

- ***Please note that Peaceable Kingdom Essentials does not give medical advice, and that the information listed is intended to be solely for informational purposes only.***

List of plants by common name

A

Açai (*Euterpe oleracea*) although açai berries are a longstanding food source for indigenous people of the Amazon, there is no evidence that they have historically served a medicinal, as opposed to nutritional role. In spite of their recent popularity in the United States as a dietary supplement, there is currently no evidence for their effectiveness for any health-related purpose.

Alfalfa (*Medicago sativa*) leaves are used to lower cholesterol, as well as for kidney and urinary tract ailments.

All Heal (*Prunella Vulgaris*) is indigenous to Europe and Asia, and is mentioned in those countries medicinal texts for promoting healthy liver & gallbladder function, glandular health, blood pressure support, and more. However, it's most popular application has been as a topical and internal herbal support for tissue repair. Interestingly, modern research has discovered that *Prunella* contains Rutin, Vitamin C and Vitamin K, nutrients known to support blood vessels and other connective tissue.

Aloe Vera leaves are widely used to heal burns, wounds and other skin ailments.

Arnica (*Arnica Montana*) is used as an anti-inflammatory and for osteoarthritis

Asthma weed (*Euphorbia hirta*) has been used traditionally in Asia to treat bronchitic asthma and laryngeal spasm. It is used in the Philippines for dengue fever

Astragalus (*Astragalus propinquus*) has long been used in traditional Chinese medicine to strengthen the immune system, and is used in modern China to treat hepatitis and as an adjunctive therapy in cancer.

B

Barberry (*Berberis vulgaris*) has been used medicinally for thousands of years, [not in citation given] particularly among Native Americans. Uses have included skin ailments, scurvy and gastro-intestinal ailments.

Basil (*Ocimum basilicum*) does more than lend its zesty flavor to tomato sauces, the fragrant herb eases muscle cramps, soothes head discomforts, and offers cardiovascular benefits (Basil is a source of calming Magnesium, an important mineral for heart health).

Belladonna (*Atropa belladonna*), although toxic, was used historically in Italy by women to enlarge their pupils, as well as a sedative, among other uses. The name itself means "beautiful woman" in Italian.

Betony (*Betonica officinalis*) is loosely translated "good head", and is a clue to its long time traditional use: To promote head well-being and to ease stress-related head strain. Betony has a calming effect on the nervous system, and helps you feel soothed and relaxed. Also a traditional blood purifier; supports healthy liver function; eases menstrual pain; promotes healthy digestion.

Bilberry (*Vaccinium myrtillus*) used to treat diarrhea, scurvy, and other conditions.

Bitter leaf (*Vernonia amygdalina*) is used by both primates and indigenous peoples in Africa to treat intestinal ailments such as dysentery

Bitter orange (*Citrus x aurantium*) used in traditional Chinese medicine and by indigenous peoples of the Amazon for nausea, indigestion and constipation.

Black cohosh (*Actaea racemosa*) historically used for arthritis and muscle pain, used more recently for conditions related to menopause and menstruation.

Blessed thistle (*Cnicus benedictus*) was used during the Middle Ages to treat bubonic plague. In modern times, tea made from blessed thistle is used for loss of appetite, indigestion and other purposes.

Blueberries (genus *Vaccinium*) are of current medical interest as an antioxidant and for urinary tract ailments

Burdock (*Arctium lappa*) has been used traditionally as a diuretic and to lower blood sugar and, in traditional Chinese medicine as a treatment for sore throat and symptoms of the common cold.

Butterfly weed (*Asclepias tuberosa*) Pleurisy Root holds an important place in modern herbalism for its time-honored ability to relax the air passages, reduce excess mucus buildup and improve breathing. DID YOU KNOW: The brilliant colors of the plant flowers attract monarchs and other butterflies – hence the common name Butterfly Weed?

C

Calendula (*Calendula officinalis*) Calendula flowers support the delicate mucous membranes of the mouth, throat and gastrointestinal system. In many cases, herbalists now recommend Calendula as an alternative for Comfrey, due to their similar historical uses. Get some flower power with Calendula! DID YOU KNOW: Calendula is a source of the antioxidant carotenoids, lutein and Zeaxanthin?

