

Herbal Remedies by Herb

Herb	Uses
Alfalfa Leaf	Multi-nutrient, arthritis, diuretic, blood sugar regulator
Ashwagandha Root	Adaptogen, rejuvenative tonic, useful as a hypotensive, antispasmodic, antiarthritic, anti-inflammatory
Bacopa Leaves	Memory enhancer
Bilberry Fruit	Eye-strain, glaucoma, cataracts, vasoprotective, anti-diarrheal, antioxidant
Black Cohosh Root	PMS, menopause, arthritis, rheumatism
Borage Oil	Rich in essential fatty acids 24% GLA, PMS (menstrual cramps), arthritis, eczema, diabetes, MS, immune deficiency
Boswellia Serrata	Rheumatoid arthritis, osteoarthritis, soft tissue rheumatism, lower back pain
Cayenne Fruit	Digestive aid, improves circulation, external analgesic, diarrhea, shingles
Chamomile Flowers	Digestive aid, tranquilizer, immune stimulant, ulcers, infection prevention, arthritis
Cranberry Fruit	Prevention and treatment of urinary tract infections (UTI)
Cramp Bark	Menstrual cramps, insomnia
Damiana Leaf	Aphrodisiac, for the prevention and treatment of sexual disturbances, for boosting and maintaining physical capacity
Dandelion Root	Diuretic, PMS, menstrual discomforts, high blood pressure, weight loss, heart, digestive aid, cancer prevention, yeast infections
Devil's Claw Root	Anti-inflammatory, arthritis, rheumatism, appetite stimulant
Dong Quai Root	PMS (cramping), menopause (hot flashes)
Echinacea & Goldenseal	Viral infections, bacterial infections, sore throat, blood cleanser, antibiotic, nasal decongestant immune system tonic
Echinacea Augustifolia Root	Viral infections, bacterial infections, sore throat, blood cleanser, antibiotic
Evening Primrose Oil	Essential fatty acid (EFA) supplement, PMS, eczema, weight control, arthritis, diabetes, alcoholism, schizophrenia, multiple sclerosis
Fenugreek Seed	Expectorant - for coughs, tonic (mucilaginous) - for sore throats, restorative and carminative
Feverfew Leaf	Migraine headache prevention, anti-inflammatory, digestion, fever, arthritis
Flax Seed Oil	Essential fatty acid supplement - Omega 3 (58% linolenic acid (LNA) and 14% linoleic acid (LA)), cholesterol lowering, laxative, anti-inflammatory, cardiovascular disease, diabetes.
Garlic-Certified	Coughs & cold, high lipid levels, high cholesterol, high blood pressure, Allicin Levels antiviral, antibacterial, antioxidant, antiparasitic, anti-inflammatory, antithrombotic
Ginger Root	Upset stomach, nausea, travel sickness, nausea preventative for day surgery
Ginkgo Biloba Leaf	Memory, vertigo, ringing in the ears, chronic cerebral insufficiency, inhibiting platelet aggregation, neuroprotective
Ginseng Root	Adaptogen, blood sugar lowering, increases energy by stimulating the Korean (Panax) central nervous system, antistress
Ginseng Root Ontario	Adaptogen, increases energy and endurance by calming the central nervous system, antistress, antifatigue
Ginseng Root Siberian	Adaptogen, increases energy and endurance by calming the central nervous system, antistress, antifatigue, immune stimulant