass jar. Fill jar with brandy just to cover herbs. Cover tightly with lid and set in dark cool place for 3 months. Strain and rebottle. (The Madison Herb Society Cookbook)

Wild Rice Dressing

Mix in a 1 1/2 quart casserole dish:
1/2 cup wild rice
1 cup white or brown rice
3 1/2 cups water
1 tablespoon butter
1 teaspoon dried lavender flowers
1 teaspoon dried basil
Cover and bake at 350 F. Do not let the rice dry out; add more water if needed.
Sauté in 1 tablespoon canola oil:
1 medium onion, chopped
1/2 green pepper
3 ribs celery, chopped
1/2 cup nuts, chopped
Mix this with the rice just before serving. (Cooking with Lavender)

Lavender Infusion

1/2 cup fresh lavender flowers or 3 Tbsp dried
3 cups distilled water
Bring water to boil and pour over the flowers; steep for 15-20 minutes. Strain and save in a non-reactive container (glass). Water should be boiled in a non-reactive pan (glass, enamel, stainless steel). Save infusion in refrigerator for up to 2 weeks.

Lavender Orange Marmalade

2 lbs oranges (Seville oranges are best if available)
2 lemons
8 cups of cold water
6 cups sugar
4 tablespoons fresh lavender buds
Slice the unpeeled, washed oranges and lemons in half crosswise. Then slice very thinly. Place the sliced fruit in a glass bowl with water. Cover. (tip: keep oranges submerged by using a dinner plate as a cover) Place sugar in a separate bowl and add the lavender buds, mix well. Allow both mixes to stand overnight (at least 12 hours). Next day: In saucepan, bring orange/water mixture to a boil, reduce heat and simmer 45 minutes or until rinds are just soft and mixture is reduced about half. Add lavender sugar to pan and slowly return to a boil to dissolve sugar. Continue to boil until

thickened and a jelling point is reached. 220 degrees on a candy thermometer or when mixture falls from a spoon in sheets. Ladle into hot, sterilized jars, seal and cool. Makes about 4 pints. (Country Potpourri & Flowers, 1234 N 55th West, Idaho Falls, ID 83402)

Lavender Scones

2/3 cup half and half (or milk)

2 Tbsp dried lavender

1 stick cold, unsalted butter

2 ½ cups all purpose flour

½ tsp salt

½ tsp dried lavender—chopped or ground into fine pieces

1 Tbsp baking powder

1 tsp grated lemon zest

¼ cup granulated sugar

In a small sauce pan, combine the half and half with the 2 tablespoons dried lavender. Bring mixture to a simmer. Remove from heat and allow to cool for 30 minutes. Strain out lavender and set liquid mixture aside. Preheat oven to 425°F. Slice the stick of butter into small pieces and set aside keeping chilled. Place flour, salt, ½ tsp dried lavender, baking powder and lemon zest into a medium bowl and mix well. Add butter and cut into the flour mixture using a pastry blender, two knives or your fingers. Continue to blend in the butter until you have a fine, crumbly mixture. Gently stir in sugar. Add liquid mixture and blend with a fork until dough forms. Remove the dough from the bowl and set on a lightly floured surface. Gently knead with the palm of your hand about 5 times. Divide dough in half and roll each half into a ball. Press each ball down to make a flat “pizza” shape, about ½ inch thick. Cut the circles into 8 wedges. Place wedges on cookie sheet and bake at 425°F for 10 minutes or until slightly browned. Remove and cool on wire rack. (The Herbal Connection Collection)

Chocolate Lavender Cake

4 eggs, separated

¼ tsp salt

8 oz semisweet chocolate, broken into 1-inch pieces

3 Tbsp Amaranone wine, brandy, or Marsala

8 Tbsp unsalted butter, cut into ½ inch pieces

2 Tbsp granulated sugar

1 tsp finely crushed dried lavender blossoms

½ cups sifted all-purpose flour

½ pint (1 cup) raspberries

1 tsp confectioners’ sugar

Preheat an oven to 375F. Butter and flour the bottom and sides of a 9-inch springform cake pan. In a small bowl, whisk the egg yolks until well blended. In a separate bowl, add the salt to the egg whites and, using an electric mixer, beat to form stiff peaks. In a medium saucepan over low heat, combine the chocolate, 2 tablespoons of the wine, butter, granulated sugar, and lavender. Heat, stirring constantly, until the chocolate is completely melted and the mixture is well blended. Remove from the heat and let cool for 30 seconds. Slowly pour in the egg yolks, whisking constantly until well blended. Add the flour in 3 batches, stirring until blended. The texture will not be smooth. Using a rubber spatula, fold the egg whites, in three batches, into the chocolate mixture. Pour the batter into the prepared cake pan. Bake until a knife inserted into the center comes out clean, about 25 minutes. The cake will have puffed up but will promptly fall upon removal from the oven. While the cake is cooking, combine the raspberries and the remaining wine and let stand. Let cool for about 10 minutes, then release the pan sides. Slide the cake onto a serving plate. Let cool completely. Using a slotted spoon, remove the berries from the wine and arrange them atop the cake. Sift the confectioners’ sugar over the top. (Herbes de Provence)

Lavender-Lemon-Blueberry Muffins

¼ cup lemon juice

1 cup milk

1 cup whole wheat flour

1 cup unbleached all-purpose flour

1 tsp baking powder

½ tsp baking soda

½ tsp salt

½ cup sugar

2 tsp fresh lavender blossoms, finely chopped

1 cup fresh or frozen blueberries
zest of one lemon, finely chopped
3 Tbsp canola or peanut oil
1 large egg

Preheat the oven to 375°F. Blend together the lemon juice and milk and let stand to curdle. In a large bowl, combine the flours, baking powder, baking soda, salt, sugar, lavender blossoms, blueberries, and lemon zest. Toss to make sure the blueberries are well coated with flour. In a separate bowl, mix the oil, egg and curdled milk. Add the liquid ingredients to the dry, stirring only until the dry ingredients are moistened. Work quickly and do not overmix. Spoon the batter into well-oiled or paper-lined muffin cups. Bake the muffins on the center rack of a 375°F oven for about 20 minutes or until a toothpick inserted into the center of a muffin comes out clean. (Bread Baking with Herbs)

Lavender Roasted Red Potatoes

1 tsp dried lavender
¼ tsp salt
¼ tsp cracked black pepper
1 lb small new red potatoes, halved
½ lb small white pearl onions, peeled
2 Tbsp olive oil

Heat oven to 400F. In a small bowl, combine lavender, salt and pepper. In a large bowl, toss potatoes and onions in the olive oil along with the lavender mixture. Place vegetables on a baking sheet and roast for 40-45 minutes, or until vegetables are tender and browned. Stir occasionally and loosen from baking sheet with a spatula. (The California Wine Country Herbs & Spices Cookbook)

Lavender Cookies

2 eggs
½ cup margarine
1 cup sugar
1 tsp lavender leaves
1 ½ cups flour
2 tsp baking powder
½ tsp salt

Preheat oven to 375F. Put eggs, margarine, sugar and lavender, in this order, into blender and run on low until well mixed.

Sift flour, baking powder, and salt into a mixing bowl, add other ingredients and stir until well blended. Drop a teaspoonful at a time, onto ungreased cookie sheet. Bake 10 minutes. (Never Enough Thyme with the Herbs)

Lavender-Orange Ice Cream

Blend until sugar is dissolved:
½ cup extra strength lavender infusion
½ cup honey
¼ cup sugar
Add:
2 cups fresh orange juice
2 cups whipping cream
1 Tbsp white wine

Beat 2 egg whites until stiff. Fold into the mixture. Pour the combined ingredients into a home ice cream freezer and follow the manufacturer's directions for freezing. (Cooking with Lavender)

LAVENDER ICE CREAM

©OZARK EXOTICA™ 1998---
Rt 3 Box 3500---Theodosia, Missouri 65761
For eight servings:

1¼ cups plus 2 Tbsp sugar
1 Tbsp plus 2 tsp dried lavender flowers
3 cups milk
3 Tbsp creme fraiche or heavy cream
1 whole vanilla bean, split lengthwise
6 egg yolks

In a small heavy saucepan, combine 2 Tbsp of the sugar, 1½ Tbsp dried lavender flowers, 1½ tsp of water. Cook over moderate heat, stirring constantly, until the sugar dissolves and the mixture forms a dry mass 2 to 3 minutes. Transfer to a plate to cool, then grind to a fine powder in a spice grinder; set aside. Powder can be held in the freezer for up to 3 weeks in an airtight container. In a large heavy saucepan, combine the milk, creme fraiche, vanilla bean, and the remaining 1¼ cups sugar and 1/2 tsp dried lavender flowers. Cook over moderate heat, stirring frequently, until the sugar dissolves and the mixture is hot, about 8 minutes. Remove from heat, cover and let steep for at least 15 minutes, strain the milk through a fine-mesh sieve and return to the

saucepan. In a large bowl, whisk the egg yolks until blended. Gradually whisk in 1/3 of the warm milk mixture in a thin stream, then whisk the mixture back into the remaining milk in the saucepan. Stir in the reserved lavender powder. Cook over moderate low heat, stirring constantly, until the custard lightly coats the back of a spoon, 5 to 7 minutes. DO NOT BOIL. Immediately remove from the heat and strain the custard into a medium bowl. {At this point this custard could be used hot or cold to cover fresh strawberries or fresh blueberries as a special desert !!!!! } Set the bowl in a larger bowl of ice and water and let cool to room temp temperature, stirring occasionally. Cover and refrigerate until cold. at least 2 hours or overnight. 6. Pour the custard into an ice cream maker and freeze according to the manufacture's instructions
This frozen custard taste like lavender smells. It has become an instant favorite of ours to make for special people.

Lavender and Honey-roasted Butternut Squash

1 small butternut squash 1 ½ -2 lb
4 Tbsp unsalted butter, cut into ½ inch cubes
2 Tbsp honey
1 tsp dried lavender
1 tsp dried thyme
½ tsp salt
¼ tsp fresh ground black pepper

Preheat the oven to 400F. Peel the squash, halve lengthwise and scoop out the seeds. Cut the flesh into ½ inch cubes and spread in a single layer in a large roasting pan. Dot the squash with the cubed butter and drizzle with the honey. Sprinkle with the lavender, thyme, salt and pepper. Cover with foil and roast, stirring occasionally, until tender, about 30 minutes. Serve immediately or let cool to room temperature, cover, and refrigerate for up to 2 days. Reheat before serving. (White Dog Café Cookbook)

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www.companionplants.com plants
--Crimson Sage Nursery, PO Box 337, Colton, OR 97017; 503-824-4721; email: crimson@molalla.net;
website: <http://www.crimson-sage.com>
--Richters, Goodwood, ONT L0C 1A0 Canada; 905-640-6677; email: orderdesk@richters.com
website: www.richters.com

Essential Oil:

--Australasian College of Herbal Studies, PO Box 57, Lake Oswego, OR 97034; 800-48-STUDY; email: achs@herbed.com website: <http://www.herbed.com>

Dried lavender and other lavender products:

--Ozark Exotica™, Rt 3 Box 3500, Theodosia, MO 65761; 888-273-4949; email: ozarkexotica@unidial.com
--Willow Pond Farm, 145 Tract Rd., Fairfield, PA 17320; 717-642-6387 Herb jelly

--Lunar Farms, #3 Highland-Greenhill, Gilmer, TX 75644; 903-734-5893; email: spritsong1@aol.com website: <http://www.herbworld.com/lunarfarms> Dream pillows
--The Herb Basket, 141 Main St., Landisville, PA 17538; 717-898-6334
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--Purple Haze Lavender, 180 Bell Bottom Rd., Sequim, WA 98382; 360-683-1714; email: purphaze@olypen.com website: <http://www.northolympic.com/purplehaze> A packet of herb recipes with packets of lavender and a lavender Herbs de Provence for \$5.50. (Wholesale available)
--Jean's Greens, 119 Sulphur Springs Rd., Newport, NY 13416; 888-845-8327

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Cruciata laevipes--Crosswort
Cryptotaenia japonica--Mitsuba
Cucumis colocynthis—Bitter Apple
Cucumis sativus--Cucumber
Cucurbita pepo--Pumpkin
Cucurbita sativus--Watermelon
Cuminum cyminum--Cumin
Cupressus arizonica—Cypress
Cupressus sempervirens—Cypress, Italian
Curcubita pepo spp.—Squash Blossoms
Curcuma amada—Mango Ginger
Curcuma longa--Turmeric
Curcuma zedoaria--Zedoary
Cuscuta epithimum--Dodder
Cuscuta japonica –Japanese Dodder
Cuscuta megalocarpa –Big Fruit Dodder
Cusparia trifolata--Angostura
Cyamopsis tetragonoloba—Guar gum

Cyclopia genistoides—Bush Tea
Cydonia oblonga--Quince
Cymbopogon citrates- Lemon Grass
Cymbopogon martinii var. martinii--Palmarosa
Cynara cardunculus--Cardoon
Cynara scolymus --Artichoke
Cynoglossum officinale—Hound’s Tongue
Cyperus esculentus--Chufa
Cyperus longus--Galingale
Cyperus papyrus – Papyrus
Cyperus rotundus--Sedge
Cyrilla racemiflora – Leatherwood
Cypripedium acaule – Nerve Root
Cypripedium calceolus var. pubescens—
Lady’s Slipper
Cytisus scoparius—Broom, Scotch

Daemonorops drago—Dragon’s Blood
Dalea gattingeri – Purple Prairie Clover
Daphne genkwa--Daphne
Daphne laureola – Spurge Laurel
Daphne mezereum--Mezereon
Datura alba – Thorn Apple
Datura metel – Thorn Apple
Datura stramonium – Jimson Weed
Daucus carota—Carrot, Wild
Delphinium ajacis – Larkspur, Rocket
Delphinium staphisagria—Stavesacre
Dendranthema grandiflorum--
Chrysanthemum
Dendrobium nobile--Dendrobium
Dianthus caryophyllus—Carnation
Dianthus chinensis—Chinese Pink
Dianthus superbus—Fringed Pink
Dicentra cucullaria—Dutchman’s Breeches
Dictamnus albus—Gas Plant
Dictamnus fraxinella—Gas Plant
Diervilla lonicera – Bush Honeysuckle
Digitalis lutea—Yellow Foxglove
Digitalis purpurea--Foxglove
Dioscorea opposita—Chinese yam, Cinnamon
Yam
Dioscorea villosa—Wild Yam
Diospyros kaki—Chinese persimmon
Diospyros virginiana—Persimmon
Dipsacus fullonum --Teasel
Dipteryx odorata—Tonka Bean
Dirca palustris – American Mezereon
Descurainia Sophia - Flixweed

Dodecatheon spp--Shootingstar
Dodonaea viscosa—Native Hops
Dolichos lablab—Hyacinth Bean
Dorema ammoniacum--Ammoniacum
Dorstenia contrayerva--Contrayerva
Dracocephalon moldivica - Dragonhead
Drimia maritime--Squill
Drimys winteri—Pepper Tree
Drosera rotundifolia--Sundew
Dryobalanops aromatica –Borneol
Dryopteris cristata—Crested Field Fern
Dryopteris filix-mas—Male Fern
Dyssodia papposa—Mayweed Dogweed

Ecballium elaterium—Squirting Cucumber
Echinacea purpurea, E. angustifolia, E. pallida—Echinacea, Coneflower
Echinocereus enneacanthus--Pitjaya
Echium vulgare--Bugloss
Eclipta alba—Trailing Eclipta
Eclipta prostrata—Trailing Eclipta
Elaeis guineensis—Oil Palm
Elettaria cardamomum—Cardamom
Eleutherooccus senticosus—Siberian Ginseng
Elsholtzia ciliata—Vietnamese Balm
Elsholtzia splendens—Xiang Ru
Elymus repens--Couchgrass
Embelia ribes—Indian Gooseberry
Emblica officinalis—Indian Gooseberry
Empetrum nigrum – Crowberry
Entada phaseoloides—Matchbox Bean
Eopepon vitifolius—Chinese Cucumber
Ephedra nevadensis – Mormon Tea
Ephedra sinica and E. vulgaris--Ephedra
Epigaea repens—Arbutus, Trailing
Epilobium angustifolium--Fireweed
Epimedium grandiflorum - Barrenwort
Epimedium sagittatum—Horny Goat Weed
Equisetum spp--Horsetail
Erica vulgaris--Heather
Erigeron annuus – Daisy Fleabane
Erigeron canadensis--Horseweed
Erigeron philadelphicus – Philadelphia
Fleabane
Eriobotrya japonica—Loquat
Eriodictyon californicum—Yerba Santa
Eriophorum spp-- Cotton Grass
Erodium cicutarium—Stork’s Bill

Eruca sativa—Sweet Rocket
Ervatamia coronaria—Grape Jasmine
Eryngium aquaticum—Button’s Snakeroot
Eryngium. antihystericum--Culantro
Eryngium foetidum --Culantro
Eryngium maritimum—Sea Holly
Eryngium yuccifolium—Rattlesnake Master
Erysimum cheiri--Wallflower
Erysimum officinale—Hedge Mustard
Erythraea centaurium --Centaury
Erythrina herbacea--Coralbead
Erythrina variegata—Indian Coral Tree
Erythronium americanum—Adder’s Tongue
Erythronium grandiflorum—Yellow Fawn Lily
Erythrophleum guineense—Sassy Bark
Eschscholzia californica—California Poppy
Eucalyptus globules—Blue Gum Eucalyptus
Euccomia ulmoides—Du Zhong
Eugenia caryophyllata--Cloves
Eugenia jambolana --Jambul
Euodia rutaecarpa--Euodia
Euonymous atropurpurea--Wahoo
Euonymus europaeus – Spindle Tree
Eupatorium cannabinum—Hemp Agrimony
Eupatorium fortunei—Thoroughwort
Eupatorium hyssopifoliuim – Justice Weed
Eupatorium perfoliatum--Boneset
Eupatorium purpurea-Joe Pye Weed
Euphorbia hirta—Pill-Bearing Spurge
Euphorbia lingularia - Milk Hedge
Euphorbia nerifolia – Milk Hedge
Euphorbia ipecacuanhanha--Ipecacuanha
Euphorbia lathyrus—Caper Spurge
Euphorbia maculata—Spotted Spurge
Euphorbia pekinensis—Da Ji
Euphorbia resinifera—Euphorbium
Euphrasia officinalis--Eyebright
Euryale ferox—Prickly waterlily

Fagopyrum esculentum--Buckwheat
Fagus grandifolia--Beech
Fagus sylvatica—Beech, European
Fallopia japonica – Knotweed, Japanese
Fallopia multiflorum – Fo-Ti
Fallugia paradoxa—Apache Plume
Feronia limonia—Wood Apple
Ferula assa-foetida--Asafetida
Ferula galbaniflua--Galbanum

Ferula sumbul--Sumbul
Ficus benghalensis –Banyan Tree
Ficus carica--Fig
Ficus religiosa--Peepal
Filaginella uliginosa--Cudweed
Filipendula ulmaria --Meadowsweet
Filipendula vulgaris – Dropwort
Fissipes acaulis – Nerve Root
Foeniculum vulgare--Fennel
Forsythia suspensae—Weeping Forsythia
Fouquieria splendens – Ocotillo
Fragaria vesca—Wild Strawberry
Fragaria virginiana—Strawberry, Virginia
Frangula alnus—Alder Buckthorn
Frangula californica—Coffee Berry
Franseria tenuifolia—Toad Herb
Frasera speciosa - Cebadilla
Fraxinus americana—White Ash
Fraxinus excelsior---Ash
Fritillaria meleagris – Fritillary
Fritillaria thunbergii-Zhe Bei Mu
Fuchsia spp--Fuchsia
Fucus vesiculosus--Bladderwrack
Fumaria officinalis--Fumitory

Galega officinalis—Goat’s Rue
Galeobdolon luteum—Yellow Archangel
Galeopsis segetum – Downy Hemp Nettle
Galipea officinalis—Angostura
Galium aparine--Cleavers
Galium cruciata--Crosswort
Galium odoratum—Sweet Woodruff
Galium verum—Lady’s Bedstraw
Gardenia augusta --Gardenia
Garcinia hanburyi--Gamboge
Gastrodia elata—Tien ma
Gaultheria shallon—Salal
Gaultheria procumbens--Wintergreen
Gaura parviflora--Velvetweed
Gelidium amansii--Agar
Gelsemium sempervirens—Yellow Jessamine
Gemmingia chinensis – Leopard Lily
Genista tinctoria—Dyer’s Greenwood
Gentiana campestris—Gentian, English
Gentiana lutea—Gentian
Gentiana macrophylla—Qin Jiao
Gentiana scabra--Long Dan Cao

Gentiana villosa—Sampson’s Snakeroot
Gentianella amarelle – Felwort
Geocaulon lividum—False Toadflax
Geranium caespitosum--Cranesbill
Geranium macrorrhizum—Bigroot Geranium
Geranium maculatum—American Cranesbill
Geranium robertianum—Herb Robert
Geum rivale—Water Avens
Geum triflorum – Prairie smoke
Geum urbanum--Avens
Gillenia trifoliata—Indian physic
Ginkgo biloba--Ginkgo
Glechoma hederacea—Ground Ivy
Glycine max--Soy
Glycyrrhiza lepidota—Wild Licorice
Glycyrrhiza uralensis—Gan Cao
Gnaphalium dioicum—Pussy Toes
Gnaphalium margaritaceum—Pearly
Everlasting
Gnaphalium uliginosum--Cudweed
Goniostachyum graveolens –Mexican Oregano
Gossypium barrbadensis--Cotton
Gossypium herbaceum--Cotton
Gossypium hirsutum--Cotton
Gratiola officinalis – Hedge Hyssop
Grindelia camporum--Gumweed
Grindelia robusta – Grindelia
Grindelia squarrosa—Grindelia
Guaiacum officinale--Guaiacum
Guarea rusbyi--Cocillana
Gutierrezia sarothrae—Broom Snakeroot

Hagenia abyssinica --Kousso
Hamamelis virginiana—Witch Hazel
Haronga madagascariensis--Haronga
Harpagophytum procumbens—Devil’s Claw
Hedeoma pulegioides—Pennyroyal, American
Hedera helix—English Ivy
Helenium amarum--Sneezeweed
Helenium autumnale--Bitterweed
Helianthemum canadense--Frostweed
Helianthus annuus--Sunflower
Helianthus strumosus—Sunflower, Woodland
Helichrysum angustifolium - Immortelle
*Helleborus nigr*a—Black Hellebore
Helleborus viridis – Green Hellebore
Helonias dioica—Helonias
Hemidesmus indicus—Indian Sarsaparilla
Hepatica acutiloba--Liverleaf

Hepatica americana – Liverwort, Ker-Gawl
Hepatica nobilis—Liverwort, European
Heracleum maximum—Cow Parsnip
Heracleum spondylium--Hogweed
Herniaria glabra--Rupturewort
Hesperis matronalis—Rocket/Arugula
Heuchera species--Alumroot
Hexastylis arifolia – Heart Leaf
Hibiscus abelmoschus—Ambrette Seed
Hibiscus rosa-sinensis--Hibiscus
Hibiscus sabdariffa--Roselle
Hieracium pilosella—Mouse Ear
Hierochloe odorata—Sweet Grass
Hippobroma longiflora—Star of Bethlehem
Hippophae rhamnoides—Sea Buckthorn
Hordeum distichon--Barley
Houttuynia cordata--Houttuynia
Humea elegans – Incense Plant
Humulus lupulus--Hops
Huperzia serrata—Chinese Club Moss
Hyacinthoides nonscripta- Bluebells, English
Hyacinthus orientalis - Hyacinth
Hydrangea arborescens--Hydrangea
Hydrastis canadensense--Goldenseal
Hydrocotyle asiatica—Gotu Kola
Hygrophila spinosa--Gokulakanta
Hyoscyamus niger—Henbane
Hypericum perforatum—St. John’s Wort
Hyssop officinalis—Hyssop

Iberis amara--Candytuft
Ibosa riparia--Iboza
Iboza riparia--Iboza
Ilex aquifolium—Holly, European
Ilex opaca—Holly, American
Ilex paraguayensis—Yerba Maté
Illicium verum—Star Anise
Impatiens capensis —Jewelweed
Imperata cylindrical – Woollygrass
Imperatoria ostruthium--Masterwort
Inula conyza—Ploughman’s Spikenard
Inula crithmoides—Golden Samphire
Inula helenium--Elecampane
Inula japnoica—Xuan Fu Hua
Inula racemosa - Pushkarmoola
Ipomoea nil – Blue Morning Glory
Ipomoea orizabnesis—Scammony Root
Ipomoea purga--Jalap
Ipomoea purpurea—Morning Glory

Iris chinensis – Leopard Lily
Iris foetidissima– Gladwin
Iris germanica—Flag Iris
Iris x germanica var. florentina --Orris
Iris pseudocorus – Yellow Iris
Iris versicolor--Blue Flag
Isatis indigotica – Chinese Woad
Isatis tinctoria—Woad
Isotoma longiflora—Star of Bethlehem
Ixia chinensis - Leopard Lily

Jacaranda procera--Caroba
Jasminum officinale--Jasmine
Jasminum sambac--Jasmine
Jateorhiza calumba--Colombo
Jateorhiza miersii--Colombo
Jateorhiza palmate--Calumba
Jeffersonia diphylla--Jeffersonia
Juglans cinerea--Butternut
Juglans nigra—Black Walnut
Juglans regia--Walnut
Juniperus communis--Juniper
Justicia adhatoda—Malabar Nut

Kallstroemia grandiflora--Caltrop
Kaempferia galanga—Kemperia Galangal
Kalmia angustifolia – Sheep Laurel
Kalmia latifolia—Mountain Laurel
Kickxia elatine--Fluellin
Knautia arvensis—Field Scabious
Krameria triandra—Rhatany

Lablab purpureus –Hyacinth Bean
Laburnum anagyroides - Laburnum
Lactuca virosa—Wild Lettuce
Lamiastrum galeobdolon—Yellow Archangel
Lamium alba—Deadnettle, White
Lamium amplexicaule—Henbit
Lamium galeobdolon—Yellow Archangel
Lachnanthes tinctoria – Spirit Plant
Languas galanga—Greater Galangal
Languas officinarum—Lesser Galangal
Lantana camara – Lantana
Lantana montevidensis - Lantana
Lapsana communis - Nipplewort
Larix deciduas--Larch
Larix laricina—American Larix
Larrea tridentate--Chaparral
Lathyrus japonicus – Beach Pea

Laurus nobilis--Bay
Lavandula spp--Lavender
Lawsonia inermis--Henna
Ledebouriella seseloides—Laserwort
Ledum groenlandicum—Labrador Tea
Ledum palustre—Wild Rosemary
Lens phaseoloides—Matchbox Bean
Leonotis leonurus—Lion’s Tail
Leonotis nepetifolia –Lion’s Ear
Leonurus cardiaca, (L. sibiricus; L. heterophyllus)-- Motherwort
Lepidium sativum—Garden Cress
Lepidium virginicum--Peppergrass
Leptandra virginica--Blackroot
Lespedeza cuneata—Round Headed Bush
Clover
Leucanthemum vulgare—Oxeye Daisy
Leucojum vernum - Snowflake
Levisticum officinale—Lovage
Lewisia rediviva – Bitter Root
Liatris odoratissima--Deerstongue
Liatris spicata - Gayfeather
Ligusticum levisticum--Lovage
Ligusticum porteri--Osha
Ligustrum vulgare--Privet
Limnophila aromatica—Rice Paddy Herb
Limonium carolinianum – Marsh Rosemary
Linaria elatine--Fluellin
Linaria vulgaris—Flax Dodder
Lindera benzoin—Wild Allspice
Linum catharticum – Mountain Flax
Linum perenne – Flax, Perennial
Linum usitatissimum--Flax
Lippia alba – Anise Verbena
Lippia citriodora—Lemon Verbena
Lippia dulcis—Aztec Sweet Herb
Lippia graveolens—Mexican Oregano
Liquidamber orientalis--Storax
Liquidamber peregrina—Canadian Sweetgale
Liquidambar styraciflua--Sweetgum
Liriodendron tulipifera—Yellow Poplar
Liriope spicata—Creeping Lily Turf
Liriosma ovata—Muir Puama
Lithospermum erythrorhizon—Zi Cao
Lithospermum canescens—Hoary Puccoon
Lithospermum officinale--Gromwell
Litsea cubeba—Litsea cubeba
Lobaria pulmonaria—Tree Lungwort

Lobelia cardinalis—Cardinal Flower
Lobelia dortmanna – Water Lobelia
Lobelia inflata—Lobelia
Lobelia siphilitica—Great Lobelia
Loiseleuria procumbens – Alpine Azalea
Lomatium dissectum—Biscuit Root
Lonicera caprifolium--Honeysuckle
Lonicera japonica—Honeysuckle
Lotus corniculatus—Bird’s Foot Trefoil
Luffa cylindrical--Luffa
Lycium chinense—Chinese Wolfberry
Lycopus europaeus—Gypsywort
Lycopus virginicus—Bugleweed
Lysichiton americanum—Swamp cabbage
Lysimachia nummularia--Moneywort
Lysimachia vulgaris—Garden Loosestrife
Lythrum salicaria—Purple Loosestrife

Maclura pomifera—Osage Orange
Madhuca longifolia—Butter Tree
Magnolia liliflora—Magnolia (Xin Yi)
Magnolia officinalis—Magnolia (Hou Po)
Magnolia quinquepeta – Magnolia (Xin Yi)
Magnolia virginiana—Sweetbay Magnolia
Malus spp—Apple
Malus fusca – Oregon Crab Apple
Malva moschata—Musk Mallow
Malva parviflora—Little Mallow
Malva sylvestris—Mallow, Common
Mandragora officinarum--Mandrake
Manihot esculenta--Manioc
Maranta arundinacea –Arrowroot
Majorana hortensis—Sweet Marjoram
Marrubium vulgare--Horehound
Marsdenia condurango --Condurango
Matricaria matricarioides—Pineapple Weed
Mastigicaria pyrethrum--Pellitory
Matricaria recutita—Chamomile, German
Matricaria chamomilla—Chamomile, German
Medicago sativa--Alfalfa
Melaleuca alternifolia—Tea Tree
Melaleuca cajuputi--Cajeput
Melaleuca leucadendron—Cajeput
Melia azedarach--Chinaberry
Melia azedarachta--Neem
Melilotus officinalis --Melilot
Melissa officinalis—Lemon Balm
Melittis melissophyllum – Bastard Balm
Menispermum canadense--Moonseed

Mentha aquatica—Water Mint
Mentha arvensis—Corn Mint
Mentha haplocalyx—Haplacalyx Mint
Mentha spp--Mints
Mentha x piperita--Peppermint
Mentha x piperita var. citrata – Eau de Cologne Mint
Mentha pulegium—Pennyroyal, European
Mentha spicata--Spearmint
Menyanthes trifoliata--Bogbean
Mercurialis annua—Herb Mercury
Mercurialis perennis—Dog’s Mercury
Mertensia maritime – Oysterleaf
Meum athamanticum - Spignel
Micromeria spicata—Roman Mint
Millettia reticulata—Ji Xue Teng
Mimulus guttatus—Monkeyflower
Mimusops elengi - Bakula
Mirabilis jalapa – Marvel-of-Peru
Mirabilis multiflora—Colorado Four O’Clock
Mitchella repens—Partridge Berry
Mitella dipylla – Coolwort
Momordica charantia--Cerasee
Momordica elateria—Squirting Cucumber
Monarda fistulosa—Wild Bergamot
Monarda didyma--Bergamot
Monarda punctata--Horsemint
Monotropa uniflora—Indian Pipe
Monsonia ovata--Monsonia
Montia perfoliata—Miner’s Lettuce
Morinda citrifolia—Indian Mulberry
Morinda officinalis—Ba Ji Tien
Morus alba—White Mulberry
Morus nigra—Black Mulberry
Morus rubra—Red Mulberry
Mucuna pruriens—Velvet Bean
Murraya koenigii—Curry Leaf
Muscari racemosum – Grape Hyacinth
Myosotis scorpioides—Forget-Me-Not
Myrica cerifera--Bayberry
Myrica gale—Bog Myrtle
Myristica fragrans—Mace/Nutmeg
Myroxylon balsamum var balsamum-Tolu Balsam
Myroxylon pereirae—Peruvian Balsam
Myrrhis odorata—Sweet Cicely
Myrtus communis--Myrtle

Nabulus serpentarius – Canker Weed

Narcissus pseudonarcissus--Daffodil
Nardostachys jatamansi--Spikenard
Nasturtium officinale--Watercress
Nelumbo nucifera—Lotus
Nelumbium speciosum--Lotus
Nepeta cataria—Catnip
Nepeta hederacia—Ground Ivy
Nicotiana alata—Flowering Tobacco
Nicotiana tabacum--Tobacco
Nigella damascena – Love-in-a-Mist
Nigella sativa--Nigella
Notopterygium incisium—Quiang Huo
Nuphar lutea – Yellow Water Lily
Nymphaea alba—White Water Lily

Ocimum aristatum—Java Tea
Ocimum basilicum--Basil
Ocimum sanctum—Holy Basil
Ocimum tenuiflorum—Holy Basil
Oenanthe crocata—Water Dropwort
Oenothera biennis—Evening Primrose
Olea europaea--Olive
Ononis spinosa—Rest Harrow
Onopordum acanthium – Cotton Thistle
Oplopanax horridum—Devil’s Club
Operculina turpethum- Turpeth
Ophelia chirata--Chiretta
Ophioglossum vulgatum—Adder’s Tongue,
 English
Ophiopogon japonicus – Mondo Grass
Opuntia compressa—Indian Fig
Opuntia phaeacantha—Prickly Pear, Desert
Orchis mascula--Salep
Orchis mortio – Green-winged Orchid
Oreodaphne californica – California Laurel
Origanum dictamnus—Dittany of Crete
Origanum majorana—Sweet Marjoram
Orthosiphon aristata—Java Tea
Orthosiphon stamineus – Java Tea
Osmorhiza occidentalis--Sweetroot
Osmorhiza longistylis – Anise Root
Osmunda cinnamomea – Cinnamon Fern
Osmunda regalis—Royal Fern
Ostrya virginiana—Eastern Hophornbeam
Oxalis acetosella – Wood Sorrel
Oxalis violacea—Violet Woodsorrel
Oxydendrum arboreum--Sourwood

Pachyrhizus thunbergianus - Kudzu

Packera aurea--Liferoot
Paeonia lactiflora—Peony, Chinese
Paeonia moutan—Tree Peony
Paeonia officinalis--Peony
Paeonia suffruticosa – Tree Peony
Panax ginseng--Ginseng
Panax quinquefolium—American Ginseng
Panax pseudo-ginseng—Tienchi Ginseng
Pandanus odoratissimus—Screw Pine
Papaver rhoeas—Corn Poppy
Papaver somniferum--Poppy
Parietaria officinalis—Pellitory-of-the-Wall
Paris quadrifolia – Herb Paris
Parmelia saxatilis—Crotal
Parthenocissus quinquefolia –American Ivy
Passiflora incarnata—Passion Flower
Pastinaca sativa - Parsnip
Paullinia cupana (P. sorbilis)—Guarana
Pausinystalia yohimbe--Yohimbe
Pedicularis canadensis – Lousewort, Common
Peganum harmala—Syrian Rue
Pelargonium spp—Geraniums, Scented
Pentaglottis sempervirens – Green Alkanet
Pergularia extensa--Pergularia
Perideridia gairdneri-Yampa
Perilla frutescens--Perilla
Pernambuco jaborandi - Jaborandi
Persea americana – Avocado
Persicaria bistorta--Bistort
Petasites hybridus --Butterbur
Petroselinum crispum, P. sativum --Parsley
Peucedanum ostruthium--Masterwort
Peucedanum sativum--Parsnip
Peumus boldo--Boldo
Pfaffia paniculata--Suma
Pharbitis nil—Blue Morning Glory
Pharbitis purpurea—Morning Glory
Phaseolus coccineus—Runner Bean
Phaseolus vulgaris—French Bean
Phellodendron amurense—Huang Bai
Phlomis fruticosa—Jerusalem Sage
Phoradendron flavescens—Mistletoe,
 American
Phoradendron juniperinum—Juniper
 Mistletoe
Phyla scaberrima—Aztec Sweet Her
Phyllanthus emblica—Indian Gooseberry
Phyllitis scolopendrium—Harts Tongue
Physalis alkekengi –Chinese Lantern

Physalis peruviana-- Cape Gooseberry
Physostigma venenosum—Calabar Bean
Phytolacca americana--Poke
Picea mariana—Black Spruce
Picea rubens – Red Spruce
Picrasma excelsa—Bitter Ash
Picris echioides – Prickly Ox
Picrorhiza kurroa – Picrorhiza
Pilocarpus jaborandi - Jaborandi
Pilocarpus pennatifolius - Jaborandi
Pilosella officinarum—Mouse Ear
Pimenta dioica--Allspice
Pimpinella anisum--Anise
Pimpinella major—Greater Burnet Saxifrage
Pimpinella saxifraga--Pimpernel
Pinguicula villosa—Hairy Butterwort
Pinguicula vulgaris--Butterwort
Pinifolia aspalanthus contaminata - Rooibos
Pinus palustris – Longleaf Pine
Pinus strobes – White Pine
Pinus sylvestris—Scots Pine
Pinus taeda – Loblolly Pine
Piper auritum—Hoya Santa
Piper betle--Betel
Piper cubeba—Cubeb
Piper methysticum—Kava Kava
Piper nigrum—Pepper
Piscidia erythrina – Jamaican Dogwood
Piscidia piscipula—Jamaican Dogwood
Pistacia lentiscus--Mastic
Pistacia vera--Pistacia
Pisum sativum - Pea
Plantago coronopis—Herba Stella
Plantago lanceolata – Plantain, Ribwort
Plantago major – Plantain, Greater
Plantago psyllium--Psyllium
Platycodon grandiflorum—Balloon flower
Plectranthus amboinicus –Cuban Oregano
Plectranthus barbatus—Coleus
Plumbago europaea--Leadwort
Plumbago zeylanica—Ceylon Leadwort
Plumeria rubra – Frangipani
Podophyllum peltatum--Mayapple
Pogostemon patchouli--Patchouli
Polemonium caeruleum –Jacob’s Ladder
Polemonium reptans—Abcess Root
Poliomintha longiflora—Mexican Oregano
Polyanthes tuberosa--Tuberose

Polygala amara – Bitter Milkwort Polygala
Polygala senega—Seneca Snakeroot
Polygala tenuifolia—Yuan Zhi
Polygala virginiana—Seneca Snakeroot
Polygala vulgaris--Milkwort
Polygonatum biflorum – Small Solomonseal
Polygonatum multiflorum—Solomon’s Seal
Polygonatum odoratum – Angular Solomon’s Seal
Polygonum aviculare—Common Knotgrass
Polygonum bistorta--Bistort
Polygonum cuspidatum –Japanese knotweed
Polygonum hydropiper--Smartweed
Polygonum multiflorum—Fo-Ti
Polygonum odoratum—Rau Ram
Polygonum persicaria—Lady’s Thumb
Polymnia uvedalia –Bearsfoot, American
Polypodium vulgare—Polypody
Polytrichum juniperinum – Haircap Moss
Pomaderris elliptica - Kumarhou
Pomaderus kumarahu--Kumarahu
Populus angustifolia – Narrowleaf Poplar
Populus balsamifera—Balsam Poplar
Populus ‘Candicans’—Poplar Buds
Populus nigra—Black Poplar
Populus tremuloides—White Poplar
Poria cocos –Indian Bread
Porophyllum ruderale--Papalo
Porteranthus trifoliatus—Indian Physic
Portulaca oleracea--Purslane
Potentilla anserine—Silverweed
Potentilla canadensis--Cinquefoil
Potentilla erecta--Tormentil
Potentilla reptans--Cinquefoil
Potentilla tormentilla--Tormentil
Poterium sanguisorba – Salad Burnet
Primula elatior – Oxlip
Primula officinalis--Cowslip
Primula veris--Cowslip
Primula vulgaris--Primrose
Prunella vulgaris—Self-Heal
Prunus africana--Pygeum
Prunus amygdalis - Almond
Prunus armeniaca--Apricot
Prunus avium—Sweet Cherry
Prunus cerasus – Dwarf Cherry
Prunus communis--Almond
Prunus laurocerasus—Cherry Laurel
Prunus mahaleb—Mahlebi

Prunus mume—Japanese apricot
Prunus padus- Bird Cherry
Prunus persica--Peach
Prunus serotina—Black Cherry
Prunus spinosa—Blackthorn
Prunus virginiana—Wild Cherry
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Psoralea linearis - Rooibos
Psychotria ipecacuanha --Ipecacuanha
Ptelea trifoliata – Hop tree
Pteridium aquilinum - Bracken
Pterocarpus marsupium--Kino
Ptychopetalum olacoides—Muiru Puama
Pueraria lobata--Kudzu
Pulmonaria maritime--Oysterleaf
Pulmonaria officinalis--Lungwort
Pulsatilla chinensis—Chinese Anemone
Pulsatilla vulgaris—Pasque Flower
Punica granatum--Pomegranite
Pygeum africanum—Pygeum
Pyrola rotundifolia—Round leaf pyrola
Pyrus aucuparia--Rowan
Pyrus cydonia--Quince

Quercus alba--Oak
Quercus robur--Oak
Quercus petraea – Sessile Oak
Quercus sessiliflora –Sessile Oak
Quercus sessilis—Sessile Oak
Quercus velutina – Black Oak
Quercus virginiana – Live Oak
Quillaja saponaria—Soap Tree

Ranunculus acris – Meadow Buttercup
Ranunculus bulbosus—Bulbous Buttercup
Ranunculus ficaria—Celandine, Lesser
Raphanus sativus--Radish
Rauwolfia serpentina--Serpentwood
Rehmannia glutinosa—Gan Di Huang
Reseda luteola--Weld
Reseda odorata--Mignonette
Rhamnus californica—Coffee Berry
Rhamnus catharticus--Buckthorn
Rhamnus frangula—Alder Buckthorn
Rhamnus purshiana—Cascara Sagrada
Rheum digynum – Mountain Sorrel
Rheum officinale—Rhubarb Root
Rheum palmatum—Rhubarb Root
Rheum rhaponticum - Rhubarb

Rhexia virginica—Meadow Beauty
Rhodiola rosea--Roseroot
Rhododendron tomentosum—Wild Rosemary
Rhus aromatica—Sumach, Sweet
Rhus chinensis – Chinese Sumac
Rhus coriaria--Sumac
Rhus glabra—Smooth Sumac
Ribes nigrum --Blackcurrant
Ribes uva-crispa--Gooseberry
Ricinus communis—Castor Plant
Robinia hispida—Rose acacia
Robinia neomexicana – New Mexico Locust
Robinia pseudoacacia –Black Locust
Rorippa nasturtium-aquaticum--Watercress
Rosa canina – Dog Rose
Rosa damascena, R. gallica, R. rugosa--Rose
Rosa laevigata – Cherokee Rose
Rosa rubiginosa--Eglantine
Rosemarinus officinalis--Rosemary
Roupellia grata--Strophanthus
Rubia cordifolia—Indian Madder
Rubia tinctorium—Madder
Rubus chamaemorus – Cloudberry
Rubus coreanus – Chinese raspberry
Rubus fruticosus--Blackberry
Rubus idaeus--Raspberry
Rubus leucodermin – Blackcap
Rubus parviflorus – Thimbleberry
Rudbeckia laciniata – Golden Glow
Rudbeckia hirta--Coneflower
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Rumex acetosella—Sheep’s Sorrel
Rumex alpinus – Alpine Dock
Rumex americana--Pokeweed
Rumex aquaticus—Water Dock
Rumex crispus-Yellow Dock
Rumex digyna—Mountain Sorrel
Rumex hymenosepalus--Canaigre
Rumex obtusifolius—Bitter Dock
Ruscus aculeatus—Butcher’s Broom
Ruta graveolens--Rue

Sabatia angularis—Centaury, American
Salicornia europaea—Marsh Samphire
Salix alba—Willow, White
Salix nigra—Willow, Black
Salsola kali - Saltwort
Salvia apiana—White Sage
Salvia clevelandii—Cleveland Sage

Salvia divinorum—Diviner's Sage
Salvia elegans-Pineapple Sage
Salvia fruticosa – Greek Sage
Salvia horminum- Painted Sage
Salvia lavandulifolia – Spanish sage
Salvia miltiorrhiza – Red Sage
Salvia officinalis--Sage
Salvia pomifera – Apple sage
Salvia sclarea—Clary Sage
Salvia viridis---Painted Sage
Sambuca nigra--Elder
Sambucus canadensis – American Elder
Sambucus edulis – Danewort
Sanguinaria canadensis--Bloodroot
Sanguisorba minor—Salad Burnet
Sanguisorba officinalis—Burnet, Greater
Sanicula europaea--Sanicle
Sanicula marylandica – Black Snakeroot
Santalum album—Sandalwood
Santolina chamaecyparissus—Cotton
 Lavender
Santolina incana—Cotton Lavender
Saponaria officinalis--Soapwort
Saposnikovia divaricata - Laserwort
Saraca asoca – Asoka
Sargassum fusiforme—Hai Zao
Sarothamnus scoparius—Broom Scotch
Sarracenia purpurea – Pitcher Plant
Sassafras albidum--Sassafras
Satureja douglasii—Yerba Buena
Satureja hortensis—Savory, Summer
Satureja montana—Savory, Winter
Satureja nepeta--Nepitella
Saussurea lappa--Costus
Saxifraga stolonifera – Mother of thousands
Scabiosa arvensis -Field Scabious
Scabiosa succisa—Devil's Bit
Schinus terebinthifolius—Pink Peppercorns
Schisandra chinensis – Schisandra
Schizonepeta tenuifolia—Jing Jie
Sclerotium cocus—Indian Bread
Scolopendrium officinarum—Hart's Tongue
Scolopendrium vulgare—Hart's Tongue
Scrophularia aquatica—Water Betony
Scrophularia marilandica – Carpenter's
 Square
Scrophularia nodosa--Figwort
Scutellaria baicalensis—Baical Scullcap
Scutellaria galericulata—Common Scullcap

Scutellaria laterifolia—Virginia Skullcap
Securigera veria—Crown Vetch
Selenicereus grandiflorus—Night Blooming
 Cereus
Sedum acre—Biting Stonecrop
Sedum purpureum—Live Forever
Sedum rosea--Roseroot
Sedum rupestre –Stonecrop Sedum
Sedum telephium – Orpine
Sempervivum tectorum—Hens and Chickens
Senecio aureus—Liferoot
Senecio jacobaea--Ragwort
Senecio maritimus—Dusty Miller
Senecio vulgaris—Groundsel, Common
Senna alexandrina--Senna
Seraphedum maritimum – Sea Wormwood
Sericia lespedeza—Round Headed Bush
 Clover
Serenoa repens—Saw Palmetto
Sesamum indicum--Sesame
Sida cordifolia—Country Mallow
Sida indica—Indian Mallow
Sideritis syriaca—Greek Mountain Tea
Siler divaricata - Laserwort
Silphium lacinatedum – Compass Plant
Silybum marianum—Milk Thistle
Silphium perfoliatum-Cup Plant
Simaruba amara--Simaruba
Simmondsia californica - Jojoba
Simmondsia chinensis - Jojoba
Sinapis alba – Mustard, white, yellow
Sisymbrium officinale—Hedge Mustard
Sisyrinchium angustifolium – Blue-Eyed
 Grass
Sium sisarum—Skirret
Smilacina racemosa –False Solomon's Seal
Smilax bona-nox – Greenbrier
Smilax china – China root
Smilax regelii--Sarsaparilla
Smyrniolum olusatrum--Alexanders
Solanum carolinense – Horse Nettle
Solanum dulcamara--Bittersweet
Solanum khasianum – Indian Nightshade
Solanum melongena--Eggplant
Solanum nigrum – Black Nightshade
Solanum tuberosum--Potato
Solanum xanthocarpum--Kantakari
Solidago spp--Goldenrod
Solidago odora – Sweet Goldenrod

Sonchus asper – Field Sow Thistle
Sonchus oleraceus—Sow Thistle
Sophora japonica—Pagoda Tree, Japanese
Sorbus americana – American Mountain Ash
Sorbus aucuparia--Rowan
Spathyema foetida—Skunk Cabbage
Spergularia rubra --Sandwort
Spigelia marilandica—Pink Root
Spinacia oleracea - Spinach
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Stachys byzantina—Lamb’s Ears
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Stellaria pubera—Star Chickweed
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Stratiotes aloides – Water Soldier
Strophanthus gratus--Strophanthus
Strophanthus kombe --Strophanthus
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 Japanese
Styrax benzoin--Benzoin
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Swertia chirata--Chiretta
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Symplocarpus foetidus—Skunk Cabbage
Syringa suspense—Weeping Forsythia
Syringa vulgaris--Lilac
Syzygium aromaticum--Cloves
Syzygium cumini--Jambul

Tabebuia heptaphylla—Pau d’arco
Tagetes lucida—Mexican Marigold Mint
Tagetes minuta – Tagetes
Tagetes petula – French Marigold
Tamarindus indica--Tamarind
Tamus communis—Black Bryony
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Tanacetum coccineum—Painted Daisy
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Terminalia arjuna – Arjuna
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Theobroma cacao--Cocoa
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Thlaspi bursa-pastoris—Shepherd’s Purse
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Tiarella trifoliata—Lace Flower
Tilia spp--Linden
Tilia americana – American Basswood
Tormentilla erecta--Tormentil
Toxylon pomifera—Osage Orange
Trachelospermum jasminoides – Star Jasmine
Tradescantia virginiana--Spiderwort
Tragopogon porrifolius —Salsify
Tragopogon pratensis--Goatsbeard
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Trillium erectum—Bethroot
Trillium sessile – Toadshade
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Tussilago farfara--Coltsfoot
Tylophora asmatica--Asmatica
Typha angustifolia--Cattail

Ulmus americana – American Elm
Ulmus fulva—Slippery Elm
Umbellularia californica—California Bay
Umbilicus rupestris--Pennywort
Uncaria rhyncophylla—Gou Teng
Urginea maritime --Squill
Urtica dioica--Nettles
Usnea barbata—Usnea
Utricularia vulgaris – Bladderwort
Uvularia perfoliata – Bellwort

Vaccinium arboreum – Sparkleberry
Vaccinium macrocarpon --Cranberry
Vaccinium myrtillus--Bilberry
Vaccinium uliginosum—Bog Bilberry
Vaccinium vitis-idaea—Cowberry
Vagnera racemosa—False Solomon Seal
Valeriana edulis – Tobacco Root
Valeriana obovata—Tobacco Root
Valeriana officinalis--Valerian
Valerianella locusta – Lamb’s Lettuce
Vanilla planifolia--Vanilla
Veratrum album – False Hellebore
Veratrum californicum – California false hellebore
Veratrum viride—American White Hellebore
Verbascum phlomoides – Woolly Mullein
Verbascum thapsus--Mullein
Verbena hastate—Blue Vervain
Verbena officinalis--Vervain
Veronica americana—American Speedwell
Veronica beccabunga--Brooklime
Veronica officinalis—Speedwell, Common
Veronicastrum virginica – Beaumont’s root
Vernonia fasciculata – Ironweed
Vetiveria zizanoides--Vetiver
Viburnum alnifolium--Hobblebush
Viburnum lantanoides--Hobblebush
Viburnum nudum – Smooth Withe Rod
Viburnum opulus--Crampbark
Viburnum prunifolium—Black Haw

Viburnum trilobum—Cranberry Tree, American
Vicia faba major – Broad Bean
Vinca major, V. minor--Periwinkle
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Vincetoxicum hirundinaria—White Swallow Wort
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Viola rostrata – Canker Violet
Viola tricolor—Johnnie-Jump-Up
Viola yezoensis – Chinese Violet
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Xanthorhiza simplicissima--Yellowroot
Xanthium strumarium—Cocklebur
Xanthoxylum piperitum—Szechuan Pepper
Xerophyllum tenax--Beargrass


Yucca spp--Yucca

Zanthorrhiza apifolia--Yellowroot
Zanthoxylum americanum—Prickly Ash
Zanthoxylum clava-herculis – Hercules Club Prickly Ash
Zanthoxylum piperitum—Szechuan Pepper
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Zephyranthes atamasco – Atamasco Lily
Zinziber officinale--Ginger
Ziziphus jujuba—Jujube
Ziziphus vulgaris - Jujube

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CHINESE PEONY

Paeonia lactiflora
[pay-OHN-ee-uh lak-tee-FLOR-uh]
(syn *Paeonia albiflora*, *Paeonia edulis*)

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Family: Paeoniaceae

Names: Chinese Peony, White Peony; Bai Shao, Chin Shao Yao, Nd, Shao Yao, Syakuyaku, Shao yao (ladle medicine)

Description: Perennial herb with a simple erect stem growing to 60-90 centimeters tall, alternate compound leaves, and large solitary flowers, white or pink, growing from long, stout peduncles.

The medicinal roots occur in hard heavy pieces, 20 centimeters long by 12 millimeters thick, reddish brown on the surface with a pinkish white semitranslucent interior. It is hardy to zone 6. It is in flower in June, and the seeds ripen in August. The scented flowers are hermaphrodite and are pollinated by insects. The plant is self-fertile.

Cultivation: An easily grown and undemanding plant, it does best in a deep rich soil, preferably neutral or slightly alkaline, doing quite well in sun or light shade. Plants are tolerant of a wide range of soil conditions, but will not survive if the soil becomes waterlogged or is too dry. This species is lime tolerant. Plants grown on sandy soils tend to produce more leaves and less flowers, whilst those growing on clay take longer to become established but produce better blooms. Prefers a rich heavy soil that is well-drained but remains moist in the summer. The species is hardy to about 7F but there are many named varieties some of which are hardy to about -18°F. A very ornamental and long-lived plant, surviving in gardens for 50 years or more. Many hundreds of named varieties have been developed for their ornamental value. Members of this genus are rarely if ever troubled by browsing deer or rabbits. A greedy plant, inhibiting the growth of nearby plants, especially legumes. Strongly resents root disturbance, taking some time to recover if it is transplanted. Plants should be planted with their crowns no more than 3cm below soil level. If planted deeper they do not flower so well. Peony species are usually self-fertile, though they will also hybridize with other species if these flower nearby at the same time. Plants take 4 - 5 years to flower from seed. They generally breed true from seed.

Seed is best sown as soon as it is ripe in a cold frame. When sown fresh, the seed produces a root about 6 weeks after sowing with shoots formed in the spring. Stored seed is much slower, it should be sown as soon as possible in a cold frame but may take 18 months or more to germinate. The roots are very sensitive to disturbance, so many growers allow the seedlings to remain in their pots for 2 growing seasons before potting them up. This allows a better root system to develop that is more resilient to disturbance. If following this practice, make sure you sow the seed thinly, and give regular liquid feeds

in the growing season to ensure the plants are well fed. We usually prick out the seedlings into individual pots as soon as they are large enough to handle, and then grow them on in a cold frame for at least two growing seasons before planting them out when they are in growth in the spring. Division with great care in spring or autumn. Each portion must have a leaf bud. If the lifted root is stood in shade for several hours it becomes less brittle and easier to divide. Divisions that have several buds will usually flower in the second year, but those that only have one or two buds will take a number of years before they have grown sufficiently to flower. The roots are harvested in the autumn from cultivated plants that are 4 - 5 years old and are boiled before being sun-dried for later use. The roots of wild plants are harvested in the spring or (preferably) in the autumn and are sun-dried for later use.

Constituents: The root contains asparagines and benzoic acid

Properties: *Alterative; Analgesic; Anodyne; Antibacterial; Antiinflammatory; Antiseptic; Antispasmodic; Astringent; Carminative; Diuretic; Emmenagogue; Expectorant; Febrifuge; Hypotensive; Nervine; Tonic; Women's complaints.*

Energetics: slightly cold, bitter, sour

Meridians/Organs affected: liver

Medicinal Uses: The root of Chinese peony has been used for over 1,500 years in Chinese medicine. It is particularly employed in female ailments related to menses, pregnancy, and childbirth. It is known most widely as one of the herbs used to make 'Four Things Soup', a woman's tonic, and it is also a remedy for gynecological problems and for cramp, pain and giddiness. When the whole root is harvested it is called Chi Shao Yao, if the bark is removed during preparation then it is called Bai Shao Yao. The most important ingredient medicinally in the root is paeoniflorin, which has been shown to have a strong antispasmodic effect on mammalian intestines, it also reduces blood pressure, reduces body temperature caused by fever and protects against stress ulcers. It is taken internally in the treatment of menstrual disorders, injuries, high blood pressure, pre-menstrual tension and liver disorders. The root is an ingredient of 'Four Things Soup', the most widely used woman's tonic in China. The other species used are *Rehmannia glutinosa*, *Ligusticum wallichii* and *Angelica sinensis*. A tea made from the dried crushed petals of various peony species has been used as a cough remedy, and as a treatment for hemorrhoids and varicose veins.

TCM:

Therapeutic Effects: antipyretic, emmenagogue, hemostatic, antiseptic; tonifies blood and liver-energy

Indications: allmenstrual disorders; lower abdominal pain due to intestinal infections; heat rash; poor circulation; gallbladder inflammation; deficient blood and liver-energy

Contraindications: Women should not use this herb singly during pregnancy, not during the first two months after childbirth, but it may be used as part of compound formulas

Incompatibles: *Dendrobium nobile*, *cirsium japonicum*; *veratru*; tortoise shell

Dosage: 5-10 grams in three doses on an empty stomach

According to Chinese herbals, the plant with the white blossom has stronger blood-tonifying properties, while the red variety is more hemostatic and beneficial to blood circulation. When liver inflammation (liver-fire) is present, the root from the red type is indicated. Doses for both varieties are the same.

Culinary Uses: Root - cooked and eaten in a broth. Stems - cooked. Seed - powdered and mixed with tea.

Toxicity: It should only be used under the supervision of a qualified practitioner and should not be prescribed for pregnant women.

References:

A Handbook of Chinese Healing Herbs, Daniel Reed, Barnes and Noble Books, 1999;
ISBN: 0-7607-1907-1

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PRIMROSE

Primula vulgaris

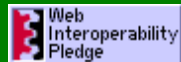
[PRIM-yew-luh vul-GAY-ris]

(syn *Primula acaulis*)



Stan Beesley

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Family: Primulaceae

Names: English primrose, true English primrose, Tibbi Culiacegi; Jordviva (Swedish); Kusymre (Norwegian); Storblomstret Kodriver (Danish); Kääpiöesikko (Finnish); Stengellose Schlüsselblume (German)

Description: It has a root-stock, knotty with the successive bases of fallen leaves and bearing cylindrical, branched rootlets on all sides. The leaves are egg-shaped and oblong, about 5 inches long when fully developed, tapering into a winged stalk, about 1 1/4 inch broad in the middle, smooth above, the veins and veinlets prominent beneath and hairy, the margins irregularly toothed. The young leaf appears as a stout mid-rib, with the blade rolled on itself on either side into two crinkled coils laid tightly along it, in similar manner to the Cowslip. The flowers are each on separate stalks. There are two kinds of flowers, externally apparently identical, but inwardly of different construction. Only one kind is found on each plant, never both, one kind being known as 'pin-eyed' and the other as 'thrum-eyed.' In both, the green-tubed calyx and the pale yellow corolla of five petals, joined into a tube below and spreading into a disk above are identical, but in the center of the pin-eyed flowers there is only the green knob of the stigma, looking like a pin's head, whereas in the center of the thrum-eyed flowers there are five anthers, in a ring round the tube, but no central knob. Farther down the tube, there are in the pin-eyed flowers five anthers hanging on to the wall of the corolla tube, while in the thrum-eyed, at this same spot, is the stigma knob. At the bottom of the tube in both alike is the seed-case and round it the honey.

It was Darwin who first pointed out the reason for this arrangement. Only a longtongued insect can reach the honey at the base of the tube and when he starts collecting the honey on a pin-eyed flower, pollen is rubbed on the middle part of his proboscis from the anthers midway down the tube. As he goes from flower to flower on the same plant, there is the same result, but when he visits another plant with thrum-eyed flowers, then the pollen on his proboscis is just in the right place to rub on the stigma which only reaches half-way up the tube, his head meanwhile getting pollen from the long stamens at the throat of the tube, which in turn is transferred to the tall stigmas of the next pin-eyed flower he may visit. Thus both kinds of flowers are cross-fertilized in an ingenious manner. It is also remarkable that the pollen of the two flowers differs, the grains of that in the thrum-eyed flower being markedly larger, to allow it to fall on the long stigmas of the pin-eyed flowers and to put out long tubes to reach to the ovary-sac far below, whereas the smaller pollen destined for the shorter stigmas has only to send out a comparatively short tube to reach the seeds waiting to be fertilized. This diversity of structure ensures cross-fertilization only by such long-tongued insects as bees and moths. It is hardy to zone 6 and is not frost tender. It is in flower from December to May, and the seeds ripen from April to August. The scented flowers are hermaphrodite and are pollinated by bees, moths and butterflies. The plant is self-fertile.

Cultivation: Prefers a medium to heavy moisture retentive humus rich loam in a cool position with light to medium shade. Grows well in heavy clay soils. Plants are hardy to about 7°F. This species hybridizes readily with *P. elatior*. Seed - best sown as soon as it is ripe in a cold frame. Sow stored seed in early spring in a cold frame. Germination is inhibited by temperatures above 52°F. When they are large enough to handle, prick the seedlings out into individual pots and plant them out in the summer. Division in autumn. This is best done every other year. The roots are harvested in the autumn when two or three years old and dried for later use.

Properties: *Anodyne; Antispasmodic; Astringent; Emetic; Sedative; Vermifuge.*

Medicinal Uses: Primroses have a very long history of medicinal use and has been particularly employed in treating conditions involving spasms, cramps, paralysis and rheumatic pains. They are, however, considered to be less effective than the related *P. veris*. The plant contains saponins, which have an expectorant effect, and salicylates which are the main ingredient of aspirin and have anodyne, antiinflammatory and febrifuge effects. The roots and the flowering herb are anodyne, antispasmodic, astringent, emetic, sedative and vermifuge. An infusion of the roots is a good remedy against nervous headaches. An ointment has been made from the plant and used for treating skin wounds.

Toxicity: This remedy should not be prescribed for pregnant women, patients who are sensitive to aspirin, or those taking anti-coagulant drugs such as warfarin.

Ritual Uses: Herbe of Venus and Libra. Primula is considered to have a connection with the Divine Feminine. Some have held them sacred to the goddess Freya. It is believed to contain the secret of eternal bliss. Upon being Christianized, primrose was thought to grant one access to heaven.

The primrose is well suited for a priestess who is invoking the Goddess. They can be worn, freshly cut. They bring the Lady's magick to any altar. It has been said that using primrose as a bathing herbe enhances one's inner beauty and increases one's ability to attract a desirable partner.

Culinary Uses: Young leaves - raw or cooked as a potherb, added to soups etc. A mild flavor, though the texture is a bit tough. The leaves are often available all through the winter. Flowers - raw or cooked. They make an attractive garnish to salads, and can also be used as a cooked vegetable or in conserves etc. Picked when first opened, the flowers are fermented with water and sugar to make a very pleasant and intoxicating wine. Both the flowers and the leaves can be made into a syrup or a tea.

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PERSIMMON

Diospyros virginiana

[dy-oh-SPY-ros vir-jin-ee-AN-uh]



Family: Ebenaceae

Names: common persimmon, date plum, eastern persimmon, American persimmon, plaqueminer, possumwood, seeded plum, simmon, winter plum

Description: A tree growing to 50 feet in height. The leaves are thick and firm, dark green above, paler and fuzzy below, 4-6 inches long, 1 ½ to 3 inches wide. The bark is thick, dark gray or

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brown, and prominently broken into square scaly areas. The flowers are greenish yellow to creamy white. The fruit is 1 to 1 ½ inches in diameter, yellow or orange, with flower sepals attached. It is hardy to zone 4 and is frost tender. It is in flower in June, and the seeds ripen from October to November. The flowers are dioecious and are pollinated by insects and wind. The plant not is self-fertile.

Cultivation: Requires a good deep loamy soil in sun or light shade. If being grown for its fruit, the tree requires a warm, sunny, sheltered position. It dislikes very acid or wet and poorly drained soils. Plants are somewhat tender when young, though dormant mature trees are hardy to about -3°F. The young growth in spring, even on mature plants, is frost-tender and so it is best to grow the plants in a position sheltered from the early morning sun. Dioecious, but the female tree can produce seedless fruits in the absence of a pollinator. It is likely that unfertilized fruits are more astringent than fertilized fruits since this is the case with *D. kaki*. Trees can start producing fruit when only a few years old. Plants have a long tap root and are difficult to transplant, it is best to plant them out in their permanent position as soon as possible and to give protection overwinter for the first year or two.

Seed is best sown in a cold frame as soon as it is ripe. Stored seed requires cold-stratification and should be sown as early in the year as possible. It usually germinates in 1 - 6 months at 47°F. Pot up the young seedlings as soon as they are large enough to handle into fairly deep pots and plant them out in early summer. Give the plants some protection from winter cold for their first winter or two outdoors. Cuttings of half-ripe wood, July/August in a frame. Layering in spring. Harvest the green fruits in early fall; ripe fruits after the first frost; roots as needed

History: The botanical name comes from *Dios*, Jove, and *pyros*, grain, alluding to the edible fruits. Introduced into Europe in the early 18th century, they have been important food crops in southern France and in Italy since early in the 19th century. The wild American variety, so beloved of opossums, was first described by English naturalists in 1699. The Southeast American Indians employed the wild forms in many sweet dishes; the larger cultivated Oriental form was introduced into the southern states about 1870 and is usually grown in home gardens.

Properties: *Antiscorbutic; Astringent; Warts.*

Medicinal Uses: An infusion of the green fruit is used in treating diarrhea, dysentery, and uterine hemorrhages and as a gargle for sore throat. A drink made of powdered seeds mixed with water and strained through a cloth is used to treat kidney stones. Indians boiled the roots to make a medicinal tea for dysentery. They also washed babies' mouths with an infusion of the boiled bark, as a remedy for sores on the mouth, lips and throat. The leaves are rich in vitamin C and are used as an antiscorbutic. The bark was used externally as a wash for warts or cancers.

Other Uses: Wood - strong, hard, heavy, fine-grained, elastic, resistant to wear. A valuable wood, it is used for making wooden ware, turnery etc. It is used especially for making handles for golf clubs.

Culinary Uses: Fruit - raw, cooked or dried and used in breads, cakes, pies, puddings etc. About the size of a plum, the fruit has an exquisitely rich flavor when it is fully ripe (and almost at the point of going bad) but it is very harsh and astringent before then. The fruit may not ripen properly in a cool summer, though if it is frosted it normally develops a very good flavor. The fruit can also be harvested in the autumn, preferably after a frost, and bletted. (This is a process where the fruit is kept in a cool place and only eaten when it is very soft and almost at the point of going rotten). Much of the fruit on trees in a relatively sunny position at Kew after a relatively warm summer in 1996 was still not fully ripe, though it was very nearly so and ripened well off the tree. The fruit can also be dried and used in bread, cakes etc. Molasses can be made from the fruit pulp. An oil obtained from the seeds is said to taste like peanut oil. A tea is made from the dried leaves. It is high in vitamin C and has a pleasant flavor somewhat like sassafras. The roasted seed is used as a coffee substitute.

Recipes:

Fuyu Persimmon and Yams Baked with Sweet Cicely

1 lb yams, halved crosswise
 2-3 tsp unsalted butter
 salt and freshly ground white pepper
 1 large Fuyu persimmon, stemmed and peeled
 sweet cicely feathers
 3 Tbsp fresh orange juice
 1-2 Tbsp dark brown sugar
 2 Tbsp brandy

Arrange yams on steamer rack over boiling water, cover pot, and steam until just barely tender (about 15 minutes). Remove and set aside until cool enough to handle. Peel yams and cut into ½ inch thick slices. Preheat oven to 400F. Using a little of the butter, grease a shallow baking dish large enough to hold yams in a single layer with slices overlapping. Arrange yam slices in dish and sprinkle lightly with salt and pepper. Cut persimmon into slices ¼ inch thick. Place persimmon slices so they are slightly off-center of yam slices. Tuck sweet cicely feathers in between yam and persimmon slices and pour orange juice evenly over top. Sprinkle with brown sugar and drizzle brandy over top. Dot with remaining butter. Bake casserole until yams are bubbly and persimmons are just tender (about 20 minutes). Serve at once. (Cooking from the Gourmet's Garden)

Bob and Genia's Persimmon Pudding

2 cups persimmon pulp
 3 eggs
 1 ¼ cups sugar
 1 ½ cups flour
 1 tsp baking powder
 ½ tsp salt
 ½ cup melted butter
 1 cup milk
 2 tsp freshly ground nutmeg
 ½ cup raisins, currants or nuts (optional)

Put the ripe persimmons through a food mill to separate the fresh fruit from the skin and seeds. OR blanch the fruits in boiling water to remove the skins and cut them in half to pick out the seeds. Then boil the flesh for a few minutes to break down the fibers, chop it as fine as possible and press it through a sieve with the back of a wooden spoon. Put all the ingredients into a big bowl and combine thoroughly. Pour the mixture into a large, well-greased, 11-x-13 inch baking pan and bake in a preheated 325F oven until the pudding is firmly set (about an hour). Serve with whipped cream. (Wild Foods)

Persimmon Ice Box Roll

1 ½ cups persimmon pulp
 1 ½ cups sugar
 15 large marshmallows, cut fine
 1 cup chopped hickory nuts or pecans
 1 lb graham cracker crumbs

In a bowl, mix together the persimmon pulp, sugar, marshmallows, and nuts. Stir in enough graham cracker crumbs to make the mixture stiff enough to form into a roll. Shape into a roll and chill. Slice and serve with whipped cream or ice cream. (The Wild Flavor)

Persimmon Cookies

½ cup butter
 1 cup sugar
 1 egg
 1 tsp baking soda
 1 cup persimmon pulp
 2 cups flour
 1/8 tsp salt
 ¼ tsp cloves
 ½ tsp cinnamon
 ½ tsp mace
 1 cup raisins
 1 cup chopped pecans

In the bowl of an electric mixer, cream the butter with the sugar until mixture is fluffy. Beat in the egg. Add the baking soda to the persimmon pulp, then add to the creamed mixture. Sift together the flour, salt, and spices. Add to the creamed mixture in three portions, beating well after each addition. With a mixing spoon, blend in raisins and nuts. Drop dough by teaspoonfuls onto a greased cookie sheet, flattening each cookie to the desired shape because these cookies do not spread much during baking. Bake 12-15 minutes in a 350F oven, testing with a toothpick to determine doneness. Makes 30 cookies. (The Wild Flavor)

American Persimmon Pie

2 eggs
 ½ cup sugar
 1 cup persimmon pulp
 ½ tsp cinnamon
 ¼ tsp mace
 1/8 tsp nutmeg
 1/8 tsp salt
 ½ cup evaporated milk
 ½ cup whole milk
 9-inch pastry shell, unbaked

Separate the eggs. Beat the egg whites stiff and set aside. In a mixing bowl, beat the egg yolks well. Add the sugar, persimmon pulp, spices, and salt. Mix well. Stir in the evaporated milk and the whole milk. Last, fold in the stiffly beaten egg whites. Pour into an unbaked pastry shell and bake in a 450F oven for 10 minutes, then reduce the heat to 325F and bake for 30 minutes longer, or until a knife inserted in the center comes out clean. Serve with whipped cream topping. (The Wild Flavor)

Cold Persimmon Soufflé

3 egg yolks, slightly beaten
 ½ cup sugar
 ¼ tsp salt
 2 Tbsp lemon juice
 1 Tbsp gelatin
 ¼ cup cold water
 1 cup persimmon pulp
 3 egg whites, beaten stiff
 1 cup heavy cream, whipped

In the top of a double boiler, combine the egg yolks with the sugar, salt, and lemon juice. Cook over gently boiling water, stirring constantly, until the mixture thickens. Remove from the heat. Soften the gelatin in the cold water, and add. Stir until gelatin is dissolved. Cool and add the persimmon pulp. Chill in the refrigerator until almost at the setting point. Then fold in the egg whites and the whipped cream. Pile the mixture into 4 individual soufflé dishes and chill thoroughly. (The Wild Flavor)

Persimmon Ice Cream

4 cups light cream
 2 cups sugar
 ¼ cup flour
 ½ tsp salt
 8 egg yolks or 4 eggs
 4 cups milk
 1 ½ cups persimmon pulp
 ½ cup finely chopped pecans, toasted

Scald the light cream in a large saucepan. Combine the sugar, flour, and salt. Beat the eggs until they are light and lemon colored; add them to the sugar mixture and stir until well blended. Gradually add some of the scalded cream to the egg mixture, stirring vigorously, then put all together and cook over medium heat until the custard thickens. Stir constantly to avoid scorching. Cool. If made a few hours ahead of time, the mixture may be stored in the refrigerator until freezing time. To the chilled custard, add the milk, the persimmon pulp, and the pecans, which have been toasted for about 5 minutes in a moderate oven (350F). Pour the mixture into a chilled 1-gallon ice cream freezer canister, fit the dasher into place, and freeze according to the directions accompanying the ice cream freezer. (The Wild Flavor)

'Possum's Passion

1 cups persimmon pulp
3 Tbsp sugar
3 Tbsp fresh lemon juice
pinch powdered ginger
pinch powdered mace
1 ½ cups heavy cold cream

Combine fruit pulp, sugar and lemon juice. In chilled bowl, whip cream until peaks form, fold into fruit mixture. Pour into 1-quart mold and freeze. Remove from freezer a good half hour before eating. (Hints & Pinches)

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JAPANESE PAGODA TREE

Sophora japonica

[SOF-or-uh juh-PON-ih-kuh]

(*syn Styphnolobium japonicum*)



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Family: Leguminosae

Names: Huai, Huai Chih Chiu, Huai hua (flower buds), Huai jiao (fruits) Pagoda Tree, Sophora

Description: Deciduous tree with large, divided, dark green, shiny leaves, which have downy or glaucous undersides. Creamy white, fragrant flowers appear in long panicles in late summer, followed by pods 2-3 inches long. Height 80 feet and spread 70 feet. It is hardy to zone 5 and is frost tender. It is in flower in September, and the seeds ripen in November. The flowers are hermaphrodite and are pollinated by insects. It can fix Nitrogen.

Cultivation: Succeeds in a well-drained moderately fertile soil in full sun. Tolerates poor soils, atmospheric pollution, heat and, once established, drought. Hardy to about 7°F when mature, but it can be damaged by severe frosts when it is young. A very ornamental and fast growing tree, it grows best in hot summers. It grows best in the warmer areas of the country where the wood will be more readily ripened and better able to withstand winter cold. Trees take 30 years to come into flower from seed. Plants should be container-grown and planted out while young, older plants do not transplant well. Plants in this genus are notably resistant to honey fungus. This species has a symbiotic relationship with certain soil bacteria, these bacteria form nodules on the roots and fix atmospheric nitrogen. Some of this nitrogen is utilized by the growing plant but some can also be used by other plants growing nearby. Seed - best sown as soon as it is ripe in a greenhouse. Pre-soak stored seed for 12 hours in hot (not boiling) water and sow in late winter in a greenhouse. Prick out the seedlings as soon as they are large enough to handle into individual pots in the greenhouse, and grow them on for 2 years under protected conditions. Plant them out into their permanent positions in early summer of their third year. Cuttings of young shoots with a heel, July/August in a frame. Air-layering. Flowers and flower buds are picked in late summer. Fruits are collected in autumn.

Constituents: flavonoid glycoside rutin 20%

Properties: The flowers and flower buds are antibacterial, anticholesterolemic, anti-inflammatory, antispasmodic, haemostatic and hypotensive. The seedpods are abortifacient. The seed is emetic and haemostatic. The leaves are laxative.

Medicinal Uses: This species is commonly used in Chinese medicine and is considered to be one of the 50 fundamental herbs. It came second in a study of 250 potential antifertility agents. The ovaries, especially just before the plant flowers, are a rich source of rutin and this is a valuable hypotensive agent. The buds, flowers and pods are concocted and used in the treatment of a variety of ailments including internal hemorrhages, poor peripheral circulation, internal worms etc. The seed is used in the treatment of hemorrhoids, hematuria, uterine bleeding, constipation, stuffy sensation in the chest, dizziness, red eyes, headache and hypertension. It should be used with caution since it is toxic. The leaves are used in the treatment of epilepsy and convulsions. A decoction of the stems is used in the treatment of piles, sore eyes and skin problems.

Toxicity: This remedy should not be prescribed for pregnant women.

Culinary Uses: Young leaves and flowers - cooked. The leaves need to be cooked in three lots of water in order to remove the bitterness. This will also remove most of the vitamins and minerals. The leaves are a rich source of rutin, they contain much more than the usual commercial source, buckwheat (*Fagopyrum esculentum*). The ovaries, before the flowers open, contain up to 40% rutin. A tea can be made from the young leaves and flowers. An edible starch is obtained from the seed.

Other Uses: A yellow dye is obtained from the seedpods and the flowers. It is green when mixed with indigo. Wood - tough, light, strong, of superior quality. Used in carpentry.

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PRIVET
Ligustrum vulgare
[lig-GUS-trum vul-GAY-ree]
(*L lucidum*)

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Foto: Jan Thomas Johansson

Family: Oleaceae

Names: wild privet, common privet, prim; Aligustre, Common Privet, European Privet, Golden Privet, Kurtbagri, Priveterinary; Liguster (Swedish); Liguster (Norwegian); Almindelig Liguster (Danish); Aitalikusteri (Finnish); Liguster, Rainweide (German); Troène vulgaire (French)

Description: Densely branched deciduous shrub up to 12 feet with smooth leathery oval pointed leaves and short spikes of white strong-smelling flowers in early summer, followed by small black or yellow shiny berries. Grows wild in scrubland and open woods, especially on chalk, and often cultivated as a hedging plant; numerous attractive garden forms. It is hardy to zone 4 and is not frost tender. It is in leaf all year, in flower from June to July, and the seeds ripen from September to October. The flowers are hermaphrodite and are pollinated by insects. It is noted for attracting wildlife.

Cultivation: A very tolerant and easily grown plant, it succeeds in any soil that is not very impoverished. Grows well in heavy clay soils. Prefers a calcareous soil and succeeds in thin dry soils. Grows well in light woodland or the full shade of a wall but flowers and fruits best in a sunny position. Tolerant of atmospheric pollution, once established they also tolerate drought but are intolerant of water-logging. A suckering shrub, forming dense thickets and making good bird cover. An important food plant for many caterpillars, including the larvae of the privet hawk moth. This species is notably susceptible to honey fungus.

Sow the seed in spring in a cold frame. Stored seed germinates better if it is stratified. Remove any fruit flesh from around the seed before it is sown since this can inhibit germination. When they are large enough to handle, prick the seedlings out into individual pots and grow them on in the cold frame for their first winter. Plant them out into their permanent positions in late spring or early summer, after the last expected frosts. The seed can also be sown in outdoor seed beds in the autumn. Plants can be left to grow on in the seedbed for up to 4 years before planting them out into their permanent positions in the winter. Cuttings of half-ripe wood, 5 - 10cm with a heel, July/August in a frame. Very easy. Cuttings of mature wood, 20 - 30cm in a sheltered outdoor bed in November/December. The cuttings can also be placed in situ if required. High percentage. Plant and prune to shape in autumn. The leaves are harvested at any time during the growing season, the

wood of larger pruned stems.

History: In Colonial times privet was transported to North America for cultivation as a hedge plant. Physicians once used its berries as a strong laxative. The flowers were placed on the forehead as a headache remedy, and the leaves found use as an astringent in the form of mouthwashes and gargles. Both leaves and flowers have been relied on for assuaging such female problems as irregular menstruation and vaginal irritations.

Constituents: oleanolic, palmitic, linoleic and ursolic acids, mannitol and glucose. The bark contains a bitter compound, ligustron (which is also called syringopicrine). The inactive heteroside, syringine, is found in the leaves and bark

Properties: yin tonic, alterative, *Astringent; Bitter; Detergent; Vulnerary.*

Energetics: bitter, sweet, neutral

Meridians/Organs affected: liver, kidney

Medicinal Uses: Leaves once used by Shakers to make a mouthwash. Privet leaves have been boiled and the extract used as a douche for vaginal irritations or as a gargle for sore throat. The berries are used to nourish the liver and kidneys, for yin deficiency, consumptive and wasting diseases, premature gray hair, dizziness, blurry vision, lower back pain, knee and joint pains and tinnitus

Dosage: 6-15 gms

Homeopathy: The flowers are used to treat dry skin.

Toxicity: Poisonous, though the toxicity is of a very low order and normally the consumption of the fruit leads to vomiting or no symptoms at all

Cosmetic Uses:

Recipes: Astringent lotion: Place two handfuls of flowers in a saucepan and add a pint of water. Heat for several minutes over a low flame. Cool and strain and add 2 tablespoonsful of witch hazel or rose water. Bottle and cork tightly and keep under refrigeration.

Skin preparation: Gather a shoeboxful of flowers and place them in a shallow bowl in a sunny window. Cover with a pint of olive oil and leave for a week in the sun. Strain into bottles and gently massage into the skin at bedtime. By morning your skin will be soft and smooth and will have lost any soreness.

Other Uses: A yellow dye is obtained from the leaves and from the bark according to other reports. A bluish-green dye is obtained from the berries, it is more permanent than most greens. A black dye can also be obtained from the fruit as well as an ink. Bark- hard, close-grained. It is valuable for turning if it reaches sufficient size and can also be used to make small tools. The wood is a source of charcoal. The young twigs are used in basketry and hurdle making.

References:

Cosmetics from the Earth, Roy Genders, Alfred van der Marck Editions, 1985; ISBN: 0-912383-20-8

Magic and Medicine of Plants

Planetary Herbology, Michael Tierra, Lotus Press, 1978; ISBN: 0-941-52427-2

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PEPPERGRASS
Lepidium virginicum
[lep-PID-ee-um vir-JIN-ih-kum]

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Family: Cruciferae

Names: cress, land cress, bird's pepper, wild peppergrass; American Pepperwort, Cresson Alenois, Cresson Danois, Cresson Savane, Mastuerzo, Poor Man's Pepperwort, Virginia Pepperweed; Virginiakrassing (Swedish); Virginiakarse (Norwegian); Virginsk Karse (Danish); Virginiankrassi (Finnish); Virginische Kresse (German)

Description: Annual herb growing to about 2 feet. Has slender lance-shaped leaves and small white flowers. It is in flower from May to October. The flowers are hermaphrodite and are pollinated by insects.

Cultivation: Native to eastern North American and parts of the Caribbean, and is naturalized in Australia. An easily grown plant, it succeeds in most soils. Seed - sow spring in situ. Germination usually takes place within 2 weeks. Young leaves are collected in spring. Seeds pods, in summer-autumn.

History: It was called cress because of its rapid growth, and derived from the Latin *creescere*, to grow. The Menominee of eastern North America applied a lotion of peppergrass (or a bruised fresh plant) to eruptions resulting from contact with poison ivy.

Properties: *Anthelmintic; Antiasthmatic; Antiscorbutic; Antitussive; Cardiotonic; Diuretic.*

Medicinal Uses: The leaves of peppergrass is nutritious and generally detoxifying. It has been used to treat vitamin C deficiency and diabetes, and to expel intestinal worms. The herb is also diuretic and of benefit in easing rheumatic pain. The root is taken to treat excess mucus within the respiratory tract. North American Indians used the bruised fresh plant, or a tea made from the leaves to treat poison ivy rash and scurvy. A poultice of the leaves was applied to the chest in the treatment of croup. The seed is anti-asthmatic, anti-tussive, cardiotonic and diuretic. It is used in the treatment of coughs and asthma with excessive phlegm, edema, oliguria and liquid accumulation in the thoraco-abdominal cavity. A poultice of the bruised roots has been used to draw out blisters. A poultice of the bruised roots has been used to draw out blisters. The root is used to treat excess mucus within the respiratory tract.

Cosmetic Uses: To make a hair tonic: simmer a handful of ground herb in two pints of hot water for a half hour. Strain and add a small handful of finely ground sage leaves. Simmer another half hour. When cool, strain and add two ounces of bay rum.

Culinary Uses: Young leaves - raw or cooked. The leaves are a rich source of vitamin C and have a hot

cross-like flavor. Chopped finely and added to salads, used as a garnish or cooked as greens. Its peppery flavor recommends its use in vegetable salads and cole slaw, and with sour cream and cucumber. Unripe seedpods have a pleasantly pungent flavor and can be eaten raw or used as a condiment in soups and stews. Use dried powdered seeds as ingredient of salt and pepper substitutes.

Recipes:

Poor Man's Mustard

1 cup peppergrass seeds

½ cup water

¼ cup apple cider vinegar

1 tsp tamari soy sauce

1 Tbsp white wine

1 Tbsp lemon juice

1 tbs water

2 tsp garlic

2 tsp turmeric

1 tsp tarragon

2-3 wild allspice berries (optional)

Mix the liquids together and bring to a boil. Put into a blender with the remaining ingredients, and blend everything together until smooth. (*Identifying and Harvesting Edible and Medicinal Plants in Wild (and Not So Wild) Places*)

References:

[Identifying and Harvesting Edible and Medicinal Plants in Wild \(and Not So Wild\) -Places](#) , Steve Brill, Hearts Books, 1994; ISBN: -0-688-11425-3
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PAPALO

Porophyllum ruderale or *Porophyllum ruderale* spp *macrocephalum*



Family: Compositae

Names: papaloquelite, Venadillo; Ruda de gallina; Chucha; Gallenaza; Mexikanischer Koriander

Description: Tropical and sub-tropical annual plant growing in a multibranching airy manner with blue-green leaves 1- 2 ½ inches long. The stems can reach up to 6 feet in very hot climates. The leaves are oval and small, with elongated translucent oil glands occurring at each wavy notch in the leaf. Its botanical name means "pored leaf". Showy purple to brownish-green starburst flowers at the ends of the branches. Papalo is native to Arizona, New Mexico, and Texas, as well as Mexico and Central and South America. It is edible, but is considered a weed throughout much of its range.

Cultivation: Easily grown from seed sown directly in the ground. Can also be started indoors 6 weeks before the last frost date, then transplanted to the ground when the weather warms. Plant in fast-draining, sandy soil and water regularly. Grows best in full sun but can take some shade. Space plants about 1 ½ feet apart. Leaves possess huge oil glands which give papalo its potent flavor and scent. The flavor gets stronger the older the leaves get. Harvest when young for a milder flavor.

History: The stems and leaves were used in Mexico as a condiment prior to the arrival of the Spanish. Its name comes from *papalotl*, Nahuatl for "butterfly." Papalo is also commonly called papaloquelite, which means butterfly leaf in the Nahuatl Indian language. Another name for it is mampuitu, which is based on the Spanish word for skunk. Papalo produces chemicals that repel insects that might otherwise eat its leaves. When a lot of papalo plants are growing in one area, they give off an unpleasant odor. This odor is probably why in Brazil papalo is called "cravo-de-uruba," which means "Black Vulture's marigold" in Portuguese.

Medicinal Uses: Papalo is used as a medicine in some cultures. The Chacobo Indians of Bolivia believe papalo leaves will reduce the swelling of infected injuries. The Quechua people, also of Bolivia, consider it useful for treating liver ailments and high blood pressure. Said to be used medicinally for liver ailments.

Culinary Uses: This distinctively pungent herb is usually eaten raw on *cemitas* - central Mexico's version of the hero sandwich - and is sometimes found in *guacamole* and salads. In Mexico it is used fresh with soups and stews, grilled meats, beans and salads, much like cilantro. Papalo is not cooked, only used fresh or added at the last moment. In Bolivia, native Quechua people call it Killi and eat it daily. The plants have a unique taste somewhere between arugula, cilantro and rue. The purple leaves, harvested from July to hard frost, are used daily with different chiles and can be finely chopped to sprinkle onto cold red or white gazpacho (a spicy soup made from raw vegetables).

Recipes:

Salad of Mexican vegetables

(4 portions)

Peanut vinaigrette:

3 spoonfuls of peanut butter

¼ of sesame oil cup

The juice of ½ lemon

1 teaspoon of garlic finely pricked

1 tsp sazondora sauce

1 tsp English sauce

½ cup olive oil

¼ cup of water

Salad:

½ cup of purslane

½ cup of spinach

½ cup of quintoniles (smooth pigweed)

½ cup of pumpkin or squash flowers chopped

¼ cup of papalo

1 manojito of mixed lettuce

½ kilo of grapefruit cut in supreme

½ sweet potato, sliced and fried

¼ of cup of ground pistachios

½ cheese cup roquefort crumbled

PREPARATION:

Vinaigrette:

Combine the peanut butter with the sesame oil and the lemon. Add garlic, the sazondora sauce and the English sauce. Incorporate the olive oil little by little along with the water.

Set aside to blend flavors.

Salad:

Mix the greens, flowers and papalo in a bowl.

Add a little of the vinaigrette. On a serving plate, place a little this mixture in the center along with 5 sections of grapefruit. Garnish with the fried sweet potato fried and dust with pistachios and the cheese.

Duck and White Bean Tacos

To Poach Duck

1 ½ lbs boneless duck breasts

½ cup thinly sliced onions

1 large clove garlic, peeled

1 carrot, peeled, stem end removed, cut into 4 to 5 pieces

1 four-inch leafy stem leaf celery or the light green inner heart of celery with leaves attached, coarsely chopped

Bouquet garni: 4 sprigs fresh parsley, 2 sprigs fresh thyme, and 1 dried bay leaf

5 whole black peppercorns

1 tsp sea salt

To assemble tacos:

3 Tbsp canola oil

1 medium-sized red onion, chopped

2 large cloves garlic, chopped

1 large fresh jalapeno pepper and 1 fresh Serrano pepper, stemmed, seeded, and finely chopped

1 cup fresh tomatoes, peeled, seeded, and diced

1 tsp dried Mexican oregano

sea salt to taste

1 15-oz cans white beans, drained

about 10 corn tortillas

1 x-oz package Mexican queso fresco or feta or domestic mild goat cheese, crumbled

about 10 sprigs papalo

Prepare the duck in a large saucepan. Add water to cover, and bring slowly to a boil. Immediately lower the heat, and skim from the surface any rising scum. Add the onion, garlic, carrot, leaf celery, bouquet garni, peppercorns and salt. Simmer over very low heat, partially covered, for about 50 minutes. When the juices of the duck breasts run clear when pricked deeply with a skewer, or when a meat thermometer just registers 160 degrees, remove the duck from the heat. Remove the breasts from the stock, then skin and shred them. Set aside. There should be about 3 cups of duck meat for the tacos. Reserve ¼ cup of the stock. Refrigerate the remainder and save it for a delicious base for soup.

Heat the canola oil in a large skillet. Sauté the onion until soft, about 3-4 minutes or until they begin to brown, about 10 minutes. Add the garlic, peppers, tomatoes, Mexican oregano and salt to taste. Cook over medium heat for about 5 minutes, then add the reserved ¾ cup of duck stock. Cook for about 10 minutes, until the stock has evaporated. Heat the beans over low heat in a medium saucepan and keep warm. The tortillas may be steamed together or simply heated one by one on either side in a hot iron skillet and kept warm in a covered dish. To fry the tortillas, heat ½ inch canola oil over medium heat in a cast-iron skillet. Place one tortilla in the skillet and cook it flat for a few seconds. Quickly fold it in half and hold it slightly open with tongs to make room for the filling. Turn and cook on the other side. Do not fry them too crisp, or they will break apart when they are filled. Drain on paper towels and keep them in a warm oven with the door ajar while preparing the remaining tortillas. To assemble, place a layer of shredded duck in the warm taco shells, then add a spoonful of the beans. Sprinkle over this the crumbled cheese and slip a sprig of papaloquelite into each taco. Garnish with lettuce. (Exotic Herbs)

Papalo Salsa

2 roasted and deseeded chopped chili peppers

2 roasted and deseeded green peppers, chopped

3 small green tomatoes, chopped

4 roasted garlic cloves

6 papalo leaves

½ tsp lemon juice

1 tsp oil

salt

2 spoonfuls of minced onion

Combine all the ingredients in a food processor and let sit in refrigerator for at least 1 hour before serving.

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Exotic Herbs, Carole Saville, Henry Holt, 1997; ISBN: 0-8050-4073-0



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- **The Benefit of Tonics**

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Spring Means Tonics!

Feeling a little sluggish? Out of sorts? Depressed? With spring mere weeks away, our bodies are ready for a spring tune-up! Old-time herbalists knew this and called it the time to cleanse and renew. They used tonics to strengthen the body and restore tone and vigor. Tonics are herbal extracts that contain high vitamin and mineral content designed to do just that...improve our immune systems. In this sense, a tonic is not really a medicine at all. It's a healthy brew designed to invigorate the body, so that the body itself can heal and relieve the minor discomforts that a long winter of excess can bring on. The fact that these tonics can help the body itself cure devastating illness is merely a magical side effect....

Tonic drinks are usually strong herbal teas or infusions. They have been used medicinally for millennia, yet with the advance of modern Western medicine many traditional healing techniques have been dismissed as arcane and archaic. We can learn from our ancestors, who lived and worked in harmony with the earth, respectfully reaping its glories, from nourishment to healing.

For a taste of what the herbs can do, I'll outline a simple weekend cleanse program in this article, taken from my book, Naturally Healing Herbs. This book is out of print, but you can purchase the book used from this link:

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<http://www.abebooks.com/home/STONEYPINE/> and search for the title from my catalog. It has a complete listing of tonics that can help the body heal and renew from a variety of illnesses; from flu to cancer, arthritis to sexual problems.

Weekend Renewal Program

The weekend renewal program is a two-to-three day herbal tonic program that can refresh and invigorate the body. Set aside two or three stress-free days. Try to delegate responsibilities or set them aside for this time. Plan your meals and write out a menu plan. To help you remember to drink your 8 glasses of water, measure your water for the day and place in a container in the refrigerator. At the end of the day, the container should need to be refilled. Lemon or lime slices add zing and visual appeal to your water.

Meals should consist of fresh fruit juices for breakfast, vegetable juices for lunch and clear broth and soups for dinner. Herbal tonics can be taken a half-hour before meals and before bedtime. Exercise 1 hour each day and add time for quiet meditation. Naps of less than 1 hour are suggested. Take this time to take a break from television and find things to do to keep pleasantly occupied; gardening, reading, hobbies, puzzles, journaling. At the end of the day, take a relaxing bath (add relaxing essential oils like lavender, or rose---10 drops total per bath), and then snuggle into bed early to catch up on your sleep.

There are a wide variety of different tonics to choose from the book, but here is one that has an all-around use and is very good for the body.

Licorice Root

It has a licorice taste, making this an easy tonic to drink. The herb is fifty times sweeter than sugar. It has been recommended for soothing sore throats, urinary and bowel disorders, helping to clear the respiratory passages, as an antispasmodic, mild laxative and cough remedy. It has diuretic action, eases ulcers and reduces arthritis inflammation by ridding the body of toxins.

As if that were not enough, the root extract produces mild estrogen-like effects, so it's helpful for women who have menstrual problems or who are in menopause. This estrogenic activity has clearly been established in an animal study. In another study, women who could not ovulate were able to have normal ovulation after using the extract.

Other studies conducted by the Japanese, have shown that licorice root modulates and strengthens the activity of other herbs. Its status as a tonic is probably due to the cumulative effect of all its medicinal properties. It is very complex. It adjusts concentrations of blood salts, stimulating and sustaining proper adrenal function and protects the body's own detoxification plant, the liver, from such diseases as cirrhosis and hepatitis. Studies have also proved that the chemical glycyrrhizin contained in licorice reduces cancer tumors in rats and has even killed off HIV cells before they turned into full-blown AIDS.

A group of Russian researchers has found that licorice root inhibits tumor growth (sarcoma-45 and Ehrlich ascites cells). Another recent study has found that licorice root actually stimulates the production of interferon, a chemical critical to enhancing the immune system, which has proven key to preventing and treating many immune-response

deficiency diseases, AIDS included. Other studies showed it helpful in combating growth and development of cancer cells, specifically for prostate and breast cancers. Licorice root is a natural disease fighter, with strong antibacterial and antifungal properties.

Of course, for serious cleansing, you must follow a longer cleansing program (as outlined in the book). Here, the weekend cleanse is intended merely to jumpstart the body for spring and give the immune system a gentle boost. You can purchase licorice root extract in health food stores by the ounce. The dried root is also available. Remember that you can over-dose on this, and it will produce the opposite effect you want to produce; causing salt and water retention. For this reason, cardiac patients or those with high blood pressure or kidney disorders, or pregnant women and people very overweight, should carefully monitor their intake.

Make a tea by boiling water, lower the heat. Add 1 tablespoon of dried root per cup and simmer covered for 10 minutes. Strain and cool. Drink 2 cups per day. If more cleansing is needed, rest 3 days and then repeat.

=====

*Carly Wall, received her certificate in Aromatherapy from The Australasian College of Health Sciences, She is author of five books on natural healing, including her latest work, *The Scented Veil: Using Scent to Uncover Soul*, A.R.E. Press, and offers a free eNewsletter called *WholisticWoman*---tips on natural health, beauty and lifestyle for women. For more information check out her website at:

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carlyjwall@aol.com

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Letter From The Herbalist
[Maureen Rogers](#)

Ah, catalog time....and they started coming in on January 2. Considering it was in the mid-50s on Jan 3 and 4, you almost felt like maybe you could at least clean up the garden a little....but I let that feeling of physically challenging myself pass and took down the tree instead.

