

## MEDICINAL HERBS

HERB	USES AND PROPERTIES
<b>AGNOCAY</b> <i>Agrimonia eupatoria</i>	Urinary infections, Diabetes, IBS, Catarrh, Liver issues, Anorexia/Dyspepsia/Anemia
<b>BAMBUSY</b>	Fungal/Bacterial or fungal infections, Acute diarrhoea, Anemia/Obesity/Cholelithiasis/Cholecystitis/Anemia
<b>BARK OF BARK</b> <i>Barkia vulgaris</i>	Anti-inflammatory/Spasmolytic/Anesthetic
<b>CALENDULA</b> <i>Calendula officinalis</i>	Skin inflammation, Gastric ulcer, Vaginal thrush, Mouth ulcers, Anti-inflammatory/Spasmolytic/Anesthetic
<b>CHAMOMILE (GERMAN)</b> <i>Matricaria inodora</i>	Restlessness, Anxiety, Sleep, Gastric inflammation, Skin, Cardiovascular/spasmolytic/anti-inflammatory
<b>CARDUON</b> <i>Taraxacum officinale</i>	Liver support, high blood pressure, fluid retention, Skin, Diabetes/Cholesty/Lean digest
<b>DEVIL'S CLAW</b> <i>Passiflora incarnata</i>	Arthritis and rheumatic issues, joint and back pain, Gut, Anti-inflammatory/Analgesic
<b>ECHINACEA</b> <i>Echinacea purpurea</i>	Viral or bacterial infections, Allergies, Skin, Respiratory, Anti-oxidative/Bacteriocidal/anti-inflammatory
<b>ELDERBERRY</b> <i>Sambucus nigra</i>	Common cold, sore throat, Otitis media/Oralitis
<b>FIGLEAF</b> <i>Ficus virens</i>	Alzheimer's/Neurological problems, Diabetes, Anti-inflammatory/Antibacterial
<b>GINKGO</b> <i>Ginkgo biloba</i>	Memory, cerebral blood flow issues, Memory, Circulatory stimulation/Cognitive function enhancer
<b>GOLDENROD</b> <i>Solidago virgaurea</i>	Urinary infections, Catarrh, Arthritis, Anti-inflammatory/Antispasmodic/Diuretic
<b>COLDENRUB</b> <i>Hydrastis canadensis</i>	Anti-inflammatory/Bacteriocidal/Antibacterial
<b>HAWTHORN</b> <i>Crataegus spp.</i>	High or low blood pressure, Mild heart issues, Circulation, Antioxidant/Cardioprotective
<b>HOPBITCH</b> <i>Humulus lupulifolius</i>	Yeast overgrowth, Menstruation, skin itching, Anti-inflammatory/Anti-oxidative/antibacterial
<b>JUNEBERRY</b> <i>Sambucus canadensis</i>	Urinary infections, Arthritis, Gut, Gut, Anti-inflammatory/Carmine
<b>LEMON BALM</b> <i>Melissa officinalis</i>	Anxiety, indigestion, insomnia, Early stages of a cold, Headache/Antispasmodic/Carmine/Diaphoretic
<b>LIQUORICE</b> <i>Glycyrrhiza glabra</i>	Stomachitis, Peptic ulcer, Rheumatism and arthritis, Anti-inflammatory/Catabolic/Analgesic
<b>MARSHMALLOW</b> <i>Althaea officinalis</i>	Inflamed mucous membranes, Demulcent/Emollient/Expectorant
<b>MEADOWSWEET</b> <i>Filipendula ulmaria</i>	Acid indigestion, Gastric ulcer, IBS, Rheumatic arthritis, Anti-inflammatory/Antispasmodic/Analgesic
<b>MILK THISTLE</b> <i>Silybum marianum</i>	Liver disorders, Cardiovascular issues, Neuroprotective/Thyroid/antidiabetic/antioxidant

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<b>ANISE</b> <i>Carum carvi</i>	Upper respiratory and gastric infections, Skin issues, Antispasmodic/Astringent/Antimicrobial
<b>NETTLE</b> <i>Urtica dioica</i>	Arthritis and rheumatic issues, Allergic rhinitis, Skin, Cardiovascular/anti-inflammatory/Antispasmodic
<b>OSIRIS</b> <i>Origanum vulgare</i>	Respiratory and digestive infections, Skin fungal issues, Antispasmodic/Astringent/Expectorant
<b>OSIRIS GRAPE</b> <i>Salvia officinalis</i>	Brain conditions, Depression, Anxiety, Gastric, Anti-inflammatory/Resolvent/Skin cleanser
<b>OPUNTIA</b> <i>Opuntia stricta</i>	Nervous problems (low mood), nervous exhaustion, Antispasmodic/Neurotrophic
<b>PASSIFLORA</b> <i>Passiflora incarnata</i>	Anxiety, Neuroticism, Insomnia, Sleep issues, Spasms, Sedative/Antispasmodic/Hypotensive/Relaxant
<b>PLANTAIN</b> <i>Plantago major</i>	Cystitis, Enlarged prostate, Lung infection, Gastric issues, Anti-inflammatory/Diuretic/Antispasmodic/Expectorant
<b>PEPPERMINT</b> <i>Mentha piperita</i>	Stomach digestion, Nausea, Cramps, Headache, Cough, Antispasmodic/Antispasmodic/Diaphoretic/Carmine
<b>RED CLOVER</b> <i>Trochilium pratense</i>	Detoxification, Skin issues, Chest problems, Antispasmodic/Expectorant/Myo-relaxant
<b>RED SANDWICH LEAF</b> <i>Salvia officinalis</i>	Preparation for childbirth, Heavy menstrual, Child diarrhoea, Astringent/Emollient
<b>ROSEMARY</b> <i>Rosmarinus officinalis</i>	Headache, Nervous exhaustion, Poor memory, Antispasmodic/Antispasmodic/Neurotrophic/Carmine
<b>SAGE</b> <i>Salvia officinalis</i>	Hot flashes (menopause), Nervous exhaustion, Antispasmodic/Astringent/Spasmolytic/Carmine/Antioxidant
<b>SANTAL</b> <i>Santalum album</i>	Prostate gland problems, Urinary tract issues, Anti-inflammatory
<b>SLENDER ELM</b> <i>Ulmus glabra</i>	Digestive issues, IBS, Heartburn, Respiratory problems, Demulcent/Emollient/Resolvent
<b>SKULLCAP</b> <i>Scutellaria lateriflora</i>	Nervous tension, Anxiety, Pre-menstrual syndrome (PMS), Antispasmodic/Neurotrophic/Antispasmodic/Relaxant
<b>ST. JOHN'S WORT</b> <i>Hypericum perforatum</i>	Depression, Neuralgia, Anxiety, Gastritis, Stomach, Anti-oxidative/Neurotrophic/Neurotrophic/Analgesic
<b>THYME</b> <i>Thymus vulgaris</i>	Cough, Bronchitis infection, Gut, Head, Head issues, Antispasmodic/Spasmolytic/Carmine/Expectorant
<b>VALERIAN</b> <i>Valeriana officinalis</i>	Nervous tension, Stress, Disturbed sleep, Anxiety, Relaxant/Sedative/Spasmolytic
<b>VIOLET</b> <i>Viola tricolor</i>	Arthritis and joint, Fever, Muscle and joint inflammation, Antispasmodic/anti-inflammatory/Astringent/Antispasmodic
<b>WALNUT</b> <i>Juglans nigra</i>	Cold, Flu, Fever, Catarrh, Hypertension, Menstrual issues, Anti-inflammatory/Antispasmodic/Spasmolytic/Diaphoretic

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