Cat's claw (*Uncaria tomentosa*) has a long history of use in South America to prevent and treat disease. Cat's Claw is the herbalist's choice for critical immune system support. It promotes white blood cell function - a vital defense in immune health and its natural antioxidants help neutralize cell damaging free radicals. DID YOU KNOW: Cat's Claw's name comes from the fact that the thorns of this woody vine resemble cat's claws?

Catnip (*Nepeta cataria*) While Catnip drives cats crazy, (a feline favorite) it has exactly the opposite effect on humans. This member of the mint family is the preferred herb for humans who want to soothe an upset stomach, gas, nausea and bloating. Sip this relaxing, minty brew after dinner or a heavy meal to encourage healthy digestion.

Cayenne (*Capsicum annuum*) is a type of chili that has been used as both food and medicine for thousands of years.[not in citation given] Uses have included pain relief and treating fever, cold, diarrhea, among other conditions.

Celery (*Apium graveolens*) seed is used only occasionally in tradition medicine. Modern usage is primarily as a diuretic.

Chamomile (*Matricaria chamomilla*) is one of the most widely used herbs around the world, and with good reason! In addition to calming stress and digestive upsets, Chamomile eases muscle spasms, and is a great bath herb to soothe irritated skin and sunburn. It has been used over thousands of years for a variety of conditions, including sleeplessness, anxiety, and gastrointestinal conditions such as upset stomach, gas, and diarrhea.

Chaparral (*Larrea tridentata*) leaves and twigs are used by Native Americans to make a tea used for a variety of conditions, including arthritis, cancer and a number of others. Subsequent studies have been extremely variable, at best. Chaparral has also been shown to have high liver toxicity, and has led to kidney failure, and is not recommended for any use by the U.S. Food and Drug Administration (FDA) or American Cancer Society.

Chasteberry (*Vitex agnus-castus*) used over thousands of years for menstrual problems, and to simulate lactation.

Chili (*Capsicum frutescens*)'s active ingredient, capsaicine, is the basic of commercial pain-relief ointments in Western medicine. The low incidence of heart attack in Thais has been shown to be related to capsaicine's fibronolytic action (dissolving blood clots).

Cinnamon bark (*Cinnamomum aromaticum*) the benefits of this aromatic spice don't stop with blood sugar balance! Cinnamon is a time-honored digestive aid; make a delightful after-dinner tea by combining it with Ginger and Lemon Balm to quickly soothe an upset stomach. What's more, research shows that just a 1/2 a teaspoon of Cinnamon every day can have a significant impact on healthy cholesterol levels too! It's so easy to incorporate this sweet treat in your healthy lifestyle: Sprinkle the powder in your morning coffee, oatmeal, or smoothies; add to medicinal teas to improve taste; blend with Stevia to make a healthy Cinnamon "Sugar" mix that you can add to yogurt...the possibilities are endless.

Clove (*Syzygium aromaticum*) is used for upset stomach and as an expectorant, among other purposes. The oil is used topically to treat toothache.

Coffee senna (*Cassia occidentalis*) is used in a wide variety of roles in traditional medicine, including in particular as a broad-spectrum internal and external antimicrobial, for liver disorders, for intestinal worms and other parasites and as an immune-system stimulant.

Comfrey (*Symphytum officinale*) has been used as a vulnerary and to reduce inflammation. It was also used internally in the past, for stomach and other ailments, but its toxicity has led a number of other countries, including Canada, Brazil, Australia, and the United Kingdom, to severely restrict or ban the use of comfrey.

Couch grass (*Triticum repens*) For generations, herbalists and tribal Indian healers used Couch Grass for its gentle diuretic action. Today, many are re-discovering its time-tested therapeutic value. Couch Grass offers targeted yet soothing, protective support for the urinary, bladder, and kidney function, due to its high mucilage content. (Mucilage is a natural substance produced by most fibers, gums and plants. It soothes and protects the body's delicate tissues).

Cranberry (*Vaccinium macrocarpon*) used historically as a vulnerary and for urinary disorders, diarrhea, diabetes, stomach ailments, and liver problems. Modern usage has concentrated on urinary tract related problems.

D

Dandelion (*Taraxacum officinale*) was most commonly used historically to treat liver diseases, kidney diseases, and spleen problems

Devil's claw (*Harpago procumbens*) The root with the sinister name provides blessed comfort for joint, muscle and connective discomforts. Devil's Claw contains harpagoside and other active compounds, which fight joint stiffness & supports healthy inflammatory response. The traditional African root also offers vital support for upset stomach, gas, and bloating. Devil's Claw stimulates the secretion of digestive enzymes and beneficial stomach acids that enhance digestion and help to break down protein and fat.