Probably the biggest blow lately was the FDA's ban on ephedra. Gee, maybe 155

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people "might" have died as a result of overdosing on ephedra (they still aren't sure on those numbers and whether it was a result of ephedra use)...but it doesn't seem to matter that thousands die every year from conscientious use of prescription drugs....that's ok, because the pharmaceutical companies put lots of money in the government's coffers to get those drugs approved. And the public reaction? Run out and buy all the ephedra you can find, according to one Associated Press report I received. They're obviously terrified of how bad ephedra is. If you want information on how their unfounded their reaction is, read over the ["true" story on ephedra](#). And remember, you can still grow the plant for your own use, they haven't taken that option away yet.

[Calendar](#) items have been a little sparse but they're beginning to trickle in as herb businesses recuperate from the holidays. You should be seeing more of them over the next couple weeks as people start sending in their schedules to post.

This time of year is the perfect time to extend your herbal education through some of the excellent correspondence courses that are offered. For obvious reasons, I can't list my preferences online, but if you contact me direct I can make suggestions as to quality of course and what I've heard from former students. Actually, I'd like to start listing feedback about herbal courses so if you'd like to contribute (we'll keep your name off and just use initials and state), feel free to write. It would really help those considering the appropriateness of the classes if current/former students would make suggestions. And I'd prefer if it's in "printable" language....not just throwing stones...if you're unhappy with a course.

Hope you maintained your health and sanity through the holidays and that we'll see you back often over the next year. And don't forget, our 2004 edition of Herbalpedia is out and moving quickly. For your copy, [check in here](#). We've got a list of all the plants included so you can see what you're missing.

Maureen Rogers
Director, [The Herb Growing and Marketing Network](#)
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Letter From The Herbalist

[Maureen Rogers](#)

God, I hope this weather breaks. I'm not good at cold weather...or snow....or ice....and living in the city with no off-street parking gets old really fast....though my parallel parking on ice skills have really improved over the years. Paula Oliver, my good friend in Deming, NM, (former editor of Business of Herbs) keeps telling me...come down where it's warm (or at least warmer than central PA)....and each year I'm think...yes,

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warm....warm and no snow....

In the meantime, I've been reading a wide assortment of books that I get sent to review and I'm posting them in our [books section](#) so check them out. Also to find books that aren't readily available from some of our members visit our [Members' Books](#) section. These are unique and different books that will give you something to curl up with while you're waiting to get out in the garden.

Valentine's Day shopping have you stumped? Many of our members have wonderful herbal products that would make great gifts. Visit our [hosted sites](#) to find everything from [herbal cosmetics](#) to [exotic teas](#) to [garden fairies](#). Be different. Stay warm while shopping from home. Delight someone with an exotic chocolate fragranced soap from [Herbs by Wanda](#). Honestly looks and smells so good, you'll want to eat it. If you're driving through Ohio on I-70, stop at [Herb N Ewe's](#) garden cafe for an herbal lunch. Support small herbal businesses whenever possible. It keeps them off the streets, gives you great alternatives to the box stores...and you may be one yourself some day. 🐾

Maureen Rogers
Director, [The Herb Growing and Marketing Network](#)
and HerbNET's slave



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Letter From The Herbalist
[Maureen Rogers](#)

It's warm....and maybe it's just this week but it gives me hope that soon the cats will move off my desk and back out into the yard. I love these furry children but they are rather insistent that they should be sitting directly in front of the monitor. I think it's been a major protest since I went to a flat screen and removed their warm perch on top of the old one. I'm almost desperate enough to plug the old monitor in somewhere just to keep them happy....well, at least it was a thought :-).

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Spring is definitely in the air and that means herb festival time. One of the earliest this year will be the Pennsylvania Herb Festival and the York County Fairgrounds. Lots of vendors, great herbal food, interesting speakers including Loryhl Davis from Herbs of the World, Peter Borchard of Companion Plants (along with an assortment of his unusual ones), Dr. Peter Gail otherwise known as Doctor Dandelion and more. It's inside where it's warm, dry and you can shop till you drop. Visit www.paherbfest.com for more details. I'll be there (and speaking) so stop by my booth and say hi. I'm already getting my list together to send to Companion Plants so he'll bring the really exotic things along with him.

We're having an herb business conference this year after an absence of three years. It's a "limited edition" conference meaning I'm limiting it to 100 attendees. We're calling it the "Taking Care of (Herb) Business" Conference and the emphasis will be on giving each attendee the tools to go back and transform their enterprise. Dates are Oct 29 and 30 in Chattanooga, TN. One day of successful herbal entrepreneurs like Sandie Shores, Jim Long and Marge Clark and one day of intensives where participants will break into small groups and work on group projects to improve sales. We'll cover things like web marketing, business plans, pricing, good manufacturing practices and much more. For more information visit <http://www.herbworld.com/conference.htm> and sign up soon. We've already got a number of people signed up and when we reach the 100 person mark, that's it. Questions? call 717-393-3295 or email me at herbworld@aol.com

That's it for this month. Next month hopefully I'll be digging in the garden.

Maureen Rogers
Director, [The Herb Growing and Marketing Network](#)
and HerbNET's slave





6th Annual PA Herb Fest
April 9-10, 2004
York Fairgrounds
1:00-7:00pm on April 9
9:00am-4pm on April 10

Join us for a day of herbal delights: speakers,
plants, herbal crafts, herb food and more.

Garlic is the herb of the year for 2004!

The Baltimore Herb Festival has been cancelled for 2004. If you were planning on buying your herb plants there, check us out instead.

Admission \$5....bring this coupon and 2 cans of dog/cat food or 1 box and get \$1 off your admission

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COMFREY BAN (Canada)

In December 2003, Health Canada banned all products containing the medicinal herb comfrey (*Symphytum* spp.) because of reports that it contains liver damaging compounds called pyrrolizidines. Many herbalists feel that Health Canada over-reacted in banning products applied externally because pyrrolizidines do not penetrate the skin. **Le Guilde des Herboristes** in Quebec has organized a national protest to overturn the ban for externally-applied comfrey products. Click [here](#) to read the petition.



Note: Seeds and plants are unaffected by the ban. It is legal to grow your own comfrey for personal use. It is legal to grow comfrey commercially also. It is not legal to sell prepared comfrey products such as creams, ointments, pills and teas.

In a letter dated Jan. 21, 2004 Health Canada clarified the ban. The unsigned letter says that only two species of *Symphytum* are banned, *S. asperum* and *S. x uplandicum*; while the common comfrey, *Symphytum officinale*, and other species are not banned. The letter indicates that the pyrrolizidine alkaloid, echimidine, is at the centre of Health Canada's concerns and that comfrey products must be free of it. Click [here](#) to read the letter.

At the National Herb and Spice Conference in Guelph, Ontario, a top official of Health Canada's Natural Health Products Directorate (NHPD) admitted to a member of the herb industry that the NHPD is unhappy about the way that the comfrey ban was implemented. The ban was imposed by a different branch of Health Canada, the Marketed Health Products Directorate (MHPD), virtually on the eve of the NHPD's takeover of control of natural health products. The NHPD's new Natural Health Products Regulations took effect on January 1, 2004. Sources say that the NHPD is powerless to overturn the action of the MHPD.

The current situation leaves industry in the difficult position of having to prove that their products are free of echimidine, the pyrrolizidine alkaloid mentioned in Health Canada's letter of Jan.

21. According to Peter Child of Investigative Science Incorporated, a Burlington, Ontario, consultancy specializing in laboratory testing, reference standards for echimidine are unavailable which makes it difficult for commercial labs to test comfrey products. As of Feb. 2004, at least one comfrey product manufacturer is trying to convince the NHPD to accept herbarium specimens (pressed dried samples of the plant) in lieu of echimidine analysis. But herbarium specimens may not be a reliable indicator of the absence of echimidine. The common and russian comfrey (*S. x uplandicum*) species are similar botanically and difficult to tell apart.

The current situation effectively means that comfrey products (except seeds and plants) are illegal to sell in Canada.

[Updated Feb. 21, 2004]

EPHEDRA BAN (U.S.)

On
Feb.
6,
2004,
the



United States Food and Drug Administration (FDA) issued a ban on dietary supplements containing the alkaloid ephedrine. As of April 6, 2004, products containing ephedrine will not be legal to sell in the United States. Click [here](#) to read the FDA's news release on the ban.

Note: Seeds and plants are unaffected by the ban. It is legal to grow your own ephedra or ma huang for personal use.

Ephedrine is the main stimulant alkaloid found in the traditional Chinese herb, *ma huang*. Ma huang is commonly identified as *Ephedra sinica*, but several other Asian *Ephedra* species are sold and used as ma huang also.

Media reports, and the FDA's own releases, have suggested that the intended targets of the ban are products sold for weight loss, muscle building, athletic performance, or as an alternative to illicit street drugs. No doubt there have been egregious abuses by companies selling such products. Often the products contain ephedrine derived from artificial sources having nothing to do with the traditional Chinese ephedra herb. Some companies even sell pure ephedrine which is highly dangerous.

Traditional Chinese herbal products made from the true ephedra (*Ephedra sinica* and others) are thought by some to be excluded from the ban. However, the FDA's final ruling published on Feb. 6 makes no mention of any provision to exclude products made with the Chinese herb. Here is the final ruling:

Sec. 119.1 Dietary supplements containing ephedrine alkaloids.

Dietary supplements containing ephedrine alkaloids present an unreasonable risk of illness or injury under conditions of use recommended or suggested in the labeling, or if no conditions of use are recommended or suggested in the labeling, under ordinary conditions of use. Therefore, dietary supplements containing ephedrine alkaloids are adulterated under section 402(f)(1)(A) of the Federal Food, Drug, and Cosmetic Act.

The effect of this ruling is far more sweeping than many had expected. It amounts to a complete ban on anything containing ephedrine, including the Chinese herb. Even though the ephedrine in Chinese ephedra is present at relatively low levels, its presence means that the herb is now considered "adulterated" and is therefore illegal to sell under the ruling.

Ephedra is one of the most important herbs in Chinese herbal medicine. To lose access to it is a serious setback to the practice of a 5000 year old traditional form of herbal medicine in America. Ephedra is considered one of the best herbs for the treatment of chills, fevers, cough and wheezing associated with colds and flus. Chinese herbalists say that ephedra is one of the first herbs that they are taught to use.

Most herbalists would not object to the banning of products to which ephedrine is added or concentrated beyond natural levels. This would be a sensible action for the FDA to take in the face of industry abuses and the reports of serious adverse reactions including death. But herbalists believe that the ephedra herb itself

should not be banned. In Canada, the ephedrine alkaloid is limited to levels well below the excesses seen in U.S. products, a policy that allows the continued sale of traditional Chinese ephedra products.

A group advocating the repeal of the ephedra ban has organized a letter writing campaign. The group believes that the FDA overreacted by banning all products containing ephedrine and instead should have imposed a rule requiring warnings on products. Click [here](#) to read more.

Recent Developments

A diet pill company, **NVE Pharmaceuticals**, has launched a legal challenge to the ephedra ban. In a March 9th [Forbes Magazine report](#), the Andover, N.J., manufacturer of ephedrine-based Stacker 2 dietary supplement, is asking the court to delay the start of the ban on April 12, 2004, and to hear "new evidence." Metabolife International, the largest U.S. diet pill manufacturer, is said to be weighing its options which may include a legal challenge of the ban also.

The **American Herbal Products Association** (AHPA), an industry association of herbal and dietary supplement manufacturers, petitioned the FDA on March 12th to consider changes to the ephedra ban. The AHPA's Chinese Herbal Products Committee is pushing for a modification to the final ruling "to allow the sale of dietary supplements that contain ephedrine alkaloids" provided that the products are traditional Asian formulas and "are marketed only to licensed health care practitioners for use within their scope of practice and in a manner consistent with traditional practice." Otherwise, these products will likely have to be licensed as drugs, an all but impossibly difficult and expensive option for herb companies.

On March 24th, the **California State Oriental Medical Association** (CSOMA), a professional association of oriental doctors, issued a call to action to its members to "fight to preserve our right for continued access to our medicine." It is urging its members to write to senators and congressmen to protest the FDA's ban and how it will effectively take away their right to use ephedra and other important ephedrine-containing herbs. Following discussions with four FDA attorneys, CSOMA discovered that there will be no legal basis for its members to continue to use and prescribe ephedra despite the FDA's statements to the contrary. CSOMA has concluded that the FDA comments are in fact wrong and do not reflect the true legal impact of the ban. For the full text

of CSOMA's call to action, click [here](#).

[Updated Mar. 25, 2004]

KAVA BAN (Canada)

In August 2002 Health Canada issued a [stop-sale order](#) for kava (*Piper methysticum*) products in Canada. Citing a handful of reports of liver damage associated with prolonged kava use, the Canadian regulatory agency decided to remove all kava-containing products, including the raw herb, from the Canadian market.

To many the claim that kava causes liver damage does not square with the fact that kava has been in use for centuries as a traditional ceremonial beverage in the South Pacific Islands. The typical quantities consumed in the South Pacific far exceed normal doses of kava products sold in Canadian stores before the ban. If kava were damaging to the liver then it stands to reason to expect that evidence of liver damage would be widespread in the South Pacific where kava is consumed; but no evidence of unusual rates of liver damage where kava is traditionally used has surfaced.

Why kava products suddenly became suspect as a liver toxin is a matter of speculation. Some argue that the manufactured products are concentrated in a manner that differs greatly from the traditional practice. Commercial kava products are extracted using organic solvents such as benzene, while the traditional extraction involves a process of oral mastication and fermentation in water.



The aim of manufacturers is to maximize the kavalactones content in their products because kavalactones are presumed to be the active constituents in kava. But the use of a completely different solvent in the manufacture of kava products carries the risk that other active compounds besides kavalactones are either excluded or included, thereby changing the fundamental properties of the extract. Little is known about this effect and its possible role in reported cases of liver damage associated with kava use.

Even with the use of manufactured kava products the risk of liver damage may actually be far less than that of other commonly ingested compounds. The Canadian Health Food Association (CHFA) has pointed out that acetaminophen, the widely consumed analgesic found in over-the-counter drugs such as Advil and Tylenol, is also damaging to the liver. As the CHFA says in its [March 2003 release](#), there are over 200 deaths in the United States each year from acute liver failure associated with acetaminophen overdose. Yet, Health Canada has chosen only to issue an advisory on acetaminophen use, while its ban of kava is far more harsh. So far only a *potential* risk of liver damage has been associated with kava use, and although three deaths worldwide have been linked to kava use, those deaths were not proven to have been caused by kava.

The CHFA argues that any risk of kava use should be managed the same way that acetaminophen use is managed: by appropriate labelling so consumers can make an informed choice about the use of kava. The CHFA goes on to suggest that alcohol and even grapefruit are more damaging to the liver than kava may be; yet these products remain on the market. Because alcohol and grapefruit consumption is so widespread Health Canada's ban is out of proportion to the greater overall risk that these products present to the public.

Health Canada's ban of kava means that a valuable herb clinically proven to provide short-term relief from anxiety and depression is now unavailable to professional herbalists and to the public. Herbalists believe that, at the very least, the raw herb, unaltered by any manufacturing process, should be remain on the market.

[Updated Mar. 2, 2004]

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Welcome to the world of fresh-cut herbs!

Herbs can be decorative, cosmetic, aromatic, medicinal and culinary. The term fresh-cut herbs is generally used to define those used to flavor our food and beverages. These culinary herbs are used fresh rather than dried. The flavor of fresh herbs has far more zest than dried. Some herbs do not retain their flavor when dried and must be used fresh.

Many people grow their own herbs to use but many more buy their herbs in supermarkets or at farmer's markets. Chefs all over the world buy fresh-cut herbs to enhance the flavor of all types of cuisine. Every ethnic group has at least one herb that is used to flavor their traditional dishes.

The worldwide popularity of fresh-cut herbs provides an opportunity for growers and gardeners everywhere to have their own successful business growing and selling fresh-cut herbs. People who love to grow herbs for their own use will learn the "insiders" secrets of professional herb growers to help them become better herb growers. Sandie Shores has written this definitive guide for both experienced and novice growers to help you be successful in your business. The newly revised edition offers even more information for aspiring commercial growers and is the only book to address this topic in depth.

The comprehensive revised edition of [Growing and Selling Fresh-Cut Herbs](#) is available from most internet booksellers, bookstores, and in libraries. It can be ordered from the publisher, Ball Publishing [Ball Bookshelf - Detail](#) and the distributor, Independent Publishers Group [Independent Publishers Group](#)

For wholesale book orders contact the special order department at Independent Publishers Group lorie@ipgbook.com



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I look forward to hearing from you.

Want to join our mailing list? Don't worry, you won't be bombarded. We'll just

seeds, plants, packaging, etc.

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New From
Jim Long!

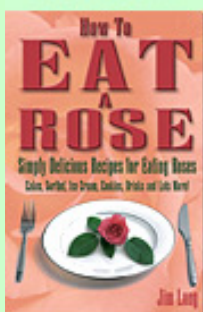


Welcome to the website for Long Creek Herb Farm! We hope you will find here some of the tranquility, beauty and inspiration for which our remote Ozarks farm has become famous. It is Monday, May 17, 2004 - the time on the farm is 11:14 CDT

We are putting our most popular products onto this online catalog so that you can shop for our various [Books](#), [Dream Pillows](#), [bulk herbs](#) and [pet products](#). Most of these products we make here on the farm, incorporating the herbs we grow and techniques we have perfected over many years.

Perhaps you already read and enjoy Jim Long's regular columns in *The Herb Companion* and *The Ozarks Mountaineer*, or one of the two syndicated columns written for various newspapers by both Jim Long and Josh Young. Take a moment now and see which of our favorite writings we've added to the ever-growing [archive](#).

New Book!



Even if you have seen photographs of our garden in such magazines as *Country Living Gardener*, *Southern Living*, *Country Gardens*, *Garden*, *Deck & Landscape*, *Kitchen Garden* and *Garden Design*, we think you will enjoy browsing through the recent snapshots we have included in the [Garden Visit](#).

Like our gardens, this website changes constantly, with new links and products added whenever we find something we think our friends might enjoy. Please bookmark this page now to remind yourself to check back with us often and see what is growing on at Long Creek Herbs.

New From
Josh Young!



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Come to Chattanooga, TN, Halloween weekend and turn your business around...or get a good start if you're just starting out. A day of speakers on business topics including marketing, growing, finding your niche, product branding, pricing and more. A second day of intensives on business plans/marketing and website marketing. A questionnaire will be sent to registered participants that tells us what you need and we'll work to fulfill those needs. You'll spend time not only listening to great speakers but working in small groups to accomplish your goals. You'll leave with solid plans to get your business into high gear whether it's a mission statement, a business plan or new product lines. Our speakers will participate in hosted dinners Thursday and Friday nights, we'll have a social hour reception to inaugurate you on Thursday and then be prepared to get to work. It's not your normal conference. Table space available for those that want to sell their products. Visit area herb businesses and other attractions. Make it a family vacation and send the kids to the Tennessee Aquarium and the Discovery Museum while you dig in and work on making your herbal business successful. Sessions begin on Friday, October 29, at 9am but we're planning on networking opportunities Thursday night. Sessions run from 9am-6pm on both Friday and Saturday. Speakers include Jim Long of Long Creek Herbs, Sandie Shores of Herb's Herbs, Marge Clark of Nature's Gift, Gerry Janus of Vileniki an Herb Farm and Maureen Rogers of the Herb Growing & Marketing Network. Only 100 participants in this weekend, no on-site registration, no exceptions.....to register...[click here](#)

Herb Growing & Marketing Network

P.O. Box 245
Silver Spring, PA 17575

voice: 1-717-393-3295

fax: 1-717-393-9261

email: HERBWORLD@aol.com

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This is just the beginning of HerbNET's **SOURCE** list -- we'll keep adding more herbs and sources. Check back on the 1st & 3rd Monday of the month for updates. These businesses offer retail for sure and some offer wholesale pricing.

Click [HERE](#) for a translation table of common names to the Latin Genus & Species names.

If you would like your business included in the **SOURCE**, click [HERE](#) for information.

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Ballota	pseudodictamnus	False Dittany				
Barbarea	verna					4
Belamcanda	chinensis	Leopard Flower, She-Gan, Blackberry Lily			2, 1	8
Berberis	vulgaris	Barberry				8
Berlanderia	lyrata	Chocolate Daisy				
Bidens	pilosa	Bur Marigold			2	
Borago	officialis	Borage				4,8
Boswellia	sp.	Frankincense	6	3,6		
Brassica	nigra	Black Mustard				8
Bryonia	dioica	White Bryony			2	
Buddleia	alternifolia	Fountain Bush				
	asiatica	Winter Flowering Lilac				
	crispa	Himalayan Butterfly				
	davidii cv.	Black Knight Butterfly				
	davidii cv.	Dwarf Blue Butterfly				
	davidii cv.	Golden Butterfly Bush				
	davidii cv.	Pink Butterfly Bush				

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davidii cv.	Royal Blue				
davidii cv.	Royal Red				
davidii cv.	Twilight				
davidii cv.	Harlequin				
davidii cv.	White Profusion				

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Genus	Species	Common Name	Bulk	Oils	Plants	Seeds
Calendula	officinalis	Calendula	5,6	6		4,8
	officinalis "Erfurter Orangefarbige"					4
	officinalis Resina					4
Camptotheca	acuminata	Cancer Tree				8
Campunula	glomerata					4
	glomerata 'Alba'					4
Canaga	odorata	Ylang Ylang		3,7		
Capsella	bursa-pastoris	Shepard's Purse	5			
Capsicum	anaheim					4
	ancho					4
	annum cv.	Ancho 101 Pepper				
	annum cv.	soverign Pepper				
	habenero					4
	jalapeno					4
	mulato					4
	serrano					4
	thai					4

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Carthamus	tinctorius	Safflower				8
Carum	carvi	Caraway				8
	carvi Rekord					4
Catananche	caerulea					4
Celosia	cristata (Childsii)	Ji-Guan Hua				4,8
Centaurea	cyanus					4
Centaurium	cyanus	Cornflower	6			
	jacea	Radiant Cornflower				8
Centranthus	ruber	Red Valerian				
Ceratonia		Carob Tree				8
Chamaemelum	nobile	Roman Chamomile			2, 1	4
Chelidonium	majus	Greater Celandine	5			8
Chenopodium	album	Lamb's Quarters, Dirty Dick, Pigweed, Fat Hen	5			8
	ambrosiodes	Epazote	5		2	4,8
Chitalpa	tashkentensis	Pink Dawn				
Chrysanthemum	parthemium	Feverfew, Selma Star	6		2	8
Cichorium	intybus	Chicory	5			
	intybus 'Brussels Witloof'	Chicory	6			4
	intybus 'Magdeburg'					4
Cimicifuga	racemosa	Black Cohash, Black Snakeroot	6			4,8
Cinnamomum	c.	Cinnamon			3	
Cistus	creticus	Rock Rose			2	
	incanus	Pink Rock Rose				
	incanus creticus cv	Warley Rose				
	ladaniferus	Rock Rose			2	
	ladaniferus macul.	Crimson Spot				
	purpurea	Orchid Rock Rose				
	salviafolius	Sage Leaf				
	sunset	Sunset Rock Rose				
	x aquilari	White Rock Rose				
Citrullus	colocynthis	Bitter Gourd				8
Citrus	aurantifolia	Lime, Pettigrain, Neroli			3,7	
	bergamia	Bergamot			3,7	

	limon	Lemon		3,7		
	paradisa	Grapefruit		3,7		
	reticulata	Tangerine, Mandarin Orange		3,7		
	sinensis	Sweet Orange		3,7		
Cnicus	benidictus					4
Cochlearia	officinalis	Scurvy Grass			1	
Codonopsis	pilosula	Codonopsis, Dang-Shen			2	4,8
Colutea	arborescens	Bladder Senna				8
Commiphora	myrrha	Myrrh	6	3		
Conium	maculatum	Poison Hemlock			1	
Coreopsis	rosea	Pink Coreopsis				
	verticulata	Moonbeam				
Coriandrum	sativum	Chinese Parsley, Cilantro, Coriander	6	3		4,8
	sativum "Santo"					4
Coriothermus	capit.	Conehead Thyme				
Costus		Canahuate				8
Crataegus	mollis	Downy Hawthorn				8
	monogyna	Hawthorn, Hawthorn Berry	6			
Cryptotaenia	japonica	Mitsuba			1	
Cuminum	cyminum	Cumin	6			8
Cupressus	sempervirens	Cyress			7	
Curcuma	domestica					
Cymbopogon	citratu	Lemongrass	6	6,7	1	
	exaltu	Scented Grass				
	marinii motia	Palmarosa Grass			3	
	nardus	Citronella Grass, Citronella Java			3,6,7	1
Cynara	cardunculus	Cardoon				8
Cynoglossum		Hound's Tongue				8
Cyperus	esculentus satuvus	Earth Almond				8



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Genus	Species	Common Name	Bulk	Oils	Plants	Seeds
Datura	stramonium	Jimsonweed, Thornapple				8
Daucus	carota					4
Digitalis	alba	White Foxglove				
	cv.	Apricot Blush Foxglove				
	purpurea	Purple Foxglove				4
Dioscorea	villosa.	Wild Yam				8
Dipsacus	sylvestris	Common Teasel				8
Dracocephalum		Dragonhead				8

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Genus	Species	Common Name	Bulk	Oils	Plants	Seeds
Echinacea	angustifolia	Narrowleaf Echinacea			2	4
	pallida					4
	paradoxa					4
	purpurea	Echinacea, Purple Coneflower, Black Sampson	6		2, 1	4,8
	tennesseensis					4
Echium	vulgare	Viper's Bugloss				8
Elattria	cardom.	Caraway Seed		3		
Elettaria	cardamomum	Cardamom	6		1	
Ephedra	nevadensis	Ephedra, Mormon's Tea	6		1	8
Epilobium	cana	Gray California Fuchsia				
Equisetum	arvense	Horsetail	5,6			
Erigeron	karvinskianus	Fleabane				
Eruca	vesicaria sativa	Arugala				
Eryngium	amethystinum	Sea Holly				
	foetidum	Culentro				
	planum					4

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Erysimum	linifolium	Bowles Mauve				
	linifolium cv.	Spanish Wallflower				
Eucalyptus	citriodora	Lemon Eucalyptus, Lemon Gum		3		
	globosa	Blue Gum				
	globulus	Eucalyptus	6	3,6,7		
	radiata	Peppermint Gum				
Eugenia	caryph.	Clove		3		
Euonymus		Indian Arrowroot				8
Eupatorium	perfoliatum	Boneset	6		2	4
	purpureum	Joe Pye Weed			2	4
Euphorbia	lathyris	Gopher Purge				
Euphrasia	officinalis	Eyebright	6			
Evernia	purpuracea	Oakmoss	6			

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Genus	Species	Common Name	Bulk	Oils	Plants	Seeds
Fagopyrum	esculentum					4
Fillipendula	ulmaria	Meadowsweet			2	8
Finocchio		Florence Fennel				8
Foeniculum	vulgare	Fennel, Wild Fennel, Hui-Xiang			1	8
	vulgare azoricum					4
	vulgare dulce	Fennel	6			
	vulgare dulce cv. 'Rubrum'	Bronze Fennel			1,2	



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Genus	Species	Common Name	Bulk	Oils	Plants	Seeds
Gaillardia	aristata	Blanket Flower				
Gallium	aparine	White Bedstraw	5			
	odoratum	Sweet Woodruff			2	8
	verum	Cheese Rennet, Lady's Bedstraw, Yellow Bedstraw				8
Gaura	lindheimeri	Wand Flower, Pink Wand Flower				
Gaultheria	procumbens	Wintergreen		7		8
Genista	tinctoria	Dyers Broom				8
Gentiana	lutea	Gentian	6			
Ginkgo	biloba	Ginkgo, Maidenhair Tree	6		1	
Glycyrrhiza	echinata	Russian Licorice				8
	glabra	Licorice	6		1	
	uralensis	Gan-Cao, Licorice			2, 1	4,8
Gomphrena	globosa					4
Grindelia	robusta	Gum Plant				8
Gypsophila	paniculata	Double White Baby's Breath				4

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Hamamalis		Witch Hazel				8
Hedera	cv.	Duckfoot Topiary Ivy			1	
	cv.	Gold Dust Topiary Ivy			1	
	cv.	Green Finger Topiary Ivy			1	
	cv.	Lady Frances Topiary Ivy			1	
	cv.	Pixie Topiary Ivy			1	
	cv.	Tres Coupe Topiary Ivy			1	
Helenium		Inulin				8
Helianthus	annus					4
	tuberosus					4
Helichrysum	angustifolium	Curry	6		1	
	bracteatum 'Monstrosum'					4
	italicum nana	Helichrysum		3		
	petiolatum	False Licorice				
Heliotropium	arborescens 'Marine'					4
Helipterum	roseum					4

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Helleborus	niger	Black Hellebore, Christmas Rose				8
Herniaria	glabra	Green Carpet, Rupturewort				8
Hesperis	matronalis	Dame's Rocket				4
Hierochloe	odorata	Sweet Grass				
Houttynia	cordata cv.	Chameleon				
	cordata				1	
Humulus	lupulus	Hops				
	lupulus 'common'	Hops	6			
Hydrastis	canadensis	Goldenseal	6		2	4
Hydrocotyle	asiatica	Gotu Kola	6		1,2	
Hypericum	perforatum 'Medizinal'	St. John's Wort			2	
	perfratum	St. John's Wort	5		1	4,8
Hyssopus	officinalis	Hyssop	5,6	6	1,2	4,8
	officinalis rosea	Pink Hyssop				

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Iberis	amara	Bitter Candyturf				8
Impatiens	balsamina	Balsam			2	
Indigofera	tinctoria	Indigo, True			1	
Inula	helenium	Elecampane	6			4
	helenium Goliath	Elecampane			2	
Ipomoea	tricolor					4
	tricolor 'Heavenly Blue'					4
Iris	x germanica florentina	Orris	6			
Isatis	tinctoria	Da-Quing-Ye				8

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Genus	Species	Common Name	Bulk	Oils	Plants	Seeds
Jasminum	officinale affine	Jasmine	6	6		
	gra.	Jasmine Absolute		3		
Juniperus	communis	Juniper Berry	6	3,6		
	virginiana	Cedarwood		7		
Justica	pectoralis	Justica			1	

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Genus	Species	Common Name	Bulk	Oils	Plants	Seeds
Kniphofia		Torch Lily			1	

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Genus	Species	Common Name	Bulk	Oils	Plants	Seeds
Lamium	purpureum	Purple Dead-Nettle				8
Larrea	tridentata	Creosote Bush				8
Laurus	nobilis	Greek Bay			1	
Lavendula	augustifolia	English Lavender, French Lavender, Lavender, Lavender Lady	6	3,6,7	1	8
	augustifolia 'Buena Vista'					4
	augustifolia cv. 'Hidcote'	Hidcote Lavender				
	augustifolia cv. 'Munstead'	Munstead Lavender				4
	augustifolia 'Jean Davis'	Lavender			2	
	augustifolia 'Loddon Blue'	Lavender			2	
	augustifolia 'Martha Roderick'	Lavender			2	
	dentata	French Lavender			1	
	heterophylla	Sweet Lavender, Silver Sweet Lavender				
	intermedia 'Dutch'	Lavender, Dutch			1	
intermedia "Grosso"	Lavender			2, 1		

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	intermedia 'Provence'	Lavender, Provence		1	
	lanata	Woolly Lavender			
	lanata x Lavandula dentata	Lavender, Silver Sweet		1	
	latifolia	Spike Lavender	6		8
	multifida	Lavender, Fernleaf		1	
	pinnata	Pinnata Lavender			
	sp. (Croxton's Wild)	Lavender (Wild)		3	
	stoechas	Spanish Lavender			
	stoechas alba	White Spanish Lavender			
	stoechas susp. Lusitanica	Spanish Lavender		2	
	vera			8	
	viridis l'her	Yellow Lavender			
Leonurus	cardiaca	Motherwort	6	1,2	4
	menthaefolia	Mint Lion's Ear			
	sibiricus	Siberian Motherwort		2	
Lepechinia	fragrans	Fragrant Pitcher Sage			
Lepidum	sativum 'Crispum'				4
Levisticum	officinale	Lovage	5,6	1	4,8
Liatris	aspera	Blazing Star			8
Ligustrum	sp.	Privet	5		
Limnophila	aromatica	Rau Om		1	
Limonium	latifolium	Sea Lavender			4
	sinuatum				4
Linum	perene lewisii	Blue Flax			
	usitatissimum	Flax			6
Lippia	dulcis	Aztec Sweet Herb		1, 2	
	graveolens	Mexican Oregano		1	
	micromeria	Dominican Oregano		1	
Lobelia	cardinalis	Cardinal Flower		2	
	inflata				4
Lonas	annua				4
Lychnis	coronaria	Rose Campion, Angel Blush Campion			
Lycium		Chinese Wolfberry			8

Lycopersicon	esculentum	Sheriff Tomatoe, Sun Cherry Tomatoe				
Lysimachia	nummularia	Golden Moneywort				

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Genus	Species	Common Name	Bulk	Oils	Plants	Seeds
Mandragora	officinatum	Mandrake	6			
Marjorana	hortensis	Sweet Marjoram		3		8
Marrubium	vulgare	Horehound	6		1,2	4,8
Matricaria	capensis	Feverfew				8
	chamaemelum	Chamomile		3		
	chamomilla	Mayweed				8
	recutita	German Chamomile	6		1	4
Medicago	sativa	Alfalfa	6			8
Melaleuca	alternifolia	Tea Tree		3,7	2	
	minor	Cajeput		7		
Melilotus	alba	White Sweetclover	5			
	officinalis	Sweet Clover				4,8
Melissa	officinalis	Lemon Balm	6	6	1	4,8
	officinalis cv.	Lime Balm			1	
Mentha	aquatica	Water Mint				
	aquatica	lemon mint			1	
	aquatica	lime mint			1	
	aquatica	orange mint			1	
	cv.	Morrocian Mint				

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	cv. basil mint	Basil Mint			1	
	gracilis	Aistrian Mint				
	longifolia	Habeck Mint				
	niliaca	Egyptian Mint			1	
	piperita	Peppermint		3,7	1,2	8
	piperita cit. cv.	Eau de Cologne				
	piperita cit. cv.	Lemon Berg. Mint				
	piperita cit. cv.	Lime Mint				
	piperita cit. cv.	Orange Mint				
	piperita cv.	Candy Mint				
	piperita cv.	Chocolate Mint			1	
	piperita cv.	Lavender Mint			1	
	pulegium	English Pennyroyal			1	4,8
	pulegium cv.	Dwarf Pennyroyal				
	requienii	Corsican Mint				
	spicata	Spearmint	5	7	1	8
	spicata crispa	Curly Mint				
	spicata cv.	The Best Mint				
	spicata cv.	Scotch Mint			2	
	spicata-Spearmint					4
	suaveolens	Apple Mint			1	
	suaveolens 'Variegata'.	Pineapple Mint			1	
	viridis	Spearmint				8
	x citrata	Orange Mint			2	
x cordifolia	Kentucky Colonel Mint				1	
x piperita	Chocolate Mint, Chewing Gum Mint				2	
x piperita 'Roberts Mitchum'					4	
Monarda	citriodora	Lemon Mint, Orange Bergamot			6	8
	didyma	Bee Balm	5		1	
	didyma cv.	Mahogany			1	
	didyma 'Panorama'					4
	fistulosa	Wild Bergamot, Lavender Bergamont	6		1	4
	menthaefolia	Oregano de la Sierra			1	
Morus		Russian Mulberry				8
Myrica	pensylvanica	Bayberry	6			
Myristica	fragrans	Nutmeg	6			

Myroxylon	perir	Peru Balsam		3		
Myrrhis	odorata	Sweet Cicely				8
Myrtus	communis compacta	Dwarf Myrtle			1	

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Genus	Species	Common Name	Bulk	Oils	Plants	Seeds
Nashia	inaguensis	Moujean Tea			1	
Nasturtium	officinale					4
Nepeta	cataria	Catnip	6		1,2	4,8
	cataria citriodora	Lemon Catnip			1	
	faassenii	Blue Catnip				
	grandiflora	Giant Catnip				
	mussini	Catmint				8
	siberica	Siberian Catnip				
Nigella	damascena					4
	sativa	Black Cumin, Nutmeg Flower				8

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Genus	Species	Common Name	Bulk	Oils	Plants	Seeds
Ocimum	americanum					4
	basilicum	Basil; Sweet Basil	6	3,6,7	1	
	basilicum Anise					
	basilicum crispum	Cinnamon Basil				4,8
	basilicum Citriodora	Mrs. Burns Lemon Basil			1	4,8
	basilicum cv.	Greek Basil				
	basilicum cv.	Painted Basil				
	basilicum Genovese				1	4
	basilicum Italian large leaf	Large Sweet Italian Basil				4,8
	basilicum Mammoth					4
	basilicum minimum Spicy globe					4
	basilicum Osmin Purple					4
	basilicum Purple Ruffles				1	4
	basilicum purpurescens cv.	Red Rubin Basil				
	basilicum Rubin					4
	basilicum Sweet Thai					4

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	basilicum Thai 'Siam Queen'				1	4
	gratissimum	Clove Basil, East Indian			1	
	horapha v.	Hun Que				8
	kilimandscharicum	Kilimanjaro Basil, African Blue Basil			1, 2	
	officinalis	Sweet Basil	5			
	tenuiflour (formerly sanctum)	Holy Basil, Kaprao, Tulsi			1, 2	4,8
Oenothera	biennis	Evening Primrose				4,8
	biennis 'Saguin'	Evening Primrose			2	
Origanum	cv.	Mounding Marjoram				
	cv. saso	Dwarf Pink				
	dictamnus	Dittany				
	laevigatum	Hopley's Purple				
	laevigatum cv.	Herrenhausen				
	libanoticum	Pulchellum				
	majorana	Sweet Marjoram			1	4
	x majoricum	Oregano, Turkish			1	
	maru	Syrian Oregano				
	onites	Cretan Oregano			1	
	rotundifolium. cv.	Green Flowering				
	rotundifolium cv.	Kent Beauty				
	rotundifolium. x dictamnus	Woolly				
	sipyleum	Showy Pink Oregano				
	sp. Greek					4
	sp. Italian	Oregano	6		1	
	syriacum	Syrian Oregano, Za'atar, Bible Hyssop			1	
	tyttanthum	Khirgizstan				
	vulgare	Marjoram, Oregano	6	6		4,8
	vulgare aureum	Creeping Golden				
	vulgare hirtum	Greek			1	
	vulgare humile	Creeping				



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Panax	quinquefolium	American Ginseng, Xi-Yang-Shen	6			4,8
Papaver	rhoeas					4
	somniferum 'Przemko'					4
Parietaria	officinalis	Pellitory of the Wall			1	
Parthenocissus		American Ivy, Wild Woodbine				8
Pelargonium	abrotanifolium	Southernwood Geranium				
	x asperum	Citrosa Geranium			1	
	capitatum	Attar of Rose			1	
	citronellum	Mabel Grey			1	
	crispum	Lemon			1	
	cv.	Apricot				
	cv.	Brilliant				

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cv.	Chocolate Mint				
cv.	Cinnamon Rose				
cv.	Citrosa				
cv.	Frensham				
cv.	Fringed Apple				
cv.	Ginger				
cv.	Lime Geranium				
cv.	Mrs. Taylor				
cv.	Orange				
cv.	Peach				
cv.	Peacock				
cv.	Robers Lemon Rose				
cv.	Sancho Panza				
cv.	Strawberry				
cv.	Village Hill Oak				
denticulatum	Fernleaf			1	
fragrans	nutmeg			1	
graveolens	Rose		3,7	1	
graveolens cv.	Rober's Lemon Rose			1	
graveolens cv.	Grey Lady Plymouth				
graveolens cv.	Mint Scented Rose				
grossularioids	Coconut			1	
limoneum	Cinnamon				
odoratissimum	apple			1	
quercifolium cv	almond				
radans	skeleton rose			1	
tomentosum	peppermint			1	
Penstemon	barbatus	Scarlet Bugler			
Perilla	frutescens-Green (Aoshiso)	Zi-Su-Zi			4,8

	frutescens-Purple (Akashisho)					4
Perovskia	atriplicifolia	Russian Sage				
Petroselinum	crispum var, crispum	Parsley, Curled Parsley	6		1	
	crispum var. neapolitanum	Italian Parsley			1	
	Forest Green					4
Phlomis	fruticosa	Jerusalem Sage				
	italica	Pink Jerusalem Sage				
Picea	species	Spruce		3,7		
Pimenta	dioica/officinalis	Allspice		3		
	racemosa/acris	West Indian Bay		7		
Pimpinella	anisum	Anise	6	6,7		4,8
Piniella	ternata	Ban Xia			2	
Pinus	palust.	White Pine		3		
	sylvestrus	Pine		3		
Piper	kadsura	Japanese Black Pepper, Kadsura Pepper			1	
	lolot	Pepper, La Lot			1	
	nigrum	Black Pepper			1	
Plantago	lanceolata	Lanceleaf Plantain	5			4
	major	Broadleaf Plantain	5			
	psyllium					4,8
Platycodon	grandiflorus	Balloon Flower, Jie-Geng			2	8
Plectranthus	amboinicus	Spanish Thyme, Cuban Oregano			1	
	amboinicus var	Cuban Oregano, Variegated			1	
	purpuratus	Vick's Plant			1	
Pogostemon	cablin	Patchouli	6	3,7	1	
Polygonum	multiflorum	Fo-Ti, Elixir of Life	6		1, 2	
	odoratum	Vietnamese Cilantro, Asian Cilantro			1	
	orientale	Prince's Plume				8
Prostanthera	rotund.	Australian Mint Bush				
Prunella	vulgaris	All Heal, Self-Heal, Xia-Ku-Cao			1, 2	4,8
Prunus	sp.	Bitter Almond		3		

Pulmonaria	officinalis	Lungwort	6			
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Genus	Species	Common Name	Bulk	Oils	Plants	Seeds
Reseda	luteodorataola					4
Rheum	palmatum v. tanguticum	Da-Huang				4
Ricinus	communis					4
Rosa	cv.	Beauty Secret				
	cv.	Cindrella				
	cv.	Magic Carousel				
	cv.	Rise and Shine				
	damasc	Rose Otto		3		
	rugosa	Rose Petals	5			
Rosmarinus	cv.	Dancing Waters				
	cv.	Pine Scented Rosemary				
	officinalis	Rosemary	5	3,7	2	4,8
	officinalis albiflorus	White Rosemary				
	officinalis cv.	Arp Rosemary			2	
	officinalis cv.	Blue Boy Rosemary				
	officinalis cv	Blue Spire			1	
	officinalis cv	Escondido			1	

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	officinalis cv.	Madeline Hill Rosemary				
	officinalis cv.	Pink Rosemary				
	officinalis cv.	Santa Barbara				
	officinalis cv.	Tuscan Blue Rosemary			1, 2	
	officinalis cv.	Gorizia			2	
	officinalis cv.	Hill Hardy			2	
	officinalis cv	Mt Vernon			2	
	officinalis cv	Salem			2	
	officinalis cv	Severn Sea			2	
	officinalis f erectus	Miss Jessop's Upright			1	
	officinalis var angustifolia	Beneden Blue				
	officinalis prostratus	Trailing			2	
	officinalis var lavandulaceus	Trailing			1	
	officinalis var. pubescens f. roseus	Majorca Pink			1	
Rubus	occidentalis	Black Raspberry	5			
Rudbeckia	hirta	Black Eyed Susan				
Rumex	acetosa	Garden Sorrel, Large Leafed French Sorrel			1	8
	acetosa-Blonde de Lyon					4
	x sanguineus	Bloodwort			1	
	scutatus	Sorrel, True French			1	
Ruta	graveolens	Rue			1	8

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Salvia	apiana	White Sage			1,2	
	argentea	Silver Clary Sage				
	canariensis	Canary Island Sage				
	chamaedryoides	Mexican Blue Sage				
	clevelandii	Cleveland Sage			1	
	clevelandii x sonomensis	Gracias Sage				
	coccinea cv.	Lady in Red Sage				
	discolor	Andean Silver Leaf Sage, Peruvian			1	
	divinorum	Diviner's			1	
	dolomitica	South African Sage				
	dorisiana	Fruit Scented			1	
	elegans	Pineapple Sage			1	
	farinacea cv.	Indigo Spires Sage				
	fruticosa	Greek Sage			1	
	grahammii cv.	Maraschino Cherry Sage				
greggii cv.	Rasberry Royal Sage					

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	judaica	Judean			1	
	karwinskii x greggii	Riverside Sage				
	leucantha	Mexican Sage			1	
	leucantha cv.	Purple Mexican Sage				
	mellifera	Black Sage			1	
	mexicana	Mexican Sage				
	microphylla	Baby Salvia Sage				
	multiorrhiza	Crimson Sage			2	
	nemerosa cv.	Blue Queen Sage				
	officinalis	Spanish Sage, Garden Sage		7	2	4,8
	officinalis cv.	Berggarten Sage			1,2	
	officinalis cv	Extrakta				4
	officinalis cv	Holt's Mammoth			1	
	officinalis icterina	Golden Sage			2	
	officinalis nana	Dwarf Sage				
	officinalis 'Purpurea'	Salvia			2	
	officinalis purpureascens	Purple Sage				
	officinalis tricolor	Tricolor Sage			2	
	pratensis	Blue Meadow Clary Sage				
	sclarea	Clary, Clary Sage	6	3,7		8
Sambucus	nigra	Black Elder				8
Sanguinaria	canadensis	Bloodroot	6			
Sanguisorba	minor	Salad Burnet, Di-Yu			1	4,8
Santolina	chamaecyparissus	Gray Santolina				
	virens	Green Santolina				
Santallum	mar.	Sandalwood		3		
Saponaria	ocymoides	Soapwort, Trailing Soapwort				8
	officinalis	Soapwort				
Sativa		Rocket				8
Satureja	biflora	Lemon Savory			1	
	douglasii	Yerba Buena			2	

	hortensis	Summer Savory		1	4,8
	hortensis 'Aromata'				4
	montana	Winter Savory		1	4,8
	montana cv.	Creeping Savory			
	thymbra	Pink Savory, Za'atar Rumi, Roman Hyssop		1	
viminea	Jamaican Mint Bush				
Scabiosa	stellata				4
Schizonepeta	tenuifolia	Japanese Catnip		2	
Scutellaria	baicalensis	Haung-Qin, Skullcap, Baikal Skullcap		2	4,8
	lateriflora	Skullcap		2	4
Sedum	cv.	Tricolor Sedum			
Senecio	cineraria 'Diamond	Dusty Miller		2	
Sesamum	indicum	Sesame			8
Sicana	odorifera	Cassabanana			8
Silybum	marianum	Milk Thistle, St. Mary's Milk Thistle		1,2	4,8
Solanum	aculeatissimum	Love Apple			8
	dulcamara	Bittersweet, Woody Nightshade			8
Sophora	tomentosa	Coast Laburnum, Samandua, Silverbush			8
Spilanthes	acmella	toothache plant		1	
	oleracea				4
Stachys	byzantina	Lambs Ear	5	1	
	officinalis	Betony, Wood Betony		1,2	8
	sylvestris	Hedge Woundwort			8
Stellaria	media	Chickweed	6		8
Stevia	rebaudiana	Stevia, Sugarleaf		1, 2	
Symphytum	officinale	Comfrey		1, 2	8
	x uplandicum Bocking No. 14	Russian Comfrey		2	8
Syzygium	aromaticum	Cloves, Clove Bud	6	6,7	

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Tagetes	lemonii	Tangerine Scented Marigold				
	lucida	Spanish Tarragon			1	
	nelsonii	Citris Marigold				
	patula 'Sparky'					4
	tenuifolia--Lemon Gem					4
	tenuifolia Tangerine Gem					4
Tanacetum	balsamita	Costmary			1	
	coccineum	Pyrethrum			1	
	densum amanii	Dune Tansy				
	niveum	Silver Tansy				
	parthenium	feverfew			1	
	parthenium aureum	golden feverfew			1	4
	vulgare	tansy			1	8
Taraxacum	officinale	Dandelion, Pu-Gong-Ying	5,6			4,8
Tecoma	Stans	Trovadora Flower				8
Teucrium	chamaedrys	Germander	5		2	
	chamaedrys cv.	Creeping Germander				

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	cossonii majoricum	Fruity Teucrium				
	fruticans	Silver Germander				
	maru	Cat Thyme				
	polium	Mrs. Milstead				
	scorodonia cv.	Curly Wood Sage				
Thunbergia	gregorii	Orange Clock Vine				
Thuja	occidentalis	Cedar Thuja	6	3		
Thymbra	capitata	Conehead Thyme			1	
Thymus	argenteus	Silver Thyme				
	camphoratus	Camphor Thyme				
	citriodorus	Lemon Thyme			1	
	citriodorus aureus	Golden Lemon Thyme			1	
	cv.	Archers Gold Thyme				
	cv.	Brousonetti Thyme				
	cv.	Doone Valley Thyme				
	cv.	Lavender Thyme				
	cv.	Lemon Curd Thyme				
	cv.	Lime Thyme				
	cv.	Mint Thyme				
	cv.	Rieters Thyme				
	glabrescens	Loveyanus Thyme				
	herba barona	Caraway Thyme			1	
	heretus					
	mastichina					
	nitens	Nitens Thyme				
	praecox albus	White Moss Thyme				
	praecox articus cv.	Britannicus Thyme				
	praecox articus cv.	Creeping Pink Thyme			1	
	praecox articus cv.	Elfin Thyme				
	praecox articus cv.	Halls Woolly Thyme				
	praecox articus cv.	Pink Chintz Thyme				
	praecox articus cv. 'Lanuginosus'	Woolly Thyme			1	
	pulegiodes coccineus	Coconut Thyme				
	pulegiodes cv.	Creeping Red Thyme				

	pulegiodes cv.	Pennsylvania Dutch Tea Thyme			1	
	serphyllum	Creeping Thyme, Mother Of Thyme				8
	spp	Broad Leaf English			1	
	spp	Wedgewood			1	
	vulgaris	Thyme, English Thyme, White Thyme		3	2	8
	vulgaris 'Argenteus'	Silver Thyme			2	
	vulgaris cv.	Gray Hill Thyme				
	vulgaris cv.	Italian Oregano				
vulgaris cv.	Orange Balsam					
vulgaris 'German Winter'					4	
Tilia	x europaea	Linden	6			
Trifolium	pratense	Red Clover	5			4,8
	repens	White Clover	5			
Trigonella	foenum-graecum	Fenugreek	6			8
Tropaeolum	majus	Naturtium, Naturtium Leaf	5			4
Tulbhagia	violacea	Society Garlic			1	
	violacea cv.	Tricolor Garlic			1	
Turnera	diffusa	Damiana	6			
	ulmifolia	Damiana, Large-Leaf			1	
Tussilago	farfara	Coltsfoot			2	

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Genus	Species	Common Name	Bulk	Oils	Plants	Seeds
Ulmus	rubra parviflora	Slippery Elm				8
Urtica	dioica					4
	unens	Dwarf Stinging Nettle				8

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Genus	Species	Common Name	Bulk	Oils	Plants	Seeds
Valeriana	officinalis	Valerian			1,2	4,8
	officinalis 'Arterner Zuchtung'					4
Verbascum	thapsus	Mullein, Mullein Leaf	5,6		2	4
Verbena	hastata					4
	officinalis	Vervain			1,2	4,8
Veronica	spicata cv.	Blue Veronica				
Vetiveria	zizaniodes	Vetiver		3		
Viola	tricolor	Pansy, Pansy Flowers	5			4
	odorata	Violet			1	8
Viscum	album	Mistletoe	6			
Vitex	agnus-castus	Chaste Tree, Monk's Pepper, Huang-Jing-Zi			1,2	4,8
	negundo	Vitex				8

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Genus	Species	Common Name	Bulk	Oils	Plants	Seeds
Withania	somnifera	Ashwagandha	6		2	

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Genus	Species	Common Name	Bulk	Oils	Plants	Seeds
Xeranthemum	annum	Immortelle		6		4

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Zea	mays	Corn Silk	5			
Zingiber	officinale	Ginger	6	3,6	2	

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Please bookmark our site now as your online resource for the finest organic herb plants available!

Place your Spring orders now for Lingle's fine quality plants!
When your local planting time arrives, we'll ship your order!
(We will not bill your credit card until we ship your order in the Spring.)

We can not ship any orders to extremely cold climates now because the plants may die from cold in transit.

Please Remember!
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C Herbs

Calamint (*Calamintha officinalis*): Diaphoretic, expectorant, aromatic. The whole herb has a sweet, aromatic odor and an infusion of the dried leaves, collected about July, when in their best condition and dried in the same way as Catmint tops, makes a pleasant cordial tea, which was formerly often taken for weaknesses of the stomach and flatulent colic. It is used in hysterical complaints, and a conserve made of the young fresh tops has been used, for this purpose.

Culpepper says that it 'is very efficacious in all afflictions of the brain,' that it 'relieves convulsions and cramps, shortness of breath or choleric pains in the stomach or bowels,' and that 'it cures the yellow jaundice.' He also recommends it, taken with salt and honey, for killing worms

Calamus (*Acorus americanus*) Calamus rhizome is a bitter tonic that stimulates the digestive juices and is combined with gentian in the tonic Stockton bitters. It counters overacidity, heartburn, and intestinal gas. Herbalists report it useful to help reduce severe loss of appetite due to cancer or other illness or the eating disorder anorexia nervosa. Traditional Islamic medicine employs calamus for stomach and liver inflammation and rheumatism, as well as a calamus-rose oil-vinegar mix to treat burns. Egyptians used sweet flag for scrofula, but it should be combined with supporting, more effective herbs for this chronic condition.

Chinese studies show that calamus extracts kill bacteria, lower blood pressure by dilating the blood vessels, stop coughing, and eliminate lung congestion. Traditional Chinese medicine uses it to open the orifices, vaporize phlegm and quiet the spirit; for phlegm veiling and clogging the sensory orifices with such symptoms as deafness, dizziness, forgetfulness, and dulled sensorium, as well as seizures or stupor. It harmonizes the middle burner and transforms turbid dampness: for such symptoms as chest and epigastric fullness and abdominal pain due to dampness distressing the Spleen and Stomach. Also used both internally and topically for wind-cold-damp painful obstruction, trauma and sores. Use with caution in cases of yin deficiency with heat signs or where there is irritability and excessive sweating or vomiting blood. According to some traditional sources, this herb antagonizes ma huang.

The Regional Research Institute in India found that calamus reduces epileptic fits and even eases some emotional problems. It is also used in India to treat asthma. The Native Americans for the Great Plains chewed it when they had a fever, cough, cold, or toothache. The American species is especially sedative to the central nervous system and stops muscle spasms. In India the burnt root mixed with some bland oil is used as a poultice for flatulence and colic as well as for paralyzed limbs and indolent ulcers and wounds. Its solvents are alcohol and partially in hot water.

Calendula (*Calendula officinalis*): Throughout the ages, tinctures made from calendula blossoms have been used to treat headaches, toothaches and even tuberculosis. The ancient Romans used calendula to treat scorpion bites and soldiers in the American Civil War found it helped stop wounds from bleeding. There is nothing better for sore or inflamed eyes than to bathe them in marigold water. Calendula is a popular salve and cream ingredient because it decreases the inflammation of sprains, stings, varicose veins and other swellings and soothes burns, sunburn, rashes and skin irritations. Laboratory studies show it kills bacteria and fungus such as

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ringworm, athlete's foot. It is gentle enough to be applied as a tea to thrush in children's mouths.

Taken internally, it has been used traditionally to promote the draining of swollen lymph glands, such as in tonsillitis and as part of the therapy for uterine or breast cancer, both as a poultice and as a tea. Herbalists report success in using a swab of calendula preparation or calendula boluses to treat abnormal cervical cells. Some antitumor activities have been observed in scientific studies. The infusion or tincture helps inflammatory problems of the digestive system such as gastritis, peptic ulcers, regional ileitis and colitis. Calendula has long been considered a detoxifying herb, and helps to treat the toxicity that underlies many fevers and infections and systemic skin disorders such as eczema and acne. The herb is also considered cleansing for the liver (promotes bile production) and gallbladder and can be used to treat problems affecting these organs. Makes a healing mouthwash for gums after tooth extraction.

Calendula has a mild estrogenic action and is often used to help reduce menstrual pain and regulate menstrual bleeding. The infusion makes an effective douche for yeast infections.

California Laurel (*Umbellularia californica*)... The plant is still used a pain reliever for headaches and rheumatism. A tea from the leaves is one method of administration. For rheumatism, early settlers used a hot bath in which they had steeped laurel leaves. Others blended the oil from the leaves with lard and rubbed the mixture on the body. The crushed leaves are an excellent herbal "smelling salt," held briefly under the nose of a person who is faint or has fainted. Prolonged breathing of the crushed leaves can cause a short-term frontal headache which can be cured, oddly enough, by a tea of the leaves. The crushed leaves make an excellent tea for all headaches and neuralgia, possessing substantial anodyne effects and they further have value as a treatment for the tenesmus or cramps from diarrhea, food poisoning, and gastroenteritis in general—two to four leaves crushed and steeped for tea, repeated as needed. California laurel was employed medicinally by some native North American Indian tribes who used it particularly as an analgesic to treat a variety of complaints. It has a beneficial effect upon the digestive system. An infusion has been used by women to ease the pains of afterbirth. Externally, an infusion has been used as a bath in the treatment of rheumatism. A decoction of the leaves has been used as a wash on sores and to remove vermin from the head. They are harvested as required and can be used fresh or dried. A poultice of the ground seeds has been used to treat sores. The seeds have been eaten as a stimulant.



California Poppy (*Eschscholzia californica*).... West Coast Indians used the California poppy chiefly as a pain reliever for toothache. The plant was also prescribed as a sedative for headache and insomnia, and it is still mentioned today as a gentle sedative and analgesic. California poppy is not a narcotic like its relative the opium poppy. It tends to normalize psychological function. It's gently antispasmodic, sedative, and analgesic effects make it a valuable herbal medicine for treating physical and psychological problems in children. It may also prove beneficial in attempts to overcome bedwetting, difficulty in sleeping, and nervous tension and anxiety. May be useful in the treatment of gall-bladder colic.

Caltrop (*Kallstroemia grandiflora*)...Native Americans chewed the leaves for toothache, and applied a poultice of them to skin sores and bruises. The powdered root in warm water was used as a wash for sore eyes. A tea made of the root was used for stomachache, diarrhea, and fever. This plant is an effective astringent and hemostatic, with its effects lasting the length of the intestinal tract and therefore of use in dysentery and general intestinal inflammations. It may be used as a systemic hemostatic; when drunk after a sprain or major bruise or hematoma will help stabilize the injury and facilitate quicker healing. The tea will also lessen menstrual flow. A few leaves in a little water or a weak tea is a soothing eyewash.

Cancer Bush (*Sutherlandia frutescens*) It was introduced to the colonists in the early days by the Khoikhoi. It is a long respected and used in medicine. It has been used ever since as a remedy for a variety of ailments. If one cup of leaves steeped is added in 1 litre of boiling water, it will be good for washing wounds and 0.25 to 0.5 cup of this brew sipped every half hour is an old-fashioned remedy used to bring down fevers, treat chicken pox, and to treat internal cancers. Among the Khoi and the Nama people, the plant is used as a bitter tonic and a general panacea. They used extracts externally to wash wounds and internally to relieve fever. Recent studies have identified the presence of high concentrations of amino acids in this plant, including canavanine. The tea of the dried leaves and twigs has been used for treating stomach problems and internal cancers.

It was used as an eyewash in the treatment of eye troubles. Many of the farmers in the Cape say that their workers still use cancer bush to treat eye and ailments today. It can help in liver ailments, hemorrhoids, bladder, uterus, female complaints, for diarrhea, stomach ailments and for backache. Many people use cancer bush as a tonic and believe that a little taken before meals will aid digestion and improve the appetite. The cancer bush is a traditional remedy for the relief of stomach problems and internal cancers. It is said to be a useful bitter tonic and a good general medicine. The virtues of the plant also extend to include relieving the symptoms of colds, influenza, chicken pox, diabetes, varicose veins, piles, inflammation, liver problems, backache and rheumatism.

Cankerroot (*Coptis groenlandica* or *C. greenlandica*) The roots and rhizomes of cankerroot chewed raw or boiled, have been used to treat canker sores, fever blisters, and other mouth irritations and to treat indigestion and sore throats. A medicinal brew from the roots has been used as an eyewash. The effectiveness of all these uses is due to the presence of the alkaloid berberine, a mild sedative, in the plant. A decoction of equal parts of cankerroot and goldenseal has acquired the reputation of eliminating the craving for alcoholic beverages.

Capers (*Capparis spinosa*) The unopened flower buds are laxative and, if prepared correctly with vinegar, are thought to ease stomach pain. The bark is bitter and diuretic, and can be taken immediately before meals to increase the appetite. The root bark is purifying and stops internal bleeding. It is used to treat skin conditions, capillary weakness, and easy bruising, and is also used in cosmetic preparations. A decoction of the plant is used to treat yeast and vaginal infections such as candidiasis. Capers are an appetizer and digestive. Since

ancient times, caper poultices have been used to ease swellings and bruises and this led to the belief that rutin had properties affecting the permeability of the blood capillaries; such as reducing their fragility though clinical evidence is inconclusive

Caper Spurge (*Euphorbia lathyris*) Caper spurge is so violent a purgative that it is rarely if ever used in contemporary herbal medicine. Caper spurge seeds were commonly employed, but an oil extracted from them was also used in very small doses (the oil is highly toxic). In the past, the milky latex of caper spurge was used as a depilatory and to remove corns and warts, but is too irritant to be used safely.

Caraway (*Carum carvi*): Caraway water is well known for its carminative effect, particularly for babies. This property of the seeds has been known and used from ancient times until today. Caraway is also used as a flavoring for children's medicines. It is a good digestive and stomachic. Other properties it is believed to have are: antispasmodic, aphrodisiac, appetitive, emmenagogic, expectorant and galactagogic (stimulates the secretion of bile). It was used in cases of dyspepsia, diarrhoea and even hysteria. Dioscorides is quoted as recommending pallid girls to take a tonic of caraway oil. Modern researchers have discovered that two chemicals (carvol and carvene) in caraway seeds soothe the smooth muscle tissue of the digestive tract and help expel gas. Antispasmodic, which appear to be present in caraway, soothe not only the digestive tract but other smooth muscles, such as the uterus, as well. Thus, caraway might relax the uterus, not stimulate it. Women may try it for relief of menstrual cramps. For a pleasant-tasting infusion that might help aid digestion, relieve gas or menstrual cramping, use 2-3 teaspoons of bruised or crushed seeds per cup of boiling water. Steep 10-20 minutes. Drink up to 3 cups a day. If you prefer a tincture, take ½-1 teaspoon up to three times a day. Low-strength caraway infusions may be given to infants for colic and gas.

Cardamom (*Elettaria cardamomum*): Its digestive properties have made it popular as an after-dinner infusion, and it acts as a breath freshener when chewed. It is used in India for many conditions, including asthma, bronchitis, kidney stones, anorexia, debility and weakened Vata. The herb has a long-lasting reputation as an aphrodisiac. Cardamom treats gastralgia, enuresis (involuntary urination), warming, antimucus stimulant to add to lung tonics.

Cardamom is very high in cineole, a potent expectorant compound and a central nervous system stimulant. In cases of emphysema, add a teaspoon or two of powdered cardamom to fruit juice or tea.

In Chinese medicine it: 1) increases the Qi and replenishes deficiency; restores the lungs, spleen and nerve and generates strength; lifts the spirit and rids depression; 2) Warms and invigorates the stomach and intestines; frees spasms and dries mucous damp; awakens the appetite, settles the stomach and quells vomiting; 3) Stimulates the lungs, expels phlegm and clears the head; 4) antidotes poison and resolves contusion.



Carline Thistle (*Carlina acaulis*) Internally for fluid retention, liver, gall bladder, and prostate problems, bronchitis, and skin complaints, such as acne and eczema. It is used in the form of an infusion to treat stomach and liver disorders, edema and urine retention. Decoctions are applied externally to bathe skin disorders, fungal infections and wounds and are used as an antiseptic gargle. The dried and chopped roots, soaked in wine, stimulate digestion and soothe the nerves. Wine extract of 40-50 g of powdered roots/1 litre wine acts as a vermifuge. Take a wine glass twice daily. A water extract produces the same effect in 50/50 mixture with vinegar. Swedish bitters contains the root of the carline thistle, which possesses bacteriostatic properties and acts on the stomach as well. The root is antibiotic, antispasmodic, carminative, diaphoretic, digestive, mildly diuretic, emetic in large doses, febrifuge and purgative in large doses. The plant was at one time in great demand as an aphrodisiac, it is used nowadays in the treatment of spasms of the digestive tract, gall bladder disorders, dropsy etc.

Canadian Sweetgale (*Comptonia peregrina*) ...The leaves were boiled by Indians to make a poultice that was tied to the cheek to relieve toothache. A decoction of the plant was used to treat diarrhea, rheumatism, colic, and weakness following fever. A tea made from the leaves and flowering tops is used as a remedy for diarrhea, headache, fevers, catarrh, vomiting of blood, rheumatism etc. The infusion has also been used to treat ringworm. The leaves have also been used as a poultice for toothaches, sprains etc. A cold water infusion of the leaves has been used externally to counter the effect of poison ivy and to bathe stings, minor hemorrhages etc.

Carob (*Ceratonia siliqua*): Carob pods are nutritious and, due to their high sugar content, sweet-tasting and mildly laxative. However, a decoction of the pulp is also antidiarrheal, gently helping to cleanse and relieve irritation within the gut. It arrests vomiting in infants. These appear to be contradictory effects, but carob is an example of how the body responds to herbal medicines in different ways, according to how the herb is prepared and according to the specific medical problem. The bark is strongly astringent and a decoction of it is taken to treat diarrhea.

Carrot, Wild (*Daucus carota*): This vegetable is a wonderful cleansing medicine. It supports the liver, and stimulates urine flow and the removal of waste by the kidneys. The juice of organically grown carrots is a delicious drink and a valuable detoxifier. Carrots are rich in carotene, which is converted to vitamin A by the liver. This nutrient acts to improve night blindness as well as vision in general. The raw root, grated or mashed, is a safe treatment for threadworms, especially in children. Wild carrot leaves are a good diuretic. They have been used to counter cystitis and kidney stone formation, and to diminish stones that have already formed. The seeds are also diuretic and carminative. They stimulate menstruation and have been used in folk

medicine as a treatment for hangovers. Both leaves and seeds relieve flatulence and gassy colic and are a useful remedy for settling the digestion and upsets of the stomach. Many Pennsylvania Dutch have used wild carrot seed as both an emmenagogue and a morning-after contraceptive. Indian researchers have confirmed that carrot seed has anti-implantation activity in laboratory animals. One teaspoonful of the seeds is taken daily starting at the time of ovulation or immediately after unprotected intercourse during the fertile time and continued for up to one week to prevent pregnancy. Carrots contain 8 compounds that lower blood pressure. Scottish studies showed that over a period of three weeks, a daily snack of two carrots lowered cholesterol levels by 10-20% in study participants. Because the fiber pectin is the source of most of these benefits, don't use a juicer which extracts most of the fiber.

Scientists in India have discovered that carrots afford significant protection for the liver in laboratory animals. When liver cell injury was induced experimentally with chemicals, paralleling the liver damage inflicted by chemical pollutants, experiments showed that lab animals could recover with the help of carrot extracts which increase the activity of several enzymes that speed up detoxification of the liver and other organs.


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Cascara sagrada (*Rhamnus purshiana*) Cascara is a very effective laxative, containing hydroxymethyl anthraquinones that cause peristalsis of the large intestine, emodin and other rhamnoid glycosides. It has been used as such by many First Nations groups. For example, Cascara bark tea was drunk as a laxative by Nuxalk, Coast Salish, Nuu-chah-hulth, and Kwakwaka'wakw, and a decoction of the inner bark and water was used as a remedy for dysentery. The bark is often aged before use so it will be less likely to cause nausea. First introduced to Europe in 1877, about 3 million pounds of the bark is harvested annually for use in commercial laxatives. Squaxin used a Cascara infusion to wash sores--sometimes people chewed the bark and then spit it on sores. The bark has also been used to treat heart strain, internal strains, and biliousness. Skagit people burn the bark and mix the charcoal with grease to rub on swellings, and also have employed the bark in a green dye for mountain goat wool. Makah eat the fresh berries in July and August. Internally used for chronic constipation, colitis, digestive complaints, hemorrhoids, liver problems, and jaundice. It is a medium-strength laxative and somewhat weaker than Rhubarb root and Senna leaf. Externally used to deter nail biting.

Cassia (*Cinnamomum cassia*): It is used medicinally in much the same way as Ceylon cinnamon, mainly for digestive complaints such as flatulent dyspepsia, colic, diarrhea and nausea, as well as the common cold, rheumatism, kidney and reproductive complaints. In Chinese medicine it is used particularly for vascular disorders. A great deal of research has been carried out in recent years regarding the pharmacological actions of cassia. Warms the Kidneys and fortifies the yang: for a wide variety of problems due to insufficiency of Kidney yang and waning of the gate of vitality. Usually taken as a powder, pill or tincture. Rarely decocted because this causes the loss of the volatile oils which carry much of its effect.

Catmint (*Nepata cataria*): Catnip has long been used medicinally as a tea, juice, tincture, infusion and poultice. Catnip tea is used for headaches, stomachaches, colic and sleeplessness in children. It has also been used to treat cancer, insanity, nervousness, nightmare, scurvy and tuberculosis, while a root extract served as a mild stimulant. Drinking two cups of catnip tea a day could significantly reduce the likelihood of developing cataracts. Catnip has been employed orally to treat colic, diarrhea, flatulence, hiccups, whooping cough, the common cold, measles and chicken pox (reduces the eruptions), asthma, yellow fever, scarlet fever, smallpox, jaundice and to induce parturition and encourage menstruation. Poultices were used for hives, sore breasts of nursing mothers and to reduce swelling. A poultice of catnip and other herbs was employed to treat aching teeth in the Ozark Mountains. A tincture makes a good friction rub for rheumatic and arthritic joints and, as an ointment, to treat hemorrhoids. Catnip was sometimes smoked to relieve respiratory ailments. The fresh leaves can also be chewed for headache. It's an old home remedy for colds, nervous tension, fevers and nightmare. It is diaphoretic and antispasmodic. Fresh catnip leaves are preferred for infusion or tincture.


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Cedar (*Cedrus atlantica* (Atlas cedar); *Cedrus deodara* (Himalayan cedar); *Cedrus libani* (cedar of Lebanon); *Juniperus virginiana* (red cedar)

Celandine (*Chelidonium majus*) : Greater celandine acts as a mild sedative, relaxing the muscles of the bronchial tubes, intestines, and other organs. In both Western and Chinese herbal traditions, it has been used to treat bronchitis, whooping cough and asthma. The herb's antispasmodic effect also extends to the gallbladder, where it helps to improve bile flow. This would partly account for its use in treating jaundice, gallstones, and gallbladder pain, as well as its longstanding reputation as a detoxifying herb. The tincture or infusion of the leaf will stimulate and clean the liver. In one study, researchers gave tablets containing chelidonine to 60 people with symptoms of gallstones for six weeks. Doctors reported a significant reduction in symptoms. Greater

celandine's sedative action does not, however, extend to the uterus—it causes the muscles of this organ to contract. Externally the salve has been used to clear eczema, scrofula and herpes. The juice applied to the eyes will clear the vision, and applied to wounds will promote healing. The fresh juice is dabbed two or three times a day on warts, ringworm and corns. (Do not allow it to touch other parts of the skin.) The fresh juice mixed with milk is used to help remove cataracts and the white spots that form on the cornea. An ointment of the roots and leaves boiled in oil or lard is an excellent treatment for hemorrhoids. Only the dried herb should be taken internally. The fluid extract is made with the fresh herb. Ukrain, a derivate of celandine, is used for solid tumors such as breast, lung, and colon, as opposed to leukemia and myeloma, It can be beneficial even when used in combination with Taxol plus supporting the liver function.

Celandine, Lesser (*Ranunculus ficaria*) Internally and externally used for hemorrhoids. Externally also used for perineal damage after childbirth. Combines well with plantain, marigold for agrimony for the internal treatment of piles.

Celery Seed (*Apium graveolens dulce*): : Until the 19th century the essential oils was recommended as a cure for rheumatism. It is believed to be a tonic for asthma and herbalists use it to treat liver diseases, bronchitis, fever and flatulence. It is also recommended as a diuretic, tranquilizer, sedative and menstruation promoter and as treatment for gout, arthritis, obesity, anxiety and lack of appetite. Celery seed tea is said to promote rest and sleep. It is good for nervous disorders and enjoys aphrodisiac qualities. India's traditional Ayurvedic physicians have prescribed celery seed as a diuretic and as a treatment for colds, flu, indigestion, arthritis and diseases of the liver and spleen.

Centaurly (*Erythraea centaurium* (*Centaurium erythraea*)) One of the most useful bitter herbs, centaurly strengthens digestive function, especially within the stomach. It is a useful herb in dyspepsia and in any condition where a sluggish digestion is involved. By increasing stomach secretions, it hastens the breakdown of food. It also stimulates the appetite and increases bile production. Indicated in appetite loss (anorexia) when it is associated with liver weakness. Centaurly needs to be taken over some weeks. The preparation should be slowly sipped so that the components can stimulate reflex activity throughout the upper digestive tract. Combines well with Meadowsweet, Marshmallow Root and Chamomile in dyspepsia. In anorexia it is indicated with burdock root and chamomile. It serves as a blood purifier, working on the kidneys and liver. Externally the juice applied to the eyes will clear the vision, and applied to wounds will help promote healing. The decoction applied to the skin regularly will clear the skin of freckles and spots. A decoction externally applied also will destroy ice and other parasites in the hair.

Ceylon Leadwort (*Plumbago zeylanica*)...Ceylon leadwort root is acrid and stimulates sweating. In Nigeria, the leaves are used in soup as a remedy against intestinal worms and fever. In Ghana the root is administered as an enema to treat piles. In the Ivory coast and Upper Volta, the root is used to treat leprosy. In Nepal, a decoction of the root is used to treat baldness. In Indian herbal medicine, the leaves and root are used to treat infections and digestive problems such as dysentery. The root is used as a vesicant, appetizer, used in skin diseases, diarrhea, dyspepsia, piles and anasarca. A paste of the root made in vinegar, milk or salt and water is an external application in leprosy and other skin ailments. It is also used in influenza and black-water fever. The root bark used as a tincture is a sudorific and antiperiodic. The milky juice of the plant is used in scabies and ulcers. The plumbago root is an emmenagogue and is used to procure abortion by a piece of the root being introduced to Cervex Uteri. Externally, a paste of the leaves and root is applied to painful rheumatic areas or to chronic and itchy skin problems. The paste acts as a counterirritant. By raising blisters and increasing circulation, it speeds the clearing of toxins from the affected area. It is stimulant and strengthens the stomach and aids its action. It increases digestive powders and stimulate appetite.



Chamomile, German (*Matricaria recutita*) German chamomile has been taken for digestive problems since at least the 1st century AD. Gentle and efficacious, it is very suitable for children. The herb is valuable for pain, indigestion, acidity, gas, gastritis, bloating, and colic. It is also used for hiatus hernia, peptic ulcer, Crohn's disease and irritable bowel syndrome. German chamomile, which contains spiroether and bisabolol, very strong antispasmodics, relax tense, aching muscles and eases menstrual pain. It also appears to have relaxing action on the smooth muscle lining of the digestive tract. One study shows chamomile relaxes the digestive tract as well as the opium-based drug papaverine. Chamomile also may help prevent stomach ulcers and speed their healing. In one experiment, two groups of animals were fed a chemical known to cause ulcers. Those also given chamomile developed significantly fewer. Then the animals who developed ulcers were divided into two groups. Those fed chamomile recovered more quickly. It also relieves irritability and promotes sleep, especially in children. German chamomile is useful for hay fever and asthma. The proazulenes in the herb produce chamazulene on steam distillation, which is markedly antiallergenic. Externally, it can be applied to sore, itchy skin and eczema. It also relieves eyestrain. A cream made from German chamomile was tested in 1987 for its ability to heal wounds and produced very good results. Apply it externally for disinfecting and anti-inflammatory treatments in the form of packs, baths, and compresses using a strong tea, diluted chamomile tincture or a liquid chamomile extract. In 1993, a trial using German chamomile and 4 other herbs showed them to be most effective at easing infantile colic. Historically, chamomile poultices have been placed on cancers, and its sesquiterpene lactones do show immune system-stimulating and antitumor activity.

Inflamed oral mucosa can also be treated with chamomile tea. For stomatitis, an uncomfortable inflammation of the mouth's mucous membranes, and canker sores, the mouth is rinsed with the tea or a liquid chamomile extract into one glass of water.

Due to its antispasmodic properties Chamomile is a good remedy for all cramping pains, especially for abdominal cramping in children. At the same time it has a carminative effect of relieving flatulence. In pediatric medicine chamomile is used as a tea or syrup. The effect can be increased by placing a hot chamomile pad on the

painful area. To treat cramps, mix equal parts of chamomile flowers and silverweed to make a tea. Chamomile is a classic remedy for teething pains in children. For this, use chamomile in its homeopathic form or as teething tablets.

Chamomile, Roman (*Chamaemelum nobile*) A remedy for the digestive system, Roman chamomile is often used interchangeably with German chamomile. However, an infusion of Roman chamomile has a more pronounced bitter action than its German namesake. It is an excellent treatment for nausea, vomiting, indigestion, and loss of appetite. It is also sedative, antispasmodic and mildly analgesic, and will relieve colic, cramps, and other cramping pains. By stimulating digestive secretions and relaxing the muscles of the gut, it helps normalize digestive function. Roman chamomile may also be taken for headaches and migraine, even by children. Its anti-inflammatory and antiallergenic properties make it helpful for irritated skin.

Chaparral (*Larrea tridentata*): Chaparral is used for treating such ailments as: tuberculosis, bowel complaints, stomach ulcers and bowel disorders, cancers, and colds and flu. It is found to be beneficial to the walls of capillaries throughout the body, and so are good to take regularly in cases of capillary fragility. Chaparral contains N.D.G.A.. It is responsible for inhibiting several enzyme reactions, including lipo oxygenase, which is responsible for some unhealthy inflammatory and immune-system responses. It has been shown to reduce inflammatory histamine responses in the lung, which is good news for asthma sufferers. N.D.G.A. is one of the most highly anti-oxidant substances known to man. Several types of tumors, such as those in uterine fibroids and fibrosystic breast disease, can be helped immensely by a concentrated extract of the plant. Chaparral can improve liver function, causing the liver metabolism to speed up, clearing toxins, and improving the livers' ability to synthesize fatty acids into high density lipids (HDLs....the good quality cholesterol). The low density lipids levels (LDLs....the poor quality cholesterol) decrease. The strong anti-oxident effects of *Larrea t.* appear to repair free radical damage caused by drugs such as cocaine and amphetamines.

External uses of the herb include poultices placed on aching joints, and the tea or a fomentation (applied several times per day and left on the area) for such things as ringworm, skin fungi, and athletes' foot. Has also been used for reducing fibroids. A study in the *Journal of Dental Research* showed chaparral mouthwash reduced cavities by 75%.

Lipoxygenase and 5-hydroxyeicosatetraenoic acid are usually high in the synovial fluid of arthritis sufferers which means Chaparral's ability to inhibit these can help here as well. *Larrea* contains active flavonoids and ligands that, in addition to being anti-oxidants, act as antifungals, antibiotics, and antivirals. It is in this last capacity, as an antiviral that prompted investigations into its ability to inhibit the spl promoter HIV and as an inhibitor of Herpes simplex-1 in cell cultures; as well as Kaposi's sarcoma virus. Clinical evaluations consisted of testimonies from close to 36 persons. *Larrea* was prepared as an extract in an aloe-based lotion and was effective in reversing symptoms in nearly all cases of HSV-1 and shingles within 12-24 hours and in greatly reducing the severity of sores from Kaposi's sarcoma in people in full-blown AIDS. The lotion proved to work faster and to be more effective than acyclovir, the main drug for herpes.

When applied to the skin as a tea, tincture, or salve, Chaparral slows down the rate of bacterial growth and kills it with its antimicrobial activity. Chaparral will also help dry skin, brittle hair and nails and cracks in the hands or feet.



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Chaste Tree (*Vitex agnus-castus*) Back in the 17th century, herbalist Gerard wrote that the seeds and leaves helped with pain and inflammation of the uterus. The hormonelike substances found in the seeds help to correct female hormonal imbalances, such as those that can occur during menopause, premenstrual syndrome, or menstruation, and also help dissolve fibroids and cysts. German researchers suggest the berries increase production of luteinizing hormone and prolactin. Another study adds the increase of the hormone progesterone to the list. The seeds do stimulate mother's milk flow as shown in a clinical study when 100 nursing mothers taking chaste seeds were compared to those who were not. Christopher Hobbs suggests its use during the first 3 months only of pregnancy to help prevent miscarriage and, with ginger, to allay morning sickness. Chaste berries can help regulate periods when there is excessive or too frequent bleeding. It also reestablishes normal ovulation after contraceptive pills have been used. In women without ovaries, chasteberry appears to lessen extremes of hormonal imbalance, perhaps through indirect effects on the endocrine system, liver and circulation. Women with PMS with significant depression should probably steer clear of chasteberry. Some research suggests that PMS with depression is caused by excess progesterone, and chasteberry is said to raise progesterone levels. Chasteberry may help some women trying to conceive if infertility is due to low progesterone levels. Most of the research has been done on a chaste berry extract called Agnolyt. When 53 women with excessive bleeding and short menstrual cycles were given this product, 65% showed improvement and about 47% were cured. Those over age 20 experienced the most improvements. Other studies with Agnolyt found the chaste berry helps control acne in both young women and young men.

Chebolic Myrobalan (*Terminalia chebula*)...Laxative and astringent, the fruit gently improves bowel regularity without excessively irritating the colon. Like Chinese rhubarb, chebolic myrobalan may be used as a treatment for diarrhea and dysentery. The fruit's tannins protect the gut wall from irritation and infection, and tend to reduce intestinal secretions. Likewise, the fruit helps to counter acidic indigestion and heartburn. A decoction of chebolic myrobalan may be used as a gargle and mouthwash, as a lotion for sore and inflamed eyes, and as a douche for vaginitis and excessive vaginal discharge. The dried fruits and seeds are prescribed in Ayurvedic medicine for such illnesses as dermatosis, edema, and urinary infections. It is also considered an excellent blood purifier. Finely powdered, it is used as a dentifrice, and for bleeding or ulcerated gums. Coarsely powdered and smoked in a pipe, it is used to relieve asthma. *TCM: Indications:* Chronic diarrhea and dysentery; prolapse of rectum; asthma and coughs

due to empty lungs; leukorrhea; menorrhagia

Chervil (*Anthriscus cerefolium*) A strong infusion of chervil will ease gnat and mosquito bites, dabbed on the affected area at regular intervals. Pliny thought that hiccups could be stopped by drinking vinegar containing the seed of chervil and that it was good for stomach disorders. During the time of the plague, chervil roots were boiled and eaten as a preventative. Poultices of chervil leaves have been laid on oils, bruises, and other skin afflictions by the ancient Arabians, Greeks, Romans, and Europeans. It was boiled in wine for urinary disorders and for use as a speedy diuretic. The juice pressed out of the fresh flowering herb has been used for scrofula, eczema, gout stones, abscesses, dropsy, and women's abdominal complaints. The infusion is popularly used in Europe to lower blood pressure.

Chestnut, Sweet (*Castanea sativa*)...All parts of the tree are rich in tannin, used medicinally as an astringent useful in the treatment of bleeding, diarrhea, etc.. An infusion of sweet chestnut leaves treats whopping cough, bronchitis, and bronchial congestion. The preparation tightens the mucous membranes and inhibits racking coughs. A decoction of leaves or bark is also valuable as a gargle for sore throats and may be taken for diarrhea. The leaves are also used to treat rheumatic conditions, lower back pain, and stiff joints or muscles.

Chickweed (*Stellaria media*): Historically used to treat both internal and external inflammations. Poultice of stems and leaves used to ease arthritis and pains of the joints, cuts, and skin irritations. It may soothe severe itchiness and is often used to relieve eczema, varicose veins and nettle rash. An infusion of the fresh or dried plant may be added to a bath, where the herb's emollient properties will help reduce inflammation, in rheumatic joints for example, and encourage tissue repair. It may be taken internally to treat chest ailments and in small quantities, it also aids digestion. The saponins in chickweed are poorly absorbed through the intestinal walls, but apparently increase the permeability of the mucous membranes sufficiently to produce expectorant effects on the throat and increase the absorption of nutrients, especially minerals, from the digestive tract. Homeopathic remedy for rheumatism. The root of *S. dichotoma* is used in China as a cooling herb in fevers and to stop nosebleeds and heavy menstrual bleeding. It is also given as a tonic for malnourished children.



Chicory (*Cichorium intybus*): Chicory has been an esteemed medical plant ever since the Roman physician Galen called it "the friend of the liver" some 1,800 years ago. A syrup of chicory, rhubarb and oats was given to patients with liver ailments. It was also considered valuable for treating a variety of other ailments. A syrup of the whole plant was prepared with sugar and taken to cure insomnia. The bruised fresh leaves were applied externally for healing eye inflammations and boiled in broth for strengthening the digestion of the persons with weak stomachs. An infusion of the leaves was also used to reduce fever in children. A distilled water of chicory or the juice pressed from it was good for pregnant women and especially to soothe nursing breasts that were swollen from too much milk.

Chicory is an excellent bitter tonic for the liver and digestive tract. Recommended for loss of appetite and dyspepsia. The root is therapeutically similar to dandelion root, supporting the action of the stomach and liver and cleansing the urinary tract. Chicory is also taken for rheumatic conditions and gout, and as milk laxative, one particularly appropriate for children. An infusion of the leaves and flowers also aids the digestion. A decoction may alleviate gallstones and kidney stones and aid in the production of bile. Egyptians treated rapid heartbeat with chicory root, and scientists have discovered a digitalis-like principle in both the dried and roasted root that decreases the heart rate and amplitude. Conducted studies on rats show that inulin from chicory seems very effective in promoting propionic fermentation and enhances the calcium content of the large intestines. Experiments with the isolated toad heart show that chicory extracts reduce cardiac rate in a manner similar to quinidine. These findings suggest chicory constituents may be effective in treatment of disorders involving tachycardia, arrhythmias and fibrillation.

It also has been found to significantly lower cholesterol and blood sugar levels. The sesquiterpene lactones found in roasted root kill bacteria. Internally used for diabetes, dry coughs, abscesses, childbirth (second stage of labor), and abortion (tubers); bronchial infections with thick phlegm, chest pain and tightness; dry constipation, and lung and breast tumors (fruits). Fruits are traditionally prepared as a winter soup to ward off colds and influenza.

Trichosanthin was isolated from the root tuber of a Chinese medicinal herb *Trichosanthes kirilowii* Maximowicz and was identified as the active component of Tian Hua Fen, a Chinese medicine described as early as the 16th century as a treatment for various kinds of ulcer. Since the discovery of its specific injurious effects on human placental trophoblasts in the 1970's, trichosanthin has been used clinically in China to induce abortion and to treat diseases of trophoblastic origin such as hydatiform mole, invasive mole and choriocarcinoma. Soon after the laboratory finding in 1989 by McGrath et al. that trichosanthin appeared to inhibit the HIV-1 replication in both acutely infected T-lymphoblastoid cells and in chronically infected macrophages, and selectively killed HIV-infected cells while leaving uninfected cells unharmed, clinical trials of trichosanthin as a potential treatment for HIV were carried out in USA. Trichosanthin attacks the life cycle of the virus at an entirely different point from AZT and related drugs, and in other words, it has a unique mechanism of action complementary to other drugs. Present clinical reports showed that trichosanthin has some curing effects on AIDS patients and suggested it to be a possible treatment that may fill the gap in the treatment of HIV disease.

Chinese Anemone (*Pulsatilla chinensis*)... In Traditional Chinese Medicine, pulsatilla is used as an anti-inflammatory and is considered specific for amoebic and bacterial dysentery with bloody stool, abdominal pain and tenesmus and is often used with phellodendron bark, coptis rhizome and ash bark, known as Pulsatilla Decoction (Baitouweng Tang). It is most commonly taken as a decoction to counter infection within the gastrointestinal tract. The root is also used to treat malarial fever. In addition, this herb can be used with flavescens sophora to prepare a lotion for the treatment of trichomoniasis vaginalis. The root contains the lactone protoanemonin which has an irritant and antibacterial action. Protoanemonin is destroyed when the root is dried. The fresh herb is a cardiac and nervous sedative, producing a hypnotic state with a diminution of the senses followed by a paralyzing action. A constituent

similar to digitalis can be extracted from the whole herb with the roots removed. This is cardiotoxic.

Chinese Cucumber (*Trichosanthes kirilowii*) Internally used for diabetes, dry coughs, abscesses, childbirth (second stage of labor), and abortion (tubers); bronchial infections with thick phlegm, chest pain and tightness; dry constipation, and lung and breast tumors (fruits). Fruits are traditionally prepared as a winter soup to ward off colds and influenza.

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Chives (*Allium schoenoprasum*): : Chives has been used as a vermifuge. Used as an antiseptic, diuretic and a stimulant. The oil in chives is used in medicines to help reduce blood pressure. Suggested in the Orient as a cold, flu and lung congestion remedy.

Chrysanthemum (*Dendranthema grandiflorum*): Chinese Medicine: Disperses wind and clears heat: for wind-heat patterns with fever and headache; Clears the Liver and the eyes: for either wind-heat in the Liver channel manifested in red, painful, dry eyes or excessive tearing, or yin deficiency of the Kidneys and Liver with such symptoms as spots in front of the eyes, blurry vision, or dizziness; Calms the Liver and extinguishes wind: for such symptoms as dizziness, headache, and deafness due to ascendant Liver yang. The ability of white chrysanthemum to nourish the Liver and clear the eyes is somewhat superior to the other varieties. It is also known as sweet chrysanthemum (gan ju hua). This variety is often used for diminished vision due to Liver and Kidney yin deficiency. Yellow chrysanthemum (huang ju hua) has a greater wind-heat dispersing capacity than do the other varieties. It is most often used in treating eye redness and headache due to externally-contracted wind-heat. Research has demonstrated that it is a valuable remedy for high blood pressure.

Cilantro (*Coriandrum sativum*): : Coriander seeds are used in many medicines to improve taste especially bitter laxatives. They aid digestion, reduce gas and improve the appetite. Previously coriander water was used to relieve colic. The Chinese use coriander tea to counter dysentery and measles. East Indians make the seeds into an eyewash to prevent blindness in smallpox patients. The oil is an antiseptic and was suggested by Dioscorides to great urinary tract restrictions and inflammations. Add the essential oil to ointments for painful rheumatic joints and muscles.



Cinchona (*Cinchona calisaya*) The indigenous people of Peru have taken cinchona for many centuries, and it is still a well-used remedy for fevers, digestive problems, and infections. Cinchona, and in particular quinine, were the principal remedies for malaria until World War I. From the 1960s on, resistance of the malarial parasite to the synthetic drug chloroquine led to quinine's use once again in preventing and treating malaria. Quinine is also used to treat other acute feverish conditions. As a bitter tonic, cinchona stimulates saliva, digestive secretions, and the appetite, and improves weak digestive functions. It is useful as a gargle for sore, infected throats. The herb is used in herbal medicine for cramps, especially night cramps. It also relieves arthritis. In India, cinchona is used to treat sciatica and dysentery, as well as problems associated with an imbalance in *kapha*. Edgar Cayce primarily recommended calisaya as a blood purifier and aid to digestion. There is also a distinct action of quieting the heart, reducing palpitations and normalizing the function.

Cinchona has been thoroughly researched, and its pharmacological actions are well established. Quinine is both strongly antimalarial and antibacterial. Like the other alkaloids, it is antispasmodic. The bitter constituents in cinchona, including the alkaloids and quinovin, produce a reflex stimulation of the digestion as a whole, increasing stomach secretions. Quinidine is known to reduce heart rate and improve irregularity of heartbeat.

Cinnamon: (*Cinnamomum zeylanicum*): : It was one of the ingredients in ivory jelly, which was made from powdered ivory and given at one time to consumptives. It raises vitality, warms and stimulates all the vital functions of the body, counteracts congestion, is antirheumatic, stops diarrhea, improves digestion, relieves abdominal spasms, aids the peripheral circulation of the blood. Cinnamon is the second most widely used warming stimulant in Chinese medicine, used by Chinese herbalists much as Western herbalists have used cayenne. In India, it is taken after childbirth as a contraceptive. It has a slight emmenagogic action—stimulating the uterus and encouraging menstrual bleeding. Japanese research in the 1980s showed that cinnamaldehyde was sedative and analgesic. It is also thought to reduce blood pressure and fevers. One German study showed cinnamon suppresses completely the cause of most urinary tract infections and the fungus responsible for vaginal yeast infections.. It helps break down fats in your digestive system, possibly by boosting the activity of some digestive enzymes. You can dust a bit of cinnamon on cuts and scrapes (it contains eugenol) which helps relieve the pain of household mishaps.

Cinquefoil (*Potentilla reptans* and *P. canadensis*) The outer bark of the root has been used as a remedy for diarrhea and internal hemorrhages. The powder also makes an astringent for mouth sores and relieves diarrhea. Taken with honey, it relieves sore throats, coughs and fever. A decoction made by boiling 1 ½ ounces of root in a quart of water until the liquid is reduced to one pint, or an infusion of one ounce of the dried leafy tops, steeped for 10 or 15 minutes in a pint of water, are both suggested in old herbals.

Clary Sage (*Salvia sclaria*) Like its relative sage, clary tea, the leaf juice in ale or beer, was recommended for many types of women's problems, including delayed or painful menstruation. It was once used to stop night sweating in tuberculosis patients. An astringent is gargled, douched and poured over skin wounds. It is combined with other herbs for kidney problems. The clary seeds form a thick mucilage when soaked for a few minutes and placed in the eye, helps to removed, small irritating particles. A tea of the leaves is also used as an eyewash. Clary is also used to reduce muscle spasms.

It is used today mainly to treat digestive problems such as gas and indigestion. It is also regarded as a tonic, calming herb that helps relieve premenstrual problems. Because of its estrogen-stimulating action, clary sage is most effective when levels of this hormone are low. The plant can therefore be a valuable remedy for complaints associated with menopause, particularly hot flashes.



Cleavers (*Galium aparine*): valuable tonic to the lymphatic system. It would be used in swollen glands anywhere in the body and especially in tonsillitis and in adenoid trouble. It eliminates excess fluid, counteracts inflammations, and urinary infections, hepatitis and venereal disease. In the East Indies, the juice of the herb taken in teaspoonful doses is considered a very effective treatment for gonorrhoea. It is a blood purifier as well as an effective diuretic. Thus it is excellent for inflammations, both taken internally and applied topically in the form of a poultice. It has a good reputation as an external application for cancerous growths and tumors. A decoction sponged on the face with a soft cloth is useful for sunburn and freckles. A tea is considered excellent for the treatment of psoriasis. According to French research in 1947, an extract of the plant appears to lower blood pressure.

Cloves (*Syzygium aromaticum* or *Eugenia Caryophyllata*): Traditional Chinese physicians have long used the herb to treat indigestion, diarrhea, hernia, and ringworm, as well as athlete's foot and other fungal infections. India's traditional Ayurvedic healers have used clove since ancient times to treat respiratory and digestive ailments. America's 19th century Eclectic physicians used clove to treat digestive complaints and added it to bitter herb-medicine preparations to make them more palatable. The Eclectics were also the first to extract clove oil from the herbal buds. It has antiseptic, stimulant, stomachic and digestive properties. As an anti-infectant, cloves are effective against coli bacilli, streptococci, staphylococci, pneumococci and as an antimycotic. The oil, too, is used in dentistry for its antiseptic and analgesic properties, and, like the whole cloves and powdered cloves, for local pain-relieving purposes. Eugenol is a local anesthetic used in dental fillings and cements; a rubifacient and a carminative. It is also an irritant and an allergic sensitizer. Besides all their other uses, cloves can be used to treat acne, skin ulcers, sores, and styes. They also make a potent mosquito and moth repellent which is where the clove studded orange pomander comes from.

Cocoa (*Theobroma cacao*): Although cacao is most often used as a food, it also has therapeutic value as a nervous system stimulant. In Central America and the Caribbean, the seeds are taken as a heart and kidney tonic. The plant may be used to treat angina and as a diuretic. Cacao butter makes a good lip salve, and is often used as a base for suppositories. In 1994, Argentinian researchers showed that cacao extracts counter the bacteria responsible for boils and septicemia.

Chocolate naturally contains a drug substance, theobromine, which is chemically similar to caffeine, and has a similar mild habit forming, stimulating effect on humans. Its action on muscle, the kidneys and the heart is more pronounced. It is used principally for its diuretic effect due to stimulation of the renal epithelium; it is especially useful when there is an accumulation of fluid in the body resulting from cardiac failure, when it is often given with digitalis to relieve dilatation. It is also employed in high blood pressure, as it dilates the blood-vessels. Many people are "addicted" to this drug and humorously refer to themselves as "chocololics". Although chocolate is as mildly addicting as is coffee and other caffeine containing drinks, its effect is relatively innocuous.

