

- Medicinal benefits
- Effective as drugs with less side effects
- Some herbs are poisonous
- Bitter tasting herbs are medicinal & fresh are most potent
- Pleasant tasting herbs are usually less toxic and used more often (effects are subtle)

Herbs

- All plant roots and bark are naturally fungicidal and bactericidal
- Roots and barks and other herb parts can retain their medicinal value for years if dried properly and kept dried
- Herbs are in many forms (glycerol or alcohol-based, dried, encapsulated forms)
- Alcohol free extracts are best in malabsorption patients

Herb	Functions/Conditions	Native Region	Active Ingredient	Toxicity	Sources	Notes
Alfalfa	<ul style="list-style-type: none"> • Decreases cholesterol • Increases appetite for cancer patients undergoing chemotherapy • Poultice (paste for a wound) for insect bites – takes out toxins (sting and itch) • Decreases generalized pruritis like that which some runners experience on early morning winter runs. 	<ul style="list-style-type: none"> • West Asia • Eastern Mediterranean 	Saponins (2-3%)	<ul style="list-style-type: none"> • Oxidative stress to RBC membranes • Possibly linked to SLE in high dosages in rats • Allergies in some 	<ul style="list-style-type: none"> • Sprouts • Seeds 	<ul style="list-style-type: none"> • Very mineral rich food due to root structure. Can grow as deep as 60 feet. • Keeps kids from scratching during the night opening wounds. Avoid infection that can lead to osteomyelitis.
Aloe Vera	<ul style="list-style-type: none"> • Constipation • Pancreatic health • Diabetes • Minor burns (steam) • Superficial skin wound healing 	<ul style="list-style-type: none"> • Africa 	Anthraquinone	<ul style="list-style-type: none"> • Rare • Damage to gall bladder • Impedence of healing 	<ul style="list-style-type: none"> • Aloe plant leaves • Synthetic aloe ointments 	<ul style="list-style-type: none"> • Can be taken as a tonic for the gallbladder under supervision.
Bilberry	<ul style="list-style-type: none"> • Atherosclerosis • Cataracts • Macular degeneration • Nictolopia (night blindness) • Retinopathy • Circulatory problems • Vericose veins • Bruising • UTT's • Kidney stones • Diabetes 	<ul style="list-style-type: none"> • Europe • USA • Canada 	Anthrocyanosides	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Berries and leaves of plant • Blueberries 	<ul style="list-style-type: none"> • Very safe herb • Easily produced • 240-480 mg/day herbal extract

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Boswellia	<ul style="list-style-type: none"> Bursitis DJD RA 	<ul style="list-style-type: none"> India 	<ul style="list-style-type: none"> Terpenoids which contain Boswellic Acid 	<ul style="list-style-type: none"> Rare Skin rash Diarrhea Nausea 	<ul style="list-style-type: none"> Extracts w/ Boswellic acid (37-65%) Tree rosin (guggal) 	<ul style="list-style-type: none"> Prescription only in Europe Available in USA <i>Increases effectiveness of glucosamine</i> As strong as NSAIDS, but does not cause gastritis Inhibits leukotrienes [LTB₄]; decreases swelling – anti-inflammatory (<i>jm</i>: allergic reactions!)
Burdock	<ul style="list-style-type: none"> Acne Psoriasis RA Gout Painful joints 	<ul style="list-style-type: none"> Asia Europe 	<ul style="list-style-type: none"> Inulin Mucilage Polyacetylenes 	<ul style="list-style-type: none"> Stimulates uterine contractions in late stage pregnancies [<i>this could be dangerous in early stages with high risk women</i>] 	<ul style="list-style-type: none"> Sold as tea 1-2 gms/day for purification or 2-4 ml of tincture 	<ul style="list-style-type: none"> Known as the blood purifier because it clears the blood stream of toxins and has diuretic properties Root is used (sweet tasting)
Catnip; Nepeta Cateria	<ul style="list-style-type: none"> Insomnia Cough <ul style="list-style-type: none"> Sedative in humans (relaxation aid) 	<ul style="list-style-type: none"> N. Am. Europe 	<ul style="list-style-type: none"> Monoterpene oil 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> flowers and leaves used used as tea in England 	<ul style="list-style-type: none"> 5ml tincture for child's cough
Cayenne; Capsicum	<ul style="list-style-type: none"> Stimulates regrowth of nervous tissue Aids in circulation Bursitis Osteoarthritis Psoriasis RA Shingles 	<ul style="list-style-type: none"> South America 	<ul style="list-style-type: none"> Capsaicin 	<ul style="list-style-type: none"> Burn or irritation of the skin when used topically 	<ul style="list-style-type: none"> Creams (0.25-0.75% capsaicin) 	<ul style="list-style-type: none"> Wash hands with baking and lemon juice after using creams
Chamomille	<ul style="list-style-type: none"> Canker sores Colic w/ phenol Diarrhea Eczema Gingivitis Insomnia IBS (irritable bowel syn) Peptic ulcer Blocked tear ducts 	<ul style="list-style-type: none"> Europe Asia 	<ul style="list-style-type: none"> Alpha bisabolol Chamazulene Quercitin Bioflavonoids 	<ul style="list-style-type: none"> Brochiole constriction Skin irritation from cream 	<ul style="list-style-type: none"> Tea relaxes colon [use 2-3 times per day between meals] Tablets 2-3 gms Tinctures 4-6 ml Flower used 	<ul style="list-style-type: none"> Member of the daisy family