Digitalis (*Digitalis lanata*), or foxglove, came into use in treating cardiac disease in late 18th century England in spite of its high toxicity. Its use has been almost entirely replaced by the pharmaceutical derivative Digoxin, which has a shorter half-life in the body, and whose toxicity is therefore more easily managed. Digoxin is used as an antiarrhythmic agent and inotrope

Dog grass (*Triticum repens*) see couch grass

Dong quai (*Angelica sinensis*) has been used for thousands of years in Asia, primarily in women's health.

E

Echinacea (*Echinacea angustifolia*) Echinacea's rich history of use cannot be discounted. Generations of herbal users and practitioners continue to rely on the powerful immune tonic, and with good reason. Echinacea supports white blood cell activity – a major part of our body's critical defense system. NOTE: Echinacea angustifolia and Echinacea purpurea are the two most commonly used varieties. They have similar therapeutic properties and can be combined for a more comprehensive defense complex. Echinacea angustifolia contains a higher concentration of echinacosides, a potent class of antioxidant compounds.

Elderberry (*Sambucus nigra*) berries and leaves have traditionally been used to treat pain, swelling, infections, coughs, and skin conditions and, more recently, flu, common cold, fevers, constipation, and sinus infections.

Elecampane (*Inula helenium*) In traditional herbal medicine, Elecampane is recognized for its remarkable action on the respiratory passages because of it provides a protective coating for the mucus membranes of the bronchial and upper respiratory tract. This explains why Elecampane continues to be a popular addition to many herbal cough remedies. In addition, Elecampane is also cited as a bitter tonic for strengthening stomach functions and improving poor digestion.

Elm bark (*Ulmus rubra*) Slippery Elm soothes any irritated surface it comes in contact with. It contains a natural substance that coats and protects, making it an effective solution for the mucus membranes of the stomach, bowel, colon, throat, and bronchial areas.

Ephedra (*Ephedra sinica*) has been used for more than 5,000 years [not in citation given] in traditional Chinese medicine for respiratory ailments. Products containing ephedra for weight loss, energy and athletic performance, particularly those also containing caffeine, have been linked to stroke, heart arrhythmia, and even death. Such products have been banned in the United States since December, 2003. Other dietary supplements containing ephedra were similarly banned in February, 2004.

Eucalyptus (*Eucalyptus globulus*) leaves were widely used in traditional medicine as a febrifuge. Eucalyptus oil is commonly used in over-the-counter cough and cold medications, as well as for an analgesic.

European Mistletoe (*Viscum album*) has been used to treat seizures, headaches, and other conditions.

Evening primrose (*Oenothera spp.*) oil has been used since the 1930s for eczema, and more recently as an anti-inflammatory

Eyebright (*Euphrasia officinalis*) is the herb of choice for anyone who desires healthy vision support - and for good reason. It is a natural source of eye-nourishing nutrients such as vitamins A, C & Zinc, plus it also soothes allergy eyes. The popular eye tonic is also a trusted allergy-respiratory support herb. It calms the sinus and nasal passages and is often combined with similar herbs to soothe environmental & seasonal sensitivities

F

Fennel (*Foeniculum vulgare*) is a primary digestive herb in the traditional Ayurvedic, Chinese, Arabian, and Japanese Kampo healing systems! Even the "father of modern medicine" Hippocrates himself, used Fennel for digestive support. Today, many enjoy the pleasant tasting, licorice-like flavored tea after meals.

Fenugreek (*Trigonella foenum-graecum*) has long been used to treat symptoms of menopause, and digestive ailments. More recently, it has been used to treat diabetes, loss of appetite and other conditions

Feverfew (*Tanacetum parthenium*) has been used for centuries for fevers, headaches, stomach aches, toothaches, insect bites and other conditions.

