



Herbal Remedies – for educational purposes only

Herb	Source/Medicinal Ingredients	Classification	Suggested Uses
Alfalfa Medicago sativa	Leaves & Flowers vitamins, minerals, protein, enzymes	diuretic, tonic	Helpful in stomach ailments including aiding peptic ulcers. Improves appetite, relieves urinary and bowel disorders, eliminates retained water
Aloe Vera Aloe vera	Leaves polysaccharides, amino acids, vitamins, minerals, aloin	emollient, purgative	Healing and soothing herb for the stomach. Effective laxative. Useful for bug bites, skin irritations, burns, minor cuts and scratches. Helps the body to eliminate waste material in adults with bronchial asthma
Bilberry Vaccinium myrtillus	Fruit anthocyanosides	antiseptic, astringent	Improves night-time vision, helps preserve eyesight prevents eye damage, regulates bowel action, stimulates appetite.
Cascara Sagrada Rhamnus purshiana	Dried Bark hydroxanthracene derivative (HAD) free anthraquinone	laxative, tonic	Acts on large intestine and stimulates peristalsis. Useful in constipation, dyspepsia and other digestive complaints. Liver tonic. Caution: Not to be used by lactating or pregnant women.
Cat's Claw Uncaria tomentosa	Bark proanthocyanidins, alkaloids, phytochemicals	anti-viral, anti-oxidant	Useful in stimulating the flow of gastric juices and pancreatic secretions. Beneficial for irritable bowel syndrome, Crohn's disease, etc. Anti-inflammatory, immune system booster.
Cayenne Capsicum frutescens	Fruit capsaicin, carotenoids, capsaicinins heat value 40,000 scovill units per gram	stimulant, digestive	Used to stimulate appetite and aids digestion. Increases production of gastric juices and relieves gas, bowel pains or cramps. Irritating to hemorrhoids. Do not use in gastro-intestinal problems
Chamomile Matricaria chamomilla	Flower volatile oil, bisabolols, flavonoids	anti-inflammatory, anti-spasmodic, anti-infective, mild sedative, calmative	Calm the nerves and upset stomach. Reduces anxiety, soothes ulcers, reduces mucous membrane inflammations. Good anti-bacterial action. Rare cases of allergic reaction in those with severe hypersensitivity to ragweed pollen.
Coltsfoot Tussilago farfara	Leaves flavonoids, mucilage, tannin	expectorant, anti-carrhal anti-spasmodic, demulcent	Pulmonary coughs and colds. Used for asthma, bronchitis and emphysema
Cranberry Vaccinium macrocarpon	Twig & Fruits anthocyanidins	anti-oxidant, bacteriostatic effect	Cleanses and stops infections in the urinary tract.
Damiana Turnera aphrodisiaca	Leaves, Flowers volatile oil, flavonoids, hydroquinone, glycoside	tonic, nerve, aphrodisiac, anti-depressant	Recommended as a laxative and as a general tonic. Helps relieve anxiety, may enhance sexual performance. Damiana interferes with iron absorption.
Dandelion Taraxacum officinale	Leaves & Roots sesquiterpene, triterpenes, phenolic acids, carotenoids	tonic, diuretic, anti-rheumatic	Used in kidney and liver disorders. A natural diuretic and digestive aid. Reduces blood pressure, may help prevent iron-deficiency, anemia, chronic rheumatism, gut and stiff joints
Devil's Claw Harpagophytum procumbens	Root harpogoside, beta sitosterol	anti-inflammatory, anti-rheumatic, analgesic, sedative	For arthritis and rheumatism. Helpful to reduce swelling, relieves pain and improves mobility in the joints. Caution: Should be avoided during pregnancy.
Dong Quai Angelica sinensis	Root volatile aromatic oil, polysaccharides	tonic immuno-stimulating, anti-spasmodic	Used to treat all symptoms of menopause as an alternative treatment to estrogen therapy. Regulates the hormonal system. Overall tonic for female reproductive system. Reduces high blood pressure and PMS. Caution: Contra-indication in pregnancy.
Echinacea Echinacea angustifolia/ purpurea	Root echinacosides, polysaccharides, phytosterols	antibiotic, anti-fungal immuno-stimulating	Stimulates and boosts immune function. Has cortisone-like activity that helps wound healing. Fights bacterial and viral infections. Contra-indication in auto-immune diseases (i.e., Multiple Sclerosis, AIDS)
Evening Primrose Oenothera biennis	Plant gamma-linolenic acid, (GLA), mixed tocopherols	anti-spasmodic	Used in treatment of multiple sclerosis and PMS. Helps prevent heart disease and stroke and maintains healthy skin. Excess consumption can result in oily skin.