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Dandelion	<ul style="list-style-type: none"> • Pregnancy support for GI tract regulation • Stimulates gall bladder to aid in fat digestion • Diuretic w/o depleting K+ 	<ul style="list-style-type: none"> • Worldwide 	<ul style="list-style-type: none"> • Taraxacin 	<ul style="list-style-type: none"> • Pre-existing gallstones may block the duct • Increase stomach acid production → irritation of ulcer 	<ul style="list-style-type: none"> • Entire plant used • 3-5 mg dried fruit • 5-10 ml tincture 	<ul style="list-style-type: none"> • Rich in vitamins A, D, C, B complex, and minerals: Si, Mg, Zn, K, Mn
Echinacea	<ul style="list-style-type: none"> • Supports immune system • Colds • Sore throats • Chron's immune fxn • Flu • Recurrent ear and yeast infections 	<ul style="list-style-type: none"> • N. Am. 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • non-toxic orally • Problems for SLE or scleroderma patients 	<ul style="list-style-type: none"> • Powder 900 mg • Liquid 3-4 ml 	<ul style="list-style-type: none"> • Increases WBC productivity, especially lymphocytes and macrophage • Increases interferon production • Should not be taken daily for more than 10-14 day at a time • Works well with golden seal • Now grown commercially; less effective
Eyebright	<ul style="list-style-type: none"> • Blepharitis (inf of eyelid) • Conjunctivitis • Irritated eyes 	<ul style="list-style-type: none"> • Europe • Hungary 	<ul style="list-style-type: none"> • Iridoid Glycosides • Flavanoids 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Root not used • Used as a poultice for the eyes • Used in teas 	<ul style="list-style-type: none"> • Mostly soothing agent for the eye
Garlic; Allium Sativum	<ul style="list-style-type: none"> • Atherosclerosis • CHF • Hypertension • Hypercholesterolemia • Chronic Yeast Infections • Decreases risk of stomach, esophageal, and colon cancers 	<ul style="list-style-type: none"> • California 	<ul style="list-style-type: none"> • Allicin (sulfur compound) 	<ul style="list-style-type: none"> • Bad breath • Mild indigestion 	<ul style="list-style-type: none"> • 1 garlic clove chewed per day • 400-500 mg tablet per day 	<ul style="list-style-type: none"> • Related to onions and chives • Production incr 12,000 fold • Hippocrates, "Most imp medicine" • Chewing releases subsets of allicin called allylsulfides and vinylthiins so it is best to use fresh sliced or whole garlic • 250 studies in 1998 support its benefits to the circulatory system <ul style="list-style-type: none"> - decreases platelet stickiness, TGs, and adherence to vessel lumen - increases fibrinolysis • antimicrobial, antiviral, and antifungal • 1% the strength of penicillin

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Ginkgo Biloba	<ul style="list-style-type: none"> • Depression • CVI • Diabetes • Alzheimer's • MS • Migraines 	<ul style="list-style-type: none"> • E. US • China 	<ul style="list-style-type: none"> • Ginkgo Flavone • Glycosides • Terpene Lactone • Bioflavonoids 	<ul style="list-style-type: none"> • None known 	<ul style="list-style-type: none"> • 120-160 mg/day (6% TL, 24% FG) • leaves used 	<ul style="list-style-type: none"> • Proven to improve circulation to the brain • Inhibits platelet stickiness (CNS) • Antioxidant to the CNS • Used by Chinese herbalists 5,000 years ago
Ginseng; Panax Ginseng	<ul style="list-style-type: none"> • Aerobic activity • Alzheimer's • Atherosclerosis • Chemo- and Radio-therapy • Chronic fatigue • Fibromyalgia • Male Reproductive Support 	<ul style="list-style-type: none"> • Asia 	<ul style="list-style-type: none"> • Panaxan • Ginenosides 	<ul style="list-style-type: none"> • Hyperactivity • Inc HR • Insomnia (esp w/ caffeine) 	<ul style="list-style-type: none"> • Herbal extracts w/ 4-7% active ingred • Root is used 	<ul style="list-style-type: none"> • Should not be taken regularly or for more than 7 days; cycle on/off • Not to be used by pregnant or lactating women; will increase HR of baby • Araliaceae family
Golden Seal	<ul style="list-style-type: none"> • Inflammation and irritation of mucous membranes; colds, sore throats • Chron's • Recurrent ear infection • UTI • Chlamydia • E. coli • Salmonella 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Hydrastine • Berberine 	<ul style="list-style-type: none"> • GI issues • CNS effects 	<ul style="list-style-type: none"> • Dried root and rhizomes used • Herbal extracts 4-6ml 	<ul style="list-style-type: none"> • Alkaloid family (hallucinogens) • Used by Native Americans • Not to be taken daily or when pregnant
Hawthorn; Crataegus	<ul style="list-style-type: none"> • Angina • Atherosclerosis • CHF • Hypertension • MI 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • None, not even to other heart medications 	<ul style="list-style-type: none"> • 80-300 mg caps • Tincture 4-5 ml • Fleaves, flowers, and ripe fruit used 	<ul style="list-style-type: none"> • Helps with rehad after MI • Improves coronary blood flow and cardiac contraction strength • Inhibits ACE which increases BP (By converting Ang I to Ang II activating aldosterone which keeps in Na+ and water increasing blood volume. At the same time smooth muscle is contracting to decrease the vessel lumen size.) • Long-term therapy to see results (at least one month)
Juniper	<ul style="list-style-type: none"> • UTI 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • 4-Terpinol 	<ul style="list-style-type: none"> • contraindic for kidney disease more than 6 days • 	<ul style="list-style-type: none"> • Evergreen berries 	<ul style="list-style-type: none"> • Inc urine production in humans • Found in lotions and perfumes