Flaxseed (*Linum usitatissimum*) is most commonly used as a laxative. Flaxseed oil is used for different conditions, including arthritis

G

Garlic (*Allium sativum*) widely used as an antibiotic and, more recently, for treating cardiovascular disease

Gentian (*Gentiana lutea*) is at the head of the class of herbal bitters traditionally used to aid digestion. Its bitter compounds are credited with the herbs' legendary digestive effects. It provides targeted support for the entire digestive system, alleviates bloating, gas, fullness, and nausea. Herbalists highly recommend Gentian preparations either before or shortly after eating to encourage proper digestion, particularly for heavy-to-digest, large, fatty or rich meals. For those brave enough to brew an herbal decoction, aromatic herbs such as Cardamom and Ginger will improve the taste. Gentian is just as effective in other forms as well.

Ginger (*Zingiber officinale*) is used to relieve nausea

Ginkgo (*Ginkgo biloba*) leaf extract has been used to treat asthma, bronchitis, fatigue, and tinnitus

Ginseng (*Panax ginseng* and *Panax quinquefolius*) has been used medicinally, in particular in Asia, for over 2,000 years, and is widely used in modern society

Goldenseal (*Hydrastis canadensis*) was used traditionally by Native Americans to treat skin diseases, ulcers, and gonorrhea. More recently, the herb has been used respiratory tract and a number of other infections

Gotu Kola (*Hydrocotyle asiatica*) is believed by many to have a revitalizing effect on the brain cells, and various preparations are used to improve the mental function and performance. This brain food is also considered in Ayurvedic medicine to be a balancing tonic that both energizes and relaxes the body.

Grape (*Vitis vinifera*) leaves and fruit have been used medicinally since the ancient Greeks.

Guava (*Psidium guajava*) has a rich history of use in traditional medicine. Scientific study of guava's medicinal usage has focused on gastro-intestinal ailments. Guava has been shown to be an effective treatment for acute infectious diarrhea.

H

Hawthorn (*Crataegus laevigata*) fruit has been used since the first century for heart disease. Other uses include digestive and kidney problems.

Hoodia (*Hoodia gordonii*) is traditionally used by Kalahari Bushmen to reduce hunger and thirst. It is currently marketed as an appetite suppressant.

Hops (*Humulus lupulus*) While Hops is famous as the herb that gives beer its bitter-aromatic flavor, the fact is, this calming botanical has been used for centuries to relieve occasional sleeplessness and to ease nervous tension. Hops is considered by many herbalists to be one of the safest, most calming herbs. It provides an additional bonus for those trying to break the nicotine or caffeine habit too! Combine with other relaxing herbs such as Chamomile, Scullcap, Oatstraw & Catnip to help quiet frazzled nerves and irritability.

Horse chestnut (*Aesculus hippocastanum*) seeds, leaves, bark, and flowers have been used medicinally for many centuries. The raw plant materials are toxic unless processed

Horsetail (*Equisetum arvense*) dates back to ancient Roman and Greek medicine, when it was used to stop bleeding, heal ulcers and wounds, and treat tuberculosis and kidney problems.

I

Indian Cup Plant (*Silphium perfoliatum*) is indigenous to the western United States, Oregon and Texas. Classic herbal references cite the root as a folk remedy for digestive complaints, liver & spleen health, as well as a general restorative tonic.

Iron weed (*Veronica augatifolia*) is indigenous to the eastern and southeastern regions of the United States. The root is a bitter tonic traditionally used to encourage proper digestion and to improve the appetite. In addition to its traditional use as a digestive aid, Iron Weed is cited for supporting a smooth female cycle.

J

Jamaica dogwood (*Piscidia erythrina* or *Piscidia piscipula*) is used in traditional medicine to treat pain, insomnia and anxiety. Scientific studies have underscored the plant's medicinal potential.

Juniper berries (*Juniperus communis*) Promotes healthy water balance; maintains urinary tract health; stomach tonic; natural digestive system support; soothes upset stomach; gas; supports joint health.

K

Kava Kava (*Piper methysticum*) has been used for centuries in the South Pacific to make a ceremonial drink with sedative and anesthetic properties. It is used as a soporific, as well as for asthma and urinary tract infection

Konjac (*Amorphophallus konjac*) is a significant dietary source of glucomannan, which is used in treating obesity, constipation, and reducing cholesterol

Kudzu (*Pueraria lobata*) Muscular tension; back, neck & shoulder discomfort; cardiovascular health; healthy circulation; blood pressure support; use powder as a culinary food starch thickener (appears cloudy at first, but will become clear as it thickens).