Central Americans have used cocoa for centuries to treat fever, coughs and complaints of pregnancy and childbirth. They have also rubbed cocoa butter on burns, chapped lips, balding heads and the sore nipples of nursing mothers. The Eclectics recommended cocoa butter externally as a wound dressing and salve. For internal use, they prescribed hot cocoa for asthma and as a nutritive for invalids and persons convalescing from acute illness.

There is no evidence that chocolate causes acne, kidney stones, or infant colic. However, chocolate does contain chemicals (tyramines) that trigger headaches in some people, particularly those prone to migraines. Many people find a cup of hot chocolate soothes their stomachs after meals. The problem is that cocoa and chocolate may cause heartburn. The herb relaxes the valve between the stomach and the esophagus,

Cocklebur (*Xanthium strumarium*) Cocklebur fruits are used to treat arthritis and rheumatism, to open the nasal passages and sinuses, for allergic rhinitis with headache, chronic lumbago, leprosy and pruritis (severe itching) of the skin. Three or four pods boiled in water will stop the most obstinate diarrhea. A teaspoon of the crushed pods boiled for five minutes has analgesic, diuretic, and antispasmodic effects. This herb is very obnoxious in its natural state, as the seed pods tend to adhere to animal fur and human clothing. It is, however, a very valuable therapeutic agent widely used by the Chinese for rheumatic aches and pains as well as sinus blockage. Extracts of the plant have been shown to control tumor growth in laboratory animals. The stem and leaves used to treat German measles. A tea of the leaves is a useful diuretic and is especially useful for chronic cystitis; a rounded teaspoon of the chopped leaves in tea, morning and afternoon. A tincture of the crushed seeds is both clotting and antiseptic for skin abrasions, and is a good first aid dressing.



Top

Codonopsis (*Codonopsis pilosula* and *Codonopsis tangshen*) Codonopsis has a central place in Chinese herbal medicine as a gentle tonic that increase energy levels and helps the body adapt to stress for both sexes. Research has confirmed this use. Codonopsis is thought to be similar in action to ginseng, but it is milder and has a shorter-lasting effect. It is given to those who find ginseng too strong a tonic and is used interchangeably with ginseng in Chinese herbal formulas. In Chinese herbal medicine, codonopsis is considered to tone the qui, lungs, and spleen. It improves vitality and helps to balance metabolic function. It is a gentle tonic remedy that helps to revive the system as a whole. Codonopsis is taken in particular for tired limbs, general fatigue, and for digestive problems such as appetite loss, vomiting, and diarrhea. It is thought to nourish the yin of the stomach without making it too "wet," and at the same time to tone the spleen without making it too "dry." It is beneficial in any chronic illness where "spleen qi deficiency" is a contributory factor. Codonopsis is given as a tonic to people who are stressed and have "false-fire" symptoms, including tense neck muscles, headaches, irritability, and high blood pressure, and who find the tonic action of ginseng too strong. Codonopsis is reputedly more successful in reducing levels of adrenaline, and therefore stress, than ginseng. The herb is taken regularly by nursing mothers in China to increase milk production and as a tonic to "build strong blood." Codonopsis clears excessive mucus from the lungs and is useful for respiratory problems, including shortness of breath and asthma

Laboratory experiments have demonstrated that codonopsis increases hemoglobin and red blood cell levels, and lowers blood pressure. Other research has confirmed the ability of codonopsis to help increase endurance to stress and to maintain alertness.

Cola (*Cola acuminata*) Kola nut stimulates the central nervous system and the body as a whole. It increases alertness and muscular strength, counters lethargy, and has been used extensively both in western African and Anglo-American herbal medicine as an antidepressant, particularly during recovery from chronic illness. Like coffee, kola is used to treat headaches and migraine. It is diuretic and astringent and may be taken for diarrhea and dysentery. It will aid in states of depression and may in some people give rise to euphoric states. Through the stimulation it will be a valuable part of the treatment for anorexia. It can be viewed as specific in cases of depression associated with weakness and debility.

Coleus (*Coleus forskohlii*): Coleus contains forskolin. That constituent was researched by an Indian/German company and shown to be a powerful medicine for heart failure, glaucoma, and bronchial asthma. Forskolin lowers high blood pressure, relaxes smooth muscle, increases the release of hormones from the thyroid gland, stimulates digestive secretion, and reduces pressure within the eye. Coleus has been prescribed to treat congestive heart failure and poor coronary blood flow. It also improves circulation of blood to the brain. (Take only under professional supervision.) Forskolin reduces preload and afterload of the heart due to its vasodilating action and augments myocardial contractility due to its positive inotropic action without affecting myocardial oxygen consumption. Forskolin relaxed contracted airways *in-vitro* and prevented methacholine and acetylcholine induced bronchoconstriction in asthmatics and healthy subjects respectively.



Top

Coltsfoot (*Tussilago farfara*): Coltsfoot leaves have long been recommended for lung problems such as laryngitis, bronchitis and asthma and to control spastic coughing. Both Ayurvedic and Chinese physicians have prescribed it for similar problems. It is a soothing expectorant and the flavonoids it contains reduce inflammation, especially in the bronchials. It is also applied as a poultice to sores and ulcerations and as a cream for cold sores. It can also be inhaled or smoked on its own as a remedy for asthma, bronchitis and various congestions of the lungs. It may also be taken as a strong tea mixture or as an infusion for the above conditions. Soluble in both water and diluted alcohol.

A German study showed the herb increases the activity of the microscopic hairs in the breathing tubes that move mucus out of the respiratory tract. Another experiment shows that the herb suppresses a substance (platelet activating factor or PAF) in the body that is involved in triggering asthma attacks.

Comfrey (*Symphytum officinale*): Comfrey leaves and especially the root contain allantoin, a cell proliferant that increases the healing of wounds. It also stops bleeding, is soothing, and is certainly the most popular ingredient in herbal skin sales for wounds, inflammation, rashes, varicose veins, hemorrhoids and just about any skin problem. Taken internally, comfrey repairs the digestive tract lining, helping to heal peptic and duodenal ulcers and colitis. Studies show it inhibits prostaglandins, which cause inflammation of the stomach lining. Comfrey has been used to treat a variety of respiratory diseases and is a specific when these involve coughing of blood. In cases of bleeding of the lungs, stomach or bowels the leaves or root should be

made into a strong decoction, or a strong infusion of the leaves and regular hourly or two hourly drinks taken until the bleeding ceases. The root is stronger and more effective than the leaves. In the case of bleeding piles the addition of distilled extract of Witch Hazel to the infusion or decoction will increase the effectiveness. To aid in the cure of mucous colitis mix equal parts of comfrey leaves, agrimony herb, cranesbill herb and marshmallow herb, use one ounce of the mixed herbs, make an infusion and take a wineglassful at least three times daily.

The leaves moisten the lungs, help dissolve and expel mucus, soothe the throat, lowers fever, relieves cough and treat asthma. It is applied externally as a poultice and taken internally to promote healing of injured tissues and bones. The root is used to treat chronic lung diseases with dry cough and inflammation, sore throat, pulmonary catarrh, stomach ulcers, and wasting diseases. It is excellent both internally and externally for promoting the healing of sores, bones, muscles and other tissues, and is as powerful as some of the best Oriental tonic herbs. Concurrent internal and external application has the most favorable effect on the healing process.

Common Mallow: (*Malva sylvestris*): Though less useful than marsh mallow, common mallow is an effective demulcent. The flowers and leaves are emollient and good for sensitive areas of the skin. Mallow is beneficial in the treatment of painful swellings and is used as a digestive and diuretic herb, as well as in the making of an external lotion for acne. The leaves have the reputation of easing the pain of a wasp sting if rubbed on the affected area. A certain cure for a cold was believed to be bathing the feet in a decoction of the leaves, flowers and roots. Taken internally, the leaves reduce gut irritation, aids recovery from gastritis and stomach ulcers, laryngitis and pharyngitis, upper respiratory catarrh and bronchitis and have a laxative effect. When common mallow is combined with eucalyptus, it makes a good remedy for coughs and other chest ailments. As with marsh mallow, the root may be given to children to ease teething. The fresh dried leaves are put into decoctions; the root may be dried, but it is best fresh, if chosen when there are leaves growing from it.

Condurango (*Marsdenia condurango*) This bitter may be used in a whole range of digestive and stomach problems. It will relax the nerves of the stomach, making it of use in the settling of indigestion where this is affected by nervous tension and anxiety. Often used in South American folk medicine as a bitter and digestive tonic, it is a specific treatment for nervous indigestion and anorexia nervosa. Its bitterness slowly increases the appetite, as well as the stomach's ability to process increased quantities of food. The herb is also thought to stimulate the liver and pancreas, and may be taken for liver disorders. It also encourages menstruation. The caustic white latex is applied to remove warts. Condurangogenins in condurango may prove beneficial in countering tumors. The whole plant, however, does not seem to significantly alter cancer development.

Cornflower (*Centaurea cyanus*) Cornflower is still used in French herbal medicine as a remedy for the eyes. The strained infusion is used as an eyewash, and the petals applied as a poultice. But opinions differ as to its efficacy. The petals are also taken as a bitter tonic and stimulant, improving digestion and possibly supporting the liver as well as improving resistance to infection. A tea made from the petals is used in diseases of the urinary tract. The seeds have been used as a mild laxative for children. A decoction of the leaves is used to treat rheumatic complaints.



Costmary (*Chrysanthemum balsamita* (previous *C. majus* and *Tanacetum balsamita*): Rarely used today, but was included in the *British Pharmacopoeia* until 1788 for its use treating dysentery and other digestive problems. Early writers suggested the leaves to relieve headaches and gout pain, to increase menstruation, and as a diuretic. It was also used for conditions of "excessive coldness." Costmary is slightly astringent and antiseptic on wounds and burns and was also used with other herbs in ointments for dry, itch skin and skin parasites. Infuse the leaf as a tonic tea for colds, catarrh, upset stomachs and cramps, and to ease childbirth. Add to a salve for burns and stings. It was at one time employed medicinally in this country, having somewhat astringent and antiseptic properties, and had a place in our *Pharmacopoeia* until 1788, chiefly as an aperient, its use in dysentery being especially indicated. An ointment made by boiling the herb in olive oil with Adder's Tongue and thickening the strained liquid with wax and resin and turpentine was considered to be very valuable for application to sores and ulcers.

Costus (*Saussurea lappa* (*S. costus*): Kuth is used in the Ayurvedic and Unani Tibb traditions in India for its tonic, stimulant, and antiseptic properties. The root is commonly taken, with other herbs, for respiratory system problems such as bronchitis, asthma, and coughs. It is also used to treat cholera.

Couchgrass (*Agropyron repens* (*Elymus repens*)) Couch grass is known in pharmacology as triticum (the Latin name for wheat) because it contains the carbohydrate triticin. A gentle, effective diuretic and demulcent, couchgrass is used for urinary infections, including cystitis, nephritis and urethritis. It also is useful for urinary calculi, gall stones and jaundice, as well as gout and rheumatic complaints. It is a soothing herb that improves excretion from kidneys and bowels, lowers blood cholesterol levels and even clears infection. It both protects the urinary tubules against infection and irritants and increases the volume of urine, thereby diluting it. It can be taken, usually with other herbs, to help treat kidney stones, reducing the irritation and laceration they cause.

Couch grass is also thought to dissolve kidney stones as far as possible, and in any case will help to prevent their further enlargement. Both an enlarged prostate and prostates will benefit from a couch grass decoction taken over the course of several months. In German herbal medicine, heated couch grass seeds are used in a hot and moist pack that is applied to the abdomen to sooth peptic ulcers. Juice from the roots of couch grass has been used to treat jaundice and other liver complaints. The herb is used in various tea mixtures to stimulate the metabolism and harmonize its processes. Extracts of couch grass have exhibited antibiotic effects on a variety of bacteria and molds. It is said to clear damp heat in the lower warmer, according to Traditional Chinese Medicine.

Country Mallow (*Sida cordifolia*): Roots, leaves, seeds and stems all used with each part having a different therapeutic value and must be prepared in its own way for the maximum benefits. *Sida cordifolia* has been used for over 2,000 years to treat bronchial asthma cold & flu, chills, lack of perspiration, headache, nasal congestion, aching joints and bones, cough & wheezing, and edema. In Western terms, *Sida cordifolia* is considered to have diaphoretic, diuretic, central nervous system stimulating and anti-asthmatic activity. The stem of this plant contains a number of active compounds, including small amounts of an essential oil, and most important, 1-2% alkaloids composed mainly of ephedrine and pseudoephedrine, with ephedrine ranging from 30-90%, depending on the source. *Sida cordifolia* extract contains 0.8% to 1.2% of the alkaloid ephedrine. *Sida cordifolia* contains lesser quantities of alkaloids than Ma-Huang, and therefore is regarded as a weaker stimulant on cardiovascular and central nervous systems. Furthermore, *Sida cordifolia* contains other bronchodilating principles which Ma-Huang does not have....in particular vasicinone, vasicine, and vasicinol. It is used by Ayurveda physicians as an antipyretic in febrile and infectious diseases. *Sida cordifolia* is also useful in the treatment of chronic broncho-pulmonary conditions characterized by bronchospasm and cough. This is one the most often used Ayurvedic herbs because it simultaneously balances all three laws of the physiology (Vata, Pitta, Kapha), a rare effect. Bala is primarily known for giving stamina or inner strength. It helps balance proper amounts of the male hormone, testosterone, and increases sexual desire. Bala has a Vrishya effect, meaning that it enhances the quality and quantity of reproductive fluids (Shukra Dhatu) for conception of healthy offspring. It builds general immunity (the word Bala can actually be translated as immunity). It is a good Rasayana (overall tonic and longevity enhancer). Bala is a good tonic for the lungs. Bala contains five of the six tastes, a very rare property indicating that it provides nourishment of all aspects of nature's intelligence (the five Mahabhutas). NOTE: As with most single herbs, Bala should always be taken in balanced combinations with other herbs, to prevent aggravation of any existing congestion. It is also an herb containing a low level of amines that help stimulate the thermogenesis process. Anticonvulsant and antipyretic activities of the plant have been observed. Studies done on rats suggest *S. cordifolia* has antibacterial, antifungal and antiviral activity. Antiprotozoal activity against *E. histolytica* and anti-heimintic activity against *H. nana* and *A. galli* has also been demonstrated. Anticancer activity was seen against human nasopharyngeal carcinoma (in tissue culture) and lymphoid leukaemia and Sarcoma 180 in mice. A decoction of the root with ginger is given by Ayurvedic physicians in intermittent fever. It is also administered in fever accompanied by rigour. The powdered root bark is administered with milk and sugar as treatment for urinary urgency and leucorrhoea. The seeds are used to treat urinary infections. They are also believed to be aphrodisiac. The rejuvenating actions of this herb extend to the nervous, circulatory, urinary and reproductive systems. It is helpful in all types of nervous system disorders including: paralysis, insanity, hemiplegia, stiff neck, tinnitus, headache, sciatica, inflammation of nerves, and neuralgia. Bala has the chemical characteristics of Ephedrine and is therefore a cardiac stimulant and is useful in certain types of heart disease. Bala has a diuretic effect and is useful in urinary problems including cystitis. Being cooling and astringent, it is used for inflammations and bleeding disorders. It may be used for bleeding hemorrhoids, hematuria, chronic dysentery, chronic fevers, and healing of wounds. Bala is very effective used topically as a medicated oil. The popular Mahanarayan oil contains this herb. It can be used for sore muscles and sore joints. It helps with the pain of arthritis and rheumatism.

Cow Parsnip (*Heracleum maximum (H lanatum)*) Used mainly in a poultice for boils and other skin problems. The dried powdered roots have been used on the gums to relieve discomfort from loose teeth, and all over the body to treat fever. Mixed with available fats or oils, the dried powdered roots have been rubbed on affected parts to treat rheumatic pains and heart palpitations. Sometimes the roots have been boiled and the liquid rubbed on for these treatments. The root has been taken internally for colic, gas, diarrhea, indigestion, and for asthma.

Cow parsnip is a remedy for the stomach and nervous system. The root, which loses most of its acidity upon drying and should not be used fresh is made into a tea (a teaspoon to a cup) and drunk for nausea that is of a persistent nature but does not progress to vomiting, as well as for acid indigestion or heartburn. In New Mexico, it is often used for the gas and indigestion that accompanies a hiatus hernia, particularly in older women. The seeds are equally effective and if tinctured (fresh or dry), even a few drops on the tongue can settle the most unsettled stomach. Although not as antiseptic as oil of cloves, the seed tincture is a good temporary analgesic when applied to a sore tooth and is far less irritating the gums. The root or seeds act as an antispasmodic to the intestinal tract and will help quiet tenesmus or cramping of the large intestine and the lower tract and will help quiet tenesmus or cramping of the large intestine and the lower section of the small intestine. It can sooth a spastic colon caused by mucous membrane inflammations but is less effective when it is of a distinctly nervous origin. It may help bronchial spasms and will both increase menstrual flow and relax uterine cramps. In New Mexico a strong tea is made from the dry or wilted roots and poured into the bath water of a recently paralyzed person. This is repeated once a day until some nerve function has returned or the therapy has brought to apparent relief. Also, in northern New Mexico, a poultice or strong tea is

applied to the face for tic douloureux particularly where there is some motor paralysis, and for aigre: a temporary paralysis of the face, neck, or arms that is attributed to bad night air or drafts. The powdered root or seeds can be used as a poultice for sore muscles and joints, having a mild rubefacient effect.



Cowslip (*Primula veris* (syn *Primula officinalis*)) Cowslip is an underused but valuable plant. The root is strongly expectorant, stimulating a more liquid mucus and thus easing the clearance of phlegm. It is given for chronic coughs, especially those associated with chronic bronchitis and mucous congestion. The root is also thought to be mildly diuretic and antirheumatic, and to slow blood clotting. The leaves have similar properties to the root but are weaker in action. The flowers are believed to be sedative, and are recommended for overactivity and sleeplessness, particularly in children. Cowslip flowers' antispasmodic and anti-inflammatory properties make them potentially useful in the treatment of asthma and other allergic conditions. The flowers are also used in salves for sunburn and dry skin.

The essential oils can soothe the mind and nerves. A tea from Cowslip flowers often alleviates a tension headache, defeats insomnia and prevents nightmares. The high content of saponins present in the root and calyx gives cowslip demulcent and expectorant qualities. This makes it a good cough remedy especially when phlegm is present. The flowers with the calyx removed are used to treat migraines and kidney and bladder conditions. With the calyx, they are used as a demulcent and expectorant tea for cough and bronchitis. Cowslip taken as a tea can influence the metabolism and flush out uric acid accumulations. For rheumatic pains, nerve pain, and weak muscles cowslip oil can be rubbed on the affected areas. The finely chopped root can be put through a garlic press and the juice strained out. It promotes vigorous sneezing, stimulating the mucous membranes and beneficial for chronic rhinitis and nasal stuffiness. Cowslip leaves are used in wound poultices.

Cramp Bark (*Viburnum opulus*): Crampbark is effective at relieving any over-tense muscle, whether smooth muscle in the intestines, airways, or uterus, or striated muscle in the limbs or back. It may be taken internally or applied topically to relieve muscle tension. The herb also treats symptoms arising from excess muscle tension, including breathing difficulties in asthma, and menstrual pain caused by excessive contraction of the uterus.. For night cramps and back pain, lobelia is often mixed with crampbark. The herb also relieves constipation, colic, and irritable bowel syndrome, as well as the physical symptoms of nervous tension. Useful as a protection against threatened miscarriage. Its astringent action gives it a role in the treatment of excessive blood loss in periods and especially bleeding associated with the menopause. In some cases of arthritis, where joint weakness and pain have caused muscles to contract until they are almost rigid, crampbark can bring remarkable relief. As the muscles relax, blood flow to the area improves, waste products such as lactic acid are removed and normal function can return. Crampbark is commonly used in treatments for high blood pressure and other circulatory conditions.

It is a specific remedy for pains in the thighs and back and a bearing-down, expulsive pain in the uterus, whether during pregnancy and childbirth or during menstruation. Crampbark combines well with bearberry for bladder infections with painful cramping and frequent urination with little passed.

For the relief of cramp it may be combined with Prickly Ash and Wild Yam. For uterine and ovarian pains or threatened miscarriage it may be used with Black Haw and Valerian. For bladder infections with painful cramping combine with bearberry.

Cuban Oregano (*Plectranthus amboinicus*): Used traditionally within Ayurvedic and Unani Tibb herbal medicine to help reduce inflammation and is prescribed for bronchitis and asthma. It is reputed to very effective as a treatment for coughs. An old gardener told me that it is often referred to as "pokok asthma". The fresh leaves are pounded and the extracted juice mixed with water. An alternative method recommended is to boil a sprig in water with honey thrown in for added measure.

Cubeb (*Piper cubeba*): Cubeb and its oil are carminative, diuretic, stimulant and antiseptic and were employed as genito-urinary antiseptics and especially for clearing up gonorrhoea. Extract of cubeb is also expectorant, being helpful in pulmonary infections such as bronchitis. The powder from dried and crushed cubebs is added to cigarettes for the relief of asthma. Oil of cubeb is a constituent of some throat lozenges and is useful for urinary ailments and acts as an antiseptic against gonorrhea. Used for indigestion, catarrh, bronchitis, coughs, and lung problems. Cigarettes made of cubeb are said to help with hay fever, asthma, and pharyngitis. Composite herbal drugs containing P.cubeba as one of the ingredients are clinically effective in the treatment of cough. Alcoholic extract of the drug shows antibacterial activity against *Micrococcus pyrogenus* var. *aureus*. Oil of cubeb is effective against influenza virus and *Bacillus typhosus*.

Culantro (*Eryngium foetidum* (*E. antihystericum*)) In Carib medicine as a cure-all, and, specifically for epilepsy, high blood pressure, and fevers, fits, and chills in children. In Suriname's traditional medicine fitweed (culantro) is used against fevers and flu. It is used as a tea for diarrhea, flu, fevers, vomiting, diabetes and constipation. In India the root is used to alleviate stomachache.

Cumin (*Cuminum cyminum*): : Cumin seed is used for diarrhea and indigestion. Specific for headaches caused by ingestion. Hot cumin water is excellent for colds and fevers and is made by boiling a teaspoon of roasted seeds in 3 cups of water. Honey can be added to soothe a sore throat. It is supposed to increase lactation and reduce nausea in pregnancy. Used in a poultice, it relieves swelling of the breast or the testicles.

Smoked in a pipe with ghee, it is taken to relieve the hiccups. Stimulates the appetite. Still used in veterinary practice. Cumin mixed with flour and water is good feed for poultry and it is said if you give tame pigeons cumin it makes them fond of their home and less likely to stray. Basalt mixed with cumin seeds was a common country remedy for pigeons' scabby backs and breasts.

Curry Leaf (*Murraya koenigii*): Said to be tonic and stomachic. In India, the young leaves are taken for dysentery and diarrhea. The leaves and the stem are used as a tonic, stimulant and carminative. An infusion of the toasted leaves is anti-emetic. A paste of the bark and roots is applied to bruises and poisonous bites. The seeds are used to make a medicinal oil called 'zimboleo oil.' Fresh juice of the leaves mixed with lemon juice and sugar is prescribed for digestive disorders, and eating 10 curry leaves every morning for 3 months is thought to cure hereditary diabetes. A few drops of the juice are believed to keep eyes bright. A liberal intake of curry leaves impedes premature greying of the hair. The leaves, boiled in coconut oil, are massaged into the scalp to promote hair growth and retain color. The leaves may also be used as a poultice to help heal burns and wounds. Juice from the berries may be mixed with lime juice and applied to soothe insect bites and stings.



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Daisy (*Bellis perennis* (English)): Flowers are used externally in lotions for skin disease, wounds, varicose veins, sore and watery eyes and bruises. An infusion of the flower was drunk in the morning and at night for a fever. Daisy is under investigation for possible use in HIV therapy. The flowers contain compounds similar to those in *Castanospermum*. It is most often used as a gentle laxative. Its fresh flowers are anodyne and help heal inflamed swellings and burns. It is also beneficial for colds and chest problems, coughs and mucous congestion. The tea is good for stomach and intestinal problems where some sort of internal fermentation is the source, also for catarrh, colic, and liver, kidney and bladder problems. The juice can be used externally for injuries and suppuration. As a double treatment to relieve stiffness or soreness, wild daisy can be taken internally as a tea and applied externally in compresses.

Damiana (*Turnera diffusa*): As an aphrodisiac, damiana works by sending blood to the genital area. It must be used consistently for several weeks before an effect is noticed. The leaf is infused to treat sexual trauma, frigidity, and impotence. It also clears the kidneys, helps the digestion, relieves constipation, and benefits lung problems and coughs. Due to its testosterone quality, damiana has always been seen as an herb for men, helpful in treating premature ejaculation and impotence. It works well in combination with saw palmetto berry and/or ginseng and was used that way by Native Americans for this purpose.

It is a blood purifier with many of the same properties as parsley. Its essential oil is irritating to mucous membranes, increasing the production while decreasing the thickness of fluids produced by these membranes and may account for its success as a diuretic, laxative, blood purifier and expectorant. The effect is most pronounced in the reproductive and urinary systems. It's used in the treatment of urinary infections such as cystitis and urethritis due to the constituent arbutin, which is converted into hydroquinone, a strong urinary antiseptic, in the urinary tubules.

It is a relaxing nervine and tonic with an affinity for nervous system problems that affect the reproductive system. It works by increasing blood flow, blood oxygenation, and energy in the affected area while it relaxes the whole person. It is also used for debility, depression and lethargy. It has mild laxative properties. It has traditionally been used to treat coughs, colds, enuresis, nephritis, headaches and dysmenorrhea.

Dandelion (*Taraxacum officinale*): Dandelion contains much that is beneficial to our bodies: bitter compounds, choline, inulin, large quantities of minerals such as calcium, sodium, silicic acid, sulfur and, in the fresh leaves, a high content of potassium. The bitter compounds stimulate the appetite and promote digestion. Choline affects the gallbladder and the intestines, often stimulating the mucous membranes of the large intestine in a laxative effect. It also has a relationship to the liver's lipid metabolism. Our daily requirement of choline is 2-3 grams and a lack of it increases fatty degeneration of the liver. Dandelion can promote bile production in the liver and its secretion from the liver. Dandelion root is a "blood purifier" that helps both the kidneys and the liver to improve elimination. It helps clear up many eczema-like skin problems because of this. The root has also been successfully used to treat liver diseases such as jaundice and cirrhosis along with dyspepsia and gallbladder problems. Its use as a diuretic is favorable because it replaces the potassium that most diuretics remove. It's the herb of choice for treating rheumatism, gout and heart disease as well as regulating hormonal imbalances. Fresh latex removes warts if applied several times daily. The Chinese have prescribed it since ancient times to treat colds, bronchitis, pneumonia, hepatitis, boils, ulcers, obesity, dental problems, itching, and internal injuries. A poultice of chopped dandelion was also used to treat breast cancer. Traditional Ayurvedic physicians used the herb in a similar manner. Recent research shows a wide number of possibilities using dandelion. Its diuretic property can make it useful in relieving the bloated feeling of PMS and in help with weight loss. One study shows dandelion inhibits the growth of the fungus responsible for vaginal yeast infections. It stimulates bile production and prevents gallstones. There is a German preparation Chol-Grandelat (a combination of dandelion, milk thistle and rhubarb) prescribed for gallbladder disease. Traditional formulas: dandelion and barberry; dandelion and parsley; dandelion and purslane

Deertongue (*Carphephorus odoratissimus* (*Trilisa odoratissima*, *Liatris odoratissima*)) The roots have been used for their diuretic effects and applied locally for sore throats and gonorrhea. It has also been used as a tonic in treating malaria. Demulcent, febrifuge, diaphoretic. A powerful stimulant, highly regarded by Native Americans as an aphrodisiac, and said to induce erotic dreams.

Devil's Claw (*Harpagophytum procumbens*): It has been recommended for treating a wide variety of conditions: cholecystitis, cholelithiasis, gout, obesity, osteoarthritis, rheumatoid arthritis; Dyspepsia; Hypercholesterolemia; Hyperlipidemia. It is a remedy from the Kalahari desert in Namibia with a well deserved reputation as an effective rheumatic remedy. A group of glycosides called harpagosides found in the root show a marked anti-inflammatory effect. Devil's claw is also considered by herbalists to be a potent bitter. Bitter principles, like the iridoid glycosides found in devil's claw, stimulate the stomach to increase the production of acid, thereby helping to improve digestion.

In the west, Devil's claw has been recommended for treating a wide variety of conditions including diseases of the liver, kidneys, and bladder, as well as allergies, arteriosclerosis, lumbago, gastrointestinal disturbances, menstrual difficulties, neuralgia, headache, climacteric (change of life) problems, heartburn, nicotine poisoning, and above all, rheumatism and arthritis.

Externally, devil's claw root is made into ointments for skin rashes, wounds and the like. Diabetes, hepatitis, kidney and bladder deficiency, nervous malaise and respiratory ailments are all treated with devil's claw preparations. Insofar as hardening of the arteries pertains to complications of aging, devil's claw finds application. There is some concern in the industry about the difficulty of obtaining good devil's claw root; only certain portions of the root contain active constituents, and often the whole root is supplied to manufacturers. To help circumvent this problem, standardized preparations are now being produced.

Not much research has been done in this area, but it has been established devil's claw root possesses a bitter value of 6,000, equal to the main Western bitter, gentian root. It would therefore be expected to possess similar gastro-intestinal properties. Indeed, in the few reported studies on g.i. problems, harpagophytum proved effective in treating such complaints as dyspepsia and conditions relating to the proper functioning of bile salts, the gallbladder, and the enterohepatic circuit. In a related manner, the herb helps to raise cholesterol and fatty acid levels in the blood. As one author points out, devil's claw may be the perfect treatment for elderly people with arthritis, obesity and hyperlipemia.

An early review paper on devil's claw suggested the plant was a good stimulant of the lymphatic system, with detoxifying effects that extended to the whole organism, and provided evidence from clinical studies involving close to 400 persons. The plant was indeed effective for most of the conditions listed in the folklore section above, especially as pertaining to the liver, gallbladder, bladder and kidneys.

More recent studies have found devil's claw preparations are generally well suited for the treatment of chronic rheumatism, arthritis, gout, spondylosis-induced lower back pain, neuralgia, headaches, and lumbago. One study found its anti-inflammatory effects equaled those of pyrazolone derivatives and the commonly prescribed anti-arthritis phenylbutazone. Analgesic effects of a subjective nature are reported, but objective tests are ambiguous on this point. Relief of pain is probably a side benefit of reduced inflammation. Improved mobility in the joints is often reported, as well as improved feeling of well-being. Currently, physicians in Europe are injecting devil's claw extract directly into arthritic joints, where it acts much like cortisone in terms of reducing inflammation. As in the case of most arthritis treatments, not everybody benefits, but there are enough to do to warrant further investigation of this plant, and to recommend it as a possible treatment option. A clinical study carried out in Germany in 1976 reported that devil's claw exhibited anti-inflammatory activity, comparable in many respects to the well-known anti-arthritis drug, phenylbutazone. Analgesic effects were also observed along with reductions in abnormally high cholesterol and uric-acid blood levels.

Devil's Club (*Oplomanax horridum*): Devil's Club is used to stabilize blood sugar levels. It is used routinely in the treatment of diabetes as a natural alternative to insulin. Although devil's club shares some pharmacological and therapeutic similarities with ginseng, it is not the same medicine. It is a strong and safe respiratory stimulant and expectorant increasing the mucus secretions to initiate fruitful coughing and soften up hardened bronchial mucus that can occur later on in a chest cold. The cold infusion, and to a lesser degree the fresh or dry tincture, is helpful for rheumatoid arthritis and other autoimmune disorders, taken regularly and with sensible modifications to the diet. It is more helpful when taken during remissions and has little effect during active distress. Its main value is in modifying extremes of metabolic stress and adding a little reserve to offset the person's internal cost of living. Its use by Native Americans as a treatment for adult-onset diabetes has been substantiated by scientific studies in this century. It seems to decrease the lust for sugars and binge food in those trying to lose weight or deal with generally elevated blood fats and glucose. Seems to work best on stocky, mesomorphic, anabolic-stress-type, middle-aged people with elevated blood lipids, moderately high blood pressure, and early signs of adult onset, insulin-resistant diabetes. Indians also used it to treat cancer. Root strongly warms lymphatic system function; weakly warms central nervous system activity; weakly warms hepatic activity.

Root weakly warms immunologic activity; weakly warms mucosal activity; weakly warms parasympathetic nervous system activity; weakly warms renal activity; weakly warms reproductive system function; weakly warms respiratory system function; weakly warms skin activity; weakly warms sympathetic nervous system activity; weakly warms thyroid stress; weakly warms upper GI activity; weakly cools adrenal stress; weakly cools anabolic stress.

Dill (*Anethum graveolens*): Carvone is a carminative. Limonene and phellandrene--an irritant found in oil of dill and many other essential oils--are photosensitizers. Dill seed improves digestion and appetite and sweetens the breath. The oil kills bacteria and relieves flatulence. It is frequently used in Ayurvedic and Unani medicines for indigestion, fevers, ulcers, uterine pains and kidney and eye problems. Ethiopians chew the leaves along with fennel to treat headaches and gonorrhea. In Vietnam it is used to treat intestinal diseases. Contemporary herbalists recommend chewing the seeds for bad breath and drinking dill tea both as a digestive aid and to stimulate milk production in nursing mothers. The herb helps relax the smooth muscles of the digestive tract. One study shows it's also an antifoaming agent, meaning it helps prevent the formation of intestinal gas bubbles.

Historically, injured knights were said to have placed burned dill seeds on their open wounds to speed healing. A mixture of dill, dried honey and butter was once prescribed to treat madness.

Dittany of Crete (*Origanum dictamnus*) As a medicinal plant, the herb has been utilized to heal wounds, soothe pain, and ease childbirth. The root has been used in a salve to treat sciatica, and the juice was consumed in wine to cure snake bite. In addition, it has been used as a remedy against gastric or stomach ailments and rheumatism.

Dodder (*Cuscuta epithymum*) A mild laxative and a well regarded hepatic. It is of value for the treatment of bladder and liver troubles. It is also considered a remedy for kidney complaints.

Dodder, Big Fruit (*Cuscuta megalocarpa*) Indians used the plants in a bath for treatment of tuberculosis. Early settlers put their fevered children in the same kind of bath. A poultice of the plant has been used to treat insect stings. Indians believed the plant to be a useful contraceptive and gave it to their women. It has also been considered a bile stimulant and a laxative.

Dodder, Japanese (*Cuscuta japonica*) Internally used for diarrhea, impotence, urinary frequency, vaginal discharge, and poor eyesight associated with liver and kidney energy weakness. Also used for prostatitis and neurological weakness. It builds sperm, builds the blood, strengthens sinews and bones. It also treats enuresis and seminal emission; constipation, backache and cold knees; and rheumatoid arthritis. One of the safer and more affordable yang tonics. The herb is reputed to confer longevity when used for prolonged periods, particularly in combination with Chinese yam. The herb is nontoxic and can be used continuously for long-term periods except for the contraindication below.

Dong Quai (*Angelica sinensis*) Often called "the female ginseng." Though dong quai has no specific hormonal action, it exerts a regulating and normalizing influence on hormonal production through its positive action on the liver and endocrine system. It has a sweet and unusually thick pungent taste and is warming and moistening to the body. Chinese angelica is taken in Traditional Chinese Medicine as a tonic for "deficient blood" conditions, anemia and for the symptoms of anemia due to blood loss, pale complexion, palpitations, and lowered vitality. Chinese angelica regulates the menstrual cycle, relieves menstrual pains and cramps and is a tonic for women with heavy menstrual bleeding who risk becoming anemic. Since it also stimulates menstrual bleeding, other tonic herbs, such as nettle, are best taken during menstruation if the flow is heavy. It is also a uterine tonic and helps infertility. Chinese angelica is a "warming" herb, improving the circulation to the abdomen and to the hands and feet. It strengthens the digestion and it also is useful in the treatment of abscesses and boils. Research has shown that the whole plant, including the rhizome, strengthens liver function and the whole rhizome has an antibiotic effect. In China, physicians inject their patients with Dong quai extract to treat sciatic pain. Clinical trials show that when this extract is injected into the acupuncture points used to treat sciatica, about 90% of people receiving treatment report significant improvement.

Dragon's Blood (*Daemonorops draco syn Calamus draco*) a stringent, and regarded as effective for the treatment of dysentery. It is applied externally as a wash or liniment to stop bleeding and promote healing. Internally it is used for menstrual irregularities, chest pains, post-partum bleeding and traumatic injuries. Doses of 10 to 30 grains were formerly given as an astringent in diarrhea, etc., but officially it is never at present used internally, being regarded as inert. The following treatment is said to have cured cases of severe syphilis. Mix 2 drachms of Dragon's Blood, 2 drachms of colocynth, ½ oz. of gamboge in a mortar, and add 3 gills of boiling water. Stir for an hour, while keeping hot. Allow to cool, and add while stirring a mixture of 2 oz. each of sweet spirits of nitre and copaiba balsam. Dragon's Blood is not acted upon by water, but most of it is soluble in alcohol. It fuses by heat. The solution will stain marble a deep red, penetrating in proportion to the heat of the stone.

Dyers Greenwood (*Genista tinctoria*) Both the flowering stems and seeds are the medicinal parts. Dyer's Greenweed was used as a laxative, to expel uroliths and for gout. It has strong diuretic, weak cardioactive and laxative properties. Besides being a remedy for kidney and urinary disorders, it has also been used to strengthen heart action, to raise blood pressure and to alleviate rheumatic and arthritic pain. It has diuretic, cathartic and emetic properties and both flower tops and seeds have been used medicinally, though it has never been an official drug. The powdered seeds operate as a mild purgative, and a decoction of the plant has been used medicinally as a remedy in dropsy and is stated to have proved effective in gout and rheumatism, being taken in wineglassful doses three or four times a day. The ashes form an alkaline salt, which has also been used as a remedy in dropsy and other diseases. In the fourteenth century it was used, as well as Broom, to make an

ointment called Unguentum geneste, 'goud for alle could goutes,' etc. The seed was also used in a plaster for broken limbs. A decoction of the plant was regarded in the Ukraine as a remedy for hydrophobia, but there's not much scientific evidence on this use.



-E-

Elder: (*Sambucus nigra*): Key actions: Flowers: expectorant, reduces phlegm, circulatory stimulant, promote sweating, diuretic, topically anti-inflammatory; Berries: promote sweating, diuretic, laxative; Bark: purgative, promotes vomiting, diuretic; topically--emollient. The berries help coughs, colic, sore throats, asthma and flu. A pinch of cinnamon makes the tea more warming. The berries have also been taken for rheumatism and erysipelas. They are mildly laxative and also help diarrhea.

The flowers are infused for fevers, eruptive skin conditions such as measles and severe bronchial and lung problems. The infusion is relaxing and produces a mild perspiration that helps to reduce fever. The flowering tops tone the mucous linings of the nose and throat, increasing their resistance to infection. They are prescribed for chronic congestion, allergies, ear infections and candidiasis. Infusions of the flowering tops and other herbs can reduce the severity of hay fever attacks if taken for some months before the onset of the hay fever season. A classic flu remedy is a mixture of elderflower, yarrow and peppermint teas.

By encouraging sweating and urine production, elder flowering tops promote the removal of waste products from the body and are of value in arthritic conditions.

The specific compounds in elder flowers have not been well established for the diuretic and laxative properties. The compound sambuculin A and a mixture of alpha- and beta-amyrin palmitate have been found to exhibit strong antihepatotoxic activity against liver damage induced experimentally by carbon tetrachloride.

The bark's energetics are bitter and toxic. Only bark that has been aged for a year or more should be used or cyanide poisoning may result. The Western species are more toxic. This herb has two compounds that are active against flu viruses. It also prevents the virus from invading respiratory tract cells. A patented Israeli drug (Sambucol) that contains elderberry is active against various strains of viruses. It also stimulated the immune system and has shown some activity in preliminary trials against other viruses, such as Epstein-Barr, herpes and even HIV.



Elecampane (*Inula helenium*): European scientists have discovered elecampane contains a chemical, alantolactone, that helps expel intestinal parasites and is better than santonin and less toxic (1 teaspoon of root to a cup of water, bring to boil and simmer 20 minutes, drinking up to 3 cups a day). It is also anti-inflammatory, anti-bacterial, and fungicidal adding to its potential therapeutic action in the intestine.

All chronic lung conditions such as bronchitis and asthma are helped by it. It is generally mixed with other lung herbs (often white horehound, coltsfoot, pleurisy root and yarrow). It is a constitutional treatment for general catarrhal conditions such as chronic pulmonary affections that have symptoms of cough, shortness of breath, wheezing in the lungs, a specific for whooping cough in children, pneumonia, diseases of the breast and malignant fevers, hepatic torpor, dyspepsia and the feeling of stitches in the side caused by the spleen. It's warming for a cold, wet cough. It doesn't suppress the cough, but increases expectoration.

Elecampane produces an active principle called helenin, which is antiseptic and antibacterial, making the root useful in salves and surgical dressings. Elecampane contains an essential oil that consists primarily of sesquiterpene lactones. The root also contains the complex carbohydrate inulin. This starchy material swells and forms a slippery suspension when mixed with digestive fluids. The inulin soothes the lining of the digestive tract and provides the benefits of viscous fiber. It also apparently elicits a sympathetic expectorant response to mucous membranes of the respiratory system.

A bitter-aromatic tonic, elecampane root increases appetite and promotes digestion. Europeans with indigestion still sometimes sip on a cordial made by infusing the roots, sugar and currants in white port. In Russia, the whole root is preserved in vodka to store it for winter use. Soluble in alcohol and partially in water. Used in China for certain cancers. Wash used for facial neuralgia, sciatica. Experimentally, tea strongly sedative to mice.

Epazote (*Chenopodium ambrosioides*) Has been used for centuries beginning with the Mayans. By the middle of the 18th century, medicinal use of the plant was firmly established in the US. Mexican mothers steep epazote in milk and sugar to rid their children of intestinal parasites, especially roundworms and hookworms. Helps prevent flatulence. The ingredient ascaridol is a powerful worm expellent. The Catawba made a poultice from the plant, which they used to detoxify snake bite and other poisonings. It has also been used as a digestive remedy, being generally taken to settle colic and stomach pains. Wormseed leaves have antispasmodic properties. A decoction of the leaves or of the whole plant brings relief to a variety of gastrointestinal problems. Its muscle-relaxing action has led to its use in the treatment of spasmodic coughs and asthma. The plant also has external uses. Juice expressed from the whole herb is applied as a wash for hemorrhoids. In addition, the whole plant is thought to have wound-healing properties. Dose: of the oil, 4-20 drops with honey, or molasses, for children according to age. The infusion of the tops and pulverized seeds, 1 teaspoonful to 1 cupful of boiling water; steep 15 min. administer in wineglassful amounts. To expel worms: omit the evening meal, give the prescribed dose and again in the morning before breakfast, followed by a herbal cathartic; repeat for three days to make sure the larva is expelled. Was official in the US Pharmacopeia for more than a century, from 1820-1947.



Ephedra (*Ephedra sinica* and *E. vulgaris*) Ephedra's active constituents are strong central nervous system stimulants, more powerful than caffeine but less potent than amphetamine. Ephedrine itself opens the bronchial passages, thus acting as a bronchodilator, stimulates the heart, and increases blood pressure, metabolic rate, and perspiration and urine production. It also reduces the secretion of both saliva and stomach acids. Traditional Zen

monks used ephedra to promote calm concentration during meditation. In China, ephedra is popular for chills and fevers, coughs and wheezing, and in combination with rehmannia is given to treat kidney yin deficiency. For asthma use with almond; for "wind-cold" injury use with cinnamon; for allergic skin reaction use with mint and cicada moltings. Ephedra is used principally in current Western herbal medicine as a treatment for asthma and hay fever, and for the acute onset of colds and flu. It also helps to raise blood pressure, cool fevers, and alleviate rheumatism. The whole plant contains many compounds—some active, some inert, which in combination seem to act synergistically. The whole plant can be used at a much lower dosage than isolated constituents and it has significant therapeutic effects, including dilating the bronchial airways and increasing blood flow to the skin. Unlike ephedrine, the whole plant rarely gives rise to side effects. One study shows ephedrine helps smokers quit by decreasing cigarette cravings. Ephedrine causes uterine contractions in laboratory animals. Pregnant women should not use it. Other women may try it to initiate menstruation.

Evening Primrose (*Oenothera biennis*) The tiny seeds were used as an unspecified medicine by the Forest Potawatomis. The Flambeau Ojibwas used the whole plant, soaked in warm water, to make a poultice to heal bruises. The Omahas also made a poultice from some part of the four-point evening primrose. GLA is responsible for many of the herb's properties. It is an anticoagulant that is thought to reduce high blood pressure, prevent heart attacks and guard against coronary artery disease. A 1981 clinical study at the St. Thomas Hospital in London gave evening primrose oil to 65 women with premenstrual syndrome and 61% of the participants found their symptoms completely disappeared and another 23% felt partial relief. There was noticeable improvement in the skin conditions of 99 people with eczema when they were treated with evening primrose oil in a double-blind study. In another study, the oil was found to improve dry and brittle nails and combines with zinc treatments, it helped acne and dry eyes, as well as nails. In 1987, the Glasgow Royal Infirmary of Scotland saw improvement in 60% of its rheumatoid arthritis patients who took a combination of evening primrose and fish oil instead of their regular drugs. A study by the Highland Psychiatric Research Group at the Draig Dunain Hospital, Inverness, Scotland, found that evening primrose encouraged regeneration of liver cells damaged by alcohol consumption. Other researchers think it may also prevent alcoholic poisoning, hangovers, postdrink depression and alcohol withdrawal. It is thought to stop alcohol from damaging brain cells by bolstering them with unsaturated fats. . A New York City hospital found that more than 10% of overweight people tested with evening primrose oil lost weight. In another study, two-thirds of hyperactive children studied responded favorably to the oil.

Evening primrose oil improved Parkinson's-induced tremors in 55% of those who took the equivalent of 2 teaspoons a day for several months. Some studies suggest that GLA helps relieve symptoms of Raynaud's disease. In one study, EPO was massaged into the fingers of people with Raynaud's disease and about half improved.

Eyebright (*Euphrasia officinalis*) Eyebright is similar, but much weaker in action, to golden seal when it comes to its use as an eyewash. It contains astringent and antibiotic principles that are useful for cleansing the eye. Systemic effects such as stimulation of the liver to release vitamin A are unfounded scientifically. It tightens the mucous membranes of the eye and appears to relieve the inflammation of conjunctivitis and blepharitis. Its ability to counter mucus means that it is often used for infectious and allergic conditions affecting the eyes, middle ear, sinuses, and nasal passages. It is helpful in acute or chronic inflammations, stinging and weeping eyes as well as over-sensitivity to light. Although eyebright counters liquid mucus, it should be used guardedly for dry and stuffy congestion, which tends to be made worse by the plant's astringency.

Used internally it is a powerful anti-catarrhal and thus may be used in nasal catarrh, sinusitis and other congestive states. In catarrhal conditions it combines well with golden rod, elder flower or goldenseal. In allergic conditions where the eye are affected it may be combined with Ephedra. As an eye lotion it mixes with Goldenseal and distilled witch hazel. Eyebright tea may be given internally at the same time. The mechanism of action is not yet known.





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F Herbs

False Indigo (*Baptisia tinctoria*) Although not as well known, false indigo is comparable to Echinacea. The root is used to enhance the immune system and to combat infection. The polysaccharides it contains have been shown to stimulate antibody production. A few Native American tribes used the roots and sometimes the leaves both internally and externally to treat cancer. It is considered particularly effective for upper respiratory infections such as tonsillitis and pharyngitis, and is also valuable in treating infections of the chest, gastrointestinal tract and skin. Its anti-microbial and immunostimulant properties combat lymphatic problems. When used with detoxifying herbs such as burdock, it helps to reduce enlarged lymph nodes. It was once used to treat typhoid and scarlet fevers. An astringent and antiseptic, it is an ingredient in ointments, poultices, and washes for skin ulcerations, infections, boils, and even staph infections. Foul discharges with a dark purplish discoloration are definite indications for baptisia. It is also added to douche formulas for vaginitis and taken as a tea, as well as a douche for cervical ulcerations. False indigo has been recommended to reduce inflammatory diseases, including arthritis. Prescribed along with Echinacea angustifolia for chronic viral conditions or chronic fatigue syndrome. A decoction of the root soothes sore or infected nipples and infected skin conditions. Used as a gargle or mouthwash, the decoction treats canker sores, gum infections, and sore throat. Solvent in alcohol and boiling water.

Fennel (*Foeniculum vulgare*): Fennel's effects have a warming, respiring and loosening nature. It warms and stimulates the digestive organs, especially when they become sluggish. This relieves gas and headaches that are related to improper digestion. An excellent stomach and intestinal remedy for treating flatulence and colic conditions, while also stimulating healthy appetite and digestion. Fennel frees the respiratory system, rendering a calming anti-spasmodic effect on coughs and bronchitis. It gives a delicious flavor and aromatic lift to herbal blends and cough syrups. Helpful for cancer patients after radiation and chemotherapy.

To help with indigestion and gas, pour boiling water over crushed fennel seeds (1 tsp seed to a pt of water). The seeds are simmered in syrups for coughs, shortness of breath, and wheezing. The leaves and seeds when boiled with barley increase breast milk. The seeds and root help clean the liver, spleen, gallbladder, and blood. The tea and broth of this herb are said to help in weight loss programs. Fennel oil mixed with honey can be taken for coughs, and the tea is used as a gargle. The oil is eaten with honey to allay gas and it is applied externally to rheumatic swellings. The seeds are boiled to make an eye wash for inflamed and swollen eyes.

Use an infusion of the seeds as a gargle for gum disorders, loose teeth, laryngitis or sore throats.

Fennel increases the libido of both male and female rats. Fennel has compounds that act like the female hormone estrogen and has been used for centuries to promote milk flow in nursing women. Don't use the oil, however because in pregnant women, the oil can cause miscarriage. And in doses greater than about a teaspoon, it can be toxic. As an estrogenic herb it has been used

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as a breast enlarger.

Anethole, the main constituent of the oil, has demonstrated anti-microbial activity. Dissolve a total of 25 drops of thyme, eucalyptus and fennel oils in 25 ml sunflower or almond oil as a chest rub. Fennel should not be used in high doses as it causes muscular spasms and hallucinations.

America's 19th century Eclectic physicians prescribed fennel as a digestive aid, milk and menstruation promoter. Latin Americans still boil the seeds in milk as a milk promoter for nursing mothers. Jamaicans use it to treat colds. And Africans take fennel for diarrhea and indigestion.

A decoction of the seeds is used in Chinese medicine for abdominal pain, colic and stomach chills. Enters the Liver, Kidney, Spleen, Stomach channels. Spreads the Liver qi, warms the Kidneys, expels cold and alleviates pain: used to warm and encourage movement in the Liver channel or the lower burner as in cold hernial disorders or any kind of lower abdominal pain due to cold. Use with caution in cases of yin deficiency with heat signs.

One study suggests fennel has oddly contradictory effects on the liver. It aggravates liver damage in experimental animals but spurs liver regeneration in animals with parts of their liver removed

Fenugreek (*Trigonella foenum-graecum*) Uses have been an aid to digestion and treat inflammations. Medicinal use and commercial cultivation is at present on the increase. Its seeds are high (40%) in mucilage, an emollient soothing to the skin and used as an emulsifier in drugs and food. The seeds also contain diosgenin, a steroid that can be converted to pregnenolone (a steroid formed during the synthesis of hormones) and progesterone, the anti-estrogen hormone secreted by pregnant women. The seeds are reported to contain chemicals that inactivate trypsin and chymotrypsin, enzymes making it possible for your body to digest protein. But there is no evidence that fenugreek used to season food has any such effect. Seeds are high in protein and contain trigonelline, a nitrogen compound found in many legumes. When trigonelline comes in contact with acids or is heated, it yields nicotinic acid (niacin), the B vitamin that prevents pellagra. Grind seed coarsely, infuse and drink as a tonic tea to stimulate digestion and milk flow, ease coughing, flatulence and diarrhea. Make a mushy poultice of crushed seed and hot milk for inflammation, ulcers, swollen glands, sciatica and bruises. Said to be effective in treating fevers. The seeds have galactogenic and anthelmintic properties; the ancients believed them to be aphrodisiac.

Feverfew (*Tanacetum parthenium* also *Chrysanthemum parthenium*): When the wife of a Welsh doctor ended her 50-year-old history of migraine with a course of feverfew, a detailed scientific investigation of feverfew got underway and in clinical trials in Britain during the 1980s the herb was demonstrated to be an effective remedy for migraine. 20 headache patients eat fresh feverfew leaves daily for 3 months and stop using headache-related drugs during the last month. After they were given capsules of .37 grains of freeze-dried leaf every day, they experienced less severe headaches and fewer symptoms, including nausea and vomiting, than a placebo group. As an added benefit, their blood pressure went down. Despite extensive research, the exact nature of its action is not yet understood, but the constituent parthenolide appears to inhibit the release of the hormone serotonin, which is thought to trigger migraine. The parthenolides in feverfew do not work by the same method as salicylates. While many herbalists feel the fresh leaves, or an extract made from them, are preferred, results have been seen with fresh, freeze-dried, and air-dried leaves, although boiling feverfew tea for 10 minutes instead of steeping it did reduce its activity in one study. As a preventative it should be taken in small quantities (3 leaves a day) regularly. The herb can help arthritic and rheumatic pain, especially in combination with other herbs.

The herb has been used since Roman times to induce menstruation. It is given in difficult births to aid expulsion of the placenta. It has not been shown to cause uterine contractions, but because of its history in promoting menstruation pregnant women should probably not use it.

In South America where feverfew is naturalized, it has been effective for colic, stomachache, morning sickness and kidney pains. In Costa Rica, it has also been employed as a digestive aid and emmenagogue.

Mexicans have used it as a sitz bath to regulate menstruation as well as an antispasmodic and tonic.

Feverfew is useful for cats as an alternative to aspirin, which is toxic to felines. Use a glycerin-based tincture or a cooled tea with a dose of 12-20 drops of the tincture or ½ tsp of a strong tea for each 20 pounds of the animal's weight, twice daily. Pets can be bathed in a cooled tea as a flea rinse.

Figwort (*Scrophularia nodosa*): Powerful medicines whenever enlarged glands are present including nodosities in the breasts. Figwort is used to cleanse and purify the body. Figwort is used to treat skin diseases such as eczema, acne and psoriasis. It has been called the Scrofula Plant, on account of its value in all cutaneous eruptions, abscesses, wounds, etc., the name of the genus being derived from that of the disease for which it was formerly considered a specific (tuberculosis of the lymph glands in the neck). It has diuretic and anodyne properties. A decoction is made of it for external use and the fresh leaves are also made into an ointment. Of the different kinds of Figwort used, this species is most employed, principally as a fomentation for sprains, swellings, inflammations, wounds and diseased parts, especially in scrofulous sores and gangrene. The leaves simply bruised are employed as an application to burns and swellings. Figwort is used for lingering and congenital illnesses of the lymphatic system and the skin. It has a stimulating and strengthening effect on the bladder and kidneys. The glycosides it contains make it suitable for treating mild heart conditions that call for stimulating the metabolism and eliminating water retention in the body. For this purpose, use figwort as a tea or tincture.

The herb and root have been used to treat cancer of the fleshy parts. The powdered root in water has been used as a tea to treat condyloma. The juice of the root and leaf are applied externally to tumors and cancers. The ointment treats painful tumors, and the fresh poultice may be used for inflamed tumors and glandular indurations. When figwort is used externally, the tea is also given internally as further therapeutic support.

In traditional Chinese medicine, Figwort (*S. ningpoensis*) is a standard remedy. Because of its ability to stimulate the pancreas, it is used in the treatment of diabetes. Known as *huyen sam* or *xuan shen*, it is also a remedy for fever and sadness, swellings and pain of the throat, furuncles, and to aid digestion.

A decoction of the herb has been successfully used as a cure for the scab in swine. Cattle, as a rule, will refuse to eat the leaves, as they are bitter, acrid and nauseating, producing purging and vomiting if chewed.

Fo-Ti (*Polygonum multiflorum*): First mentioned in Chinese herbal medicine in 713 A.D., it has become one of the most important and widely used. It is taken regularly for its rejuvenating and toning properties and to increase fertility in both men and women. In TCM it's most important use is as a tonic for the liver and kidneys. By strengthening liver and kidney function, it helps to cleanse the blood, enabling the qi to circulate freely around the whole body. It's also given to people with symptoms of dizziness, weakness, numbness and blurred vision with indicate inefficient nerves and "blood deficiency." It is prescribed in China for people showing signs of premature aging, including graying of the hair. Also it is prescribed in the treatment of chronic malaria, when it is often combined with ginseng, Chinese angelica and green tangerine peel.

Traditional Chinese herbalists place great emphasis on the shape and age of the roots, with the older roots being in great demand. It is also employed as a remedy for insomnia, stomach upset, and diabetes. Many use it as an effective tool against high blood pressure and hardening of the veins and arteries. The component of Lecithin which is contained in Fo-ti helps to reduce arterial plaque and blood pressure. Research in China with animals has shown that he shou wu reduces raised blood cholesterol levels significantly. With humans, 80% of patients with high blood cholesterol showed an improvement. Other research shows to it helps to increase the levels of sugar in the blood and has the ability to counter the tuberculosis bacillus.

Foxglove (*Digitalis purpurea*) Foxglove yields digitoxin, which is still used today to increase the force of the heart's contractions. As a result blood pressure in the veins is reduced and the pulse is slowed and stabilized. Used to increase force of systolic contractions in congestive heart failure, lowers venous pressure in hypertensive heart ailments, elevates blood pressure in weak heart; diuretic and reduces edema.

Frankincense (*Boswellia serrata*): serves as an antiseptic and anti-inflammatory to lung, genital and urinary complaints, digestive tract ulcers and chronic diarrhea. It is also used in the treatment of breast cysts and to increase menstruation. Used in inhalation, it may be helpful for asthma sufferers as it eases shortness of breath and increases the amplitude of the breath. Has a pronounced effect on the mucous membranes, particularly helpful in clearing the lungs. May mitigate the effects of cystitis, nephritis and genital infections generally. Also soothes the stomach, easing digestion, dyspepsia and belching. Chinese herbalists use it in powder form and in teas for rheumatism and menstrual pain and externally as a wash for sores and bruises.

Fringe Tree (*Chionanthus virginicus*) The bark and dried roots have been used in poultices for skin inflammations.

Fringetree bark may be safely used in all liver problems, especially when they have developed into jaundice. Good for the treatment of gall-bladder inflammation and a valuable part of treating gall-stones. It is a remedy that will aid the liver in general and as such it is often used as part of a wider treatment for the whole body. It is also useful as a gentle and effective laxative. The root bark also appears to strengthen function in the pancreas and spleen. Anecdotal evidence indicates that it may substantially reduce sugar levels in the urine. Fringe tree also stimulates the appetite and digestion, and is an excellent remedy for chronic illness, especially where the liver has been affected. For external use, the crushed bark may be made into a poultice for treating sores and wounds.

Fumitory (*Fumaria officinalis*) The herb has a stimulant action on the liver and gallbladder and is chiefly used to treat skin conditions such as eczema, dermatitis and exanthema. Its action is probably due to a general cleansing mediated via the kidneys and liver. It is also diuretic and mildly laxative. Taken over a long period, it helps to cure depression. Also used internally for biliary colic and migraine with digestive disturbances.

Externally used for conjunctivitis.

-G- Herbs

Galangal (*Languas officinarum*): Resembling ginger in its effects, galangal is an aromatic stimulant, carminative, stomachic, antispasmodic, antiphlogistic, antibacterial. It is used in nausea, flatulence, dyspepsia, rheumatism, catarrh and enteritis. It also possesses tonic qualities and is used in veterinary and homeopathic medicine. In Both galangals have been used in Europe and Asia as an aphrodisiac. In Asian medicine, galangal is used to treat catarrh and respiratory problems. A drink made from grated galangal and lime juice is taken as a tonic in Southeast Asia. In the past, it was a treatment for flatulent indigestion. In the Philippines the rhizome, when mixed with oils, is used as a poultice and is applied to boils and furuncles to bring them to a head.

In Chinese herbal medicine, galangal is a warming herb used for abdominal pain, vomiting, and hiccups, as well as for diarrhea due to internal cold. When used for hiccups, it is combined with codonopsis.

In India and southwestern Asia, galangal is considered stomachic, anti-inflammatory, expectorant, and a nervine tonic. It is used in the treatment of hiccups, dyspepsia, stomach pain, rheumatoid arthritis and intermittent fever. It is also used as a body deodorizer and halitosis remedy.

In the West it is mainly used for gas, indigestion, vomiting, and stomach pain. An infusion can be used to alleviate painful canker sores and sore gums. Galangal as long been recommended as a treatment for seasickness. It can be used with other antifungal herbs as part of a regimen to treat intestinal candidiasis.

Galbanum (*Ferula galbaniflua*) Stimulant, expectorant in chronic bronchitis. Antispasmodic and considered an intermediate between ammoniac and asafoetida for relieving the air passages, in pill form it is specially good, in some forms of hysteria, and used externally as a plaster for inflammatory swellings.

Garlic Mustard (*Alliaria petiolata*) Internally for bronchitis, asthma, and eczema. Externally the leaves were applied as dressings to open sores and ulcers, as well as for neuralgia, rheumatism, and gout. The leaves were used medicinally by the early herbalists for dropsy and to induce sweating. It warms the stomach and helps digestion. The juice boiled with honey is good for a cough, to cut and expectorate tough phlegm. The seed bruised and boiled in wine is a good remedy for colicky wind or the stone, if drank warm. The seeds have also been used to promote sneezing.

Gas Plant (*Dictamnus albus*) Very rarely used today, dittany has an action similar to that of rue in that it strongly stimulates the muscles of the uterus, inducing menstruation and sometimes causing abortion. By contrast, its effect on the gastrointestinal tract is antispasmodic. It relaxes the gut and acts as a mild tonic for the stomach. The plant has also been used as a treatment for nervous conditions. Internally and externally it's used for skin diseases (especially scabies and eczema), German measles, arthritic pain, and jaundice. May be combined with *Sophora flavescens* for external use.

Gentian (*Gentiana lutea*): One of the most bitter of the bitter digestive tonics, gentian is often called "bitter root". Taken 30 minutes before eating, it increases the appetite, stimulating digestive juices, pancreas activity, the blood supply to the digestive tract, and intestinal peristalsis. It also decreases intestinal inflammation and kills worms. Digestive juice begin flowing about 5 minutes after the herb reaches the stomach, and the level achieved in 30 minutes is maintained for 2 to 3 hours. It is especially helpful in fat and protein digestion and slightly raises stomach acidity. A German study found it extremely effective in curing indigestion and heartburn when volunteers were given gentian with small amounts of cayenne, ginger, and wormwood. Gentian is also used to treat liver and spleen problems, and to promote menstruation. At times, its fever-lowering action has been considered superior to Peruvian bark. There is some evidence that it makes the body more sensitive to adrenalin and may indirectly stimulate more than appetite. It was once used externally to clean wounds.

In Chinese medicine *G. macrophylla* & *G. scabra* are used as clearing "heat and damp." It is used to treat digestive disorders, sore throat, headache, and arthritis. Ayurvedic physicians have used it to treat fevers, venereal diseases, jaundice and other liver problems.

Germander (*Teucrium chamaedrys*) Infusions of wall germander have long been used to treat gout, rheumatism, stomach problems, fever and congestion. The plant has also been taken to aid weight loss and is a common ingredient in tonic wines. Wall germander has been used as a mouthwash for sore gums and as a lotion to help heal wounds. It was also used as a tonic in intermittent fevers, and is recommended for uterine obstructions. The expressed juice of the leaves, with the addition of white wine, is held to be good in obstruction of the viscera. Possessing qualities nearly allied to those of Horehound, a decoction of the green herb, taken with honey, has been found useful in asthmatic affections and coughs, being recommended for this purpose by Dioscorides. The decoction has also been given to relieve dropsy in its early stages. Germander had been approved in France for use in weight-loss products but was suspended as a result of several well-documented cases of toxic reactions and nonspecific acute hepatitis.

Ginger (*Zingiber officinale*): The root is warming to the body, is slightly antiseptic and promotes internal secretions. Chop about 2 inches of the fresh root, cover with one cup of water, and simmer for about 20 minutes or 1/2 teaspoon of the powdered root can be simmered in one cup of water. Add lemon juice, honey, and a slight pinch of cayenne. A few teaspoons of brandy will make an even more effective remedy for colds. This preparation treats fevers, chest colds and flu. A bath or a foot-soak in hot ginger tea is also beneficial. The tea without additives helps indigestion, colic, diarrhea and alcoholic gastritis. Dried ginger in capsules or in juice is taken to avoid carsickness, seasickness and morning sickness. Use about 1/2 teaspoon of the powder (2 capsules) 30 minutes before departure and then one to two more as symptoms begin to occur. Works well for dogs and children.

Ginger contains zingibain, a special kind of proteolytic enzyme that has the ability to chemically break down protein. Clinical studies have shown that proteolytic enzymes have anti-inflammatory properties. They also play an additional role in controlling autoimmune disease. They help reduce blood levels of compounds known as immune complexes. Ginger is also well-known for its anti-inflammatory properties. Indian and Scandinavian studies have consistently shown that ginger is useful for treating most kinds of arthritis. It also contains more than 12 antioxidants.

It can be taken as a tea, tincture or capsule

Ginger actually gives other herbs a boost by improving the body's ability to assimilate them. Ginger actually protects herbal compounds from being destroyed by the liver and continue circulating in the blood for a longer time. It also improves the intestines' absorption of other herbs.

Helps reduce serum cholesterol levels, reduces tendency towards blood clots. Aids circulation (including peripheral circulation). Stimulates vasomotor (producing contraction and dilation in walls of vessels) and respiratory center of the central nervous system.

Ginger has long been used in eastern Africa for killing intestinal parasites. Researchers discovered that all 42 components in ginger essential oil kill roundworms, among other parasites. Some of these compounds were more effective than the commonly prescribed drug piperazine citrate.

In Chinese medicine it warms the middle and expels cold: for warming the Spleen and Stomach both in conditions of excess due to externally-contracted cold, as well as cold from deficiency due to insufficiency of the yang qi. Rescues devastated yang and expels interior cold: for devastated yang with such signs as a very weak pulse and cold limbs. Warms the Lungs and transforms phlegm: for Lung cold with expectoration of thin, watery, or white sputum. Warms the channels and stops bleeding: for cold from deficiency that may present with hemorrhage of various types, especially uterine bleeding.

Ginseng (*Panax ginseng*) Ginseng was considered for generations to be a panacea by the Chinese and Koreans,

although there are some disorders, such as acute inflammatory diseases, for which it is not recommended. It usually is not taken alone, but combined in formulas with other herbs. One of ginseng's key investigators, Russian I.I. Brekhman, coined the term "adaptogen" to describe ginseng's ability to regulate many different functions. It can have different responses, depending on what an individual needs. Studies show that ginseng increases mental and physical efficiency and resistance to stress and disease. Psychological improvements were also observed according to Rorschach. Studies done at the Chinese Academy of Medical Science in Beijing, China, showed that the ginsenosides increase protein synthesis and activity of neurotransmitters in the brain. They are also probably responsible for ginseng's dual role of sedating or stimulating the central nervous system, depending on the condition it is being taken to treat. Studies also show that ginseng improves carbohydrate tolerance in diabetics. When volunteers were given 3 grams of ginseng along with alcohol, their blood alcohol level was 32% to 51% lower than that of the control group.

Ginseng appears to stimulate the immune system of both animals and humans. It revs up the white blood cells (macrophages and natural killer cells) that devour disease-causing microorganisms. Ginseng also spurs production of interferon, the body's own virus-fighting chemical, and antibodies, which fight bacterial and viral infections. It reduces cholesterol, according to several American studies. It also increases good cholesterol. Ginseng has an anticlotting effect, which reduces the risk of blood clots. It reduces blood sugar levels. Ginseng protects the liver from the harmful effects of drugs, alcohol, and other toxic substances. In a pilot human study, ginseng improved liver function in 24 elderly people suffering from cirrhosis. Ginseng can minimize cell damage from radiation. In two studies, experimental animals were injected with various protective agents, then subjected to doses of radiation similar to those used in cancer radiation therapy. Ginseng provided the best protection against damage to healthy cells, suggesting value during cancer radiation therapy.

Asians have always considered ginseng particularly beneficial for the elderly. As people age, the senses of taste and smell deteriorate, which reduces appetite. In addition, the intestine's ability to absorb nutrients declines. Ginseng enjoys a reputation as an appetite stimulant and one study showed it increases the ability of the intestine to absorb nutrients, thus helping prevent undernourishment. This is a yin tonic, taken in China for fevers and for exhaustion due to a chronic, wasting disease such as tuberculosis. It can help coughs related to lung weakness. In the 1960s, a Japanese scientist, Shoji Shibata, at the Meiji College of Pharmacy in Tokyo, identified a unique set of chemicals that are largely responsible for ginseng's actions. They are saponins, biologically active compounds that foam in water. Ginseng's unique saponins were dubbed "ginsenosides."

Research reveals that ginseng can have beneficial effects on metabolic function, immunity, mood, and physiological function at the most basic cellular level. It doesn't benefit everyone; recent studies of elite athletes reveal that it has no demonstrable effects on athletic performance. Yet in older people, studies show that it reduces fatigue, improves performance, and boosts mood. This makes sense in classic terms because why would world-class athletes, with superior yang energy, want to take a root for people with "devastated" yang? But if you are recovering from a drawn-out illness, feeling fatigued, or feeling the effects of age—if you are experiencing a "collapse" of your "chi", ginseng may be right for you.

As an adaptogenic, ginseng's action varies. In China, ginseng is best known as a stimulant, tonic herb for athletes and those subject to physical stress, and as a male aphrodisiac. It is also a tonic for old age, and is traditionally taken by people in northern and central China from late middle age onward, helping them to endure the long hard winters.

Ginseng has been researched in detail over the past 20-30 years in China, Japan, Korea, Russia, and many other countries. Its remarkable "adaptogenic" quality has been confirmed. Trials show that ginseng significantly improves the body's capacity to cope with hunger, extremes of temperature, and mental and emotional stress.

Furthermore, ginseng produces a sedative effect when the body requires sleep. The ginsenosides that are responsible for this action are similar in structure to the body's own stress hormones. Ginseng also increases immune function and resistance to infection, and supports liver function.

In Asian countries, ginseng has long been recognized as effective in reducing alcohol intoxication and also as a remedy for hangovers. A clinical experiment demonstrated that ginseng significantly enhanced blood alcohol clearance in humans. In regards to cancer, a number of experiments have shown that ginseng can help restore physiological balance within the system and significantly reduce the side effects when used along with anticancer drugs. For diabetes, when patients are treated with ginseng at the early stages, conditions can return to normal. In advanced stages, the blood glucose level is significantly lowered. When combined with insulin, insulin requirements are reduced while still effectively lowering blood glucose level. Other symptoms such as fatigue and decreased sexual desire are also alleviated.

There is some evidence that ginseng, taken in small amounts over a long period of time, improves regulation of the adrenals so that stress hormones are produced rapidly when needed and broken down rapidly when not needed. Whole root is best. Extracts, even those that contain specific guaranteed-potency ginsenosides, don't have some of the other compounds in ginseng that may be beneficial. It's not recommended to take even good quality extracts for more than 2-3 weeks at a time, but the whole ginseng root, in small amounts can be taken every day for a year or more.

At the Institute of Immunological Science at Hokkaido University in Sapporo, Japan, researchers have been studying a ginsenoside, Rb2. In mice given lung tumors, "oral administration of ginsenoside Rb2 caused a marked inhibition of both neovascularization and tumor growth," they write. Neovascularization, also called angiogenesis, is the tendency of tumors to create tiny blood vessels that feed their malignant growth.

A case-control study in Korea compared about 2,000 patients admitted to the Korea Cancer Center Hospital in Seoul to another 2,000 noncancer patients. Those with cancer were about half as likely to use ginseng as those without cancer. Cancer risk was lower with those who took ginseng for a year but much lower for those who took ginseng for up to 20 years. Fresh ginseng, white ginseng extract, white ginseng powder, and red ginseng were all associated with reduced cancer risk.

Ginseng, Tienchi (*Panax pseudo-ginseng* (*P. notoginseng*)) Internally it is used for coronary heart disease and angina (roots), dizziness, and vertigo (Flowers). Internally and externally it is used for nosebleed, and hemorrhage from lungs, digestive tract, uterus, or injuries (roots). It was used extensively by the North Vietnamese during the Vietnam War to increase recovery rates from gunshot wounds. Used in the herbal combination PC-SPES....a compound of 8 herbs used for prostate cancer. It is one of the most valuable Chinese herbs for traumas and injuries because of its ginseng-like tonic properties and its strong hemostatic action in acute conditions. It will effectively

dissolve blood clots when taken internally and works very well for most abnormal bleeding when combined with the ashes of human hair. Its healing, astringent properties increase when combined with comfrey root. Like the other ginsengs, it may be taken as a blood and energy tonic and is regarded by some as equally effective. It is considered preferable for younger people because it moves the chi more than the common American or Oriental ginsengs. It also strengthens the heart and improves athletic performance, making it a preferred tonic for the purposes of sports medicine.

Goat's Rue (*Galega officinalis*): Uses in cases of agalactia, diabetes mellitus, hyperglycemia, edema and fluid retention. Goat's rue is chiefly used as an antidiabetic herb, having the ability to reduce blood sugar levels. It is not a substitute for conventional treatments but can be valuable in the early stages of late-onset diabetes, and is best used as an infusion. The herb has the effect of increasing breast-milk production. It may also stimulate the development of the mammary glands. Has been used with some success in stimulating milk production in women that have not been pregnant but adopted a child. It is also a useful diuretic. In hot infusion goat's rue makes a useful remedy for increasing sweating and bringing down fevers—and for this reason it was an old remedy for the plague. For digestive problems, especially chronic constipation caused by lack of digestive enzymes. Fed directly to livestock to increase milk yield. It was also used as a remedy for worms and recommended as a cure for the bites of serpents. Parkinson says it is 'good for fattening hens.

Goat's rue has shown to have hypoglycemic activity by enhancing glucose utilization. It was researched in the early 1920's as a possible therapy which led to the development of antidiabetic biguanide drugs. These drugs had numerous side effects which the whole plant did not produce. A study in 1961 found that galega actually regenerated pancreatic cells.

Golden Seal (*Hydrastis canadensis*) Early American medicine primarily used goldenseal root for treating uterine lining inflammation, but it is now considered valuable for treating any infection, inflammation and congestion of mucous-lining areas, such as the lungs, throat, digestive tract and sinuses. It dries and cleanses the mucous membranes inhibiting excessive flow.

It counteracts inflammation, regulates menses, aids digestion, treats liver diseases, cleanses the blood and counters infection. It also is a stimulant to the uterine muscles, contracts the blood vessels and inhibits excessive bleeding. Golden seal is effective against flu, fevers and infections of all kinds; and in treating hemorrhoids, vaginal yeast infection and as an eyewash for inflamed eyes. It also alleviates gastro-enteritis, indigestion, gas and heartburn; and is effective in treating amoebic dysentery (giardia) when used over a 10 day period. The primary constituents are hydrastine and berberine. Similar in action, they lower blood pressure and destroy many types of bacterial and viral infections. Goldenseal salve helps to heal herpes, ringworm, impetigo, hemorrhoids, canker sores, and inflamed gums. The powdered root is sniffed for sinus congestion or gargled for sore throat, and a strong and well strained eyewash is used for conjunctivitis. The tea also makes an effective douche for thrush and trichomonas. The dried rhizome possesses cytotoxic activity, indicating it is useful against viruses. A bitter digestive, goldenseal stimulates appetite and bile production and it also helps in the treatment of severe diarrhea caused by various diseases, including cholera. Berberine effectively treats intestinal parasites, including giardia, a threat to campers and those living in rural areas. It proved as effective as, and sometimes even better than, the established drugs. It is also used to help restore patients after long bouts with fevers and flus. Goldenseal is a beneficial but overused herb.

Herbalists find it most effective used to treat an active infection, then discontinued, since it does not show the long-range adaptogenic actions of ginseng. The rumor that goldenseal can mask urine tests for drugs is untrue.

Goldenrod (*Solidago spp (virgaurea)* Because it is antioxidant, diuretic and astringent, goldenrod is a valuable remedy for urinary tract disorders. It is used both for serious ailments such as nephritis and for more common problems like cystitis. It reputedly helps flush out kidney and bladder stones. The diuretic effect is very helpful for cases of colon bacilli. The saponins act specifically against the *Candida* fungus, the cause of yeast infections and oral thrush. Internally also used for chronic excess mucus, skin diseases, influenza, whooping cough, and flatulent dyspepsia associated with nervous tension. It is the first plant to think of for upper respiratory catarrh, whether acute or chronic. Externally used for wounds, insect bites, ulcers and sore throat. Due to its mild action, goldenrod is appropriate for treating gastroenteritis in children. It may be used as a mouthwash or douche for yeast infections. As a gargle it can be used in laryngitis and pharyngitis. Combines well with marsh cudweed (*Gnaphalium uliginosum*), Echinacea, Poke Root and Wild Indigo. A cold extract is more effective than an infusion made with boiling water. A daily dose is two to three cups. The alcohol extract from the herb contains many constituents considered by some to be more effective than the tea.

Good King Henry (*Chenopodium bonus-henricus*): The leaf is a source of iron, vitamins and minerals. A poultice and ointment cleanses and heals skin sores. Also in the preparation of an ointment for painful joints. The plant was recommended for indigestion and as a laxative and a diuretic. Used in a veterinary cough remedy for sheep. Rich in iron as well as vitamin C.

Gotu Kola (*Centella asiatica*): Gotu kola has been used for thousands of years in India and still has a central place in Ayurvedic medicine for revitalizing the nerves and brain cells. It is used specifically to treat leprosy, skin ulcers, and other skin problems. Gotu kola cream can help relieve the painful scaly red welts of psoriasis. It stimulates the regeneration of skin cells and underlying connective tissue. In a study published in *Annals of Plastic Surgery*, gotu kola accelerates healing of burns and minimizes scarring. Other studies show the herb accelerates the healing of skin grafts and episiotomy. The herb has a longstanding reputation in India as a "rejuvenator," helping concentration and memory. It is also taken for fertility and as a tonic for poor digestion and rheumatism. Fresh leaves are given to children for dysentery. The plant is also thought helpful for fevers, abdominal disorders, asthma and bronchitis. An oil extract is used to promote hair growth. It is now also considered to have an anti-inflammatory effect and is given for rheumatism, rheumatoid arthritis and poor venous circulation. For varicose veins researchers have found that ginkgo and gotu kola are more effective when used together and numerous studies have shown them to be more effective and better tolerated than tribenoside, the standard drug used for this purpose.

Gotu kola is also a glandular tonic, anti-fatigue, strengthening adrenals. It cleanses and feeds the immune system. It's also a blood purifier, neutralizing blood acids. Used in China for fractures, sprains and bruises. It is valuable in intermittent or periodic fevers, like malaria.

Gotu kola is a tonic and rejuvenative for Pitta. At the same time it inhibits Vata, calms the nerves and helps

reduce excessive Kapha. It is perhaps the most spiritual and sattvic of all herbs. It is used by yogis as food for meditation. It awakens the crown chakra and helps balance the right and left hemispheres of the brain. A cup of gotu kola tea can be taken with honey before meditation. It does contain 2 sedatives, saponin glycosides and an abundance of B vitamins. In one study, it also improved the general ability and behavior patterns of mentally handicapped children. It balances the hemispheres of the brain and is well suited for people who are chronically overheated to the point at which they are burning up their memory and concentration. You can take 6-8 capsules or more daily, depending upon your energy and tongue observations. It is a cooling remedy.

The compound asiaticoside is among the most promising treatments for leprosy. The effectiveness in killing the leprosy bacteria is thought due to its dissolving the waxy, protective substance around the bacteria.

Recent studies show that gotu kola has a positive effect on the circulatory system: It seems to improve the flow of blood throughout the body by strengthening the veins and capillaries. Gotu Kola has been used successfully to treat **phlebitis** (inflammation of the veins) as well as leg cramps, swelling of the legs, and "heaviness" or tingling in the legs. Gotu Kola has been shown to be particularly useful for people who are inactive or confined to bed due to illness.

Proponents of the herb also believe that its beneficial effect on circulation may help **improve memory and brain function**.

The gotu kola herb also has an important role in gynecology. Gotu Kola has been used successfully to promote healing after episiotomy, a surgical incision of the vulva performed to prevent tearing during childbirth. In fact, in one study reported in a French medical journal in 1966, women treated with gotu kola after childbirth healed more rapidly than those given standard treatment.

According to modern studies, gotu kola does offer support for healthy memory function. A study conducted in 1992 by K. Nalini at Kasturba Medical College showed an impressive improvement in memory in rats which were treated with the extract (orally) daily for 14 days before the experiment. The retention of learned behavior in the rats treated with gotu kola was three to 60 times better than that in control animals. Preliminary results in one clinical trial with mentally retarded children was shown to increase scores on intelligence tests (Bagchi, 1989). This does not mean gotu kola will improve intelligence for all special or normal children.

According to pharmacological studies, one outcome of gotu kola's complex actions is a balanced effect on cells and tissues participating in the process of healing, particularly connective tissues. One of its constituents, asiaticoside, works to stimulate skin repair and strengthen skin, hair, nails and connective tissue (Kartnig, 1988). Scientific studies have also shown that in relatively large doses the alcoholic extract produces a sedative effect, caused by the saponin glycosides.

Grains of Paradise (*Aframomum melegueta*): Used in West African herbal remedies, grains of paradise relieve flatulence and also have stimulant and diuretic effects. The seeds are in a number of veterinary medicines. They appear in old pharmacopoeias like Gerard's for a variety of abdominal complaints. Chinese herbalists often add it to fruits such as baked pears to reduce the production of mucus in the body. Classified in traditional Chinese medicine as an acrid, warm herb. It's taken for nausea and vomiting, abdominal pain, diarrhea, indigestion, gas and loss of appetite; morning sickness, pain and discomfort during pregnancy; involuntary urination.

Grindelia (*Grindelia robusta*, *G. squarrosa*) An expectorant and sedative with an action resembling atropine. As a tea the leaves and flowers can be used interchangeably. For tincturing, the flowers are preferable. Use as a tea for bronchitis and wherever an expectorant is needed. It is a useful antispasmodic for dry hacking coughs, alone or combined with Yerba Santa, a tablespoon in tea as needed. The tincture is especially useful for bladder and urethra infections, one-fourth teaspoon in water every four hours. Topical use of the tincture or a poultice of the crushed flowers is often helpful in poison oak inflammations and as a lotion for dermatitis. A mild sedative and cardiac relaxant, although not always reliable. Its unpleasant bitterness makes it useful as a mild stomach tonic.

Ground Elder (*Aegopodium podagraria*) Diuretic and sedative. Can be successfully employed *internally* for aches in the joints, gouty and sciatic pains, and *externally* as a fomentation for inflamed parts. The roots and leaves boiled together, applied to the hip, and occasionally renewed, have a wonderful effect in some cases of sciatica.

Ground Ivy (*Glechoma hederacea* (*Nepeta hederacea*)) Ground ivy has had a long history as a headache cure. The fresh juice squeezed from the leaves was snuffed up the nostrils and this was a very popular remedy, said to relieve the most stubborn headache. In the U.S., a tea from the leaves was at one time considered to be a remedy for and preventer of a type of lead poisoning known as "painter's colic". In China, most of the folk names for it allude to the resemblance of the leaves to Chinese coins. It was used medicinally to treat toothache and earache, but was believed most valuable in reducing fever. Ground ivy is tonic, diuretic, and a decongestant, and is used to treat many problems involving the mucous membranes of the ear, nose, throat and digestive system. A well-tolerated herb, it can be given to children to clear lingering congestion and to treat chronic conditions such as "glue ear" and sinusitis. Throat and chest problems, especially those due to excess mucus, also benefit from this remedy. Ground ivy is also a valuable treatment for gastritis and acid indigestion. Further along the gastrointestinal tract, its binding nature helps to counter diarrhea and to dry up watery and mucoid secretions. Ground ivy has been employed to prevent scurvy and as a spring tonic, and is considered beneficial in kidney disorders. It aids lingering diseases; conditions of chronic waste, rot and purulent discharge; and chronic metabolic diseases. It can help where pus develops in the body or where a lingering metabolic disease exists.

Best used fresh, for remedial preparations, juice the freshly gathered leaves and mix the juice with buttermilk in equal parts. As a follow-up treatment for tuberculosis, it's recommended mixing ground ivy juice with goat's milk.

Traditionally, ground ivy is added to bath water to refresh the body's muscles and joints. It also strengthens the nerves and aids bladder and kidney conditions and pains related to rheumatism and gout. The homeopathic mother tincture "*Glechoma hederacea*" is made from the fresh plant.

As an inhalant, a hot infusion of ground ivy acts as a pleasant relief on head colds and stuffy noses. An infusion can be used as a lotion, or on compresses, to cleanse sores and ulcers

Guarana (*Paullinia cupana*)... Guarana's medicinal uses are largely the same as those of coffee-it is taken for headache and migraine, for mild depressive states, and to boost energy levels. In view of guarana's significant tannin content, long-term use is not advisable, because tannins impair the intestines' ability to absorb nutrients. It is a useful short-term remedy though for boosting energy levels or for a tension headache that cannot be treated with rest, especially of a rheumatic nature. Brazilian miners drink this constantly and believe it to be a preventive of many

diseases. Guarana's astringency also treats chronic diarrhea. It is a good short-term adrenal builder because it supplies raw material the adrenals need to make hormone, rather than simply signaling your adrenals to make more hormone. The whole seed with all of its complementary components doesn't have the harsh effect of caffeine with its potential for addiction, fast "rush," nervousness, irritability, and so on. Tannins and saponins in the seeds slow down the rate at which guaranine is dissolved and absorbed. This slow release provides a sustained long-term energizing effect. A daily 1-gram dose contains less than 20% of the caffeine in a regular cappuccino. Guarana seed can be taken in capsules, not late in the day, 1-5 per day. As a strong diuretic 7 ½ grains can be taken daily and in 24 hours it has been known to increase urine from 27 oz to 107 oz.

Gumweed (*Grindelia camporum*) Grindelia acts to relax smooth muscles and heart muscles. It's used in the treatment of asthmatic and bronchial conditions, especially where these are associated with a rapid heart beat and nervous response. It may be used in asthma, bronchitis, whooping cough and upper respiratory catarrh. Because of the relaxing effect on the heart and pulse rate, there may be a reduction in blood pressure. Externally the lotion is used in the dermatitis caused by poison ivy. Traditionally, Grindelia's been used for: arrhythmia, arthritis, asthma, blisters, bronchitis, bronchorrhea, burns, cachexia, common cold, cough, cystitis, difficulty breathing, dyspepsia, eczema, emphysema, fever, gonorrhoea, hay fever, hepatitis, hypertension, indolent skin ulcer, iritis, muscle spasms, ophthalmia, pertussis, pharyngitis, pneumonia, poison ivy, psoriasis, rheumatism, rhus dermatitis (lotion), sleep apnea, smallpox, splenomegaly, syphilis, tachycardia, tuberculosis, upper respiratory catarrh

-H- Herbs

Hawthorn (*Crataegus laevigata*) Hawthorn was traditionally used in Europe for kidney and bladder stones and as a diuretic. Its current use for circulatory and cardiac problems stems from an Irish physician who started using it successfully on his patients for such conditions toward the end of the 19th century. It is used today to treat angina and coronary artery disease. Hawthorn normalizes the heart and circulation, lowering or raising blood pressure according to need. It is found in most herbal preparations for heart weakness, irregular heart beat, hardening of the arteries, artery spasms, and angina. In studies the hearts of those patients taking hawthorn required less oxygen when under stress as compared to standard treatments. And in another study it normalized heart action and efficiency and seemed to strengthen contractions in almost all the patients with primary heart disease and even some with more severe secondary heart disease. It also improved heart problems caused by hepatitis or other liver disease. In vitro increases in coronary circulation ranging from 20% to 140% have been observed following the administration of a dose equal to about 1 mg of the dry extract.

Hawthorn lowers blood pressure by dilating surface blood vessels, as opposed to directly acting on the heart as does digitalis. This also means it takes longer to work but there is also no cumulative effect on the heart tissue. It does make the body more sensitive to digitalis, so the prescribed dose of digitalis may eventually be cut in half. Hawthorn also helps keep the heart beating properly and decreases peripheral vascular resistance. Originally only the berries were used, but higher concentrations of active flavonoids have been discovered in the flowers and leaves when hawthorn is in full bloom. One study found spring shoots to be the most active. The flavonoids dilate coronary and external arteries while procyanidines, which are most prevalent in the leaves around August, apparently slow the heart beat and are antibiotic.

Combined with ginkgo, hawthorn is used to enhance poor memory by improving the circulation of blood to the head which increases the amount of oxygen to the brain.

At one time unripe berries were used for diarrhea and hawthorn-flower tea as a safe diuretic. A decoction of the ripe berries is also used for sore throats, skin diseases, diarrhea and abdominal distention. The berries also strengthen the appetite and digestion.

Heather (*Erica/Calluna vulgaris (E tetralix, E cinerea)*) It was used in baths for easing joint and muscle pain, and taken for urinary infections and to ease sleep. An infusion of the dried flowers helped to decrease nervousness, sleeplessness and the pains of rheumatism. It was also recommended as a bath for babies who were failing to thrive. Today, heather makes a useful urinary antiseptic when taken internally due to the arbutin it contains, and can be taken for cystitis, urethritis and prostatitis. It has a mild diuretic action, reducing fluid retention and hastening elimination of toxins via the kidneys. It makes a good cleansing remedy for gout and arthritis as well as skin problems such as acne. It has a mildly sedative action and can ease anxiety, muscle tension and insomnia. A hot poultice of heather tips is a traditional remedy for chilblains.

Hedge Nettle (*Stachys palustris*) One of the most effective sweating herbs, useful in the early stages of colds, flu, and fevers. Internally used for gout, cramps, vertigo and hemorrhage. It will relieve diarrhea and dysentery. Externally used for minor injuries. The bruised leaves when applied to a wound will stop bleeding and help heal the wound. It is an equivalent of comfrey in its effect on wounds. It may be used directly or as an ointment or compress.

Helonias Root (*Chamaelirium luteum (Helonias dioica)*) The medicinal use of false unicorn root is based in Native American tradition, where it was recommended for many women's health conditions, including lack of menstruation, painful menstruation, and other irregularities of menstruation, as well as to prevent miscarriages. It was also used as a remedy for morning sickness. This herb is one of the best tonics and strengtheners of the reproductive system that we have. Though primarily used for the female system, it can be equally beneficial for men. It is known to contain precursors of the estrogens. However, it acts in an amphoteric way to normalize function. The body may use this herb to balance and tone and thus it will aid in apparently opposite situations. Where ovarian pain occurs, False Unicorn Root may be safely used. The indication for its use is a dragging sensation in the extreme lower abdomen. It is useful in impotence, as a tonic in genito-urinary weakness or irritability, for liver and kidney diseases. Especially good in diseases due to poor action of the liver and not to weakness of the heart or circulation. It is a good remedy in albuminaria. Steroidal saponins are generally credited with providing false unicorn root's activity.

Hemp Agrimony (*Eupatorium cannabinum*) Hemp agrimony has been employed chiefly as a detoxifying herb for fever, colds, flu and other acute viral conditions. It also stimulates the removal of waste products via the kidneys. The root is laxative, and the whole plant is considered to be tonic. Recently, hemp agrimony has found use as an

immunostimulant, helping to maintain resistance to acute viral and other infections.

Henbane (*Hyoscyamus niger*) The official preparation of Henbane is obtained from fresh or dried leaves, flowering tops and branches of the biennial form of the plant. Internally henbane has been used for asthma, whooping cough, motion sickness, Meniere's syndrome, tremor in senility or paralysis, and as preoperative medication. Externally it has been used for neuralgia and dental and rheumatic pain. It was added to laxatives to prevent griping, and to antiasthma and herbal cigarettes. Its sedative and antispasmodic effect makes it a valuable treatment for the symptoms of Parkinson's disease, relieving tremor and rigidity during the early stages of the illness. Henbane also has been used to treat asthma and bronchitis, usually as a "burning powder" or in the form of a cigarette. Applied externally as an oil, it can relieve painful conditions such as neuralgia, sciatica, and rheumatism. Henbane reduces mucus secretions, as well as saliva and other digestive juices. One of henbane's active components, hyoscyamine, is sometimes used as a substitute for opium. Hyoscyamine is commonly used as a preoperative anesthetic and in motion sickness formulations.

Henna (*Lawsonia inermis*) Used mainly within Ayurvedic and Unani medicine. The fruits have been thought to stimulate the menstrual function. In powdered form, the leaves have been utilized both internally and externally to treat various skin diseases, including leprosy, fungal infections, acne and boils. In Arabic medicine the powder was employed in the treatment of jaundice, though there it is unlikely the henna benefited the patient at all. In India the leaves were made into an astringent gargle. An infusion or decoction of the leaves is used for diarrhea and dysentery.

Extracts of henna leaves have been shown to act in a manner similar to ergot with respect to inducing uterine contractions. So it's possible that extracts of the plant could induce menstruation and be effective emmenagogues. The topical application of two chemical components of this shrub, lawsone and dihydroxyacetone, has been reported to inhibit ultraviolet light for people with chlorpromazine-induced light sensitivity. Experimentally, a water extract of the leaves inhibited gram-positive and gram-negative bacteria. Antitumor activity in experiments with mice tends to support folkloric uses of henna as an anticancer agent.

Hens and Chicks (*Sempervivum tectorum*) or Houseleek: Internally used for shingles, skin complaints, and hemorrhoids. The juice from the leaves of houseleeks have astringent and cooling properties, applied as an ointment to reduce fevers and relieve the pain of burns, scalds, inflammations, shingles, ulcers, ringworm, gout, headache, sunburn, inflamed or itching skin, and bee stings. The juice was also an effective treatment for corns and warts on the hands and feet. The leaves have been chewed to relieve toothache, and the juice has been sniffed to stop nosebleeds. Simply pick one of the large outer leaves, squeeze it between forefinger and thumb and apply to the affected part. The juice mixed in equal parts with wine expels worms. Externally it is used to soften corns, as well as to reduce inflamed glands. The juice, mixed with water in a proportion of 1:2, is used for conjunctivitis, or as a gargle.

Herb Robert (*Geranium robertianum*): In the past Herb Robert was used mostly in veterinary medicine, especially for the treatment of blood in the urine and infectious diseases. An application for melancholy and sadness was recommended. It stimulated the metabolism. It is now occasionally employed in much the same way as American cranesbill as an astringent and wound healer. More investigation is needed as according to one authority it is also effective against stomach ulcers and inflammation of the uterus, and it has potential as a treatment for cancer. To treat chronic inflammation in the gastrointestinal tract, try administering Herb Robert in the form of a medicinal wine. A simple one is made by filling a large jar half and half with freshly plucked, chopped Herb Robert and a good red wine. Let the mixture stand for two weeks before straining it into a corked bottle. Sip by snifter before meals. For external applications, the freshly pressed juice of Herb Robert is best. You can either apply the juice directly to the area being treated or use it in compresses. Herb Robert is available as "Herba Geranii Robertiani and the homeopathic mother tincture "Geranium robertianum is prepared from the fresh flowering plant.

Hibiscus (*Hibiscus sabdariffa, rosa-sinensis*): In African folk medicine, the drug is considered spasmolytic, antibacterial, chologogic, diuretic and anthelmintic. Aqueous extracts of hibiscus flowers are said to relax the muscles of the uterus and to lower the blood pressure. The tincture is good for minor stomach and intestinal disorders. Used for kidney and reproductive system problems due to heat. Effective for menstrual difficulties, especially excessive bleeding. Helps purify blood. Good for the heart. Improves skin complexion and promotes hair growth. Dosage is 10-30 drops 3 times per day.

Holy Basil (*Ocimum tenuiflorum (O. sanctum)*) An infusion of the leaves is a quick remedy for bronchitis and colds and an infusion of the seeds is an excellent diuretic. A decoction of the roots is thought to relieve malarial fever. Leaves are diaphoretic, antiperiodic, bronchitis, gastric & hepatic disorders etc. A tea prepared with the leaves of *O. sanctum* is commonly used in cough, cold, mild, indigestion, diminished appetite and malaise. Anthelmintic, deodorant, stimulant, anti-inflammatory, cardiogenic, blood purifier, useful in skin diseases, antipyretic particularly in malarial fevers. Externally applied on chronic non healing ulcers, inflammation, skin disorders, useful in nausea, pain in abdomen, worms, allergic rhinitis, all types of cough, respiratory disorders. It acts as a powerful mosquito repellent. In a 1997 study at M.S. University of Baroda, India, 17 NIDDM patients were supplemented with 1 g basil leaf per day for 30 days. Ten NIDDM patients served as controls, receiving no supplementation. All subjects were taking antidiabetic medications and did not change their diets. Holy basil lowered fasting blood glucose 20.8 percent, total cholesterol 11.3 percent and triacylglycerols 16.4 percent.¹⁸ I recommend 1-4 g of dried leaf daily. It is said that eating Holy basil along with other foods will relieve stomach problems including cramps and digestive disorders.