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Licorice; Glycyrrhiza	<ul style="list-style-type: none"> Asthma Bronchitis Fibromyalgia Indigestion Peptic Ulcers 	<ul style="list-style-type: none"> Europe Asia 	<ul style="list-style-type: none"> Glycyrrizan Flavonoids 	<ul style="list-style-type: none"> Increases BP and water retention in pure form DGL (w/o glycyrrhizan has no side effects) 	<ul style="list-style-type: none"> 200-300 mg/day @ meals or before bed 	<ul style="list-style-type: none"> Strong antioxidant Used as demulcent, coating agent (cough syrup) Some people are highly allergic !
Red Clover; Trifolium Pratense (on label)	<ul style="list-style-type: none"> Prevention of breast and prostate cancer Prevention of menopause symptoms Eczema 	<ul style="list-style-type: none"> N. Am. Europe 	<ul style="list-style-type: none"> Isoflavones (Genistein) 	<ul style="list-style-type: none"> None known 	<ul style="list-style-type: none"> 2-4 gm tab 2-4 ml tincture Tea 	<ul style="list-style-type: none"> Blood purifier Has an effect on estrogen Ipriflavone now being studied
Saw Palmetto	<ul style="list-style-type: none"> Benign prostatic hypertrophy Sex drive and sperm 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> Sterols Caproic Acid Lauric Acid 	<ul style="list-style-type: none"> None known 	<ul style="list-style-type: none"> "Sable" berries 320 mg/day BPA teas and extracts 	<ul style="list-style-type: none"> Caproic and Lauric acids decrease amounts of DHT which helps to shrink prostate Does not change PSA levels
St. John's Wart; Hypericum perforatum	<ul style="list-style-type: none"> Depression Mood Enhancement Vitiligo Recurrent ear infections 	<ul style="list-style-type: none"> USA Europe 	<ul style="list-style-type: none"> Hypericin Pseudohypericin Flavonoids 	<ul style="list-style-type: none"> Photophobia (not to be mixed with foods that have tannins, casseine i.e. wines and hard cheeses, yeast, or pickled herring) 	<ul style="list-style-type: none"> 500-1000 mg/day 0.2% hypericin 	<ul style="list-style-type: none"> Anti-depressant and anti-viral MAO (monoamine oxidase) Inhibitor (increases levels of serotonin by allowing it to stay in the brain) Not to be taken if pregnant or lactating Taken in 4 week intervals and then assessed; close to meals; not for everyday long-term use! Not to be taken by AIDS patients
Tea Tree Oil	<ul style="list-style-type: none"> Acne Athletes foot Superficial Yeast Infection Chronic vaginitis; not US 	<ul style="list-style-type: none"> Australia Asia 	<ul style="list-style-type: none"> 40-50% Terpenoids 15% Cineole 	<ul style="list-style-type: none"> No use on broken skin, open blisters, or open wounds 	<ul style="list-style-type: none"> Evergreen tree 	<ul style="list-style-type: none"> Cineole good for killing superficial bacteria and fungi
Valerian Root	<ul style="list-style-type: none"> Insomnia 	<ul style="list-style-type: none"> Wild in Europe Commercial in USA 	<ul style="list-style-type: none"> Essential oils that bind to GABA-A Rc and exert sedating effect 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> 300-500 mg/day one hour before bedtime (5 ml tincture) 	<ul style="list-style-type: none"> Do not take with alcohol Not to be taken if pregnant or lactating Not to be used nightly Used to calm patients before MRI studies