L

Lavender (*Lavandula angustifolia*) was traditionally used as an antiseptic and for mental health purposes. It was also used ancient Egypt in mummifying bodies. There is little scientific evidence that lavender is effective for most mental health uses. Lemon (*Citrus limon*), along with other citruses, has a long history of use in Chinese and Indian traditional medicine. In contemporary use, honey and lemon is common for treating coughs and sore throat.

Lemon Balm (*Melissa officinalis*) has been cultivated in the Mediterranean region for about 2,000 years, and is one of the earliest known herbs used to calm mood and ease tension. The popular culinary herb also doubles as a favorite home remedy to help alleviate gas, bloating and upset stomach.

Licorice root (*Glycyrrhiza glabra*) has a long history of medicinal usage in Eastern and Western medicine. Uses include stomach ulcers, bronchitis, and sore throat, as well as infections caused by viruses, such as hepatitis.

Lungwort (*Pulmonaria officinalis*) Lungwort is a perennial herb commonly found in Europe and now in parts of the United States. As its common and genus name suggests, Lungwort has been used down through the ages as a folk remedy for supporting healthy lung function. Lungwort is described in herbal reference guides for soothing the respiratory tract and for promoting bronchial and upper respiratory health.

M

Marjoram (*Origanum Marjrana*/*Marjorana hortensis*) Ancient healers and herbalists used Sweet Marjoram extensively, from everything from bruises to snake bites. Today, however, this common kitchen herb is more likely to be enjoyed as a pleasant-tasting tea for soothing digestion. As a culinary herb, Sweet Marjoram lends its subtle aroma to herb mixtures, vinegars, soups, dressing, as well as poultry, fish, egg and vegetable dishes. The dried leaves are also a fragrant addition to a sleep pillows and to potpourri blends.

Marigold (*Calendula officinalis*), or calendula, has a long history of use in treating wounds and soothing skin

Marsh mallow (*Althaea officinalis*) has been used for over 2,000 years as both a food and a medicine[1]

Milk thistle (*Silybum marianum*) has been used for thousands of years for a variety of medicinal purposes, in particular liver problems.

Mugwort (*Artemisia vulgaris*) With properties similar to Wormwood, Mugwort is also a bitter tonic that is used for intestinal parasites, as a digestive aid and to effectively stimulate & normalize the menstrual flow. As a bitter tonic, Mugwort improves liver function, has a beneficial effect on bile production thus promoting the appetite and proper digestion.

Mullein (*Verbascum thapsus*) Mullein is classified as one of the top herbs when it comes to soothing respiratory health. This is especially so in Europe, where Mullein flower is a major ingredient in numerous over-the-counter throat and bronchial formulas. NOTE: Mullein flowers and leaves are both used for respiratory health. However, some herbalists believe the flowers have a more calming effect on the respiratory system. For maximum benefits, combine both in equal parts.

N

Nasturtium (*Nasturtium officinale*) Watercress grows in the clear, cold waters of streams and ponds. The nutrient-rich leaves are used traditionally to promote urinary tract health and have been found to support the bronchial and respiratory system.

Neem (*Azadirachta indica*), used in India to treat worms, malaria, rheumatism and skin infections among many other things. Its many uses have led to neem being called "the village dispensary" in India.

Nettle (*Urtica dioica*) Nettle leaf is an herbalist's top-pick to soothe distressing seasonal symptoms, relieve temporary water weight gain and promote fluid balance. The nutrient-rich "spring tonic" also nourishes, detoxifies, and reinvigorates vital body systems!

Noni (*Morinda citrifolia*) has a history of use as for joint pain and skin conditions.

O

Oat Straw (*Avena sativa*) Supports, calms & soothes nervous system; supports calm mood; nutritive body tonic; hair, skin & nails; promotes healthy bones; herbal strengthening tonic; supports glandular health. NOTE: Persons with celiac disease should avoid Oats.

Opium Poppy (*Papaver somniferum*) is the plant source of morphine, used for pain relief. Morphine made from the refined and modified sap is used for pain control in terminal patients. Dried sap was used as a traditional medicine until the 19th century.

Oregano (*Origanum vulgare*) Promotes healthy digestion; gas; bloating; upset stomach; sour stomach; supports respiratory health; mild herbal diuretic.

Oregon Grape root (*Berberis aquifolium*) Promotes liver and gallbladder function; supports healthy, clean blood; whole body cleanser; promotes healthy skin; supports glandular health; bitter digestive tonic.