The ethanolic extract of the leaves exhibited a hypoglycemic effect in rats and an antispasmodic effect in isolated guinea pig ileum. Tulsi extract was administered to 20 patients with shortness of breath secondary to tropical eosinophilia in an oral dosage of 500 mg TID and an improvement in breathing was noted. The aqueous extract showed a hypotensive effect on anesthetized dogs and cats and negative inotropic and chronotropic activity (reduces the force and rate, respectively) on rabbit's heart. Antibacterial activity has been shown against *Staphylococcus aureus* and *Mycoplasma tuberculosis* in vitro as well as against several other species of pathogens including fungi. The plant has had general adaptogenic effects in mice and rats and has been shown to protect against stress-induced ulcers. The leaf extract was found to protect guinea pigs against histamine and pollen induced asthma. Adaptogenic activity of *Ocimum sanctum* is reported in rats & mice.

Recent research studied the effect of *Ocimum sanctum* (Tulsi) on experimental cataract in rats and rabbits by

P. SHARMA, S. KULSHRESHTHA AND A.L. SHARMA

Department of Pharmacology, S.N. Medical College, Agra - 282 001.

SUMMARY Objective: Methods: Two models of experimental cataract were induced: (1) Galactosaemic cataract in rats by 30% galactose, (2) Naphthalene cataract in rabbits by 1 gm/kg naphthalene. *Ocimum sanctum* (O.S.) was administered orally in both models at two dose levels 1 and 2 gm/kg of body weight for curative and prophylactic effects. The study was conducted for 40 days.

Results: O.S. delayed the onset of cataract as well as the subsequent maturation of cataract significantly in both models. In addition to delay in reaching various stages of development of cataract, IV stage did not develop with high doses till completion of 40 days of experimental period.

Conclusion: O.S. delayed the process of cataractogenesis in both models. The higher doses are more effective and have got promising prophylactic role rather than curative one. This effect is more clear in galactosaemic cataract.

(Indian J Pharmacol 1998; 30: 16-20) More research: Surender Singh and D.K. Majumdar University of Delhi, New Delhi, India: The fixed oil of *O. sanctum* seeds was screened for antiarthritic activity using Freund's adjuvant arthritis, formaldehyde-induced arthritis and also turpentine oil-induced joint edema in rats. The oil was administered intraperitoneally for 14 days in the case of adjuvant-induced arthritis and 10 days in formaldehyde-induced arthritis. The mean changes in diameter of paw were noted at regular intervals. X-rays of paws were taken at the end of study and SGOT & SGPT levels were also estimated. The fixed oil showed significant anti-arthritic activity in both models and anti-edema activity against turpentine oil-induced joint edema.

Traditional Uses: The leaf infusion or fresh leaf juice is commonly used in cough, mild upper respiratory infections, bronchospasm, stress-related skin disorders and indigestion. It is combined with ginger and maricha (black pepper) in bronchial asthma. It is given with honey in bronchitis and cough. The leaf juice is taken internally and also applied directly on cutaneous lesions in ringworm. The essential oil has been used in ear infections. The seeds are considered a general nutritious tonic.

Honeysuckle (*Lonicera japonica* & *L. caprifolium*) The Chinese use honeysuckle flowers extensively to treat sore throat, colds, flu, tonsillitis, bronchitis and pneumonia. Honeysuckle flower extracts are strongly active against many microorganisms that cause sore throat and respiratory conditions. It has broad spectrum antimicrobial activity against salmonella typhi, pseudomonas aeruginosa, staphylococcus aureus and streptococcus pneumoniae. It's considered the echinacea of Chinese medicine. It's also been shown to have an inhibitory effect with tuberculosis. A suggested help is making a tea with a handful of flowers per cup of boiling water and drinking up to three cups a day. The bark is diuretic and may be taken to relieve gout, kidney stones and liver problems. In winter a decoction of twigs and dried leaves can be drunk adding lemon and honey for flavor. The leaves are astringent and make a good gargle and mouthwash for sore throats and canker sores. The FDA has not put honeysuckle on its GRAS list

CHINESE: Clears heat and relieves fire toxicity: for hot, painful sores and swellings in various stages of development, especially of the breast, throat, or eyes. Also for Intestinal abscess. Expels externally-contracted wind-heat: for the early stages of warm-febrile diseases with such symptoms as fever, slight sensitivity to wind, sore throat, and headache. Also for externally-contracted summer heat. Clears damp-heat from the lower burner: for damp-heat dysenteric disorder or painful urinary dysfunction.

Hops (*Humulus lupulus*) The strobiles of hops are mildly sedative and diuretic. They are a bitter digestive that is especially suited for treating nervous indigestion, ulcers, insomnia, irritable bowel syndrome and Crohn's disease. They relax nerves and smooth muscles, especially in the digestive tract, within 20-40 minutes after ingestion. A 1980 study suggested that they contain a muscle-relaxing constituent in addition to lupulin, which had been assumed to be the only active chemical. Hops' antibacterial agents, responsible for preserving bread and beer, also fight digestive tract infections. Hormonal effects from estrogen-like compounds were first noted when female hops pickers experienced changes in their menstrual cycles (some even stopped menstruating) after absorbing quantities of the essential oil through their hands. Aphrodisiacal effects were observed in men. Regular doses of the herb can help regulate the menstrual cycle. GLA which also occurs in evening primrose oil, has been found in hops, suggesting its usefulness for PMS and menstrual problems, especially muscle cramps, headaches, and sore breasts. Hops also helps insomniacs. A hops poultice can relieve the pain and inflammation of earache or toothache. Experiments in Germany have shown that hops tinctures are more stable than dried hops, which quickly degrades with exposure to light and humidity. Externally used for skin infections, eczema, herpes, and leg ulcers. Combined with Valerian as a sedative and Roman Chamomile or Peppermint for nervous digestive problems.

Horehound (*Marrubium vulgare*) Horehound's bitterness stimulates the appetite and also promotes bile, making large doses laxative. The whole herb and its derivatives are used in thousands of lung medications around the world, especially for treating bronchitis and coughs. The essential oils and marrubiin dilate the arteries and help to ease lung congestion. The herb apparently causes the secretion of a more fluid mucus, which is more readily cleared by coughing. Marrubiin also normalizes the heart beat and is a weak sedative. At one time, horehound was suggested for relieving menstrual pain and slowing a rapid heart beat. Since it also induces sweating, it has been used to reduce fevers, even those associated with malaria. It is less commonly used as a decoction for skin conditions. Old recipes call for the leaves to be boiled in lard and applied to wounds.

Horse Chestnut (*Aesculus hippocastanum*)...Horse chestnut is astringent, an anti-inflammatory, and an aid to toning the vein walls, which, when slack or distended, may become varicose, hemorrhoidal, or otherwise problematic. Horse chestnut also reduces fluid retention by acting on the connective tissue barrier between blood vessels and tissue, where nutrients and gases diffuse, inhibiting exudation and the development of edema and reducing vascular fragility. The wall of the vein becomes less permeable, and this inhibits edema and allows the reabsorption of excess fluid back into the circulatory system. The bark can be used to reduce fever (dose of ½ ounce of the bark in 24 hours). The herb has been taken internally in small to moderate doses for leg ulcers, varicose veins, phlebitis, inflammation of the veins, hemorrhoids, and frostbite, and applied externally as a lotion, ointment, or gel. It also stops the enzymes that break down damaged veins (along with the enzyme bromelain from pineapple and gotu kola). After only 12 days of taking horse chestnut, the level of these enzymes drops by one-quarter. Research trials have shown that application of a topical escin (aescin) gel reduced the pain of injection hematoma and could be extrapolated to other models in which extravasated blood leads to inflammation and tenderness as in impact hematoma. In the US, a decoction of the leaves has been given for whooping cough.

The seeds have been employed in the treatment of rheumatism and neuralgia and also in rectal complaints and for hemorrhoids. In France, an oil extracted from the seeds has been used externally for rheumatism. For painful cramps in the legs at night recommended dosage is 20 drops or more of a standardized horse chestnut preparation at night.

Japanese scientists found that horse chestnut (along with witch hazel, rosemary and sage) having sufficient antioxidant activity to have potential against wrinkles. Soothing and astringent salves containing these herbs can be mixed for use.

Horseradish (*Armoracia rusticana*): Horseradish has long been known as a stimulant for many parts of the circulatory system, while having antiseptic qualities too. When taken with rich food it assists digestion and when a little horseradish is taken regularly it will build up resistance to coughs and colds. In dropsy, it benefits the system by correcting imbalances in the digestive organs. In a more concentrated form, it is able to reduce catarrhal and bronchial complaints. Horseradish taken inwardly also relieves sinus pain and is said to help reduce blood pressure. As a poultice it's used for rheumatitis, chest complaints and circulation problems. Infused in wine it becomes a general stimulant and causes perspiration. It is believed to be a good vermifuge for children. It is richer in vitamin C than orange or lemon. The volatiles in horseradish have been shown to be antimicrobial against some organisms. Horseradish derivatives may be useful to replace current microbial treatments that remove toxic pollutants from water and make them insoluble. Syrup of horseradish is made by steeping a tablespoon of grated horseradish root in a cup of boiling water and covering it for two hours. The horseradish is then strained out and either sugar or honey is added. Heat until a thick syrupy consistency is achieved. Bottle for use. A peroxidase enzyme extracted from the root has novel commercial applications as an oxidizer in chemical tests to evaluate blood glucose, and a molecular probe in studies on rheumatoid arthritis.

Horsetail (*Equisetum spp. (arvense and hyemale)*) The astringent, healing stems check bleeding in wounds, nosebleeds, and heavy menstruation. A strong diuretic for urinary tract and prostate disorders, they also tonify the urinary mucous membranes, can control bed-wetting, and help with skin problems. The other main use is for deep-seated damage in lung disease. Horsetail absorbs gold dissolved in water better than most plants, as much as 4 ounces per ton of fresh stalks. The amount of gold in a cup of horsetail tea is quite small, but small amounts of gold are used to treat rheumatoid arthritis, and the Chinese used horsetail for this.

Ellingwood suggests the following uses: dropsy, lithaemia, haematuria, gonorrhoea, gleet, irritable bladder, enuresis in children, prostatitis, and the ashes for acid dyspepsia. It is often combined with *Hydrangea* in the treatment of prostate troubles

This is one of the silica-containing plant drugs where the silica is largely in a water-soluble colloidal form. It is primarily a connective tissue drug, but is also considered a diuretic, though this is true only within limits. The silica is not responsible for a certain diuretic effect, which clearly is not very great and is probably due to saponins. A search has been made for other constituents that might explain the diuretic effect. A close relative of the common horsetail, *Equisetum palustre*. Animal experiments designed to demonstrate the diuretic properties of the horsetail came up with widely differing results. Some investigators obtained completely negative results, others noted an increase in urinary output by up to 68% in rats, and called the horsetail one of the most powerful diuretics. Reports on the use of this plant with normal subjects and patients are similarly contradictory. The diuretic effect does not appear to have been very great in this case. Horsetail has the advantage that no harmful effects have been reported.

A more important property of this plants is the general metabolic stimulation it achieves, above all increasing connective tissue resistance. As connective tissues are also involved in rheumatic conditions, this explains the usefulness of the drug in this field. In the use of this plant, emphasis should be placed not so much on the diuretic effect, as has been generally assumed so far, but the antidyscratic and humoral actions. The key indications are therefore more in the metabolic sphere. E.g. edema of the legs due to metabolic causes and in many cases of rheumatoid arthritis and arthrosis. Sitz baths with *equisetum* extract are indicated for functional pelvic disease in women where there is no inflammation such as adnexitis or parametritis, but primarily muscular tensions and changes in muscle tone in the small pelvis that are autonomous in origin.

The silica is relatively easily dissolved out of the herb by making a decoction, 2.0g of the dried herb boiled for three hours in 200ml of water. Extraction is even better if a little sugar is added. The resulting decoction contains 55.5mg of SiO₂ and is remarkably stable. Silica greatly accelerates blood coagulation, and horsetail is our best silica drug.

In China, *E. hyemale* is used mainly to cool fevers and as a remedy for eye inflammations, such as conjunctivitis and corneal disorders

Hound's Tongue (*Cynoglossum officinale*) An infusion from shaved root or crushed leaves is used to bathe cuts, bruises, burns and eczema and to treat coughs and bronchitis. The leaves produce a potent poultice for external relief of scrofulous tumors, burns, goiter and inflammations. Use similar to comfrey. It makes a good treatment for piles and hemorrhoids, drink a cup of the herb or root every day. It has been used in catarrhs, hemoptysis, diarrhea, and dysentery. Externally, it has been found highly beneficial in removing the pain and soreness attending irritated, bruised, or chafed parts especially in excoriation of the feet from much traveling. The tincture, or the application of bruised fresh leaves will remove the swelling and ecchymosis consequent upon severe blows or bruises.

Hyacinth Bean (*Lablab purpureus (Dolichos lablab)*) Hyacinth bean is mild-and-lightly-warm-natured, tastes sweet. It can tonify the spleen and stomach, relieve internal heat fever, relieve summer heat-and damp and remove dampness to stop diarrhoea, etc., leukorrhoea, with reddish discharge, infantile malnutrition and anti-cancer, etc. The seeds are used to stimulate gastric activities, for vomiting and diarrhoea in acute gastro-enteritis, thirst in heat-stroke, rheumatic arthritis, sunstroke, as an antidote against fish and vegetable poisoning and to treat colic and cholera. The flowers are used to treat dysentery when there is pus and bloody stools, inflammation of the uterus and to increase menstrual flow. Contraindicated in cases of intermittent fevers and chills, and in cold disorders.

Hydrangea (*Hydrangea arborescens*) It treats fluid retention and stone formation in the kidneys and bladder. It is also used for cystitis, urethritis, prostatitis, rheumatoid arthritis, gout and edema. It also is excellent for chronic penile discharge in men and mucousal urinary irritation in the aged. It is also used to decrease pain and inflammation in the urinary tract and when stones are passed. The dried root is considered strongest, but the leaves are sometimes also

used. According to the Eclectic doctors, it does not actually dissolve the stones but helps them to pass and prevents their reoccurrence. It's used in combination with other herbs to treat inflamed and enlarged prostates. The roots have a laxative effect. Hydrangea contains a substance called rutin which is valuable in decreasing capillary fragility and reducing the incidence of recurrent hemorrhages.

Hyssop (*Hyssop officinalis*) The flowering tops and the leaves are tonic and stomachic. Hyssop contains marrubiin, also found in horehound. It's an expectorant, used to treat lung conditions, specifically bronchitis, especially where there is excessive mucus production. Hyssop appears to encourage the production of a more liquid mucus, and at the same time gently stimulates expectoration. This combined action clears thick and congested phlegm. Hyssop can irritate the mucous membranes, so it is best given after an infection has peaked, when the herb's tonic action encourages a general recovery. Hyssop also contains ursolic acid, which reduces inflammation, so the tea makes a good sore throat gargle. Studies also show it to be an antiviral that is especially effective against the herpes simplex virus. It is included in some flu and cold remedies to reduce congestion and fevers. As a sedative, hyssop is a useful remedy against asthma in both children and adults, especially where the condition is exacerbated by mucus congestion. Like many herbs with a strong volatile oil, it soothes the digestive tract and can be an effective remedy against indigestion, gas, bloating, and colic. An old country remedy for rheumatism was made from the fresh green tops brewed into a tea and taken several times a day. When hyssop flowers are blended with valerian root, chamomile flowers, a few peppermint leaves, and a pinch of lavender flowers, the mixture makes a powerful sedative tea on going to bed. A wash made from the leaves and applied to cuts and bruises is antiseptic and healing. The leaves were soaked in oil and applied to the head to kill lice. Special application for adders' sting was a compress of bruised hyssop leaves mixed with honey, salt, and cumin seeds. Experimental extracts have shown promise against herpes simplex. The green tops of the herb can be added to soups to benefit asthmatics. Hyssop baths are useful for rheumatic complaints.

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I Herbs

Iceland Moss (As a soothing demulcent with a high mucilage content, Iceland Moss finds use in the treatment of gastritis, vomiting and dyspepsia. It is often used in respiratory catarrh and bronchitis. It calms dry and paroxysmal coughs, being particularly helpful as a treatment for elderly people. It generally soothes the mucous membranes. The extract is added to antiseptics and to lozenges for dry coughs and sore throats. In addition its nourishing qualities contribute to the treatment of cachexia, a state of malnourishment and debility. Iceland moss is also very bitter and, within the gut, has both a demulcent and bitter tonic effect. It is thus of value in all kinds of chronic digestive problems, such as irritable bowel syndrome. It also gently expels worms, and in view of recent research, could prove useful for certain digestive infections.

Inmortal (*Asclepias asperula*) Outside the Spanish and Indian herbal tradition of the New Mexico, Inmortal is virtually unknown. It is a bronchial dilator and stimulates lymph drainage from the lungs, consequently, a medicine for asthma, pleurisy, bronchitis, and lung infections in general. One-half teaspoon of the dried root is boiled in water and drunk every three or four hours as long as necessary. The root is a mild but reliable cardiac tonic, particularly in congestive heart disorders, one-half teaspoon of the powdered root swallowed with water in the morning, either occasionally or for maintenance. Has no tendency to accumulate.

Inmortal is an effective menstrual stimulant, either for tardiness or for stimulating a scanty, painful period; one-half to one teaspoon in tea, once or twice. It has been used as an abortifacient up to the sixth week of pregnancy but is not reliable and is more likely to cause nausea than a miscarriage. The tea drunk after childbirth or during labor will aid in shortening the uterine contractions afterward and decrease the time necessary for vaginal discharge or lochia. A small amount of the root taken several times during a day will stimulate the changeover from colostrums to milk production. Further, a small amount of the finely powdered root can be snuffed vigorously up each nostril to produce copious sneezing without irritation, which can clear up the most obstructed sinus. Inmortal causes obvious vagus nerve stimulation. The root will stimulate perspiration at the onset of an infection and as a laxative effect.

Irish Moss (*Chondrus crispus*) This very property is the basis of its use in digestive conditions where a demulcent is called for, such as gastritis and ulcers. However, its main use is in respiratory problems such as bronchitis. Its expectorant effect encourages the coughing up of phlegm, and it soothes dry and irritated mucous membranes. It is of value for acid indigestion, gastritis, and urinary infections such as cystitis. For these conditions it is normally combined with other appropriate herbs. Mucilaginous in texture and slightly salty in taste, Irish moss makes a valuable nutrient in convalescence. Applied externally, this emollient herb soothes inflamed skin. Irish moss also acts to thin the blood. It often is combined with Iceland moss, comfrey root and honey to form a mucilage for treating inflamed lungs, sore throat and wasting diseases.

J HERBS

Jack-in-the-Pulpit (*Arisaema triphyllum*) Internally used as a traditional Native American remedy for asthma, whooping cough, and bronchitis. Externally used for rheumatism, boils, and snake bite. Native people used dried,

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aged roots, since these are less acrid but maintain their active constituents. The corms have been grated and boiled in milk and the concoction used to treat coughs and tuberculosis.

Jasmine (*Jasminum officinale* (*J. sambac*)) Although rarely used in Western medicine, a jasmine flower syrup for coughs and lungs was once made. The flowers make a tea that calms the nerves and increases erotic feelings. Steep two teaspoons of flowers per cup of water for 20 minutes. The dose is a quarter cup, four times a day. The East Indians do use it, chewing the leaves to heal mouth ulcers and softening corns with the juice. They also make a leaf tea to rinse sore eyes and wounds and use it as a remedy for snakebite. In traditional Chinese medicine states that jasmine clears the blood of impurities. Headaches and insomnia have been relieved with a tea made from the root along with pain due to dislocated joints and rheumatism. . The oil of the leaf is rubbed on the head to heal the eyes. The flowers of *J. officinale* var. *grandiflorum* are used to treat hepatitis, liver cirrhosis and dysentery; the flowers of *J. sambac* are used for conjunctivitis, dysentery, skin ulcers and tumors.

HOMEOPATHIC: Homeopaths use a dilute tincture of the berries for tetanus and convulsions. Use only with medical supervision.

Jewelweed (*Impatiens capensis* (previously *I. biflora*) The juice from the broken stem is a well-known folk remedy for poison ivy rash. It also works on poison oak. Can be frozen into small ice cubes and used. Also relieves the pain of insect bites, nettle stings, burns, sprains, ringworm and various skin diseases. The juice is also made into an ointment for hemorrhoids, warts and corns. It used to be taken for jaundice and asthma.

Jimson Weed (*Datura stramonium*) anti-asthmatic, antispasmodic, good for swellings and healing wounds
Traditional medicinal uses include placing a folded leaf behind the ear to allay motion-sickness, or applying a fresh leaf poultice externally to allay the pain of rheumatic or glandular swellings. Leaves and seeds were once smoked with Mullein for treating asthma.

Specifics: Body pain: Grind the roots and leaves of *Datura stramonium* into a paste. Add the latex of *Jatropha gossypifolia* in it. Then fry this paste with mustard oil. Massage this oil on all over the body only once before going to bed at night. Earache: Pound a fruit of *Datura stramonium* and extract the juice. Warm this juice gently and put 2 to 3 drops of this juice inside the aching ear only once. Elephantiasis: Grind all the following into a paste: the roots of *Datura stramonium*, the seeds of *Brassia juncea* and the bark of *Morangia oleifera*. Smear this paste locally on legs once daily for one month and bandage by a cloth. Rheumatism: Boil all the followings in mustard oil: the young branch of *Datura stramonium*, the bark of *Vitex negundo*, few pieces of Ginger and garlic. Massage this oil on joints twice daily for a week.

Joe Pye (*Eupatorium purpurea*) Dried flowering tops and leaves were used as a tonic for biliousness and as a laxative but this is now felt by some to be too toxic. Specifically to help remove stones in the bladder caused by excess uric acid--which gives one of its names of gravel root. Infusion may be used as an astringent tonic and stimulant. The solvent is water.

Leaves of Joe Pye stimulate circulation and sweating and reduce inflammation. The dried root has been used to tone the entire reproductive tract, helping with pelvic inflammatory disease, gonorrhea, menstrual cramps, and also prostate and urinary infections; gout and rheumatism. It is toning to the mucous membranes and cleans sediments that have settled on their surfaces. A concentrated root extract called "eupuriun" was sold by the Eclectic doctors.

As a nervine, it is said to influence the entire sympathetic nervous system. In cases of a depressed state of typhoid fever, its combination with Capsicum and Juniper is very effective.

Johnny Jump Up (*Viola tricolor*): It is commonly used in an infusion as a treatment for skin eruptions in children, fevers, hypertension, anxiety and nervousness, dry throat, cough, and diarrhea and urinary inflammations. It may be used in eczema and other skin problems where there is exudates (weeping) eczema. As an anti-inflammatory expectorant it is used for whooping cough and acute bronchitis where it will soothe and help the body heal itself. For urinary problems it will aid in the healing of cystitis and can be used to treat the symptoms of frequent and painful urination.

Juniper (*Juniperus communis*) : Mostly used are the green unripe berries because properties are more pronounced. It is diuretic, stimulant, stomachic and carminative. The berries are mainly used for urinary infections and prescribed to clear acid wastes from the system in arthritis and gout. They reduce colic and flatulence, stimulate the digestion and encourage uterine contractions in labor. It is a valuable remedy for cystitis, and helps to relieve fluid retention but should be avoided in cases of kidney disease. In the digestive system, juniper is warming and settling, easing colic and supporting the function of the stomach. Taken internally or applied externally, juniper is helpful for chronic arthritis, gout, and rheumatic conditions. Juniper contains a potent antiviral compound (deoxypodophyllotoxin). The extracts appear to inhibit a number of different viruses including those that cause flu and herpes. Large doses of juniper cause the urine to smell of violets. Being disinfectant and insectifugal, the berries are used in veterinary medicine to treat open wounds. Its disinfectant action is similar to that of pine cleaners. As a diuretic the oil is thought to increase the production of urine by irritating the kidney's filtration glomerulae. The oil is also irritating to microbes, so much so that it kills many of them. Traditional formulas are in combination with ginger and dong quai or with goldenseal or with uva ursi.

-K- Herbs

Kantakari (*Solanum xanthocarpum*) In the Ayurvedic tradition, kantakari leaves are taken to treat gas and constipation, and are made into a gargle for throat and gum disorders. The expectorant, anticongestive seeds may be taken to relieve asthma and to clear bronchial mucus. The root is used to treat snake scorpion bites.

Kava Kava (*Piper methysticum*) The kava lactones have a depressant effect on the central nervous system and are antispasmodic. Research shows that kawain, in particular, is sedative. The kava lactones also have an anesthetic effect on the lining of the urinary tubules and the bladder. The results of a clinical trial in Germany published in 1990 revealed that kawain is as effective as benzodiazepene in helping to relieve anxiety. Kava's analgesic and cleansing

diuretic effect often makes it beneficial for treating rheumatic and arthritic problems such as gout. The herb helps to bring relief from pain and to remove waste products from the affected joint. Kava is a safe and proven remedy for anxiety that does not cause drowsiness or affect the user's ability to operate machinery. It may be taken long term to help relieve chronic stress, and its combination of anxiety-relieving and muscle-relaxant properties makes it of value for treating muscle tension as well as emotional stress. With its tonic, strengthening, and mildly analgesic properties, kava kava is a good remedy for chronic pain, helping to reduce sensitivity and to relax muscles that are tensed in response to pain. It has an antiseptic action and in the past it was used specifically to treat venereal disease, especially gonorrhoea. Although it is no longer generally applied in this way, it is a valuable urinary antiseptic, helping to counter urinary infections and to settle an irritable bladder. Absorption in the gastrointestinal tract is remarkably rapid, so the effects are felt almost immediately. It is used as an intoxicating beverage in certain South Sea islands. It can induce lethargy, drowsiness and dreams. It is one of the best pain-relieving herbs.

Khat (*Catha edulis*) A restorative tea made from the flowers (called flowers of paradise in Yemen) of the plant is still consumed in Arabia. Mainly used as a social drug, khat is also chewed fresh or taken in an infusion to treat ailments such as malaria. In Africa, it is taken in old age, stimulating and improving mental function. Khat is used in Germany to counter obesity. Khat is usually packaged in plastic bags or wrapped in banana leaves to retain its moistness and freshness. It is often sprinkled with water during transport to keep the leaves moist. Khat also may be sold as dried or crushed leaves or in powdered form. Khat is becoming increasingly available in the US, especially in cities like New York City, LA , Boston, California, Dallas, Detroit and Buffalo. It is commonly sold in restaurants, bars, grocery stores, and smoke shops that cater to East Africans and Yemenis after its importation from Kenya, Egypt, and Arabia. Because Khat in leaf form starts to lose its potency after 48 hours, it is generally shipped to the US on Thursdays, Fridays, and Saturdays for weekend use.

How it works: In humans, it is a stimulant producing a feeling of exaltation, a feeling of being liberated from space and time. It may produce extreme loquacity, inane laughing, and eventually semicoma. It may also be an euphoriant and used chronically can lead to a form of delirium tremens. So, Khat chewing produces a mild cocaine- or amphetamine-like euphoria that is much less potent than either substance with no reports of a rush sensation or paranoia indicated. Up to 80% of the adult population of Yemen use Khat. Upon first chewing Khat, the initial effects were unpleasant and included dizziness, lassitude, tachycardia, and sometimes epigastric pain. Gradually more pleasant feelings replaced these inaugural symptoms. The subjects had feelings of bliss, clarity of thought, and became euphoric and overly energetic. Sometimes Khat produced depression, sleepiness, and then deep sleep. The chronic user tended to be euphoric continually. In rare cases the subjects became aggressive and overexcited. In animals, Khat produces excitation and increased motor activity. What Khat does: it stimulates brain and spinal cord through synapses resulting in: - Alleviation of fatigue and reduction of depression; Euphoria , excitation , high activity and mood; Increasing levels of alertness and ability to concentrate; Increasing of confidence, friendliness, contentment and flow of ideas; Increases motor activity; Positive sexual effects (regarding the desire and duration of sexual intercourse according to the type and source of Khat); Dispel feeling of hunger; It promotes communication; Casual users claim Khat lifts spirits, sharpens thinking; Advocates of Khat use claim that it eases symptoms of diabetes, asthma, and stomach/intestinal tract disorders; Socially, it's used to meet people, socialize with each others, communication issues and problems solving.

Fresh Khat leaves are typically chewed like tobacco. By filling the mouth to capacity with fresh leaves the user then chews intermittently to release the active components. Chewing Khat leaves produces a strong aroma and generates intense thirst. Its intake occurs mostly in moderation esp. in a special Yemeni style rooms designed especially for that purpose with the fine famous Yemeni-furnishing style provided with water pipes and these special rooms called " Diwan " which are so large and wonderful rooms. It is also prepared as a tea, an infusion of water or milk is made, and then sweetened with honey.

Khella (*Ammi visnaga*) This plant and its components have shown effects in dilating the coronary arteries. Its mechanism of action may be very similar to the calcium channel-blocking drugs. The New England Journal of Medicine writes "The high proportion of favorable results, together with the striking degree of improvement frequently observed, has led us to the conclusion that Khellin, properly used, is a safe and effective drug for the treatment of angina pectoris." As little as 30 milligrams of Khellin per day appear to offer as good a result, with fewer side effects. Rather than use the isolated compound "Khellin," Khella extracts standardized for khellin content (typically 12 percent) are the preferred form.

A daily dose of such an extract would be 250 to 300 milligrams. Khella appears to work very well with hawthorn extracts. An aromatic herb which dilates the bronchial, urinary and blood vessels without affecting blood pressure.

Visnaga is a traditional Egyptian remedy for kidney stones. By relaxing the muscles of the ureter, visnaga reduces the pain caused by the trapped stone and helps ease the stone down into the bladder. Following research into its antispasmodic properties, visnaga is now given for asthma and is safe even for children to take. Although it does not always relieve acute asthma attacks, it does help to prevent their recurrence. It is an effective remedy for various respiratory problems, including bronchitis, emphysema, and whooping cough. In Andalusia in Spain, the largest and best quality visnaga were employed to clean the teeth. Khella is the source of amiodarone one of the key anti-arrhythmia medications. The usual recommendation calls for pouring boiling water over about a quarter-teaspoon of powdered khella fruits. Steep for five minutes and drink the tea after straining.

Its active constituent is khellin, a bronchodilator and antispasmodic that makes it useful for asthma sufferers. It's best used to prevent asthma rather than to counter an attack and can be taken on a daily basis with no contraindications. Because khella builds up in the blood, its use can be decreased after a period of time. Khella is safer than *ma huang* (ephedra) for asthma sufferers because it's nonstimulating and nonenergizing. Unlike *ma huang*, it doesn't rob the body, especially the adrenals, of energy.

Spasmolytic action of khellin and visnagin (both furanochromones) is indicated for treatment of asthma and coronary arteriosclerosis.

An extract from khella (*Ammi visnaga*) is so far the only herb found to be useful in vitiligo. Khellin, the active constituent, appears to work like psoralen drugs—it stimulates repigmentation of the skin by increasing sensitivity of remaining pigment-containing cells (melanocytes) to sunlight. Studies have used 120-160 mg of khellin per day. Khellin must be used with caution, as it can cause side effects such as nausea and insomnia. Another use is for vitiligo (an extract from *ammi visnaga* appears to stimulate repigmentation of the skin by increasing sensitivity of remaining pigment containing cells, melanocytes to sunlight)

Kino (*Pterocarpus marsupium*) The strongly astringent kino tightens the mucous membranes of the gastrointestinal tract. It can treat chronic diarrhea and relieve the irritation caused by intestinal infection and colitis. Although its taste is unpleasant, this herb makes a good mouthwash and gargle. It is widely used in Asia as a douche for excessive vaginal discharge. Alcoholic and aqueous extracts of the plant produced a significant reduction in the blood sugar level in rabbits. The decoction of bark has significant effect on serum cholesterol in hyper-cholesterolemic rabbits. Propterols, isolated from the plant, show antibacterial activity against gram-positive bacteria. Epicatechin was tested for antidiabetic activity in albino rats; it protected against alloxan-induced diabetes. Kino is almost entirely soluble in alcohol and entirely in ether and partly in water.

Knapweed (*Centaurea nigra*) A medieval wound salve. Used to soothe sore throats and bleeding gums. Also acts as a diuretic.

Knotweed, Common (*Polygonum aviculare*) It has been used in the treatment of chronic urinary tract infections. It is claimed to be useful in the prevention of the formation of renal calculi. It stops bleeding and alleviates colics and catarrhs (usually combined with silverweed and ribwort plantain). It is an ingredient in many herbal teas. It operates in the basal metabolism as an adjuvant in diabetic, expectorant and antidiarrheic preparations. It is used to treat bronchitis with bleeding. It is used for pulmonary complaints since its silicic acid content helps strengthen connective tissue within the lungs. It is also used in combination with other herbs to treat rheumatic conditions, gout, and skin disease. It is regarded as a "blood purifying" remedy. Knotgrass has also been used to treat inflammations of the mucous membranes of the intestinal tract and has been useful in cases of flatulence and biliary insufficiency. Externally it has been used to treat sore throats and vaginal inflammation. Dosage is a decoction of the root from 10-20g to 2 glasses of water, half a glass 3 times a day. Can be used for douches, compresses, rinses. Alcoholic extracts prevent the crystallization of mineral substances in the urine and are antiphlogistic, bacteriostatic and diuretic. Research is being done on the efficacy of the plant in reducing the fragility of blood capillaries, especially in the alimentary canal.

In the Chinese tradition, knotgrass is given for intestinal worms, to treat diarrhea and dysentery, and as a diuretic, particularly in cases of painful urination. Chinese research indicates that the plant is a useful medicine for bacillary dysentery.

Knotweed, Japanese (*Polygonum cuspidatum*) In China, the root was used medicinally to treat menstrual and postpartum difficulties.

Kouso (*Hagenia abyssinica*) Purgative and anthelmintic; One dose is said to be effective in destroying both kinds of tapeworms, the *taenia solium* and *bothriocephalus latus*; but as it possesses little cathartic power the subsequent administration of a purgative is generally necessary to bring away the destroyed ectozoon. The dose of the flowers when powdered is from 4 to 5 1/2 drachms, macerated in 3 gills of lukewarm water for 15 minutes; the unstrained infusion is taken in two or three doses following each other, freely drinking lemon-juice or tamarind water before and after the doses. It is advisable to fast twenty-four or forty-eight hours before taking the drug. The operation is usually safe, effective, and quick, merely causing sometimes a slight nausea, but it has never failed to expel the worm. Occasionally emesis takes place or diuresis, and collapse follows, but cases of this sort are extremely rare. It is said in Abyssinia that honey gathered from beehives immediately the Kouso plants have flowered is very effective in teaspoonful doses as a taenicide, its effect being to poison the worms. As a medicine it is very apt to be adulterated, owing to its high price; therefore it is advisable to buy it in its unpowdered state.

Kudzu (*Pueraria lobata*) Indicated for colds, fever and chills with attendant aches in shoulders, neck and back; dry throat and stomach. The root is good for most external, acute conditions and is particularly useful in relieving stiff neck and muscular tension due to "wind-heat" injury, as well as in treating colds, flu, headache and diarrhea. Because of its mild tonic properties and its ability to replenish body fluids, it may be used for the treatment of diabetes and hypoglycemia. Plant has long been used in Chinese medicine to treat alcohol abuse and has recently been publicized as a potentially safe and effective treatment. The chemicals daidzin and daidzein in both roots and flowers suppress the appetite for alcohol. For measles it is often used in combination with sheng ma. Chinese studies indicate that kudzu increases cerebral blood flow in patients with arteriosclerosis, and eases neck pain and stiffness. Roots: counter poisons; induce sweating; treat fever, vomiting, dysentery, diarrhea, chicken pox, influenza, diabetes, typhoid fever, excessive gas in the system. Dry pan roasted, it is very good for spleen deficient diarrhea and loose bowels. Flowers: treat excessive influence of alcoholic drinks, dysentery, gas in the intestine. Vine (without the leaves): treats coughs, general weakness

Kumarou (*Pomaderris kumarahou*) Kumarahou is a traditional Maori remedy that has been used to treat a wide range of illnesses. Its most common use is as a remedy for problems of the respiratory tract, such as asthma and bronchitis. However, it has also been used in the treatment of indigestion and heartburn, diabetes, and kidney problems. Kumarahou is considered to be a detoxifier and "blood cleansing" plant, and is used to treat skin rashes and sores, including lesions produced by skin cancer. High in anti-oxidants, protects liver from lipid peroxidation. Adaptogenic activity increases performance, speed and stamina.



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L Herbs

Labrador Tea (*Ledum groenlandicum*) -- Pacific Northwest natives use a strong leaf tonic as a blood purifier and treatment for rheumatism. Tribes farther north use the same infusion to combat cold symptoms. They also marinate strong meats in it. In Alaska, Labrador tea has been used to treat stomach ailments, hangovers, and dizziness, as well as pulmonary disorders including tuberculosis. Infusions have also been used as a wash to soothe itching rashes including poison ivy, sores, burns, lice, and leprosy. In modern herbalism it is occasionally used externally to treat a range of skin problems. A tea is taken internally in the treatment of headaches, asthma, colds, stomach aches, kidney ailments etc. Externally, it is used as a wash for burns, ulcers, itches, chapped skin, stings, dandruff etc. An ointment made from the powdered leaves or roots has been used to treat ulcers, cracked nipples, burns and scalds. The plant is apparently a mild narcotic, it was taken by Indian women three times daily shortly before giving birth

Ladies' Fingers (*Anthyllis vulneraria*) - This plant is an ancient remedy for skin eruptions, slow-healing wounds, minor wounds, cuts and bruises, it is applied externally. Internally, as an infusion, it is used as a treatment for constipation and as a spring tonic. A decoction is used in compresses or bath preparations for treating inflamed wounds, ulcers and eczema, and in gargles and mouth washes. It can be used as a substitute for ordinary tea mixed with the leaves of Wild Strawberry, Raspberry and the flowers of Blackthorn. The plant can be used fresh in the growing season, or harvested when in flower and dried for later use. Old flowers are not dried because they turn brown and disintegrate.

Lady's Bedstraw (*Galium verum*) A slightly bitter-tasting remedy, lady's bedstraw is used mainly as a diuretic and for skin problems. The herb is given for kidney stones, bladder stones and other urinary conditions, including cystitis. It is occasionally used as means to relieve chronic skin problems such as psoriasis, but in general, cleavers is preferred as a treatment for this condition. Lady's bedstraw has had a longstanding reputation, especially in France, of being a valuable remedy for epilepsy, though it is rarely used for this purpose today. It has long been used in folk medicine as a styptic and for making foot baths.

Lady's Mantle (*Alchemilla vulgaris*) The root, harvested in spring or fall, and the leaves, harvested as the plant blooms in June, are used medicinally. A decoction of the fresh root is a powerful styptic which stops bleeding of a cut and is also used as an eyewash.. The leaves are also astringent and styptic owing to their tannin content. The tea is used internally for excessive menstrual bleeding, for prolonged blood loss due to menopausal or uterine fibroids and to reduce pains associated with periods as well as diarrhea. Lady's mantle has a very rapid healing action and gargling with the herb after the loss or removal of teeth is one of the most beneficial activities the patient can indulge in. It is also very effective for mouth ulcers and sores as well as laryngitis. Any skin troubles, such as inflamed wounds or rashes, should also be bathed with a liquid made from this herb. It battles vomiting and flux and eases bruises and ruptures. After giving birth, women should drink a tea of Lady's mantle, specially if it is mixed with shepherd's purse or yarrow. It aids with debility of the abdomen and, for women who are likely to miscarry, it is strengthening for the fetus and the uterus. Culpeper claimed women who wanted to conceive should drink a decoction of Lady's mantle for 20 days before conception. Once she's pregnant, the woman should sit in a bath made from the decoction. Culpeper also recommended it for "green wounds" or gangrene. One ounce of the dried leaves is added to a pint of water for medicinal purposes. While the plant is generally considered of historical interest in America, it has a long, continuing tradition as a popular European herb medicine. Its astringency, and hence medicinal benefit, is attributed to the tannin content, though the plant has been little studied. In Europe, decoctions or infusions of lady's mantle are valuable to treat diarrhea and other gastrointestinal conditions. Europeans, especially Swedes, find it useful to reduce heavy menstruation and prevent menstrual and even intestinal cramping. It is also recommended when a woman's body is adjusting hormone levels such as after childbirth and during menopause. Tinctures or gargles of the herb can help

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soothe irritated mucous membranes of the mouth and throat. A recent study identified the ellagitannins, agrimoniin and pendunculagin, in the herb. These compounds may be partly responsible for the plant's biological activity. A trace of salicylic acid is also found in the plant.

Try using externally as a vaginal douche or following antibiotic treatment for trichomonas and candida infections when the healthy vaginal flora has been disturbed and requires strengthening. Lady's Mantle tea is also used as an adjunct treatment for ovarian failure or inflammation, irregular menstruation, prolapsed uterus, constitutional miscarriage and menopausal difficulties. Avoid during pregnancy as it is a uterine stimulant.

Lady's Slipper (*Cypripedium calceolus var. pubescens*) Lady's slipper used to be a specific remedy to overcome depression, mental anxiety, and troubled sleep. It was often recommended for women for both emotional and physical imbalances relating to menopause or menstruation, such as nervous tension, headaches, or cramps. Lady's slipper is said to increase nervous tone after a long disease and to relax nervous muscle twitches. It is almost always given as an alcoholic tincture, since some constituents are not water-soluble. Lady's slipper is often compared to valerian, although valerian doesn't create the uncomfortable side effects.

Lady's Thumb (*Polygonum persicaria*) The Anglo-Saxons used Lady's-thumb as a remedy for sore eyes and ears. They called it Untrodden to Pieces, perhaps because it was so hardy and tough that it survived even being stepped upon or otherwise crushed.

Lamb's Ear (*Stachys byzantina (S. lanata, S. olympia)*) Lamb's ears make a natural bandage and dressing to staunch bleeding.

Larch (*Larix decidua(s)*) - The bark, stripped of its outer layer, has its main application as an expectorant in chronic respiratory problems such as bronchitis and pharyngitis and has also been given internally in the treatment of hemorrhage, cystitis and urethritis. A cold extract of the bark is used as a laxative. As an external application, it is useful in the treatment of chronic eczema and psoriasis. The powdered bark can be used on purulent and difficult wounds to promote their healing. The turpentine obtained from the resin is a valuable remedy in the treatment of kidney, bladder and rheumatic affections, and also in diseases of the mucous membranes and the treatment of respiratory complaints. Externally, the turpentine is used in the form of liniment plasters and inhalers. It has also been suggested for combating poisoning by cyanide or opium. The resin is applied to wounds, where it protects and counters infection. A decoction of the bark is sometimes used to soothe eczema and psoriasis.

Larkspur, Rocket (*Delphinium ajacis*) Larkspur formerly had a reputation for its ability to consolidate and heal wounds, while the juice from the leaves is considered to be a remedy for piles and an infusion of the flowers and leaves has been used as a remedy for colicky children. However, the whole plant is very poisonous and it should not be used internally without the guidance of an expert. Externally, it can be used as a parasiticide. A tincture of the seed is applied externally to kill lice in the hair.

Lavender (*Lavandula officinalis*) : In the past, lavender has been used as a folk remedy for numerous conditions, including acne, cancer, colic, faintness, flatulence, giddiness, migraine, nausea, neuralgia, nervous headache, nervous palpitations, poor appetite, pimples, rheumatism, sores, spasms, sprains, toothache, vomiting and worms. Lavender salts have been employed for centuries as a stimulant to prevent fainting; lavender oil vapor is traditionally inhaled to prevent vertigo and fainting. A compound tincture of lavender (also known as Palsy Drops) was officially recognized by the British Pharmacopoeia for over 200 years, until the 1940s. Used to relieve muscle spasms, nervousness, and headaches, it originally contained over 30 ingredients. Tests show that lavender's essential oil is a potent ally in destroying a wide range of bacterial infections, including staph, strep, pneumonia, and most flu viruses. It is also strongly anti-fungal. A lavender-flower douche is an effective treatment for vaginal infections, especially candida-type yeast infections. Lavender ointments are rubbed into burns, bruises, varicose veins, and other skin injuries. The straight oil is dabbed on stops the itching of insect bites.

Leadwort (*Plumbago europaea*) Traditionally has been used for epilepsy and scabies. The dried root is sometimes used as an astringent, or as a chewing-gum. Chewing the root produces copious salivation. It has been used to treat toothache, and, in the form of a poultice or plaster, back pain and sciatica.

Lemon (*Citrus limon*) The fruit is an excellent source of vitamin C and has cooling properties. Lemon juice is a traditional remedy for sunburn, and it was once taken cold to relieve feverish conditions including malaria. Today, hot lemon juice and honey is still a favorite home remedy for colds and its astringency is useful for sore throats. In the home, lemon juice may be used to descale kettles and acts as a mild bleach. Lemons are an excellent preventative medicine and have a wide range of uses in the domestic medicine chest. The fruit is rich in vitamin C which helps the body to fight off infections and also to prevent or treat scurvy. It was at one time a legal requirement that sailors should be given an ounce of lemon each day in order to prevent scurvy. Applied locally, the juice is a good astringent and is used as a gargle for sore throats etc. Lemon juice is also a very effective bactericide. It is also a good antiperiodic and has been used as a substitute for quinine in treating malaria and other fevers. Although the fruit is very acid, once eaten it has an alkalizing effect upon the body. This makes it useful in the treatment of rheumatic conditions. The skin of the ripe fruit is carminative and stomachic. The essential oil from the skin of the fruit is strongly rubefacient and when taken internally in small doses has stimulating and carminative properties. The stembark is bitter, stomachic and tonic. Some of the plants more recent applications are as sources of anti-oxidants and chemical exfoliants in specialized cosmetics. The bioflavonoids in the fruit help to strengthen the inner lining of blood vessels, especially veins and capillaries, and help counter varicose veins and easy bruising.

Lemon Balm (*Melissa officinalis*) Lemon balm's main action is as a tranquilizer. It calms a nervous stomach, colic, or heart spasms. The leaves are reputed to also lower blood pressure. It is very gentle, although effective, so is often suggested for children and babies. The hot tea brings on a sweat that is good for relieving colds, flus and fevers and an antiviral agent has been found that combats mumps, cold sores and other viruses.

The tea has also been shown to inhibit the division of tumor cells. Studies indicate that the herb slightly inhibits the thyroid-stimulating hormone and restricts Grave's disease, a hyperthyroid condition. Lemon balm's antihistamine action is useful to treat eczema and headaches and accounts for the centuries-old tradition of placing the fresh leaf on

insect bites and wounds.

Lemon balm has antipyretic, refreshing, cholagogic and stimulating properties. Use a pad soaked in the infusion to relieve painful swellings such as gout. Use as ointment for sores, insect bites, or to repel insects. Use hot infused oil as ointment or gentle massage oil for depression, tension, asthma and bronchitis.

A clinical multicentric study in Germany offers evidence of the antiviral activity of a specially prepared dried extract of lemon balm against herpes simplex infections. The extract was a concentrated (70:1) dry extract of lemon balm which was included at a level of 1% in a cream base. Patients applied the cream 2-4 times daily for 5-10 days. In the group receiving the active Melissa cream, there was a significant improvement in symptoms on day two compared to the placebo group and on day five over 50% more patients were symptom-free than in the placebo group. To be effective, the treatment must be started in the very early stages of the infection.

Research has clearly demonstrated the plant's ability to impact the limbic system of the brain and "protect" the brain from the powerful stimuli of the body and should be part of any ADHD formula.

Lemon Verbena (*Aloysia triphylla*) Infuse as a mildly sedative tea to soothe bronchial and nasal congestion, to reduce indigestion, flatulence, stomach cramps, nausea and palpitations. Lemon verbena is especially useful for women. In the past, midwives gave a woman in the last phases of childbirth a strong tea to stimulate contractions of the uterus. Ancient Egyptian medicine included it for this purpose. Today, verbaline has been isolated from the plant and used as a stimulant for uterus contractions. Do not use the oil internally during pregnancy. Used as a cold compress or in an aroma lamp, it is wonderfully refreshing and aids the birth process where stamina is required. It has also been said to stimulate milk production and to be helpful for infertility. Its tonic effect on the nervous system is less pronounced than that of lemon balm, but nonetheless helps to counter depression.

Lemongrass (*Cymbopogon citrates*) In East India and Sri Lanka, where it is called "fever tea," lemon grass leaves are combined with other herbs to treat fevers, irregular menstruation, diarrhea, and stomachaches. Lemon grass is one of the most popular herbs in Brazil and the Caribbean for nervous and digestive problems. The Chinese use lemon grass in a similar fashion, to treat headaches, stomachaches, colds, and rheumatic pains. The essential oil is used straight in India to treat ringworm or in a paste with buttermilk to rub on ringworm and bruises. Studies show it does destroy many types of bacteria and fungi and is a deodorant. It may reduce blood pressure - a traditional Cuban use of the herb - and it contains five different constituents that inhibit blood coagulation.

Levant Wormseed (*Artemisia cina*) Vermifuge. Santonin is particularly active against round-worms, and to some extent against threadworms. Wormseed has been taken combined with honey or treacle or as a decoction, it must be used with care as high doses are toxic.

Life Root (*Packeria aurea*) Herbalists have prescribed the plant for the treatment of urinary tract problems such as kidney stones. It is used as a douche for excessive vaginal discharge. As a uterine tonic, Life Root may be used safely wherever strengthening and aid are called for. Useful for menopausal disturbances of any kind. Also useful for delayed or suppressed menstruation. For leucorrhoea it can be used as a douche. It has a reputation as a general tonic for debilitated states and conditions such as tuberculosis. While often stated to be completely safe to use, recent research has found that the plant contains pyrrolizidine alkaloids that, in isolation, can cause liver damage. The roots and leaves are abortifacient, diaphoretic, diuretic, emmenagogue, pectoral, stimulant and uterine tonic. It is used externally in the treatment of vaginal discharge. A tea made from the plant was frequently used by the N. American Indians as a remedy for various female troubles, including the pain of childbirth. Pharmacologists have not reported any uterine effects, but the plant does contain an essential oil (inuline) plus the alkaloids senecine and senecionine (which are poisonous to grazing animals).

Lilac (*Syringa vulgaris*) Used as a vermifuge in the US and as a tonic anti-periodic and febrifuge; used as a substitute for aloes and in the treatment of malaria.

Lily of the Valley (*Convallaria majalis*) Lily of the Valley is perhaps the most valuable heart remedy used today. It is used for nervous sensitivity, neurasthenia, apoplexy, epilepsy, dropsy, valvular heart diseases, heart pains and heart diseases in general. It has an action equivalent to Foxglove without its potential toxic effects. Lily of the Valley may be used in the treatment of heart failure and water retention where this is associated with the heart. It will aid the body where there is difficulty with breathing due to congestive conditions of the heart. Also used for arteriosclerosis with angina and arterial hypotension. Lily of the Valley encourages the heart to beat more slowly regularly and efficiently. It is also strongly diuretic, reducing blood volume and lowering blood pressure. It is better tolerated than foxglove, since it does not accumulate within the body to the same degree. Relatively low doses are required to support heart rate and rhythm, and to increase urine production. An ointment made from the roots is used in the treatment of burns and to prevent scar tissue.

Linden (*Tilia spp*) Lime Blossom, or Linden, is well known as a relaxing remedy for use in nervous tension. It has a reputation as a prophylactic against the development of arteriosclerosis and hypertension. It is considered to be a specific in the treatment of raised blood pressure associated with arteriosclerosis and nervous tension. It initially increases peripheral circulation to fingers and toes, helping the evaporation of body heat, and then stabilizes blood vessels and body temperature. Linden is an excellent remedy for stress and panic, and is used specifically to treat nervous palpitations. Its relaxing action combined with a general effect upon the circulatory system give lime blossom a role in the treatment of some forms of migraine. The diaphoresis combined with the relaxation explains its value in feverish colds and flus. The flowers bring relief to colds, and flu by reducing nasal congestion and soothing fever. Because of their emollient quality, linden flowers are used in France to make a lotion for itchy skin. The tea is given to babies for teething.

The sapwood of a linden growing wild in the south of France (*T. cordata*) is used as a diuretic, choleric, hypotensive and antispasmodic. A light infusion of the flowers is sedative, antispasmodic and diaphoretic. It also thins the blood and enhances circulation.

Lion's Ear (*Leonotis nepetifolia*) The sheets are used against infectious diseases by infusing them and using them in inhalers and vapor baths as a preventative. It is also used as an emmenagogue, amenorhea, fever and skin diseases. The sheets séches are sometimes used in Africa as substitute of the marijuana. Used similarly to Lion's

Tail (*Leonotis leonurus*) it just blooms earlier.

Lion's Tail (*Leonotis leonurus*) Many traditional uses have been recorded. The foliage is commonly made into a medicinal tea, which is favored for the hypnotic focus it gives. The leaves or roots are widely used as a remedy for snakebite and also to relieve other bites and stings. Decoctions of the dried leaf or root have been applied externally to treat boils, eczema, skin diseases and itching, and muscular cramps. Extracts are also used to relieve coughs, cold and influenza, as well as bronchitis, high blood pressure and headaches. Leaf infusions have been used to treat asthma and viral hepatitis. The tea is also used to treat headache, bronchitis, high blood pressure and the common cold. This species is also important in Chinese/Vietnamese medicine as an euphoric, purgative and vermifuge.

Litsea cubeba The root and stem are used in traditional Chinese medicine. It expels wind and dampness, promotes the movement of qi and alleviates pain: for wind-damp painful obstruction and stomach aches. Most commonly used for lower back pain. It promotes the movement of qi and blood, warms the channels and alleviates pain: for dysmenorrhea that presents primarily with a distended and painful lower abdomen that improves with heat or pressure. Also for blood stasis pain due to trauma, or other gynecological pain associated with blood stasis. Also used for chills, headaches and muscle aches due to an exterior disorder. Has been reported to be useful in treating motion sickness.

The fruits are reputed to alleviate chronic asthma, as well as being a treatment for coronary heart disease and high blood pressure.

Little Mallow (*Malva parviflora*) The bruised leaves have been rubbed on the skin to treat skin irritations. A strained tea of the boiled leaves has been administered after childbirth to clean out the mother's system. As a headache remedy, the leaves or the whole plant have been mashed and placed on the forehead. Powdered leaves have been blown into the throat to treat swollen glands. The leaves have been used to induce perspiration and menstrual flow, reduce fever, and treat pneumonia. The whole plant can be used as a poultice on swellings, running sores and boils. The seeds are used in the treatment of coughs and ulcers in the bladder. A decoction of the roots or leaves has been used as a hair rinse to remove dandruff and to soften the hair.

Live Forever (*Sedum purpureum*) The fresh leaves yield a juice that is used as an astringent to help heal wounds. The plant has enjoyed a reputation as an internal remedy for ulcers, lung disorders, and dysentery and as an external astringent for the treatment of slow-healing wounds. It is a popular remedy for diarrhea, stimulates the kidneys and has a reputation in the treatment of cancer. A poultice of the crushed leaves has been used in the treatment of boils and carbuncles.

Liverwort, Ker-gawl (*Hepatica americana*, (*H. tribola*); *H. nobilis*) While rarely found in herbal remedies today, it is a mild astringent and a diuretic. It stimulates gall bladder production and is a mild laxative. Its astringency has also stopped bleeding in the digestive tract and the resultant spitting of blood. Historically, liverwort has been used for kidney problems and bronchitis. It's active constituent, protoaneminin, has been shown to have antibiotic action. The Russians use it in their folk medicine and also to treat cattle with "mouth sickness."

Liverleaf (*Hepatica acutiloba*) The herb has astringent and tonic properties. It also has demulcent activity. The roots and leaves are used dried or fresh in a tea or syrup. Of little use.

Lobelia (*Lobelia inflata*) Lobelia was a traditional Native American remedy and its use was later championed by the American herbalist Samuel Thomson (1769-1843), who made the herb the mainstay of his therapeutic system. He mainly used it to induce vomiting. It was promoted by Jethro Kloss and later by Dr. John Christopher. A powerful antispasmodic and respiratory stimulant, lobelia is valuable for asthma, especially bronchial asthma, and chronic bronchitis. It relaxes the muscles of the smaller bronchial tubes, thus opening the airways, stimulating breathing, and promoting the coughing up of phlegm. In the Western tradition, lobelia has always been combined with cayenne, its hot stimulant action helping to push blood into areas that lobelia has relaxed. Lobelia is often most effective when the infusion or diluted tincture is applied externally. It relaxes muscles, particularly smooth muscle, which makes it useful for sprains, and back problems where muscle tension is a key factor. Combined with cayenne, lobelia has been used as a chest and sinus rub. Due to its chemical similarity to nicotine, lobelia is employed by herbalists to help patients give up smoking. Lobeline sulphate has been part of commercial over-the-counter antismoking lozenges. It seems to replace physical addiction to nicotine without its addictive effects. The Native Americans smoked it like tobacco for respiratory problems and it gained the name Indian tobacco. Both drinking the tea and smoking lobelia, usually with other herbs to modify its intense reaction, have been employed to treat asthma, bronchitis and whooping cough. Plasters and liniments for sprains, muscle spasms, and insect bites and poultices for breast cancer sometimes contain lobelia.

Lomatium (*Lomatium dissecta*) Both Lomatium and Ligusticum were used by Native Americans and early American medical practitioners for a variety of chronic or severe infectious disease states, particularly those of viral origin. Modern research is rather limited, but clinical trials have supported the inclusion of these botanicals for viral infections including HIV and condyloma. Traditionally it's demonstrated efficacy against a variety of bacterial infections including tuberculosis.

Lomatium contains an oleoresin rich in terpenes. It acts as a stimulating expectorant, enhancing the liquification and consequent elimination of mucus from the lungs. It also appears to exert a strong antibacterial activity, interfering with bacterial replication and inducing increased phagocytosis. The resin also contains a number of furanocoumarins including nodakenetin, columbianin and pyranocoumarin. These resins may be responsible for the plant's antiviral effect. They may also be partly responsible for the phagocytic action lomatium causes.

Based on empirical evidence and discussions with clinical herbalists, lomatium can be used as an antimicrobial, especially in the lungs and upper respiratory tract. It provides quick-acting relief in cases of viral or bacterial infection, particularly when there is a large amount of thick or sticky mucus and infection is deep-seated and persistent. Consider taking lomatium for pneumonia, infective bronchitis and tuberculosis.

As an immunostimulant, this herb is traditionally used to treat colds and flus. Many cases during the 1920s U.S. influenza epidemic were successfully treated with lomatium by the professional herbalists of the time, and it has been used for this purpose by Native Americans since the introduction of influenza to the Americas.

Its infection-fighting ability makes lomatium valuable as a mouthwash and gargle for oral and throat infections, as a douche for bacterial and viral infections or candida, as a skin wash for infected cuts or wounds, and in many other first-aid situations.

Both tea and tincture forms are commonly used. For acute bacterial or viral infections, 2.5 ml of the tincture diluted in water can be used three to four times daily. A painful, itchy full-body rash that can persist for days occurs frequently when the crude tincture is used. It seems to occur more commonly with the strong, fresh-root preparation and disappears when treatment stops.

Long Dan Cao (*Gentiana scabra*) The root is a bitter, cooling, anti-inflammatory herb that stimulates the appetite and digestion, increases blood sugar levels and potentiates the sedative and analgesic properties of other herbs. Internally used for liver disorders, eye complaints related to liver disharmony (such as conjunctivitis), acute urinary infections, hypertension with dizziness or tinnitus and tantrums in children. Included in many Chinese patent remedies for "liver heat." It is also used in the treatment of jaundice, leucorrhoea, eczema, conjunctivitis, and sore throat.

Loofah (*Luffa cylindrical*) In Chinese medicine, the inner skeleton of the dried fruit is used to treat pain in the muscles and joints, chest, and abdomen. It is prescribed for chest infections accompanied by fever and pain, and is used to clear congested mucus. Loofah is also given to treat painful or swollen breasts. Research indicates the fresh vine has a stronger expectorant effect than the dried fruit. Dried fruit fibers are used as abrasive sponges in skin care to remove dead skin and stimulate the peripheral circulation.

Lotus (*Nelumbo nucifera*) The entire plant is used in medicine. The Sacred water lotus has been used in the Orient as a medicinal herb for well over 1,500 years. The leaf juice is used in the treatment of diarrhea and is decocted with liquorice (*Glycyrrhiza spp*) for the treatment of sunstroke. A decoction of the flowers is used in the treatment of premature ejaculation. The flowers are recommended as a cardiac tonic. A decoction of the floral receptacle is used in the treatment of abdominal cramps, bloody discharges etc. The flower stalk is used in treating bleeding gastric ulcers, excessive menstruation, post-partum hemorrhage. The stamens are astringent and used in treating urinary frequency, premature ejaculation, hemolysis, epistaxis and uterine bleeding. A decoction of the fruit is used in the treatment of agitation, fever, heart complaints etc. The seed is used in the treatment of poor digestion, enteritis, chronic diarrhea, insomnia, palpitations etc. The plumule and radicle are used to treat thirst in high febrile disease, hypertension, insomnia and restlessness. The root starch is used in the treatment of diarrhea, dysentery etc, a paste is applied to ringworm and other skin ailments. It is also taken internally in the treatment of hemorrhages, excessive menstruation and nosebleeds. The roots are harvested in autumn or winter and dried for later use. The root nodes are used in the treatment of nasal bleeding, hemoptysis, hematuria and functional bleeding of the uterus. The plant has a folk history in the treatment of cancer, modern research has isolated certain compounds from the plant that show anticancer activity. The leaves, which have antipyretic and refrigerant properties, are used against symptoms of summer-heat, such as headache, respiratory congestion, chronic thirst, and dark scanty urine. The peduncle relieves stomachaches, calms restless fetus, and controls leukorrhea.

Lovage (or *Ligusticum levisticum*) Although no extravagant cures were attributed to lovage, medieval physicians and country folk claimed it alleviated a host of maladies. Fresh juice from the plant squeezed into the eyes relieved conjunctivitis, and an infusion brewed from the seeds and dropped into the eyes remedied redness and dim vision. Applied to the skin, this decoction was supposed to remove freckles. People gargled with it, used it as a mouth wash, and drank it to mitigate pleurisy and flatulence.

Boils, carbuncles and other pustules were treated with hot poultices of lovage leaves. A tea made from the leaves was said to promote menstrual discharge, soothe bronchitis and bring comfort in the early stages of diphtheria. Drinking the dried and powdered roots in a medium of wine, water or oil was held to improve the functioning of the lymphatic system, reduce obesity and flabbiness through diuretic action, and remedy colic, jaundice, urinary troubles and stomach disorders. Main ingredient in many European diuretic preparations and is added to urinary tract formulas. Can irritate kidneys, so it is not suggested when an infection is present but Commission E suggests making a tea with 2-4 teaspoons of dried herb per cup of boiling water and drinking it once a day for treating kidney stones. Also used to promote menstruation and to ease migraine headaches.

The colonists in New England found an additional use for the dried root. They nibbled bits of it in church to chase away the weariness caused by long and tedious sermons. Also in the New World, the Shakers grew lovage and sold it for medicine and flavoring much like the monks did centuries earlier. The Pennsylvania Germans dried its hollow stems to use as natural drinking straws. A stimulating cordial called lovage was once popular at public houses and inns. It was flavored with lovage, but was made primarily from tansy and yarrow. Oil extracted from lovage roots was used in tobacco blends, perfumes and bath cologne. Has been employed as a mouthwash for soothing tonsillitis and mouth ulcers.

Lungwort (*Pulmonaria officinalis*) Lungwort has been used primarily for lung problems, especially in cases of bronchitis and laryngitis, and to reduce bronchial congestion. The silica it contains restores the elasticity of lungs, and made it an appropriate remedy when tuberculosis was common. Major ingredient in the English "Potters Balm of Gilead Cough Mixture." As a poultice, it helps enlarged thyroid, burns and tumors and reduces swelling and inflammation from injuries and bruises. Potential use as a yin tonic. An astringent, lungwort treats diarrhea, especially in children, and eases hemorrhoids. Its properties are similar to those in comfrey. Both contain allantoin, which promotes wound-healing action.

-M- HERBS

Mace (*Myristica fragrans*): Carminative, stimulant, and tonic, mace aids the digestion, is beneficial to the circulation and is used to mollify febrile upsets and in Asia to relieve nausea. Mace butter is employed as a mild counter-irritant and used in hair lotions and plasters. As with nutmeg, large doses of mace can lead to hallucination and epileptiform fits, myristin being poisonous, but dangerous doses are unlikely to be taken in the course of everyday use. Taken in a toddy, it was a cure for insomnia, but prolonged over-indulgence is now avoided as addictive.

Madagascar Periwinkle (*Vinca rosea*) In 1923, considerable interest was aroused in the medical world by the statement that this species of *Vinca* had the power to cure diabetes, and would probably prove an efficient substitute

for Insulin, but *V. major* has long been used by herbalists for this purpose. Vincristine, a major chemotherapy agent for leukemia, and vinblastin (for Hodgkin's disease) are derived from the plant. The anti-cancer constituents are very strong and should only be taken under the supervision of a qualified health care practitioner. Use as a fluid extract. It has also been used in traditional herbal medicine to treat wasp stings (India), stop bleeding (Hawaii), as an eyewash (Cuba), and to treat diabetes (Jamaica); contains the alkaloid alstonine which can reduce blood pressure.

Madder (*Rubia tinctorium*) Madder is still grown as a medicinal in central Europe and west Asia. The root eliminates and prevents the formation of kidney and bladder stones, increases bile production and menstruation, and is a laxative. It is especially useful in urinary tract afflictions in which the system has become alkaline. Powdered root is wound-healing, often used for skin ulcers. Two ounces of the root can be boiled in six quarts of water and added to the tub to make a bath that will heal the skin. The red coloring agent is so potent that it turns the urine red and eventually even stains the bones, although no health problems are associated with these phenomena. Infusions of leaves and stems treat constipation, diarrhea and bladder disorders. It has a marked effect on the liver and has been found useful in jaundice. A madder poultice encourages wound healing. It is used in Ayurvedic medicine in east India and considered an important "blood-purifying" herb that "cleans" the body by improving liver functions. Used for many pitta-type bleeding conditions. Homeopathically used to treat anemia and ailments of the spleen.

Maidenhair Fern (*Adiantum capillus-veneris* (*A pedatum* North American variety)) **Medicinal Uses:** Used by Western herbalists to treat coughs, bronchitis, excess mucus, sore throat, and chronic nasal congestion. The plant also has a longstanding reputation as a remedy for conditions of the hair and scalp. It may be used as an infusion. Native American sometimes chewed the leaves of the plant to stop internal bleeding. An extract of the plant has diuretic and hypoglycemic activity in animals. It needs to be used fresh as it's highly sensitive to time and heat. Can be used in a poultice (raw and crushed), directly applied to a wound or scalded and infused for several minutes for a topical poultice to treat eczema, suppurating infections and wounds. In the form of a hair lotion, it stimulates hair growth. In a tea (1 plant in 1 cup water), it is excellent in treating coughs and chronic skin disorders. In the case of poor blood circulation, take 3 cups daily. A tincture is also a good choice as an effective concentrated preparation: 2/3 oz in 1 cup alcohol.

Male Fern (*Dryopteris filix-mas* (*Syn Aspidium filix-mas*)) : One of the most effective of all "worm herbs," male fern root, or the oleo-resin it yields, is a specific treatment for tapeworms. It acts by paralyzing the muscles of the worm, forcing it to relax its hold on the gut wall. Provided that the root is taken along with a nonoily purgative like scammony or black hellebore, it will flush out the parasites. The roots are added to healing salves for wounds and rubbed into the limbs of children with rickets. It is also good for sores, boils, carbuncles, swollen glands and epidemic flu. It inhibits bleeding of a hot nature and is combined with cedar leaves for uterine bleeding. With other alteratives like honeysuckle, forsythia and dandelion it treats toxic blood conditions. Fern tincture should be prepared in new batches every year.

Mallow, Common (*Malva sylvestris*): Though less useful than marsh mallow, common mallow is an effective demulcent. The flowers and leaves are emollient and good for sensitive areas of the skin. Mallow is beneficial in the treatment of painful swellings and is used as a digestive and diuretic herb, as well as in the making of an external lotion for acne. The leaves have the reputation of easing the pain of a wasp sting if rubbed on the affected area. A certain cure for a cold was believed to be bathing the feet in a decoction of the leaves, flowers and roots. Taken internally, the leaves reduce gut irritation, aids recovery from gastritis and stomach ulcers, laryngitis and pharyngitis, upper respiratory catarrh and bronchitis and have a laxative effect. When common mallow is combined with eucalyptus, it makes a good remedy for coughs and other chest ailments. As with marsh mallow, the root may be given to children to ease teething. The fresh dried leaves are put into decoctions; the root may be dried, but it is best fresh, if chosen when there are leaves growing from it.

Marjoram, Sweet (*Origanum majorana*) Has digestive, antispasmodic, carminative, diaphoretic and diuretic properties. Marjoram tea aids digestion, increases sweating and encourages menstruation. In tests, it inhibits viruses such as herpes 1 and is an antioxidant that helps preserve foods containing it. As a steam inhalant, marjoram clears the sinuses and helps relieve laryngitis. Particularly helpful for gastritis and a weak tea is good for colic in children. The plant is also sometimes made into an herb pillow for rheumatic pains.

Marsh Marigold (*Caltha palustris*) Dr. Withering described a case in which a large bouquet of marsh marigolds brought into the sickroom of a spasmodic girl stopped her fits. The cure was presumed a result of whatever the flowers exude. Since then, the infusions have also been used to prevent fits. A decoction of the herb has been used for dropsy and in urinary affections. The root tea induces sweating, is an emetic and an expectorant. The leaf tea is a diuretic and a laxative. Ojibwas mixed tea with maple sugar to make a cough syrup that was popular with colonists. The syrup was used as a folk antidote to snake venom. The plant contains anemonin and protoanemonin both with marginal antitumor activity. It has also been used to treat warts: a drop of the leaf juice was applied daily until the wart disappeared. The Chippewa applied the dried powdered and moistened or fresh root of cowslip twice daily to cure scrofula sores.

Marshmallow (*Althea officinalis*): Used whenever a soothing effect is needed, marsh mallow protects and soothes the mucous membranes. The root counters excess stomach acid, peptic ulceration, and gastritis. It reduces the inflammation of gall stones. Marsh mallow is also mildly laxative and beneficial for many intestinal problems, including regional ileitis, colitis, diverticulitis, and irritable bowel syndrome. Marshmallow's ability to bind and eliminate toxins allows the body to cleanse itself. For this reason, it is added to arthritis, laxative, infection, female tonic, vermifuge and other cleansing formulas. Taken as a warm infusion, the leaves treat cystitis and frequent urination. Marsh mallow's demulcent qualities bring relief to dry coughs, bronchial asthma, bronchial congestion, and pleurisy. The flowers, crushed fresh or in a warm infusion, are applied to help soothe inflamed skin. The root is used in an ointment for boils and abscesses, and in a mouthwash for inflammation. The peeled root may be given as a chewstick to teething babies. The dried root contains up to 35% of mucilage, 38% of starch and 10% of pectin and sugar. Extracts have to be made with cold water if they are to contain the mucilage and not the starch, the latter dissolving only in hot water. If marsh mallow is to be used for gargling rather than taken internally as a tea, the starch will be of additional benefit. Marsh mallow root is very high in pectin. Taking pectin is an effective way to keep blood sugar levels down. The root

boiled in milk, will prove beneficial in treating diarrhea and dysentery. It will also enrich the milk of nursing mothers, and at the same time increase milk flow. Combining both Blessed Thistle and Marshmallow for enriched milk is especially effective. Marshmallow's ability to bind and eliminate toxins allows the body to cleanse itself. For this reason, it is added to arthritis, laxative, infection, female tonic, vermifuge and other cleansing formulas.

Mastic (*Pistacia lentiscus*): Stimulant, diuretic. It has many of the properties of the coniferous turpentine and was formerly greatly used in medicine. Of late years it has chiefly been used for filling carious teeth, either alone or in spirituous solution, and for varnishes, and in the East in the manufacture of sweets and cordials. In the East it is still used medicinally in the diarrhoea of children and masticated to sweeten the breath. The most effective oil for treating varicose veins is mastic (*Pistacia lentiscus*), but it is very expensive and ill smelling. A good substitute is cypress oil. A blend for external use can be made by combining several essential oils: 10 drops cypress or 5 drops mastic; 10 drops lavender or geranium; 5 drops rosemary or juniper; and 5 drops chamomile. A massage oil can be made by adding 15 drops of this essential oil blend to an ounce of carrier oil, which should be rubbed gently into the legs several times each day. Always massage above the varicose area. For hemorrhoids, mix one tablespoon KY jelly to 10 drops of the essential oil blend, then apply.

Mayapple (*Podophyllum peltatum*) In New England the root was used to stimulate glands and for gastrointestinal disorders. The root was also used as a tonic for liver, lung, and stomach ailments. A decoction was made by boiling the roots in water and was used to treat rheumatism. This was also used on chickens who had diarrhea. Years ago it was used as a poison for eliminating chipmunks. Taken internally it is a powerful stimulant to the liver and intestines. It is a very strong glandular stimulant and useful for treating chronic liver diseases, promoting bile flow and digestion, and in the elimination of obstructions and skin problems.

The wart-removing drugs are produced from podophyllotoxin—found in mayapple rhizomes. Its application must be restricted to abnormal tissue only. The compound is thought to interfere with the wart's development and blood supply. The podophyllotoxin in mayapple has been found to stimulate the immune system while suppressing lymph cells. It is more toxic to leukemia cells than to normal cells. The tumor inhibitor was actually discovered in 1958, but the compound created digestive-tract irritations too severe to make it practical. Now a semisynthetic derivative, etoposide, is being used for chemotherapy in Europe to treat lung cancer and cancer of the testicles. It has been shown to restrict the activity of an enzyme necessary for the reproduction of cancer cells. It was introduced in 1985 under the trade name Vepeside®.

Traditionally, podophyllotoxin has been collected from the roots of *podophyllum emodi*. It is a wild plant that grows only in the Himalayan Mountains. However, the plant has been declared endangered because too much of it has been collected in India. Decreasing supplies of the plant in India have resulted in export restrictions. Attempts to make copies of the cancer-fighting substance have proven costly. Now, researchers from the United States Agriculture Department and the University of Mississippi have developed a way to get podophyllotoxin from the mayapple plant. The researchers believe that both the mayapple and *podophyllum emodi* produce the substance as a form of protection against insects and other plant-eating creatures. The plants store the substance until they are attacked.

The American researchers say their method is successful because it makes the mayapple think it is being attacked. This results in the release of large amounts of podophyllotoxin. They say their system to remove podophyllotoxin from the mayapple is fast, effective and low cost. The researchers say the mayapple plant provides a plentiful and renewable supply of the substance. And they add there may be increased demand for the mayapple plant as a crop if the method becomes widely used.

Meadow Rue (*Thalictrum aquilegifolium*) Meadow rue is a purgative and diuretic. It is a bitter digestive tonic that contains berberine or a similar alkaloid. The leaves were sometimes added to spruce beer in the 19th century as a digestive tonic.

Meadowsweet (*Filipendula ulmaria*) Meadowsweet is used to treat rheumatism, fevers, and pain in much the same way as aspirin is used, but it contains buffering agents that counter the drug's side effects, such as gastric bleeding. In fact, it prevents overacidity in the stomach and is considered one of the best herbal treatments for heartburn. It would seem that reducing acidity within the stomach can help to reduce acid levels in the body as a whole, thereby helping joint problems (which are associated with acidity). It also improves digestion and helps to heal ulcers. An antiseptic diuretic that promotes uric acid excretion, it is used for urinary tract problems. Meadowsweet is also occasionally used for cystitis. It was once the treatment of choice for children's diarrhea. The cleansing diuretic effect has given meadowsweet a reputation for clearing the skin and resolving rashes. Given its mild antiseptic action it makes a good remedy for cystitis and urethritis, fluid retention and kidney problems. The salicylate salts are said to soften deposits in the body such as kidney stones and gravel, as well as arteriosclerosis in the arteries. Meadowsweet reduces fevers by suppressing the sympathetic temperature regulation center.

Melilot (*Melilotus officinalis*) As with horse chestnut, long-term use of melilot—internally or externally—can help varicose veins and hemorrhoids. Melilot also helps reduce the risk of phlebitis and thrombosis. The plant is mildly sedative and antispasmodic, and is given for insomnia (especially in children) and anxiety. It has been used to treat gas and indigestion, bronchitis, problems associated with menopause and rheumatic pains. The infusion prepared with the dried parts has digestive and carminative properties. The dried leaves have a scar-forming action and also repel moths. Yellow melilot is used in poultices and salves for boils, swellings, arthritis, rheumatism and headaches. For centuries there was a salve called simply Melilot. It was compounded of the juice of young green Melilot plants boiled with rosin, wax, sheep tallow, and a little turpentine. It was used to draw and heal all kinds of wounds and sores and remained popular for centuries. A similar Melilot plaster can still be purchased today in many parts of Europe. The tea is used to wash sores and wounds and as an antiinflammatory eye wash. For headaches and joint pains, try making melilot into an herb pillow. In Germany, powdered melilot is mixed with an equal amount of water to make a poultice for treating hemorrhoids.

In Chinese medicine, it is considered sedative and astringent. When taken internally, it imparts its sweet fragrance to the body.

Mexican Marigold Mint (*Tagetes lucida*): internally for diarrhea, indigestion, nausea, colic, hiccups, malaria, and feverish illnesses. Externally for scorpion bites and to remove ticks.

Mexican Poppy (*Argemone mexicana*) The fresh latex of Mexican poppy contains protein-dissolving constituents, and is used to treat warts, cold sores, and blemishes on the lips. The whole plant acts as a mild painkiller. An infusion of the seeds—in small quantities—is used in Cuba as a sedative for children suffering from asthma. In greater quantities, the oil in the seeds is purgative. The flowers are expectorant, and are good for treating coughs and other chest conditions.

The juice of the plant has a rubefacient and slightly caustic effect; used straight for warts, diluted for skin ulcerations, externally. The fresh juice, greatly diluted, has a long traditional history as a treatment for opacities of the cornea. The preserved juice, with three or four parts water, can be used for heat rash, hives, and jock itch. One-half teaspoon in water in the morning for a few days will lessen the irritability of urethra and prostate inflammations. The whole plant can be boiled into a strong tea and used for bathing sunburned and abraded areas for relief of pain. The dried plant is a feeble opiate and helps to reduce pain and bring sleep, a rounded tablespoon in tea. The seeds are a strong cathartic, a teaspoon or two crushed in water and drunk. They have somewhat of a sedative and narcotic effect when eaten and have traditionally been smoked alone or with tobacco.

Milk Thistle (*Silybum Marianum*) - Silymarin is poorly soluble in water, so aqueous preparations such as teas are ineffective, except for use as supportive treatment in gallbladder disorders because of cholagogic and spasmolytic effects. The drug is best administered parenterally because of poor absorption of silymarin from the gastrointestinal tract. The drug must be concentrated for oral use. Silymarin's hepatoprotective effects may be explained by its altering of the outer liver cell membrane structure, as to disallow entrance of toxins into the cell. This alteration involves silymarin's ability to block the toxin's binding sites, thus hindering uptake by the cell. Hepatoprotection by silymarin can also be attributed to its antioxidant properties by scavenging prooxidant free radicals and increasing intracellular concentration of glutathione, a substance required for detoxicating reactions in liver cells.

Silymarin's mechanisms offer many types of therapeutic benefit in cirrhosis with the main benefit being hepatoprotection. Use of milk thistle, however, is inadvisable in decompensated cirrhosis. In patients with acute viral hepatitis, silymarin shortened treatment time and showed improvement in serum levels of bilirubin, AST and ALT.

Milkweed (*Asclepias syriaca*) A root decoction (either fresh or dried) strengthens the heart in a different way from digitalis, and without the foxglove derivative's toxicity. It also soothes the nerves and is listed as an emetic, anthelmintic (kills worms) and stomach tonic. It helps relieve edema probably by strengthening the heart. It's also a diaphoretic and expectorant. It's used for coughs, colds, arthritis aggravated by the cold, threatened inflammation of the lungs, asthma, bronchitis, female disorders, diarrhea and gastric mucus. The milky sap is used topically, fresh or dried, to reduce warts.

The root is emetic and cathartic in large doses. In average doses it is considered diuretic, expectorant and diaphoretic. It is said to produce temporary sterility if taken as a tea.

HOMEOPATHIC: Used for afflictions of the nerves and the urinary tract and for pressing

Miner's Lettuce (*Montia perfoliata*): Apart from its value as a nourishing vegetable, miner's lettuce, like its relative purslane, may be taken as a spring tonic and an effective diuretic.

Mint (*Mentha spp*): Ayurvedic physicians have used mint for centuries as a tonic and digestive aid and as a treatment for colds, cough, and fever. Medieval German abbess/herbalist Hildegard of Bingen recommended mint for digestion and gout. Shortly after Culpeper wrote about the benefits of mint, peppermint and spearmint were differentiated, and herbalists decided the former was the better digestive aid, cough remedy, and treatment for colds and fever. Spearmint cannot replace peppermint in combined bile and liver or nerve herbal teas even though it is used as a stomachic and carminative.

The Chinese use *bo he* (*M. arvensis*) as a cooling remedy for head colds and influenza and also for some types of headaches, sore throats, and eye inflammations. As a liver stimulant, it is added to remedies for digestive disorders or liver qi (energy) stagnation). Disperses wind-heat: for patterns of wind-heat with fever, headache and cough. Clears the head and eyes and benefits the throat: for patterns of wind-heat with sore throat, red eyes, and headache. Vents rashes: used in the early stages of rashes such as measles to induce the rash to come to the surface and thereby speed recovery.

Peppermint also contains antioxidants that help prevent cancer, heart disease and other diseases associated with aging. From Jim Duke's "Green Pharmacy" comes a Stone Tea for gallstone attack: brew a mint tea from as many mints as possible especially spearmint and peppermint and add some cardamom, the richest source of borneol, another compound that is helpful.

The oil of peppermint has been shown to be antimicrobial and antiviral against Newcastle disease, herpes simplex, vaccinia, Semliki Forest and West Nile viruses.

Menthol is an allergic sensitizer that may cause hives. The menthol in oil of peppermint is an effective local anesthetic. It increases the sensitivity of the receptors in the skin that perceive the sensation of coolness and reduces the sensitivity of the receptors that perceive pain and itching. Menthol is also a counterirritant, an agent that causes the small blood vessels under the skin to dilate, increasing the flow of blood to the area and making the skin feel warm. When you apply a skin lotion made with menthol, your skin feels cool for a minutes, then warm. Menthol's anesthetic properties also make it useful in sprays and lozenges for sore throats.

Mistletoe (*Viscum album*): Despite the traditional belief that European and American mistletoe have opposite actions, science has found out that they contain similar active chemicals and have similar effects. Mistletoe has the ability to slow the pulse, stimulate gastrointestinal and uterine contractions, and lower blood pressure.

European mistletoe is chiefly used to lower blood pressure and heart rate, ease anxiety, and promote sleep. In low doses it also relieves panic attacks, headaches, and improves concentration. European mistletoe is also prescribed for tinnitus and epilepsy. In anthroposophical medicine, extracts of the berries are injected to treat cancer.

European mistletoe's efficacy as an anticancer treatment has been subject to a significant amount of research. Studies going back 25 years show mistletoe impairs the growth of test-tube tumor cells. In Germany three mistletoe-based chemotherapy agents are administered by injection to treat human cancers. The great advantage offered by mistletoe extracts is that unlike other chemotherapeutic drugs, their immunostimulant and tonic effects are nontoxic and well tolerated. There is no doubt that certain constituents, especially the viscotoxins, exhibit an anticancer activity, but the value of the whole plant in cancer treatment is not fully accepted.

Several Indian tribes used American mistletoe to induce abortions and it stimulate contractions during childbirth. Koreans use mistletoe tea to treat colds, muscle weakness and arthritis. Chinese physicians prescribe the dried inner stems as a laxative, digestive aid, sedative and uterine relaxant during pregnancy.

Motherwort (*Leonurus cardiaca*) Motherwort is primarily an herb of the heart. Several species have sedative effects, decreasing muscle spasms and temporarily lowering blood pressure. Chinese studies found that extracts decrease clotting and the level of fat in the blood and can slow heart palpitations and rapid heartbeat. Another of motherwort's uses is to improve fertility and reduce anxiety associated with childbirth, postpartum depression, and menopause. If used in early labor it will ease labor pains and calms the nerves after childbirth. Take motherwort only once soon after giving birth as consistent use before the uterus has clamped down may cause bleeding to continue. Use one to two times a day in the weeks following birth for easing tension and supporting a woman through the feelings that come with new mothering. Do not use during pregnancy. Motherwort helps bring on a delayed or suppressed menstrual flow, especially when someone is anxious and tense. Chinese women often use it combined with dong quai as a menstrual regulator. Avoid using for menstrual cramps when bleeding is heavy. It strengthens and relaxes the uterine muscles and eases uterine cramping. It also reduces fevers, and is especially suggested for illnesses associated with nervousness or delirium. Motherwort was formerly used to treat rheumatism and lung problems, like bronchitis and asthma. Motherwort may help an overactive thyroid but does not depress normal thyroid function. Tincture the leaves and flowers as soon as you pick them. If you prefer to dry them, lay the leaves and stalks onto screens. Motherwort tea has a very bitter taste. Chinese medicine uses the seeds to aid in urination; cool the body system; treat excessive menstrual flow, absence of menstruation.

Mouse Ear (*Pilosella officinarum*) Mouse-ear hawkweed relaxes the muscles of the bronchial tubes, stimulates the cough reflex and reduces the production of mucus. It is used for respiratory problems where there is a lot of mucus being formed, with soreness and possibly even the coughing of blood. It is considered a specific in cases of whooping cough. It may also be found beneficial in bronchitis or bronchitic asthma. The astringency and the diuretic action also help to counter the production of mucus, sometimes throughout the respiratory system. The herb is used to control heavy menstrual bleeding and to ease the coughing up of blood. Externally it may be used as a poultice to aid wound-healing or specifically to treat hernias and fractures. A powder made from it was used to stem nosebleeds. The tea is an occasional home remedy for fever and diarrhea.

Mugwort (*Artemisia vulgaris*)— The classic herb for premenstrual symptoms, used in tea and the bath. Use a standard infusion of two teaspoons per cup of water steeped for 20 minutes, take ¼ cup four times a day. It makes a good foot bath for tired feet and legs. Cleansing to the liver, it promotes digestion. Mugwort is an emmenagogue, especially when combined with pennyroyal, blue cohosh, or angelica root. It is helpful in epilepsy, palsy, and hysteria and is useful for fevers.

HOMEOPATHIC: Homeopaths use *Artemisia vulgaris* for petit mal epilepsy, somnambulism, profuse perspiration that smells like garlic and dizziness caused by colored lights. It is especially effective when given with wine.

Muir Puama (*Ptychopetalum olacoides* (*Liriosma ovata* is a different species but often used interchangeably))

Historically, all parts of the plants have been used medicinally, but the bark and roots are the primary parts of the plant utilized. It has long been used in the Amazon by indigenous peoples for a number of purposes and found its way into herbal medicine in South America and Europe in the 1920's. Indigenous tribes in Brazil use the roots and bark taken internally as a tea for treating sexual debility and impotency, neuromuscular problems, rheumatism, grippe, cardiac asthenia, gastrointestinal asthenia and to prevent baldness. It is also used externally in baths and massages for treating paralysis and beri-beri.

Muir puama has a long history in herbal medicine as an aphrodisiac, a tonic for the nervous system an antirheumatic and for gastrointestinal disorders. In 1925, a pharmacological study was published on muira puama which indicated its effectiveness in treating disorders of the nervous system and sexual impotency which indicated that "permanent effect is produced in locomotor ataxia, neuralgias of long standing, chronic rheumatism, and partial paralysis." In 1930, Penna wrote about Muira puama in his book and cited physiological and therapeutic experiments conducted in France by Dr. Rebougeon which confirmed the efficacy of the plant for "gastrointestinal and circulatory asthenia and impotency of the genital organs." Two closely related species of *Ptychopetalum* were used interchangeably when it became popular in the 1920's and 30's - *P. olacoides* and *P. uncinatum* and a third species, *Liriosma ovata* syn *Dulacia inopiflora*, (which also had a common name of muira puama) was used as well. Early European explorers noted the indigenous uses and the aphrodisiac qualities of muira puama and brought it back to Europe, where it has become part of the herbal medicine of England. Because of the long history of use of Muira puama in England, it is still listed in the *British Herbal Pharmacopoeia*, a noted source on herbal medicine from the British Herbal Medicine Association, where it is recommended for the treatment of dysentery and impotence. It has been in the *Brazilian Pharmacopoeia* since the 1950's.

Scientists began searching for the active components in the root and bark of Muira puama to determine the reasons for its efficacy in the 1920's. Early research discovered that the root and bark were rich in free fatty acids, essential oil, plant sterols, and a new alkaloid which they named "muirapuamine." Since it continued to be used throughout the world as an aphrodisiac and treatment for impotency as well as for hookworms, dysentery, rheumatism and central nervous system disorders with success, scientists began researching the plant's constituents and pharmacological properties again in the late 1960's, continuing on until the late 1980's.

Muir puama is still employed around the world today in herbal medicine. In Brazil and South American herbal medicine, it is used as a neuromuscular tonic, for asthenia, paralysis, chronic rheumatism, sexual impotency, grippe, ataxia, and central nervous system disorders. In Europe, it is used to treat impotency, infertility, neurasthenia, menstrual disturbances and dysentery. It has been gaining in popularity in the United States where herbalists and health care practitioners are using muira puama for impotency, menstrual cramps and PMS, neurasthenia and central nervous system disorders. The benefits in treating impotency with muira puama has recently been studied in two human trials which showed that Muira puama was proven to be effective in improving libido and treating erectile dysfunction. In a study conducted in Paris, France, of 262 male patients experiencing lack of sexual desire and the inability to attain or maintain an erection, 62% of the patients with loss of libido reported that the extract of muira puama "had a dynamic effect" and 51% of patients with erectile dysfunctions felt that muira puama was beneficial. The second study conducted by Wayneberg in France evaluated the positive psychological benefits of Muira puama in 100 men with male sexual asthenia.

It is important to note that to achieve the beneficial effects of the plant, proper preparation methods must be employed. The active constituents found in the natural bark thought to be responsible for Muira Puama's effect are not water soluble nor are they broken down in the digestive process. Therefore taking a ground bark or root powder in a capsule or tablet will not be very effective. High heat for at least 20 minutes or longer in alcohol is necessary to dissolve and extract the volatile and essential oils, terpenes, gums and resins found in the bark and root that have been linked to Muira Puama's beneficial effects.

Mullein (*Verbascum thrapis*): One of the primary herbs for any lung problem, including whooping cough, asthma, bronchitis and chest colds. It was traditionally smoked for lung conditions. It is also a diuretic used to relieve urinary tract inflammation, diarrhea, and inflammation, colitis, or other bleeding in the bowel. The flowers extracted into olive oil make a preparation that is known to reduce the pain and inflammation of earache, insect bites, bruises, hemorrhoids, and sore joints. A distilled flower water or a poultice has been placed on burns, ringworm, boils and sores. The leaves are used in homeopathic products for migraine and earache.

Myrrh (*Commiphora myrrha*): Germany's Commission E has endorsed powdered myrrh for the treatment of mild inflammations of the mouth and throat because it contains high amounts of tannins. Myrrh improves digestion, diarrhea and immunity. It treats coughs, gum disease, wounds, candida, overactive thyroid and scanty menstruation. Used for: amenorrhea, dysmenorrhea, menopause, cough, asthma, bronchitis, arthritis, rheumatism, traumatic injuries, ulcerated surfaces, anemia, pyorrhea. Used to kill yeast (10 capsules daily).

Myrrh is used internally for stomach complaints, tonsillitis, pharyngitis and gingivitis, and externally for ulcers, boils and wounds. Acts directly and rapidly on peptic glands to increase activity, in this way increasing digestion. Promotes absorption and assimilation of nutrients. Good for obesity and diabetes. For inner ear infections, combine equal parts of echinacea and mullein with one-part myrrh to make a tea.

Increases circulation, stimulates flow of blood to capillaries. Clears out mucus-clogged passages throughout the body. Antiseptic to mucus membranes, regulates secretions of these tissues. Good for glandular fever, fever symptoms like cold skin, weak pulse.

Research suggests that it can lower blood cholesterol levels. In China, it is taken to move blood and relieve painful swellings. For an infusion that might help prevent heart disease, use 1 teaspoon of powdered herb per cup of boiling water. Steep 10 minutes. Drink up to 2 cups a day. Myrrh tastes bitter and unpleasant. Add sugar, honey and lemon or mix it into an herbal beverage blend to improve flavor.

Myrtle (*Myrtus communis*): The plant is powerfully antiseptic owing to the myrtol it contains and it has good astringent properties. In medicine the leaves were used for their stimulating effect on the mucous membranes, and for the chest pains and dry coughs of consumptive people.

-N HERBS-

Nasturtium, (*Tropaeolum majus*): Nasturtium is an antiseptic and digestive herb, also used to treat respiratory and urinary disorders; seeds are a vermifuge and crushed for use in poultices for boils and sores.

Nepitella, (*Calamintha nepeta*) Calamintha nepita breaks a fever by promoting sweating. It is also used as an expectorant and helps to cure jaundice. Effective when applied to snake bites and insect stings. In the *Journal of Ethnopharmacology*, a study reported in 1993 showed that *Calamintha nepita* when analyzed for its antimicrobial and fungicide activities it was found to have a biotoxic effect.

Neroli, (*Citrus aurantium* ssp. *Aurantium*)—bitter orange: The strongly acidic fruit of the bitter orange stimulates the digestion and relieves flatulence. An infusion of the fruit is thought to soothe headaches, calm palpitations and lower fevers. The juice helps the body eliminate waste products, and, being rich in vitamin C, helps the immune system ward off

infection. If taken to excess, however, its acid content can exacerbate arthritis. In Chinese herbal medicine, the unripe fruit, known as *zhi shi*, is thought to “regulate the *qi*” helping to relieve flatulence and abdominal bloating, and to open the bowels. The distilled flower water is antispasmodic and sedative.

Nettles (*Urtica dioica*): Nettle leaves are a blood builder often used as a spring tonic and to treat anemia and poor circulation. They contain both iron and vitamin C, which aids iron absorption. In the past, nettle was eaten or sipped to reduce uric acid and to treat gout and arthritis. It encouraged mother’s milk, lowers blood sugar and decreases profuse menstruation. It acts as a light laxative and diuretic (possibly due to its flavonoids and high potassium content). Both a tea and a poultice of cooked nettles are used to treat eczema and other skin conditions (combines well with figwort and burdock). An astringent that stops bleeding, the powder is snuffed to stop nosebleeds. Curled dock leaves provide a remedy for the nettle’s sting and the fresh juice of nettles themselves relieves the sting as well. Nettle is used by asthmatics-mix the juice of the leaves or roots with honey, take to relieve bronchial or asthmatic troubles. The seeds were once thought to allay consumption, the infusion being taken in wine glass doses. They were also given in wine as a cure for ague, in powder form they were used for goiter, also important in reducing diets. It was thought that a fever could be cured by pulling a nettle up by the roots, reciting the names of the sick man and his parents. Nettle tea was once used for dropsy and as a diuretic. Tincture of nettle is made of 2 oz of the green herb to one pint of proof spirit; Infusions are made by adding 1 oz of the herb to a pint of boiling water.

New Jersey Tea (*Ceanothus americanus*) The bark of the red roots was used as a sedative, stimulant, and antispasmodic and for treating respiratory diseases, high blood pressure, and enlarged spleens. The plant has been used to treat gonorrhea, dysentery, and eye disease in children. The root is reported to be a stimulant, a sedative, and a means of loosening phlegm. Much later, a commercial preparation of the bark was used to prevent hemorrhaging after surgery. New Jersey tea root-bark has been recommended for various chest problems, including chronic bronchitis, nervous asthma, whooping cough, and consumption. It has also been used as a gargle for inflammations and irritations in the mouth and throat, particularly for swollen tonsils. American Indians used a tea made from the whole plant for skin problems (including skin cancer and venereal sores). *Ceanothus* is one of the few remedies which has a direct affinity for the malfunction of the spleen, and is of special help in all ailments where there is despondency and melancholy. It is an indirect herbal agent for diabetes. Especially useful in nervousness when mentally disturbed, bilious sick headache, acute indigestion and nausea due to inactivity of the liver. The astringent action of a strong tea for hemorrhoids will decrease the tissue if used often. Red Root is a lymphatic remedy, stimulating lymph and interstitial-fluid circulation. It prevents the buildup of congested fluids in lymphatic tissue as well as cleaning out isolated fluid cysts that may form in some soft tissues. It will help reabsorption of some ovarian cysts and testicular hydroceles when combined with Dong Quai or Blue Cohosh and Helonias Roots. For breast cysts that enlarge and shrink with the estrous cycle and have been diagnosed medically as such, combine the Red Root with Cotton Root, Immortal, or 3-5 drop doses of *Phytolacca* tincture.

