

## HERBAL EXAMPLES

Listed below are some examples of herbs used to supplement the treatment and aid in supporting the body's natural ability to auto regulate itself.

NOTE: Some of these herbs are toxic requiring guidance from an individual trained in the use of herbs.

### **Examples of herbs used for blood and lymphatic tonification**

Alfalfa, parsley, angelica sinensis, withania, nettle, goldenrod, dandelion, echinacea, rehmannia, wild indigo, poke, clivers, calendula, corn silk, golden rod, sheep sorrell, saint john's wort, meadowsweet, hawthorn, buchu, feverfew, horsetail, bilberry.

### **Examples of herbs used for behaviour issues**

Ashwaganda, bacopa, skullcap, lemaon balm, passion flower, kava kava, saint john's wort, valerian, california poppy.

### **Examples of herbs used in cardiovascular disease**

Foxglove, lily of the valley, bugleweed, crataegus, ginko, red sage, dandelion, yarrow.

### **Examples of herbs used for the skin**

Aloe, aniseed, ginger, gentian, fenugreek, fennel, linseed, burdock, calendula

### **Examples of herbs used for the digestive tract**

Witch hazel, propolis, sage, chinese basil, green tea, chamomile, meadowsweet, globe artichoke, milk thistle, thyme, wormwood.

### **Examples of musculoskeletal herbs**

Withania, devil's claw, turmeic, boswellia, ginger, hops, prickly ash, cramp bark wild yam, corydalis, california poppy.

### **Examples of respiratory herbs**

Colt's foot, echinacea, marshmallow, licorice, thyme, astragalus, lonicera, grindelia, andrographis, lobelia.