P

Papaya (*Carica papaya*) is used for treating wounds.

Parsley (*Petroselinum sativum*) Promotes fluid balance; herbal diuretic; promotes urinary tract health; supports kidney & bladder health; ease bloating associated with the menstrual cycle; maintains healthy blood pressure; supports prostate health; supports joint health.

Pau D' Arco (*Tabebuia avellanedae*) Supports healthy intestinal ecology; promotes skin health (externally & internally); supports prostate health; joint discomfort.

Peppermint (*Mentha x piperita*) oil, from a cross between water mint and spearmint, has a history of medicinal use for a variety of conditions, including nausea, indigestion, and symptoms of the common cold.

Plantain (*Plantago major*) Supports lung and respiratory function; promotes healthy breathing; soothes mucus tissue such as the throat, bronchial and respiratory tract; mild herbal astringent; supports kidney/bladder health.

Pleurisy Root –see Butterfly weed

Psyllium (*Plantago psyllium*) Promotes regularity; gentle bulk laxative (no cramping); maintains, soothes & lubricates the gastrointestinal tract; cleanses colon.

Purple coneflower (*Echinacea purpurea*) and other species of Echinacea has been used for at least 400 years by Native Americans to treat infections and wounds, and as a general "cure-all". It is currently used for symptoms associated with cold and flu

Q

Queen Anne's Lace (*Daucus carota*) Wild Carrot, also known as Queen Anne's Lace, is the ancestor of today's cultivated carrots. It was introduced from Europe as a medicinal plant. Wild Carrot finds its traditional applications as a mild diuretic for urinary and bladder complaints. Increases urine flow and stimulates urine and bladder activity; excess fluid retention; urinary stones; bladder inflammation.

Queen of the Meadow (*Flipendula ulmaria*) In the mid 1800s, Meadowsweet and White Willow were both used as the basis for the synthesis of aspirin. Today, Meadowsweet gently eases minor discomforts, promotes healthy digestion and provides soothing support for gastrointestinal health. Meadowsweet is a perfect example of nature's superiority over man-made pharmaceutical preparations. How so? While its active compound, salicylic acid soothes minor discomforts; Meadowsweet's other plant compounds gently soothe upset stomach and occasional heartburn.

R

Red clover (*Trifolium pratense*) has been used historically to treat cancer and respiratory problems. More recently, it has been used for women's health issues.

Rosemary (*Rosmarinus officinalis*) Herbalists agree that Rosemary makes a very useful addition to any herbal medicine cabinet. Why? This truly versatile kitchen spice strengthens stomach functions and soothes indigestion and gas; offers uncommon support for head well-being; and is especially beneficial for easing stress, restlessness, and nervous tension. Herbalist Laurel Dewey also recommended Rosemary tea for "those recovering from an illness and are having a difficult time regaining their strength".

S

Sage (*Salvia officinalis*), shown to improve cognitive function in patients with mild to moderate Alzheimer's disease

St. John's wort (*Hypericum perforatum*), evaluated for use as an antidepressant, but with ambiguous results.

Saw palmetto (*Serenoa repens*) was used medicinally by the Seminole tribe

Skullcap (*Scutellaria lateriflora*) Promotes relaxation; supports restful sleep; eases tension when under occasional stress; restlessness; soothes temporary muscle and nerve discomfort; menstrual cramps.

Spearmint (*Mentha spicata*) Herbalists note that Spearmint is milder in action to Peppermint, so it's a gentle alternative for calming children's stomach upsets.

Spirulina (*Spirulina platensis*) Energy, stamina & vitality; immune system support; builds healthy blood; herbal detoxifier; helps eliminate heavy metal toxicity; promotes digestive & gastrointestinal health; cholesterol wellness.

Stevia The indigenous tribes of Central and South America have safely used Stevia for hundreds of years, calling it Honey Leaf, Sweet Leaf, Sugar Leaf, Yerba Dulce, and Kaa-he-he. It's valued not only for its pleasant taste but also for its medicinal properties as well.

T

Tarragon (*Artemisia dracuncululus*) Improve digestion; nausea; flatulence; loss of appetite; diuretic.