It is an excellent treatment for tonsil inflammations, sore throats, enlarged lymph nodes, and chronic adenoid enlargements.

Nigella, (*Nigella sativa*): Nigella is considered carminative, a stimulant, and diuretic. A paste of the seeds is applied for skin eruptions and is sure to relieve scorpion stings. The seeds are antiseptic and used to treat intestinal worms, especially in children. The seeds are much used in India to increase breast milk. The seeds are often scattered between folds of clothes as an effective insect repellent. Alcoholic extracts of the seeds are used as stabilizing agents for some edible fats. In India, the seeds are also considered as stimulant, diaphoretic and emmenagogue. Some of the conditions nigella has been used for include: eruption fever, puerperium (Iraq); liver disease (Lebanon); cancer (Malaya); joints, bronchial asthma, eczema, rheumatis (Middle East); with butter for cough and colic (North Africa); excitant

(Spain); boosting immune system, colds (U.S.) A recent study in South Carolina at the International Immuno-Biology Research Laboratory showed that there was some action against cancer cells using nigella plant extract.



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O Herbs

Orach(e) (*Atriplex hortensis*, *A. patula*) Considered diuretic, emetic, and emollient, orache has been suggested as a folk remedy for plethora and lung ailments. Seeds mixed with wine are said to cure yellow jaundice. They also excite vomiting. Heated with vinegar, honey and salt, orache is used for gout. Fruits are purgative and emetic. Liniments and emollients prepared from the whole plant, like the juice of the plant, are said to be folk remedies for indurations and tumors, especially of the throat. Used as a spring tonic and stimulant and in infusions to treat tiredness or exhaustion. *A. patula*'s seeds are gathered when just ripe and a pound (450 g) of them, bruised, is placed in three quarts (3.4 l) of moderate strength spirit. The whole is left to stand for six weeks, affording a light and not unpleasant tincture. A tablespoonful of the tincture, taken in a cup of water-gruel, has the same effect as a dose of Ipecacuanha, except that its operation is milder and it does not bind the bowels afterwards. After taking the dose, the patient should go to bed. A gentle sweat will follow, carrying off whatever offending matter the motions have dislodged, thus preventing long disease. As some stomachs are harder to move than others, a second tablespoonful may be taken if the first does not perform its office. Native Americans used poultices of the roots, stems and flowers for relieve of insect stings. Europeans used them to treat gout, jaundice and sore throats.

Orris (*Iris x germanica* var. *florentina*) Orris was formerly used in upper respiratory tract catarrh, coughs and for diarrhea in infants. It was used to treat dropsy and has been used as a snuff for congestive headaches. DRIED ROOT, preferably aged for at least 2 years. ½ to 1 teaspoon in warm water as suspended tea; the pressed "fingers" for teething infants to gum on. Although sometimes a topical allergen, it is not so internally.

Osha (*Ligusticum porteri*) American Indians used this herb to treat all manner of respiratory ailments: pneumonia, influenza, colds, bronchitis, tuberculosis, hay fever and asthma. Oshas are emmenagogues. Not recommended for pregnant women. It is used to treat colds, flu, fevers, cough, cold phlegm diseases, indigestion, gas, delayed menses and rheumatic complaints. This is one of the most important herbs of the Rocky Mountains, considered sacred by the Native Americans and widely esteemed by them for its broad and effective warm healing power. Many tribes burned it as incense for purification, to ward off gross pathogenic factors and subtle negative influences.

Oxeeye Daisy (*Leucanthemum vulgare* (*Chrysanthemum leucanthemum*)) Used for gastrointestinal, throat, skin, women's circulatory and urinary concerns. Make into infusions, tinctures, ointments, salves, foot soaks and as a bath herb.

-P- Herbs

Parsley (*Petroselinum crispum*, *P. sativum*) Medicinal Use: Chew the leaf raw to freshen the breath and promote healthy skin. Infuse for a digestive tonic. Bruised leaves have been used to treat tumors, insect bites, lice and skin parasites and contusions. Parsley tea at one time was used to treat dysentery and gallstones. Other traditional uses reported include the treatment of diseases of the prostate, liver and spleen, in the treatment of anemia, arthritis and cancers, and as an expectorant, antimicrobial, aphrodisiac, hypotensive, laxative and as a scalp lotion to stimulate hair growth. Use in a poultice as an antiseptic dressing for sprains, wounds and insect bites. Decoct the root for kidney troubles and as a mild laxative. Apply juice to reduce swellings. It also stimulates appetite and increases blood flow to digestive organs, as well as reducing fever. Another constituent, the flavonoid apigenin, reduces inflammation by inhibiting histamine and is also a free-radical scavenger. The seed, when decocted, has been used for intermittent fevers. It has also traditionally used as a carminative to

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decrease flatulence and colic pain. The seeds have a much stronger diuretic action than the leaves and may be substituted for celery seeds in the treatment of gout, rheumatism and arthritis. It is often included in "slimming" teas because of its diuretic action. Oil of the seed (5-15 drops) has been used to bring on menstruation. Avoid if weak kidneys.

Partridge Berry (*Mitchella repens*) Medicinal Uses: The Indians ate the berries and dined on a medicinal jelly when experiencing fever. It has been used to promote easy labor and prevent miscarriage. It is a nourishing and safe remedy for women from puberty through menopause, including during pregnancy and lactation, especially where there is a history of difficult pregnancy or a weak reproductive system. In cases of chronic weakness or disease, it needs to be taken for 4-8 weeks before results may be seen. It is a specific treatment for uterine hemorrhage and therefore it is indicated in menopausal flooding as well as heavy uterine blood loss of any kind after diagnosis by a health-care provider. Partridge berry may also relieve painful periods. The dose is limited to one cup of tea of the single herb per day or up to one-fourth part of a formula by weight, three standard cups per day. Partridge berry herb does apparently contradictory things: it relaxes pregnant women while it tones up the uterine and pelvic muscles and it soothes nervous "jumpiness." Its actions are astringent (for weak uterine tone, but it is not drying or constipating), diuretic, emmenagogue and parturient taken during the few weeks before birth. A well-known early 20th century preparation, called Mother's Cordial, combined it with cram bark, unicorn root, sassafras oil, brandy, and sugar. It appeared in the US National Formulary from 1926 to 1947 for treating uterine problems. It improves digestion and calms the nervous system. At times it has been substituted for pipsissewa as a treatment for urinary tract infections.

Pasque Flower (*Pulsatilla vulgaris*) In Traditional Chinese Medicine, pulsatilla is used as an anti-inflammatory and is considered specific for amoebic and bacterial dysentery. Externally, it is used as a douche for trichomonas.

Western herbalists and homeopaths, on the other hand, use minute doses of pulsatilla as an important remedy for premenstrual syndrome. Curiously, mainly fair and blue-eyed women are responsive to this remedy. It is generally used as an emmenagogue and to increase blood and energy circulation for both men and women. It strengthens sexual sensitivity while lessening the tendency towards morbid preoccupation. It is a good remedy to consider for disorders of the reproductive organs and the prostate, associated with nervous and emotional problems. Characteristically, the symptoms treated are nervousness, restlessness and an active imagination or fear of impending danger or disease. For menstrual irregularity or delayed menstruation, it is used to treat simple suppression due to atrophy or shock. It is also good for some cases of heart disease, again with strong mental symptoms.

Pulsatilla is used for various inflammatory conditions, but especially if accompanied by nervousness, despondency, sadness, unnatural fear, weepiness and depression. It is used also for headache, insomnia, neuralgia in the anemic, thick tongue coating with a greasy taste, stomach disorders from over-indulgence in fats and pastries, various alternating and shifting signs such as diarrhea/constipation, amenorrhea and dysmenorrhea, pain from exposure to wind, toothache and styes.

In France, it has traditionally been used for treating coughs and as a sedative for sleep difficulties. Pulsatilla is also used to treat eye problems such as cataracts.

Passionflower (*Passiflora incarnata*) The leaves of passion flower are an ingredient in many European pharmaceutical products to treat nervous disorders, such as heart palpitations, anxiety, convulsions, epilepsy and sometimes high blood pressure. They have been shown to make a nonaddictive sedative that relaxes the nervous system. Passion flower seems especially helpful when physical or mental strain results in insomnia or stress. While it is not a strong pain reliever and it may take a while for its effects to be noticed, it seems to have a lasting and refreshing effect on the nervous system. It is used to prevent spasms from whooping cough, asthma, and other diseases. The dried herb is also used for Parkinson's disease, hysteria, and shingles. The unusual fruit has been historically considered to be a sedative.

In Germany, passionflower is used as a component of prepared sedative (in combination with lemon balm and valerian root) and cardi tonic (in combination with hawthorn) nonprescription drugs in various dosage forms including coated tablets, tinctures, and infusions. It is also used in German homeopathic medicine to treat pain, insomnia related to neurasthenia, and nervous exhaustion. In German pediatric medicine, it is used as a component of *Species nervinae pro infantibus* (sedative tea for children), which contains 30% lemon balm leaf, 30% lavender flower, 30% passionflower herb, and 10% St. John's wort herb. It is also a component of a standard Commission E fixed formula "Sedative Tea," which contains 40% valerian root, 30% passionflower herb, and 30% lemon balm leaf. In the United States, passionflower is used as a sedative component of dietary supplement sleep aid formulations. It was official in the fourth (1916) and fifth (1926) United States National Formulary and removed in 1936. It was also an approved OTC sedative and sleep aid up until 1978.

Very few pharmacological studies have been undertaken, though its central nervous system sedative properties have been documented, supporting its traditional indications for use. The approved modern therapeutic applications for passionflower are supportable based on its history of use in well established systems of traditional and conventional medicine, pharmacodynamic studies supporting its empirically acknowledged sedative and anxiolytic effects, and phytochemical investigations.

German pharmacopeial grade passionflower must be composed of the whole or cut dried aerial parts, collected during the flowering and fruiting period, containing not less than 0.4% flavonoids calculated as hyperoside. Botanical identity must be confirmed by thin-layer chromatography (TLC) as well as by macroscopic and microscopic

examinations and organoleptic evaluation. Purity tests are required for the absence of pith-containing stem fragments greater than 3 mm in diameter and also for the absence of other species. The British Herbal Pharmacopoeia requires not less than 15% water-soluble extractive, among other quantitative standards. The French Pharmacopoeia requires not less than 0.8% total flavonoids calculated as vitexin by measuring the absorbance after reaction. The ESCOP monograph requires that the material comply with the French, German, or Swiss pharmacopoeias.

The herb was introduced into United States medicine in 1867 as a sedative and was listed in the *National Formulary* from 1916 until 1936. A sedative passion flower chewing gum was even marketed in Romania in 1978. In 1990, a marked increase in passion flower sales was assumed to be a result of consumer concern over using the amino acid L-tryptophan as a sedative and sleep inducer. The Commission E approved the internal use of passionflower for nervous restlessness. The British Herbal Compendium indicates its use for sleep disorders, restlessness, nervous stress, and anxiety. Other uses include neuralgia and nervous tachycardia. The German Standard License for passionflower tea indicates its use for nervous restlessness, mild disorders of sleeplessness, and gastrointestinal disorders of nervous origin. It is frequently used in combination with valerian and other sedative plants. ESCOP indicates its use for tenseness, restlessness, and irritability with difficulty in falling asleep.

Patchouli (*Pogostemon patchouli*) In China, Japan and Malaysia the herb is used to treat colds, headaches, nausea, vomiting, diarrhea, abdominal pain and halitosis. In Japan and Malaysia it is used as an antidote to poisonous snakebites.

Pellitory (*Anacyclus pyrethrum*) It treats fluid retention, stones and gravel, dropsy and other urinary complaints. In European herbal medicine, it is regarded as having a restorative action on the kidneys, supporting and strengthening their function. It has been prescribed for nephritis, pyelitis (inflammation of the kidney, kidney stones, renal colic (pain caused by kidney stones), cystitis, and edema (fluid retention). It is also occasionally taken as a laxative. It combines well with parsley or wild carrot seed or root. It counteracts mucus and is useful for chronic coughs. The leaves may be applied as poultices.

Pellitory of the Wall (*Parietaria officinalis*) The pungent pellitory root is taken as a decoction or chewed to relieve toothache and increase saliva production. The decoction may also be used as a gargle to soothe sore throats. In Ayurvedic medicine, the root is considered tonic, and is used to treat paralysis and epilepsy. The diluted essential oil is used in mouthwashes and to treat toothache. It is an energetic local irritant and sialagogue, and acts as a rubefacient when applied externally. Its ethereal tincture relieves toothache. The root chewed has been found useful in some rheumatic and neuralgic affections of the head and face, and in palsy of the tongue. The decoction has been used as a gargle in relaxation of the uvula. Severe acronarcotic symptoms, with inflammation of the alimentary tract and bloody stools, were produced in a young child by less than a drachm of the tincture. The dose is from 30 to 60 grains as a masticatory. Oil of pellitory is made by evaporating the ethereal tincture.

Pennyroyal (*Mentha pulegium* or *Hedeoma puleioides*) Pennyroyal's main role is as an insect repellent. The crushed leaves or essential oil are rubbed on insect bites to reduce their itch and to ward off future attacks. The crushed green herb has been used to remove the marks of bruises and burns. It has also been taken to relieve headaches, indigestion, congestion from colds, and menstrual pain. Hot pennyroyal tea is one of the best herbs to produce sweating and reduce a fever. Pennyroyal's nature is to make intelligent choices and carry through clearly and without regret. Pennyroyal is an ovarian tonic; it also eases cramps, eliminates gas, calms nausea and relieves nervous tension. Pennyroyal encourages menses. Its oil is abortifacient and can be fatal. The leaves of pennyroyal are nervine, diaphoretic, and antiseptic, used for colds, fevers, headaches, and sunstroke. Pennyroyal is a renewing wash for itching, burning skin.

Pepper (*Piper nigrum*) Pepper has long been recognized as an ingredient for stimulating the appetite as well as being an aid in the relief of nausea and vertigo. It was used to treat gastro-intestinal upsets, flatulence, fevers and congestive chills. It is supposed to be of help in anal, rectal and urinary troubles. In India it has been used as a medicine since time immemorial for the treatment of anything from paralysis to toothache. East Africans are said to believe that body odor produced after eating substantial amounts of pepper repels mosquitoes. Black pepper contains four anti-osteoporosis compounds. It is of singular importance as a metabolic stimulant in Ayurvedic medicine. Black pepper has the ability to recirculate vital nutrients. When fasting, grind seven peppercorns and take them mixed with a little honey each morning.

Perilla (*Perilla frutescens* (green); *P.f. Atropurpurea* (purple)) Perilla is effective to improve stomach functions. Perilla is also used for perspiration, fever and cough alleviation, pain removing and stomach function improvement in Oriental medicine.

Perilla (*Perilla frutescens* Britt.), a traditional Chinese herb has recently received special attention because of its beneficial effects in the treatment of some kinds of allergic reactions without the side effects associated with some other used anti-allergy medicines. Experiments in vivo and in vitro found that among 18 kinds of vegetables, Perilla and ginger were the most active in reducing TNF production and its activity, which is linked with the allergy and inflammation. It has also been found that Perilla seed oil is rich in n-3 fatty acid (a-linolenic acid) which also has some benefit in the treatment of allergy. Reports trace back the traditional use of Perilla leaf and seed for hundreds of years in the treatment of asthma and some symptoms associated with what is now known as allergy. Also, the traditional method of cooking crab or shellfish with Perilla leaves, in

order to prevent so called "poisoning" existing in crab etc., might be re-evaluated as an effective way of preventing food allergy.

Perilla leaf extract has been available as a "health product" rather than as a medicine. There are no published reports of controlled clinical trials. Even so, there are many reports of open (uncontrolled) studies from physicians and from patients-completed questionnaires, to support the beneficial use of Perilla leaf extract in the treatment of allergy. Rigorous double-blind placebo-controlled trials are doubtlessly needed before Perilla leaf extract can be accepted as an antiallergy medicine in the West.

Open studies in the treatment of more than one hundred allergy cases of children with atopic dermatitis were made. After three months of therapy using a Perilla extract cream formulation, 80% of the patients showed varying degrees of improvement in the degree of itching, skin lesion, and eruption. No side effects were observed in all the cases. All these patients ceased other medicine while using the Perilla products.

Although the precise mechanisms of Perilla treatment for allergy are not yet well elucidated, recent researches on the various phytochemicals and their pharmacological properties have also revealed some mechanisms of Perilla action in allergy. Several active components contained in Perilla have been found to be linked with antiallergy and anti-inflammatory actions. These include elemicine, a-pinene, caryophyllene, myristicin, b-sitosterol, apigenin, phenylpropanoids and also some flavonoids which act as anti-inflammatory agents

Perilla seed, leaf and stem contain a total amount of essential oil about 0.5%. In addition to perillaldehyde, which was removed from the Perilla leaf extract products for its potential allergen property, several other constituents contained in Perilla essential oil showed pharmacological activity. It was reported that in animal experiments, one of the constituent in the essential oil, b-caryophyllene, showed relaxing action to the windpipe of guinea pig. Also it showed significantly suppressing action to citric acid or acrylaldehyde induced cough. It may partially explain the action of Perilla on anticough and antiasthma. Another constituent, l-menthol showed antiitching action thus making Perilla helpful in the treatment of some allergic skin diseases

Chinese Medicine:

Part Used & Method for Pharmaceutical Preparations: The leaf is picked in July and August and dried in the shade. Properties & Taste: Pungent-spicy and warm

Meridians: Lung and spleen

Functions: 1. To release the exterior symptoms and disperse cold; 2. To promote the flow of qi in the spleen and stomach; 3. To alleviate fish and crab poisoning

Indications & Combinations:

1. Wind-cold type of common cold manifested as fever, chills, headache, nasal obstruction and cough. Perilla leaf (Zisuye) is used with Fresh ginger (Shengjiang), Tangerine peel (Chenpi), Cyperus tuber (Xiangfu) and Apricot seed (Xingren) in the formula Xing Su San.

2. Qi stagnation in the spleen and stomach manifested as nausea, vomiting and fullness sensation in the chest or abdomen. Perilla leaf (Zisuye) is used with Agastache (Huoxiang) for cold manifestations. If there are more heat signs, Perilla leaf (Zisuye) can be prescribed with Coptis root (Huanglian). For cases with qi stagnation and accumulation of phlegm, Perilla leaf (Zisuye) is used with Pinellia tuber (Banxia) and Magnolia bark (Houpo). For vomiting during pregnancy, Perilla leaf (Zisuye) is used with Tangerine peel (Chenpi) and Amomum fruit (Sharen).

Periwinkle (Vinca Major and V minor) This plant is an excellent all round astringent which can be used internally or externally. Its most common internal use is for treating excess menstrual flow. It is useful as a douche for treating vaginal infection. It is used for digestive problems such as inflammation of the colon or diarrhea. The astringent action is also used in cases of nose bleed, bleeding gums, mouth ulcers and as a gargle for sore throats. Chewing the plant relieves toothache. The tea is sedative and is beneficial for hysteria, fits, and nervous states. Use two teaspoons per cup, steep for 20 minutes, and take a quarter-cup doses four times a day. Make a poultice of the herb to relieve cramps in the limbs. The leaves are used in slaves for hemorrhoids and inflammations. Use the tea as a gargle for sore throat and tonsillitis. The fresh flowers are made into a syrup laxative, which is excellent for small children as well as adults. To make a syrup, boil three pounds of Sucasat in one pint of water until you get a syrup consistency, and then steep the herbs in the hot liquid for 20 minutes, or simmer the herbs in honey or maple syrup for about 10 minutes, strain, and store in the refrigerator. It combines well with Agrimony for astringent action to treat the digestive system and skin conditions.

Peruvian Balsam (Myroxylon pereirae) Balsam of Peru has been in the US Pharmacopeia since 1820 used for bronchitis, laryngitis, dysmenorrhea, diarrhea, dysentery and leucorrhea and has also been used as a food flavoring and fragrance material for its aromatic vanilla like-odor. Today it is used extensively in topical preparations for the treatment of wounds, ulcers, and scabies, and can be found in hair tonics, anti-dandruff preparations, feminine hygiene sprays and as a natural fragrance in soaps, detergents, creams, lotions and perfumes.

Peruvian balsam is strongly antiseptic and stimulates repair of damaged tissue. It is usually taken internally as an expectorant and decongestant to treat emphysema, bronchitis, and bronchial asthma. It may

also be taken to treat sore throats and diarrhea. Externally, the balsam is applied to skin afflictions. It also stimulates the heart, increases blood pressure and lessens mucus secretions. Traditionally used for rheumatic pain and skin problems including scabies, diaper rash, bedsores, prurigo, eczema, sore nipples and wounds. It also destroys the itch acarus and its eggs.

Pipsissewa (*Chimaphila umbellata*) Pipsissewa was an important herb among Native Americans, who used it for various problems, including rheumatism. It induced sweating. The Pennsylvania Dutch used it as a tonic and diuretic for kidney complaints and rheumatism. Internally used for urinary infections, prostates, urethritis, kidney stones, arthritis and rheumatism. It is mainly used in an infusion for urinary tract problems such as cystitis and urethritis. It has also been prescribed for more serious conditions such as gonorrhea and kidney stones. By increasing urine flow, it stimulates the removal of waste products from the body and is therefore of benefit in treating rheumatism and gout. It is also a lymphatic catalyst. The fresh leaves may be applied externally to rheumatic joints or muscles, as well as to blisters, sores and swellings. In tests on animals, pipsissewa leaves appear to lower blood sugar levels. Solvent in diluted alcohol, boiling water.

Plantain (*Plantago major* and *P lanceolata*): Common plantain quickly staunches blood flow and encourages the repair of damaged tissue. It may be used instead of comfrey in treating bruises and broken bones. An ointment or lotion may be used to treat hemorrhoids, fistulae and ulcers. Taken internally, common plantain is diuretic, expectorant, and decongestant. It is commonly prescribed for gastritis, peptic ulcers, diarrhea, dysentery, irritable bowel syndrome, respiratory congestion, loss of voice and urinary tract bleeding. The seeds are closely related to psyllium seeds and can be used similarly, a tablespoon or two soaked in hot sweetened water or fruit juice until a mucilage is formed and the whole gruel drunk as a lubricating laxative. The fresh juice can be made into a douche for vaginitis by combining two tablespoons and a pint of warm water with a pinch of table salt. Proteolytic enzymes found in the fresh leaf and the fresh or dried root make plantain useful as a gentle internal vasoconstrictor for milk intestinal inflammation. The fresh juice or dried leaves in tea can help bladder inflammations. The fresh juice can be preserved with 25% vodka or 10% grain alcohol. Take one teaspoon in warm water one hour before every meal for mild stomach ulcers. For bed-wetting plantain leaf can be given as a beverage-strength tea throughout the day (but not right before bedtime).

Plantain roots are an old-time cure for toothaches. Fresh, the roots used to be chewed, dried and powdered and placed in a hollow tooth as a painkiller. The Chippewa used plantain leaves to draw out splinters from inflamed skin, and as vulnerary poultices. They favored the fresh leaves, spreading the surface of these with bear grease before applying them and renewing the poultices when the leaves became dry or too heated. Sometimes they replaced the bear grease with finely chopped fresh roots, or else applied the chopped roots directly to the wound. For winter use, they greased fresh leaves and tightly wrapped stacks of them in leather. The Iroquois used the fresh leaves to treat wounds, as well as coughs, colds, and bronchitis. The Shoshone applied poultices made from the entire plant to battle bruises, while the Meskawaki treated fevers with a tea made from the root.

Traditional Chinese medicine uses plantain to treat urinary problems, dysentery, hepatitis and lung problems, especially asthma and bronchitis. The seeds are used for bowel ailments. Plantain is also found in African and southeast Asian folk medicine. Research in India has shown its beneficial effects in treating coughs and colds.

Pleurisy Root (*Asclepias tuberosa*) Although it has fallen into disuse, butterfly weed was a well-recognized remedy for all sorts of lung ailments, including bronchitis, consumption, typhoid fever, and pleurisy. It is a lung tonic that relieves congestion, inflammation, and difficult breathing by increasing fluidity of mucus in the lungs and bronchial tubes. It promotes the coughing up of phlegm, reduces inflammation and helps reduce fevers by stimulating perspiration. A warm tea of butterfly weed relieves digestive disturbances, diarrhea and dysentery. The settlers learned of its use from the Native Americans, who chewed the raw root to alleviate lung problems. They also put the powdered roots on wounds to stop bleeding and pounded fresh roots into a poultice to place on bruises, rheumatism, inflammation, and lameness in the legs. It has also been used to treat certain uterine problems and estrogenlike components have been reported.

Ploughman's Spikenard (*Inula conyza*) ---The older herbalists considered Ploughman's Spikenard a good wound herb, and it was frequently taken in decoction for bruises, ruptures, inward wounds, pains in the side and difficulty of breathing. It also had a reputation as an emmenagogue, and the juice of the whole plant was applied externally to cure the itch.

Poke (*Phytolacca americana*) The Lenape chopped the root, poured boiling water over it, and prepared a liniment to reduce swellings. To reduce fever, they bound the fresh roots to the hands and feet. Other tribes made a purge from the juice of the root. The Delaware considered the roasted mashed root of Pokeweed an excellent blood purifier and stimulant. They were aware of the toxic properties of poke root, and only very small doses were administered. It was combined with bittersweet by other tribes and used as an ointment for chronic sores and the Pamunkey of Virginia treated rheumatism with preparations of the boiled berries. The Mohegans of Connecticut ate the young shoots in the spring and used poultices of the mashed ripe berries to

relieve sore breasts of nursing mothers. The large root is a violent emetic and is sometimes used as a substitute for ipecac. Pokeweed was listed officially in the United States Pharmacopeia for nearly one hundred years, from 1820 to 1916, and in the National Formulary from 1916 to 1947, where it was classed as a slow emetic, purgative and alterative. A fluid extract of the dried root was prescribed for a variety of ailments. During the early 1900s, it was a major ingredient in a popular over-the-counter obesity remedy, Phytoline, taken six times a day, before and after each meal. A "cancer cure" was prepared by mixing the juice of the leaves or root with gunpowder, and in the Ozark Mountains, Poke was a famous remedy for a variety of parasitic skin afflictions collectively known as "the itch." The root was boiled into a thick paste and reputed to work very well, but was quite painful when applied. Investigators have reported finding a mitogenic substance in Pokeweed that may prove useful in cancer research and treatment.

Poke root treats constipation and glandular and lymphatic congestion. In the latter conditions it may be taken in regular small internal doses of the tincture of the fresh root. Take only 2-5 drops two or three times daily. If it causes nausea, stop and begin again with even smaller doses. Poke is one of the best blood and lymphatic purifying herbs. It is excellent for the treatment of cancer, tumors, arthritis and degenerative diseases, but should be used with respect and preferably in combination with other herbs in a formula to offset its powerful detoxifying effects. Do not take more than 1 gm. per day.

As an external medicine, Poke root is used in a decoction as a wash or made into an ointment for various skin diseases such as eczema, ulcers, scabies, ringworm and other fungus infections. It has been used, in small doses, as an alterative to stimulate the metabolism and to help break up congestion in the alimentary canal, as well as in various organs including the lymph glands. It has also been used to treat breast cancer, and the excessive swelling of breasts after childbirth which sometimes make nursing impossible. It has often been a part of the formulas used in treating arthritis and rheumatism.

Pomegranate (*Punica granatum*) Both the rind and bark of the pomegranate are considered to be specific remedies for tapeworm infestation. The alkaloids present in the rind and bark (pelletierines) cause the worm to release its grip on the intestinal wall. If a decoction of pomegranate rind or bark is immediately followed by a dose of a strong laxative or purgative, the worm will be voided. The rind and bark are also strongly astringent and occasionally have been used to treat diarrhea. In Spain, the juice of pomegranate fruit pulp is taken to comfort an upset stomach and as a remedy to relieve gas and flatulence.

The seeds are used in gargles and they are said to ease fevers and assist in counteracting diarrhea. They are widely used in Indian medicines. The pulp is good for the heart and stomach. The rind and the skin of the fruit are sun-dried, powdered and mixed with honey to cure diarrhea and dysentery. Pomegranate juice is a natural face mask, its astringency and acidity being beneficial for oily skin.

Poppy (*Papaver somniferum*) In folk medicine poppy heads were used in poultices to cure earache and toothache and a remedy for facial neuralgia was to lay the warmed leaves on the skin. Medieval doctors pounded the seeds with those of sea holly and mixed them with wine to make a lotion for washing the ears, eyes and nostrils of those suffering from insomnia. Another cure was to mingle the juice with milk and other agents and make them into sleeping pills. An infusion made from the powdered capsules of poppy was once applied externally to sprains and bruises and a poppy flower poultice applied to excessive redness of the skin. A flower compress reduced inflammation and helped watering eyes and also helped to banish dark circles around the eyes. Morphine, heroin, codeine and papaverine are all derived from the milk juice of the opium poppy. One poppy product, laudanum, an addictive tincture of opium, was a universal cure-all, widely prescribed by doctors in the 19th century-its abuse celebrated by De Quincey, Coleridge and Baudelaire, among others. It was frequently administered to relieve pain and calm excitement, and was also used in bad cases of diarrhea and dysentery. It has both hypnotic and sedative effects. Opium tincture and extract may be used internally to treat depression.

TCM: Contains the leakage of Lung qi: for chronic coughs; binds up the intestines: for chronic diarrhea and dysenteric disorders; Stabilizes the lower burner: for polyuria, spermatorrhea or vaginal discharge; Alleviates pain: for any kind of pain, especially that of the sinews, bones or epigastrium.

Pharmacological Effects: Morphine is a very strong analgesic; in fact, it is the standard by which all other analgesics are judged. It raises the pain threshold and also reduces the pain reflex. That is, even though the pain sensation is still perceived, it is no longer regarded as particularly uncomfortable. Codeine has approximately 1/4 the analgesic effect of morphine. Morphine and codeine are both hypnotics, but they induce only a light and restless sleep. Morphine is a strong and highly selective respiratory depressant. The dosage that acts in this manner is lower than an analgesic dosage. Codeine's effect on respiration is much weaker than that of morphine. Also a strong cough suppressant. Morphine causes peripheral vasodilation and histamine release, which can lead to orthostatic hypotension. Morphine in very low doses causes constipation by increasing the resting tone and markedly decreasing propulsive contractions in the wall of the gut, while decreasing the secretion of digestive juices. The constipating effect of opium is only really noticeable at the start of the treatment. It soon diminishes and can if necessary be corrected with small doses of rhubarb or the like.

Psyllium (*Plantago psyllium*) : Psyllium is a well-known laxative. It is prescribed in conventional as well as herbal medicine for constipation, especially when the condition is resulting from an overtensed or overrelaxed bowel. Both husks and seeds contain high levels of fiber (the mucilage) and expand, becoming highly gelatinous when soaked in water. By maintaining a high water content within the large bowel, they increase the bulk of the stool, easing its passage. It is a useful remedy for diarrhea and also an effective treatment for many other bowel problems, including irritable bowel syndrome, ulcerative colitis, and Crohn's disease. In India, psyllium is commonly used to treat dysentery. It is valuable for hemorrhoids, helping to soften the stool and to reduce irritation of the distended vein. The jellylike mucilage produced when psyllium is soaked in water has the ability to absorb toxins within the large bowel. It is commonly taken to reduce autotoxicity. The soothing, protective effect imparted by the mucilage-rich husks and seeds benefits the whole gastrointestinal tract. Psyllium is taken for stomach and duodenal ulcers, and for acid indigestion. The demulcent action of psyllium extends to the urinary tract. In India, an infusion of the seeds is given for urethritis. In China, related species are used to treat bloody urine, coughing and high blood pressure. When psyllium husks are soaked in an infusion of calendula, they make an effective poultice for external use, drawing out infection for boils, abscesses, and whitlows. Psyllium is proving beneficial and practical for many individuals who suffer from chronic yeast infections because it can be employed to prevent the systemic absorption of the yeast's metabolic wastes that many individuals are sensitive to.

Purslane (*Portulaca oleracea*), The sticky, broken leaves of fresh purslane sooth burns, stings and swellings. The juice was once used for treating earaches and to "fasten" teeth and soothe sore gums. Purslane has been considered valuable in the treatment of urinary and digestive problems. The diuretic effect of the juice makes it useful in the alleviation of bladder ailments—for example, difficulty in passing urine. The plant's mucilaginous properties also make it a soothing remedy for gastrointestinal problems such as dysentery and diarrhea. In Chinese herbal medicine, purslane is employed for similar problems and for appendicitis. The Chinese also use the plant as an antidote for wasp stings and snake bite. Clinical trials in China indicate that purslane has a mild antibiotic effect. In one study, the juice was shown to be effective in treating hookworms. Other studies suggest that it is valuable against bacillary dysentery. When injected, extracts of the herb induce powerful contractions of the uterus. Taken orally, purslane juice weakens uterine contractions. In Europe it's been turned into a cough syrup for sore throats. Purslane is the richest known plant source of Omega-3 acids, found mostly in fish oils. These fatty acids reduce blood cholesterol and pressure, clotting, and inflammation and may increase immunity. Recommended medicinal dosage is 15-30 grams. Use for scours in goats.



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R Herbs

Radish (*Raphanus sativus*) Radish root stimulates the appetite and digestion. The common red radish is eaten as a salad vegetable and an appetizer. The juice of the black radish is drunk to counter gassy indigestion and constipation. Radish juice has a tonic and laxative action on the intestines and indirectly stimulates the flow of bile. Consuming radish generally results in improved digestion, but some people are sensitive to its acidity and robust action. It is crushed and used as a poultice for burns, bruises and smelly feet. The leaves, seeds and old roots are used in the treatment of asthma and other chest complaints. The juice of the fresh leaves is diuretic and laxative. In China, radish is eaten to relive abdominal distension. The root is also prepared "dry-fried" to treat chest problems. The seed is used to treat abdominal fullness, sour eructations, diarrhea caused by food congestion, phlegm with productive cough and wheezing. Because of its neutral energy, it is very effective in breaking up congestion in patients with extreme heat. Radishes are also an excellent food remedy for stone, gravel and scorbutic conditions. The plant contains raphanin, which is antibacterial and antifungal. It inhibits the growth of *Staphylococcus aureus*, *E. coli*, *streptococci*, *pneumococci* etc. The plant also shows anti-tumor activity.

Ragweed (*Ambrosia trifida*) A poultice of the crushed plant has been used to treat poison sumac symptoms. It has been used to treat gonorrhea, diarrhea, and other intestinal disturbances. In Mexico, it is believed to be useful for treating intestinal worms and reducing fever. The leaves are applied externally to insect bites and various skin complaints, internally they are used as a tea in the treatment of pneumonia, fevers, nausea, intestinal cramps, diarrhea and mucous discharges. The juice of wilted leaves is disinfectant and is applied to infected toes. A tea made from the roots is used in the treatment of menstrual disorders and stroke. The pollen is harvested commercially and manufactured into pharmaceutical preparations for the treatment of allergies to the plant.

Ragwort (*Senecio jacobaea*) Ragwort is excellent when taken as an infusion for gouty conditions and rheumatic pains. It usually gives great relief quickly. Also very good for lung and bronchial infections. Ragwort provides a stimulating and warming liniment preparation used externally on rheumatic muscles. An emollient poultice is made from the leaves. The juice of the plant is cooling and astringent, it is used as a wash in burns, sores, cancerous ulcers and eye inflammations. It makes a good gargle for ulcerated mouths and throats and is also said to take away the pain of a bee sting. Caution is advised here since the plant is poisonous and some people develop a rash from merely touching this plant. A decoction of the root is said to be good for treating internal bruises and wounds.

Ramps (*Allium tricoccum*) As a spring tonic in native N. American medicine, and to treat colds, sore throat, and worms in children. Traditionally the leaves were used in the treatment of colds and croup. The warm juice of the leaves and bulb was used externally in the treatment of earaches. A strong decoction of the root is emetic.

Ramsons (*Allium ursinum*) Although largely unknown in the United States, in 1989, *A. ursinum* was called "the new star" of garlic in the German health journal *Therapiewoche* (Therapy Week) and in 1992, was declared the European medicinal "Plant of the Year" by the Association for the Protection and Research on European Medicinal Plants. *Allium ursinum* contains much more ajoene and an about twentyfold higher content of adenosine than its 'cultivated cousin.' Just these substances are the ones to which, according to recent studies, an essential part of the known allium effects such as reduction of cholesterol, inhibition of thrombocyte-aggregation, drop in blood pressure, improvement of blood-rheology and fibrinolysis are attributed. *A. ursinum* has all the benefits of the *A. sativum* products that are found on the market. However, *A. ursinum* has three advantages over this domesticated garlic: 1) It has more of the active substances ; 2) It has

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active substances not found in cultivated garlic, or found only when large quantities are taken; 3) It is odorless. What distinguishes wild garlic from its garlic relative is, above all, the aroma. Although fields of wild garlic can be identified from afar by their characteristic odor, you are generally spared from 'garlic breath' if you eat wild garlic leaves. Wild garlic also regulates the digestion and prevents problems caused by the iron intake. Professor Holger Kiesewetter of the Homburg University Clinic has now found that one gram of wild garlic per day increases blood circulation and significantly improves blood flow. Wild Garlic cleanses the blood and intestines. It improves the intestinal flora and is effective against acne, fungus and eczema. It also lowers high blood pressure, fights arteriosclerosis, and increases the body's immune system. Because ramsons ease stomach pain and are tonic to the digestion, they have been used for diarrhea, colic, gas, indigestion and loss of appetite. The whole herb is used in an infusion against threadworms, either ingested or given as an enema. Ramsons are also thought to be beneficial for asthma, bronchitis and emphysema. The juice is used as an aid to losing weight. Applied externally, the juice is a mild irritant. It stimulates local circulation and may be of benefit in treating rheumatic and arthritic joints.

Raspberry (*Rubus idaeus*) The leaf is the most valuable medicinal part of the raspberry and a tea is traditionally drunk by expectant mothers during the last three months of pregnancy to strengthen the uterus and to ease painful contractions during labor as well as checking any hemorrhage. This action will occur if the herb is drunk regularly throughout pregnancy and also taken during labor. Although the specific mode of action is unknown, the leaves are thought to strengthen the longitudinal muscles of the uterus, increasing the force of contractions and thereby hastening childbirth. The gentle astringency of raspberry leaves is also helpful for diarrhea in children, and an infusion makes a good mouthwash for ulcers and bleeding gums. It is used to treat irregular and excessive menstruation. Externally, the leaves and roots are used as a gargle to treat tonsillitis and mouth inflammations, as a poultice and wash to treat sores, conjunctivitis, minor wounds, burns and varicose ulcers. The fruit is antiscorbutic and diuretic. Fresh raspberry juice, mixed with a little honey, makes an excellent refrigerant beverage to be taken in the heat of a fever. Made into a syrup, it is said to have a beneficial effect on the heart. The fruit is nutritious and mildly astringent.

Rattlesnake Master (*Eryngium yuccifolium*)....The plant was used as an antidote to snakebites. The roots were chewed and applied to the bite. The roots have been used medicinally for liver ailments, to increase urine flow, to induce vomiting, and to treat rattlesnake bite. Very useful in dropsy, nephritic and calculus affections, also in scrofula and syphilis. It is valuable as a diaphoretic and expectorant in pulmonary affections and used when Senega is not available. There is some effect in treating inflammations and malaria. The pulverized root is very effective in hemorrhoids and prolapsus. Chewing the root results in increased saliva flow. A liquid made from roots mashed in cold water was drunk to relieve muscular pains. The roots have also been used for rheumatism, respiratory ailments, and kidney trouble. A decoction of the roots has been found useful in cases of exhaustion from sexual depletion, with loss of erectile power, seminal emissions and orchitis. A tincture of the roots is used in the treatment of female reproductive disorders. Rattlesnake master is reported to have bitter aromatic constituents. No research seems to have been done on the effectiveness of rattlesnake master in the treatment on rattlesnake bites, but an extract of *Eryngium creticum* was found to be effective as an antivenum to the sting of the scorpion *Leiurus quinquestritus*. This *Eryngium* grows in Jordan, where it is used by people in rural areas for scorpion stings.

Rau Rom (Vietnamese Coriander *Polygonum odoratum*) The roots of the closely related Fo-ti, *Polygonum multiflorum*, are used in Chinese herbal medicine as a tonic and to stimulate hair growth, where it is often combined with other herbs, such as ginseng (*panax* sp.). Used in southeastern Asia against nausea, fever and to promote urination. It is sometimes employed as an anaphrodisiac. In Cambodia the twigs and leaves are used to stimulate urination and to combat fever and nausea. In Vietnam the plant is used to treat wound and snake bite. The dried rhizome has astringent and anti-inflammatory uses. In Europe, an infusion from the rhizome has been used as a gargle for ulcers and gingivitis, and applied to cuts, sores and hemorrhoids.

Red Angel's Trumpet (*Brugmansia sanguinea*) Known extensively throughout South America for its medicinal virtues and ritually brewed with *Trichocereus pachanoi* as one interpretation of Cimora. ... In Ecuador it is currently being cultivated for scopolamine.

Red Clover (*Trifolium pratense*) Traditional Chinese physicians have long used red clover blossoms as an expectorant. Russian folk healers recommend it for asthma. Other cultures have used it externally in salves for skin sores and eye problems and internally as a diuretic to treat water retention and as a sedative, anti-inflammatory, cough medicine, and cancer treatment. America's 19th-century Eclectic physicians were great promoters of red clover. Their text, *King's American Dispensatory*, called it "one of the few remedies which favorably influences pertussis [whooping cough]... possess[ing] a peculiar soothing property." The Eclectics recommended red clover for cough, bronchitis, and tuberculosis but waxed truly enthusiastic about the herb as a cancer treatment: "It unquestionably retards the growth of carcinomata." During the late 19th and early 20th centuries, red clover was the major ingredient in many patent medicines.

Red clover is used internally for skin complaints, especially eczema and psoriasis. It may be used with complete safety in cases of childhood eczema, cancers of the breast, ovaries, and lymphatic system, chronic degenerative diseases, gout, whooping cough and dry cough. Combined with chaparral in background treatment of cancer. It has been given as part of a holistic treatment for breast tumors and fibroids, both associated with excess estrogen, because the herbal version competes with excess estrogen, allowing the body to come into balance. The estrogenic effect may be of use in treating menopausal complaints. Research has shown that the herb has a contraceptive effect in sheep. Red clover blossoms have been long used in the form

of a salve for the removal of external cancer and indolent ulcers. A tea is also helpful to bathe the affected part, making it fresh daily. It reduces the desire to smoke if chewed.

Red Maple (*Acer rubrum*) The bark was used by Native Americans to make a decoction for treating eye ailments, because of its astringency. The bark has been used as a treatment for worms, as a tonic, and in poultices for skin abrasions. An infusion of the bark has been used to treat cramps and dysentery.

Red Sage (*Salvia viridis* (syn *Salvia horminum*)) Red Sage is the classic remedy for inflammations of the mouth, gums, tongue, throat and tonsils, its volatile oils soothing the mucous membranes. It may be used internally and as a mouthwash, and as a gargle it will help laryngitis, pharyngitis, tonsillitis and quinsy. It is a valuable carminative used in dyspepsia. It reduces sweating when taken internally and may be used to reduce the production of breast milk. As a compress it promotes the healing of wounds. Red Sage stimulates the muscles of the uterus.

Redbud (*Cercis canadensis*, *C. siliquastrum*) The redbud' inner bark and root can be made into a tea or decoction. This was used by different Native American Indian tribes to clear lung congestion, for whooping cough, to prevent nausea and vomiting, and to break fevers. It has also been used for diarrhea, dysentery, and leukemia.

Redroot Pigweed (*Amaranthus retroflexus*) The leaves have been used to stop internal hemorrhaging, diarrhea, and excessive menstrual flow. An infusion has been used to treat hoarseness. The stems have treated ulcers and profuse menstrual flows. In a wash, the flowers, leaves, and roots have been used as an astringent for wounds and sores, and used as a mouthwash for canker sores and sore gums.

Rest Harrow (*Ononis spinosa*) For excess fluid retention, restharrow is best taken as a short-term treatment, in the form of an infusion. The root contains a fixed oil that is anti-diuretic and an essential oil that is diuretic. If the diuretic action is required then the root should be infused and not decocted or the essential oil will be evaporated. It is also of value in treating gout and cystitis. An infusion is used in the treatment of dropsy, inflammation of the bladder and kidneys, rheumatism and chronic skin disorders. A cough mixture is made from

Resurrection Plant (*Bryophyllum pinnatum*) Pounded fresh material is applied as a poultice for a variety of conditions: Sprains, eczema, infections, burns; carbuncle and erysipelas. Usually not taken internally. For boils, the whole leaf is pressed by hand, to and fro, until it becomes moist with the leaf extract. A small opening is made in the middle of the leaf which is then placed on the boil with hole over the pointing of the abscess

Rhatany (*Krameria triandra*) Rhatany is a powerful astringent that was retained in the official pharmacopea until recently. It may be used wherever an astringent is indicated, that is, in diarrhea, hemorrhoids, hemorrhages or as a styptic. Rhatany is often found in herbal toothpastes and powders as it is especially good for bleeding gums. It can be used as a snuff with bloodroot to treat nasal polyps. The plant's astringency makes it effective when used in the form of an ointment, suppository, or wash for treating hemorrhoids. Rhatany may also be applied to wounds to help staunch blood flow, to varicose veins, and over areas of capillary fragility that may be prone to easy bruising. Gargle the tea or diluted tincture for acute or lingering sore throat. It can be combined for this purpose with Yerba Mansa or Echinacea. For diarrhea, combine with Silk Tassel (for cramps) and Echinacea (immunostimulant), and with either Trumpet Creeper, Desert Willow or Tonadora (for Candida) and Chaparro Amargosa (Protozoas). For a hemorrhoidal salve and rectal fissure ointment, use either alone or with Echinacea flowers as a salve.

Rhubarb Root (*Rheum palmatum*) For centuries the rhizome of the Turkey rhubarb was highly regarded by the Chinese for its medicinal properties. Modern research has justified its reputation. It contains anthraquinones, which have a purgative effect, and tannins and bitters which have the opposite effect. If taken in small quantities the tonic, aperient effect predominates and it is therefore useful in cases of appetite loss and acute diarrhea. Used to treat constipation, dysentery, hemorrhoids, portal congestion, pin/thread worms, skin eruptions from faulty elimination, blood in the stool and duodenal ulcers. It has a truly cleansing action upon the gut, removing debris, and then astringing with antiseptic properties as well. It is used externally to promote healing, counteract blood clots and promote menstruation. Stronger doses are laxative after 8-10 hours and are used to treat chronic constipation. Rhubarb is included in some proprietary preparations and is also a

component of herbal tea mixtures and digestive powders. In 1987 a research team investigated extracts of 178 Chinese herbs for antibacterial activity against one of the major microorganisms in human intestinal flora. Only Rhubarb was found to have significant activity. The herb can be applied to burns, boils, and carbuncles. It is a useful mouthwash for canker sores.

Rice Paddy Herb (*Linnophila aromatica*) In Asia, rau om is employed to treat many ailments. In China, it is used for the treatment of intoxication and pain; in Indochina, to treat wounds; in Malaysia, chiefly as a poultice on sore legs, but also to promote appetite, and as an expectorant to clear mucus from the respiratory tract, and to treat fever; and in Indonesia, as an antiseptic or cleanser for worms. The plant is also used in Asia for menstrual problems, wounds, dysentery, fever, elephantiasis, and indigestion.

Rocambole (*Allium scorodoprasum*) The bulb is used in the treatment of abscesses, amoebic dysentery, bronchitis, cholera, dysentery, influenza, skin diseases and TB.

Rock Sweet Flag (*Acorus gramineus*) An important herb in Chinese medicine for poor appetite, gastritis, excess mucus, and depression. Considered to be a warming herb and therefore not given to patients with a tendency to perspire excessively. Stimulates the digestive system, clears the bronchial passages, relieves indigestion, and has mild sedative effects. The root is powdered and applied to bleeding gums. It is also used internally in the treatment of depression and epilepsy.

Rocket (*Hesperis matronalis*) The leaves are antiscorbutic, diaphoretic and diuretic

Rooibos (*Aspalathus linearis*) A tea made from the dried fermented leaves tastes similar to oriental tea made from *Camellia sinensis*. It is less astringent, however, due to the lower tannin content. It is caffeine-free, but has a higher content of fluoride which might help to protect against tooth decay. Internally used for allergies, especially eczema, hay fever, and asthma in infants. Externally used for skin infections and irritations. Japanese research in the 1980s showed that rooibos contains a substance similar to the enzyme superoxide dismutase, an antioxidant compound thought to retard aging. Recent studies have reported rooibos tea as having antimutagenic and anti-HIV activity. The antimutagenic and antioxidant properties of Rooibos are far greater for unfermented shoot and leaf teas.

Roselle (*Hibiscus sabdariffa*) The leaves and flowers are used internally as a tonic tea for digestive and kidney functions. Experimentally, an infusion decreases the viscosity of the blood, reduces blood pressure and stimulates intestinal peristalsis. The drink made by placing the calyx in water, is said to be a folk remedy for cancer. Medicinally, leaves are emollient, and are much used in Guinea as a diuretic, refrigerant, and sedative; fruits are antiscorbutic; leaves, seeds, and ripe calyces are diuretic and antiscorbutic; and the succulent calyx, boiled in water, is used as a drink in bilious attacks. In Burma, the seed are used for debility, the leaves as emollient. Taiwanese regard the seed as diuretic, laxative, and tonic. Philippines use the bitter root as an aperitive and tonic. Angolans use the mucilaginous leaves as an emollient and as a soothing cough remedy. Central Africans poultice the leaves on abscesses. Alcoholics might consider one item: simulated ingestion of the plant extract decreased the rate of absorption of alcohol, lessening the intensity of alcohol effects in chickens.

Rosemary (*Rosmarinus officinalis*) Studies show rosemary leaves increase circulation, reduce headaches and fight bacterial and fungal infections. It is considered one of the strongest natural antioxidants. The flavonoid diosmin strengthens fragile blood vessels, possibly even more effectively than rutin. German pharmacies sell rosemary ointment to rub on nerve and rheumatic pains and for heart problems. A traditional European treatment for those suffering from poor circulation due to illness or lack of exercise is to drink rosemary extracted into white wine.

Rosemary contains many compounds that are reported to prevent the breakdown of acetylcholine in the brain, usually a symptom of Alzheimer's disease. Several if not all can be absorbed through the skin, and some probably cross the blood-brain barrier so using a final rinse of vinegar with rosemary essential oil added may be beneficial in prevention. Of these antioxidants, at least four are known cataract fighters and Japanese researchers find it promising for removing wrinkles.

Rosemary is recommended for flatulence, heartburn and as a digestive. It improves food absorption by stimulating digestion and the liver, intestinal tract and gallbladder. It is also used to inhibit kidney- and bladder-stone formation. Studies on rosemary conducted in Paraguay show that it almost completely inhibits the enzyme urease which contributes to kidney stone formation. It makes an antiseptic gargle for sore throats, gum problems and canker sores. Researchers speculate that rosmarinic acid might even be a good treatment for septic shock. In addition, it inhibited, although didn't destroy, 87% of the cancer cells tested in a laboratory study. Asthma sufferers used to smoke it with coltsfoot and eat bread that had been baked over rosemary wood.

Research has shown that rosmarinic acid is a stimulant and mild analgesic. The oil content varies within the plant. It is analgesic and stimulant, especially when applied to the skin. Rosemary's anti-inflammatory effect is due mainly to rosmarinic acid and flavonoids.

As a warming herb, it stimulates circulation of blood to the head, improving concentration and memory. It also eases headaches and migraine, and encourages hair growth by improving blood flow to the scalp. It has been used to treat epilepsy and vertigo. It aids recovery from long-term stress and chronic illness. It is thought to stimulate the adrenal glands and is used specifically for debility, especially when accompanied by poor circulation and digestion.

Roseroot (*Rhodiola rosea*) Chinese medical practitioners describe adaptogens as "superior" plants that

profoundly benefit the human body without dangerous side effects. While the most famous adaptogen is ginseng, cutting-edge research by top Russian doctors and scientists has shown that Arctic Root can ease more conditions, including stress, depression, heart disease and cancer. Rhodiola rosea has been shown to shorten recovery time after prolonged workouts, to increase attention span, memory, strength, and anti-toxic action. Rhodiola rosea extract increases the level of enzymes, RNA, and proteins important to muscle recovery after exhaustive exercise. It has also been shown to increase the levels of beta-endorphin in blood plasma which helps prevent the hormonal changes indicative of stress. This effect has also been linked to maintaining an increased cardiac output and subsequently having a cardioprotective effect. Studies using proofreading tests have demonstrated that Rhodiola rosea enhances memorization and concentration ability over prolonged periods. Finally, Rhodiola has been shown to increase anti-tumor activity by increasing the body's resistance to toxins.

In Siberia it is said that "those who drink rhodiola tea regularly will live more than 100 years." Chinese emperors always looking for the secret to long life and immortality sent expeditions into Siberia to collect and bring back the plant. Being one of the most popular medicinal herbs of middle Asia, for many years Rhodiola was illegally trafficked across the Russian border to China. In Siberia it was taken regularly especially during the cold and wet winters to prevent sickness. In Mongolia it was used for the treatment of tuberculosis and cancer. Formerly regarded as a scarce plant, researchers from Tomsk State University found significant stands of this valuable herb growing wild in Siberia at elevations of 5000 to 9000 feet above sea level. Subsequent research has substantiated high live giving biological activity with no toxicity. For the treatment of depression extracts of rhodiola, namely rosavin and salidroside, in animal studies seem to enhance the transport of serotonin precursors, tryptophan, and 5-hydroxytryptophan into the brain. Serotonin is a widely studied brain neurotransmitter chemical that is involved in many functions including, smooth muscle contraction, temperature regulation, appetite, pain perception, behavior, blood pressure and respiration. When balanced, it imparts a sense of contentment and mental ease. Either too much or too little serotonin on the other hand has been linked to various abnormal mental states such as clinical depression. Thus rhodiola has been used by Russian scientists alone or in combination with antidepressants to boost one's mental state, a boon in countries and seasons where one is deprived of adequate sun over prolonged periods of months. This leads to a condition known as SAD or Seasonal Affective Disorder common to Northern European countries.

Rhodiola has also been shown to be effective for cardiac problems caused or aggravated by stress. Its action for these conditions is in its ability to decrease the amount of catecholamines and corticosteroids released by the adrenal glands during stress. The abnormal presence of these stress hormones will subsequently raise blood pressure, cholesterol, potassium levels and increase risk factors for heart disease. Rhodiola has been found to decrease harmful blood lipids and thus decrease the risk of heart disease. It also decreases the amount of cyclic-AMP (c-AMP) released into cardiac cells. Cyclic AMP is related to ATP (adenosine triphosphate), the body's primary energy molecule. C-AMP acts as a 'second messenger' or liaison between the outer and inner environments of the cell. It assists in the uptake of more intracellular calcium into the heart thus promoting a greater potential for heart muscle contraction. Rhodiola thus regulates the heart beat and counteracts heart arrhythmias. As an adaptogen, rhodiola both stimulates and protects the immune system by reinstating homeostasis (metabolic balance) in the body. It also increases natural killer cell (NK) in the stomach and spleen. This action may be due to its ability to normalize hormones by modulating the release of glucocorticoid into the body.

Rhodiola has potent antioxidant properties. By limiting the adverse effects of free radical damage, it is able to combat all the diseases associated with aging. The presence of free radicals is associated with cell mutagenicity, the immediate cause of cancer. Again, Russian researchers have found that the oral administration of rhodiola inhibited tumor growth in rats 39 percent and decreased metastasis by 50 percent. It improved urinary tissue and immunity in patients suffering with bladder cancer. In other experiments with various types of cancer, including adenocarcinoma (cancer of glandular tissue such as breast cancer) and lung carcinoma, the use of extracts of rhodiola rosea resulted in significant increased survival rate. Like Siberian ginseng, rhodiola is routinely used by athletes to improve performance. While the mechanism is not completely understood, rhodiola seems to improve the ratio of muscle-fat and increases hemoglobin and erythrocytes levels in the blood.

Many other benefits from the use of Rhodiola has been found including its ability to improve hearing, when applied to the gums to inhibit the progression of pyorrhea, to regulate blood sugar levels for diabetics and protect the liver from environmental toxin.

Nearly 200 different rhodiola species have been identified. Only 14 have been subjected to biochemical study and it has been found that the chemical composition and pharmacological activity of rhodiola is definitely species related. Essentially rhodiola rosea counteracts the effects of stress that ultimately underlies the evolution of most diseases.

Rose (*Rosa spp*) Honey of Red Rose (Apothecary) was once an official pharmaceutical preparation in the US for sore mouths and throats. Fill a jar with fresh, dry rose petals and clear honey. Cover and leave in a warm place for one week then strain the mixture. Sip a teaspoonful of the honey as required. Rose vinegar was used for headaches, especially those brought on by heat. The leaves are a mild, but seldom used, laxative. In

Greece, Hippocrates recommended rose flowers mixed with oil for diseases of the uterus. Ayurvedic physicians use the petals in poultices to treat skin wounds and inflammations. At various times, European herbalists recommended dried rose petal tea for headache, dizziness, mouth sores, and menstrual cramps. Rose hips are a significant source of vitamin C.

TCM: Petals: dries cold, clear mucous discharges, relieves constrictive feelings of the chest and abdomen (stuck liver chi), treats poor appetite, harmonizes blood and is used for irregular menstruation and pain caused by blood stagnation. Hips: used for diarrhea, enuresis, frequent urination, spermatorrhea and leucorrhea (all complaints of deficient kidney chi)

Rowan (*Sorbus aucuparia*) Rowan berries are astringent and rather acidic. The juice has been used medicinally as a gargle for sore throats and laryngitis, and its astringency was useful in treating hemorrhoids and excessive vaginal discharge. The fruit contains vitamin C and was formerly employed in the prevention of scurvy. The fruit is antiscorbutic and astringent. It is normally used as a jam or an infusion to treat diarrhea and hemorrhoids. An infusion can also be used as a gargle for sore throats and as a wash to treat hemorrhoids and excessive vaginal discharge. The seeds contain cyanogenic glycosides which, in reaction with water, produce the extremely toxic prussic acid. In small quantities this acts as a stimulant to the respiratory system but in larger doses can cause respiratory failure and death. It is therefore best to remove the seeds when using the fruit medicinally or as a food. Both the flowers and the fruit are aperient, mildly diuretic, laxative and emmenagogue. An infusion is used in the treatment of painful menstruation, constipation and kidney disorders.

Royal Fern (*Osmunda regalis*) The mucilaginous roots, often boiled in water to produce royal fern jelly, once given to invalids as a nutritious, easily digested food, and also used to treat dysentery, coughs and pulmonary disorders. The root is useful in the treatment of jaundice and removing obstructions of the viscera. The fronds are used to make compresses for external application to wounds and rheumatic joints - for which purposes they are fairly effective. An infusion of the fronds, combined with wild ginger roots (*Asarum* species) has been used in the treatment of children with convulsions caused by intestinal worms.

Rue (*Ruta graveolens*) Rue was once an officially recognized treatment for hypertension, diabetes, and allergic reactions. It's primary reputation is that of an antispasmodic for smooth muscles. The action is attributed to the alkaloids arborine and arborinine, as well as to the coumarin rutamarin and components of the essential oil. It is still a popular folk medicine in countries like Mexico, Lebanon, Iran, India and China. In traditional Chinese medicine, the leaves are applied to reduce inflammation from snakebites, insect bites, strains and sprains. The rutin it contains strengthens fragile blood vessels and helps alleviate varicose veins, although using the whole plant has been found to work better. Both an eyewash and a tea are suggested for soothing tired eyes and headaches from eyestrain, and the tea is also used to decrease the pain and inflammation of an earache. Rue increases blood flow to the digestive tract, relaxes muscles and calms heart palpitations, nervous indigestion and colic. The Unani medicine of India recommends rue not only to treat various physical conditions, but to improve mental clarity and as an aphrodisiac—although the Polish consider it an aphrodisiac. Rue is a well-known cold and menstrual cramp remedy in Latin America, where an ointment is also applied for gout and rheumatic pains, and strong tea compresses are placed on the chest for bronchitis. The infusion benefits coughs, cramp and colic. The leaves are used in poultices and salves to relieve sciatica, gout and rheumatic pains. Fresh leaves are placed on the temples to relieve headache. Fomentations of the tea are placed on the chest to help bronchitis. The juice or oil is placed in the ear to relieve earaches. It is used to kill intestinal parasites, and Arabs add it to suspect water to counteract any ill effects. A strong infusion made by pouring a little boiling water on dried or fresh rue leaves can be dabbed on insect bites to bring relief.

Rupturewort (*Herniaria glabra*) The whole plant, gathered when in flower, is astringent, very actively diuretic and expectorant. It appears to have an antispasmodic effect upon the bladder and is used in the treatment of dropsy, catarrh of the bladder, cystitis and kidney stones. It has also gained a reputation for treating hernias. Externally, it has been used as a poultice to speed the healing of ulcers. The whole plant appears to have an antispasmodic effect on the bladder.

-S- HERBS

Safflower (*Carthamus tinctorius*) The flowers are laxative and diuretic. A tea was once given to children with fevers, measles and other eruptive skin diseases. A paste made of the flowers and water was applied to boils. The petals were boiled with lamb and eaten to strengthen the heart. In the southwest, Indians soak the flowers in water until the water is visibly yellow, then drink the decoction to reduce fever. Internally for coronary artery disease, menstrual and menopausal problems and jaundice. Externally for bruising, sprains, skin inflammations, wounds, and painful or paralyzed joints (flowers). Safflower is also used to inhibit blood clotting. For post-natal abdominal pain; clots or seepages of blood in abdominal region; traumatic injuries; stiffness and pain in joints. The extracted oil of the herb is used in *tui na* massage. The East Indians, who know it as *koosumbha*, also use safflower medicinally and employ the oil as the base of some Ayurvedic medicinal body oils.

TCM: The tincture is widely used in China on sprains and wounds to decrease inflammation. The Chinese also use it combined with other herbs to treat problems relating to heart disease, circulation, menstruation and blood congestion.

Saffron (*Crocus sativus*) Saffron has been cited as a remedy for such diverse ills. In England and the US, penny packets of saffron threads were sold as recently as 50 years ago in pharmacies to cure measles. Cheaper and superior herbs are easily found to replicate its ability to induce menstruation, treat period pain and chronic uterine bleeding and calm indigestion and colic. In Chinese herbal medicine, saffron stigmas are occasionally used to treat painful obstructions of the chest, to stimulate menstruation and to relieve abdominal pain. They regard it as a catalyst to be combined with other herbs. It is one of the finest blood vitalizers known. It counteracts inflammatory conditions associated with excess pitta (fire), while at the same time powerfully stimulating the circulation and regulating the spleen, liver and heart. It is very sattvic or spiritually balancing and gives "the energy of love, devotion and compassion. Contains a blood pressure-lowering chemical called crocetin. Some authorities even speculate that the low incidence of heart disease in Spain is due to that nation's high saffron consumption.

Sage (*Salvia officinalis*) - Sage oil has a unique property from all other healing herbs--it reduces perspiration. Several studies show sage cuts perspiration by as much as 50% with the maximum effect occurring 2 hours after ingestion. This effect explains how it developed a reputation for treating fever with profuse sweating. Salysat is a sage-based antiperspirant marketed in Germany. Sage is a drying agent for the body. Use it as a sore throat gargle and as a poultice for sores and stings. Use two teaspoons of the herb per cup of water, steep for twenty minutes and take a quarter cup four times a day. Can also be used as a gargle. It tastes warm, aromatic and somewhat pungent. Tincture: 15-40 drops, up to four times a day.

Like rosemary, sage contains powerful antioxidants, which slow spoilage supporting its traditional use as a preservative. This is due to the presence of labiatic acid and carnosic acid. British researchers have confirmed that sage inhibits the enzyme that breaks down acetylcholine, thus preserving the compound that seems to help prevent and treat Alzheimer's.

Sage makes a good digestive remedy. The volatile oils have a relaxant effect on the smooth muscle of the digestive tract, while in conjunction with the bitters, they stimulate the appetite and improve digestion. Sage encourages the flow of digestive enzymes and bile, settles the stomach, relieves colic, wind, indigestion, nausea, diarrhea and colitis, liver complaints, and worms. Its antiseptic properties are helpful in infections such as gastroenteritis. Sage is a tonic to the nervous system and has been used to enhance strength and vitality.

It has a tonic effect upon the female reproductive tract and is recommended for delayed or scanty menstruation, or lack of periods, menstrual cramps and infertility. It has an estrogenic effect, excellent for menopausal problems, especially hot flashes and night sweats. It stimulates the uterus, so is useful during childbirth and to expel the placenta. It stops the flow of breast milk and it is excellent for weaning. One German study shows sage reduces blood sugar levels in diabetics who drink the infusion on an empty stomach. It also contains astringent tannins which account for its traditional use in treating canker sores, bleeding gums and sore throats. Commission E endorses using 2-3 teaspoons of dried sage leaves per cup of boiling water to make an anti-gingivitis tea. Recently published studies by a team of scientists from the Department of Microbiology and Chemotherapy at the Nippon Roche Research Center in Kamakura Japan, informed that powdered sage or sage tea helps to prevent blood clots from forming, and is quite useful in the prevention and treatment of myocardial infarction and general coronary pains.

Sagebrush (*Artemisia tridentate*) - a tea made of the leaves has been used to treat headache, stomachache, vomiting, diarrhea, sore throat, and as an antidote for poisoning. Some Indians chewed the leaves to ease stomach gas. A wash made of boiled and steeped leaves was used for treating bullet wounds and cuts, to bathe newborn babies, and as a hot poultice in treating rheumatism. A poultice was also placed on the stomach to induce menstruation, to relieve colic and treat worms. The leaves are boiled in water and the steam inhaled as a decongestant. Warm leaves may be applied to the neck to help a sore throat. The leaves are pungent and have been preferred for making medicine among other sagebrushes.

Salad Burnet (*Sanguisorba minor*) The older herbalists held this plant in greater repute than it enjoys at the present day. Pliny recommended a decoction of the plant beaten up with honey for diverse complaints. Dodoens recommended it as a healer of wounds. Gerard wrote that 'it was a capital wound herb for all sorts of wounds, both of the head and body, either inward or outward, used either in juice or decoction of the herb, or by the powder of the herb or too, or the water of the distilled herb, or made into an ointment by itself or with other things to be kept.' Turner advised the use of the herb, infused in wine or beer, for the cure of gout and rheumatism.

TCM: (*Officinalis*) Indicated for blood in stool and urine, bleeding, dysentery; bleeding hemorrhoids; menorrhagia. The fresh root is pulverized, mixed with sesame oil and applied to burns, pruritus and eczema

Salep (*Orchis mascula*) Once believed to have aphrodisiac powers, purple orchid is now seen as a nourishing vegetable somewhat similar to the potato. Its current medicinal use is generally confined to the treatment of diarrhea and irritated gastrointestinal tracts in children. Was once much used for kidney disorders.

Salvia Divinorum Medicinal uses: Traditional Mazatec healers have used *Salvia divinorum* to treat medical and psychiatric conditions conceptualized according to their traditional framework. Some of the conditions for which they use the herb are easily recognizable to Western medical practitioners (e.g. colds, sore throats, constipation and diarrhea) and some are not, e.g. 'fat lambs belly' which is said to be due to a 'stone' put in the victims belly by means of evil witchcraft. Some alternative healers and herbalists are exploring possible uses for *Salvia*. The problems in objectively evaluating such efforts and 'sorting the wheat from the chaff' are considerable. There are no accepted uses for *Salvia divinorum* in standard medical practice at this time. A medical exploration of some possible uses suggested by Mazatec healing practice is in order in such areas as

cough suppression (use to treat colds), and treatment of congestive heart failure and ascites (is 'fat lamb's belly' ascites?). Some other areas for exploration include Salvia aided psychotherapy (there is anecdotal material supporting its usefulness in resolving pathological grief), use of salvinorin as a brief acting general or dissociative anesthetic agent, use to provide pain relief, use in easing both the physical and mental suffering of terminal patients as part of hospice care, and a possible antidepressant effect.

Samphire (*Crithmum maritimum*) Though not currently much used in herbal medicine, samphire is a good diuretic and has potential as a treatment for obesity. It has a high vitamin C and mineral content and is thought to relieve flatulence and to act as a digestive remedy. **It was once recommended to cure kidney stones.**

Sampson's Snakeroot (*Gentiana villosa*) Sampson's snakeroot is esteemed not only as an antidote for snakebite and bites from rabid dogs. It has also been specified for the treatment of gout and rheumatism. The plant's foremost use, generally in the form of a tea, has been to stimulate the appetite and help digestion. The plant contains bitter chemical substances that would have this effect.

Sandalwood (*Santalum album*) Sandalwood is a classic for bladder infections. It is taken to help the passing of stones, in kidney inflammations, and prostatitis. The oil is cooling to the body and useful for fevers and infections when used as a massage. The scent is calming, and helps focus the mind away from distracting chatter and creating the right mood for meditation.. Sandalwood has been used internally for chronic bronchitis and to treat gonorrhea and the urethral discharge that results. Simmer one teaspoon of the wood per cup of water for 20 minutes, and take up to two cups a day in quarter-cup doses. The alcohol tincture is 20-40 drops, 4 times a day, not with meals. In Ayurvedic medicine, a paste of the wood is used to soothe rashes and itchy skin. For nosebleeds, the oil can be smeared up into the nose using a finger saturated with the oil.

In Chinese medicine, sandalwood is held to be useful for chest and abdominal pain. It is also used to treat vomiting, gonorrhea, choleraic difficulties and skin complaints. Promotes the movement of qi and alleviates pain: for pain associated with stagnant qi in the chest and abdomen. Contraindicated in cases of yin deficiency with heat signs. The oil also stimulates the spleen, promotes white blood cell production and strengthens the immune system against infection. Very useful for chronic bronchitis, laryngitis, sore throat, hiccups and dry coughs.

Emotionally, sandalwood is profoundly seductive, dispelling anxiety and depression. It casts out cynicism and obsessional attitudes, especially strong ties with the past, effecting a cure in cases of sexual dysfunction. It comforts and helps the dying to make peace with the world. It is used to awaken the power of kundalini and to connect that energy with the highest enlightenment. About the erotic quality of the oil, scientists have discovered a connection. Sandalwood smells similar to light concentrations of androsterone, a substance very similar in chemical structure to the male hormone testosterone and is released in men's underarm perspiration.

Sandwort (*Spergularia rubra*) : This herb acts as a diuretic, stimulating functioning of the bladder, and is especially known in Malta for this use. It has been recommended for inflammation of the bladder as well as for bladder stones. The powdered herb is allowed to steep in a pint of boiling water in the preparation of one ounce of the powder to a pint of water. It has been recommended to be taken several times a day, perhaps a cup every two hours until relief is obtained. This should be accompanied by a mild diet with non-irritating foods such as barley water. The plant contains a resinous aromatic substance that is probably the active principle. An infusion is thought to relax the muscle walls of the urinary tubules and so it is used in the treatment of kidney stones, acute and chronic cystitis and catarrh of the bladder.

Sanicle (*Sanicula europaea*) Wood sanicle used to be widely used as a herbal remedy and has a long-standing reputation for healing wounds and treating internal bleeding. The herb is traditionally thought to be detoxifying and has also been taken internally to treat skin problems. A potentially valuable plant, but it is little used in modern herbalism. The herb is highly esteemed in the treatment of blood disorders, where it is usually given in combination with other herbs. It is also taken internally in the treatment of bleeding in the stomach and intestines, the coughing up of blood, nosebleeds, chest and lung complaints, dysentery, diarrhea etc. It can also be used as a mouth gargle for sore throats.

It may also be of use in treating diarrhea and dysentery, bronchial and congestive problems, and sore throats. This herb is traditionally thought to be detoxifying and has been taken internally for skin problems. An old treatment for dropsy. Externally, sanicle may be applied as a poultice or ointment for wounds, burns, chilblains, hemorrhoids, and inflamed skin and rashes. As an astringent it is valuable for relieving leucorrhoea.

Sarsaparilla (*Smilax regelii*) Used to treat skin disorders, liver problems, rheumatism and hormone excesses. Generally the best quality sarsaparilla is the Jamaican. Honduran and Mexican are also very good. The roots with the deeper orange-red color are considered to be of superior quality. Sarsaparilla is excellent for chronic hepatic disorders, for venereal diseases like gonorrhea and syphilis, and for female leucorrhoea, and herpes. It combines well with other alteratives and especially with yellow dock, sassafras, burdock, dandelion and red clover. It also is of some help for epilepsy and other nervous system disorders. It is anti-inflammatory and cleansing and can bring relief to skin problems caused by blood impurities such as eczema, psoriasis and itchiness. Chinese tests indicate that sarsaparilla root, in combination with five other herbs, was tested as a treatment for syphilis. Reportedly, 90% of the acute cases subsequently cleared. In Mexico, the root is still frequently consumed for its reputed tonic and aphrodisiac properties. Native Amazonian peoples take sarsaparilla to improve virility and to treat menopausal problems. It has a progestogenic action, making it

beneficial in premenstrual problems and debility and depression associated with menopause. It has a tonic and specifically testosterone action on the body (stimulates the production of testosterone) and stimulates natural cortisone, leading to increased muscle bulk, and it has a potential use for impotence.

The majority of Sarsaparilla's pharmacological properties and actions have been attributed to a pharmacologically active group of phytochemicals called steroids and saponins. The saponins have been reported to facilitate the absorption by the body of other drugs and phytochemicals which accounts for its history of use in herbal formulas as a bioavailability and herbal enhancement agent.

Saponins and plant steroids found in many species of plants, including Sarsaparilla, can be chemically synthesized into human steroids like estrogen and testosterone. This chemical synthesis has never been documented to occur in the human body - only in the laboratory. Plant steroids and their actions in the human body are still a subject of much interest, too little research, and unfortunately, misinformation mainly for marketing purposes. Sarsaparilla has been erroneously touted to contain testosterone and/or other anabolic steroids. While it is a rich source of steroids and saponins, it has never been proven to have any anabolic effects, nor is testosterone found in sarsaparilla or any other plant source thus far. There is no known toxicity or side effects documented for sarsaparilla, however ingestion of large dosages of saponins may cause gastro-intestinal irritation. For psoriasis it will combine well with Burdock, Yellow Dock and Cleavers.

Sassafras (*Sassafras albidum*) Sassafras has traditionally been used for treating high blood pressure, rheumatism, arthritis, gout, menstrual and kidney problems. The herb is listed in 1983 British Herbal Pharmacopoeia for head lice, cutaneous eruptions, rheumatic pains and gout, skin diseases and acne and ulcer. Sassafras is an excellent warming diuretic, which makes it good for most arthritic conditions. Dosage is 10-30 drops of the tincture. The root bark of sassafras improves digestion and increases sweating during flus, fevers and measles. It is slightly laxative, and has been used to reduce high blood pressure and to decrease mother's milk. It is also a remedy for poison ivy and oak rash poison. Native Americans used a wash of the bark to bathe infected sores and of the twigs as eyewash. The plant's disinfectant action makes a valuable mouthwash and dentifrice.

Sassy Bark (*Erythrophleum guineense*) It is much used by witchdoctors who use the smoke from it to stupefy. Has laxative effects but is principally used as a narcotic. The hydrochloride has been used in dental surgery. Erythrophleum causes a slow, strong pulse, with a rise in the arterial pressure. Purging is probably due to local action on peristalsis, and vomiting, the result or influence on the nerve centers, as it occurs when the alkaloid is given hypodermically. It is asserted that it gives great relief in dyspnea, but is uncertain as a heart tonic. The powder is strongly sternutatory. It has been useful in mitral disease and dropsy, but disturbs the digestion even more than digitalis.

Savory (*Satureja hortensis* and *S montana*): Savory has aromatic and carminative properties, and though chiefly used as a culinary herb, it may be added to medicines for its aromatic and warming qualities. It was formerly deemed a sovereign remedy for the colic and a cure for flatulence, on this account, and was also considered a good expectorant. A mild tea made with a few crushed dried leaves and boiling water has a pleasant, warming effect and since savory, like rue, is reputed to sharpen the eyesight, use it also to relieve eyestrain due to overtiredness or bad lighting. It will also help to disguise the flavor of unpalatable medicine, and a few leaves added to a bottle of white wine makes a refreshing tonic. In an emergency crushed leaves of savory can be applied to bee stings to bring rapid relief. In Elizabethan times, the leaves were crushed into poultices for the treatment of colds and chest ailments like asthma. A tea of savory can be helpful for diarrhea and can also stimulate the appetite. Cherokee Indians used the herb as a snuff to cure headaches.

Saw palmetto (*Serenoa repens*) A hexane extract of the berries has been shown to have antiandrogenic properties through a direct action on the estrogen receptors and by inhibiting the enzyme testosterone-5-alpha-reductase. Subcutaneously administered extracts were strongly estrogenic in mice. Furthermore, saw palmetto extract has been shown to prevent the conversion of testosterone to dihydrotestosterone (DHT) as well as to inhibit DHT binding to cellular and nuclear receptor sites, thereby increasing the metabolism and excretion of DHT. A double-blind placebo-controlled study evaluated the hormonal effects of saw palmetto extract given to men with benign prostatic hypertrophy (BPH) for 3 months prior to operation. The study found that saw palmetto displayed an estrogenic and antiprogesterone effect as determined by estrogen and progesterone receptor activity.

Aids thyroid in regulating sexual development and normalizing the activity of those glands and organs. Tonic. Good for strengthening and body building. For men, it treats enlarged and weakened prostate, impotence. For women, it increases breast size and secreting ability, relieves ovarian and uterine irritability, frigidity. Stimulates appetite, improves digestion and increases assimilation of nutrients. Expectorant, used for colds, head and nose congestion, asthma, bronchitis. Promotes urine flow, urinary antiseptic, good for infections of gastro-urinary tract. Also used in diabetes. Increases the tone of the bladder, allowing a better contraction and more complete expulsion of the contents, relieving any straining pain. Nourishes the nervous system and aids assimilation of nutrients. Nicknamed the "plant catheter" because it has the ability to strengthen the neck of the bladder. Because saw palmetto blocks the formation of DHT which kills off hair follicles it's possible this can be used to prevent hair loss.

Scammony Root (*Ipomoea orizabensis*) One of the most effective purgatives known producing copious watery evacuations. In large doses it causes considerable pain, and its preparations should not be used by those suffering from gastric or intestinal inflammation.

Scarlet Pimpernel (*Anagallis arvensis*) Not used much by medical herbalists today, scarlet pimpernel has diuretic, sweat-inducing, and expectorant properties. As an expectorant, it was used to stimulate the coughing up of mucus and help recovery from colds and flu. It has been used to treat epilepsy and mental problems for 2,000 years, but there is little evidence to support its efficacy. A tincture prepared from the fresh plant is used to treat skin eruptions and ulcers, also as a cholagogic and diuretic. The whole herb can be taken internally or applied externally as a poultice. An infusion is used in the treatment of dropsy, skin infections and disorders of the liver and gall bladder.

Scots Pine (*Pinus sylvestris*) Scot's pine has quite a wide range of medicinal uses, being valued especially for its antiseptic action and beneficial effect upon the respiratory system. It may be used in cases of bronchitis, sinusitis or upper respiratory catarrh, both as an inhalant and internally. It may also be helpful in asthma. The stimulating action gives the herb a role in the internal treatment of rheumatism and arthritis. Scots pine branches and stems yield a thick resin, which is also antiseptic within the respiratory tract. It is a valuable remedy in the treatment of kidney, bladder and rheumatic affections, and also in diseases of the mucous membranes. Externally it is used in the form of liniment plasters and inhalers. The leaves and young shoots are antiseptic, diuretic and expectorant. They are used internally for their mildly antiseptic effect within the chest and are also used to treat rheumatism and arthritis. There is a tradition of adding the twigs to bath water to ease nervous debility and sleeplessness, as well as aiding the healing of cuts and soothing skin irritations. The seeds are used for bronchitis, tuberculosis and bladder infections. A decoction of the seeds may be applied to suppress excessive vaginal discharge.

Screwpine (*Pandanus odoratissimus*) Screwpine is restorative, antihydrotic, deodorant, indolent and phylactic, promoting a feeling of wellbeing and acting as a counter to tropical lassitude. A useful adjunct to oral hygiene as a breath sweetener, it is also used in local ritual, its sweetness symbolizing man's better qualities. Externally used as a poultice for boils (leaf bud)

Scurvy Grass (*Cochlearia officinalis*) The young plant, which has a general detoxicant effect and contains a wide range of minerals is taken as a spring tonic. Like watercress, it has diuretic properties and is useful for any condition in which poor nutrition is a factor. It can be used in the form of a juice as an antiseptic mouthwash for canker sores, and can also be applied externally to spots and pimples. Blood purification cures use it as an essential ingredient. An infusion of 8 parts leaves, 3 parts alcohol and 3 parts water, concentrated to two-thirds of its original volume, is an effective remedy for toothache when used on a cotton ball. The fresh leaves are used in the treatment of rheumatics, dropsy, white fluor (vaginal discharge) and constipation.

Sea Buckthorn (*Hippophae rhamnoides*) Sea buckthorn berries are very high in vitamin C. They have been used to help improve resistance to infection. The berries are mildly astringent, and a decoction of them has been used as a wash to treat skin irritation and eruptions. Medicinal uses of sea-buckthorn are well documented in Asia and Europe. Investigations on modern medicinal uses were initiated in Russia during the 1950's. Preparations of sea-buckthorn oils are recommended for external use in the case of burns, bed sores, and other skin complications induced by confinement to a bed or treatment with X-ray or radiation. Internally, sea-buckthorn is used for the treatment of stomach and duodenal ulcers. In the United Kingdom and Europe sea-buckthorn products are used in aromatherapy. Research in the late 1950's and early 1960's reported that 5-hydroxytryptamine (hippophan) isolated from sea-buckthorn bark inhibited tumor growth. More recently, clinical studies on the anti-tumor functions of sea-buckthorn oils conducted in China have been positive. Sea-buckthorn oil, juice or the extracts from oil, juice, leaves and bark have been used successfully to treat high blood lipid symptoms, eye diseases, gingivitis and cardiovascular diseases such as high blood pressure and coronary heart disease. Sea-buckthorn was formally listed in the "Pharmacopoeia of China" in 1977. The tender branches and leaves contain bioactive substances which are used to produce an oil that is quite distinct from the oil produced from the fruit. Yields of around 3% of oil are obtained. This oil is used as an ointment for treating burns. The fruit is astringent and used as a tonic. The freshly-pressed juice is used in the treatment of colds, febrile conditions, exhaustion etc. The fruit is a very rich source of vitamins and minerals, especially in vitamins A, C and E, flavonoids and other bioactive compounds. It is also a fairly good source of essential fatty acids, which is fairly unusual for a fruit. It is being investigated as a food that is capable of reducing the incidence of cancer and also as a means of halting or reversing the growth of cancers. The juice is also a component of many vitamin-rich medicaments and cosmetic preparations such as face-creams and toothpastes. A decoction of the fruit has been used as a wash to treat skin irritation and eruptions.

Sea Holly (*Eryngium maritimum*) Sea holly is used as a diuretic. It is prescribed as a treatment for cystitis and urethritis, and taken as a means to alleviate kidney stones. It is unlikely that the herb actually dissolves established stones, but it probably helps retard their formation. Sea holly is also used to treat enlargement or inflammation of the prostate gland, and may be of benefit in treating chest problems. It will ease colic due to urinary problems as well as reducing hemorrhage.

Sea Wormwood (*Artemisia maritima*) These flower heads are especially effective against *Ascaris lumbricoides*, which are nematode worms similar to earthworms, white in color, that frequently infest the intestine of children. These flowers have also proven effective against other intestinal parasites. Its medicinal virtues are similar to wormwood, *A. absinthum*, though milder in their action. It is used mainly as a tonic to the digestive system, in treating intermittent fevers and as a vermifuge

Seagrape (*Coccoloba uvifera*) The fruits have been used to reduce fever. The roots have been used to treat diarrhea. The bark yields an extract known as "Jamaica kino," used to treat dysentery. A gum from the bark is used for throat ailments.

Sedge (*Cyperus rotundus*) Important in traditional Chinese medicine and also used in Ayurvedic medicine. Bittersweet herb that relieves spasms and pain, acting mainly on the digestive system and uterus. Internally used for

digestive problems related to blocked liver energy and menstrual complaints including gas, bloating, food stagnation, colds caused by food congestion, depression and moodiness. It is like Bupleurum in its power to regulate liver chi. An essential oil in the tubers has antibiotic activity and has been shown to arrest the growth of *Micrococcus pyrogenes*. The plant is rated 8th amongst 250 potential antifertility plants in China. The plant is used in the treatment of cervical cancer

Self-Heal (*Prunella vulgaris*) All above-ground parts of the plant are useful. It can be used fresh, or dried for later use. Make it into a tincture, an infusion, or an ointment for topical use. Internally, selfheal has been used in Western medicine for hemorrhage and to decrease excessive menstruation. Externally in Western medicine, used for minor injuries, sores, burns, bruises, sore throat, mouth inflammations, and hemorrhoids (whole plant). The juice of a crushed stem or two will soothe nettle stings, minor bouts with poison ivy, insect bites and stings. Because it contains the compound rosmarinic acid, it is used for treatment of Graves Disease as it helps suppress thyroid hormone production. Self-heal contains substances that are diuretic and act against tumors. Lab tests indicate it may also be antibiotic, hypotensive and antimutagenic in action. In making an oil infusion let the plants wilt for a full day to increase the shelf life of the oil. Research: A 1993 Canadian study regarding HIV-1 found that a purified extract of Selfheal was able to significantly inhibit HIV-1 replication with very low toxicity. The extract was able to inhibit HIV-1 in both lymph and blood. Although prunellin was unable to prevent HIV-1 infection when cells were pretreated with the purified herbal extract, the virus' ability to cause infection was dramatically decreased when it was saturated with prunellin. The purified extract was also able to block cell-to-cell transmission of HIV-1. Moreover, the extract was also able to interfere with the ability of HIV-1 to bind to CD4 cells. The researchers suggest that the purified extract antagonizes HIV-1 infection of susceptible cells by preventing viral attachment to the CD4 receptor.

TCM: Indications: jaundice: sore and swollen eyeballs; over-sensitivity to light; headache and dizziness; gout; scrofula; high blood pressure. In Chinese medicine it is often combined with *Dendranthema x grandiflorum* for headaches, high blood pressure, mumps, mastitis, conjunctivitis and hyperactivity in children related to liver energy problems (flowers). Chinese research shows the herb to have a moderately strong antibiotic actions against a broad range of pathogens, including the *Shigella* species and *e. coli* strains of which can cause enteritis and urinary infections. Studies also indicate that self-heal has a mildly dilating effect on the blood vessels, helping to lower blood pressure. In China, self-heal is taken on its own or with *Chrysanthemum* for fevers, headaches, dizziness, and vertigo, and to soothe and calm inflamed and sore eyes. It is thought to cool "liver fire" resulting from liver weakness, and is prescribed for infected and enlarged glands, especially the lymph nodes of the neck.

Seneca Snakeroot (*Polygala senega*) It has excellent expectorant effects which may be utilized in the treatment of bronchial asthma, especially where there is some difficulty with expectoration. The root has a stimulant action on the bronchial mucous membranes, promoting the coughing up of mucus from the chest and thereby easing wheezing. It has a general power of stimulating secretion, including saliva. It may be used as a mouthwash and gargle in the treatment of pharyngitis and laryngitis. A tea made from the bark has been drunk in order to bring about a miscarriage.

Senna (*Cassia senna* (*Senna alexandrina*) Also *c. acutifolia* (Alexandrian and Khartoum), *C. angustifolia* (Indian or Tintoum), *C. marilandica* (American)) Senna has always been specifically used for constipation. It is particularly appropriate when a soft stool is required, for example, in cases of anal fissure. The sennosides irritate the lining of the large intestine, causing the muscles to contract strongly, resulting in a bowel movement about 10 hours after the dose is taken. They also stop fluid from being absorbed from the large bowel, helping to keep the stool soft. As a cathartic, senna can cause griping and colic, and is therefore normally taken with aromatic, carminative herbs that relax the intestinal muscles. Leaves are stronger in action than the pods and are not as commonly used. Senna pods, or the dried, ripe fruits, are milder in their effects than the leaflets, as the griping is largely due to the resin, and the pods contain none, but have about 25 per cent more cathartic acid and emodin than the leaves, without volatile oil. From 6 to 12 pods for the adult, or from 3 to 6 for the young or very aged, infused in a claret-glass of cold water, act mildly but thoroughly upon the whole intestine. Similar in action to cascara sagrada, their slightly different chemistry does produce a few differences in action. Whereas cascara is not activated until it reaches the intestines, senna glycosides are readily released by microflora of the stomach and it is about two thirds more active a laxative than cascara. The pods are made into tablets and other preparations. Senna is very unpleasant tasting and it is best to combine senna pods with aromatic, carminative herbs to increase palatability and reduce griping, e.g. cardamom, ginger or fennel.

TCM: Indicated for Wind or bilious colics; a laxative for non-inflammatory conditions of the intestinal tract. To clear heat in the liver and brighten the eyes; to moisten the intestines and move feces.

Serpentwood (*Rauvolfia serpentina*) The root is the source of the drug reserpine, which is widely prescribed for high blood pressure and as a tranquilizer. Although reserpine has been successfully synthesized, natural versions are less expensive and therefore more desirable. As a result, high-volume collection of *R. serpentina* is depleting the plant as a natural resource. The root has a pronounced sedative and depressant effect on the sympathetic nervous system. It is also used for insomnia, hyperglycemia, hypochondria, mental disorders like anxiety and certain forms of insanity. It does not have to be administered in critical dosages, there are rare side effects, it's non-habit-forming, without withdrawal symptoms. It is a slow-acting remedy, and it takes some time for its effect to become fully

established. The West African species *R. vomitoria* is used as a sedative, aphrodisiac, and anticonvulsant in traditional African medicine.

Sesame (*Sesamum indicum*) Sesame is principally used as food and flavoring agent in China, but it is also taken to redress "states of deficiency," especially those affecting the liver and kidneys. The seeds are prescribed for problems such as dizziness, tinnitus, and blurred vision (when due to anemia). Because of their lubricating effect within the digestive tract, the seeds are also considered a remedy for "dry" constipation. The seeds have a marked ability to stimulate breast-milk production. Sesame seed oil benefits the skin and is used as a base for cosmetics. A decoction of the root is used in various traditions to treat coughs and asthma. In experiments undertaken using laboratory animals, sesame seeds have been shown to lower blood sugar levels and also to raise the levels of stored carbohydrates (glycogen). The presence of various principles (sesamin and sesamol) gives the oil, rich in unsaturated oils, an anti-oxidant property. The leaves are used in bladder and kidney troubles and in Africa are administered to children for a variety of upsets including dysentery, diarrhoea and wind. Eye and skin lotions are also prepared from the leaves, which are believed detoxicant.

Shan Zhu Yu (*Cornus officinalis*) Shan Zhu Yu has been used for at least 2,000 years in Chinese herbal medicine. An herb that "stabilizes and binds," shan zhu yu is used principally to reduce heavy menstrual bleeding and unusually active secretions, including copious sweating, excessive urine, spermatorrhea (involuntary discharge of semen), and premature ejaculation. Shan zhu yu is astringent, and like all herbs that suppress bodily fluids, it will simply prolong or lead to a worsening of symptoms if used without tonic or detoxifying herbs. It is, therefore, normally used in combination with herbs such as *Rehmannia glutinosa* and is an ingredient of the "Pill of eight ingredients" which is used in China to "warm up and invigorate the yang of the loins". The fruit, without the seed, is decocted for the treatment of arthritis, fever and a wide range of other ailments. It is used in the treatment of senile lumbago, diabetes, cystitis, tinnitus etc. The fruit has an antibacterial action, inhibiting the growth of *Bacillus dysenteriae* and staphylococci. The bark is reputed to be an effective remedy for malarial fevers.

TCM: tonifies kidney and liver energy; nourishes semen-essence. Indicated for empty kidney-energy; deficient liver-energy

Shatavari (*Asparagus racemosus*) The premier herb for women in Ayurveda, shatavari is similar to dong quai in its action and effects, but is not a "connoisseur herb" like dong quai, so it's not as expensive. Internally for infertility, loss of libido, threatened miscarriage, menopausal problems, hyperacidity, stomach ulcers, dysentery, and bronchial infections. It increases milk, semen and nurtures the mucous membranes. It both nourishes and cleanses the blood and the female reproductive organs. It is a good food for menopause or for those who have had hysterectomies, as it supplies many female hormones. It nourishes the ovum and increases fertility, yet its quality is *sattvic* and aids in love and devotion. Three grams of the powder can be taken in one cup of warm milk sweetened with raw sugar. It's especially good for *pitta* types. Externally for stiffness in joints and neck. The most important herb in Ayurvedic medicine for women. Used internally by Australian Aborigines for digestive upsets and externally for sores.

Sheep's Sorrel (*Rumex acetosella*): Leaf tea of this common European alien traditionally used for fevers, inflammation, scurvy. Sheep's sorrel is a detoxifying herb, the fresh juice having a pronounced diuretic effect. It has been used as a liver stimulant and blood alterative that is useful in treating skin disorders and various other metabolic imbalances. Fresh leaves considered cooling. The leaves poulticed (after roasting) are used for tumors, wens, folk cancer remedy. Root tea used for diarrhea, excessive menstrual bleeding. The leaves are mildly laxative and holds out potential as a long-term treatment for chronic disease, in particular that of the gastrointestinal tract.

Shepherd's Purse (*Capsella bursa-pastoris* or *Thlaspi bursa-pastoris*) When dried and infused, it yields a tea as a specific for stopping hemorrhages of the stomach, lungs, and especially of the kidneys. Its antiscorbutic, stimulant and diuretic action caused it to be much used in kidney complaints and dropsy. Used to stop heavy menstruation. A tincture made from the fresh herb and taken every hour or two is one of the most effective hemostatics. To make a styptic solution, boil 3 oz of herb in two pints of hot water. Internal dose is 2 tsp every four hours. To make a healing ointment, simmer for a half hour one heaping Tbsp of ground plantain and shepherd's purse leaves in 4 oz of lard or suet. Strain into containers. An astringent herb, it disinfects the urinary tract in cases of cystitis, and is taken for diarrhea. Because of its reputed stimulant, diuretic, and antiscorbutic action, the weed has been much used in the treatment of numerous kidney complaints. Also for hypertension and postpartum bleeding. Research suggests that the plant is anti-inflammatory and reduces fever. The secret of *Capsella's* blood-clotting ability is its content of vitamin K. For an almost instant arrest of nosebleed, many people simply soak a cotton swab with the freshly expressed juice of shepherd's purse and insert it into the affected nostril. Many people take an infusion as a refreshing spring tonic, in the belief that it relieves such circulatory disturbances as hypertension, varicose veins, arteriosclerosis and hemorrhoids. European herbalists have found that a sitz bath infused with shepherd's purse is particularly soothing for hemorrhoid sufferers. Shepherd's purse also plays an important role in a mixture recommended for bed-wetting.

Shooting Star (*Dodecatheon spp D hendersonii, D meadia*) The leaf tea was employed by some northwestern Indian tribes as a treatment for cold sores.

Showy Milkweed (*Asclepias speciosa*) The milky latex has been used as an antiseptic for treating ringworm, cuts, and sores and to remove corns and calluses. The latex is used as a cure for warts. The latex needs to be applied at least once a day of a period of some weeks for it to be effective. After the seeds have been boiled in water, the victim of a rattlesnake bite bathes in the water. A tea made of boiled roots has been used to treat measles, coughs, and tuberculosis, and has been applied warm to rheumatic joints. The mashed roots have been used as a poultice to reduce swellings. The root is either chewed when fresh, or dried, ground into a powder then boiled, and used in the treatment of stomach ache. A decoction of the roots has been used in small doses to treat venereal diseases and also to treat coughs, especially from TB. Indian women used an infusion of the entire plant to treat sore breasts. A decoction of the plant tops can be strained and used to treat blindness and snow-blindness. Some caution should be employed when using the root since there is a report that it can be poisonous in large quantities.

Siberian Ginseng (*Eleutherococcus senticosus*) There has been much research into Siberian ginseng in Russia since the 1950s, although the exact method by which it stimulates stamina and resistance to stress is not yet understood. Siberian ginseng seems to have a general tonic effect on the body, in particular on the adrenal glands, helping the body to withstand heat, cold, infection, other physical stresses and radiation. It has even been given to astronauts to counter the effects of weightlessness. Athletes have experienced as much as a 9% improvement in stamina when taking Siberian ginseng. Siberian ginseng is given to improve mental resilience, for example, during exams, and to reduce the effects of physical stress, for example during athletic training. Siberian ginseng is most effective in the treatment of prolonged exhaustion and debility, resulting from overwork and long-term stress. The herb also stimulates immune resistance and can be taken in convalescence to aid recovery from chronic illness. As a general tonic, Siberian ginseng helps both to prevent infection and to maintain well-being. It is also used in treatments for impotence. Eleuthero root happens to be anti-yeast and immune supportive.

