

Herbs for Wellness

Vocabulary

Adaptogen – brings the body back into balance by increasing resistance to stress

Analgesic – pain relieving

Antioxidant – help to control or eliminate free radicals which can reduce cellular oxidation

Antispasmodic – suppresses spasms and cramping

Carminative – help to expel gas and prevent bloating

Diaphoretic – induce perspiration to reduce fever, cool the body, or flush toxins

Diuretic – stimulate elimination of fluid

Emmenagogue – stimulates menstrual flow

Expectorant – loosen chest congestion

Hepatic – support the liver

Mucilaginous – to have a slippery, thick feel

Nervine – directly act upon the nervous system

Vasodilation – open and expand blood vessels

Decoction vs. Infusion vs. Tincture

Tonics (Adaptogens)

**Nettle* – rich in vitamins and minerals, strengthens and tones the metabolism, reproductive tonic, liver support, allergies and hay fever, asthma

**Oatstraw* – nerve and cardiac tonic, increasing health and vitality, repairs myelin sheath, soothe irritation from chemical withdrawals, rich in vitamins and minerals

Holy Basil (Tulsi) – antioxidant, anti-inflammatory, neuroprotective against degenerative disease

Astragalus – building immune strength and energizing the body, particularly spleen and lungs, regulates metabolism of dietary sugars

Siberian Ginseng (Eleuthero) – revitalize, restores overstressed adrenals, boosts concentration and focus, mood stabilizer (do not use during pregnancy)

Schisandra – improve mental function, vasodilator, improve endurance, balance (do not use during pregnancy)

Rhodiola – immune support, enhance fertility, relieve depression, treat anemia (do not use during pregnancy)

Ashwaganda – rejuvenates without stimulating, relaxes blood vessels, stimulates circulation, anti-inflammatory

Liver support

Dandelion root – liver and digestive tonic, gentle laxative, diuretic, rich in potassium, regulates female reproductive hormones

Milk Thistle – antioxidant, stimulates liver function, rebuilds liver cells, gallbladder and kidney support

Burdock root – tonic, rich in v & m, iron, skin support, blood purifier, assist kidney function, control blood sugar, antitumor

Yellow Dock root – laxative, iron-rich, one of the best for entire digestive system

Hormone support

Chasteberry (Vitex) – stimulates pituitary gland, endocrine gland, normalize reproductive system

**Licorice root* – tonic for endocrine system, adrenals, anti-inflammatory for respiratory (not for long use)

Digestive support

**Peppermint* – easing nausea and stomach cramps, carminative, diaphoretic

**Blackberry* – roots and leaves are effective remedy for diarrhea and dysentery

**Fennel* – carminative, antacid, stimulates digestion, regulates appetite, expectorant, balancing effect on female reproductive system

Ginger – improve circulation to pelvis, cramps, morning and motion sickness, diaphoretic, anti-inflammatory, blood thinner (do not use if have a bleeding disorder or on prescription blood thinners, use with caution during pregnancy)

***Slippery Elm** – highly nourishing and soothing, mucilaginous, at-risk warning

***Marshmallow root** – soothing, mucilaginous, expectorant, control blood sugar, substitute for slippery elm

Brain support

Butterfly pea – antitumor, enhance memory, lowers blood pressure, enhance immune system

Ginkgo – enhance memory, circulation, vasodilation, antioxidant, allergies

Cardiac support

Hawthorn – nourish, strengthen, and tone heart muscles, dilates arteries and veins, lowers blood pressure, maintains healthy cholesterol, antioxidant, tonic

Butcher's Broom – blood vessel toner and strengthener, relieve poor circulation or irregular heart rhythms

Cleavers – lymphatic tonic and diuretic, lowers blood pressure without side-effects

Linden – diaphoretic, nervine, sedative, treat hypertension

Immune support

***Echinacea** – increase macrophage T-cell activity, boost immune system response (best as tincture)

Elderberries – diaphoretic, reduce fever, immune-enhancing, esp. effective w/ echinacea

Sedatives

***Chamomile** – colic, stress, antispasmodic, anti-inflammatory, bitter tonic for liver and digestive systems

***Lemon Balm** – calming, antiviral, antiseptic, antispasmodic, diaphoretic

***Catnip** – diaphoretic, antispasmodic, teething/toothaches, relaxant, restorative digestive aid, colic

Mugwort – mild, encourages lucid dreams, digestive stimulant, uterine stimulant (not for long term use)

Respiratory support

***Elecampane** – expectorant, antiseptic, eases breathing in asthma or bronchitis cases, bitter tonic

Mullein – coat sore throats, expectorant, tones and soothes irritated lungs

Thyme – antispasmodic, expectorant, analgesic, antibacterial

Female herbs

Dong quai – for menstrual irregularity, brings estrogen into balance, diuretic, dysmenorrhea (do not use during menstruation)

Motherwort – diaphoretic, diuretic, nervine, excellent heart tonic, emmenagogue, antispasmodic

***Raspberry leaf** – tone and strengthen genitourinary system, iron rich, astringent, nutritive, reduce excessive menstruation, stomachic (tonic for entire pregnancy)

Herb Resources

Mountain Rose Herbs www.mountainroseherbs.com

Frontier Natural Products www.frontiercoop.com

Starwest Botanicals www.starwest-botanicals.com

*Safe enough for children!