Tea tree oil (*Melaleuca alternifolia*) has been used medicinally for centuries by Australian aboriginal people. Modern usage is primarily as an antibacterial or antifungal agent

Thunder God Vine (*Tripterygium wilfordii*) is used in traditional Chinese medicine to treat inflammation or an overactive immune system

Thyme (*Thymus vulgaris*) Soothes bronchial passages; supports throat health; supports respiratory function; helps maintain clear breathing; promotes healthy digestion; supports immune system; eases digestive cramps, menstrual cramps; helps ease tension and stress.

Turmeric (*Curcuma longa*), a spice that lends its distinctive yellow color to Indian curries, has long been used in Ayurvedic and traditional Chinese medicine to aid digestion and liver function, relieve arthritis pain, and regulate menstruation

U

Umckaloabo, or South African Geranium (*Pelargonium sidoides*), used in treating acute bronchitis

Unicorn root, (*Helonias dioica*) False Unicorn is a traditional herb that meets the needs of today's women. It's the safe and effective choice for superior hormone balance and reproductive health; it supports a smooth, healthy female cycle and provides comforting support during menopause.

Uva Ursi, (*Arctostaphylos uva ursi*) is recognized as a urinary antiseptic. Its cleansing action helps keep the kidneys and urinary tract flushed, while it alleviates excessive water retention and bloating.

V

Valerian (*Valeriana officinalis*) has been used since at least ancient Greece and Rome for sleep disorders and anxiety.

Lemon Verbena (*Aloysia triphylla*) makes a truly delightful lemon-scented tea to promote digestive comfort, strengthen the stomach and alleviate gas, bloating, nausea and stomachaches.

In other applications, a compress may be beneficial for puffy eyes, and as a gargle for sore throats. Due to its mild aromatic fragrance, Verbena is also a popular addition to citrus or spicy potpourris.

Vervain (*Verbena officinalis*) Promotes nervous system health; supports calm mood; eases irritability & occasional stress; premenstrual stress; promotes relaxation; occasional sleeplessness; soothes digestion; cramps; supports liver & gallbladder function; upper respiratory health.

W

White willow (*Salix alba*) is a plant source of salicylic acid, a chemical related to aspirin, although more likely to cause stomach upset as a side effect than aspirin itself. Used from ancient times for the same uses as aspirin.

Wood Betony (*Betonica officinalis*) Soothes head strain; supports nervous system function; traditional blood purifier; supports healthy liver function; eases menstrual pain; promotes healthy digestion.

Wormwood (*Artemisia absinthium*) Promotes intestinal cleansing; bitter digestive tonic; supports healthy digestion; alleviates nausea, gas, bloating, feeling of fullness; occasional acid indigestion; promotes healthy liver function.

X

Xiao-hue-xiang – (Chinese name) See Fennel

Y

Yarrow (*Achillea millefolium*) In ancient mythology, Yarrow is the herb used by Achilles to heal the wounds of his warriors - perhaps the reason for its other common name, *Herba militaris*. Herbal astringent; maintains healthy liver & gallbladder function; supports immune health; promotes healthy digestion; promotes blood cleansing; eases menstrual cramps.

Yellow Dock (*Rumex crispus*) Supports blood cleansing; builds healthy blood; supports liver function; supports healthy lymphatic system; promotes healthy skin; relieves occasional constipation (mild laxative); promotes healthy digestion.

Yerba mate (*Ilex Paraguaiensis*) Rejuvenative tonic; promotes energy; boosts stamina & endurance; helps restore mental alertness & wakefulness when experiencing fatigue or drowsiness; mild diuretic; supports weight loss (enhances thermogenesis); herbal antioxidant.

Yerba santa (*Eriodictyon crassifolium*) was used by the Chumash people to keep airways open for proper breathing.

Yohimbe (*Pausinystalia yohimbe*) has a long history of use in Africa as an aphrodisiac.

Z

Zedoary root (*Amonum zerumbet/Curcuma zedoaria*) Zedoary is a perennial plant indigenous to northeast India. This member of the Ginger family is also a traditional remedy for relieving indigestion, heartburn, gas, nausea, and other digestive complaints.

Zinnkraut (*Equisetum arvense*) Get the herbal nutrients you need for stronger bones, beautiful skin, and healthy hair & nails. Horsetail is a natural source of silica, manganese and other minerals, which are crucial for healthy bones, cartilage and connective tissue. Horsetail has also been used for centuries as an herbal diuretic to support urinary health. In fact, the Cherokee, Chippewa and the Potawatomi people, all utilized Horsetail preparations for kidney and bladder support.