Silk Tree (*Albizia julibrissin*) The flower heads are used internally in the treatment of insomnia, irritability, breathlessness and poor memory. The stem bark is used internally in the treatment of insomnia, irritability, boils and carbuncles. Externally, it is applied to injuries and swellings. A gummy extract obtained from the plant is used as a plaster for abscesses, boils etc and also as a retentive in fractures and sprains. It is gaining a reputation among western herbalists as a fast and highly effective treatment for depression, anxiety, insomnia, poor memory and irritability.

Silver Birch (*Betula pendula* (*B. verrucosa*, *B. alba*)) An infusion made with silver birch leaves hastens the removal of waste products in the urine, and is beneficial for kidney stones and bladder stones, rheumatic conditions, and gout. To obtain the full diuretic effect herbalists add a pinch of baking soda to the infusion which promotes the extraction of the diuretic hyperoside. The leaves are also used, in combination with diuretic herbs, to reduce fluid retention and swelling. Silver birch sap is a mild diuretic. Preserved with cloves and cinnamon, the sap was once taken to treat skin diseases like acne as well as rheumatism and gout. A decoction of silver birch bark can be used as a lotion for chronic skin problems. The bark can also be macerated in oil and applied to rheumatic joints. A decoction of the bark has been used to allay intermittent fevers. Dry distillation of fresh birch wood yields birch tar, which is used in soothing ointments for skin ailments.

Silver Fir (*Abies alba* (*A. pectinata*)) Both the leaves and the resin are common ingredients in remedies for colds and coughs, either taken internally or used as an inhalant. The resin is also used externally in bath extracts, rubbing oils etc for treating rheumatic pains and neuralgia.

Silverweed (*Potentilla anserine*) The dried flowering stems are used medicinally. The drugs contain chiefly flavonoid compounds and catechol tannins as well as constipating, anti-inflammatory and anti-spasmodic properties, which also determine their use in the treatment of chronic nonspecific diarrheas, especially when accompanied by indigestion. They are used primarily for those who do not tolerate sulfa drugs. It used to be found in formulas for uterine and stomach spasms and was added to douche formulas. Their occasional recommended use to relieve menstrual pains is, however, ineffective. The dried flowering stems are prepared in the form of a briefly steeped infusion—one teaspoon of the crumbled drug to one cup boiling water. The alcohol extract from the roots of both species (20-30 drops in a glass of water) is used externally with success for gargling to relieve sore throats or for swabbing inflamed gums and to tighten spongy gums and loose teeth and where there is inflammations of the mouth such as gingivitis or aphthous ulcers. Both hemorrhoids and poison oak can be treated topically with the tea.

Simaruba (*Simaruba amara* (syn *Simarouba officinalis*)) Simaruba is one of the best tonics for persons suffering from debility and loss of appetite. It restores the lost tone of the intestines, promotes the secretions, and disposes the patient to sleep. It is only successful in the latter stage of dysentery, when the stomach is not affected. In large doses it produces sickness and vomiting. On account of its difficult pulverization, it is seldom given in substance, the infusion being preferred, but like many bitter tonics, it is now seldom used. From its use, it has been called 'dysentery bark.'

Skirret (*Sium sisarum*) Fresh young shoots are said by Culpeper to be a "wholesome food, of a cleansing nature, and easy digestion, provoking urine." May also help relieve chest complaints. The root is diuretic and cleansing, and useful for removing obstructions from the bladder. It is serviceable against dropsy by causing plenty of urine and helps liver disorders and the jaundice. The young shoots are a pleasant and wholesome food of easy digestion.

Skunk Cabbage (*Symplocarpus foetidus* (*Spathyema foetida*)) The roots are a traditional folk remedy for tight coughs, bronchitis and catarrh. It acts as a mild sedative and has been employed to treat nervous disorders. As employed in respiratory and nervous disorders, rheumatism, and dropsy, the rootstock was official in the US Pharmacopoeia from 1820 to 1882. Skunk cabbage may be used whenever there is a tense or spasmodic condition in the lungs. It will act to relax and ease irritable coughs. It may be used in asthma, bronchitis and whooping cough. As a diaphoretic it will aid the body during fevers. Less commonly, skunk cabbage is used as a treatment for epilepsy, headaches, vertigo, and rheumatic problems and as a means to stop bleeding. The leaves can be used fresh as a vulnerary.

Slippery Elm (*Ulmus fulva*) A tea of the moist inner bark was taken for digestive problems, particularly diarrhea, since it is rich in a soothing mucilage. It will soothe and astringe at the same time. After the inner bark has been soaked in warm water, it produces a mucilage that has been used to soften the skin and protect it from chapping and to hasten the healing of skin wounds. It makes a soothing and nourishing food and herbalists consider it one of the best remedies for healing inflammations of the gastro-intestinal tract. It may be used in gastritis, gastric or duodenal ulcer, enteritis, colitis and the like. It is a useful remedy for urinary problems such as chronic cystitis. Slippery elm has been used to treat all manner of chest conditions and has a soothing effect on everything from coughs and bronchitis to pleurisy and tuberculosis. The powdered bark, commonly known as slippery elm food, may be sold commercially as a nourishing drink for convalescents and those recovering from gastro-intestinal illnesses. Externally the bark makes an excellent poultice for use in cases of burns, boils, abscesses or ulcers. It works very well as a “drawing” poultice for boils and splinters. Native Americans used the bark, beaten to a pulp, to treat gunshot wounds and help remove bullets. They also used it to treat fever, diarrhea, and respiratory infections, and made a tea from boiled roots to assist women in childbirth.

Smartweed (*Polygonum hydropiper*) Water pepper is a vasoconstrictor. The flowering heads and leaves are mostly used but occasionally the fresh roots too. Principally it is used as an infusion to stem bleeding and relieve menstrual pain. A cold water infusion used to be prescribed for gravel, dysentery, coughs, sore throats, colds, and gout. A fomentation is good for chronic ulcers and bleeding tumors. Some of the old herbalists thought it effective in nervous diseases like vertigo, lethargy, apoplexy and palsy. Dried leaves and tops were boiled in water to make a wash used for sore mouth in nursing mothers. The plant was also used for internal bleeding and uterine disorders and to promote menstrual flow. In combination with tonics and gum myrrh, it is said to have cured epilepsy - probably dependent on some uterine derangement. The infusion in cold water, which may be readily prepared from the fluid extract, has been found serviceable in gravel, dysentery, gout, sore mouths, colds and coughs, and mixed with wheat bran, in bowel complaints. Antiseptic and desiccant virtues are also claimed for it. The fresh leaves, bruised with those of the Mayweed (*Anthemis cotula*), and moistened with a few drops of oil of turpentine, make a speedy vesicant. Simmered in water and vinegar, it has proved useful in gangrenous, or mortified conditions. The extract, in the form of infusion or fomentation, has been beneficially applied in chronic ulcers and hemorrhoidal tumors, also as a wash in chronic erysipetalous inflammations, and as a fomentation in flatulent colic. A hot decoction made from the whole plant has been used in America as a remedy for cholera, a sheet being soaked in it and wrapped round the patient immediately the symptoms start.

Smooth Pigweed (*Amaranthus hybridus*) The leaves are considered useful for reducing tissue swelling, and have a cleansing effect. The plant has been used to treat dysentery, diarrhea, excessive menstrual flow, ulcers and intestinal hemorrhaging. A tea made from the leaves is used in the treatment of intestinal bleeding, diarrhea, excessive menstruation etc.

Sneezeweed (*Helenium amarum* (*syn Helenium tenuifolium*)) The plant has been used to cause sneezing and thus clear the nasal passages of mucus. A decoction of the entire plant can be used in a sweat bath to treat dropsy and swellings. It is also a strong fish poison

Soap Tree (*Quillaja saponaria*) Soap bark tree has a long history of medicinal use with the Andean people who used it especially as a treatment for various chest problems. Its strong expectorant effect is reliable for soothing and relieving chronic bronchitis, especially in the early stages. Also one of the strongest known sternutatories—it produces sneezing. Like other plants that contain saponins, soap tree stimulates the production of a more fluid mucus in the airways, facilitating the clearing of phlegm through coughing. It is useful for treating any condition featuring congested mucus within the chest, but should not be used for dry, irritable coughs. It is one of the best aids to hair growth, when applied as an infusion to the scalp and appears in the formulations of dandruff shampoos. Soap bark tree is used as a source of compounds for the pharmaceutical industry.

Soapwort (*Saponaria officinalis*) Soapwort’s main internal use is as an expectorant. Its strongly irritant action within the gut is thought to stimulate the cough reflex and increase the production of a more fluid mucus within the respiratory passages. Consequently, the plant is prescribed for the treatment of bronchitis, coughs and some cases of asthma. Soapwort may be taken for other problems including rheumatic and arthritic pain. A decoction of the root and, to a lesser extent, an infusion of the aerial parts of the herb make soothing washes for eczema and other itchy skin conditions. It is also effective when applied to poison ivy and poison oak, especially in combination with other herbs, such as mugwort. It was once taken internally to help eliminate

toxins from the liver, and in India, a specially prepared root is used to increase mother's milk. It is reported to have an effect upon gallstones

Solomon Seal (*Polygonatum multiflorum* also *P. odoratum* (syn *P. officinale*)) Combined with other remedies, Solomon's Seal is given in pulmonary consumption and bleeding of the lungs. It is also useful for menstrual irregularities, cramps, leucorrhea and many of the other ailments classified by most early herbals under the broad heading of "female complaints." The infusion of 1 oz. to a pint of boiling water is taken in wineglassful doses and is also used as an injection. It is a mucilaginous tonic, very healing and restorative, and is good in inflammations of the stomach and bowels, piles, and chronic dysentery. A strong decoction given every two or three hours has been found to cure erysipelas, if at the same time applied externally to the affected parts. The powdered roots make a poultice for bruises, piles, inflammations and tumors. Like arnica, it is believed to prevent excessive bruising and to stimulate tissue repair. The bruised roots were used as a popular cure for black eyes, mixed with cream. The bruised leaves made into a stiff ointment with lard served the same purpose. A decoction of the root in wine was considered a suitable beverage for persons with broken bones, 'as it disposes the bones to knit.' The flowers and roots used as snuff are celebrated for their power of inducing sneezing and thereby relieving head affections. They also had a wide vogue as aphrodisiacs, for love philtres and potions. A tea made from the crushed leaves was used as a contraceptive. In Chinese herbal medicine, it is considered a yin tonic and is thought to be particularly applicable to problems affecting the respiratory system—sore throats, dry and irritable coughs, bronchial congestion and chest pain. Also for heart disease, tuberculosis, and to encourage the secretion of body fluids. In Ayurvedic medicine, internally it is used as a rejuvenative and aphrodisiac: one of eight root herbs known as *ashtavarga*, used for infertility, insufficient lactation, chronic wasting diseases, and bleeding disorders related to kidney weakness. Given with warm milk and *ghee* as a tonic.

Sorrel (*Rumex acetosa*) High in Vitamin C--- ½ cup chopped fresh sorrel leaves provides 54% of the daily requirement for a healthy adult. The dark green leaves of *Rumex* are a good source of the yellow carotenoid pigment, beta-carotene, the vitamin A precursor in deep yellow fruits and vegetables. Vitamin A also protects your eyes. ½ cup chopped fresh *Rumex* leaves provides 67% of the vitamin A a healthy woman needs each day and 54% of the requirements for a healthy man.

Sorrel leaves act as a diuretic. Research has shown them to be a mild antiseptic and a light laxative. Sorrel was also once a popular "spring cure," usually in form of sorrel soup. Raw, the leaves are a cooling agent for fevers and relieve thirst.

A tea made from sorrel root was long recommended by herbalists as a diuretic, but its use is inadvisable because of the plant's potential toxicity. A leaf tea has also figured in herbal medicine as an appetite stimulant, a scurvy preventive, and an antiseptic; it is also somewhat laxative. A tea of leaves also appears in herbal literature as a coolant for fever. Infuse as a tea to treat kidney and liver ailments. Apply to mouth ulcers, boils and infected wounds.

Sourwood (*Oxydendrum arboreum*) Indians boiled the leaves and gave feverish patients the liquid to drink; they also used this tea to treat the urinary ailments of older men. A poultice of leaves mixed with bark was used to reduce swellings. The leaves have also been considered a tonic. A tea made from the leaves has been used in the treatment of asthma, diarrhea, indigestion and to check excessive menstrual bleeding. The bark has been chewed in the treatment of mouth ulcers.

Southern Hackberry (*Celtis australis*) Due to their astringent properties, both the leaves and fruit may be used as a remedy. Although the fruit is considered more effective, particularly before it has fully ripened, a decoction of both it has fully ripened, a decoction of both is taken to reduce heavy menstrual and intermenstrual uterine bleeding. The fruit and leaves may be used to astringe the mucous membranes in peptic ulcers, diarrhea, and dysentery.

Southernwood (*Artemisia abrotanum*) Southernwood encourages menstruation, is antiseptic and kills intestinal worms. It was used to treat liver, spleen and stomach problems. It is seldom used medicinally today, except in Germany, where poultices are placed on wounds, splinters and skin conditions and it is employed occasionally to treat frostbite. Its constituents have been shown to stimulate the gallbladder and bile, which improves digestion and liver functions. The leaves are mixed with other herbs in aromatic baths and is said to counter sleepiness.

Sow Thistle (*Sonchus oleraceus*) The plant is emmenagogue and hepatic. An infusion has been used to bring on a tardy menstruation and to treat diarrhea. The latex in the sap is used in the treatment of warts. It is also said to have anticancer activity. The stem juice is a powerful hydrogogue and cathartic, it should be used with great caution since it can cause cholic and tenesmus. The gum has been used as a cure for the opium habit. The leaves are applied as a poultice to inflammatory swellings. An infusion of the leaves and roots is febrifuge and tonic.

Soy (*Glycine max*) Although the soy bean has only a mild medicinal action, it is helpful in stimulating the circulation and acting as a general detoxicant. In Chinese medicine, the sprouts are thought to help relieve "summer heat" and fever. The fermented seed is weakly diaphoretic and stomachic. It is used in the treatment of colds, fevers and headaches, insomnia, irritability and a stuffy sensation in the chest. The bruised leaves are applied to snakebite. The flowers are used in the treatment of blindness and opacity of the cornea. The ashes of the stems are applied to granular hemorrhoids or fungus growths on the anus. The immature seedpods are chewed to a pulp and applied to

corneal and smallpox ulcers. The seed is antidote. It is considered to be specific for the healthy functioning of bowels, heart, kidney, liver and stomach. The seed sprouts are constructive, laxative and resolvent. They are used in the treatment of edema, dysuria, chest fullness, decreased perspiration, the initial stages of flu and arthralgia. A decoction of the bark is astringent. Soy is an ideal food for diabetics as its sugars are hardly assimilated.

Spearmint (*Mentha spicata*) Spearmint is a commonly used domestic herbal remedy. A tea made from the leaves has traditionally been used in the treatment of fevers, headaches, digestive disorders and various minor ailments. The leaves should be harvested when the plant is just coming into flower, and can be dried for later use. The stems are macerated and used as a poultice on bruises. Both the essential oil and the stems are used in folk remedies for cancer. A poultice prepared from the leaves is said to remedy tumors. Spearmint is still listed in the *Hungarian Pharmacopoeia* as a medicine.

Speedwell, Common (*Veronica officinalis*) A tea made from the leaves is used to relieve complaints of the respiratory tract and in cases of obstinate skin diseases. The leaves have been employed in the treatment of pectoral and nephritic complaints, hemorrhages, skin diseases and the treatment of wounds. Externally, it is used to wash boils and to treat acne.

Spiderwort (*Tradescantia virginiana*) Traditionally, the root of spiderwort was used by the Cherokees as a folk cancer remedy. A tea of the root was considered laxative. It was also mashed, and applied as a poultice on insect bites. A tea of the leaves was drunk by the Cherokees for stomachache from overeating. The root of *T. occidentalis* served the Meskwaki as a diuretic. Insanity was treated with spiderwort. A gum exudes from the root. The treatment consisted of making an incision on the head, then inserting a piece of the gum into the wound as a remedy for craziness.

Spikenard, American (*Aralia racemosa*) Spikenard is considered a tonic, like sarsaparilla. Spikenard's roots have treated a long list of complaints including indigestion, dysentery, blood diseases, syphilis, various skin conditions (including ringworm), as well as gout, rheumatism, local pains, and some heart problems. It was an important blood purifying tea, particularly during pregnancy. Herbalists still use it to balance women's cycles, including helping with premenstrual syndrome. Its actions are similar to those attributed to sarsaparilla's progesteronelike constituents, although hormonal activity in spikenard has not been proven. A pleasant-tasting syrup was made with spikenard and elecampane for lung conditions like whooping cough, asthma, and general coughs. A root poultice was chewed and applied to wounds, and a solution mixed with wild ginger was placed on fractured limbs. The berry juice was dropped into the ear canal to ease earache. The herb encourages sweating and is a stimulant and detoxifying.

Spikenard (*Nardostachys jatamansi* syn *N. grandiflora*) Internally used for nervous indigestion, insomnia, depression, and tension headaches. Externally for rashes and as a deodorant.

Traditional Ayurvedic Uses: Jatamansi helps enhance and balance all aspects of mental functioning, including: comprehension (Dhi), memory (Dhriti) and recollection (Smriti). It has a particular effect of calming the emotions, nerves and brain cells to aid with excessive worries. Jatamansi works as an indirect aid to natural nerve regeneration. It helps balance and coordinate Prana Vata (which governs the mind) and Sadhaka Pitta (which governs the emotions). It also has a longterm effect on Tarpaka Kapha -- coordination of the laws of nature that govern health of the sinus cavities, head and cerebral-spinal fluids. This acts to stabilize the emotions.

Spotted Chatelain (*Corallorhiza maculata*) The dried stalks have been used to make a tea for strengthening patients suffering from pneumonia. The roots have been used as a sedative, to kill worms, and to increase perspiration. A tablespoon of the chopped plant is steeped in tea and drunk as needed. Coral Root is one of the best treatments for nervous disorders and nervous fevers, a scant teaspoon boiled for ten minutes. It will reduce a fever reliably and has a strong, sensible sedative effect particularly useful or angry or frustrated states. It is especially good as a first aid for sudden high fevers in the first week or two after childbirth, usually caused by dehydration or a uterine infection. This is NOT a condition for home treatment, but Coral Root will relax the mother and lower the temperature until a physician can apply more appropriate therapies. It should be made available if needed for any rural-type home delivery.

Spotted Spurge (*Euphorbia maculata*) The milky sap, when taken orally, causes vomiting and acts as a strong laxative. An alcoholic extract of the plant has been given to control dysentery. The Indians rubbed the sap on their skin to treat warts, sores, eruptions, and sore nipples. They also drank a root infusion as a laxative.

Spotted Wintergreen (*Chimaphila maculata*) The leaves and fruit have been used to increase urine flow, as a

tonic, and for treating diarrhea, syphilis, nervous disorders, and ulcers. The plant has an antiseptic influence on the urinary system and is sometimes used in the treatment of cystitis. An infusion of the plant has been drunk in the treatment of rheumatism and colds. A poultice of the root has been used to treat pain while the plant has also been used as a wash on ulcers, scrofula and cancers. All parts of the plant can be used, though only the leaves are officinal.

Squill (*Urginea maritime* (a) (*syn Drimia maritime*)) Squill is a powerful expectorant used in chronic bronchitis, especially where there is little sputum production, which causes a dry irritable cough. A more fluid mucus secretion is produced with squill, which in turn facilitates an easier expectoration. The mucilage content eases and relaxes the bronchiole passages, thereby balancing the stimulation of the glycosides. It may be used in bronchial asthma and whooping cough. It has a stimulating action on the heart and has been used for aiding cases of heart failure and water retention when there is heart involvement.

Sea squill contains cardiac glycosides which are strongly diuretic and relatively quick-acting. They do not have the same cumulative effect as those present in foxglove. The bulb has been widely used by herbalists, mainly for its effect upon the heart and for its stimulating, expectorant and diuretic properties. The fresh bulb is slightly more active medicinally than the dried bulb, but it also contains a viscid acrid juice that can cause skin inflammations. This is a very poisonous plant and it should only be used under the supervision of a qualified practitioner.

The dried bulb is cardiotoxic, strongly diuretic, emetic when taken in large doses and expectorant. The bulb can weigh up to 2 kilos. It is used internally in the treatment of bronchitis, bronchitic asthma, whooping cough and edema and is a potential substitute for foxglove in aiding a failing heart. Externally, the bulb has been used in the treatment of dandruff and seborrhea.

There are two main forms of this species, one has a white bulb and the other has a red one. The red bulb is the form that is used as a rat poison whilst the white bulb is used as a cardiotoxic. Another report says that herbalists do not distinguish between the two forms. Only the red form contains the rat poison 'scilliroside', though both forms can be used medicinally.

Squirting Cucumber (*Ecballium elaterium* (*syn Momordica elateria*)) The squirting cucumber has been used as a medicinal plant for over 2,000 years, though it has a very violent effect upon the body and has little use in modern herbalism. The plant is a very powerful purgative that causes evacuation of water from the bowels. It is used internally in the treatment of edema associated with kidney complaints, heart problems, rheumatism, paralysis and shingles. Externally, it has been used to treat sinusitis and painful joints. Ecballine, a compound derived from the fruits, is used in treating baldness as well as a cure against scalp diseases.

St John's Wort (*Hypericum perforatum*) It's been used for centuries for depression, melancholy and hysteria. Paracelsus was one that prescribed it for these afflictions. One study by Dittmann, Hermann and Palleske showed that Hyperforat, a preparation based on a total extract, gave a well-reproducible specific inhibition of anaerobic glycolysis in secretions of brain tumors. An infusion of leaves and flowers in olive oil is excellent for skin burns. The herb/flowers are the parts used for lung problems, bladder complaints, diarrhea, dysentery, depression, hemorrhages and jaundice. Steep two teaspoonsful of the herb per cup of water for twenty minute. Take one-half cup in the morning and one-half cup at bed time. Bedwetting is helped by a nightly cup of the tea or 5-10 drops of the tincture. The oil and fomentation are applied externally to injuries, especially when nerve endings are involved and to soften tumors and caked breasts.

The research on St. John's Wort has been substantiated on its effects on mild to moderate depression. In a series of studies that were presented in 1992 at the Fourth International Congress on Phytotherapy in Munich, Germany it helped well over half of those in the study. In less than a month of taking this herb, the depression and accompanying disturbed sleep and fatigue experienced by participants in these studies generally improved. In another study in Germany in 1984, depressed women were given a tincture of St John's Wort. These women's symptoms, including anxiety, anorexia, lack of interest in life and psychomotor problems, all changed for the better. Research was also conducted in Russia where it was combined with psychotherapy to treat alcoholics suffering from depression. A suggested tincture is 1 tsp tincture of St. John's Wort leaf, ½ tsp tinctures of licorice root, ginseng root, lemon balm leaf and ashwaganda leaf. Combine ingredients. Take 1 dropperful 3 times a day. The mood-lightening effect does not develop quickly—it is necessary to take it for up to 2-3 months. The first effects will be felt within 2-3 weeks.

To help regulate disturbed sleep patterns try St. John's Wort. It adjusts brain chemistry, helping to increase the availability of the neurotransmitter serotonin. It's also a nervous system relaxant that helps you recover when your nerves are damaged, inflamed or strained. To use it as such take 1 tsp each tinctures of St. John's Wort flowers, skullcap leaves, fresh oats and licorice root; ½ dropperful each tinctures of ginger root and vervain leaves. Combine ingredients and take 1 dropperful every half hour, as needed during an emergency. To relieve chronic pain, take 2-4 dropperfuls a day.

A cream made of the flowering tops is used for localized nerve pains, such as sciatica, sprains and cramps, or to help relieve breast engorgement during lactation. Can also be used as an antiseptic and styptic on scrapes, sores and ulcers. The infused oil is used in several European varicose vein ointments and in suppositories for hemorrhoids, to reduce inflammation, pain and broken veins. If varicose veins break, you can cover them with a combination of St John's Wort with essential oils. This will decrease the swelling and pain and will deliver healing factors that help repair the veins.

For bruises try steeping one to two teaspoons of dried herb in vegetable oil for a few days. Then use the oil to treat bruises.

The aerial parts taken internally can lighten the mood and lift the spirits. They make a restorative nerve tonic, ideal for anxiety and irritability, especially during menopause. They are also good for chronic, longstanding conditions where nervous exhaustion is a factor. They can relieve a variety of nerve pains such as sciatica and neuralgia. It is also a valuable tonic for the liver and gallbladder.

It has been recently marketed as an ingredient in "Herbal Phen-Fen" and similar products. There is no scientific evidence about helping with weight loss. The rationale is that depressed people are more sedentary and this will help them become more active.

In regards to Parkinson's it may have a potential to help based on the following. Smokers have an unusually low risk of the disease because nicotine increases the release of dopamine in the brain. The enzyme monoamine oxidase (MAO) depresses dopamine, so it would make sense that medications that inhibit MAO would

boost dopamine and decrease Parkinson's risk, as nicotine does. Ethnobotanist Jim Duke's suggestion is to try a tincture standardized to 0.1 percent hypericin and take 20-30 drops three times a day if you have Parkinson's.

Star Anise (*Illicium verum*) Star anise is used in the East to relieve colic and rheumatism and to flavor cough medicines. It warms the abdomen, dispels gas, regulates energy, treats belching, vomiting, abdominal pains and hernia

Star of Bethlehem (*Hippobroma longiflora* (syn. *Isotoma longiflora*)) The leaves have been used as a counter-irritant

Stevia (*Stevia rebaudiana*) Stevia has been used by the native South Americans to treat diabetes, because of its ability to lower the blood sugar level. They also use it to treat high blood pressure. Paraguayan Matto Grosso Indian tribes use stevia as an oral contraceptive. The women drink a daily decoction in water of powdered leaves and stems to achieve this purpose. This activity of the plant remains a controversial issue. The suggestion is that the antifertility effect is due to certain flavonoids and their monoglycosides, and not to stevioside.

Stinking Clover (*Cleome serrulata*) A poultice made of the crushed leaves has been used to reduce swellings. The flowers have been boiled with rusty iron and the liquid drunk as a treatment for anemia. An infusion of the plant is drunk in the treatment of fevers and stomach disorders. A poultice made from the pounded, soaked leaves has been applied to sore eyes.

Stone Root (*Collinsonia Canadensis*) : Usually combined with other herbs, the root of stone root is used to strengthen weak veins, such as varicose veins by reducing back pressure in the veins. . It also tones and improves the functioning of mucous membranes throughout the body, but particularly in the pelvic region. It is suggested for use when there is insufficient circulation in the pelvic region and a sense of "heaviness." It has a tonic action upon the bowels and is nearly specific for hemorrhoids caused by constipation with vascular blockage. It is known to have a near specific affinity for problems of the rectum and anus. It is given for rectal pains and inflammation; and for dysentery with accompanying rectal problems. It treats anal fistulae, rectal ulcers and pockets and nervous conditions affecting the rectum. Diuretic and tonic, stone root is employed in the treatment of kidney stones. It is also prescribed to counteract fluid retention. A syrup was once advised for inflammation or constriction of the throat., especially in cases of laryngitis and chronic coughs and also for middle ear disorders. Indigestion, especially when accompanied by constipation, is often remedied by stone root. A sedative, it relieves muscle spasms, especially those in the digestive tract. The root has occasionally been used as a remedy for headaches caused by digestive sluggishness. An external poultice of the fresh leaves or roots is placed on wounds, sores, bruises, inflammation as well as for the relief of poison oak and ivy dermatitis.

Storax (*Liquidambar orientalis*) Storax balsam has an irritant expectorant effect on the respiratory tract and it is an ingredient of Friar's Balsam, an expectorant mixture that is inhaled to stimulate a productive cough. Levant storax, in the form of balsam, is also applied externally to encourage the healing of skin diseases and problems such as scabies, wounds and ulcers. Mixed with witch hazel and rosewater, it makes an astringent face lotion. In China, storax balsam is used to clear mucus congestion and to relieve pain and constriction in the chest. The resin has been used to loosen a cough, treat diphtheria and gonorrhea, flavor tobacco, candy and chewing gum and as an ingredient of perfumes. It is also a powerful stimulant of peculiar value for its aphrodisiac qualities.

Stork's Bill (*Erodium cicutarium*) A mild uterine hemostatic and a diuretic for water retention, rheumatism, or gout. Not a potent plant, a fair amount is needed for effect depending on the use. The entire plant may be put into a warm-water bath for a person suffering the pains of rheumatism. The leaves have been made into a hot tea used to increase urine flow, to treat uterine hemorrhage and water retention, and to increase perspiration. Storksbill is a traditional afterbirth remedy in northern Mexico and New Mexico, said to reliably decrease bleeding and help prevent infection. A tablespoon of the root and leaves are brewed into tea and drunk three or four times a day. A tablespoon of the plant with an equal part of comfrey leaves or borage steeped in a pint of water and used for douching is considered a reliable treatment for cervicitis, especially if it has been preceded by vaginal inflammation and no uterine infection is involved. For joint inflammations a fair amount of the tea is consumed and the wet leaves used for a poultice for several days, the swellings subsiding by the third or fourth day. Little adverse effect on the kidneys when used as a diuretic and is an older herbal treatment in China for hematuria, particularly from kidney trauma. One of the many reliable herbs for heavy, painful menstruation. The root and leaves have been eaten by nursing mothers to increase the flow of milk. Externally, the plant has been used as a wash on animal bites, skin infections etc. A poultice of the chewed root has been applied to sores and rashes. An infusion has been used in the treatment of typhoid fever. The seeds contain vitamin K, a poultice of them is applied to gouty tophus.

Strawberry Tree (*Arbutus unedo*) Strawberry tree is valued as an astringent and antiseptic herb. The antiseptic action of the leaves within the urinary tract makes it a useful remedy for treating cystitis and urethritis. Its astringent effect has been put to use in the treatment of diarrhea and dysentery. Like many other astringent plants, it makes a gargle that is helpful for sore and irritated throats.

Strophanthus (*Strophanthus gratus*) One of the strongest cardiac tonics known. Internally usually by injection, used for heart failure, angina, hypertension, pulmonary edema, and hypotension during anesthesia and surgery. It may be prescribed like foxglove, but the active constituents are less well absorbed. Ouabain has been used in the treatment of cardiac arrest since it acts very rapidly when given by injection. *S. gratus* has been used in Nigeria to treat snake bite. It has been shown to delay blood clotting. The seeds are used.

Strychnos (*Strychnos nux-vomica*) The properties of Nux Vomica are substantially those of the alkaloid

Strychnine. The powdered seeds are employed in atonic dyspepsia. The tincture of *Nux Vomica* is often used in mixtures - for its stimulant action on the gastro-intestinal tract. In the mouth it acts as a bitter, increasing appetite; it stimulates peristalsis, in chronic constipation due to atony of the bowel it is often combined with cascara and other laxatives with good effects. Strychnine, the chief alkaloid constituent of the seeds, also acts as a bitter, increasing the flow of gastric juice; it is rapidly absorbed as it reaches the intestines, after which it exerts its characteristic effects upon the central nervous system, the movements of respiration are deepened and quickened and the heart slowed through excitation of the vagal center. The senses of smell, touch, hearing and vision are rendered more acute, it improves the pulse and raises blood pressure and is of great value as a tonic to the circulatory system in cardiac failure. Strychnine is excreted very slowly and its action is cumulative in any but small doses; it is much used as a gastric tonic in dyspepsia. The most direct symptom caused by strychnine is violent convulsions due to a simultaneous stimulation of the motor or sensory ganglia of the spinal cord; during the convulsion there is great rise in blood pressure; in some types of chronic lead poisoning it is of great value. In cases of surgical shock and cardiac failure large doses are given up to 1/10 grain by hypodermic injection; also used as an antidote in poisoning by chloral or chloroform. Brucine closely resembles strychnine in its action, but is slightly less poisonous, it paralyzes the peripheral motor nerves. It is said that the convulsive action characteristic of strychnine is absent in brucine almost entirely. It is used in pruritis and as a local anodyne in inflammations of the external ear. Internally, in minute amounts, for nervous exhaustion, debility, and poor appetite (especially in the elderly and children). It is also used as a central nervous system stimulant in chloroform or chloral poisoning, surgical shock, and cardiac arrest.

Suma (*Pfaffia paniculata*) It increases energy, strengthens the immune system, fortified hormones (especially estrogen), reduces tumors and cancers, regulates blood sugar. It is considered a near panacea in Brazil, which it is called "Brazilian ginseng." In herbal medicine in Ecuador today, Suma is considered a tonic for the cardiovascular system, the central nervous system, the reproductive system, and the digestive system and is used to treat hormonal disorders, sexual dysfunction and sterility, arteriosclerosis, diabetes, circulatory and digestive disorders, rheumatism, and bronchitis. In European herbal medicine Suma is used as to restore nerve and glandular functions, to balance the endocrine system, to strengthen the immune system, for infertility, menopausal and menstrual symptoms, to minimize the side-effect of birth control medications, for high cholesterol, to neutralize toxins and as a general restorative tonic after illness. In North and South American herbal medicine Suma root is used as an adaptogenic and regenerative tonic regulating many systems of the body, as an immunostimulant, and is used to treat exhaustion resulting from Epstein-Barr disease and Chronic Fatigue Syndrome, hypoglycemia, impotency, arthritis, anemia, diabetes, cancer, tumors, mononucleosis, high blood pressure, PMS, menopause and hormonal disorders and many types of stress. Suma has also been called "The Russian Secret" because it is taken by Russian Olympic athletes to increase muscle-building and endurance without the side effects associated with steroids. This action is attributed to the anabolic agent, beta-ecdysterone as well as three novel ecdysteroid glycosides which are found in high amounts in Suma. Suma is such a rich source of beta-ecdysterone, that it is the subject of a Japanese patent for the extraction methods employed to obtain it from this root. Two other plant hormones found in Suma, sitosterol and stigmaterol, are believed to encourage estrogen production and may account for its use for menopausal symptoms.

Sumac (*Rhus coriaria*) In the Middle East, a sour drink is made from the fruit to relieve stomach upsets.

Sumac, Smooth (*Rhus glabra*) 19th century American physicians frequently prescribed preparations made from Sumac. The berries have refrigerant and diuretic properties, and are used in bowel complaints and febrile disorders. A drug made from the dried ripe fruit is a component of gargles. The bark also has healing properties. A dose of 1 teaspoonful of the bark decocted in boiling water and taken a mouthful at a time relieves throat irritations. The bark may be boiled in milk and used as a healing wash for minor burns in the absence of more potent remedies. The bark of the roots was simmered with lard and the resulting salve was used to heal burns without leaving scars. Spirituous infusions of Sumac were rubbed on the limbs to relieve rheumatism and aching muscles, and small balls of the gummy sap inserted into tooth cavities relieved the pain of toothache. Decoctions in large doses are said to be cathartic in effect. The seeds are used as a styptic. All parts of the plant yield tannin which is medicinally valuable and dyes which are used in the leather industry.

Sumbul (*Ferula sumbul* (*syn Ferula suaveolens*)) A very effective nerve stimulant and tonic. The medicinal action resembles that of valerian (*Valeriana officinalis*) and the plant is used in the treatment of various hysterical conditions. It is also believed to have a specific action on the pelvic organs and is used in treating dysmenorrhea and a wide range of other feminine disorders. The root is also a stimulant to mucous membranes and is used in treating chronic dysenteries, diarrhea, bronchitis and even pneumonia.

Sundew (*Drosera rotundifolia*) The sundew has a long history of herbal use, having been popular for its fortifying and aphrodisiac effects. Sundew may be used with great benefit in bronchitis and whooping cough. The presence of plumbagin helps to explain this, as it has been shown to be active against streptococcus, staphylococcus and pneumococcus bacteria. Sundew will also help with the infections in other parts of the respiratory tract. The plant is used with advantage in the treatment of whooping cough, exerting a peculiar action on the respiratory organs. It is also used in the treatment of incipient phthisis and chronic bronchitis. Its relaxing effect upon involuntary muscles helps in the relief of asthma. In addition to the pulmonary conditions it has a long history in the treatment of stomach ulcers. Commonly mixed with thyme in a syrup, sundew is a helpful remedy for coughs in children. The herb is also prescribed for gastric problems. It has pigments that are active against a wide range of pathogens. Externally, the fresh juice is directly applied to warts and corns to stimulate their removal.

Sunflower (*Helianthus annuus*) Russian folk healers chop the head of a sunflower, soak the pieces in vodka and soap chips in a sunny place for nine days, and then rub the mixture on the joints of rheumatic patients as a potent liniment. In medical clinics, Russian doctors prepare decoctions of the seeds for jaundice, malaria, heart conditions, diarrhea, and other ailments. The seeds, browned in the oven, and made into an infusion, make a widely used remedy for whooping cough.

Sunflower, Woodland (*Helianthus strumosus*) The sunflower has many common uses. Indians applied the

crushed root to bruises. The seeds have been used to increase urine flow and to clear phlegm. A decoction of the roots has been used to get rid of worms in both adults and children. An infusion of the roots has been used in the treatment of lung problems.

Swamp Milkweed (*Asclepias incarnata*) The tea made from the roots is said to remove tapeworms from the body in one hour. It has also been used in the treatment of asthma, rheumatism, syphilis, worms and as a heart tonic. An infusion of the roots is used as a strengthening bath for children and adults. It is a cathartic and is beneficial in the treatment of arthritis and stomach disorders. Can also be used as an emetic.

Sweet Annie (*Artemisia annua*) Qing Ho, better known in the West as sweet wormwood, is a traditional Chinese herbal medicine. An aromatic anti-bacterial plant, recent research has shown that it destroys malarial parasites, lowers fevers and checks bleeding. Also used for heat stroke. Used as an infusion. Externally the leaves are poulticed for nose bleeds, bleeding rashes, and sores. Research in Thailand and the US shows that *A. annua*, in the preparation Artesunate, is an effective antimalarial against drug-resistant strains of the disease. Clinical trials have shown it to be 90% effective and more successful than standard drugs. In a trial of 2000 patients, all were cured of the disease. The seeds are used in the treatment of flatulence, indigestion and night sweats. .

TCM:

Indications: summer colds, sweatless fevers, malaria, nocturnal sweats, heat excess. An excellent refrigerant remedy in ailments of "empty-hot" excess.

Sweet Birch (*Betula lenta*) The cambium (the layer directly under the bark) is eaten in the spring, cut into strips like vermicelli. The bark, in the form of an infusion is used as a general stimulant and to promote sweating. As a decoction or syrup, it is used as a tonic for dysentery and is said to be useful in genito-urinary irritation. The flavor of wintergreen and birch bark, in the form of a tea, was popular with Native Americans and European settlers. The juice of the leaves once made a gargle for mouth sores. Throughout the centuries, the sap has been used in making medicinal wine and were made into a diuretic tea. Also an ingredient in skin lotions.

Sweet Cherry (*Prunus avium*) In European herbal medicine, cherry stems have long been used for their diuretic and astringent properties. They have been prescribed for cystitis, nephritis, urinary retention, and for arthritic problems, notably gout. Cherries can be a helpful part of an overall regimen treating arthritic problems. The high sugar content makes them mildly laxative. An aromatic resin can be obtained by making small incisions in the trunk. This has been used as an inhalant in the treatment of persistent coughs.

Sweet Cicely (*Myrrhis odorata*) Grieve says, Sweet Cicely was described by old herbalists as 'so harmless, you cannot use it amiss'. It was recommended as a gentle stimulant for digestive upsets and useful for coughs and consumption and was said to be particularly good as a tonic for girls between 15 and 18. A decoction of the antiseptic roots was used for snake and dog bites and an ointment was used to ease gout and soothe wounds and ulcers. The roots have been used as a cough remedy and as a diuretic. The seeds and leaves possess mild expectorant, carminative, stomachic and diuretic qualities. The essential oil contains anethole. Sweet cicely is employed in folk medicine in some parts of the world, but its uses have not been tested scientifically. It does seem to increase appetite and

decrease flatulence, and we know the roots are antiseptic. All parts of the plant were used in medicine and the roots were boiled until tender and given to the elderly to eat, it was believed to strengthen the digestion.

Sweet Grass (*Hierochloe odorata*) A tea made from the leaves is used in the treatment of fevers, coughs, sore throats, chafing and venereal infections. It is also used to stop vaginal bleeding and to expel afterbirth. The stems can be soaked in water and used to treat windburn and chapping and as an eyewash. Smoke from the burning leaves has been inhaled in the treatment of colds.

Sweet Sumach (*Rhus aromatica*) Sweet Sumach is a useful astringent that is especially indicated in the treatment of urinary incontinence for both the young and old alike. It may safely be used wherever an astringent is called for, such as in diarrhea or hemorrhage. It is a strong diuretic and used to clear up vaginal discharges. The leaves were used in the treatment of colds, stomach aches and bleeding. An infusion of the root bark can be used in the treatment of diarrhea, dysentery. It is used as a gargle for sore throats. Its use is contraindicated if inflammation is present. The fruits have been chewed in the treatment of stomach aches, toothaches and gripe and used as a gargle to treat mouth and throat complaints. They help reduce fevers and may be of help in treating late-onset diabetes by reducing blood sugar..

Sweet Rocket (*Eruca sativa (E vesicaria var sativa)*) The principal recorded medicinal use of rocket is as a form of mild analgesic.

Sweet Vernal Grass (*Anthoxanthum odoratum*) a tincture made from this grass with spirit of wine is an effective and immediate cure for hay fever and as a nasal lotion. Externally used for painful joints, chilblains, nervous exhaustion, and insomnia. Also a good scalp cleanser and hair tonic

Sweet Woodruff *Galium odoratum (Asperula odorata)*: One reason that woodruff leaves were added to wines was because they aid the digestion and are helpful in treating liver obstructions and hepatitis. At one time, woodruff leaves made a popular diuretic and remedy to reduce bladder stones. Woodruff reduces inflammation and the asperuloside it contains has been suggested as a starting point for manufacturing prostaglandin drugs. The herb also provides coumarin, used to produce anticoagulant drugs. Considered a light sedative, it comes in handy for treating nervous tension, especially in the elderly and children. Woodruff was much used as a medicine in the Middle Ages. The fresh leaves, bruised and applied to cuts and wounds, were said to have a healing effect, and formerly a strong decoction of the fresh herb was used as a cordial and stomachic.

Sweetbay Magnolia (*Magnolia virginiana (M glauca)*) Indians drank a warm infusion of the bark, cones and seeds for rheumatism. In colonial times, the root bark was used in place of quinine bark to treat malaria. A drink made of an infusion of bark and brandy was used to treat lung and chest diseases, dysentery, and fever. A tea made of young branches boiled in water was a treatment for colds. The bark and fruit are aromatic and have been used as a tonic. A tincture of the fresh leaves has been used to treat rheumatism and gout, and as a laxative. A tea made from the bark is taken internally in the treatment of colds, bronchial diseases, upper respiratory tract infections, rheumatism and gout. The bark has been chewed by people trying to break the tobacco habit. A tea made from the fruit is a tonic, used in the treatment of general debility and was formerly esteemed in the treatment of stomach ailments. The leaves or bark have been placed in cupped hands over the nose and inhaled as a mild hallucinogen.

Sweetgum (*Liquidambar styraciflua*) In Appalachia, water- or whiskey-soaked twigs are chewed to clean the teeth, Native Americans used the resin to treat fevers and wounds. The gum was used by early settlers to treat herpes and skin inflammations. It has also been applied to the cheek to ease toothache. The bark and leaves, boiled in milk or water, have been used to treat diarrhea and dysentery. The boiled leaves have been applied to cuts and used for treating sore feet. The aromatic drug resin storax, an expectorant and a weak antiseptic used for treating scabies, comes from this tree. It forms in cavities of the bark and also exudes naturally. It is harvested in autumn. Production can be stimulated by beating the trunk in the spring. The resin has a wide range of uses including medicinal, incense, perfumery, soap and as an adhesive. It is also chewed and used as a tooth cleaner and to sweeten the breath. It is also chewed in the treatment of sore throats, coughs, asthma, cystitis, dysentery etc. Externally, it is applied to sores, wounds, piles, ringworm, scabies etc. The resin is an ingredient of 'Friar's Balsam', a commercial preparation based on *Styrax benzoin* that is used to treat colds and skin problems. The mildly astringent inner bark is used in the treatment of diarrhea and childhood cholera.

Syrian Rue (*Peganum harmala*) The seeds of which can be taken internally in minute doses, providing a valuable Ayurvedic remedy against depression. They have also been taken to treat eye disorders and to stimulate breast-milk production. In central Asia, harmala root is a popular medicinal remedy, used in the treatment of rheumatism and nervous conditions.

Szechuan Pepper (*Zanthoxylum piperitum (Xanthoxylum piperitum)*) The berries of *Zanthoxylum* species

are carminative and anti-spasmodic. The ground bark of a related species (*Z. americanum*) is an old-fashioned remedy for toothache. Both bark and berries are stimulants and they are used in traditional medicines and herbal cures to purify the blood, promote digestion and as an anti-rheumatic.

-T- HERBS

Tain Nan Xing (*Arisaema consanguineum*) In Chinese herbal medicine, *tian nan xing* is thought to encourage the coughing up of phlegm. It is also used for tumors, cervical cancer, epilepsy, tetanus and complaints involving convulsions and spasmodic twitching. The dried root is used internally in the treatment of coughs with profuse phlegm, tumors, cervical cancer, epilepsy, tetanus and complaints involving muscular spasms. When prescribed internally it is always combined with fresh ginger root. The fresh rhizome is only ever used externally, for ulcers and other skin conditions. In traditional Chinese medicine three different preparations are made from the corms: *tian nan xing* (sun-dried); *shi nan xing* (cooked with raw ginger); and *dan nan xing* (processed with ox bile). In China the term *nan xing* refers to the corms of several species.

Tamarind (*Tamarindus indica* (*T. officinalis*)) Tamarind is a wholesome and cleansing fruit that improves digestion, relieves gas, soothes sore throats and acts mildly laxative because of its acids and potassium bitartrate content. In Ayurvedic medicine, it is given to improve the appetite and to strengthen the stomach. It is also used to relieve constipation, however, mixed with cumin and sugar tamarind is also prescribed as a treatment for dysentery. In the West Indies it is used for urinary troubles. In southern India, tamarind soup is taken to treat colds and other ailments that cause the production of excessive mucus. In Chinese medicine, tamarind is considered a cooling herb, appropriate for treating the condition known as "summer heat." The *Ananga Ranga* mentions the use of tamarind for enhancing sexual enjoyment by the female. Its antiseptic properties are well recognized in the East, where a tamarind preparation is used as an eyewash and ulcer treatment. A tamarind paste is said to relieve rheumatism. It is used in many regions of Africa in similar ways. In Nigeria and the Ivory Coast it is included in leprosy remedies. In the U.K. an extract is utilized as a binding agent for tablets. In Latin America, tamarind juice is the chaser of choice when you're drinking alcoholic beverages. That's because it has a reputation for preventing hangover. A study showed that extracts of tamarind prevented liver damage in experimental animals that were given liver-damaging chemicals. The fruit is also given for loss of appetite and vomiting in pregnancy.

Tansy (*Tanacetum vulgare*) Flowers are used. In the past tansy was a great cure-all, and was often used in gypsy medicine. It was said that its juice aided conception. The constituent thujone kills intestinal roundworms and threadworms, scabies and heals other infected skin conditions. Very small doses have been used to treat epilepsy and to encourage menstruation. It is a strong remedy to promote delayed or stopped menstruation. The oil is externally applied to treat injuries, bruises and rheumatic complaints. In Scotland, an infusion of the dried flowers and seeds (1/2 to 1 teaspoonful, two or three times a day) is given for gout. The roots when preserved with honey or sugar, have also been reputed to be of special service against gout, if eaten fasting every day for a certain time. From 1 to 4 drops of the essential oil may be safely given in cases of epilepsy, but excessive doses have produced seizures. Tansy has been used externally with benefit for some eruptive diseases of the skin, and the green leaves, pounded and applied, will relieve sprains and allay the swelling. A hot infusion, as a fomentation to sprained and rheumatic parts, will give relief. Certain populations of tansy contain some of the same anti-migraine compounds as feverfew (parthenolide). Chemical analysis is necessary to determine its presence.

Tarragon (*Artemisia dracunculus*) Pliny thought tarragon prevented fatigue and during the Middle Ages the faithful put it in their shoes before setting out on pilgrimages. Leaves have been used to stimulate appetite (especially when it has been lost because of illness), settle an upset stomach, promote the menses and as a diuretic. Chewed to numb a toothache and before eating bitter medicine. Taking the tea before going to bed could help with insomnia. In warmer climes it is used to treat threadworms in children.

Tatarian Aster (*Aster tataricus*) This species has been used for at least 2,000 years in traditional Chinese medicine. It has an antibacterial action, inhibiting the growth of *Staphylococcus aureus*, *E. coli*, *Bacillus dysenteriae*, *B. typhi*, *Pseudomonas* and *Vibrio proteus*. The root is taken internally in the treatment of chronic bronchitis and tuberculosis and is often used raw with honey in order to increase the expectorant effect. The plant has shown anticancer activity and is a folk cure for cancer.

Tea (*Camellia sinensis* (*Thea sinensis*)) The tea plant is commonly used in Chinese herbalism, where it is considered to be one of the 50 fundamental herbs. Modern research has shown that there are many health benefits to drinking tea, including its ability to protect the drinker from certain heart diseases. It has also been shown that drinking tea can protect the teeth from decay, because of the fluoride naturally occurring in the tea. The leaves exert a decided influence over the nervous system, giving a feeling of comfort and exhilaration, but also producing an unnatural wakefulness when taken in large doses. They are used internally in the treatment of diarrhea, dysentery, hepatitis and gastroenteritis. Excessive use can lead to dizziness, constipation, indigestion, palpitations and insomnia. Externally, they are used as a poultice or wash to treat cuts, burns, bruises, insect bites, ophthalmia, swellings etc. Only the very young leaves and leaf buds are used, these can be harvested throughout the growing season from plants over three years old and are dried for later use. In Ayurveda, tea is considered astringent, sweat-inducing, and a nerve tonic, and is used for eye problems, hemorrhoids, tiredness, and fever. Tea leaves may be used externally to soothe insect bites and sunburn. Research in China suggests that green tea can help hepatitis. Research in Japan in

1990 showed that tea contains constituents that inhibit tooth decay.

Tea Tree (*Melaleuca alternifolia*) Tea tree is a traditional Aboriginal remedy. The leaves are crushed, and either inhaled or used in infusions for coughs, colds, and skin infections. Tea tree oil or cream can be applied to skin infections such as athlete's foot and ringworm, as well as to corns, warts, acne and boils, infected burns, scrapes, wounds, insect bites and stings and other skin conditions. It very efficacious in the treatment of urinary tract disorders. It's anti-fungal action works well on athlete's foot, ringworm, warts, corns, abscesses. Use in cream or 5% vegetable oil, or applied undiluted. Also effective and soothing on cold sores. Applied diluted in vegetable oil at 5%. Use gargle for mouth ulcers, toothache, and bad gums. Tea tree is also used for aphthous stomatitis, candidiasis (daily douche with 1 quart of water and 0.4% concentration of the oil); Other uses are for Acne, Bromhidrosis; Onychomycosis, in conjunction with debridement; Pharyngitis; Sinusitis; Tinea pedis (massaged into the feet daily); *Trichomonas vaginalis*

Teasel (*Dipsacus fullonum* (*syn Dipsacus sylvestris*)) Teasel root is not much used medicinally today, and its therapeutic applications are disputed. It is thought to have diuretic, sweat-inducing, and stomach-soothing properties, cleansing the system and improving digestion. Due to its apparent astringency, teasel is considered helpful in diarrhea. It is also thought to increase appetite, to tone the stomach, and to act on the liver, helping with jaundice and gallbladder problems. An infusion of the leaves has been used as a wash to treat acne. The plant has a folk history of use in the treatment of cancer, an ointment made from the roots is used to treat warts, wens and whitlows. There is no clear picture of teasel's actions, but its closeness to the thistle family means it might well reward careful investigation.

Thrift (*Armeria maritime* (*syn Armeria elongata*, *Armeria vulgaris*, *Statice armeria*, *Statice maritima*)) An infusion of fresh or dried flowers was formerly used as an antiseptic and to treat nervous disorders but now thought to cause allergic reactions such as dermatitis.

Thuja (*Thuja occidentalis*) Thuja has an established antiviral activity. It is most often used to treat warts and polyps, being prescribed both internally and externally for these conditions. It is also used as part of a regime for treating cancer—especially cancer of the uterus. Thuja's active principle, a volatile oil called thujone, acts on the muscles of the uterus and Native Americans drank a tea of the inner bark to promote menstruation. Thuja also tones the bronchial passages and herbalists may prescribe it for bronchitis and catarrh because it combines expectoration with a systemic stimulation, which is beneficial if there is also heart weakness. Where urinary incontinence occurs due to loss of muscle tone, thuja may be used. It is used to treat acute cystitis and bed-wetting in children. It has a role in the treatment of psoriasis and rheumatism as a counter-irritant, improving local blood supply and easing pain and stiffness. A quantity of leaves boiled in lard makes a salve which serves as a local application. It cools the blood, stops bleeding and may be used for heated blood syndrome, or with warm herbs for cold and stagnant blood circulation. Topically it can be applied in powder form to promote the healing of burns. The young twigs of thuja may be made into an infusion and taken as a tea for bronchial catarrh and for dry irritable coughs. It also is beneficial for heart weakness. Thuja twig tea may be used to treat delayed menstruation.

Thyme (*Thymus spp*) Thyme's main medicinal role is in treating coughs (including whooping cough) and clearing congestion. It makes an excellent gargle or mouthwash for sore throats and infected gums. Many pharmaceutical gargles, cough drops, mouthwashes, and vapor rubs contain thyme's constituent thymol, which destroys bacteria, some fungus, and the shingles virus (herpes zoster). Participants in a study who rinse twice daily with Listerine™, containing thymol (with eucalyptol and menthol), found they developed 34% less gum inflammation and new plaque formation. Thyme improves digestion, relaxing smooth muscles. It reduces the prostaglandins responsible for many menstrual cramps. Thyme also helps destroy intestinal parasites (especially hookworms and roundworms). Used externally for infected wounds. Soothing sedative action on nerves. Expectorant, reduces spasms. Induces perspiration to break fever and aid in beginning of colds. Strengthens lungs. Good for headache. Used for uterine problems. Will help bring on delayed or suppressed menstruation. Eases difficult or painful menstruation. Good for stomach weakness and cramps, indigestion, gas,

Toad Herb (*Franseria tenuifolia* (*syn Ambrosia tenuifolia*)) A ground-up root has been placed in tooth cavities to relieve toothache. A tea made of the leaves—either green or dried and ground—has been used for stomach distress.

Tobacco (*Nicotiana tabacum*) Tobacco has a long history of use by medical herbalists as a relaxant, though since it is a highly addictive drug it is seldom employed internally or externally at present. The leaves are used externally in the treatment of rheumatic swelling, skin diseases and scorpion stings. The plant should be used with great caution, when taken internally it is an addictive narcotic. The active ingredients can also be absorbed through the skin. Wet tobacco leaves can be applied to stings in order to relieve the pain. They are also a certain cure for painful piles. A homeopathic remedy is made from the dried leaves. It is used in the treatment of nausea and travel sickness.

Tolu Balsam (*Myroxylon balsamum var. balsamum*) The balsam works primarily on the respiratory mucous membranes and is good for chronic catarrh and non-inflammatory chest complaints, laryngitis and croup. It is used as a flavor and mild expectorant in cough syrups and lozenges. As an ingredient in compound benzoin tincture and similar formulations, it is helpful in the treatment of cracked nipples, lips, cuts, bedsores, etc.

The leaves and fruits of *M. pereirae* have been used by indigenous tribes of Mexico and Central America and the bitter resin employed for asthma, catarrh, rheumatism, and external wounds and the Choco Indian use the powdered bark as an underarm deodorant. The sap of *M. balsamum* has had indigenous uses for

colds, and lung ailments, and the Amazon rainforest tribes have employed it for abscesses, asthma, bronchitis, catarrh, headache, rheumatism, sores, sprains, tuberculosis, venereal diseases, and wounds. The indigenous use of Balsam of Peru led to its export to Europe in the 17 century where it was first documented in the German pharmacopeia and to its use as a bactericide, fungicide and parasiticide in cases of scabies, ringworm, pediculosis, granulations, superficial ulcerations, wounds, bed sores, diaper rash and chilblains. The vapor from the balsam dissolved in ether when inhaled, is beneficial in chronic catarrh and other noninflammatory chest complaints. The best form is that of an emulsion, made by titrating the balsam with mucilage and loaf sugar, and adding water.

Balsam of Tolu was included in the US Pharmacopeia in 1820 as well and used similarly in addition to an antitussive and respiratory used for lozenges for coughs and sore throats, in cough syrups and as a vapor inhalant for respiratory ailments with documented antiseptic and expectorant properties.

Tonka Bean (*Dipteryx odorata*) Coumarin is cardiac, tonic and narcotic and the fluid extract is used in whooping cough, but large doses cause paralysis of the heart. Coumarin derivatives are used as anti-coagulants. Also Carminative, Diaphoretic, Febrifuge, Stimulant, Stomachic. Classified by FDA as Class 3 herb (To be used only under the supervision of an expert qualified in the appropriate use of this substance). Allowed in alcoholic beverages in Canada if coumarin-free.

Tormentil (*Potentilla erecta*, *Potentilla tormentilla*, *Tormentilla erecta*) Internally used for diarrhea, enteritis, Crohn's disease, mucous colitis, ulcerative colitis, gastritis, diverticulitis, peptic ulcer, and inflammation of the colon. Externally for hemorrhoids, vaginal discharge, sore throat, mouth ulcers, cuts, sores, ulcers, burns, sunburn, frostbite, and shingles. Care is needed in topical application of strong tannins, which can cause scarring.

Trailing Eclipta (*Eclipta prostrata* (syn *E. alba*)) Trailing eclipta has remarkably similar uses in Ayurveda and in Chinese herbal medicine. In both of these traditions, a decoction is used to invigorate the liver, to prevent premature graying of the hair, and to staunch bleeding, especially from the uterus. In the Chinese tradition, the herb is considered a yin tonic; in Ayurvedic medicine it is thought to prevent aging. In the Caribbean, the juice is sometimes taken for asthma and bronchitis. Trailing eclipta is also used there as a treatment for enlarged glands, as well as for dizziness, vertigo and blurred vision. The plant is employed externally for various skin problems and as a wound healer.

Its chemistry may explain why Ayurveda has effectively used medicines extracted from the this plant in the treatment of jaundice. The traditional belief in India is that extracts from the leaf can cure jaundice in a week and Indian liver tonics always contain this herb. Powder made from its roots are used against enlargement of the liver and spleen. A combination of the root powder and oil are rubbed on the forehead for headaches, and the plant's pain-killing property is also recognized in the leaf poultice used for scorpion stings, while a vapor bath from its leaves is considered the time-tested cure for hemorrhoids.

It is used internally in the treatment of dropsy and liver complaints, anemia, diphtheria etc, tinnitus, and tooth loss. Externally, it is used as an oil to treat hair loss and is also applied to athlete's foot, eczema, dermatitis, wounds etc. The plant juice, mixed with an aromatic is used in the treatment of catarrhal problems and jaundice. The roots are emetic and purgative. They are applied externally as an antiseptic to ulcers and wounds, especially in cattle.

Traveler's Joy (*Clematis vitalba*) The leaves of traveler's joy irritate the skin, causing it to redden and blister, but they are also strongly analgesic. Applied to arthritic joints, they help relieve pain and encourage the removal of waste products. The plant is also diuretic, and has been taken internally in the past to counter urinary problems. However, the mature plant is now known to be toxic and should not be ingested. The juice is reputed to relieve headaches and migraine, if sniffed, but, since this might destroy the mucus lining of the nose, it is not advised. The boiled roots and stems are used as a cure for the itch.

Tree Lungwort (*Lobaria pulmonaria*) A beneficial but under-used remedy, tree lungwort has expectorant and tonic properties. It aids in clearing congested mucus and helps to increase appetite. In a decoction sweetened with honey, it is appropriate for all conditions that are marked by chronic respiratory mucus, especially coughs and bronchitis. The plant also treats asthma, pleurisy, and emphysema. Being astringent and demulcent, tree lungwort makes a useful treatment for pulmonary ulcers as well as for a variety of gastrointestinal problems. It is a highly suitable herb for treating ailments in children.

Tree of Heaven (*Ailanthus altissima* syn *A. glandulosa*) In Chinese herbal medicine, tree of heaven is used to treat diarrhea and dysentery, especially if there is blood in the stool. The bark of the tree has been employed in Asian and Australian medicine to counter tapeworms, excessive vaginal discharge, gonorrhoea, and malaria, and it has also been given for asthma. Tree of heaven has marked antispasmodic properties and acts on the body as a cardiac depressant. Chinese researchers gave tree of heaven to 82 patients with acute dysentery and cured 81. Abdominal pain generally eased within 2 days. Quassinoids' anticancer properties are being extensively investigated. A tincture of the root-bark has been used successfully in the treatment of cardiac palpitations, asthma and epilepsy. The fruit is used in the treatment of bloody stools and dysentery. Extracts from the plant are bactericidal.

True Unicorn Root (*Aletris farinosa*) It is an excellent remedy for sluggish digestion, which may give rise to dyspepsia, flatulence and debility. Its bitter nature will stimulate the digestive process and so it often relieves anorexia. Its name colic root shows its value in the treatment of digestive colic. Its benefit in anxiety is based on an easing of the physical aspects rather than on a direct relaxation of the nerves. The roots were boiled and the liquid was drunk for stomach pains, as a tonic and sedative, and to increase urine flow. Due to an apparent estrogenic action, it has been employed in this century chiefly for gynecological problems, particularly during menopause. It is also given for menstrual pain and irregular periods. In menorrhagia it controls excessive flow, also engorged conditions of the uterus and prolapse. Some authorities hold that it prevents threatened miscarriage. A poultice of the

leaves has been used to treat sore breasts. The powdered leaves were once applied to sore backs. The herb has also been employed in the treatment of rheumatism. In Appalachia, a mixture of roots and whiskey or brandy is drunk as a treatment.

Tulip (*Tulipa edulis*) The bulb is made into a paste and topically applied for lymphatic cancers, nodules, sores, ulcers, boils, and toxic swellings.

Turmeric (*Curcuma longa*) Turmeric is a choleric, an agent that stimulates the liver to increase its production of bile. This yellow brown or green fluid helps emulsify fats in your duodenum and increases peristalsis, the rhythmic contractions that move food through your gastrointestinal tract.

Turmeric is also a cholagogue, an agent that stimulates the gallbladder and biliary duct to discharge bile and increases your body's excretion of cholesterol. Turmeric is useful for preventing and treating gallstones, according to Commission E. In one study, mice with experimentally induced gallstones were placed on special feed containing a modest amount of curcumin, and within five weeks their gallstone volume had dropped 45%. After ten weeks they had 80% fewer gallstones than untreated mice. Choleric and cholagogues are ordinarily beneficial for healthy people but may pose some problems for people with gallbladder or liver disease.

The fleshy tuber-like rhizome is used. It contains a volatile oil and a water-soluble yellow pigment. Its usefulness as a gallbladder remedy in the narrower sense has been demonstrated. The cholagogue and choleric action is quite powerful, and recent investigations have shown it to be primarily due to the yellow pigment. The drug is prescribed as a tea or infusion

The people of Java call this plant *temoe lavak*. In India and other Asian countries it has a long tradition as a popular remedy for jaundice and liver disease. There is no doubt that it can be effective, particularly where bile flow needs to be thoroughly stimulated, but it is doubtful if it achieves more than our native drugs, and indeed unlikely, as it is not always indicated. Above all it lacks spasmolytic and carminative properties. The yellow pigment has a marked irritant effect on the gastric mucosa, so that caution is indicated where there is a tendency to hyperacidity or where there is simple irritable stomach.

To treat minor wounds, wash them with soap and water, then sprinkle on some powdered herb and bandage. For an infusion to help aid digestion and possibly help promote heart health, use 1 teaspoon of turmeric powder per cup of warm milk. Drink up to 3 cups a day. These infusions may also offer a measure of protection to the liver and help ease the inflammation of arthritis. Turmeric tastes pleasantly aromatic, but in large amounts, it becomes somewhat bitter.

Turmeric regulates the menses, relieves menstrual pains and helps reduce uterine tumors. Used externally or internally, turmeric promotes healing in cases of trauma or injury. In India, it's a traditional ulcer treatment and in animal studies it's been shown to stimulate the stomach lining to produce more protective mucus.

In Chinese medicine, turmeric invigorates the blood and unblocks menstruation; for chest or abdominal pain, amenorrhea, or dysmenorrhea due to blood stasis caused by cold from deficiency. Also used for pain and swelling due to trauma. It promotes the movement of qi and alleviates pain; for epigastric and abdominal pain due to stagnant qi. It expels wind and promotes the movement of blood; for wind-dampness painful obstruction with blood stasis, especially in the shoulders. Contraindicated in cases of blood deficiency without stagnant qi or blood stasis.

Research shows: Turmeric is a powerful anti-inflammatory. It has an even stronger action than hydrocortisone, according to research studies conducted between 1971 and 1991.

When applied to the skin and exposed to sunlight, turmeric is strongly antibacterial. Curcumin is the constituent responsible for this action. Curcumin is also more strongly antioxidant than vitamin E. In lab and animal studies, it's been shown to protect LDL cholesterol from being "oxidized. In India, in 1992, researchers gave ten healthy volunteers a half a gram of turmeric a day for seven days. That's an amount you might get in your diet if it includes curry. They measured the level of oxidative by-products of blood cholesterol. After a week, it fell 33%. Blood cholesterol fell, too, by 12%. Turmeric can also dilate blood vessels, so it may lower blood pressure as it's done in animal studies. Research is also being done with HIV. Turmeric may be a valuable preventive remedy for those at risk of developing cancer.

Turpeth (*Operculina turpethum*) Turpeth root is chiefly used in small to moderate doses to clear the bowels. Sometimes known as "Indian jalap," it is used in much the same way as this plant, though its action is less drastic. Turpeth should be taken with care and combined with herbs that ease cramps and flatulence, such as ginger. It is used in periodic fevers. In the treatment of anemia accompanied by splenomegaly, it is used along with other therapy. In the treatment of obesity, it is used to decrease fat. In Ayurvedic medicine, turpeth is often prescribed with picrorrhiza to treat jaundice.

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U Herbs

Uva Ursi (*Arctostaphylos uva-ursi*) Uva-ursi is one of the best natural urinary antiseptics. It has been used extensively in herbal medicine to disinfect and astringe the urinary tract in cases of acute and chronic cystitis and urethritis. However, it is not a suitable remedy if there is a simultaneous infection of the kidneys. Experiments have shown that uva-ursi extracts have an antibacterial effect. This action is thought to be stronger in alkaline urine-thus the efficacy of uva-ursi is likely to increase if it is taken in combination with a vegetable-based diet. Sodium bicarbonate is often administered with uva ursi to help increase the alkalinity of the urine. In the urinary tract, the arbutin in uva ursi is chemically transformed into an antiseptic chemical, hydroquinone. Beta-carotene, present in generous quantities in uva ursi, is known to stimulate the production of epithelial cells. Ursolic acid has antiseptic properties and the flavonoids have spasmolytic properties on the smooth muscles which help reduce reactions to pain stimulus in urinary tract infections and increase renal volume in inflamed renal tubules. Uva Ursi's allantoin may help spur wound healing. Allantoin is the active ingredient in several over-the-counter skin creams for relief of oral herpes and for irritation associated with vaginal infections. It's the diuretic most often used in herbal weight-loss formulas as a diuretic. Uva Ursi is among the herbs useful in diabetes for excessive sugar.

V HERBS

Valerian (*Valeriana officinalis*) Valerian root is a general tranquilizer used for relieving nervous tension, insomnia, and headaches. Widely studied, it has been shown to sedate the central nervous system due to the valepotriates and other components found in the essential oil. Valerian decreases muscle spasms, so is useful for cases of nervous digestion, irritable bowel syndrome, and stomach or menstrual cramps. It contains many types of valepotriates that have opposing effects, indicating that it has the ability to regulate many conditions. In one study, it sedated agitated patients, but stimulated those suffering from fatigue. Valerian improved the quality of sleep in subjects in another study, as observed in their brain-wave patterns. It also reduced the time it took them to fall asleep, especially the elderly and the habitually poor sleepers, but did not affect their dream recall or ability to wake up in the morning. In Germany, hyperactive children have been treated with valerian since the 1970s. After taking valerian for only a few weeks, 120 children diagnosed as hyperactive, anxious, or learning disabled had better muscle coordination and reaction time, and showed less aggression, restlessness, anxiety, and fear. Valerian may also lower blood pressure and strengthen the optic nerve in the eye, although thus far, only animal studies have been done.

Vanilla (*Vanilla planifolia*) In the 16th and 17th centuries vanilla was believed to have various medicinal properties and was used as a stomach herb, a stimulant and aphrodisiac and an antidote to poisons. It was first included in European pharmacopoeias in the 18th century and was listed in the British and American ones for many years. It acts on the nervous system and used to be used to treat hysteria and high fevers.

Velvet Bean (*Mucuna pruriens*) a source of the dopa that's converted by the brain to the neurotransmitter

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dopamine. Reductions in dopamine have been associated with Parkinson's disease, which occurs when brain cells that produce dopamine are destroyed. Velvet beans have actually been used in clinical trials to treat Parkinson's. The researchers at Southern Illinois University School of Medicine used a velvet bean preparation called HP-0 which is derived from the inner part of the bean. The HP-0 was standardized so that each gram of the preparation contained 33.33 milligrams of L-dopa. Velvet bean also contains bufotenine (a cholinesterase inhibitor) and serotonin (a brain neurotransmitter that may be involved in learning, sleep, and control of moods). Bufotenine treats parasitic intestinal worms; pesticide. In Ayurvedic medicine it's considered a tonic and aphrodisiac to the reproductive system, rejuvenative, excellent for *Vata*. An herbal source of levodopa. 1 tablespoon = 25/100 Sinemet but without the carbidopa.

It may help with improving sexual dysfunction, loss of libido, stimulating arousal, and increasing intensity and frequency of orgasms for both men and women. L-Dopa is an effective inhibitor of pituitary prolactin release. Excess prolactin is thought to cause erection failures.

Vervain (*Verbena officinalis*) Vervain achieved a reputation as a virtual panacea. Colds, fevers, so-called nervous complaints, skin infections, and gout were among the disorders it was supposed to cure. Herbalists still recommend vervain tea occasionally as a tonic, astringent, diuretic, diaphoretic, sedative, antispasmodic, and aphrodisiac. In previous centuries, vervain leaves were used to treat autumn fevers. They were found in formulas for liver and gall bladder problems and chronic skin conditions. Vervain leaves were a traditional remedy for uterine cramping, and the glycosides they contain do show evidence of promoting menstruation and increasing mother's milk. They can also be taken during labor to stimulate contractions. Vervain is made into a mouthwash for infected gums and a poultice for hemorrhoids or wounds. A tea has been used to treat insomnia, and as a digestive because of its bitter properties. Vervain is prized as a restorative for the nervous system and is especially helpful for nervous tension. It is thought to have a mild antidepressant action, and is used specifically to treat anxiety and the nervous exhaustion that follow long-term stress. Vervain is also used in home-made liqueurs. South American, Mexican and Chinese folk medicines suggest vervain tea for treating various growths and cancers, particularly of the neck, spleen and scrotum. Avoid during pregnancy.

Chemically, vervain is quite different from aspirin, but German and Japanese studies suggest it has similar effects, combining mild pain relief with some ability to reduce inflammation. These findings support its traditional use in treating headache, toothache and wounds.

Extracts have been shown to suppress thyroid hormone production by influencing levels of TSH in the body.

Vervain, Blue (*Verbena hastata*) It treats fevers, colds, flu, hysteria, throat and lung congestion, liver disorders, and irregular menses and cramps. This herb is more detoxifying and exerts its action both on the surface and internally as an alterative. A natural tranquilizer and is helpful with colds and fevers, especially when the upper respiratory tract is involved. It will eliminate intestinal worms and is used externally for wounds. When the circulation of the blood is weak and languid, it will increase and restore it to its proper operation. The infusion, taken cold, forms a good tonic in cases of constitutional debility and during convalescence from acute diseases.

Vetiver (*Vetiveria zizanioides*) Vetiver roots are occasionally taken as a stimulating tonic drink in India. They are used to improve digestion, encourage menstruation, and kill parasites. It is said to have a "cooling" effect on the body and to increase sweating. East Indians treat fevers, flus, and rheumatism with it.

Violet (*Viola odorata*) Violets were known for their medicinal and antiseptic properties and were commonly used in antiseptics. Violet tea is a sedative. The leaves are useful for poultices to soothe and heal wounds. The liquid extracts from the flowers and roots have expectorant and emollient properties. It serves as an emetic in quantity, and has been used to treat respiratory disorders, as a gargle, in cough mixtures, and as a diuretic.

Violet flowers contain generous amounts of rutin, which helps maintain the strength and integrity of capillary walls. A few tablespoons would get you the 100 milligram daily dosage that research recommends is the most beneficial.

Traditional Chinese medicine places violet leaf and root poultices on hot swelling, inflammation, and mumps, while in the west, they traditionally have been used on swollen or tumorous breasts.

Virginia Skullcap (*Scutellaria laterifolia*) Traditionally, the skullcaps have provided remedies for a whole range of nervous disorders, including nervousness, agitations, insomnia, hysteria, epilepsy, convulsions and St. Vitus dance. Virginian skullcap earned a reputation as a cure for hydrophobia or rabies which gave it the name mad-dog skullcap. Skullcaps were also used for infertility and to quiet unwanted sexual desires. Skullcap leaves are used mostly for their actions on the nervous system. They help relieve anxiety, depression, insomnia, nervous headache, nervous twitches, muscle cramps and convulsions. Most of the research comes from Russia, where studies support many claims of skullcap's usefulness as a sedative and stabilizer of stress-related heart disease. Those studies also discovered that it lowers blood pressure and cholesterol. Native American used skullcap to treat heart disease, as well as to promote afterbirth and menstruation. This is one of the best herbs to use to break addictions and to ease the problems associated with drug and alcohol withdrawal. For such a

condition, a quarter to half a cupful of the tea should be taken every hour or two, tapering off as the symptoms subside. It is also a good brain tonic for promoting meditation.

Virginia Snakeroot (*Aristolochia serpentaria*) This is a pure stimulant whose action is mainly employed in diverting the flow of blood outward, so it is largely employed in eruptive diseases before the appearance of outward manifestations are noticed. Internally used for rheumatism, gout, arthritis due to fevers, pneumonia, typhoid, and malaria. The finely powdered root was combined with white wine (1 part root to 3 parts wine) and used to induce sweating in the treatment of malaria. Externally it's used for pleurisy, herpes, and slow-healing wounds. It has been included in a number of commercial tonics for the circulation, skin and kidneys. In small doses, it promotes the appetite, toning up the digestive organs. It has been recommended in intermittent fevers, when it may be useful as an adjunct to quinine. In full doses it produces increased arterial action, diaphoresis, and frequently diuresis. In eruptive fevers where the eruption is tardy, or in the typhoid stage where strong stimulants cannot be borne, it may be very valuable. An infusion is an effective gargle in putrid sore-throat. It benefits sufferers from dyspepsia and amenorrhoea. Long boiling impairs its virtues. A cold infusion is useful in convalescence from acute diseases and for strengthening purposes and used in dyspepsia, croup, throat and kidney congestion. Suppressed menstruation due to colds will be brought about by 5-10 drops of snakeroot tincture in Pennyroyal tea. Used for cold extremities of hands and feet due to general receding of blood from the surface.

-W HERBS

Wahoo (*Euonymus atropurpurea*) The Sioux, Cree, and other Native American peoples used wahoo bark in various ways, as an eye lotion, a poultice for facial sores and for gynecological conditions. Native Americans introduced the plant to early European settlers, and it became very popular in Britain as well as in North America in the 19th century. Wahoo bark is considered a gallbladder remedy with laxative and diuretic properties. It is prescribed for biliousness and liver problems as well as for skin conditions such as eczema (which may result from poor liver and gall bladder function), and for constipation. In small doses, Euonymin stimulates the appetite and the flow of the gastric juice. In larger doses, it is irritant to the intestine and is cathartic. It has slight diuretic and expectorant effects, but its only use is as a purgative in cases of constipation in which the liver is disordered, and for which it is particularly efficacious. It is specially valuable in liver disorders which follow or accompany fever. It is mildly aperient and causes no nausea, at the same time stimulating the liver somewhat freely, and promoting a free flow of bile. In the past, it was often used in combination with herbs such as gentian as a fever remedy, especially if the liver was under stress. Following the discovery that it contains cardiac glycosides, wahoo bark has been given for heart conditions. It is also a remedy for dandruff and scalp problems.

Watercress (*Nasturtium officinale*) Watercress is a valuable source of vitamins and a good detoxifying herbs. Its high content of vitamin C and minerals makes it a remedy that is particularly valuable for chronic illnesses. Herbalists recommend the herb for catarrh and bronchitis, and also for skin problems since it helps the body to eliminate wastes. It is used to treat fluid retention, mucus in the lungs and indigestion. It also stimulates metabolism, promotes bile metabolism and helps dispel gas. Eaten raw, it not only prevents inflamed or bleeding gums but is considered one of the best natural depuratives. Crushed leaves are applied as poultice for rheumatism and gout. The juice or the crushed leaves dabbed on the skin every day is said to remove facial blemishes, and applied under the arms, they are known to be of use as a deodorant. The raw seeds used as vermifuge.

White Sage (*Salvia apiana*) Relaxes blood vessels; helps with bites and stings and canker sores; reduces blood sugar levels; reduces fever; Hot flashes and night sweats; Sore throats; Digestive tonic and stimulant; Nerve tonic which both calms and stimulates the nervous system; Mild sedative; Helps irregular and light menstruation; Bleeding gums; Cuts; Burns; Improves digestion. The diterpenes are effective against staph, candida, and *Klebsiella pneumoniae*. An infusion of the leaves is used as a blood tonic and as a treatment for coughs and colds. The leaves can be eaten, or used as a sweat bath, in the treatment of colds. The seeds have been used as eye cleaners. The seed has been placed in the eye, it then forms a gelatinous covering to which any foreign matter in the eye adheres. The seed is washed out of the eye by the eyes own tears. The plant is best prepared as a tincture, since the carnosic acids are poorly water soluble. The tea is most effective if you fill a jar full of the leaves, add a tablespoon of alcohol on top of them, close the lid, and store the pickled leaves for tea use. The douche is a good treatment for acute candidal vaginitis, and the sitz bath will help limit the yeast on the outside of the area. The tea, tincture, or powder is an excellent wash or dust for dirty scrapes and abrasions, and you can simply soak the area in the tea if it is particularly bad.

Wild Lettuce (*Lactuca virosa*, *L. scariola*, *L. Canadensis*, *L. serriola*) The drug resembles a feeble opium without its tendency to upset the digestive system. It is used to a small extent as a sedative and narcotic. Dissolved in wine it is said to be a good anodyne. It's said that twenty-three out of twenty-four cases of dropsy were cured by taking doses of 18 grains to 3 drachms of extract in twenty-four hours. It is used in Germany for this complaint, but combined with more active drugs. It is said to be also a mild diaphoretic and diuretic, easing colic, inducing sleep and allaying cough. Water distilled from lettuce (*eau de laitre*) is used in France as a mild sedative in doses of 2 to 4 oz., and the fresh leaves boiled in water are sometimes used as a cataplasm. Dosages of powder, 10 to 20 grains or more. Of tincture, 30 to 60 drops. Of alcoholic extract, 1 to 5 grains. Of

Lactucarium, 5 to 20 grains. Of fluid extract leaves, ¼ to 1 drachm. Of syrup, U.S.P., 2 drachms. Tincture, U.S.P., 30 drops.

Wild Lettuce helps to calm restlessness and reduce anxiety; it also helps to induce sleep for those experiencing insomnia. It has a sedative effect on the respiratory system, beneficial for whooping cough and nervous/dry/irritating coughs. It may also help to relieve birth pains, headaches, and muscle/joint pains. Calms overactivity or overstimulation and excitability in children. It is also taken to treat coughs, often combined with herbs such as licorice. Wild lettuce is thought to lower the libido and may also be used to relieve pain.

Combines well with Prunus in irritable coughs: with Humulus, Scutellaria, Cypridium and Passiflora in insomnia and with Dioscorea and Cimicifuga for rheumatic pains. The tea is cooling and diaphoretic. People use the infusion for gastric spasms, fevers, and insomnia, and apply the sap to rashes, warts and acne. Lactucarium is not easily powdered, and is only slightly soluble in boiling water, though it softens and becomes plastic.

Wild Onion (*Allium cernuum*) The whole plant has mild medicinal activity similar to the action of garlic. The bulbs have been used as a stimulant, to increase perspiration and urine flow, to expel intestinal worms, and as a cough remedy. It is used specifically as a poultice on the chest for the treatment of respiratory ailments and the juice has been used in the treatment of kidney stones. The juice of the plant is used in treating colds, croup, sore throats etc. A poultice of the plant is applied externally to various infections such as sore throats, sores, swellings, chest and pleurisy pains.

Wild Sarsaparilla (*Aralia nudicaulis* (syn *A. medicaulis*)) Wild sarsaparilla is a sweet pungent tonic herb that acts as an alterative. It had a wide range of traditional uses amongst the North American Indians and was at one time widely used as a substitute for the tropical medicinal herb sarsaparilla. The herb encourages sweating, is stimulating and detoxifying and so is used internally in the treatment of pulmonary diseases, asthma, rheumatism, stomach aches etc. Externally it is used as a poultice in treating rheumatism, sores, burns, itchy skin, ulcers and skin problems such as eczema. A drink made from the pulverized roots is used as a cough treatment. A poultice made from the roots and/or the fruit is applied to sores, burns, itchy skin, ulcers, swellings etc.
Homeopathy: A homeopathic remedy made from the roots is important in the treatment of cystitis.

Wild Senna (*Cassia marilandica* (syn *Senna marilandica*, *Cassia marylandica*, *Cassia medsgeri*)) Indians used the bruised roots as a poultice for sores, a decoction of the roots for treating fever, and the leaves as a mild laxative. The leaves are a safe and effective cathartic. They are best used with *Foeniculum vulgare* seeds in order to counteract a tendency to cause gripe. The seedpods can also be used and are milder but slower in their action. The seeds have been soaked in water until they are mucilaginous and then swallowed as a treatment for sore throats. The root is cardiac and febrifuge. An infusion has been used in the treatment of fevers and heart problems.

Wild Strawberry (*Fragaria vesca* (*F virginiana*)) The leaves are mainly used, though the fruits are an excellent food to take when feverish and are also effective in treating rheumatic gout. The leaves can be made into a tea that is a diuretic and astringent. It is a blood tonic and has been used as a treatment for diarrhea in adults and children. It is used in the treatment of chilblains and also as an external wash on sunburn. A poultice can be made from the powdered leaves mixed in oil, it is used to treat open sores. In the form of an enema it is used to relieve hemorrhoids and constipation. Young leaves combined with thyme make an excellent tea.

The berries, drunk with wine or milk, act similarly. The leaves were also used as a gargle for sore throats, and in a lotion for minor burns and scrapes. In Europe, the fruit is considered to have cooling and diuretic properties, and has been prescribed as part of a diet in cases of tuberculosis, gout, arthritis and rheumatism. It is also eaten as an iron supplement and mild laxative. A poultice made from crushed fresh berries is used to cure skin blemishes and acne. The water extract from boiled roots is an effective vermifuge. A slice of strawberry is excellent when applied externally to sunburned skin. The fruits contain salicylic acid and are beneficial in the treatment of liver and kidney complaints. The roots are astringent and diuretic. A decoction is used internally in the treatment of diarrhea and chronic dysentery. Externally it is used to treat chilblains and as a throat gargle.

Wild Thyme (*Thymus serpyllum* (syn *Thymus angustifolius*)) Like its close relative thyme (*T. vulgaris*), wild thyme is strongly antiseptic and antifungal though to a lesser degree. It may be taken as an infusion or syrup to treat flu and colds, sore throats, coughs, whooping cough, chest infections, and bronchitis. Wild thyme has decongestant properties and helps clear a stuffy nose, sinusitis, ear congestion, and related complaints. It has been used to expel threadworms and roundworms in children, and is used to settle gas and colic and help with hangovers. It is said to be effective in treating alcoholism. Wild thyme's antispasmodic action makes it useful in relieving menstrual pain. Externally, it may be applied as a poultice to treat mastitis and an infusion may be used as a wash to help heal wounds, ulcers, throat and gum infections. Externally, it is applied to minor injuries, mastitis, mouth, throat and gum infections etc. Wild thyme is also used in herbal baths and pillows. The seeds are used as a vermifuge.

Wild Yam (*Dioscorea villosa*) The plant is also known as colic root and rheumatism root in North America, indicating its use by European settlers for these conditions. Diosgenin, a breakdown product of dioscin, was first identified by Japanese scientists in 1936. This discovery paved the way for the synthesis of progesterone and of corticosteroid hormones such as cortisone. For this reason it is sometimes expensive, because pharmaceutical firms buy up large crops on the global market. This use of the root, coupled with its traditional use as an antispasmodic and antirheumatic gave rise to the saying that wild yam is a natural steroid. Indeed, it contains compounds that are similar in chemical structure to steroids, but these compounds must be digested, absorbed and processed by one's body before becoming steroids or hormones. Eating foods such as wild yam thus provides the building blocks for many complex glandular manufacturing processes. The herb's combination of anti-inflammatory and antispasmodic actions makes it extremely useful in treatments for

arthritis and rheumatism. It reduces inflammation and pain, and relaxes stiff muscles in the affected area. It stimulates the removal of accumulated wastes in the system. Wild yam helps to relieve cramps, muscle tension, and colic. It can be an effective treatment for digestive problems, including gallbladder inflammation, irritable bowel syndrome, and diverticulitis. In large doses it is regarded as a diuretic and acts as an expectorant.

In North and Central America, wild yam is a traditional relaxing remedy for painful menstruation, ovarian pain, and labor. It is classically given for uterine pain, such as severe menstrual pain, or shooting pain beyond cramps. It's also used for ovarian spasm and inflammation such as occurs with pelvic inflammatory disease (PID). To relieve the nauseous symptoms of pregnancy, Dioscorein is the very best and is prompt in action given in small, frequent doses. It is useful as part of a natural approach to any endocrine imbalance. For extremely heavy periods wild yam root tincture, 20-30 drops taken daily for the two weeks preceding the expected onset of menses, can supply enough progesterone precursors to remedy flooding. Ointment made from wild yam roots may be able to restore youthful moistness and elasticity to post-menopausal vaginal tissues. However, this is where a lot of misinformation and controversy occurs.

Today most USP progesterone is, in fact, extracted from soy. Neither USP nor human progesterone is present in either of the major plant sources (soybean or wild yam). Yams contain the sterol diosgenin, whereas soybeans contain the sterol stigmasterol—both of which have progesterone-like effects. The substances sold as USP progesterone is produced in the lab by hydrolyzing extracts of soy or yam and converting saponins into sapogenins, two of which, sarsasapogenin (soy) and diosgenin (yam) provide the majority of derivation of natural progesterone produced for medical purposes. While diosgenin may have some progestogenic or even phytoestrogenic action, the effect varies from one person to another. Some doctors say that the human body cannot convert wild yam or diosgenin to hormones and that conversion to progesterone must take place in a laboratory. It is possible, however, that some women's bodies are better able to utilize plant-derived compounds than others. It is also important to remember that while the mechanism of phytogetic activity may not be clearly understood at this time, botanical supplementation continues to gain support among everywhere because it works for them. There has been a great deal of confusion pertaining to the progesterone content of various manufacturers' transdermal creams. The bioavailability of the progesterone in such products is of paramount importance. The quality of a formulation and its delivery system determines the absorption and effectiveness. It's essential that you know your product and your supplier and above all observe your body's response to the product of your choice. Wild yam, given in combination with black cohosh, is not only common in menopause formulas but is also an effective pain-relieving remedy for rheumatoid arthritis, especially in the inflamed stages of flare-up. Solvent in water. As a primary liver tonic herb, wild yam activates and stimulates liver activity. High concentrations of steroidal saponins provide the building blocks required by the liver to synthesize sex hormones. Whenever both the liver and reproductive system are implicated as the cause of hormone imbalance, wild yam is the herb of choice to use in the formula.

Willow, Black (*Salix nigra*) Black willow is a safe natural source of aspirin-like chemicals which helps to explain its reputation in the treatment of rheumatism and arthritis where there is much associated pain and inflammation. It may be used as part of a wider treatment for any connective tissue inflammation anywhere in the body, but it is especially useful in rheumatoid arthritis. It may also be used in fevers such as influenza. The bark has been used in the treatment of gonorrhea, ovarian pains and nocturnal emissions. The bark of this species is used interchangeably with *S. alba*. It is taken internally in the treatment of rheumatism, arthritis, gout, inflammatory stages of auto-immune diseases, diarrhea, dysentery, feverish illnesses, neuralgia and headache. The bark can be used as a poultice on cuts, wounds, sprains, bruises, swellings etc. The leaves are used internally in the treatment of minor feverish illnesses and colic.

Willow, White (*Salix alba*) Medicinal Uses: The values of willow lie in the glycosides salicin and populin as well as the tannin. The uses are many, but most specifically in the reduction of inflammations of joints and membranes. Useful for headache (caused by dampness and heat in the gastrointestinal tract), recurring fevers, gonorrhea, ovarian pains, dyspepsia, dysentery, chronic diarrhea, neuralgia, rheumatic aches and pains, worms, edema and hay fever. It has been used internally in the treatment of dyspepsia connected with debility of the digestive organs, rheumatism, arthritis, gout, inflammatory stages of auto-immune diseases, feverish illnesses, neuralgia and headache. Its tonic and astringent properties render it useful in convalescence from acute diseases, in treating worms, chronic dysentery and diarrhea. The fresh bark is very bitter and astringent. The salicin in it probably decomposes into salicylic acid in the human body. This is used as an anodyne and febrifuge. The glycosides are excreted in the urine as salicylic acid, salicyl alcohol, and related compounds; this renders the tea useful for urethra and bladder irritability, acting as an analgesic to those tissues. Most of our plants are not particularly potent and a fair amount of the bark or stem is needed. Up to an ounce a day can be consumed in tea if needed, but take no more than is needed for the problem. Willow bark is a strong but benign antiseptic, and a good poultice or strong wash is made of the fresh or dried herb. For infected wounds, ulcerations, or eczema, the plant should be boiled in twice its volume of water in a covered pot for at least half an hour, some borax or boric acid added (tablespoon to a pint of water), and the tea used externally as often as necessary. It also may be taken as a bitter tonic in small doses before meals, to hasten convalescence from acute disease. The leaves are used internally in the treatment of minor feverish illnesses and colic. An infusion of the leaves has a

calming effect and is helpful in the treatment of nervous insomnia. When added to the bath water, the infusion is of real benefit in relieving widespread rheumatism.

Wintergreen (*Gaultheria procumbens*) Wintergreen is strongly anti-inflammatory, antiseptic and soothing to the digestive system. It is an effective remedy for rheumatic and arthritic problems and, taken as a tea, it relieves flatulence and colic. It reestablishes fundamental flow patterns. It heals chronic mucus discharge. It is diuretic and astringent but increases menses and lactation. The essential oil, in the form of a liniment or ointment, brings relief to inflamed, swollen, or sore muscles, ligaments, and joints, and can also prove valuable in treating neurological conditions such as sciatica and trigeminal neuralgia. The oil is sometimes used to treat cellulitis, a bacterial infection causing skin to become inflamed. The Inuit of Labrador and other native peoples eat the berries raw, and use the leaves to treat headaches, aching muscles and sore throat. The methyl salicylate found in wintergreen leaves is closely related to salicylic acid. Accordingly, the leaf tea is given for the same conditions treated by aspirin, such as colds, flu, fever, muscle pain, arthritis and rheumatism. It has also been used to treat asthma and skin problems. In contrast to aspirin, small amounts relieve stomach indigestion instead of causing it. Native Americans chewed wintergreen leaves to improve their breathing while carrying loads or running and on long treks. In some regions, Early American settlers had their children chew the roots for 6 weeks every spring to reduce tooth decay. They also steeped the berries in brandy for a winter tonic. It is a skin softener that will smooth rough, callused skin. In liniments, it eases muscular, arthritic and rheumatic pains and is readily absorbed into skin. It's a popular flavoring for toothpaste and other dental preparations.

Witch Hazel (*Hamamelis virginiana*) Witch hazel was highly valued in Native American medicine. Many tribes rubbed a decoction on cuts, bruises, insect bites, aching joints, sore muscles, and sore backs. They also drank witch hazel tea to stop internal bleeding, prevent miscarriage, and treat colds, fevers, sore throat and menstrual pain. The colonists adopted these uses until the 1840s when an Oneida medicine man introduced the plant to Theron T. Pond of Utica, NY. Pond learned of the plant's astringent properties and ability to treat burns, boils, wounds and hemorrhoids. In 1848, he began marketing witch hazel extract as Pond's Golden Treasure. Later, the name was changed to Pond's Extract and witch hazel water has been with us ever since. The Eclectic text, *King's American Dispensatory*, listed that the decoction was very useful the fluid extract had little to recommend it. It is listed in the US Pharmacopoeia from 1862 through 1916 and in the National Formulary from 1916-1955. It was finally dropped because the 24th edition of *The Dispensatory of the United States* stated witch hazel is "so nearly destitute of medicinal virtues, it scarcely deserves official recognition...[Its continued use serves only to fill] the need in American families for an embrocation [liniment] which appeals to the psychic influence of faith." Contemporary herbalists recommend only the decoction of witch hazel bark. Though the commercial witch hazel water may not contain tannins, it does contain other chemicals with reported antiseptic, anesthetic, astringent, and anti-inflammatory action. Witch hazel water is an ingredient in Tucks, Preparation H Cleansing Pads and several German hemorrhoid preparations. Witch hazel itself contains large quantities of tannins. These have a drying, astringent effect, causing the tightening up of proteins in the skin and across the surface of abrasions. This creates a protective covering that increases resistance to inflammation and promotes healing of broken skin. Witch hazel also appears to help damaged blood vessels beneath the skin. It is thought that this effect may be due to the flavonoids as well as to the tannins. When witch hazel is distilled it retains its astringency, suggesting that astringent agents other than tannins are present. Witch hazel is very useful for inflamed and tender skin conditions, such as eczema. It is mainly used where the skin has not been significantly broken and helps to protect the affected area and prevent infection. It is valuable for damaged facial veins, varicose veins and hemorrhoids, and is an effective remedy for bruises. Due to its astringent properties, it helps to tighten distended veins and restore their normal structure. A lotion can be applied to the skin for underlying problems such as cysts or tumors. Witch hazel also makes an effective eyewash for inflammation of the eyes. Less commonly, it is taken internally to alleviate diarrhea, helping to tighten up the mucous membranes of the intestines, and for bleeding of any kind. Japanese research showed witch hazel to have sufficient antioxidant activity to have potential against wrinkles.

Woad (*Isatis tinctoria*) The Chinese and East Indians used woad as both a dye and a medicine. They considered it a broad-spectrum antibiotic and used it to treat many different infections and also for inflammation. Both leaves and roots are used when there are swollen glands, such as in cases of mumps, tonsillitis, or laryngitis. High fevers, diphtheria, and hepatitis are other problems that respond to woad. The herb is so astringent, that is not usually given internally as a medicine and has only been used as a plaster, applied to the region of the spleen and as an ointment for ulcers, inflammation and to staunch bleeding. *TCM*: Indications are for delirium, fainting spells, heat rash, dry and sore throat, abscesses, and swelling due to internal heat excess; erysipelas. Effective preventive in chronic encephalitis; suppresses or kills a broad range of germs.

Wood Apple (*Feronia limonia* (*Feronia elephantum*), (*Limonia acidissima*)) The fruit is much used in India as a liver and cardiac tonic, and, when unripe, as an astringent means of halting diarrhea and dysentery and effective treatment for hiccup, sore throat and diseases of the gums. The pulp is poulticed onto bites and stings of venomous insects, as is the powdered rind. Juice of young leaves is mixed with milk and sugar candy and given as a remedy for biliousness and intestinal troubles of children. The powdered gum, mixed with honey, is given to overcome dysentery and diarrhea in children. Oil derived from the crushed leaves is applied on itch and the leaf decoction is given to children as an aid to digestion. Leaves, bark, roots and fruit pulp are all used against snakebite. The spines are crushed with those of other trees and an infusion taken as a remedy for menorrhagia. The bark is chewed with that of *Barringtonia* and applied on venomous wounds.

Wood Sage (*Teucrium scorodonia* (T scordonia)) Wood sage may be used for all infections of the upper respiratory tract, especially for colds and influenza. It may be used as a diaphoretic in all fevers. It can prove beneficial in some cases of rheumatism. There is a marked stimulation of gastric juices, thereby aiding digestion and relieving flatulent indigestion. It's equal to gentian root as a bitter tonic. Externally wood sage will speed the healing of wounds, boils and abscesses.

