

Herbal Remedies by Condition

<u>Condition</u>	<u>Herb</u>
Allergy/Hayfever	Nettle, Saw Palmetto
Aphrodisiac	Damiana, Ginseng (All), Muira Puama
Anti-inflammatory	Ashwagandha, Devil's Claw, Feverfew, Flax, Garlic, Saw Palmetto, St. John's Wort, White Willow Bark
Anti-oxidant	Grape Seed
Arthritis/Rheumatism	Alfalfa, Ashwagandha, Black Cohosh, Borage Oil, Chamomile Flower, Devil's Claw, Evening Primrose, Feverfew, Juniper Berry, Licorice Root, Willow Bark, Yucca
Blood Pressure	Alfalfa Leaf, Borage Oil, Cayenne, Dandelion Root, Evening Primrose Oil, Garlic, Juniper Berry, Nettle Leaves, Uva Ursi Leaves
Cholesterol Lowering	Borage Oil, Evening Primrose Oil, Flax, Garlic, Milk Thistle, Guggulipid, Spirulina
Circulatory System	Alfalfa Leaf, Borage Oil, Cayenne, Evening Primrose Oil, Garlic, Ginkgo Biloba, Horse Chestnut
Cough & Cold	Echinacea, Echinacea & Goldenseal, Garlic, Licorice Root, Fenugreek Seed, Horse Chestnut, Rose Hips
Diabetes	Alfalfa Leaf, Borage Oil, Evening Primrose Oil, Flax, Korean Ginseng, Spirulina
Digestive System	Cayenne, Chamomile Flowers, Ginger, Feverfew
Energy	Alfalfa Leaf, Ginseng (All), Ashwagandha
Hair & Nails	Horsetail Herb
Heart	Garlic, Grape Seed, Guggulipid, Hawthorn Berry
Immune System	Chamomile Flowers, Echinacea, Goldenseal, Evening Primrose Oil, Garlic, Ginseng, Grape Seed, Spirulina
Infections	Cat's Claw, Chamomile Flowers, Echinacea, Goldenseal, Garlic, Licorice Root, Cranberry, Tea Tree (topical)
Insomnia	Chamomile, Passion Flower, Valerian, Cramp Bark
Laxative	Flax, Senna, Cascara Sagrada, Licorice Root, Rhubarb Root
Liver	Milk Thistle
Lymphatic System	Echinacea, Goldenseal
Memory	Ginkgo Biloba, Bacopa
Migraine	Feverfew
Nausea	Ginger
Nervous System	Evening Primrose Oil, Chamomile, Ginseng, Passion Flower, St. John's Wort, Valerian Root, Kava Kava, Ashwagandha
Nutritive	Alfalfa Leaf, Norwegian Kelp, Spirulina
Pain Relief	Devil's Claw, Feverfew, Willow Bark
PMS/Menopause	Black Cohosh, Borage Oil, Dandelion Root, Dong Quai Root, Evening Primrose Oil, Nettle, Passion Flower, Red Clover, Wild Yam, Vitex (Chasteberry), Cramp Bark
Prostate	Pumpkin Seed Oil, Saw Palmetto Berries, Nettles, Muira Puama, Damiana
Stress	Ginseng (All), Chamomile Flower, Passion Flower, Valerian Root, Ashwagandha Root, Kava Kava Root
Skin Conditions	Borage Oil, Evening Primrose Oil, Flax Seed Oil, Horsetail Herb
Respiratory Complaints	Garlic, Licorice Root
Thyroid	Kelp
Urinary Complaints	Alfalfa Leaf, Cranberry, Dandelion Root, Horsetail, Juniper Berry, Pumpkin Seed Oil, Uva Ursi Leaves, Nettle Leaves, Wild Yam
Vision	Bilberry, Ginkgo Biloba Leaves, Grape Seed
Weight Loss	Dandelion Root, Evening Primrose Oil, Kelp, Licorice Root, Pumpkin Seed Oil, Spirulina