Eyebright Euphrasia officinalis	Herb iridoid glycosides, tannins, phenolic acids, volatile oil	astrigent, tonic	Strengthens the eye and assists in aiding the body to dissolve cataracts, heal lesions and conjunctivitis
Fenugreek Trigonella foenum-graecum	Seeds favenoids, saponin vitamins	Demulcent, expectorant	Helpful in stomach and intestinal problems. Good expectorant for coughs and colds
Feverfew Tanacetum parthenium	Leaves sesquiterpene lactones (parthenolide)	anti-inflammatory, emmenagogue	Helps prevent migraine headaches and also useful against swelling and arthritis. Stimulates digestion and improves liver function. Caution: Not to be used by lactating or pregnant women.
Garlic Allium sativum	Bulb allin, allinase, alicin, vitamins	antibiotic, anti-fungal, anti-viral	Reduces high blood pressure and blood cholesterol. Immune support for respiratory system. Anti-cancer and digestive tonic. Caution: Not to be used by lactating women because it can pass to the breast milk and cause colic in infants.
Ginger Zingiber officinale	Root volatile oil, phenylalkylketones	diaphoretic, cholagogue, carminative, stimulant	Relieves indigestion and abdominal cramping. Benefit in relieving motion sickness, dizziness, nausea and colds. Ginger lowers blood clotting.
Ginkgo Biloba Ginkgo biloba	Leaves flavoglycosides: quercetin proanthocyanidins also contains terpenes	anti-asthmatic, bronchodilator, platelet activating factor (PAF) inhibitor	Increases blood flow to the brain. Improves memory loss, Alzheimer's disease, cerebral vascular insufficiency and inhibits blood clotting. Has the ability to neutralize free radicals and also beneficial for asthma, stress, vertigo and tinnitus. Potential drug interaction with Warfarin and Aspirin. Take with food.
Ginseng Panax schin-seng	Root ginsenosides (triterpene saponins), glycosides	tonic, stimulant, demulcent, stomachic	Stimulates both physical and mental activity. Anti-fatigue (insomnia, nervousness, poor appetite). Enhances immune system. Inhibits exhaustion of adrenal gland and anti-stress. If you are pregnant or if you have high blood pressure, consult with your physician or health care practitioner before using.
Golden Seal Hydrastis Canadensis	Root alkaloids, (Hydrastine) fatty acids, volatile oil	anti-inflammatory, tonic, mild laxative	Strengthen the immune system to help cold and flu symptoms, acts as an anti-inflammatory. Helpful in constipation and in stomach disorders such as indigestion. Caution: Do not use during pregnancy. Not recommended for those with high blood pressure
Guggulipids Commiphora mukul	Stem essential oil, guggulsterone, oleoresin	anti-cholesterenic	Lowers blood cholesterol by 14-27% and can lower triglycerides by 22-30%. Helps reduce atherosclerotic plaques. Improves the heart metabolism and increases liver metabolism of LDL cholesterol. Caution: Do not use during pregnancy.
Hawthorn Crataegus oxyacantha	Berries flavonoid, glycosides, saponins, catechins, tannins, procyanidins	cardiac tonic, hypotensive, anti-sclerotic	Alleviates hypertension and high blood pressure and reduces the severity of angina attacks. Sedative and anti-spasmodic effects.
Horseail Equisetum arvense	Herb silicic acid, minerals, (silica), flavoglycosides, saponins, alkaloids	astrigent, diuretic	Genito-urinary complaints mild diuretic, broken nails, hair loss, skin. Stimulates an increase in white blood cells. Used for arteriosclerosis, inflamed or enlarged prostate.
Licorice Glycyrrhiza glabra	Root glycyrrhizin, flavonoids	demulcent, diuretic, expectorant, laxative	Gastric ulcers, adrenal insufficiency, hypoglycemia. Good for coughs and other bronchial complaints. Caution: Contraindicated for those with high blood pressure or if pregnant.
Milk Thistle Silybum marianum	Seeds, Leaves flavonoids, (silymarin)	hepatoprotective, cholagogue	Promotes flow of bile, tonic for spleen stomach, kidney and gall bladder. Beneficial for liver disease (jaundice, hepatitis and cirrhosis).
Oats Avena sativa	Stems, Seeds proteins, c-glycosyl flavones, avenacosides	anti-depressant, cardiac tonic, nerve	Debility, depression, stress and menopause symptoms. Good for skin diseases. Tonic for impotence.
Parsley Petroselinum sativum	Leaves, Seeds volatile oil, coumarins, flavonoids	carminative, diuretic, expectorant, anti-spasmodic	Relieves gas, and is a natural diuretic. Good for coughs and asthma. Suppressed or difficult menstruation.
Peppermint Mentha piperita	Leaves essential oil, flavonoids, carotenes	diaphoretic, carminative, anti-spasmodic	Aids digestion, flatulence, colds, influenza, migraines.
Pumpkin Cucurbita pepo	Seeds linoleic acid, cucurbitacins, zinc	diuretic, demulcent, laenicide, anthelmintic	Effective in reducing the size and symptoms of an enlarged prostate. Helps to expel tapeworms.