Wormwood (*Artemisia absinthium*) Wormwood leaves' primary use is to stimulate the gallbladder, help prevent, and release stones, and to adjust resulting digestive problems. Clinical studies with volunteers proved that wormwood does effectively increase bile. It expels roundworms and threadworms, probably due to its sesquiterpene lactones. It is also a muscle relaxer that is occasionally added to liniments, especially for rheumatism. Members of the Bedouin African tribe place the antiseptic leaves inside their nostrils as a decongestant and drink it for coughs. Wormwood is an extremely useful medicine for those with weak and underactive digestions. It increases stomach acid and bile production and therefore improves digestion and the absorption of nutrients, making it helpful for many conditions including anemia. It also eases gas and bloating, and if the tincture is taken regularly, it slowly strengthens the digestion and helps the body return to full vitality after a prolonged illness.

X HERBS

Xuan Fu Hua (*Inula japonica* (syn *I. Britannica* var. *chinensis*)) **Medicinal Uses:** Used in traditional Chinese medicine as a mildly warming expectorant remedy, it is especially suitable when phlegm has accumulated in the chest. The herb is often prescribed for bronchitis, wheezing, chronic coughing, and other chest complaints brought on by "cold conditions" (profuse phlegm, nausea and vomiting, hiccups and flatulence). Xuan fu hua also has a bitter action, and it helps to strengthen digestive function. The flowers are normally used in medicinal preparations, but the aerial parts are also taken, generally for less serious conditions. The flowers have an antibacterial action, but this can be destroyed by proteins in the body. The plant has been mentioned as a possible treatment for cancer of the esophagus.

Y HERBS

Yarrow (*Achillea millefolium*): Due to the flavonoids they contain, yarrow flowers encourage circulation, lower blood pressure and help stop bleeding anywhere in the body. A couple of cups of hot yarrow, peppermint and elder flower tea is an old remedy for reducing fevers and treating colds, measles, and eruptive diseases. It also helps relieve urinary tract infections and stones. The tea benefits the kidneys. Cramps and rheumatism are treated with the tea, as are intestinal gas, diarrhea, anorexia and hyperacidity. In China, yarrow is used in poultices and to ease stomach ulcers. It is said to stop excessive blood flow especially well in the pelvic region, so is used to decrease excessive menstruation, postpartum bleeding, and hemorrhoids. Chewing the fresh leaves relieves toothache. Yarrow contains a chemical also present in chamomile and chamazulene, that helps relax the smooth muscle tissue of the digestive tract, making it an antispasmodic.

Yellow Archangel (*Lamium galeobdolon* (*Galeobdolon luteum*, *Lamiastrum galeobdolon*)) (The crushed leaves bound to open sores will cause rapid healing.

Yellow Fawn Lily (*Erythronium grandiflorum*) Indians crushed the bulbs to make a poultice for treating boils. They believed that a wash made of the bulbs cooked in water would protect them from snakebite. The pulverized root was applied to boils and as a wet dressing on skin sores. The leaf infusion of this plant has been shown to be active against a wide spectrum of bacteria, particularly in topical applications.

Yellow Foxglove (*Digitalis lutea*) Less toxic alternative to purple foxglove. It has similar medicinal actions, but its alkaloids are more readily metabolized and flushed out by the body. Like other foxgloves, this plant supports a weakened or failing heart, increasing the strength of contraction, slowing and steadying the heart rate and lowering blood pressure by strongly stimulating the production of urine, which reduces overall volume.

Yellow Jessamine (*Gelsemium sempervirens*) A potent medicinal herb, yellow jasmine is prescribed in small doses as a sedative and antispasmodic, most commonly to treat neuralgia. Yellow jasmine is often given for nerve pain affecting the face. The herb is also applied externally to treat intercostals neuralgia and sciatica. Yellow jasmine's antispasmodic property is employed in treating whooping cough and asthma. The herb is occasionally taken to treat migraine, insomnia, and bowel problems, and also to reduce blood pressure. A tea made of the flowers was once thought to be good for coughs, shortness of breath, pleurisy, and stomach pains, as well as to help in childbirth. Gelsemium also reduces the overstimulation of the sympathetic and parasympathetic nervous system and calms the overtonicized vascular system. The therapeutic action of yellow jasmine can be classified as cardiosedative. It has a calming effect on the heart in patients with extrasystoles and functional heart disorders. The tincture is the most practical dosage form.

Yellow Dock (*Rumex crispus*) The action of yellow dock has been compared to that of various rhubarb species used as laxatives. The active principles in yellow dock are the astringent tannins and purgative anthraquinone

glycosides based on emodin and chrysophenic acid. The primary use of this herb is in purgative therapies. The tannins and the antimicrobial properties of the anthraquinones combine to make decoctions of the plant useful in scrofulous diseases of the skin, including psoriasis and eczema, and help explain the traditional use of yellow dock in treating skin rashes obtained from stinging nettles and syphilitic lesions. Its astringent and antimicrobial properties also explain its use as an abrasive dentrifice, especially in cases of spongy gums. Many sorrels and dock species have a sour taste, apparently due to ascorbic and other organic acids. Studies confirm that yellow dock has considerable amounts of ascorbic acid that accounts for its former success as an antiscorbutic agent. Yellow dock has accumulated, through the doctrine of signatures and folk tradition, the reputation of being a liver tonic, gall bladder tonic and the best organic source of iron available. One nutritional therapist recently claimed that yellow dock is 50% iron by weight. Though yellow dock contains above-average quantities of iron, it doesn't come close to its legendary esteem in this regard. Still, it is useful as a nutritive tonic supplying many trace minerals. Its action on the liver and gall bladder may have some, yet unproven, efficacy since most laxatives do stimulate bile production and the secretion of gastric fluids. The root has diuretic properties, increasing urine production and elimination of toxins via the urinary system. It can be used for gout, cystitis, water retention, urinary stones and gravel. Yellow dock roots combined with nettle leaves increase iron levels in the body. They are safe for pregnant and nursing women and for any woman low in iron to take two to three times a day, four to five times a week for several weeks or months

Yellow Poplar (*Liriodendron tulipifera* (syn *Tulipifera liriodendron*)) An ointment made of the buds crushed in grease was used to treat scalds, burns, and inflammations. The crushed leaves were used as a poultice to treat headaches. A decoction of the root bark was applied warm to an infected tooth for relief of pain. The inner bark was once considered a stimulant. The raw green bark is also chewed as an aphrodisiac. The bark contains 'tulipiferine', which is said to exert powerful effects on the heart and nervous system. A tea is used in the treatment of indigestion, dysentery, rheumatism, coughs, fevers etc. Externally, the tea is used as a wash and a poultice on wounds and boils. The root bark and the seeds have both been used to expel worms from the body.

Yellowroot (*Xanthorhiza simplicissima* (syn *Xanthorhiza apiifolia*, *Zanthorrhiza apifolia*)) Yellowroot survives to this day as a folk remedy in parts of the US South, where the root is chewed to freshen the mouth and sharpen the tastebuds. Tea brewed from the roots serves as a mouthwash and as a medicine for throat and stomach disorders. The root is astringent and a blood tonic. An infusion of the root is also used to treat mouth ulcers, stomach ulcers, colds, jaundice etc. An infusion of the roots has also been used to treat piles, though the report does not specify if it is used internally or externally. The root contains the alkaloid 'berberine' which is used for its tonic properties and for digestive disorders. It stimulates the secretion of bile and bilirubin and may be helpful in correcting high tyramine levels in people with liver cirrhosis.

Yerba Buena, (*Satureja douglasii*) Esteemed by California Indians as a carminative for colic, a blood purifier, a febrifuge, a reliever of arthritic symptoms, and a general tonic and panacea. The leaf tea was a remedy for upset stomach. The Costanoan Indians made a strong decoction of the herb for pinworms or held the leaves in their mouths to treat toothache. The warm leaves were also poulticed on the outside of the jaw to treat toothache. Chumash women drank the water in which the leafy vines of Yerba Buena were boiled to promote menstrual discharge. Dosage is 10-30 drops of the tincture or as a tea. A complementary herb to add to catnip or to chamomile. Use as a skin wash for rashes and prickly heat. For arthritis make a tea of equal parts parsley, yerba buena and yerba santa.

Yerba Mansa (*Anemopsis californica*), Yerba Mansa is considered by herbalists to have many properties similar to Goldenseal though it is not related botanically or chemically. It is used for slowly healing boggy conditions of the mouth, intestinal and urinary tracts and lungs. It is astringent to the connective tissues that form the membrane structure, but it stimulates better fluid transport, helping to remove the exudates that prevent repair of the irritation that began the whole mess. Mouth, gum and throat sores are helped by the herb, as are ulcers of the stomach and duodenum. Use ¼ teaspoon of either tincture in water, a standard infusion, 2-3 oz or 2 #00 capsules, 2-3 times a day. It is also used for bleeding gums and herpes simplex. As a diuretic, yerba mansa stimulates the excretion of nitrogenous acids, especially uric acid, which can aid many types of joint problems. It is also substantially aspirin-like in its anti-inflammatory effects. Drink as a tea for arthritis... 1/2 cup up to 5 times a day. It is antibacterial and antifungal, so it affords a fine external first aid or dressing for abrasions or contusions. A sitz bath for Bartholin gland cysts and perianal fissures or boils usually brings quick healing. Use 1 teaspoon of the tincture per quart of water, or a 1:64 decoction of the powdered root. The powdered root is an impeccable dust when mixed with four parts of a soothing starch for diaper rash and chafing. The leaves, although much feebler and chemically simpler, make a fine bath for general pain of the muscles and joints. A water percolation (1:10) with 20% glycerine and 10% alcohol added when finished, is an excellent nasal spray for hay fever, lingering head cold, or the results of cocaine or snuff abuse. Used by itself (powdered root) or combined with Cypress and Chaparral, it's an excellent for athlete's foot.

Yerba Mate (*Ilex paraguarensis*), A basic, hot, caffeine beverage tea, helpful as a remedy for hangovers and sick headaches, and as a morning wake-up drink. It is used in popular medicine and employed in commercial

herbal preparations as a stimulant to the central nervous system, a diuretic, and an anti rheumatic. It can be drunk green, or lightly roasted in a frying pan for a more robust flavor. It is preferable to coffee for those with gastritis or colitis and easier on the kidneys than Chinese tea. Take up to 3 times a day. Not for use by those avoiding caffeine sources in managing fibrocystic breast disease or for other reasons.

Yerba Maté is the subject of a German Monograph which lists its uses for mental and physical fatigue, and having "analeptic, diuretic, positively inotropic, positively chronotropic, glycogenolytic and lipolytic effects." Yerba maté has been used medicinally as a diuretic, tonic, and a central nervous system stimulant. Another traditional use has been as a depurative (to promote cleansing and excretion of waste). Herbalist, Daniel Mowrey, states that yerba mate is a "whole body tonic," even in large amounts" and "promotes balances in many body systems without overstimulating any system." Yerba mate's tonic effect on the body helps to regulate sleep cycles and reduce fatigue. Mate is used to reduce appetite, invigorate the body, and affects the muscles by reducing fatigue.

In Europe, Mate is used for weight loss, "as the ideal slimming remedy which facilitates losing weight in a natural way and still the distressing feelings of hunger and thirst." Dr. James Balch, MD recommends Yerba Maté for arthritis, headache, hemorrhoids, fluid retention, obesity, fatigue, stress, constipation, allergies and hay fevers stating that it "cleanses the blood, tones the nervous system, retards aging, stimulates the mind, controls the appetite, stimulates the production of cortisone, and is believed to enhance the healing powers of other herbs."

Research on the active constituents of Yerba Maté were reported in the mid-1970s through mid-1980's

The primary active chemical constituency of yerba maté is made up of 0.3-2.0% caffeine, theobromine, theophylline, saponins, and 10% chlorogenic acid. Sterols resembling ergosterol and cholesterol are also present in yerba maté. In addition, Yerba Mate is a rich source of minerals and 15 amino acids are present in the leaves. In a study by Swantson-Flatt with the closely related *Ilex* species *guayusa*, the maté extract "retarded the development of hyperglycaemia" in streptozotocin diabetic mice and "reduced the hyperphagia, polydipsia, body weight loss, and glycated haemoglobin." This study suggests the presence of potentially useful antidiabetic agents in Mate. The antioxidant properties demonstrated clinically by Yerba Maté were reported in two clinical studies demonstrating its high antioxidant values linked to rapid absorption of known antioxidant phytochemicals found in Mate leaves. Of most recent clinical interest is a group of known and novel saponins that researchers have isolated in Mate leaves. Saponins are a group of phytochemicals with known pharmacological activities, including, as the latest research shows, stimulating the immune system.

Yerba Santa (*Eriodictyon californicum*) Excellent decongestants, used for any lung or sinus condition that is juicy, hypersecretory and gaggy. It decreases the secretions and lessens the underlying inflammation. With its decongestant effects and its high level of flavonoids, Yerba Santa is very useful for chronic gastritis and chronic urethral irritation (use a cold tea--take ½ cup up to 5 times a day). The flavonoids help to strengthen the fragile, irritated membrane capillaries that are distended and leaky from the chronic irritation that underlies the problem. **Yerba Santa coats the mucous membranes and holds the aqueous component in contact with the cells. It provides a unique method to reintroduce the mucoprotective effects of sustained moisturization.**

It dilates the bronchial tubes which makes it excellent for asthma and hay fever. For mild bronchial spasms, smoking the leaves along with the tea can improve the effects. Often combined with Yerba del Buey. *E. californica* is more soluble in alcohol while the other varieties do better in water. Dosage: Dry herb tincture: 20-30 drops up to 5 times a day. Other uses include: catarrh of the bladder, hemorrhoids, and as a poultice for bruises, sprains, wounds, and insect bites.

Yew (*Taxus baccata* (syn *T. baccata* var. *aurea*, *T. baccata* var. *fastigiata*, *T. baccata* var. *fastigiata-aurea*, *T. baccata* var. *washingtonii*, *T. canadensis* var. *washingtonii*], *T. cuspidate*, *T. fastigiata*) The yew tree is a highly toxic plant that has occasionally been used medicinally, mainly in the treatment of chest complaints. Modern research has shown that the plants contain the substance 'taxol' in their shoots. Taxol has shown exciting potential as an anti-cancer drug, particularly in the treatment of ovarian cancers. Taxol inhibits cell division and has been extensively researched for its potential as an anticancer drug. Unfortunately, the concentrations of taxol in this species are too low to be of much value commercially, though it is being used for research purposes. It is most commonly found in the Pacific yew. This remedy should be used with great caution and only under the supervision of a qualified practitioner. See also the notes above on toxicity. The leaves have been used internally in the treatment of asthma, bronchitis, hiccough, indigestion, rheumatism and epilepsy. Externally, the leaves have been used in a steam bath as a treatment for rheumatism. *Homeopathy*: A homeopathic remedy is made from the young shoots and the berries. It is used in the treatment of many diseases including cystitis, eruptions, headaches, heart and kidney problems, rheumatism etc.

Yin Chen Hao (*Artemisia capillaries*) Yin chen hao is an effective remedy for liver problems, being specifically helpful for treating hepatitis with jaundice. Traditional Chinese medicine holds that it is bitter and cooling, clearing "damp heat" from the liver and gall ducts and relieving fevers. Yin chen hao is also anti-inflammatory and diuretic. It was formerly used in a plaster for headaches. Research indicates that yin chen hao has a tonic and strengthening effect on the liver and gallbladder and digestive system. It is an effective remedy for liver problems, being specifically helpful in treating hepatitis with jaundice. An infusion of the young shoots is used internally in the treatment of jaundice, hepatitis, gall bladder complaints and feverish illnesses. Externally it has been applied in the form of a plaster for treating headaches.

Yohimbe (*Pausinystalia yohimbe* (*Coryanthe yohimbe*)): Yohimbine is an adrenergic blocker and has a long-standing reputation as a sexual stimulant. A recent study in rats has shown this to be justifiable despite earlier clinical studies which gave equivocal results; the dose of yohimbine is very important as too high a dose leads to general depression. Recommended dose is 1-2 capsules per day (early, with food). It is a broader glandular tonic that works on several glands: adrenals, gonads, thyroid, and pituitary. It's a good short-term energy booster. It's also the only herb or natural substance scientifically verified to be an aphrodisiac by orthodox medical studies.

The African herb yohimbe has been proven to improve a man's staying power. It improves the operation of the nerves that promote desire while dampening those that stimulate ejaculation. Men with sexual dysfunction problems notice the benefits the most. It both causes the dilation of peripheral and mucous membrane blood vessels along with central nervous system stimulation. The action takes about 30 minutes to take effect and then continues for a couple of hours. Yohimbe contains the compound yohimbine, a major ingredient in several prescription drugs for impotence. The concentrate yohimbine occasionally increases heartbeat, raises blood pressure or increases irritability, depression, nervousness or dizziness. If you have high blood pressure or diabetes, use only under the care of a professional. It should not be used by people with kidney disease. Also, don't take it with diet aids, commercial nasal decongestants that contain ephedrine, or with cheese, red wine or liver since combining these sometimes causes wide effects, such as headaches. There is a prescription medication based on yohimbine.

The only Food and Drug Administration (FDA)-approved medicine for impotence is yohimbine - an alkaloid isolated from the bark of the yohimbe tree (*Pausinystalia yohimbe*) native to tropical West Africa. Yohimbine hydrochloride increases libido, but its primary action is to increase blood flow to erectile tissue. Contrary to a popular misconception, yohimbine has no effects on testosterone levels. When used alone, yohimbine is successful in 34-43 percent of cases.

Yuan Zhi (*Polygala tenuifolia*) Yuan Zhi contains triterpenoid saponins, these promote the clearing of phlegm from the bronchial tubes. The plant is used mainly as an expectorant and stimulant to treat bronchial asthma, chronic bronchitis and whooping cough. It acts mainly as a tonic for the heart and kidney energies. It is taken internally in the treatment of coughs with profuse phlegm, bronchitis, insomnia, palpitations, poor memory, anxiety, depression and nervous tension. Externally it is used to treat boils and carbuncles. The leaves are used as a tonic for the kidneys. This herb is reputed to improve cerebral functions such as memory, learning, and clarity, and strengthen mental powers such as will and insight. This is probably due to its highly tonifying effects on the kidneys and heart, whose energies govern many important mental faculties.

Yucca (*Yucca filamentosa*, *Y baccata*, *Y arizonica*, *Y elaza*, *Y whipplei* ssp *caespitosa*) Yucca is used for arthritis, rheumatism, gout, urethritis and prostates. At one time it was considered an important source of phytosterols and used in the manufacturing of steroidal hormones. *Y glauca* has been shown to have some activity against one strain of melanoma. The amino acids in Yucca leaves have been shown to inhibit viruses, namely herpes simplex viruses 1 and 2, and cytomegalovirus. One possible biochemical mechanism responsible for Yucca's anti-inflammatory benefits lies in the plant's steroidal saponins interacting with steroid receptors in the body, altering prostaglandin synthesis. Another possibility is that these chemicals may induce the production of anti-inflammatory steroidal compounds in the human body.

Z HERBS

Zedoary (*Curcuma zedoaria* (round) *C. zerumbet* (long)): Useful in flatulent colic and debility of the digestive organs, though it is rarely employed, as ginger gives the same, or better results. It is highly valued for its ability to purify the blood. Like turmeric, Zedoary is an antiseptic and a paste applied locally to cuts and wounds helps healing. It is used as an ingredient in bitter tincture of Zedoary, antiperiodic pills (with and without aloes) bitter tincture, antiperiodic tincture (with and without aloes). Zedoary is also rich in starch and is given to babies and invalids in India. It is combined with pepper, cinnamon and honey and used to treat colds. It is used in Indian perfumes called *ittars* as well as in some drinks. A paste of a little zedoary and cream makes a good face mask and keeps the skin clear and shining. An ingredient in Swedish bitters. The rhizome is used in China to treat certain types of tumors. In Chinese trials, zedoary has reduced cervical cancer, and increased the cancer-killing effects of radiotherapy chemotherapy.

Zhe Bei Mu (*Fritillaria thunbergii* (syn *F. callicola*, *F. verticillata*, *Uvularia cirrhosa*)) Zhe bei mu increases the coughing up of mucus and relieves irritability in the respiratory tract. It is given for the treatment of bronchitis and tonsillitis, and for fever and respiratory symptoms accompanying other acute infections such as flu. Zhe bei mu is thought to act specifically on tumors and swellings of the throat, neck, and chest, and is taken for thyroid gland nodules, scrofula (tuberculosis of the lymph glands of the neck), abscesses and boils, and breast cancer. It has also been used to treat dysentery, and to increase breast-milk production. They contain fritimine which diminishes excitability of respiratory centers, paralyzes voluntary movement and counters effects of opium. The bulbs are thought to act specifically on tumors and swellings of the throat, neck and chest, and they are taken in the treatment of thyroid gland nodules, scrofula, abscesses and boils and breast cancer. The bulb is used internally in the treatment of coughs, bronchitis, pneumonia, feverish illnesses, abscesses etc. The bulbs also have a folk history of use against cancer of the breast and lungs in China. This remedy should only be used under the supervision of a qualified practitioner, excessive doses can cause breathing difficulties and heart failure.

Zhi Mi (*Anemarrhena asphodeloides*) Internally used for high fever in infectious diseases, tuberculosis, chronic bronchitis, and urinary problems. Zhi mu is used in Chinese herbal medicine for "excess heat" – fever, night sweats, and coughs. It has a bitter taste and a "cold temperament," and is used to treat canker sores, particularly in combination with rehmannia and *Scrophularia ningpoensis*. Externally as a mouthwash for mouth ulcers. Therapeutic action is slightly altered by cooking with wine or salt. It has an antibacterial action, inhibiting the growth of *Bacillus dysenteriae*, *B. typhi*, *B. paratyphi*, *Proteus* and *Pseudomonas*. It is taken internally in the treatment of high fevers in infectious diseases, TB, chronic bronchitis and urinary problems. It should not be given to patients with diarrhea and should be administered with caution since when taken in excess it can cause a sudden drop in blood pressure. Externally, it is used as a mouthwash in the treatment of ulcers. The rhizome is harvested in the autumn and dried for later use.

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● [RainShadow Labs...](#)Manufacturers of Natural Product Bases-Bulk, Private Label, & Supplies. We make over 350 formula variations of products for bath, beauty, good health, spa/salon/massage, aromatherapy and home fragrance. Instructional books & videos. Over 17 years in FDA Compliance manufacturing, New Age - Natural & 'cutting-edge' products. R&D available. No animal testing, environmentally friendly, woman-owned - family-run business

[Remedy H](#) ... a treatment for hemorrhoids ... 100% Natural ... no animal ingredients ... environmentally friendly ... safety sealed ... recyclable packaging

● [Skyland Bay Company](#), . A small, family business located in the Santa Cruz mountains, high above Monterey Bay. We are committed to using pure natural essential oils and only stable vegetable fixed oils from renewable sources such as olive, palm and coconut, distinguishing us from the mainstream producers. Our soap is made in small batches, using a room temperature saponification process with pure sodium hydroxide. We then superfat with jojoba, a very stable vegetable oil. The soap is cut by hand into bars which are then carefully aged. No artificial colours, fragrances, nor any animal products are used in our soaps. No animal testing is done. Retail brochure of our soaps and gifts available at no charge. **WHOLESALE** enquiries welcome with resale # (price list & sample \$3)

● [Star of Roses Organic Farm](#), Box 3014, Honokaa, HI, 96727. (808) 775-1905. starrose@aloha.net Hawaii certified organic fresh Calendula products: Silky Skin Moisturizer 2 oz. \$10, Cuts and Scrapes Healing Balm, Calendula infused olive or sweet almond oil. Also fresh spilanthes flower tincture.

● [Stone Cottage](#), Indulge yourself with fine, handcrafted goat's milk soaps made with the finest all natural ingredients



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[Andmar Horticultural Press](#) ... [The Greenhouse and Nursery Handbook](#) ... [Make Money Growing Plants, Trees, & Flowers](#) ... [Guidebook to Wholesale Sources for Plants and Supplies](#) ... [Perennial Plants for Profit or Pleasure](#) ... [How to Find a Good Job Working With Plants, Trees, and Flowers](#)

[AstroStar's Health and Healing Book Page](#) ... book page for holistic health and healing

[Blue Poppy Enterprises](#) is the world's largest English-language publisher of books and educational products about Chinese medicine and acupuncture. With a full line of clinical reference texts, they provide patient education books and pamphlets, acupuncture office products,

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professional seminars around the US and the world, continuing education via seminars and distance learning and offer a full line of herbal products for professional practitioners of Chinese medicine.

[The Healing Spectrum](#) ... a range of resources that support healing in all its aspects ... both Alternative and Allopathic Medicine are profiled, as well as other disciplines that can be used to promote healing



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Candles, Crafts & Craft Supplies

 [Gingham "n" Spice, Ltd./My Sweet Victoria](#), ... Everything you need for fragrance crafting, including packaging. Three books by Nancy M. Booth, *Scentsations*, 95 recipes for fragrance crafting, *Perfumes, Splashes & Colognes* and the newest, *A Spa of Your Own*, create scrubs, lotions bars, melt & mold soaps, bath fizzies and much more.

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[DrShen](#)... Chinese herbs you can trust

[East Earth Trade Winds](#) ... has been distributing Chinese herbs throughout the U.S. and overseas since 1985 ... a wide assortment of herb products along with descriptions, order codes and prices

[Healing Herbs of China](#) ... from China: legendary Plum Flower brand -- outsold all other quality herbal products in

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Asia for the past 23 years ... the 'Tiffany of Chinese herbs' ... from the West: the finest non-Chinese herbs used by professional herbalists ... all products are laboratory-tested to meet or surpass FDA purity standards

● [Nature's Health, Life Rising](#)...Nature's Health, Life Rising Formulas was begun in 1985 when a sixth generation master herbalist and acupuncturist Zhengang Guo established his herbal company under his name. It has now grown to one of the largest manufacturers of Chinese herbal formulas. These formulas are based on Traditional Chinese Medicine and years of experience by Guo.

SPONSOR ● [Orion Herbs Company](#),..... Retail, **WHOLESALE &** manufacturer of Chinese herbs

[Wellness Associates](#) ... organic herbs and natural vitamins

[Winherb Company](#) ... herbal products imported from China for many conditions and diseases -- cancers, gastrointestinal disorders, hepatitis, diabetes, etc. ... graduates of Chinese Medical Schools and also trained in the US ... they know how to choose the best Chinese herbal products from the largest country in the world that uses herbal medicines seriously



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The **JOURNEY** The First "Inner-Active"
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NEW **Dynamic Array** ... software for naturopathy and herbal medicine ... database computer programs for the practitioner, researcher and student of traditional and herbal medicine/phytotherapy ... download free, fully-functional evaluation versions of TMD (the Traditional Medicine Database) and HerbBase (the Herbal Medicine database) ... TMD and HerbBase both provide you with unsurpassed flexibility of data entry, and power of data rearrangement and

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[Homeopathic Remedy Finder](#) ... CD-ROM ... will guide you through every phase of homeopathy ... how to take remedies ... remedy selection ... how to know if the remedy is working ... explains potency and dosage ... references over 70 of the most popular remedies ... contains first aid, therapeutic index and glossary ... easy load software, Windows 95, PC compatible

[Interactive BodyMind Information System \(IBIS\)](#) ... information about and from IBIS (not an online working version) ... a medical database referencing 282 common medical conditions and offering treatments from more than twelve systems of natural medicine and alternative therapies

[Vita-Master](#) ... updateable nutritional software database with holistic information on vitamins, herbs, health problems, alternative medical practices and wellness therapies ... free trial download



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[Meadows Direct](#) ... wholesale supplier of dried and preserved florals, foliages ... and home of the Fresh-Dried™ roses

 [Starwest Botanicals...](#) We are an importer, manufacturer, Certified Organic Processor, and **WHOLESALE**R that specializes in herbs and spices (Medicinal, Culinary, Certified Organic, and Chinese). We offer over 500 varieties of herbs and spices in bulk quantities of 1# and more. We also offer full lines of herbal extracts (57 varieties), herb capsules, essential oils (88 varieties), aromatherapy and body care products. Services we provide: low minimum order of \$50, free freight for orders totaling \$250 or more, custom product formulation and processing, and volume discounts. We buy from domestic and international contract growers, we sell nationally and internationally, and we are also a member of OTA and AHPA. In addition, we warehouse and distribute over 70 brands of natural health care

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● [Café Maté](#), ...Revolutionary new beverages that awaken the senses while calming the body. Delicious drinks and teas with bold flavors.

● [Country Home Creations](#), **WHOLESALE**/retail: herb/spice blends; potpourri; gift packs. Mail order price list available

● [Herbs by Sarah LLC](#), Manufacturer of a line of herbal bread and spread mixes featuring authentic flavors of

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Louisiana. Mulling spices, dried herb blends, potpourri, etc. **WHOLESALE** and retail sales. Experienced professional teacher/speaker offering programs, classes, and workshops on growing and using herbs for cooking, fragrance, and decoration as well as herb gardening for persons with disabilities. Consulting services include herbal and culinary research, writing, and editing.

[Jaguar Yerba](#) ... markets a wonderful South American Herb Yerba Mate -- a healthy coffee alternative with 24 vitamins and minerals, 15 amino acids, and lots of other wonderful benefits

[Kava King](#) ... manufactures an all natural kava herbal drink and has been in business since 1997 ... they purchase kava in root form only, from growers in Tonga

[Mistaponics](#) ... automatic sprouting, wheatgrass & seed germinator ... homemade vitamins detox & rejuvenation with 100% organic produce ... you can now harvest all your vitamins, minerals & enzymes organically at home ... sprouts are the "forgotten foods of the kings" and maybe the fountain of youth ... the contents of this web site contains information on nutrition, balanced diet, and the health value of eating sprouts



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We like to think that members of The Herb Growing and Marketing Network are professionals and we urge you to support them. That's why we indicate them by a .

Garden Supplies

[Bioscape](#) ... system of nontoxic pest control

[Earthmarks Garden Markers](#) ... completely weatherproof ... impressed plant names ... 10" solid copper stake ... high-fired stoneware ... soft verdigris patina ... crafted in USA

[Dorothy Biddle Service...](#) **WHOLESALE/retail.** Flower arranging equipment, cutting tools; gardening accessories. A family business since 1936

[Farm Wholesale Greenhouses](#) ... manufacturer of affordable hobby greenhouse kits in a variety of sizes and styles ... unique paneling provides optimum diffused light your plants will love ... kits are sold nationwide via UPS

[Gardenscape Ltd.](#) ... a mail order company offering fine garden tools and accessories for discriminating gardeners ... quality garden items that are functional, unique and well-priced ... recently added page of enabling tools that will help you reach further, bend easier, lift higher, prune longer -- all with less strain and stress

[GreenhouseKit.com...](#)Offering the largest selection of greenhouse kits. With 100's of photos, gardening cartoons and jokes along with informative articles and advice.

[Hammocks.com - The Hammock Experts](#) Huge selection of hammocks, stands and accessories at great prices. All major brands, styles, sizes offered. Order toll-free or online. Fast shipping. 100% satisfaction money-back guarantee.

[Herb 'N Ewe...](#) **WHOLESALE/ retail:** copper plant markers with both the common and botanical name. \$3 for a sample and listing of available markers or LSASE will provide you with a retail list.

● [Home Greenhouses Plus LLC,](#)... Manufacturers of select Redwood Greenhouses. Modular kits ready to bolt together including pre-hung doors. Polycarbonate twin wall glazing, 8mm standard. Free standing, lean-to *and custom units*. Standard units are 8' and 10' widths with any length you specify in 4' increments. Modular kits include roof and side/bottom vents, the number of vents depends on the unit size selected. Factory built Redwood and Cedar benches. **Environmental controls:** fans, shutters, automatic vent openers, coolers, heaters, shade cloth, humidifiers, thermostats etc. Complete easy to assemble instructions included.(5% discount modular greenhouse kits to HGMM members).

[Master Garden Products...](#)We want to provide the beauty of wood incorporated into our handcrafted products, yet protect the earth environment by using premium teak and cedar wood harvested from the forests of South East Asia and Canada under straight managed logging process. Whenever possible we will use recycle wood otherwise thrown away. The process is work intensive but we make it up with the less expensive wood to maintain our products price competitiveness and quality.

[Nature's Safeway](#) ... control bugs without poisoning people ... a pioneer in the natural / organic pest control business for 10 years ... field tested products that work



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
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Generally Herbs

[13moons.com](#).... For all your magickal needs....

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● [All Goode Gifts](#), All Goode Gifts is a small business providing natural personal care items and medicinal teas of the highest and purest quality available. No synthetics, preservatives, additives or anything unnatural of any kind are ever used in our products. We welcome the opportunity to make custom orders taking into account your personal preferences, allergies, symptoms and current medications. Karen Mallinger has been producing natural products from her home grown organic herbs for over 6 years. She is currently pursuing a Doctor of Naturopathy degree from Clayton College of Natural Health.

● [Ariel Herbs...](#) Ariel Herbs is a family owned and operated organic herb farm located on over three acres in rural Toms River, New Jersey. Our display gardens and shoppe are open Tuesday through Sunday from 10am to 5pm until September 6th. Fall hours will be Friday, Saturday and Sunday through December. We specialize in "picked at the peak of perfection" fresh herbs. We also offer special blended dried herbs, herb plants, potpourri, flowers (fresh and dried), and a wide variety of herbal products and supplies. You are invited to tour our gardens, and enjoy the sights, scents, and sounds of Ariel Herbs

● [Barn Owl Nursery](#), Retail: plants; teas; fresh cut lavender; herbal gifts. Classes. Display garden. Hours: April-July, Oct-Nov Sat only except for special events, 10am-5pm. Herb Festival in May, Lavender Festival in June; Holiday Open House November. Closed holidays

● [Botanical Earth...](#) Small scale family farm offering organically grown herbs along with handcrafted body care & pet products using only natural ingredients. Soap making supplies and fresh herbs are offered only to Missouri residents.

● [Cate Farm](#), Certified organic produce and medicinal herbs since 1981(M)

● [Church Hill Herbs](#), Church Hill Herbs started out as a home based business in June of 1994. We sold our Herbs and Herbal Related products at retail shows and herb festivals in Richmond, Northern Virginia, and in the states of Maryland, North Carolina, Georgia and Pennsylvania. We have an herbal retail shop in Historic Church Hill in Richmond, VA. Our hours are Wednesday through Saturday 10:00am to 6:00pm and Sunday 1:00 pm to 5:00 pm. We have a \$2 mail order catalogue or you can email us for information. We accept VISA, Mastercard and American Express. When you call you will speak to either myself (Carolyn), Richard, my husband, or to employees, Trudy and Joan, or to an answering machine if you call when the shop is closed. When asked what is my best selling product, I have to answer that we have so many different herbal or herbal related products that we really don't have one that sells better than the other. They all sell equally well. We will be adding medicinal herbs to our product line in January. We will also be hosting workshops of varying topics in the coming year. Our products include but are not limited to: essential and fragrance oils, potpourri, handmade soaps, t-shirts, canvas bags, birdhouses, Mount Vernon linen tea and terry towels, Deb Strain stationery and calendars, aprons, candles, bread and soup mixes, herbal teas and accessories, herbal jellies, books, Primitive and Americana products. Mail order catalog \$2.

SPONSOR ● [Clark's Greenhouse & Herbal Country...](#) We have been greenhouse growing since 1984 and added herbs, scented geraniums, everlastings and selected flowers to our line of plants in 1986. We are constantly adding more varieties to our plants so check with us if there's something you're looking for. Our tour gardens are open in the spring through the fall and consist of 50 individual plots forming a Tree of Life. Classes are offered throughout the year so be sure to get on our mailing list and ask for a schedule. **WHOLESALE/RETAIL:** herb plants; scented geraniums Retail: potpourri; everlastings; fresh cut herbs; edible flowers; seeds; essential oils; teas; herb blends; jewelry. Mail order price list \$2. Classes/workshops; display garden; newsletter.

● [Crystalaire Herbscapes and Garden Barn Gifts](#), Retail sales of a large selection of culinary, medicinal tea, aromatic and ornamental herb plants, topiaries and houseplants plus a home and garden gift shop including herbal products, handblended teas and bulk organic herbs.

● [Earthy Herbs](#) is a small family owned business located in Kennebunk, Maine. Our specialty is handcrafted natural products nourishing the Mind, Body & Spirit, The Way Nature Intended, For A Healthier You. All of our products are made with organic and ethically wildcrafted herbs, pure oils and the finest natural ingredients. Our herbal products have the natural scent and color of nature's botanicals from our Earth. We do not use chemicals, synthetics, dyes, fragrance oils or any ingredient that is not natural to our Earth. We offer Natural Bath Teas, Bath Salts, Natural Skin Care, Medicinal Blends, Botanical Bath & Body Oils, Salves, Balms, Aromatherapy Eye Pillows, Herbal Soaps and our Caring Touch Children's Shoppe...home of the lovable "Feel Better Buddie." We offer **WHOLESALE** and **RETAIL**

● [Empire Herb Company](#), Jodie Powers, 11167 State Rt 90, Locke, NY 13092; 315-497-9251; email: jsp4901@aol.com Culinary herb garden selling fresh **WHOLESALE** herbs to area restaurants.

● [Forever Herbal...](#) Herbal related items are our specialty. We offer a wide selection of bulk herbs, spices and teas that are sure to please. Supplies for making your own concoctions and shelves full of other goodies us herbal enthusiasts just can't live without. Wholesale inquiries are welcome.

● [French Garden Creations](#), Coleen French, 9783 Butler Rd., Portland, MI 48875; 517-647-7814; email: French@power-net.net French Garden Creations is a small herbal craft & comfort products company. All products are handmade from herbs grown on our property whenever possible. Featured products: Herbal Teas, Handmade Herb Salves, All-Vegetable Soaps, Eye Pillows, Neck Pillows, Organic Heating Pads and Herbal Dip Mixes. Custom orders,

workshops & lectures are a specialty. Retail & wholesale orders are cheerfully mailed wherever needed. Custom labeling & special request products are a delight. Mail order retail & wholesale product lists are available with SASE.

● [Friends of the Trees Wildcrafted Botanicals](#). We sell wholesale bulk herbs, both fresh and dry of over 120 species. Sustainably wildcrafted in Washington state and certified organically grown. High quality, fresh shipped and natives are some of our specialties. Price list available on request. We also teach numerous workshops on sustainable wildcrafting and cultivation of medicinal herbs as well as permaculture design courses. We self-publish herb and ethnobotany books. We organize the Northwest Herbal Faire. 1,000 people attending the past 3 years. 2002 will be the 7th annual. Held in northwest Washington State just below Vancouver, BC.

● [Goosefoot Acres....](#) Author/Publisher of books on the Amish, edible wild plants and herbs. Includes: Plain and Happy Living: Amish Recipes and Remedies; The Dandelion Celebration: A Guide to Unexpected Cuisine; and The Delightful, Delicious Daylily: Recipes and More. Also sells T-shirts, tote bags, aprons and coffee mugs with full-color, Old English style motif which says "Celebrate Dandelions: If You Can't Beat 'em, Eat 'em." Also sells a unique dandelion gift basket, complete with dandelion jelly, coffee, wine, canned dandelion greens, coffee mug, jelly jar and copy of The Dandelion Celebration. Distributor of Dandy-Blend Instant Dandelion Beverage, a caffeine free, naturally sweetened coffee substitute made from roasted dandelion roots, barley and rye. In addition to his books, "Wizard of Weeds" Gail writes for many magazines and is WEWS-TV's Morning Exchange resident ethnobotanist. His column "On the Trail of the Volunteer Vegetable" was a regular feature in **The Business of Herbs**, and will soon be syndicated throughout the U.S. He lectures, appears on TV and conducts workshops on using backyard weeds for food and healing throughout the United States. **WHOLESALE**. Call or write for free catalog.

Defenders of Dandelions now number over 600 in 39 states and *Dandelion Doings* is coming out roughly quarterly. Membership is \$35, which gets a copy of *The Dandelion Celebration*, a "Celebrate Dandelions: If You Can't Beat 'em Eat 'em" T-shirt or tote bag, a year's subscription to *Dandelion Doings*, and 10% off on all Goosefoot Acres products and publications. Subscription to *Dandelion Doings* alone is \$15/yr.

● [Green Earth Farm....](#) Grower; **WHOLESALE**/retail: organic plants; bulk herbs; everlastings; medicinal herbs; massage oils; essential oils; body care products; fresh cut herbs; specialty vegetables; seeds; tinctures; teas; herb blends. Display/gardens; classes/workshops; Dried products; Seeds; Tinctures; Teas; Herb blends

● [Healing Herbs](#) Bulk herbs, supplements, Native American art, music and gifts; Wholistic lifestyle counseling by Pam Ferry RN, LMT

● [Herb and Spice Farm on San Juan Island, The](#), The Herb and Spice Farm on San Juan Island is a small organic herb farm in the business of selling more than 50 herb-related products. In addition to our herbal products, we sell over 60 different specialty, fresh, loose leaf teas. We have some of our own signature blended teas. Check out our website for our numerous selections. We sell our herbal products both retail and wholesale. We are presently in search of property here on San Juan Island to expand our growing farm. Our lines include body care, culinary, and health care lines of herbal products.

● [The Herb Cottage...](#) The Herb Cottage is a plant nursery located in South Central Texas. Herbs, perennials, vines and some natives are available in 4# pots to gallon sizes. In season, heirloom and open-pollinated vegetable seedlings are available. We also carry a selection of herb, flower and vegetable seeds as well as books on general gardening, Texas and organic gardening, herb growing, harvesting, cooking and lore. Plants may be ordered from the web site for mail order or bought directly from our farm. **WHOLESALE** orders welcome.

● [Herbal Advantage....](#)Herbal Advantage, Inc., is an international mail-order company with a full service, secure web store. We specialize in premium quality Stevia leaf, Stevia extract and other bulk herbs, spices, essential oils and herbal tinctures. This fall we harvested the first large scale "Super Sweet Stevia". This new Stevia plant has been produced with cross pollination and selection to produce crop with low Stevioside and very high Rebaudioside A content. This eliminates the bitter factor often found with all other Stevia products

● [Herbal Health Inc.](#), Judy Griffin is a PhD in nutrition, Medical Herbalist and aromatherapist and Master Gardener with over 20 years experience in counseling and teaching, developing and manufacturing herbal products, essential oils and flower essences. She specializes in products and counseling for cancer patients in hospitals and private practice. She authored several nutritional handbooks which led to more books and courses on diet, nutrition, herbs, tonics and flower essences now available to the public. She developed and manufactures the Petite Fleur Essences from fresh organic blooms specially formulated for the enrichment of mind, body, and spirit. She organically grows and distills essential oils and hand separates without chemicals from homegrown, organic native herbs for natural skincare products and aromatherapy. Judy has published a new herbal of folk remedies, organic gardening, essential oils and flower essences called Mother Nature's Herbal. Published works include: Mother Nature's Kitchen, Aromasignatures, Romancing the Rose, Returning to the Source, Around the World with Herbs, Healing from the Heart, The Healing Flowers video and handbook.. Write for mail order catalog of essences, books and other products or order online. **WHOLESALE (\$150 minimum)/retail**. 2002 New Release: *Mother Nature's Flower Fairies in Healing from the Heart*: a unique, humorous fairy tale teaching nutrition, medicinal herbs and aromatherapy for people (fairies) and pets; flower essences and subtle body healing to open the heart.

[Herbsearch...](#)Herb, spice and tea posters, videos, books and information.

● [Herbal Garden...](#)All natural products: bath oils, salts, powders, lotions, healing salves, herbal vinegars, dried seasonings, mixes for cooking, cold cream, vitamin-e-eye cream, reg. Lip balm, healing lip balm, calendula and comfrey ointment. Use pure essential oils, no chemicals or preservatives. Gift baskets made to order. Grapevine

wreaths. Am a student of Jeanne Rose.

[Herbal Home Remedies](#)...Come learn about herbal remedies and wellness. There's lots of fun stuff to do! Find home remedy ideas for your medical condition, get a free sample of herbal remedy tea, and make a free donation to charity.

[Herbs and Aromas](#) ... herb and medicinal plant properties and uses ... how to prepare home made herbal remedies, cosmetics, perfumes and flavored oils

● [Hill Woman Productions](#), Mail order offerings of artfully blended herbs, oils & incense, plus books, bath products, ritual herbs & more. Northern Paradise gift shop open Wed-Sun 12-6 during July & August. Send business-sized SASE (60 cents postage) for our brochure. **WHOLESALE** inquiries welcome.

[It's My Nature](#) ... aromatherapy, specializing in herbs, herbal baths, tea, eye pillows, essential oils and more ... products providing comfort in a stress filled world ... the eye pillows alleviate headaches, migraines, sinus, allergies and stress ... experience healing herbs and essential oils in the bath

● [HerbWise Products Inc.](#),A passion for the restorative power of nature is the driving force behind HerbWise. All HerbWise herbal skin care products, therapy soaps, healing salves, gels, creams and aromatherapy sprays are handmade in small batches using only the purest natural ingredients including premium quality essential oils and organic or ethically wild-crafted herbs. Blissfully fragrant HerbWise products are a joy to use, creating peace of mind and tranquility. Our money-back guarantee is your assurance!

[Juniper & Sage](#) ... a mail-order herbal supply company, offering a wide variety of herbs, spices, teas, tinctures, essential oils, homeopathy, flower essences, and herbalist supplies ... information on herbs, apothecary, gardening, and more ... on-line ordering

● [La Paix Herb Farm](#), La Paix Herb Farm has been organic since 1981. Set in Appalachia, La Paix features 86 acres of wooded paths, gardens, shop, distillery and a Victorian "Plantation I" house, 200 year old log cabin and hand cut stone root cellar. Workshops and tours feature nine display gardens including extensive lavender plantings, culinary, medicinal and essential oil plants for the model distillery on site. Beautiful plantings and wonderful fragrances excite the senses while the Silver Labyrinth and a Feng Shui Garden encourage the visitor to experience the spiritual. The shop features value-added products from essential oil distillation which include "Passionate Gardener's Hand Cream", "Honey Lips" lip balm, hydrosols, and other innovations. Wholesale and retail sales are welcome. A number of grants from the North East SARE (Sustainable Agriculture Research and Education/ Farmer/Grower grants) have resulted in expertise in deer deterrents, sustainable insect control and essential oil distillery research. Please consult the web site for more information. The shop features a large variety of herb, garden and nature books. Dowsing techniques and a distillation of herbs can be demonstrated for registrants. The mission of La Paix is to raise awareness of the benefits of organic gardening and to help participants relate with nature. An emphasis on heritage seed expands La Paix's commitment to sound environmental practices. Apprentices are welcome.

[Lavender Farms Of The Olympic Peninsula](#) ... a growing collection of information on the uses and history of lavender along with a wide variety of lavender related items

● [Lavender Hill House](#)...Lavender Hill House is a mail-order business offering fine gifts and gift baskets for the tea lover, herb enthusiast, and gardener.

[Leaves and Roots](#) ... specializes in bulk herbs and essential oils ... have over 400 herbs and oils in stock ... also carry many supplies for aromatherapy (bottles, droppers, carrier oils etc.)

● [Legacy Herbs](#), S After 14 years in Mountain View, Legacy Herbs has moved to the country. Our storefront and greenhouse are closed, but we still make excellent bath and body products, porcelain pottery, medicinal products, teas & seasonings, and sell essential oils & fragrances by telephone, mail, internet and shows. With my new husband, Raymond Creasy, we also offer artwork & greeting cards, wooden flutes, and musical herbal and nature recordings.

● [Maggie's Herb Basket](#)... Just off Route 283, between Lancaster and Harrisburg, A Shop Of All Things Herbal. Many hard-to-find bulk herbs along with medicinals, essential and fragrance oils, herbal crafting supplies, books and classes. One of the favorite phrases heard in our shop is "I can't believe I finally found this!" **WHOLESALE** products include soaps, body care products & "sinus sniffing jars."

● [Melda's Herbs & More](#), A jewel in the southeast pineywoods of Texas. Everything herbal. Wonderful plants. Huge selection of both plants and botanicals.

● [Moonbath Shop](#)...Retail, with bulk herb discounts. Our herbal offerings include many certified organic and wildcrafted bulk dried herbs, organic essential oils, handmade herbal tea blends, organic simple teas, botanical bath and body care products, culinary herbs and spice blends, organic extracts, books, herb-filled pillows and hair scrunchies, herbs for pets, gifts, wildcrafted mushrooms, seaweeds and much more. We also offer a great selection of natural living products, including many hemp and organic cotton fabrics, natural apparel for adults, children and infants, and organic cotton bedding and toys.

[Monterey Bay Spice Company](#)...Welcome to the Largest Online Source for Herbs, Spices, Botanicals and Teas on the West Coast. Our goal is to provide the highest quality herbs and herbal products at a reasonable price.

- [Moonlight Herbs](#)....Retail: herbs, incense, essential oils and arts of an herbal nature.
- [Mountain Rose Herbs](#) ... offers certified organically grown and ethically wild harvested herbs ... they take great care to ensure that they are not over-harvested or endangered ... all products are cruelty free ... top quality products at competitive prices from companies with an ecological conscience including their own local gardeners and organic herb growers
- [Nelson's Herbs](#),.....Hours: Apr.- Sept. Tues.-Sun. 10am to 7pm, Oct.-Mar. Thur.-Sun. 10am-5pm. Phone: 269-663-8164. We carry 300 to 400 varieties of herb plants. You can wonder among the large display gardens and ponds, browse the well stocked herbal gift shop or shop for plants in our greenhouse and display areas. In 2004 we will be installing a Lavender Labyrinth We offer garden tours to groups (we have a large parking area) and a nice variety of Herbal classes.
- [Northern Forest Diversification Centre](#), We offer Non-Timber Forest Products wild harvested from the Northern Boreal Forest & Aspen Parklands. The product list varies, but generally includes Sweetgrass, Mint Tea, Mushrooms, Berries, Floral greens, Medicinal herbs, Craft materials, Landscaping products and Christmas wreaths.
- [O'Toole's Herb Farm](#), Open since 1990 we are a certified organic herb nursery and gardens. Wholesale and RETAIL herb plants, fresh-cut herbs and greens, shiitake mushrooms, 2 gift shops full of herbal products, regional art, gardening supplies and organic products. Display gardens and 2 greenhouses are open to the public. Workshop in Spring and Fall. 'Just Because' Herb Festival the first Saturday in February. Hours M-F 9-6, Sat. 9-4, Sunday by appointment. CLOSED July and August.
- [Our Family's Herbs and Such](#).... Located between Houston and Galveston, our shop, nursery and display gardens offer visitors an opportunity to see the many varieties of herbs that thrive along the Texas Gulf Coast. Classes, lectures, workshops. We are now offering books and bulk herbs by mail order. Saturday and Sunday 10 til 5 March through May. Other days and times by appointment.
- [Pecan Grove Herbs](#), Specializing in herb related cooking classes, retail for oils, vinegars, jellies, teas and soaps, lotions and potions. New line of herbal paper products. Also your source for garlic, elephant garlic, and thornless blackberry plants. Classes available for garden clubs, church groups and schools
- [Phoenix Rising Gifts](#)... Native American Gifts including herbs, resins, smudges and more!
- [Planet Herbs](#) ... a small botanical company located in the Appalachian Mountains of West Virginia ... founded in 1995 to provide fresh herbs, roots, and barks at reasonable prices, they have become a high quality provider of botanical products for herbal manufacturers, health food & natural product stores, medical professionals, herbalists and individuals around the world ... they work with an extensive number of wildcrafters to gather the highest quality herbs, roots, and barks, encouraging both premium quality and ethically sound wildcrafting ... all gatherers are expected to follow their basic harvesting guidelines
- [Present Moment Herbs & Books](#) ... Present Moment invites you to find resources necessary to help heal ... heal your body, heal your mind, and help bring about a greater awareness of self
- [Purple Haze Lavender](#) ... a small organic farm in the Dungeness Valley of Washington's Olympic Peninsula ... Purple Haze is a member of the Fields of Flowers cooperative working to preserve the agricultural heritage of Clallam County ... lavender is harvested in the months of June through September ... they invite you to visit their farm in Sequim during the blooming season and pick a bundle of lavender ... LAVENDER FESTIVAL in August -- includes farm tours, fantastic foods from flowers, music and dance, craft workshops, lavender oil massages and much more
- [Sage Barn, The](#), Small website/catalog herb business with plant sales and open shop May – August. Certified organic dried botanicals and organically grown plants specializing in medicinal herbs, natural body care, handmade organic salves, organic hand blended herbal teas, herbal crafts, accessories, books and more.
- [Scarlet Sage Herb Co.](#), We specialize in high quality organic and wildcrafted bulk herbs, a full line of tinctures, and herb-related products, with personal attention to the customer in a supportive environment.
- [Shale Hill Farm](#), Workshops seasonally during the year (call for schedule). Available for lecture on various topics to groups and organizations. Writer.
- [Siri Produce Inc.](#), 15583 S. Forsythe Rd., Oregon City, OR 97045-9419; 503-655-3884; FAX: 503-557-7330; email: siriproduce@attbi.com . **WHOLESALE**/retail: Fresh cut herbs & edible flowers.
- [Sonoma County Herb Exchange](#)...We provide fresh medicinals directly from grower to customer. No shipping yet; delivery to San Francisco Bay Area and surrounding areas.
- [St John's Botanicals Inc.](#).....**WHOLESALE**/retail: plants; bulk herbs; potpourri; medicinal products; everlastings; seeds; teas; essential oils; fresh cut; herb blends; Chinese herbs; natural cosmetics; books; incense; pet products; spices; extracts and more. Speaker; display garden
- [Statford Park Lavenders](#),Statford Park Lavenders..Growers of +ACI-Lavender au sauvage pre+ACI- products

[Teeter Creek Herbs](#)--Since 1985 Teeter Creek Herbs has been providing herbal extracts from the highest quality fresh herbs available. Now with secure online ordering, and all extract formulas searchable by symptom or ingredient.

● [Thyme for Health](#)....Supplies for body, mind and spirit

[Urban Herbalists](#) ... herbalists and avid herb gardeners who just grow too much to use and sell the overstock through their web site

● [Village Herb Shop](#).Carrying: bulk herbs; teas; herb blends; vinegars; fragrance products; and herbalist supplies.

[Wildthings Flower Farm](#) ... a small flower and herb farm in southern Iowa ... a pesticide free grower of perennial flowers, herbs (culinary and medicinal) and scented geraniums ... items offered mail order include our scented, essential oils, herbal candles gift baskets and everlastings ... festivals, classes, tea parties, garden tours, greenhouse, gardens and gift shop

● [Willow Pond Farm](#). Home of the Pennsylvania Lavender Festival (Father's Day weekend). Certified organic plants. One and a half acres of lavender plus fourteen superb display gardens featuring culinary and medicinal herbs, edible flowers, scented geraniums, mints and more. Farm shop (open April 1-Christmas) and web catalog feature extensive selection of herbal jellies, honey, vinegars, seasonings and dips as well as gift baskets, teas and herbal craft products. Garden tours, luncheons, classes, and speakers. Eight miles west of Gettysburg just off PA Rt. 116.

● [WinterGreen Herbs & Vegetables](#), WinterGreen Herbs & Vegetables is a certified organic producer of fresh and dried herbs, both culinary and medicinal. We also grow fresh vegetables for local restaurants and health food stores. We sell both retail and **WHOLESALE**.



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Ginseng

● [Cariboo Ginseng](#), We have a large quantity of certified authentic echinacea angustifolia seed for sale, with excellent germination history. We also grow purpurea and pallida (on different farms to prevent cross-pollination), have ginkgo trees and seabuckthorn. We give discounts on bulk orders of seed. The seed is absolutely clean. We also have approx 1000 lbs of dried 3-yr-old purpurea roots (very strong) that we would like to sell.

● [Pacific Rim Ginseng](#)....The Pacific Northwest of the United States is one of the oldest ginseng producing regions in North America. Premium quality cultivated ginseng was grown here as early as 1900. The 1939 U.S. Special Crop Census listed Washington state as second in the nation for the export of cultivated ginseng. The long, cool growing season, low humidity, rich, virgin, volcanic soil, and pure air produce unadulterated, mature, premium ginseng found

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no where else in the world. Our ginseng is known for excellent flavor and aroma, high ginsenoside content, and large well-shaped roots. We are dedicated to providing world class ginseng to an ever-growing and demanding world market. Visit our gardens and see firsthand what is believed to be the world's largest cultivated ginseng root. It weighs 2.35 pounds and was harvested at seven years old. Visitors are always welcome. Large groups, please call for reservations. Retail store on premises. Garden tours given May thru August.

We supply *Panax quinquefolium* rootlets for planting (**WHOLESALE** and retail). Seed is available (retail only). Capsules, cultivated root, slices, fiber and special gift boxes of ginseng are sold retail. Powder and prongs are available whoelsale and retail. We ship worldwide. MC/Visa accepted.



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Gifts / Greeting Cards

● **Lavender Hill House...** Lavender Hill House is a mail-order business offering fine gifts and gift baskets for the tea lover, herb enthusiast, and gardener.

● **Lavender Way.** Herbal Dream pillows, Original Soft Cloth Dolls- Heirloom quality, Handmade Christmas Cards: Heart shaped and Snowman Star Dream Pillows; The Snowman pillow is made of 100% cotton, and has chemical free, non-allergenic fiberfill. Each Snowman's face is Hand painted and comes with hand knitted hat and scarf. Inspired by herbs and nature I have created a new line of soft cloth dolls called "Gathering Spirits." Each 'Spirit' is

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unique, original an dis made of 'Gathered' pieces saved and collected and recycled from various facets of our lives.

[Saso's Herbal Scents](#), Retail: St. Fiacre concrete garden statues. \$45 includes shipping; ornamental oregano wreaths; concrete garden art planters



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Health Services

[Spiritual Response Therapy...](#) Experience powerful healing through Spiritual Response Therapy! Discover the remarkable freedom from anxiety, stress, and physical ailments.

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The **JOURNEY** of **WILD DIVINE** The First "Inner-Active" Computer Adventure
DEMO IT NOW!

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The advertisement features a background image of a domed building and a tree. The text is arranged in a promotional layout, with the title in a large, stylized font and the tagline in a smaller font. A call to action 'DEMO IT NOW!' is highlighted in a box. The LinkExchange logo is positioned at the bottom right of the ad.

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Herbal Retreats, Healing Centers, Spas, Restaurants

● [Heart's Ease Herb Farm & Cottages/Day Spa](#), Medicinal herb farm with cottages. Accommodations for solo retreats or groups up to 10. Healing Center offers massage, herbal bath & wraps, plant spirit medicine, herbal consults, Reiki and more. Organic products..

● [Hopewood Farm](#), Affordable Opportunities for Private Peaceful Retreats & Workshops on Preservation,

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Propagation & Appreciation of Plants & Natural Ecosystems

● [Summer Jo's Farm, Garden, Restaurant](#), Summer Jo's Farm, Garden, and Restaurant is a certified organic farm growing herbs, flowers, and vegetables for the restaurant and for sale. We also have an online catalog featuring farm- and garden-related products. Check our website to see some pix of Summer Jo's. We have a formal herb garden with over 200 types of herbs, a rose garden with over 300 roses, a nursery, and more. (M)



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Herbal Weddings, Wedding Consultants

● [Betsy Williams/The Proper Season](#), Fresh herbal, dried flower and English country weddings; **WHOLESALE:** Herbal mixes for weddings; **WHOLESALE/retail:** books--1 on doing an herbal wedding. wedding herbs.

● [Dragonmarsh](#), Theme weddings: Renaissance, Medieval, Fantasy or Historical

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Herbalists' Supplies/Services

● **SPONSOR:** [Lavender Lane](#), Turkey Red Oil, perfume base, soap making kits, vinegar bottles, syrup, spice, dressing, cream/salve, canning jars, lip balm jars, plastic squeeze bottles & containers, empty tea bags, glass vials, fancy perfume bottles, fine mist sprayers, essential & fragrance oils, how-to-books, more. And "Potpourri Magic"™, the allergy-free orris root alternative for long

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lasting scents, emulsifying wax, Cobalt Blue bottles, Kaolin (China clay). Mail order catalog \$2, outside US \$4.

● [Longevity Herb Company](#), Herb Tincture Presses - all original designs - from \$28 to \$788 handling up to 1.4 gallons of marc with 285-318 pounds per square inch of pressure. Easy to operate, all stainless herb contacts, and easy cleanup with smooth powder coated surfaces. Our customer service works with you to ensure that you are pleased with your press.

● **SPONSOR** [Plasticoid Company](#), James Palinkas, 249 W. High St., Elkton, MD 21921; 410-398-2800; FAX: 410-398-2803; email: jimp81@iximd.com
URL: www.plasticoid.com Bottles, Caps, Vials, Dispensers and more.

● **Roth Glass Company Inc.**, Diane Roth-Chatham, 171 Steuben Street, Pittsburgh, PA 15220; 412-921-2095; FAX: 412-921-8003; email: Rothglass@aol.com Manufacturers of glass dropper assemblies since 1928. We cater to the smaller and medium size accounts. Very low minimums, low pricing on droppers(glass & plastic), amber and blue tincture bottles, vials, caps. **WHOLESALE**

● **SPONSOR:** [Walking Clover Farm](#), Custom tea bagging for all quantities...small to large



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Herbs for Health

[A Health Break...](#) Learn what herbs are, how they can help us everyday, our conditions, and which herbs are right for you. Also have access to resources related with alternative medicine.

[About Herb Health](#) ... offers information and products for depression and energy, female problems (such as PMS and menopause), hair loss, back pain, blood sugar regulation (for diabetes and hypoglycemia), immune system compromise (flu, chronic fatigue syndrome, etc.), arthritis, memory, and more

[Akahdahmah Herbs](#) ... herb food supplements to enhance the quality of your life

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[Amira Alchemy](#)...provides health readings & education worldwide, manufactures & uses natural medicines teas extracts & aromatherapies, ships herbs to individuals, trading companies & manufacturers, & counsels in nutrition, herbs, and natural balancing

● [Apollo Herbs](#), Apollo Herbs is a business dedicated to the art & science of herbal medicine. By growing, harvesting, & extracting healing plants, we seek to provide the community with the highest quality herbal products available. Apollo Herbs offers tinctures, oils, salves, syrups and natural bodycare products. All of our products are made in small batches using the highest quality organically grown or wild ethically-harvested plants available. Apollo Herbs are skillfully formulated and produced by botanist and pharmacognosist, Michael Ford, M.S. In addition to manufacturing excellent products, it is also our goal to provide quality herbal education to the community. We offer apprentice programs- levels I & II, advanced herbal studies, seminars and herbal consulting for both industry and individual clients. WHOLESALE/retail.

● [Aroma Medica](#), We specialize in aromatherapy healing products for common ailments and conditions; all our products are physician formulated. We sell mail-order via phone, fax, e-mail, web; shop is open by appointment. We sell **WHOLESALE** to health professionals and to herbal/health food stores. We sell essential oils, particularly those with healing properties. We also sell topical progesterone products.

[Aurora](#) ... manufactures a wide variety of the finest available capsulated herbs and herb combinations designed to address the causes of disease, whether these causes be emotional, mental, spiritual or physical

● [Babe-O-Tanicals](#)....specializing in products for babies and new mothers

[Blessed Maine Herb Co](#), Teas, extracts, massage oils, salves, body care, all made from certified organic or wild gathered herbs. Catalog available, classes, apprenticeships.

● [buyherbsdirect.com](#) ...Complete line of Herbal Formulas and Protocols originally derived from the renowned Native American herbalist and physician, Tieraona Low Dog MD . Selling direct to the public and wholesale to Health Stores and Health Practitioners with the best pricing and higher specifications than most of our competitors. The formulas are backed though over 15 years of clinical experience. All our formulas use the finest organic or wild crafted ingredients and the products are correctly dosed according to the latest scientific research. Materia Medica's Professional line is known for their custom blending of complex formulas made to order by Doctors for their patients. We also carry one of the largest selections of fine Aromatherapy Oils.View the complete Catalog of Herbal Formulas, Teas ,Essential Oils,Salves ,Creams on line

● [Cedar Bear Naturales™](#), s a privately owned business that has been making remarkable liquid herbal products since 1983. We specialize in manufacturing glycerin based whole herb liquid products for adults, children and pets using our proprietary Tinc Tract™ process.

● [Center for the Improvement of Human Functioning](#), For 25 years, The Center for the Improvement of Human Functioning has been helping people who are ailing and hurting learn how to improve their health, regain their vigor and improve their performance, with alternative approaches to healing.

[Cherokee Valley Herbs & Medicinals](#) ... several unique herbal tea mixtures ... nutritionally balanced formulas are specifically designed to help activate the body's own natural healing abilities -- slowly, naturally and effectively ... new line of medicinal ointments, lotions and cordless heating pads

[Discover Health and Wealth](#)...Discover Health and Wealth - Alternatives for Personal and Financial Prosperity

● [Divine Essence](#), Divine Essence is a family owned business committed to health, wellness and fitness on all levels: physical, emotional, mental, spiritual and global. We are educators, healers and producers/ providers of some of the finest vibrational medicines available today. We want to let you know you have choices, a multitude of alternatives in fact, to create a struggle-free life. Our wishes for you are: That you first become aware of that which is Divine around you; Then become aware of that which is Divine within you. This soul-liberating wisdom, your moment of awakening, gives you the power to change your world!

● [Dragonmarsh](#), ... We have moved to a larger facility! Retail/**WHOLESALE**: bulk herbs; potpourri; medicinal products; teas; essential oils; herb blends; Chinese herbs; apothecary supplies; herbal and gardening books; hard-to-find cooking spices and extracts; historical herbal blends; Native American herbs; spinning, weaving & fiber dyes. Long SASE for mail order price list.

[DreamPharm](#) is an online discount store for excellent herbal and dietary supplement products for your health

[Eagle Peak Herbals](#)....

[Earth Elders](#)...Earth Elders is dedicated to helping people reconnect with the Earth. As an herbalist and a naturalist, my specialty lies in the local plants, both native and introduced species. Many of the so-called "weeds" are actually useful herbs that have been waiting a long time to be remembered and honored through their use.

[EarthWays](#) ... a premium line of herbal and essential oil topicals ... practical herbal information

● [Elementals Herbs LLC](#), Elementals Herbs is a community resource for customized herb formulas including

medicinal herb teas that are available at retail stores in NY, MA and CT. Pam Leahy, owner, is a medical herbalist and maintains a clinical practice in classical herbology and Nutrition at The Healthy Living Center in Norwalk, CT. Pam lectures in the tri-state area at colleges, health care institutions and for Oxford Health Insurance Company in NYC. She is a primary instructor in a one-year certification program for health care practitioners in Chinese herbology offered at Norwalk Community College. **WHOLESALE** custom herb formulas for health-care practitioners. **RETAIL** catalogue of organic and wildcrafted teas and cooking spices is available.

● [Elk Mountain Herbs...](#) Specializing in medicinal tinctures and teas made from hearty Wyoming plants, wildcrafted and organically grown. Also provide salves, liniments and flower oils. Retail/WHOLESALE: bulk herbs; tinctures. Everything is wildcrafted. Price list available.

[Fibrofree...](#) This program deals directly with the causes of the Fibromyalgia syndrome instead of covering up the symptoms. With six all-natural products, all taken in three stages, it boosts your immune system's ability to function, decreases muscle and joint pain, promotes restful sleep, and improves your heart and circulatory function.

[Grandma's Herbs...](#) Grandma's Herbs is a 20+ year old company. We carry our own brand of herbal formulas plus many other supplements and essential oils for total health.

● [Green Kingdom Herbs...](#) Manufacturer of high quality herbal extracts. Over 520 different extracts and formulas (Chinese, Western, and Ayurvedic). **WHOLESALE** prices for practitioners and health food stores. Bulk liquid extracts in 1/2 gallon and larger sizes. We formulate to your specifications.
SPONSOR

[The Herbalist Shop...](#) Natural Herbal Remedies at The Herbalist. A complete source of herbal products and information on old age remedies for common ailments

● [Herbs Etc. Inc.](#), Wholesale: Herbs, Etc. has been widely recognized within the natural health industry as America's Premier Manufacturer of high quality, potent liquid herbal medicines for over 25 years. The Herbs, Etc. family of products features a new line of Fast-Acting Liquid Herbal Softgels. It also features a line of Professional Strength Classic Liquid Herbal Extracts, which includes over 130 single extracts and formulas, as well as a line of Professional Strength Alcohol Free Liquid Herbal Extracts.

[HerbShop.com](#) ... The Original Online Herb Shop - Since 1995. Over 1000 natural products available. Comprehensive Herb, Herbal Combination, Vitamin, Mineral Guides and Fact Sheets. Info-packed e-commerce web site with secure online and toll-free ordering. Operated by naturopathic physician-in-training.

[Hillside Herbal...](#) We are a small company situated in southern Tasmania, Australia. We specialize in producing high quality herbal ointments and oils. All our products are handmade in Tasmania and contain only natural ingredients. They are free of any artificial preservatives, colour or emulsifiers. They have also not been animal tested, but we have nevertheless found that they are also very useful in the treatment of animals.

[Kat's Herbs](#), distributor of Herbalife products for healthy living, weight management, nutrition, personal care, beauty and more

[Kava Source](#) ... information about kava kava including: articles, studies, books, chat room and message board ... importers and suppliers of quality kava kava products available on a wholesale and retail basis

[Kombucha Manna International](#)

[Kombucha Power Products](#)

● [Maine Coast Herbals](#), Small family owned business, located on the coast of Maine, approximately 100 miles south of the Canadian Border. We grow our herbs, organically. All of our products are made the old fashioned way - by hand. We create "custom formulas" to suit individual health care needs. Our specialty is pain management. Locations: US Rte 1 in Milbridge. Shop in home with display/teaching gardens. Bulk of products produced here. Second location is at 733 Union St., in E Corinth...where we grow many of the herbs we use

[Majesticearth-minerals.com](#) This site features organic colloidal mineral supplements from Dr. Joel Wallach, author of the famous "Dead Doctors Don't Lie" audio tape.

[More Of Everything](#) ... distributes a full line of nutritional and health care products ... they believe in using natural resources to provide a healthier and stronger life and provide everything from A to Zinc ... they welcome all communication and have a commitment to quality products and excellent customer relations

● [Mountain Rose Herbs](#) The Catalogue of Herbal Delights since 1987. Large selection of organically grown herbs and tea blends; supplies for herbalists including beeswax, clay, oils, bottles, jars and bags. Aromatherapy-quality essential oils; medicinal herb seeds; handcrafted herbal products for bath, body and hair including lotion, massage oils, bath salts, body powders and toothpowder; medicinal extracts, salves and oils; special herbal products for women, children and their animal companions; unique gift items, books, candles, herbal tools and much more!

Naturally Vitamin ... PhytoSource Nutrients from the Sun formulas were developed based on recognized scientific data and clinical studies ... Naturally certifies the potency and purity of each phytochemical making sure it is yeast-free and hypoallergenic, free of artificial colors and preservatives, and uses no animal derived ingredients ... all Phytochemicals are extracted using methods specific to each species thereby guarantying quality, purity and potency

Nature Made ... a leading mass market nutritional supplement brand of vitamins, minerals and herbs ... the site features an arsenal of useful reference tools to help consumers make informed and educated decisions about their own nutritional needs ... features a special section for pharmacists giving them the opportunity to receive valuable continuing education (CE) credit online ... all products are manufactured and marketed by Pharmavite Corp. and meet or exceed requirements of the US FDA and the US Pharmacopoeia

● **Ojibwa Tea of Life**, and www.holisticoptions.com Ojibwa Tea of Life™: Primary supplier of "essiac" (Native American remedy), in the form of (Traditional) Ojibwa Tea of Life Herbal Formula, Ojibwa Tea of Life Tincture, Ojibwa Native Healing Balm (slave), Ojibwa Native Healing Soap, Bloodroot Tincture. Additional Holistic Health Products offered. Custom formulations available. Product may be used for pets.
YAMOA Powder/Capsule. Nature's Gift for Relief of Asthma and Respiratory Conditions. We are Importer/US Distributor for YAMOA, available **WHOLESALE**/retail. Product may be used for pets.

Phuket Herb ...Alternative medicine, aromatherapy, herbs for health

● **Quantum Herbal Products**...We are committed to producing the finest, most effective herbal concentrates possible. As an herbalist-owned and managed company, we go to extraordinary lengths to ensure the production of the highest quality tinctures and salves. Our products are used and preferred by health professionals, both alternative and mainstream, in clinical settings in the U.S. and around the world.

Quantum Leap Natural...quantum leap natural market has been providing discount health food, vitamins, herbs, and cruelty-free cosmetics for 22 years!

● **Red Moon Herbs**, ... Wildcrafted and organic herbal medicines, handcrafted by wise women of the Blue Ridge. We use fresh plants, almost all ones that grow in our area, to create our tinctures, vinegars, salves, and oils of the highest quality. We offer women's herbal kits for moontime, pregnancy, and menopause. **WHOLESALE**/retail..

● **Rudio Creek Ranch Botanicals**, Beautiful , quiet setting in the Blue Mountains of Eastern Oregon. Perfect for workshops for up to 10 people. Healing vortex. **WHOLESALE**/retail: St. John's Wort bulk, essential oil and tincture

● **Sage Mountain Herb Products**, Small family business specializing in high quality herbal tinctures, salves and face cream. Our products have been skillfully formulated by Rosemary Gladstar, and are her personal favorites. All our products are carefully blended

See Clear provides soothing relief to people suffering eye discomfort resulting from laser/lasik surgery problems, diabetic eye deterioration, near/far sightedness, floaters, night vision, glaucoma, cataracts

● **Simply Natural**, Herbal supplements : loose tea, capsules and tea bags by mail order. Will encapsulate herbs or place herbs in tea bags also.

● **Star of Roses Organic Farm**...We are an organic farm in beautiful Hawaii producing organic culinary and medicinal herbs and flowers. Using our high quality herbs & flowers, including calendula, we create wellness products, teas and cosmetics. Specializing in organically grown Ayurvedic & Chinese herbs, including gotu kola, codonopsis, spilanthus and ashwaganda. Price list provided upon request. Certified organic by the Hawaii Bio-Organic Growers Association

Stony Mountain Botanicals ... products for health, beauty and good living ... over 300 bulk herbs & spices, nutritional supplements, homeopathic remedies, essential oils and select books ... special emphasis on the health care needs of women and children ... don't miss the free recipes for making herbal preparations and natural cosmetics

Stretch Marks with Strivectin-SD - Improve the appearance of stretch marks and wrinkles with Strivectin-SD.

NEW SUN manufactures top quality health supplements for today's strenuous demands.

● **Taos Herb Co.**... We have been in business since 1981. We retail and **WHOLESALE** our own line of herbal extracts & extract combinations and wild craft many local plants. We are a family run operation and are incorporated. In our retail store we carry commercial bulk herbs, wild local bulk herbs, herb capsules, extracts, essential oils, salves, aromatherapy, natural cosmetics, vitamins & supplements, packaged teas, books, and posters. We have a growing mail order business. Our catalog is currently being available for \$2

● **Texas Medicinals**, We are a small medicinal herb company, herbalist owned and operated. We carry an impressive selection of extracts/tinctures handmade in small batches primarily from FRESH wildcrafted and Certified Organic herbs. *We also have a line ("Remedios Tejanos") of therapeutic and tasty organic herbal tea blends available in bulk or in teabags.* We carry salves, mists, bug spray, bulk herb, herbal products for mama and baby, and other items. We also offer slides or photographs of medicinal and other plants found growing wild in (mostly Central) Texas. Many of these can be viewed at Michael Moore's website:
<http://chili.rt66.com/hrbmoore/HOMEPAGE/HomePage.html> We have a limited selection of Mexican-American herbs

as well. RETAIL and **WHOLESALE**.

● [Two Ravens Herbals....](#)Two Ravens Herbals is dedicated to bringing you quality handcrafted herbal products, as well as bulk herbs, both fresh and dried. Our products are made with herbs almost exclusively ethically wildcrafted or organically grown by us. Our company is small enough to ensure that we have our hands into every step of the way; from planting our own seeds to harvesting, processing, and formulating our own herbs. We have a full line of tinctures, salves, oils, lotions and other body care products, herbal tea blends, along with high quality fresh and freshly dried bulk herbs. We are available to lead herb walks, workshops, and herbal talks. Work-study program available. Free mail-order catalogue. **WHOLESALE** and retail.

[Wheat Grass Kits....](#) the one-stop-shop for all your wheatgrass, and barleygrass needs. Our mission is to provide quality products and service that will allow you to achieve a higher sense of well-being, endurance, and strength. We have created four easy growing kits you can use to create your own home garden in just a few days. Grow and juice your own wheatgrass and barleygrass for only pennies a day!



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
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Herbs for Pets

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● [Annie's Herbals](#), Annie Roach, 1076 Mt Gilead Church Rd., Pittsboro, NC 27312; 919-542-4649; email: azroach@mindspring.com Holistic alternatives for companion animals. Information and consultations on holistic pet care including herbs, homeopathy, vaccination discussion and alternatives. Topical treatments compatible with homeopathic prescriptions

● [CatSu Herbal Health](#),.... Mother Nature's Best in natural, herbal products for your cats and dogs. Get answers & expert advice for the care of your pet. Shop for wonderful natural, herbal products and unique gifts for pets and pet lovers everywhere. We ship worldwide!

● [Cattoyz](#)...WHOLESALE and retail catnip cat toys made with certified organic catnip, no fillers, free sample

[Herbs for Horses](#) ... offers the equine and human market a unique and broad range for nutritional and health maintenance products

● [Herbs of the World, Inc.](#)... Horses eat plants and plants provide vital nutrients and medicines that may not be in your hay when your horse needs them. Canadian herbalist and racehorse owner Loryl Gutman has developed a line of herbal formulas to meet the needs of race, show, and endurance horses based on herbal traditions from all over the world. We offer 25 established formulas for common concerns such as muscle soreness, lung bleeding, urinary system problems and building muscle mass. Our formulas contain herbs and nothing else; we use no preservatives, fillers or other chemical additives. Liquid herbal blends include cough syrup, brace and salve. Herbs of the World sells several versions of the immune system boosting preventative Garlic n' Roses, a blend of pure venetian garlic with rose hips, one of nature's richest sources of vitamin C. Added Parsley helps the urinary system. Astragalus and shizandrae berries are used to strengthen the immune system. Rose petals help to calm skittish animals. We also offer bulk herbs and homeopathic, aromatherapy, flower essences, and other hard to find alternative health care products.

[Meadowsweet Acres](#) ... complete source for natural, herbal blends for all your horse and other pet needs ... hand mixed just for you, made with certified organic herbs when available, and can be easily changed or adjusted to suit your individual needs at no extra charge ... creams and ointments are all made with sun infused herbal oils, pure beeswax pearls from Australia, and Vitamin E ... only pure essential oils are used--no perfumes or preservatives

● [Natural Veterinary Pharmaceuticals](#) ... a USA based company dedicated to the use of safe, all natural medicines without side effects ... each Natural Veterinary Pharmaceutical is manufactured in strict accordance with current Good Manufacturing Practices (cGMP) and the FDA ... a National Drug Code (NDC) number is assigned to each Natural Veterinary Pharmaceutical

[PetMedicineChest](#)... natural, herbal, chemical-free pet health products



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Manufacturing Equipment & Supplies

[Eden Labs - Coldfinger Home Page](#) ... source for laboratory glassware and information on the revolutionary new Coldfinger herbal extraction units ... herbal extracts and pure essential oils can be made inexpensively and easily ... units ranging from ones small and simple enough to use in your own kitchen to full size commercial units designed for

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high volume factory use ... the basic unit can even utilize a simple stove top range as a heat source

● [Essential Supplies](#) ... Containers: bottles, jars, vials, closures, boxes, bags, labels ... Specialties: prescription packaging, herb and essential oil containers and measuring supplies, personal care and gourmet food containers ... huge selection stocked ... wholesale with low minimums

[Herbal Tincture Press](#) ... powerful mechanical herbal press ... delivers 30-60% more product than other methods ... designed by home herbalist for do-it-yourselfers and small volume professionals ... ideal size for those doing batches of one pint to a gallon or more ... heavy duty, industrial quality, all steel construction press is only 10" tall, 6" diameter base, weighs just under four pounds

● [Longevity Herb Company](#), Herb Tincture Presses - all original designs - from \$28 to \$788 handling up to 1.4 gallons of marc with 285-318 pounds per square inch of pressure. Easy to operate, all stainless herb contacts, and easy cleanup with smooth powder coated surfaces. Our customer service works with you to ensure that you are pleased with your press.

[Sayfer Botanicals](#), Lab equipment for herbal medicine making projects large and small. Glass and stainless steel equipment available. Turn key projects; technical consulting.

[The Saket Poly Bag Company](#) ... large selection of Poly, Cello, Zip Close, or Super Clear Poly Pro bags ... free samples



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[Changes International](#) ... a TwinLabs company

[Enrich International Online](#) ... offers a broad spectrum of herbal products

[Herbalife](#) ... emphasizes herbs and other natural ingredients in their weight loss, nutritional and personal care product lines

[LifePlus](#) ... offers a broad spectrum of herbal products

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[Mannatech](#)

[Natures Sunshine Products](#) ... high quality herbs, herbal supplements, vitamins, and aromatherapy products ... has been in business for over 26 years with a legacy of caring and sharing ... offers its customers a way to improve their health and the health of those around them, as well as helping people to financial independence

[Neways International](#) ... offers a broad spectrum of herbal products

[NutriWorks](#) ... NutriWorks Designer Health Foods Mfg Manufacturer and private labeler of intricate herbal formulations.



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Non-Herbal Health/Healing Sites

[A+ Ultimate Weight Loss](#)..TONS of Free weight loss programs, recipes, information, a GIANT exercise guide and much much more!

[Celestial Healing Arts Presents Rituals](#) -- Psychic Intuitive LaVaughn presents tools of transformation, healing, and life mastery: psychic readings, aromatic ritual kits, bookstore, tarot gallery, informative articles and more.

[Electromagnetic stabilizer](#)--Cell Phone Radiation Is Linked To Cancer - Test your radiation exposure, you may need protection.

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[Health Concepts Inc. Cervical Support Pillows...](#) Our Pillows promote a healthy sleeping posture for better nights rest at home and in your travel.

[Innova Pacific Saltlamps...](#) Enhance your wellbeing effortlessly with beautiful saltcrystal lamps, nature's ancient gift.

[Nutrition Health Clinic...](#) Scientific evaluation of tissue mineral levels and toxic metal contamination using hair tissue mineral analysis

[Reverse Osmosis Water Filters](#) - Water purification is the sole mission of our company.



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Plants -- also look in HerbNET's [SOURCE](#)

 [Alloway Creek Gardens and Herb Farm](#). Alloway Creek Gardens and Herb Farm is located on a pre-Civil War homestead just southeast of Gettysburg, PA. The Farm features a large selection of herbs, perennials, and native

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plants, plus display gardens, an authentic log-house gift shop and a variety of special lectures, activities and workshops. Open April thru September, please call for special fall and Christmas hours.

[Blossom Farm](#) ... grower of common & exotic perennials, herbs and introducing Forgotten Thyme's herbal kits and products

● [Blue Moon Gardens](#). Location: 4 1/2 miles east of Edom. Herb and garden shop with extensive display gardens. Growing and selling herb plants, perennials, cottage garden flowers and antique roses. Specialty gardening tools and organic supplies available. Unusual gift items and garden art. Workshops and classes held year-round. Garden design available.

● [Cedar Knoll Farm Greenhouses...](#) Greenhouse growers of herb plants (culinary & medicinal) in 2.5x3.5" pots. Heirloom tomatoes and peppers. Retail/mail order. **WHOLESALE** by pre-ordering

[The Chef's Garden](#) --Gourmet Plants for Great Cooks -- We offer a large selection of culinary herbs and heirloom vegetables in 4" pots which can be ordered online. Visit our Online Catalog, Growing Tips page, Recipes, & our Growing Forum where you can ask questions or search for an answer. We have a monthly newsletter and we can ship anywhere in the USA.

[Cherry Valley Herb Farm](#) ... culinary & decorative plants (including a unique selection of scented geraniums & everlastings), teas, jellies, vinegars, aromatherapy supplies, herbs & spices, terra cotta pots, essential oils ... free ideas and expert advice ... unique gift items ... beautiful gift wrapping free with your purchase ... workshops & classes

SPONSOR ● [Clark's Greenhouse & Herbal Country](#)...We have been greenhouse growing since 1984 and added herbs, scented geraniums, everlastings and selected flowers to our line of plants in 1986. We are constantly adding more varieties to our plants so check with us if there's something you're looking for. Our four gardens are open in the spring through the fall and consist of 40 individual plots. After you've toured the gardens, we invite you to visit the 100 year old craft barn that offers a wide selection of herb products and other crafts.

● [Companion Plants](#). We have been supplying home gardeners as well as other herb businesses and commercial growers with common and exotic herb seeds and plants (over 600 varieties) since 1982 - 250+ of which we **WHOLESALE**. We also **WHOLESALE** over 140 varieties of seeds, most of which we raise or collect. **WHOLESALE** price list free, with request on business letterhead. Retail catalog \$3.

● [Crimson Sage Nursery](#) ... We are growers of medicinal plants. We specialize in Chinese, Ayurvedic & Native American plants. Many varieties of rosemary, salvias and lavender. We supply plants in 3" pots to the home gardener as well as **WHOLESALE** to other herb businesses

[Desert Woman Botanicals](#)...Organically grown medicinal herb plants; herbal salves; herbal tea; organically grown/wildcrafted seeds, herb cultivation & seed saving classes

● [Gilbertie's Herb Gardens Inc.](#), Grower; **WHOLESALE**: Potted plants; wreaths/gatherings; Potpourri; Author; speaker; classes/workshops. Location: 65 Adams Rd

● [Gunning River Herbs](#) is a small but well stocked plant nursery with well over 200 varieties of culinary, medicinal and ornamental herbs. Also a good selection of scented geraniums, flowers and vegetables. We do ship all plant nationwide through the growing season. Credit cards are accepted. Call for free catalog.

[Goodwin Creek Gardens](#)...Retail and **WHOLESALE** (custom-grown only): plants; seeds; herb books. Rare lavenders (45 varieties), rosemarys, and thymes, plus plants and seeds for dried flowers, dyes, medicinals. Mail order catalog \$1. Authors, speakers. Goodwin Creek Gardens is a small family farm located in SW Oregon. We specialize in herbs, everlastings and plants that attract hummingbirds and butterflies. We sell both plants and seeds and ship throughout the US.

● [The Herb Cottage](#) ... a plant nursery located in South Central Texas ... they grow and sell herbs, a selection of heirloom vegetables, perennials, and vines using natural growing practices in the greenhouse and outdoors ... also a unique selection of seeds and books

● [Herban Renewal](#) is an all-organic herb garden nursery featuring a diverse selection of herbs for all uses. Display garden is cottage garden style filled with ornamental, fragrant, medicinal, culinary herbs, perennials, etc. Workshops focus on garden design and maintenance, herbal uses and propagation.

● [Lingle's Herbs](#) ... is known for shipping the finest quality organically grown herb plants available ... their goal is to provide you with the finest herbs you will ever grow ... they offer an outstanding selection of culinary and medicinal herbs, as well as rare and exotic 'collector' plants ... Lingle's ships throughout the continental US with guaranteed safe delivery

● [Maggie's Herbs](#).....Retail/**WHOLESALE**: 4 inch and larger potted plants and fresh cut herbs. Maggie's Herbs is on the St. Johns River along the Bartrom Trail. We grow over 300 varieties of herbs and perennials, culinary, medicinals, tropical herbs, scented geraniums, butterfly host plants, perennial salvias that attract hummingbirds,

antique roses. We offer workshops such as soapmaking, herbal salves, cooking, hypertufa. We are celebrating 20 years of growing and selling herbs in North Florida. Open year round, 7 days a week; 9am-4pm.

[Maltais Flower Farm](#) ... small quality growers of herbs, annuals, and perennials ... mail order, on site, as well as wholesale

● [Papa Geno's Herb Farm/Prairie Perennials](#)...Herb plants in many sizes; Perennial flowers; native grasses & ferns; herb, flower and veggie seeds, heirloom veggie seedlings; scented geraniums, herbal gift items. Drop ships for magazines, catalogs and e-commerce sites. No in-store retail. Also owns and operates Prairie Perennials.

● [Possum Creek Herb Farm](#),... Hours: April – Oct. Wed.-Fri. 9:00-2:00 P.M. EST and Sunday 12:00-5:00 P.M. We are excited to announce that the farm has been featured in the new Startup series by Entrepreneur Magazine's Start Your Own Herb and Herbal Products Business book. You can find a copy at your local bookstore or you can order from us. We are incorporating many new classes for fall and spring. Visit the gardens and greenhouses and coming soon a new retail shop. Workshops, lectures and a Lavender Festival are on the agenda for spring of 2004.

● [Richters Herbs](#). Retail: herb seeds and plants; dried herbs; medicinal products; herb teas; essential oils; books. **WHOLESALE:** bulk seeds. 120 page color mail order catalog free (everywhere). Growing herbs since 1969. One of the best known herb companies. "Harrowsmith Countryside" magazine says (Jan/Feb 1992) "Richters is synonymous with herbs, a company so good that competitors are among its customers." The 2002 catalogue lists over 900 herbs Included are: 35 Chinese medicinal herbs, gotu kola, stevia, Profusion sorrel (a Richters exclusive--it never goes to seed), 3 kinds of licorice, Asiatic ginseng (Panax ginseng), Echinacea angustifolia, and many more. **WHOLESALE** to stores, market gardeners, seed companies. Distribution representatives in Australia, and Germany. Ship plants, seeds, dried herbs, books, etc. anywhere in the world. US plant orders are shipped duty-free without customs hassle, from Buffalo, NY.

[Rock Spray Nursery](#) ... established in 1980 ... specializes in growing and selling the fascinating family of plants known as HEATH and HEATHER ... online catalog ... they have been growing these plants for 15 years now, both in their own gardens and in pots at the farm where tens of thousands are grown annually ... strolling by them on a warm spring day, a hot summer evening or a chilly winter afternoon, you slow your pace a bit to admire and appreciate their unique characteristics

[Wilton's Herb Plants](#)...Retail 185+ herb plants. No mail order. Self-published loose-leaf book on web site. See table of contents at web site. 100 page 'The Herberman's Herb word search, word puzzles, and word scrambles coming in January, 2000. See web site for sample. An herb propagator of 99% chemical-free herbs since April, 1981. The retail garden is now located at the Smile Herb Shop in College Park, MD.

● [Wood Violet Herb Farm](#), Audrey K. De Moisey, 224 Magnus Rd., Onalaska, WA 98570; 360-978-6556; FAX: 360-978-6557; email: herbfarm@lewiscounty.com Custom grower of herb plants. Culinary and medicinal herb gardens for fresh harvest. Dried herbs available. Higgins & Burke teas including herbal, traditional and green teas. **WHOLESALE** and retail sales. Season. Plant list available. In the works...commercial greenhouses, display garden, tea rooms and retail shop. Herbs are the way to flavor your day.



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Herbal Restaurants, Tea Rooms, Coffee Shops

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● [Elaine's Tea Shoppe](#), Toledo, OH Elaine Terman, proprietor. A relaxing, contemporary tea room serving over 25 varieties of tea plus a variety of desserts daily. There are a variety of snacks, light lunch, & desserts. Luncheon plate is available with 24hr. advance reservation. The shop has an extensive collection of herbal products including: bath & body, oils & candles, decorative wreaths, medicinal capsules & extracts, herbal foods & spices, tea accessories, plus over 100 varieties of premium black, green, and herbal teas. Open Mon-Fri 10am-6pm; Sat 10am-5pm.

[Herb 'N Ewe](#)....Thornville, OH, Grower; Retail: plants; bulk herbs; teas; herb blends; books; fragrance items; everlastings essential oils herb blends. **WHOLESALE/** retail: copper plant markers with both the common and botanical name. \$3 for a sample and listing of available markers or LSASE will provide you with a retail list. Lecture/luncheon programs. Classes/ workshops; speaker; display garden. Shop-open Tues-Sun, 10-6. Lunch available at Garden Café; 76 seat banquet facility. Tour groups welcome.



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Seeds -- (also look in HerbNET's [SOURCE](#))

[Borghese Gardens](#) ... online seed catalog of a growing selection of seeds for unusual and hard to find plants, herbs, flowers, trees, fruits, vegetables ... they will "search the globe for any of your seed requests"

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● [Cariboo Ginseng](#)...We have a large quantity of certified authentic Echinacea angustifolia seed for sale, with excellent germination history. We also grow purpurea and pallida (on different farms to prevent cross-pollination), have ginkgo trees and seabuckthorn. We give discounts on bulk orders of seed. The seed is absolutely clean. We also have approx 1000 lbs of dried 3-yr-old purpurea roots (very strong) that we would like to sell

[Exhibition Seeds](#) ... high quality vegetable and herb seeds for gardeners, growers, and for the trade

[Good Seed](#) ... a retail seed company in Northern Washington state specializing in heirloom, open-pollinated and northern acclimated seeds ... a full catalog on line along with growing tips and descriptions of seed varieties

● [Chas C. Hart Seed Co](#)...the company is owned and operated by members of the third, fourth, and fifth generations of the Hart family. The Hart's oversee the production and distribution of packet seeds, bulk vegetable and flower seed, lawn seed, fertilizers and other landscape products to independent dealers, farmers, golf courses, and landscape professionals throughout the Northeastern United States.

● [Impecta Handels](#)... a mail order retail seed company selling seeds to herb gardens, other botanical gardens and progressive hobby-growers. Catalog free in Scandinavia; \$5 outside of Scandinavia.

● [Johnny's Selected Seeds](#) ... a retail and mail order supplier of vegetable, medicinal and culinary herbs, and flower seeds ... also offers a unique collection of hard-to-find high quality gardening accessories

● [Meadowood Cottage](#) ... wildflower seeds and herb seeds by the pound ... wildflower seeds are wholesale at \$65 a pound ... flower garden seed, such as hummingbird, are \$40 a pound wholesale ... also, unscented lotions, essential oils, massage oils -- you can mix them the way you want

[Nicky's Nursery](#)...Nicky's Mail Order Seeds over 100 herbs by seed, secure shopping, for flower, wild flower species and mixtures, herbs and vegetable seed, large online catalogue with cultural information, flower seed sowing calendar.

[Park Seed](#) ... flower seeds -- meticulously chosen seed varieties from around the world ... vegetables -- the tastiest vegetables on the web, or anywhere else ... plants -- peerless ornamental plants for your home, business or institution ... bulbs -- beautiful flowering specimens from Holland and throughout the world

[Renee's Garden](#) . The very best seed varieties chosen by and for gardeners. **WHOLESALE**

● [Richter's](#) Growing herbs since 1969. Extensive color catalog.

[SBE's Seed Catalog](#) ... seeds ... seeds ... seeds

[The Victory Seed Company](#) ... a family owned and operated small packet seed company ... they strive to provide their gardening friends with high quality, open-pollinated varieties of herb and vegetable seeds



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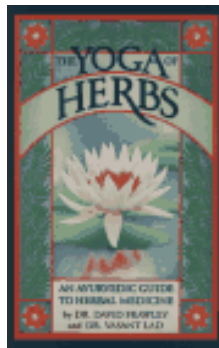
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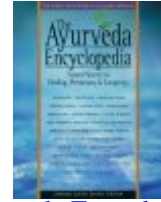
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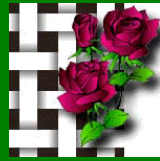
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English - to - Latin

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English/Common	Variety	Latin	German	French	Italian	Spanish	Dutch	Swedish	Portuguese	Russian	Arabic	Chinese	Japanese	Turkish	Hungarian	Norwegian	Farsi	Swahili	Finnish	Greek	Indonesia	Esperanto	
Immortelle	---	Xeranthemum annuum																					
Indigo	False	Baptisia australis																					

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English/Common Name	Variety	Latin	German	French	Italian	Spanish	Dutch	Swedish	Portuguese	Russian	Arabic	Chinese	Japanese	Turkish	Hungarian	Norwegian	Farsi	Swahili	Finnish	Greek	Indonesian	Esperanto	
Jack in the Pulpit	---	Arisaema triphyllum																					
Jacob's Ladder	---	Polemonium caeruleum																					
Jasmine	---	Jasminum officinale affine																					
Joe-Pye Weed	---	Eupatorium purpureum (Gravelroot)																					
Jojoba	---	Simmondsia chinensis																					
Juniper	---	Juniperus communis	Wacholder, Machandel, Kranawitt	genévrier, genévre	Ginepro, Coccola di ginepro	Enebro, Cedra, Bayas de enebro, Junípero, Nebrina	Jeneverbes	En, Enär		Mozhhevelnik				Ardıç	Boróka, Borókabogyó	Einer		Mreteni	Kataja, Kotikataja			Juniperbero	

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English/Common	Variety	Latin	German	French	Italian	Spanish	Dutch	Swedish	Portuguese	Russian	Arabic	Chinese	Japanese	Turkish	Hungarian	Norwegian	Farsi	Swahili	Finnish	Greek	Indonesian	Esperanto
Kaffir Lime Indonesian lime leaves, Wild lime		Citrus hystrix	Kaffernlimette,	Limettier hérissé, Combava			Kaffir lime					Suan gan yet			Kaffir citrom és level. Kaffercitrom						Daun jeruk purut	
Khella	---	Anmi visnaga																				
Kudzu	---	Pueraria loboto																				

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

English/Common Names	Variety	Latin	German	French	Italian	Spanish	Dutch	Swedish	Portuguese	Russian	Arabic	Chinese	Japanese	Turkish	Hungarian	Norwegian	Farsi	Swahili	Finnish	Greek	Indonesia	Esperanto	
Laceflower	---	Ammi majus (Bishopsweed)																					
Lady's Bedstraw, pretty muguet, cheese rennet, our lady's bedstraw, maid's hair		Galium verum	Labkraut	Gaillet, Petit muguet	Gaglio																	Cuja leche	
Lady's Mantle	---	Alchemilla vulgaris																					
Lamb's ear	Woolly	Stachys byzantina																					
Lamb's quarters	---	Chenopodium album																					

Lantern	Chinese	Physalis alkekengi																		
Larkspur	---	Consolida orientalis																		
Lavender	English	Lavendula angustifolia	Lavendel	lavand, lavende	lavanda		Lavendel, Spijklavendel	Lavendel		Lavanda			Lavanta	Levendula	Lavendel	Ostukhudus		Tupsupäälaventeli		Lavendo
	French	Lavendula stoechus																		
	Provence	L. x intermedia (Dutch Lavender, Lavandin)																		
	Spanish	L. dentata																		
	Spanish Grey	L. dentata candicans																		
	Spike	L. latifolia																		
	Sweet	L. heterophylla																		
	Woolly	L. lanata																		
Leek	---	A. Ampelopr. Porrum																		
	Lily	Allium Moly																		
	Wild	Allium tricoccum																		
Lemon Balm, sweet balm, melissa	---	Melissa officinalis	Zitronenmelisse, Melisse, Herztrost	citronelle, Baume, Mélisse, Herbe citron	melissa	Balsamita maior, Toronjil		Citronmeliss, Hjärtansfröjd		Melissa limonmaya, Limonnik		Melisa, Ogul otu	Mézfű, Orvosi citromfű, Macskaméz, Melissza, anyaméhfü	Sitronmelisse	Badrangbuye, Farandj moschk		Sitruunamelissa			
Lemon Verbena, lemon-scented verbena		Lippia citriodora	Zitronenstrauch, Zitronenverbene	verveine odorante, lippia, verveine citronelle	cedronella, erba dedrina, erba Luigis, verbena odorosa															
Lemongrass	---	Cymbopogon citratus	Lemongrass, Zitronengras, Citronella	lemongrass, Verveine des Indes	lemon-grass, Cimbopogone	Zacate de limón, Te de limón	Citroengras		Capim-santo, Erva-cidreira					Citromfű, Citronella				Sitruunaruoho		Sereh
Leopard Lily	---	Belamcanda chinensis (She-gan)																		
Lettuce	Wild	Lactuca virosa																		
Licorice	---	Glycyrrhiza glabra	Süssholz	réglisee	liquerizia															
	Chinese	Glycyrrhiza uralensis (Gan-cao)																		

English/Common	Variety	Latin	German	French	Italian	Spanish	Dutch	Swedish	Portuguese	Russian	Arabic	Chinese	Japanese	Turkish
Nasturtium	Climbing	Tropaeolum majus												
	Dwarf	Tropaeolum minus												
	Empress of India	Tropaeolum minus												
Natal Plum	---	Carissa grandiflora												
Nettle	Hemp	Galeopsis tetrahit												
	Stinging	Urtica dioica												
New Jersey Tea	---	Ceanothus americanus (Red Root)												
Nigella, Love-in-a-mist, black cumin	---	Nigella damascena	Schwarzkümmel	nigelle	nigella									
Nutmeg	---	Myristica fragrans	Muskatnuss	noix muscade	noce moscata, macis	Nuez Moscada	Notemuskaat	Muskot	Noz-Moscada	Oryekh Muskatny	Basbasa	Jou-Tou-K'au	Nikuzuku	

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English/Common	Variety	Latin	German	French	Italian	Spanish	Dutch	Swedish	Portuguese	Russian	Arabic	Chinese	Japanese	Turkish
Oak	---	Avena sativa												
	white	Urtica dioica												
Oakmoss	---	Evernia purpuracea												
Olliuqui	---	Rivea corymbosa (Mexican Morning Glory)												
Onion	Egyptian	Allium x proliferum												
	Naples	Allium neapolitanum												
	ornamental, red-violet	Allium carinatum pulchellum												
	Rosy	Allium roseum												
	Welsh	Allium fistulosum (Onion green, bunching onion)												
Orange	---	Citrus aurantium												
Oregano	compact	Origanum vulgare 'Compacta'												
	Cretan	Origanum onites (Pot Marjoram)												
	Cuban	Plectranthus sp.												
	Golden	Origanum vulgare cv.												
	Greek	Origanum spp.												
	Italian	Origanum sp.												
	Kalitera Greek	Origanum sp.												
	Mexican	Lippia graveolens												
	Microphylla	Origanum microphyllum												
	Syrian	Origanum maru												
	Turkestan	Origanum tyttanticum												

English, German Winter	Thymus vulgaris	Thymian	Thym	Timo	Tomilla	Tjm, Keukentijm, Wintertijm	Timjan, Trädgårdstimjan	Tomilho, Timo	Tim'yan, Timjan, Bogoroditskaya trava, Chebrets	Sa' tar, Zeeter	Pa-Li-Hsiang, Ai hao	Jakoso	Esas kekik	Timán, Tónjénfű, Démutka, Kakukkfű, Balzsamfű	Timian, Hagetimian	Awishan shirazi		Tarha-ajuruoho, Timjami		Timiano
French	Thymus vulgaris (summer thyme)																			
Golden Lemon	T x citriodorus 'Aureus'																			
Lavender	T. thracicus																			
Lemon	Thymus x citriodorus																			
Nutmeg	T. praecox articus																			
Oregano	T. sp																			
Silver	Thymus vulgaris 'Argenteus'																			
Silver Needle	T. sp.																			
Wild	T. pulegiodes (mother-of-thyme)																			
Woolly	T. pseudolanuginosus																			
Tobacco	---	Nicotiana tabacum	Taback	nicotiane	tabacco															
Wild	---	Nicotiana rustica																		
Toloache	---	Datura innoxia																		
Tonka Bean	---	Dipteryx odorata	Tonkabohne	Fèves de tonka			Tonkaboon									Tonkabab			Tonkabab	
Toothache Plant	---	Spilanthes acmelia																		
Tormentil	---	Potentilla tormentilla																		
Turmeric	---	Curcuma domestica	Gelbwurz, Kurkuma-Gelbwurzel	curcuma	curcuma	Curcuma	Geelwortel	Gurkmeja	Agafrao-da-India	Zholty I mbir'	Kurkum	Yü-Chin	Ukan	Zerdçal	Kurkuma, Sárga gyömbérgyökér	Gurkemeie		Manjano	Keltajuuri	Kunyt, Daun kunyt (leaves)
Turtlehead		Chelone glabra																		

English/Common	Variety	Latin	German	French	Italian	Spanish	Dutch	Swedish	Portuguese	Russian	Arabic	Chinese	Japanese	Turkish	Hungarian	Norwegian	Farsi	Swahili	Finnish	Greek	Indonesian	Esperanto
Unicorn	False	Chamaelirium luteum																				
Uva Ursi	---	Arctostaphylos uva-ursi (Bearberry)																				

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English/Common	Variety	Latin	German	French	Italian	Spanish	Dutch	Swedish	Portuguese	Russian	Arabic	Chinese	Japanese	Turkish	Hungarian	Norwegian	Farsi	Swahili	Finnish	Greek	Indonesian	Esperanto
Valerian	---	Valeriana officinalis																				
	Red	Centranthus ruber (Japeter's Beard)																				
Vanilla		Vanilla planifolia	Vanille	Vanille	Vaniglia	Vainilla	Vanille	Vanilj	Baunilha	Vanil'	Wanila	Hsiang-Ts'ao	Banira									
Vanilla Grass	---	Anthoxanthum odoratum (Sweet vernal grass)																				
Vap ca	---	Houttuynia cordata																				
Verbena	Anise	Lippia alba																				
	Lemon	Aloysia triphylla																				
Vervain	---	Verbena officinalis																				
	Blue	Verbena hastata Verbena mcdouglii																				

	Red	A. millefolium 'Rubra'			
	Sneezewort	A. ptamica			
	Wooly	A. tomentosa 'Aurea'			
	Yellow	A. filipendulina 'Cloth of Gold'			
Yerba Mate		Ilex paraguariensis	Matebaum	arbre à maté	maté
Yerba Santa		Eriodictyon californicum			
Yucca	---	Yucca glauca			

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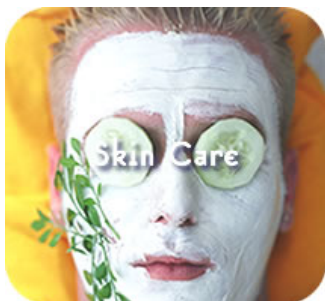
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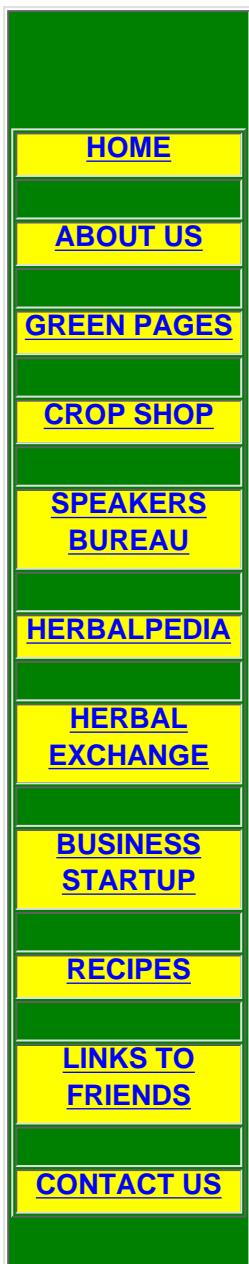
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The recipes cover a wide range: entrees, vegetables, drinks, desserts, breads and a lot more.

Now in case you're not sure here's 3 to tempt you.

ROSE GERANIUM BLACKBERRY LIQUEUR

4 half pints blackberries
1 cup rose geranium leaves
4 cups vodka
1/2 cup white wine
1 cup sugar
1/2 cup water

1. Combine the berries, geranium leaves, vodka, and wine in a large container with a tight-fitting cover.
2. Set the mixture in a cool dark place to season for one month.
3. Open the container and bruise the berries slightly.
4. Cover and allow the mixture to steep for another five days.
5. Next, strain the mixture. Then pour through a filter.
6. Boil the sugar and water together in a saucepan until the sugar is dissolved.
7. Allow mixture to cool and gradually stir into the liqueur. Taste. When the liqueur is to the desired sweetness, bottle and age for approximately 4 to five weeks.
8. Age in a cool dark place. Makes about one to two quarts.

MEXICAN CORN BREAD

1 cup yellow corn meal
1 cup flour
1/4 cup brown sugar
1 tablespoon baking powder
2 teaspoons chili powder
1/2 teaspoons cumin powder
1/4 teaspoon garlic powder
2 teaspoons cilantro, chopped or dried
1/2 teaspoon oregano, chopped or dried
dash cayenne pepper
1/3 cup oil
1 egg

1 cup milk

1. Combine dry ingredients and herbs in bowl and mix well.
 2. Combine oil, egg and milk together. Mix well. Stir into dry ingredients until just blended.
 3. Pour into well buttered 8" square pan.
 4. Bake in hot oven, 400 for 25 minutes or until done.
- Serve warm.
-

CAJUN MINTED CHICKEN WINGS

Tim Kringlie Juban's Restaurant, Baton Rouge

3 pounds chicken wing drumettes
1 can beer
Olive oil
Red & black pepper
Dash Tabasco brand pepper sauce
Pinch cumin

1. Wash and drain fresh chicken drumettes. Place drumettes in bowl. Add beer and marinate for 2 hours.
2. Remove drumettes from marinade and place on baking sheet. Season with olive oil, red and black pepper to taste. Add a dash of Tabasco sauce and a pinch of cumin. Bake in 350 degree oven until tender.

Sauce:

2 cups chicken broth
2 tablespoons tomato paste
1/4 cup water mixed with 1 tablespoon cornstarch

1. Bring chicken broth to boil. Add tomato paste. Thicken with cornstarch and water to make a light smooth sauce. Reserve.

Dish preparation:

3 teaspoons olive oil
1/2 cup onions, thinly sliced
4 ounces tasso, sliced or diced (smoked ham may be substituted)
2 ounces fresh mint
thyme, marjoram, garlic to taste

1. In large heated skillet, add 3 teaspoons olive oil, onions and tasso. Sauté for three minutes.
 2. Add chicken drumettes, sauce and 2 ounces of fresh chopped mint. Simmer for 10 minutes.
 3. Season to taste with fresh thyme, marjoram and garlic. If you prefer a spicy sauce, add more red and black pepper and garnish with sliced jalapenos.
 4. Serve over rice in the Louisiana-style.
- Serves 12.
-



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- "My mother's cat made off with your wrapped toy from under the Christmas tree!"
- "My cats go crazy over your toys--send more!"

Eleanor started making her special catnip toys when she saw that her cat Midnight ignored most store-bought catnip toys but loved the fresh catnip in her herb garden.



Seeing Midnight enjoying her organic catnip toys, Eleanor decided to start making cat toys for catnip-deprived cats everywhere. Midnight has gone to cat heaven, but Friskers (pictured at the top) now gets all the catnip toys she wants to help her stay her "frisky" self!

Contact Eleanor

If you have questions, you can reach Eleanor by calling or writing.

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952-922-7703

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Professional herbalist Loryhl Goodman, proprietor and formulator for Herbs of the World, Inc., has developed an amazing new formula just for horses. It's called "[LIKE BUTTER](#)" and it works like magic on horse's hooves.

WHAT IS IT?

It is a liquid concentrate, all natural, water based product that easily softens the hoof so that trimming this tough material becomes as easy as cutting through butter.

HEALTH BENEFITS

Furthermore, application by spray or soaking to the coronet actually encourages healthy, natural hoof growth. "[LIKE BUTTER](#)" also assist in combating infection, as in the case of nail puncture or thrush and is good for the health of the laminae. Many advocates of the "Barefoot Horse" encourages the use of "[LIKE BUTTER](#)" as a perfect alternative to oil based, chemically laden, often toxic, hoof treatments.

Incidentally, it's also great for the rider's hands.

**We do offer wholesale prices for veterinarians and practitioners.
Please [contact us](#) to be qualified and receive your discount code.**

HOW do I give my horse herbs....

HOW do I find out what herbs can do...

HOW do I get answers to my herbal questions...

At Herbs of the World, we make every effort to provide formulas which give the broadest spectrum of plants and minerals that the grazing animal finds naturally. However, as in the case of seaweed or yucca, even though horses in coastal areas will pick at seaweed washed up on the beach, the horse is less likely to be found grazing on them. However, they are valuable as sources of trace elements and are compatible with the equine diet, therefore, we often use them in our formulas to improve efficiency and effectiveness.

We would like to emphasize that Herbs of the World uses high grade, human quality, 100% pure herb in all our formulas. Herbs that are non-fumigated, have no or low pesticide and as many certified organic as possible are what we use. Our products contain absolutely no fillers whatsoever and no vitamins or minerals other than those found naturally in the living plant which are more compatible and more easily assimilated by the herbivorous equine body.

Herbs of the World is convinced that feeding high quality herbs to a herbivore offers the greatest benefit to the equine athlete. For example, all our rose hips are certified organic and we use a lot. Rose hips are very easy on horses and contain many nutrients they may not otherwise consume such as bioflavonoids and vitamin C. Because there is no synthesizing, rose hips are easier to digest and can be utilized effectively with no side effects.

Some of our formulas are specific for one deficiency or another. We know that the horse requires certain vitamins or minerals to grow and be healthy. Our formulas were originally developed for the competitive horse under heavy stress, or horses injured or ill, under a vet's supervision for those interested in providing natural alternatives or support.

Herbs of the World is committed to educating the horse owner, trainer and breeder on the benefits of natural health and healing. Loryhl Goodman, herbalist and owner, will be lecturing at Can Am Equine Expo in March, 2004.



"War Bars Baby Doll" runs on Herbs of the World herbs and is headed to the National Jr. Finals. Owned by Mindy Stoops.

Herbs of the World, Inc.,
32 Conover St.
Freehold, NJ 07728
732-780-7333
FAX: 732-780-9449
email: Loryhl@aol.com

Web Design and Hosting: [The Herbal Connection](#)



Our website has a new address.

To see all of our latest offerings, please go to www.quickart.com

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Aromatherapy

**Aromatic Plant Essential Oil Programs for
Nursing Homes, Rehab Centers, Hospices and
Developmental Sites.**

**Consultation and Education
Premium Quality 100% Essential Oils
and Selected Herbals**



We can show you how to enhance the effectiveness of your Sensory Stimulation and Quality of Life Programs with our carefully selected Natural Aromatic Plant Essential Oils and Hydrosols. Our goal is to provide an additional tool to assist residents and caretakers to realize a harmonious, balanced experience in a caring environment.

Nursing Homes, Rehab Centers and Developmental Sites that have implemented our Aromatherapy program report great improvement in stress reduction and the emotional well being of residents and caretakers. Our Hospice Essential Oil blends are carefully selected and offer comfort and sustenance for patients and families during stressful times. Caretakers comment that one to one care, using these pleasant aromas has enhanced interpersonal communication and bolstered both self-esteem and dignity.

In service aromatherapy training and workshops for therapists and staff are provided on site. We will also be available for follow up support to insure that your program runs smoothly and is enjoyed by all.

E-mail: silver@miris.com

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Dorothy Biddle Service

WELCOME TO DOROTHY BIDDLE SERVICE ONLINE!

We're a third generation, family-owned wholesale business located in the beautiful Pocono Mountains of Northeastern Pennsylvania. Our product line includes nearly 300 items for flower arranging, garden and houseplant enthusiasts...all pictured and described for you here on our website. *Please choose the link below to the version of our site that applies to you.* Thank you for visiting, and please enjoy your stay!

Home Gardener
&
Floral Enthusiast

WEBSITE

For Consumers

See all our products & find a store near you using our Where To Buy listings.
For folks interested in our items for personal use.

WHOLESALE
Information
& Sales

WEBSITE

For Retailers

View our complete line, request pricing info, find out how to order, terms of sale, get a print catalog...
For folks who want to sell our items in their stores.

IE 4+ | Netscape 6+ | Opera 5+ | 800 x 600 | IFrames | Java



You must have a JavaScript compatible browser to shop our site. If you are using a JavaScript compatible browser, then you must have your JavaScript enabled. You will need to go to your browser's preferences and select to "Enable JavaScript", then simply reload/refresh this frame. This message will not appear when your browser's settings are set correctly. If you need to obtain a JavaScript compatible browser, you can [download one for free](#).



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SIGN ME UP

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using Microsoft Internet Explorer
5.0 or Newer. Click on the link
to Download the latest version.



New Items Feature Page

We have recently added four new specialty cosmetic items to our product inventory. Click on the link below to go to the new items page or click on the links in the right column.

[Click here for all our New Items](#)

Lower Pricing & New Quantities

Many of our best selling items have just been reduced in price and new quantities have been added. Listed below are some of the items that have been reduced.



BDB05
\$9.36/24, \$35.00/100, \$150.00/500



BDB10
\$11.52/24, \$69.81/179



BDB15
\$14.16/24, \$51.00/100, \$225.00/500



BDB30
\$14.16/24, \$42.84/84, \$115.00/250

[3251](#) - [3251C](#) - [3253](#) - [3253C](#)
[3253-SMOOTH](#) - [3253C-SMOOTH](#)

[N3252](#) - [N3252C](#) - [N3256](#) - [N3256C](#)

[N3263](#) - [N3263C](#) - [N3264](#) - [N3264C](#)

[N3270](#) - [N3270C](#)
\$0.36/ea, \$220.00/1000

[3269](#) - [3269C](#) - [3269-EA-P](#) - [3269-P](#)

[3267](#) - [3267C](#) - [3267-EA-P](#) - [3267-P](#)

\$0.40/ea, \$176.00/800

Closeout Items SAVE 50% !!

You no longer need to use a coupon code to save on your purchases. All listed prices on closeout items have already been marked down.

Save 50% across the board on all closeout items. Follow the links below to place your order. Limited availability! **All closeouts are subject to availability (first come first serve).**

[Click here to view all Closeout Items](#)

NEW Items!



SB-8ML-NAT
8ml Polypropylene (PP) natural
spray mister



RB-PL-10ML
10ml clear SAN roll-on
bottle w/natural cap



JPS-20ML-S
20ml Polystyrene
Clear Sifter Jar
comes with sifter and
clear cap.



JPS-38-SIFTER
38mm Polypropylene (PP) sifter
insert

Product Gallery

See how our packaging, containers and
closures can be used with your products.

NEW

20% Discount

Save 20% when you buy 144 or more of the
following items:



RB-PL-10ML
10ml clear SAN roll-on bottle
w/natural cap



ADB-BLACK-CAPS
Euro-Dropper Caps



ADB-WHITE-CAPS
Euro-Dropper Caps

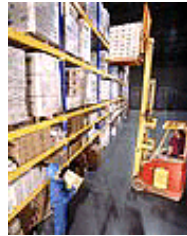
Useful Links

[Cap Guide & Conversion Tables](#)

Because our caps, sprayers, pumps, etc. are sold separately from our bottles and jars, be sure to visit our help page before you complete your purchase.

[Need Help With Terminology?](#)

Have questions regarding words used to describe our bottles and jars? Be sure to use our glossary page and find the answers you need.



Volume Discounts

If you are ordering **5 cases or more**, be sure to request a quote for volume discounts. Please call, fax or [click here](#) to request a quote online.

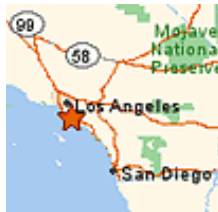
Will Call

Are you located in the Southern California area? Call, fax or order online (be sure to check will-call on your order) 24 hours prior to pick-up. A minimum order of \$50.00 is required for all will-call purchases. Our will-call hours are 9am to 4pm (PST). No exceptions.

We Specialize In . . .

- A complete online catalog of Bottles, Jars and Vials
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- Emerald green plastic bottles and plastic jars.*
- Perfume glass bottles and glass vials.
- Corked glass bottles, glass jars.
- Glass dropper bottles.
- Personal care plastic bottles, plastic jars.
- Specialized glass bottles for essential oils and aromatherapy applications.
- Candle jars and gourmet food bottles and jars.
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- Small sample bottles and jars in plastic.
- Herbal bottles and herbal jars.
- Soap bottles in glass and plastic.

*no longer carry green glass bottles



Location

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[Click here for a map](#)



Note: Prices and product availability are subject to change without notice.

HOURS

7:30am to 4:00pm (PST).

Will call hours:

9:00am to 3:30pm (PST)

Have Questions?



Still have questions? Feel free to call one of our friendly sales representatives Monday-Friday 7:30am-4pm (PST) - (562) 997-9777.

Feedback

We'd love to know what you think of our newly re-designed website. Please [e-mail us](#) and let us know how we are doing.



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Please Remember When Ordering

We require a **minimum order of 6 Plants.**

Choose the correct shipping amount determined by your location.

West of the Mississippi is \$11.00 to \$15.00, for 6 to 12 plants.

East of the Mississippi is \$15.00 to \$18.00, for 6 to 12 plants.

When the shipping charges exceed \$35.00 for large orders, we will split the difference with you.

PHONE: 503.824.4721

FAX: 503.824.7021

~~~~~  
**HARDINESS ZONES**

**ZONE** Average Minimum Temperature (°F)

1 ----- BELOW -50°

2 ----- Minus 50° to Minus 40°

3 ----- Minus 40° to Minus 30°

4 ----- Minus 30° to - 20°

5 ----- Minus 20° to Minus 10°

6 ----- Minus 10° to 0°

7 ----- 0° to Plus 10°

8 ----- Plus 10° to Plus 20°

- : Main Shop

9 ----- Plus 20° to Plus 30°

10 ---- Plus 30° to Plus 45°

[michelle@crimson-sage.com](mailto:michelle@crimson-sage.com)



# Medicinal Herb Plants - Online Herbs Catalog

## Chinese, Ayurvedic & Native American Medicinal Herbs

## Traditional Medicinal Plants and Healing Herbs

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### Medicinal Herb Plants

The Traditional Healing Plants

New Selections for the Home Gardener

Plan now for your Spring Healing Garden.

Inside you will find lots of new Chinese, Ayurvedic and Native American Herbs.

Welcome to the 2004 Catalog, our 10th edition, your complete source for growing Medicinal Herbs.

**New Selections for 2004**

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We are introducing many exciting new plants this year and have put together some plant sets that will be sold at a discount.

We hope you will take the time to peruse our new 2004 offerings and plan now for your Spring Healing Garden.

**Click on item to order.**

- [Bai Zhi \(Angelica dahurica\)](#)
- [Butterbur \(Petasites hybridus\)](#)
- [Dandelion French \(Taraxacum officinale sativum\)](#)
- [Lavender Seal \(Lavender x intermedia cv.Seal\)](#)
- [Lavender Fred Boutin](#)

[\(Lavendula x intermedia cv.Fred Boutin\)](#)

- [Lemon Balm \(Melissa officinalis\)](#)
- [Licorice \(Glycyrrhiza glabra\)](#)
- [Passion Flower \(Passiflora incarnata\)](#)
- [Plantain Chinese \(Plantago asiatica\)](#)
- [Rehmannia - Chinese Foxglove \(Rehmannia glutinosa\)](#)
- [Rue \(Ruta graveolens\)](#)
- [Silk Mullen \(Verbascum bombyciferum\)](#)
- [Tuberous Comfrey \(Symphytum tuberosum\)](#)
- [Vietnamese Coriander \(Polygonum odoratum\)](#)
- [Wormwood \(Artemesia absinthium\)](#)



### A NOTE ABOUT SHIPPING

**Please remember the minimum order is 6 plants, in any combination.**

**We will continue to ship PRIORITY MAIL unless you request otherwise.**

**PRIORITY MAIL is the least expensive method for shipping plants.**

**Plants sold in sets, are at a discount. Please, no substitutions.**

**E-mail us for more information:**

**[Michelle](#)**

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If you would like us to add you to our mailing list to be notified by e-mail of our '**SPECIALS**' and **NEW** items, please fill out our form below.

If you would like to be added to our **Printed Catalog** mailing list, add your postal information.

Please REMEMBER to enter your **State & Zipcode**.

If you should want to **opt out** of our mailing list, please send us an e-mail asking us to REMOVE you and your name will be sent directly to our compost bin.

Your information will be kept strictly confidential.

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Your **MAILING ADDRESS**

(if requesting a catalog, fill in all boxes. we need you zipcode, etc):

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## Medicinal Herb Plants - Online Herbs Catalog

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#### Garlic (*Allium sativum*) 2004 Herb of the Year

Garlic's common name describes its leaves and use, from the Anglo-Saxon gar (lance and leac - leek or pot herb). Garlic stimulates metabolism and is used for both chronic and acute diseases. Garlic has both tonic and alternative properties. Garlic counteracts lower back pain, joint pain, arthritis and rheumatism. It treats weak digestion,



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genitor-urinary diseases, lung and bronchial infections and mucous conditions. Garlic lowers LDL cholesterol (bad) while increasing HDL (Good) cholesterol. Garlic also helps normalize systolic blood pressure levels and can sustain them for up to 24 hours. Many cultures turn to garlic to control mild diabetes. The “natural killer” cells of the immune system are dramatically activated by garlic. The fresher the garlic the better it works. Garlic oil capsules work better than dried garlic powder.

When garlic is cut or crushed a sulphur-containing compound called alliin comes into contact with an enzyme called alliinase. Alliinase breaks down alliin to allicin a sulfinic acid that’s responsible for garlic’s pungent odor. Allicin is considered to be one of the most important biologically active compounds in raw garlic. It’s believed to be the source of garlic’s antibacterial, antifungal, anti-inflammatory and antiviral activities. As allicin sits it changes into other chemical compounds but mostly diallyl disulphide, which is attributed to lowering cholesterol. Allicin is available when garlic is raw. Cooking or heating garlic destroys alliinase, the compound necessary to convert alliin to allicin, so fresh is best.

**Culture:**

Garlic thrives in rich well-drained composted soil. It adapts to most climates and is bothered by few pests. In the northwest garlic is best planted in October so it has time to establish a good root system before the cold damp weather sets in. When spring growth begins keep soil moist and fertilize with high nitrogen fertilizer applied every couple weeks until the bulbs form.

Decrease water as harvest time approaches. Remember that garlic inter-planted with other crops will also help repel insect pests. Plant garlic mid August to Sept in colder climates.

**REFERENCES:**

[Herbalpedia™ - 2004 Herb Growing and Marketing Network](#)

The Goodness of Garlic by Susan Belsinger



## **GARLIC RESOURCES**

Territorial Seed Company ([www.territorialseed.com](http://www.territorialseed.com))

Nichols Garden Nursery  
([www.nicholsgardennursery.com](http://www.nicholsgardennursery.com))

Richters - Canada ([www.richters.com](http://www.richters.com))

**E-mail us for more information:**

[Michelle](mailto:Michelle@crimson-sage.com)

**Grow your own Medicinal Herbs Garden!!!**

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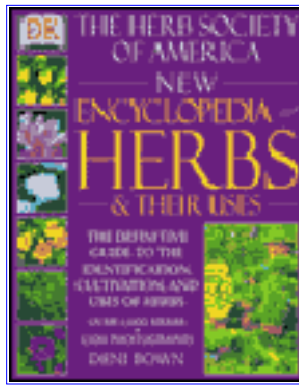
**Medicinal Herbs Books**

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### [Encyclopedia of Herbs and Their Uses](#)

By Deni Brown.

1,500 full colored photographs are combined with descriptions of 1,000 species, varieties, hybrids and cultivars.

Hardcover. 424 pages.

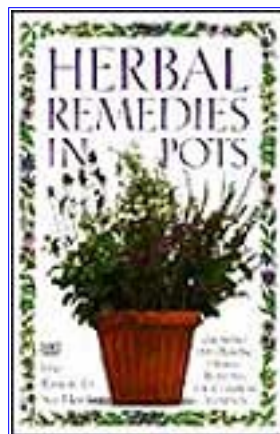


### [Eyewitness Handbook Of Herbs](#)

By Lesley Bremness.

An identification guide to over 700 herbs including many oriental varieties.

Paperback. 304 pages.



## [Herbal Remedies In Pots](#)

By Effie Romain & Sue Hawkey.

Each of the 30 designs include three to five herbs selected for their ability to treat a particular common condition, including sore throats, headaches, hangovers and more. Step by step color photographs show how to make herbal preparations such as infusions, decoctions, ointments and creams.

Hardcover. 96 pages.

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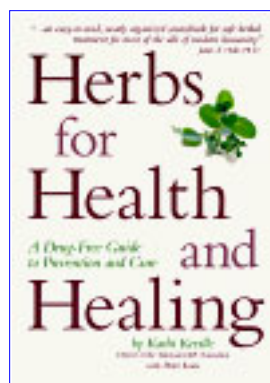


## [Childbearing Year](#)

Susun S. Weed

A confirmed favorite with pregnant women, midwives, childbirth educators, and new parents.

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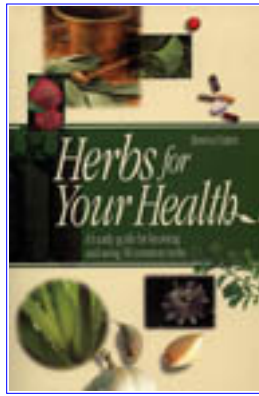
## [Herbs for Health and Healing](#)

By Kathi Keville.

A drug free guide to prevention and cure. From one of the nations top practicing herbalists. A guide to using nature's pharmacy safely and effectively. Includes separate sections on healing herbs for men, women and children. Herbal formulas for beautiful skin and hair and hints and tips for incorporating healing herbs into daily meals.

Hardcover. 384 pages.

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[Herbs For Your Health](#)

By Steven Foster.

A handy guide for knowing and using 50 common herbs. A quick reference guide to 50 medicinal doses and cautions, plus a therapeutic cross reference guide.

Paperback. 144 pages.

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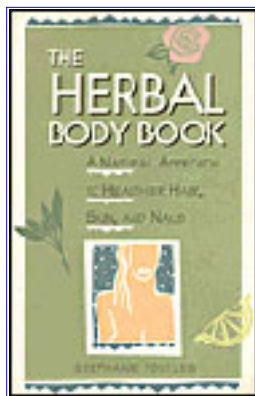


[Healing Wise .... The Wise Woman Way](#)

Susun S. Weed

Healing Wise sets forth the foundations of the Wise Woman Tradition, contrasting them with the Heroic and Scientific views of healing.

---



### [The Herbal Body Book](#)

By Stephanie Tourles.

A natural approach to healthier hair, skin and nails. How to transform common herbs, and fruits and grains into safe, economical and natural personal care items. Contains more than 100 recipes to make facial scrubs, hair rinses, shampoos, soaps, cleaning lotions, toothpaste, insect repellents and more. Each recipe includes prep time, yield, storage and usage tips.

Paperback. 128 pages.

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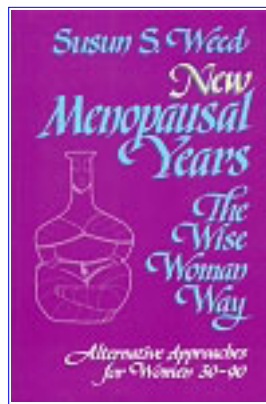
### [Scented Geraniums](#)

By Jim Becker & Faye Brawner.

Knowing, Growing and Enjoying Scented Pelargonium. Easy to follow instructions for growing these olfactory delights both indoors and out.

Paperback. 96 pages.

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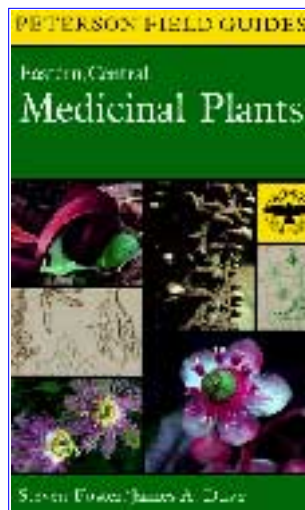


[Menopausal Years ... The Wise Woman Way](#)

Susun S. Weed

NEW Menopausal Years the Wise Woman Way: Alternative Approaches for Women 30 - 90

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[Medicinal Plants of the Eastern and Central U.S.](#)

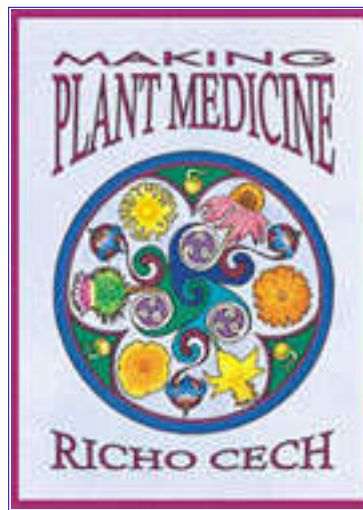
By Steven Foster and Jim Duke.

A typical Peterson Field Guide including both line drawings and color photographs.

Paperback. 368 pages.

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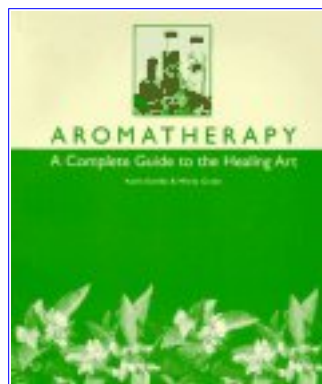
### [Making Plant Medicine](#)

By Richo Cech.

An excellent book. 11 chapters on medicine making techniques. I can't say enough about this book. I loved it. If you grow a medicinal garden and you plan to use what you grow.

This book is a must.

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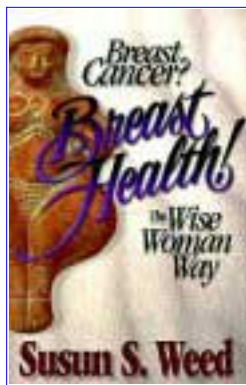
### [Aromatherapy : A Complete Guide to the Healing Art](#)

By Kathy Keville and Mindy Green.

Kathy Keville is the Director of the American Herb Association. The Common-Scents Guide To Improving Your Health & Well-Being. Very well written and easy to follow recipes.

This is probably the most useful guide ever written on aromatherapy

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[Breast Health! The Wise Woman Way](#)

Susun S. Weed

Breast Cancer? Breast Health! is for every woman interested in taking breast health into her own hands.

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[The Green Pharmacy Herbal Handbook](#)

By James Duke, PHD.

An authoritative and readable guide to the world of herbal healing.

You cannot live without this one.

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**E-mail us for more information:**

[Michelle](#)

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## Now That You Have Bought Your Plants What Will You Do With Them?

I receive a lot of requests for recipes and informational handouts for specific cultural information on herb plants that I cannot possibly answer due to the various growing climates and conditions. I am not a very well traveled horticulturist, so in many instances I must research your area before I can answer. To solve this I have come up with an inexpensive little tool that I have found to be invaluable. It is called [HERBALPEDIA™](#).

Herbalpedia is the brainchild of the Herb Growing and Marketing Network. Herbalpedia™ gives you as many ways to use the plants as possible and includes many recipes. Their aim is to increase your knowledge and awareness of our green relations as well as your culinary and healing skills. There are over 3,400 pages of information, indexed by both Latin and English common names. It is available on CD and is viewable with Adobe Acrobat Reader™(PDF) and has over 1,250 monographs of various botanicals with color photos. Herbalpedia™ researches the most up to date information, as well as folklore. This CD can be read by any computer with Acrobat Reader™ installed. Adobe Acrobat Reader™ is available as a free download at [ADOBE READER™](#). You will be able to print specific profiles you want to hard copy.

Maureen Rogers upgrades Herbalpedia™ with new plants, new information and new profiles every year. Rumor has it that if you cannot find any information on a particular plant, she will add it to her list. Maureen is relentless in ferreting out information. Each year you may upgrade your Herbalpedia™ for half price by sending in the cover insert.

Click [HERE to purchase your copy of HERBALPEDIA™](#) at Herbnet™. The cost is only \$48.00.

To order by mail:

Maureen Rogers  
PO Box 245  
Silver Springs, PA 17575-0245

Phone Orders:  
717-393-3295

**Crimson Sage Nursery has signed the Safe Seed Pledge.**

The Safe Seed Pledge:

"Agriculture and seeds provide the basis upon which our lives depend. We must protect this foundation as a safe and genetically stable source for future generations. For the benefit of all farmers, gardeners and consumers who want an alternative,

we pledge that we do not knowingly buy or sell genetically engineered seeds or plants.

The mechanical transfer of genetic material outside of natural reproductive methods and between genera, families or kingdoms, poses great biological risks as well as economic, political, and cultural threats. We feel that genetically engineered varieties have been insufficiently tested prior to public release. More research and testing is necessary to further assess the potential risks of genetically engineered seeds. Further, we wish to support agricultural progress that leads to healthier soils, genetically diverse agricultural ecosystems and ultimately healthy people and communities."

**THE SAFE SEED INITIATIVE**

**[The Council for Responsible Genetics](#)**

**Cambridge, Massachusetts**

**Do Discounted Plants Sets count as one plant or six?**

Each Discounted Plant Set counts as the required 6 plant minimum, as there are 6 plants in each set.

Have a Great Growing Season and don't hesitate to e-mail us

with tales of glory or woe. We respond to both.

*Steve, Michelle and Jo-Elizabeth DeFord*

**E-Mail Us For More Information:**

[Michelle](#)

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# Medicinal Herb Plants - Online Herbs Catalog

## Chinese, Ayurvedic & Native American Medicinal Herbs

## Traditional Medicinal Plants and Healing Herbs

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**Joie Applying TLC**



**Michelle Watering**



**Michelle At Break Of Dawn**





**Steve Watering**



**One Cold Winter's Morn**



**Michelle**



**Balsam**



**Delivery Day**



**Eddie Dog - Pest Control**



**And .... Okeee**

**E-mail us for more information:**

**[Michelle](#)**

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## Traditional Medicinal Plants and Healing Herbs

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### CRIMSON SAGE NURSERY LINKS

Many Related And Informational Efforts.

### CRIMSON SAGE NURSERY QUESTIONS?

Send Us Your Question ....  
We Would Be Delighted To Help!

### CRIMSON SAGE NURSERY

E-mail: [Michelle](#)  
PO Box 337  
Colton, OR 97017  
Phone: 503 824 4721  
Fax: 503 824 7021



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[The Herb Research Foundation is the world's first and foremost source of accurate, science-based information on the health benefits and safety of herbs including a specialty research library containing more than 300,000 scientific articles on thousands of herbs.](#)

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[Our mission is to protect native medicinal plants of the United States and Canada and their native habitat while ensuring an abundant renewable supply of medicinal plants for generations to come.](#)

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[If you want to learn about the American Botanical Council, you've come to the right place. You can find out all about how we got started and progressed over the years by reading \[Our Story\]\(#\).](#)

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*You Can Find A Cure!*



[You can find a cure! If you have cancer, AIDS, diabetes, heart disease, multiple sclerosis, arthritis, lupus, parasitic infection or any of the other deadly, chronic or "incurable" diseases of our time, don't give up hope. Through the stories of people who have cured themselves, learn the step-by-step process of returning to full health.](#)

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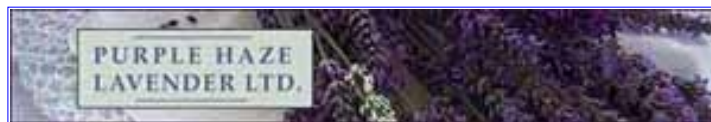
[Come and visit our garden, relax while the doves call.](#)



[!\[\]\(5eb1325dfdc3f1cad8426726c0db51cd\_img.jpg\) Barn Owl Nursery is a home-based business specializing in herbs.](#)



[!\[\]\(d3fb9f94af8b26d1c844efa9a98805b0\_img.jpg\) Herb Net is the most comprehensive site on the Web for those seeking information on herbs, herb products, remedies and herb publications . . . in fact everything herbal can be found here!](#)



[!\[\]\(5a132f13505a6571904d622757b7a8f0\_img.jpg\) "Greetings From the Crew that \*KISSES\* The Sky Each Day."](#)



[!\[\]\(e1d6102fe77919492c04879c8450f1f5\_img.jpg\) Crimson Sage Nursery's favorite place to 'get away' ....](#)



[!\[\]\(d5d7044e5caf6907399af2dced8d6ff8\_img.jpg\) "Whether you're a beginner looking to outsmart weeds organically or you're an advanced indoor gardener thinking about boosting your plant growth with CO2, there's something for everyone in our "Tips & Tricks"](#)

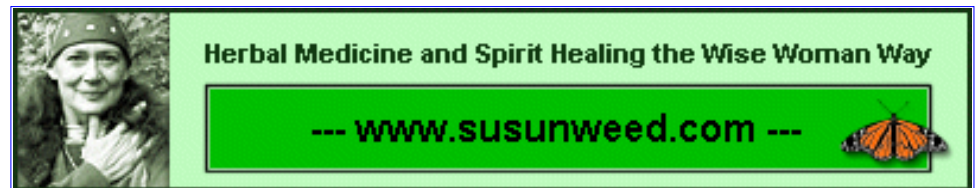
[section.."](#)

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[If you want something done right, you have to do it yourself. This especially includes your health care.](#)

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[Susun Weed, green witch and wise woman, is an extraordinary teacher with a joyous spirit, a powerful presence, and an encyclopedic knowledge of herbs and health. She is the voice of the Wise Woman Way, where common weeds, simple ceremony, and compassionate listening support and nourish health/wholeness/holiness. She has opened hearts to the magic and medicine of the green nations for three decades.](#)

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[Dr. Duke's Phytochemical and Ethnobotanical Databases.](#)

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[We Should Be Careful About What Our Bodies Take In Through Our Skin. Magnolia Hill Soaps Are Handcrafted Natural Soaps With Herbs.](#)

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[Health Catalog offers a full line of nutritional supplements including vitamins, minerals, herbs, antioxidants, weight loss and detox supplements, along with in-depth information about them, and the health symptoms they remedy.](#)

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[Publisher of The Herb Companion and Herbs for Health magazines.](#)

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[The American Herb Association promotes the understanding and ecological use of medicinal herbs and aromatherapy. Membership is open to anyone interested in herbalism and includes a 20-page quarterly newsletter written by well-known, professional herbalists.](#)

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[The Australasian College has been providing excellence in natural health education worldwide since 1978.](#)

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**Our aim is to support other like-minded businesses through networking and encouragement.**

**Here are a few more of our friends:**

[All Goode Gifts ....](#)

**Goode Gifts is a small business providing natural personal care items and medicinal teas of the highest and purest quality available.**

[Alloway Creek Gardens ....](#)



**Alloway Creek Gardens is located on a pre-Civil War homestead just southeast of Gettysburg, PA. The Farm features a large selection of herbs, perennials, and native plants, plus display gardens, an authentic log-house gift shop and a variety of special lectures, activities and workshops.**

**[Aroma Jade ....](#)**

**Synergistic fragrance blends and soaps**

**[Buy Herbs Direct ....](#)**

**Herbal formulations created by Dr. Tieraona Lowdog**

**[Cariboo Ginseng ....](#)**

**We produce quality herbal extracts, Ginkgo, culinary and medicinal herbs, seabuckthorn, dried beans, and echinacea honey.**

**[Cedar Knoll Farm ....](#)**

**Our main focus will be on the chemical free commercial growing of medicinal herbs, culinary herbs, heirloom tomatoes and peppers.**

**[Church Hill Herbs....](#)**

**Herb and gift shop in Richmond, VA.**

**[Connecticut Institute for Herbal Studies ....](#)**

**Herb school with an emphasis on Traditional Chinese Medicine**

**[Cramers' Posie Patch ....](#)**

**Wholesale dried herbs and flowers and US distributor for Haygrove High Tunnels**

**[EarthBlessings ....](#)**

**Herbal practitioner and apothecary.**

**[Eleanor's Herbs ....](#)**

**Herbal cookbook and lecturer.**

**[The Essential Herbal ....](#)**

**A newsletter, by, for, and about Herbie people and the thing they love most ... herbs!**

**[Green Earth Farm ....](#)**

**A woman owned, Colorado Certified Organic farm producing a wide variety of medicinal and culinary herbs, herbal tinctures, natural body care products such as our Calendula Crème and Lip Balm, grains such as our quinoa and rye, gourmet potatoes, and vegetables.**

[Greens Things ....](#)

A unique herb and garden shop in Vero Beach, FL.

[The Herb and Spice Farm on San Juan Island ....](#)

The Herb and Spice Farm on San Juan Island is a small organic herb farm in the business of selling more than 50 herb-related products.

[Herb N Ewe ....](#)

Herb N' Ewe is a twelve acre herb farm with a retail gift shop, plant sales nursery, terraced display gardens, restaurant and a classroom/studio/workshop. Included in our facility is herbal factories, producing garden markers, scented botanical candles, herbal soaps and sweet delectable herbal jellies.

[Herbal Therapeutics ....](#)

A personal website of herbalist David Winston with calendar, publications and herbal information.

[Herbalist and Alchemist ....](#)

Herbal formulations developed by herbalist David Winston

[HerbNET ....](#)

The most comprehensive site on the net for all things herbal.

[Herbs of the World ....](#)

Herbs for horses and other pets.

[HerbWorld ....](#)

Site of the Herb Growing Marketing Network

[Historic Sumpter, Oregon ....](#)

Crimson Sage Owner's Steve & Michelle DeFord's favorite place to go

[Honeybee Gardens ....](#)

All natural hair, face and skin care, along with natural cosmetics

[Iris Herbal...](#)

We are a small company dedicated to personalized service, high quality ingredients and ecologically appropriate packaging. We specialize in using fresh organically grown or wildcrafted herbs in our aromatherapy products and herbal tinctures.

[LaPaix Herb Farm ....](#)

Organic, sustainable herb farm in the heart of West Virginia with classes, herbal products and an essential oil distillery

[Lavender Way ....](#)

Natural, herbal dream pillows

[Little Farm Herb Shop ....](#)

Herb shop in Allen, MI. A village of antique shops.

[Maggie's Herb Basket ....](#)

Herb, garden and gift shop in Lancaster County, PA.

[Visit Native Remedies ....](#)

For the highest quality natural remedies professionally formulated in therapeutic dosages by a leading clinical psychologist.

[Men's Health ....](#)

#1 in Men's Health and Nutritional Issues - nutritional focus on men's top health issues including heart disease, cholesterol, prostate, sexual dysfunction, weight loss, arthritis, anti-aging, liver, vision.

[The Natural Approach ....](#)

We, at the Natural Approach Distribution Centre, located in Minerva, Ohio serve you by offering the highest quality botanical remedies and essences.

[Pacific Rim Ginseng ....](#)

Our ginseng is known for excellent flavor and aroma, high ginsenoside content, and large well-shaped roots. We are dedicated to providing world class ginseng to an ever-growing and demanding world market.

[Sage Barn ....](#)

The Sage Barn is a small herb nursery and gift shop located in NW Vanderburgh County, in South Western Indiana, set upon one of the hills that run along the ridge of the Ohio River Valley.

[Sage Mountain Herb Products ....](#)

[Herbal formulations created by Rosemary Gladstar.](#)

[Sexual Health ....](#)

Sexual health with LoveRX - Sexual health with exclusive blend of ArginMax and natural aphrodisiacs to restore and enhance intimacy. /h5>

[Stone Cottage Soap ....](#)

Indulge yourself with fine, handcrafted goat's milk soaps made with the finest, all natural ingredients.

[Village Herb Shop ....](#)

A charming herb shop in the heart of Lancaster County, PA.

### [Walking Clover Farm ....](#)

A small, natural grown herb and gourmet garlic farm in Central New York. We offer a custom milling and tea bagging service with no minimum batch size.

### [Weight Loss ....](#)

#1 total weight loss program - Scientific weight loss program achieves weight control naturally by eliminating fat from diet sources and body reserves.

### [Women's Health ....](#)

#1 in Women's Health - Nutritional Issues - Comprehensive nutritional focus on women's health issues including alzheimer's, sexual health, fibromyalgia, menopause, weight loss and many others.

### [Awakening Spirit, Inc. - Aromatherapy ....](#)

The finest in personal care and aromatherapy products. Send your tired body on an exotic vacation, your stressed mind to Nirvana and let your awakened spirit soar with our custom blended all natural personal care products. Refresh and relax, or stimulate and invigorate. It's your choice with Awakening Spirit's full line of therapeutic and essential oils.



E-mail us for more information:

[Michelle](#)

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**LATEST CAMPAIGN FLYER [DOWNLOAD NOW!](#) ANH HAS SECURED A REFERENCE TO THE EUROPEAN COURT OF JUSTICE challenging the **Food Supplements Directive**. See [latest news](#) and [download our flyer](#) (PDF, 101 kbs), **print it and distribute it** as widely as you can.**

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### [Researchers recommend multivitamins](#)

>>

Two new studies relate osteoporosis to high homocysteine levels, known to be a major risk factor for heart disease; leafy greens and multi-vitamins are recommended by researchers.

*Added: 13-May-04*

### [Medical Journals not trustworthy >>](#)

Shannon Brownlee analyses why leading medical journals cannot be trusted due to contributor bias.

*Added: 13-May-04*

### [ANH RELEASE: Legal update April 2004 >>](#)

Read on for a summary by ANH Legal Director of the ANH legal challenge to the EU Food Supplements Directive

*Added: 30-Apr-04*

[...more news >>](#)



### [ANH presents at Barcelona Biocultura Fair >>](#)

1st May 2004, Barcelona, Spain.

*Date: 01-May-04*

### [Natural Products Europe, Olympia, London >>](#)

The biggest natural products trade show in the UK. ANH will present in the Keynote Theatre at 1.30 pm on Monday 5 April.

*Date: 04-Apr-04*

### [Vitality Show, Olympia, London >>](#)

The biggest mind, body, spirit show in the UK. Be there. See ANH at Stand V66.

*Date: 26-Mar-04*

[...more events >>](#)

**Demonstrate your concerns about proposed EU restrictions on your health freedom by signing up as a [Member](#) of the Alliance for Natural Health. Better still, donate what you able to, and become a [Partner](#). Together, we can help secure the future of natural healthcare.**

### **Nutrition and Health Claims Regulations [delayed!](#)**

**ANH wins first stage of EU Food Supplement Directive [legal challenge!](#)**

**Thank you to all those consumers, practitioners, retailers and manufacturers who have donated to ANH and helped us to be successful at the first stage of this critical legal challenge against the EU Food Supplements Directive. Your ongoing help is now urgently required to enable us to fight this case in the all important second stage, in the European Court of Justice in Luxembourg. The decision will affect millions of people's health and livelihoods, as well as their freedom of choice. We must win - the outcome will have a major influence on future EU Directives - [please contribute](#) whatever you able now. Thank you.**

**The Alliance for Natural Health (ANH) is a pan-European and international organisation that is working cooperatively to positively shape legislation to allow the practice and development of natural healthcare approaches.**

**The ANH has come together with big and small innovative practitioner suppliers and other innovative supplement manufacturers and retailers across Europe to challenge the Food Supplements Directive.**

**This Directive threatens to remove from the market more than 5000 food supplements currently on the UK, Swedish, Irish and Dutch markets that contain vitamin and mineral forms that would otherwise be disallowed under the new legislation. This Directive is also very likely to be the template used by Codex Alimentarius in the development of global standards for food supplements.**

**[Nutri-Link](#) (Mike Ash, Director), distributors of Allergy Research and Biotics Research products to practitioners in the UK are co-claimants with ANH in the legal challenge.**

**Other UK companies that have worked closely with the ANH on the case include [Nutri](#) (Ken Eddie, Director) and [Olivers' Wholefood Store](#) (Sara Novakovic, Director).**

**Dr Damian Downing ([Biolab Medical Unit](#), London and York) has presented a witness statement on behalf of practitioners and includes a strong scientific**

argument against the directive.

Major companies like [Hela Pharma](#) and [Alpha Plus](#) in Sweden, wholesalers and retailers in Ireland and Italy are also involved and have, along with all the companies associated with the case, provided detailed data which demonstrates the economic impact of the directive if it is allowed to come in to force.

The Food Supplements Directive has a further two phases to it – all of which might also need to be challenged. ‘Phase 1’ is our immediate concern and is the restriction on vitamins and minerals that is proposed to come in to force on 1 August 2005. This is the key target of ANH’s legal challenge – and it is the only aspect that can currently be challenged as it is the only part of the directive that has already been passed in to EU and UK law. But this is the thin end of the wedge.

‘Phase 2’ are proposed restrictions on dosages which are likely to be brought in 2005/6. Proposed ‘Phase 3’ is hugely worrying: restrictions on other groups of nutrients such as amino acids, essential fatty acids, phytonutrients, fibre, etc.

The European Commission proposes to limit these also by positive lists – can you imagine how many phytonutrients, enzymes or probiotics might be left off such positive lists?

Coming through the pipeline are no less than five or six other directives that will impact the natural healthcare sector: most imminent is the Pharmaceuticals Directive (Directive 2001/83/EC) that is at a critical stage – ANH is deeply involved with some very important work on this that urgently needs your support.

Please refer to the ANH News item on 18 December 2003: [Will supplements be classified as medicines in Europe?](#)

However, the Pharmaceuticals Directive is closely followed by the Traditional Herbal Medicinal Products Directive, Health Claims Regulations, Sports Nutrition Directive and Fortified Foods Directive – all of which will impact the natural healthcare sector in one way or another.

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Only with your support and donations will we be able to be successful in what even top [US attorneys are now saying is probably the world's most important action to protect health freedom](#).

Please explore our site to discover more about the issue - and [join the ANH now](#) to protect your freedom of choice!

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The ANH was established in February 2002 in order to represent a sector of the industry and its beneficiaries that had not at that time been sufficiently represented by the major industry associations. The stimulus for its establishment was the likely passage of the Food Supplements Directive which was considered to have a particularly severe impact on the innovative sector of the industry.

The principle aim of ANH is to work cooperatively across the EU and internationally to positively shape legislation affecting particularly EU member countries in order to ensure continued access to popular, safe and effective food supplements and herbal products.

ANH represents especially innovative food supplement manufacturers, formulators, suppliers and distributors, complementary practitioners, consumers and specialist retailers and its strongest support in the EU comes from the UK, Sweden, Ireland, Netherlands, Germany and France.

The ANH also has strong support in other parts of the world, including the USA, Australia and New Zealand.

Given the prevalence of micronutrient deficiencies in our populations, the decreasing quality of the average diet and increased exposure to toxins, nutritional approaches to health care are considered of paramount importance. The availability of leading-edge, practitioner-type food supplements (often based on food-state nutrients), is considered an essential component to such nutritionally-based health care given the difficulty of obtaining adequate quantities of all required nutrients in the diet.

There is a growing and substantial body of evidence, which demonstrates that good nutrition, including supplementation, can help maintain optimum health and reduce the incidence of a range of common diseases including cardiovascular disease, cancer, diabetes and osteoporosis.

[Consumers](#) | [Practitioners](#) | [Companies](#)

→ What's hot

→ Key downloads

Please download ANH appeal dated April 2004 from the *Key Downloads* area on homepage and help companies to contribute to the next phase of our legal action. Help them to help you by helping us - ANH is working to protect the future of natural healthcare.

**Another EU Commission proposal - the [Nutrition and Health Claims Regulations](#) - that could potentially have devastating effects on the ability to educate consumers and patients on the value of food supplements - has 'bitten the dust' and been forced back to the drawing board. Click [here](#) to find out more.**

British actresses Dame Judi Dench and Dame Joan Plowright (Lady Olivier) throw their support towards the Alliance for Natural Health campaign, joining other high profile women such as Bianca Jagger.

[Click here](#) to read why US companies and consumers need to support the ANH lawsuit NOW!

 [Word doc](#), 104kb.

The legal challenge against the Food Supplements Directive is likely to run over two years and is of paramount importance to innovative companies, practitioners and consumers. Please visit the [Campaign](#) and [Consumers](#) areas to see how you can get involved in the ANH campaign. Forward any queries to [info@alliance-natural-health.org](mailto:info@alliance-natural-health.org) or telephone +44 (0)1252 371275. Be part of a pan-European and international movement to protect the future of natural healthcare!

- **UK Parliament Briefing Document** July 2003 >> [download here](#) (PDF, 500.61 kbs)
- **Summary of key ANH achievements** July 2003 >> [download here](#) (DOC, 127.50 kbs)
- **Practitioners' Briefing Note** April 2003 >> [download here](#) (PDF, 60.20 kbs)
- **Healing: an illegal practice** Read extracts from French author Sylvie Simon's new book "Healing: an illegal practice", an eloquent illustration that highlights the need for countries all over the world to take a stand against a system controlled by medical and economic authority. October 2003 >> [download here](#) (PDF, 158.89 kbs)
- **German language ANH flyer** Please distribute among German speaking contacts! >> [download here](#) (PDF, 30.48 kbs)
- **ANH flyer March-April 2004** Please download ANH's latest flyer, which can be printed for distribution from Microsoft Word >> [download here](#) (DOC, 98.50 kbs)
- **ANH appeal flyer - April 2004** Please download this flyer and circulate widely. ANH needs critical funding to continue the next phase of its legal challenge to the EU Food Supplements Directive. >> [download here](#) (DOC, 141.50 kbs)
- **Legal Executive Summary, April 2004** Find out the latest on the ANH legal action against the Food Supplements Directive direct from the ANH Legal Director >> [download here](#) (PDF, 148.31 kbs)

[...more documents >>](#)

The Swedish language version of our

website is now active - click 'Svensk' on the homepage! Work is continuing on the development of the French, Spanish and German language versions of the ANH website.

*Working cooperatively to allow access to popular, safe and effective dietary supplements throughout Europe*

Site developed by [Greenhouse Design Ltd.](#)





[Latest Virus Information](#)

[Weather for Your Site](#)

WebDancer Studios is located in Eastern Oregon in the historic gold mining town of Sumpter, Baker County, Oregon.

PO Box 215 Sumpter, Oregon - Phone 541.894.2568

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## Web Development Solutions

### [Selling Your Message on the Web](#)

HerbWorld offers Internet solutions to herb-related businesses and organizations. We can develop, design, create, maintain, and store your Web site on our server. Our 20 years of experience in the herb industry, design team, and technical know-how mean that your money will be well spent. In addition, we offer a pricing structure to fit any budget and guaranteed exposure to the audience you want to reach. How many Web developers can offer that?

Hosting prices: Setup is \$50. Monthly fee without shopping cart is \$20....with secure shopping cart it's only \$25. We're used to "babysitting" beginners that want to create their own site and open to special requests.

For the sites we host: [click](#)

Here's a sample of some of our recent Web development projects:

[All Goode Gifts](#)

[Crimson Sage](#)

[Herb and Spice Farm on San Juan Island](#)

[CT Institute for Herbal Studies](#)

[Greens and Things](#)

[HerbNET](#)

[Alloway Creek Gardens](#)

[Herbs of the World](#)

[Magnolia Hill Soap](#)

[Maggie's Herb Basket](#)

[Dan Kepner Carpenter](#)



## Medicinal Herb Plants - Online Herbs Catalog

## Chinese, Ayurvedic & Native American Medicinal Herbs

## Traditional Medicinal Plants and Healing Herbs



### Hire Bugs To Rescue Your Plants

More commonly known as Beneficial insects, these bugs are safe for you and your plants. They are also safe for the environment. They are effective on a wide variety of crops. They can be used in greenhouses, outdoor commercial field applications, indoors, under lights and in home gardens.

Say goodbye to applying and re-applying sprays and dusts. Simply include plants in your gardens that attract Beneficial insects. Then introduce your "hired bugs" to do the job easier,

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safer and more effectively than pesticides.

- Aphid Parasites
- Aphid Predators
- Caterpillar Parasites
- Fly Parasites
- Fungus Gnat Predators
- Green Lacewings
- Ladybugs
- Mealybug Predators
- Pirate Bugs
- Praying Mantis Eggs
- Predatory Mites
- Predatory Nematodes
- Spider Mite Destroyers
- Spider Mite Predators
- Thrips
- Whitefly Parasites

### Special Species Note ....

Ants in your garden do not damage your plants directly, but they are very fond of the sweet honeydew produced by Scales, Mealy bugs and especially Aphids. They actually herd them from plant to plant and encourage greater honeydew production. Ants also defend their captive herds against the natural predators you introduce. It is important to control ants where "Hired Bugs" are being used.

Unfortunately, there are not any "ant-eating" bugs available. We've had the best results controlling ants by using Diatomaceous Earth. It is very effective, providing it stays dry.

### Other Neat and Useful Stuff ....

- **16X MAGNIFIER** -- Find out what's eating your plants; watch your hired bugs actually feeding and mating.
- **DIATOMACEOUS EARTH** -- Insects die after losing as little as 10% of their body moisture through scratches caused by Diatomaceous Earth.
- **BENEFICIAL INSECT FOOD** -- Spray insect food

around your plants to attract even more Beneficial insects and keep the ones you have.

- **YELLOW STICKY TRAPS** -- Hang these sticky traps around your growing area to catch White flies and adult Fungus Gnats.
- **SLUGGO** -- A completely organic compound used to control slugs and snails. Its active ingredient is iron phosphate, which breaks down into fertilizer. Developed in Europe, it is now available here. Sluggo can be used around PETS and WILDLIFE. SLUGGO remains effective after rainfall or irrigation. And it can be used in vegetable gardens at all times, right up to harvest.

### **Medicinal Herbs That Encourage Beneficial Insects ....**

As your gardening season progresses, a series of plants should be cultivated with the idea of encouraging the group of insects we call, Beneficial.

The larvae of these tiny creatures are voracious predators and parasites of the many insects we gardeners, call "Pests."

Many of these Beneficial insects also pollinate crop plants, a double benefit for your garden.

There are a great many parasitic Wasps and Flies. The more common ones are Lacewings, Ladybugs and the tiny Pirate bugs. These "bugs" are the most commonly encountered and most likely to be the most easily attracted to the plants that you already grow.

The word 'Wasp' conjures up an image of hornets and the stings they generate. Parasitic wasps are really very small and will not hurt you. These insects do not form colonies but lead solitary lives, seeking the larva or eggs of other insects in which to lay their own eggs. When "hatching out", they devour their prey from the inside out.

The Hover Flies and Tachinid Flies are most easily noticed and some are mistaken for bees. The Tachinid Fly is close kin to the housefly, but are not attracted to garbage or dead things. The adults feed on nectar and pollen. The juveniles prey on caterpillars, cut worms, gypsy moths, tent caterpillars and cabbage loopers. The larvae of Ladybugs and Green Lacewings are also hunters of small soft-bodied insect pests. Although Ladybugs have become the symbol for organic pest

control, they won't stay around and reproduce without pollen and nectar from their favorite plants.

The inclusion of very small flowers in your garden plan is the best way to attract and encourage these insects. Start with as many plants of the "composite" family as you can (such as Sun flowers, Cone Flowers, Chamomile, Cosmos, etc). Make sure you provide a shallow source of water.

The LAST consideration is pesticides. If you want to make use of the insect predators, then pesticide use (whether modern chemical or more benign natural materials), must be kept to the lowest level possible or eliminated altogether. Any "general use" pesticide will kill pests and Beneficials alike. This problem is far more insidious than it might first appear, because Beneficial insects reproduce more slowly than the pests that they depend on for food. When the chemical wears off you will find that you have a population explosion of the Pest Insects. By the time the Beneficial insects have had time to re-establish themselves, you will have had done considerable damage done to your garden. Our advice is: "DO NOT USE CHEMICALS."



**Now come on ....**

**How can you NOT love an insect that helps you grow good tomatoes???**

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The mechanical transfer of genetic material outside of natural reproductive methods and between genera, families or kingdoms, poses great biological risks as well as economic, political, and cultural threats. We feel that genetically engineered varieties have been insufficiently tested prior to public release. More research and testing is necessary to further assess the potential risks of genetically engineered seeds. Further, we wish to support agricultural progress that leads to healthier soils, genetically diverse agricultural ecosystems and ultimately healthy people and communities."

The companies listed below (alphabetical, by State, with Canada and Costa Rica included at the end) have signed the Safe Seed Pledge for 2002. We encourage you to support them in their efforts to preserve the integrity of our seed supply.

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HCR Rt. 82, Box 29  
Salem, AR 72576

### ARIZONA:

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526 North 4th Ave.  
Tucson, AZ 85705

Tel: 520-622-5561

Fax: 520-622-5591

[www.nativeseeds.org](http://www.nativeseeds.org)

**CALIFORNIA :**

Bountiful Gardens  
18001 Shafer Ranch Rd

Willits , CA 95490

Tel: 707-459-6410

Fax: 707-459-1925

Email: [bountiful@sonic.net](mailto:bountiful@sonic.net)

[www.bountifulgardens.org](http://www.bountifulgardens.org)

Environmental Seed Producers

PO Box 2709

Lompoc, CA 93438

Tel: 805-735-8888

Fax: 805-735-8798

[www.espseeds.com](http://www.espseeds.com)

Harmony Farm Supply and Nursery

PO Box 460

Graton, CA 95444

Tel: 707-823-9125

Fax: 707-823-1734

Email: [info@harmonyfarm.com](mailto:info@harmonyfarm.com)

[www.harmonyfarm.com](http://www.harmonyfarm.com)

Seed Dreams

PO Box 1476

Santa Cruz, CA 95061

Tel: 831-234-8668

KUSA Seed Research Foundation

PO Box 761

Ojai , CA 93024

Mountain Rose Herbs

20818 High Street

North San Juan, CA 95960

Tel: 530-292-9138

Fax: 510-217-4012

[www.mountainroseherbs.com](http://www.mountainroseherbs.com)

Natural Gardening Company

PO Box 750776

Petaluma, CA 94975-0776

Tel: 707-766-9303

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Peaceful Valley Farm Supply

PO Box 2209

Grass Valley, CA 95945

Tel: 888-784-1722

Fax: 530-272-4769

Email: [contact@groworganic.com](mailto:contact@groworganic.com)  
[www.groworganic.com](http://www.groworganic.com)

Redwood City Seed Company  
Box 361  
Redwood City, CA 94064  
Tel: 650-325-7333  
[www.redwoodcityseed.com](http://www.redwoodcityseed.com)

Renee's Garden  
7359 West Zayante Road  
Felton, CA 95018  
Tel: 831-335-7228  
Fax: 831-335-7227  
[www.reneesgarden.com](http://www.reneesgarden.com)

Santa Barbara Heirloom Nursery  
PO Box 4235  
Santa Barbara, CA 93140  
Tel: 805-968-5444  
Fax: 805-562-1248  
Email: [Heirloom@heirloom.com](mailto:Heirloom@heirloom.com)

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1730 So. College Avenue, #104  
Fort Collins 80525  
Tel: 970-221-3039

Sourcepoint Organic Seeds  
1452 2900 Road  
Hotchkiss, CO 81419  
Tel: 970-250-0951

Sunnyland Seeds  
PO Box 385  
Paradox, CO 81429  
Tel: 970-859-7248

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Oxford, CT 06478  
Tel: 203-888-2000

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Wethersfield, CT 06109  
Tel: 860-571-6950  
Fax: 860-571-6595  
[www.comstockferre.com](http://www.comstockferre.com)

John Scheepers Kitchen Garden Seeds  
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Bantam, CT 06750

Tel: 860-567-6086

Fax: 860-567-5323

[www.kitchengardenseeds.com](http://www.kitchengardenseeds.com)

New England Seed Company

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Hartford, CT 06120

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Fax: 860-724-1273

Email: [newenglsee@aol.com](mailto:newenglsee@aol.com)

[www.neseed.com](http://www.neseed.com)

Select Seeds Company

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Union, CT 06076

Tel: 860-684-9310

Fax: 860-684-9224

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[www.eonseed.com](http://www.eonseed.com)

Florida Mycology Research Center

PO Box 18105

Pensacola, FL 32523

Tel: 850-327-4378

[www.mushroomsfmc.com](http://www.mushroomsfmc.com)

The Pepper Gal

PO Box 23006

Ft. Lauderdale, FL 33307

Tel: 954-537-5540

Fax: 954-566-2208

Email: [peppergal@mindspring.com](mailto:peppergal@mindspring.com)

### **GEORGIA:**

Tanager Song Farm

P.O. Box 2143

Toccoa, GA 30577

Tel: 864-647-6434

Email: [cindymcdee@aol.com](mailto:cindymcdee@aol.com)

[www.cindymcdee.com](http://www.cindymcdee.com)

### **IDAHO:**

High Altitude Gardens and Seeds Trust

4150 Black Oak Drive

Hailey, ID 83333

Tel: 208-788-4363

Fax: 208-788-3452

Email: [mcdorman@seedsave.org](mailto:mcdorman@seedsave.org)

<http://www.seedstrust.com>

**ILLINOIS:**

Borries Open Pollinated Seed Corn Farm

16293 E. 1400th Ave

Teutopolis, IL 62467

Tel: 217 857-3377

Underwood Gardens

1414 Zimmerman Road

Woodstock, IL 60098

Email: [info@underwoodgardens.com](mailto:info@underwoodgardens.com)

[www.underwoodgardens.com](http://www.underwoodgardens.com)

**INDIANA:**

E&R Seed

1356E 200S

Monroe, IN 46772

**IOWA:**

Sand Hill Preservation Center

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Calamus, IA 52729

Tel: 319-246-2299

Seed Savers Exchange

3076 North Winn Rd

Decorah, IA 52101

Tel: 319-382-5990

Fax: 319-382-5872

[www.seedsavers.org](http://www.seedsavers.org)

**KANSAS:**

Skyfire Garden Seeds

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Kanopolis, KS 67454

Email: [seedsaver@myvine.com](mailto:seedsaver@myvine.com)

[www.grapevine.net/~mctaylor](http://www.grapevine.net/~mctaylor)

**KENTUCKY:**

England's Orchard and Nursery

316 Kentucky Highway 2004

McKee, KY 40447

Tel: 606-965-2228

Fax: 606-965-2270

Email: [nuttrees@prtcnet.org](mailto:nuttrees@prtcnet.org)

[www.nuttrees.net](http://www.nuttrees.net)

Ferry Morse Seed Company

600 Stephen Beale Drive

P.O. Box 1620  
Fulton, KY 42041  
Tel: 800-626-3392  
Fax: 502-472-0566

Shooting Star Nursery  
444 Bates Road  
Frankfort, KY 40601  
Tel: 502-223-1679  
Fax: 502-227-5700

**MAINE:**

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Fax: 207-872-8317  
[www.fedcoseeds.com](http://www.fedcoseeds.com)

Johnny's Selected Seeds  
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Albion, ME 04910  
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Fax: 207-437-2165  
Email: [info@johnnyseeds.com](mailto:info@johnnyseeds.com)  
[www.johnnyseeds.com](http://www.johnnyseeds.com)

Maine Seed Saving Network  
PO Box 126  
Penobscot, ME 04476  
Tel: 207-362-0751

Old Stage Farm  
RR2 Box 377  
Lovell, ME 04051  
Tel: 207-925-1006

Wood Prairie Farm Organic Seed Potatoes  
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Bridgewater, ME 04735  
Tel: 800-829-9765  
Fax: 800-300-6494  
[www.woodprarie.com](http://www.woodprarie.com)

**MARYLAND:**

Silver Seed Greenhouses  
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Bivalve, MD 21814  
Tel: 410-873-2942  
Fax: 410-873-2728  
Email: [ubuubok@dmv.com](mailto:ubuubok@dmv.com)

**MASSACHUSETTS:**

Eastern Native Seed Conservancy

PO Box 451  
Great Barrington, MA 01230  
Tel: 413-229-8316  
Email: [natseeds@aol.com](mailto:natseeds@aol.com)  
[www.enscseeds.org](http://www.enscseeds.org)

Perennial Vegetable Seed Company  
PO Box 608  
Belchertown, MA 01007  
Tel: 413-529-0678

Pioneer Valley Seed Collective  
(Formerly: Pioneer Valley Seed Savers)  
888 Shelburne Falls Rd  
Conway, MA 01341  
Tel: 413-369-4269  
Fax: 413-369-4299

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Melissa's Seeds  
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Hastings, MN 55033

**MISSOURI:**

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Mansfield, MO 65704  
Tel: 417-924-8917  
Fax: 417-924-8917  
Email: [seeds@rareseeds.com](mailto:seeds@rareseeds.com)  
[www.rareseeds.com](http://www.rareseeds.com)

Barney's Ginseng Patch  
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Montgomery City, MO 63361  
Tel: 573-564-2575

Elixir Farm  
General Delivery  
Brixey, MO 65618  
Tel: 417-261-2393  
Fax: 417-261-2355  
Email: [info@elixirfarm.com](mailto:info@elixirfarm.com)  
[www.elixirfarm.com](http://www.elixirfarm.com)

Green Thumb Seeds  
17011 West 280th Street  
Bethany, MO 64424

Jon's Heirloom Plants  
PO Box 54  
Mansfield, MO 65704  
Email: [jon@jonsplants.com](mailto:jon@jonsplants.com)

Morgan County Wholesale



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[www.thepowerofgarlic.com](http://www.thepowerofgarlic.com)

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Seeds for Fragrance  
PO Box 328  
Ft Calhoun, NE 68023

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Delaware NJ, 07833  
Tel: 908-475-4861  
Email: [njheirloom@earthlink.net](mailto:njheirloom@earthlink.net)  
[www.gshss.com](http://www.gshss.com)

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Santa Fe, NM 87201  
Tel: 505-438-8888  
Fax: 505-438-8800  
[www.plantsofthesouthwest.com](http://www.plantsofthesouthwest.com)

Seeds of Change  
PO Box 15700  
Santa Fe, NM 87506  
Tel: 800-957-3337  
Fax: 505-438-7052  
Email: [gardener@seedsofchange.com](mailto:gardener@seedsofchange.com)  
[www.seedsofchange.com](http://www.seedsofchange.com)

**NORTH CAROLINA:**

Boone's Native Seed Company  
PO Box 10363  
Raleigh, NC 27605

Christopher Weeks Peppers  
PO Box 3207  
Kill Devil Hills, NC 27948  
Email: [peppers@pinn.net](mailto:peppers@pinn.net)

**OHIO:**

Companion Plants, Inc.  
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Fax: 740-593-3092  
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[www.companionplants.com](http://www.companionplants.com)

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Email: [nichols@gardennursery.com](mailto:nichols@gardennursery.com)  
[www.nicholsgardennursery.com](http://www.nicholsgardennursery.com)

Peters Seed and Research  
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Myrtle Creek, OR 97457  
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Fax: 541-874-3462  
Email: [psr@pioneer-net.com](mailto:psr@pioneer-net.com)

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Williams, OR 97544  
[www.organicseed.com](http://www.organicseed.com)

Territorial Seed Company

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Cottage Grove, OR 97424  
Tel: 541-942-9547  
Fax: 541-942-9881  
Email: [tsc@ordata.com](mailto:tsc@ordata.com)  
[www.territorial-seed.com](http://www.territorial-seed.com)

Thyme Garden – Herb Seed Company  
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Alsea, OR 97324  
Tel & Fax: 541-487-8671  
Email: [herbs@thymegarden.com](mailto:herbs@thymegarden.com)  
[www.thymegarden.com](http://www.thymegarden.com)

Victory Seed Company  
PO Box 192  
Molalla, OR 97038  
Tel/Fax: 503-829-3126  
Email: [safeseed@victoryseeds.com](mailto:safeseed@victoryseeds.com)  
[www.victoryseeds.com](http://www.victoryseeds.com)

Wild Garden Seed and Shoulder to Shoulder Farm  
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Philomath, OR 97370  
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Bethlehem, PA 18018  
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Heirloom Seed Project  
Landis Valley Museum  
2451 Kissel Hill Road  
Lancaster, PA 17601  
Tel: 717-569-0401 ext: 202  
Fax: 717-560-3545

Heirloom Seeds  
PO Box 245  
West Elizabeth, PA 15088  
Tel/Fax: 415-384-0852  
Email: [mail@heirloomseeds.com](mailto:mail@heirloomseeds.com)  
[www.heirloomseeds.com](http://www.heirloomseeds.com)

**SOUTH CAROLINA:**

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442 CR 233  
Hallettsville, TX 77964-4048  
Tel & Fax: 979-562-2153  
Email: [herbs@theherbcottage.com](mailto:herbs@theherbcottage.com)  
[www.theherbcottage.com](http://www.theherbcottage.com)

**VERMONT:**

The Cook's Garden  
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Londonderry, VT 05148  
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Fax: 802-824-9556  
Email: [catalog@cooksgarden.com](mailto:catalog@cooksgarden.com)  
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Wolcott, VT 05680  
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Wolcott, VT 05680  
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Email: [ytherbs@pover.net](mailto:ytherbs@pover.net)  
[www.ladybugherbsofvermont.com](http://www.ladybugherbsofvermont.com)

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PO Box 175  
Bakersfield, VT 05441  
Tel/Fax: 802-827-6580

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Randolph VT 05060  
Email: [cyczapla@yahoo.com](mailto:cyczapla@yahoo.com)  
[www.sover.net/~subzero/seedlist.html](http://www.sover.net/~subzero/seedlist.html)

Weed Farm Herbs  
613 Quaker St.  
Lincoln, VT 05443  
Tel: 802-453-7395  
Email: [weedfarm@gmavt.net](mailto:weedfarm@gmavt.net)

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Garden Medicinals and Culinarities

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Tel: 804-964-9113

Fax: 804-973-8717

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Charlottesville, VA 22902

Tel: 804-984-9821

Fax: 804-984-0358

[www.monticello.org/shop](http://www.monticello.org/shop)

**WASHINGTON:**

Abundant Life Seed Foundation

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Port Townsend, WA 98368

Tel: 360-385-5660

Fax: 360-385-7455

Email: [abundant@olypen.com](mailto:abundant@olypen.com)

Filaree Farm

182 Conconully Hwy.

Okanogan, WA 98840

Tel: 509-422-6940

Email: [filaree@northcascades.com](mailto:filaree@northcascades.com)

[www.filareefarm.com](http://www.filareefarm.com)

Frosty Hollow Ecological Restoration

Box 53

Langley, WA 98260

Tel: 360-579-2332

Fax: 360-579-4080

Email: [wean@whidbey.net](mailto:wean@whidbey.net)

Fungi Perfecti

PO Box 7634

Olympia, WA 98507

Tel: 360-426-9292

Fax: 360-426-9377

Garlicsmiths

967 Mingo Mountain Road

Kettle Falls, WA 99141

Tel: 509-738-4470

Irish Eyes - Garden City Seeds

PO Box 307

Thorpe, WA 98946

Tel: 509-964-7000

Fax: 800-964-9210

Email: [potatoes@irish-eyes.com](mailto:potatoes@irish-eyes.com)

[www.irish-eyes.com](http://www.irish-eyes.com)

**WISCONSIN:**

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Tel: 250-428-4404  
Email: [aurora@kootenay.com](mailto:aurora@kootenay.com)  
[www.kootenay.com/~aurora](http://www.kootenay.com/~aurora)

Ecogenesis, Inc.  
#88-2273 Yonge Street  
Toronto, Ontario M4P 2C6  
Tel: 416-485-8333

Eternal Seed  
657 Pritchard Road  
Farrellton, Quebec  
Canada J0X 1T0  
Tel: 819-827-2795  
[edecas@travel-net.com](mailto:edecas@travel-net.com)

Fish Lake Garlic Man  
RR2  
Demorestville, Ontario K0K 1W0  
Tel: 613-476-8030

Florabunda Seeds  
Box 3  
Indian River, ON K0L 2B0  
Tel: 705-295-6440  
Fax: 705-295-4035  
Email: [contact@florabundaseeds.com](mailto:contact@florabundaseeds.com)  
[www.florabundaseeds.com](http://www.florabundaseeds.com)

Mapple Farm  
129 Beech Hill Road

Weldon, New Brunswick E0A 1X0  
Tel: 506-734-3361

Prairie Garden Seeds  
PO Box 118  
Cochin, Saskatchewan S0M 0L0  
Tel: 306-386-2737  
Email: [prairie.seeds@sk.sympatico.ca](mailto:prairie.seeds@sk.sympatico.ca)

Richter's Herbs  
357 Hwy 47  
Goodwood, Ontario L0C 1A0  
Tel: 905-640-6677  
Fax: 905-640-6641  
Email: [orderdesk@richters.com](mailto:orderdesk@richters.com)  
[www.richters.com](http://www.richters.com)

Salt Spring Seeds  
PO Box 444, Ganges  
Salt Spring Island, British Columbia V8K 2W1  
Tel: 250-537-5269  
[www.saltspring.com/ssseeds](http://www.saltspring.com/ssseeds)

Terra Edibles  
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Foxboro, Ontario K0K 2B0  
Tel: 613-968-8238  
Fax: 613-968-6369

West Coast Seeds Ltd.  
3925 64 Street, RR 1,  
Delta, BC, V4K 3N2 Canada  
Tel: 604-952-8820  
Fax: 604-952-8828  
Email: [info@westcoastseeds.com](mailto:info@westcoastseeds.com)  
[www.westcoastseeds.com](http://www.westcoastseeds.com)

**COSTA RICA:**

Rainforest Seed Company  
Apartado 241  
San Jose 1017, COSTA RICA  
Tel: 506-231-0980  
Fax: 506-232-9260  
Email: [rainseed@interlog.com](mailto:rainseed@interlog.com)  
[www.interlog.com/~rainseed](http://www.interlog.com/~rainseed)

**FRANCE:**

B and T World Seeds  
Paguighan  
34210 Olonzac, FRANCE  
Tel: 0033-468-91-2963

Fax: 0033-4468-91-3039

Email: [matt@b-and-t-world-seeds.com](mailto:matt@b-and-t-world-seeds.com)

[www.b-and-t-world-seeds.com](http://www.b-and-t-world-seeds.com)

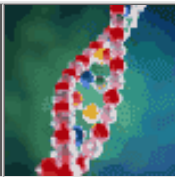
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If you would like to support the Safe Seed Initiative, you can make tax-deductible donations to the Council for Responsible Genetics (CRG). The Council for Responsible Genetics was founded in 1983, and is comprised of scientists, lawyers, public health advocates and citizens concerned about the social, ethical and environmental impact of new genetic technologies. For more information please contact our office.

CRG | 5 Upland Road, Suite 3 Cambridge, MA 02140 | p: 617.868.0870 | f: 617.491.5344 | e: [crg@gene-watch.org](mailto:crg@gene-watch.org)

**CRG**

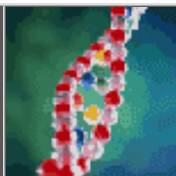


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CRG



## COUNCIL FOR RESPONSIBLE GENETICS

Advancing the public interest in biotechnology since 1983

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**GeneWatch** is America's first and only magazine dedicated to monitoring biotechnology's social, ethical and environmental consequences.

The centerpiece of the current *GeneWatch* is [Marcy Darnovsky's analysis of new sex selection technologies](#). We also present the first version of CRG's growing list of security breaches and accidents at federal biodefense laboratories; an update by Sujatha Byravan and Sheldon Krimsky of a planned federal biodefense lab in Boston; Phil Bereano's much-needed clarification of how international regulatory systems will interact; and an overview of Chinese biotechnology by Nancy Chen.

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**WHO WE ARE**

The Council for Responsible Genetics fosters public debate about the social, ethical and environmental implications of genetic technologies. CRG works through the media and concerned citizens to distribute accurate information and represent the public interest on emerging issues in biotechnology.

**CENTRAL PRINCIPLES**

The public must have access to clear and understandable information on technological innovations.

The public must be able to participate in public and private decision making concerning technological developments and their implementation.

New technologies must meet social needs. Problems rooted in poverty, racism, and other forms of inequality cannot be remedied by technology alone.

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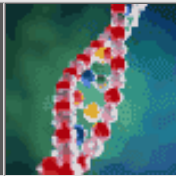
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# Herb Research Foundation

*"Improving world health and well being through herbs"*

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**The Herb Research Foundation is the world's first and foremost source of accurate, science-based information on the health benefits and safety of herbs---and expertise in sustainable botanical resource development.**

Welcome to our [award-winning](#) website.

See our very popular [Herb Information Packet](#) series on herbs, specific health conditions, and related topics. Each of these compilations contains carefully selected articles, studies, and/or discussions by experts. Now available for immediate delivery by email.

What sets HRF's work apart is our vast storehouse of information resources, including a specialty research library containing more than 300,000 scientific articles on thousands of herbs. We also have extensive field experience in sustainable development of botanical resources.

Founded in 1983 with a mission of herb research and public education, HRF remains committed to supporting the public's right to truthful information about the health benefits of herbs. Through our [media outreach](#) and [education programs](#), HRF reaches millions of people each month with accurate information on the safe and appropriate use of herbs. Other services include [botanical literature research](#), [publications](#), [herb safety reviews](#), and [Herb Information Packets](#).

HRF is a nonprofit organization that receives no public funding, but instead depends 100% on the support of our members and clients. Please [join us](#) in improving world health through the informed use of herbs!

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# United Plant Savers

A non profit education corporation dedicated to preserving native medicinal plants

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## Welcome to United Plant Savers

### Our Mission:

**United Plant Savers' mission is to protect native medicinal plants of the United States and Canada and their native habitat while ensuring an abundant renewable supply of medicinal plants for generations to come.**



**If You Listen, They Will Teach You**

woodcut and quote created and donated by Kevin Morgan

**These Are Exciting Times for Herbalists.** We are witnessing the art of herbalism rapidly regaining its rightful place in the American tradition of health and healing. However, as herbalism flourishes and winds its way into the "main stream" of America, it is eliciting a unique set of problems and concerns. Where once only a small handful of people wildcrafted plants in the wild, ever increasing numbers are now heading to the hills.

Where once herbal enterprises were few and far between, now the competition often forces one to focus on the need for larger production and greater diversity of herbal products, thus utilizing more plant resources. Furthermore, other countries with an uninterrupted tradition of herbal healing are experiencing a severe shortage of medicinal plants and look to the North American continent for supplying these herbs. This increased usage along with habitat destruction is causing an ever-increasing shortage of plant resources, including some of our most treasured

medicinal species.

Our work, the work of United Plant Savers, is to research, educate and protect in the interests of our plants and their habitats. We hope that you will join us in this worthwhile and important mission.

*"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has."*

## Gallery



partridge berry

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--Margaret Mead

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#### [UNITED PLANT SAVERS Joyfully Invites You to Participate Saturday, April 17, 2004](#)

#### **Planting the Future: Santa Rosa, CA 2nd Annual Santa Rosa Conference**

*Registration begins at 8:30 am ~ Conference ends at 5pm*

*Summerfield Waldorf School  
655 Willowside Rd. Santa Rosa, CA*

*United Plant Savers' mission is to preserve, conserve, & restore native medicinal plants and their habitats in the United States & Canada, while ensuring their abundant, renewable supply for future generations.*

#### [▶ What You Can Do To Help Conserve Medicinal Plants](#)

*Submitted by Mary Maruca  
USDA Fish & Wildlife*

Consumers are increasingly interested in medicinal plants and their ability to promote health. Medicinal tinctures, capsules, and teas are commonly found in supermarkets, and consumers speak authoritatively of the benefits of plants grown around the world. However, not all medicinal plants are cultivated. Though the trend toward cultivating such species is growing, many still come from forest, desert and mead...

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- [Minnesota-Wisconsin 'Plant Salon'](#)
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- [The Magic Of Mushrooms](#)
- [UpS Plant Give-Away](#)

▶ [UpS "At-Risk Breaks New Ground](#)

UpS "At-Risk Breaks New Ground The United Plant Savers' "*At-Risk*" List was originally conceived by the board of directors of UpS in 1997 in order to focus attention on the issue of harvest pressure and loss of habitat affecting indigenous North American medicinal herbs. The criteria for listing the plants was threefold:

1. Medicinal plants in active commerce.
2. Plant populations dwindling within their current...

[Read more](#)

▶ [United Plant Savers Land Consultation Service](#)

United Plant Savers is pleased to offer the UpS Land Consultation Service. This project compliments United Plant Savers' mission to preserve native medicinal plants by creating a network of professional consultants familiar with native landscapes. We already have five Permaculture consultants committed to this project. Permaculture is the conscious design and maintenance of agriculturally productive ecosystems, which have the diversity, stability, and resilienc...

[Read more](#)

▶ [United Plant Savers Educational Presentation Package](#)

***People are interested in learning about United Plant Savers!***

**Are you interested in presenting the information?**

Many members of UpS belong to other organizations of like mind/like purpose, or are herbalists, teachers and educators. We have found that people are very interested and want to know more about how to help conserve and cultivate our native medicinal plant species. So we have prepared a P...

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- [Join UpS](#)

▶ [Creating Botanical Sanctuaries](#)

*By Christopher Hobbs L.Ac., A.H.G.*

The world is changing at an accelerating rate. The Internet, jet travel, and satellite links have helped facilitate this change with increasing fervor. Growing up in southern California in the 1950s, I am use to the kind of change that is quickly reshaping the surface of the earth. I watched chaparral-covered hillsides at the foot of the Sierra Padre Mountains plowed and planted with vast orange and lemon gr...

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▶ [Guidelines For Establishing A United Plant Savers Botanical Sanctuary](#)

UpS is in the process of establishing a network of medicinal botanical sanctuaries throughout the country. Our goal is to help establish Botanical Sanctuaries that not only serve as rich depositories for 'at risk' North American medicinal plants, but also serve as educational centers for plant conservation and organic cultivation. These Botanical Sanctuaries will also serve as important preservers of seed stock to be generated and maintained.

...

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▶ [Planting the Future: Bloomington, MN](#)

***A Conference on the Cultivation & Preservation of Native Medicinal Plants***

***Saturday May 8, 2004***

*Registration begins at 8:30 am ~ Conference ends at 5pm*

***Minnesota Valley National Wildlife Refuge***

*3815 East 80th St., Bloomington, MN*

*United Plant Savers' mission is to preserve, conserve, & restore native medicinal p...*

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**UNITED PLANT SAVERS**

P.O. Box 400 E. Barre, VT 05649

**Tel.** (802)-479-9825

**Fax.** (802)-476-3722

**Email:** [info@unitedplantsavers.org](mailto:info@unitedplantsavers.org)

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Established in 1988, the American Botanical Council (ABC) is the leading independent, nonprofit, international member-based organization providing education using science-based and traditional information to promote the responsible use of herbal medicine. ABC serves the public, researchers, educators, healthcare professionals, industry, and media, and has been a highly respected source and an innovative force for many years. Membership and support for individual programs provide the resources to keep serving the needs of an ever-increasing service population. To join ABC, please click [here](#).

To learn more about ABC, please click [here](#).

**New Herbal Information Course**

ABC now offers, through the National Training Institute, an Herbal Information Course that provides retailers and others who recommend herbs the information they need to educate themselves and their customers on responsible herb use. For more information, please click [here](#).

**[ABC Event: Lecture on Herbal Constituents with Lisa Ganora, June 2nd](#)**

[American Botanical Council Launches First Online Training and Certification Course for Herb Retailers and Health Practitioners](#) (1/23/04).

[Update on FDA Ephedra Ban](#) (2/04/04).

[FTC Issues Reports on Deceptive Weight Loss Advertising](#) (2/04/04).

[USA Today Publishes Letter to the Editor](#) (1/12/04).

[Mark Blumenthal quoted in Associated Press article on Ephedra alternatives](#) (1/12/04).

[FDA Announces Ephedra Ban](#) (1/6/04).

[American Botanical Council emphasizes potential benefits of echinacea syrup for children's colds in new clinical trial](#) (12/1/03).

[News Archive ...](#)

The ABC Clinical Guide to Herbs By Blumenthal, et al. 2003 Books are in stock and ready to ship. [More Info](#) [Updates & Corrections](#)

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## Welcome to our 2004 catalog!

Located inside our [seed catalog](#) are all of your favorite Territorial varieties, including [vegetable seeds](#), [flower seeds](#), our famous [sunflower seeds](#), and a few specialty items such as [garlic](#) and [potatoes](#) and over one hundred [transplants](#). And be sure you visit our [organic seed](#) section. And along with our products is enough special gardening information to publish a text book with! So please come in, explore, and enjoy yourself. And please [Contact Us](#) with any questions or comments.



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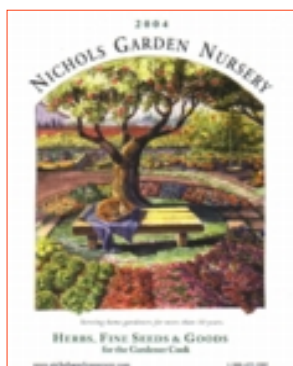
Supplying seeds and plants by mail for over 50 years, we at Nichols seek out choice and unusual garden varieties. Gardeners and cooks ourselves, we delight in providing the seeds and plants for your own delicious and productive gardens. For a free copy of our 2004 catalog, filled with fresh and interesting seeds and plants, go to our catalog request form. When you visit please walk out and see our All America Selections display garden. We are an easy exit off Oregon's I-5 and are closed Sundays. See the [Visit Nichols Page](#) for a map and hours. This year, Plant Day is Saturday, May 15. Come and enjoy tours of our gardens and light herbal refreshments.



[Ask The Garden Sage](#)



Nichols Garden Nursery supports Plant A Row For The Hungry. Rose Marie, recently designed a display garden at the Northwest Flower and Garden Show to promote public awareness of Plant-A-Row. The front of the garden was bordered with straw bales planted with salad greens. for information on straw bale culture go [here](#). PAR sponsored by Garden Writers Association is designed to get surplus garden produce into food banks and soup kitchens. We are an official dropoff site for our local Linn-Benton County Food Share. For more information please click the plant-a-row logo on the side.



We're launching a new feature on our website "[Salad Of the Week](#)". We offer the finest lettuces and greens for four seasons. We know that fresh salad greens are one of the great delights of the gardener's table. We should remember that not only do they taste good but they are good for us, offering few calories, fiber and packed with nutrients. Our salad days can keep us healthy because greens are an excellent source of vitamin A, folic acid, vitamin C, vitamin B1, vitamin B2, manganese and chromium. Our second recipe is an excellent [Asian Style Cole Slaw](#). Later, as we move through the gardening year we will work with a variety of greens including, kale, purslane, cresses and more.

We are proud to offer 'The Bountiful Container' by Rose Marie Nichols McGee, president of Nichols



Garden Nursery, and Maggie Stuckey published by Workman Press. This complete guide to food gardening in containers is the key to growing a wonderful variety of vegetables, herbs, edible flowers and fruits on your deck, patio or balcony. It is available with a container garden seed collection.

All of us at Nichols Garden Nursery appreciate your business and are committed to continued excellent service, quality products, and interesting selections. For over 50 years we have been serving home gardeners, if you ever have a question or concern about a product don't hesitate to contact us. We are an original signer of "The Seed Pledge" an agreement to not use or offer for sale genetically modified seeds or plants. It is our opinion that use and release of genetically modified material into the marketplace is premature and questionable and has no benefit to home gardeners.



Nichols Garden Nursery  
1190 Old Salem Road NE  
Albany, Oregon 97321-4580  
Toll Free Orders: 1 (800) 422-3985  
Fax: 1 (800) 231-5306

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