

site-title

The Practical Resource for Sustainable Living

slogan (3K)

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Ailments and Possible Herb Remedies

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Ailments and Possible Herb Remedies

Abscess: Burdock root, cayenne (capsicum), dandelion root, red clover, and yellow dock root.

Acidosis: Kelp.

Acne: Burdock root, Red Clover, Milk Thistle, Chaparral, dandelion and yellow dock, as a poultice, Lavender, red clover and strawberry as a steam.

Aids: Aloe Vera, Astragalus, Black Radish, Dandelion Root, Silymarin (Milk Thistle Extract) Burdock Root, Echinacea, Goldenseal, Mullein, Red Clover, Suma, Cayenne. Cat's Claw, Ginkgo Biloba, Essiac Teas, Licorice, Wild Yam, Pau d'arco, St Johnswort, Siberian Ginseng.

Adrenal Disorders: Astragalus, Echinacea, MilkThistle, Siberian Ginseng.

Age Spots: Burdock, milk thistle and red clover, Ginkgo biloba, licorice, ginseng.

Alcoholism: Alfalfa, Burdock Root, Red clover, Dandelion Root Mi. thistle extract, Valerian Root.

Alkalosis: Alfalfa.

Allergies: Ephedra (Ma Hung),(Caution), Goldenseal root.dandelion Butchers Broom, Ginkgo Bilboa, Oat bran, St Johnswort.

Anemia: Alfalfa, bilberry, cherry dandelion, goldenseal, grape skins, hawthorn berry, mullein, nettle Oregon grape root, pau d'arco, red raspberry, shepherds purse, and yellow dock.

Angina: *See Cardiovascular Disease.*

Ankylosing Spondylitis: *See Arthritis.*

Anorexia Nervosa: Dandelion, milk thistle, red clover, wild yam, ginger root, ginseng, gotu kola, and peppermint.

Anxiety Disorder: Bilberry, ginkgobiloba, milk thistle, catnip, chamomile,

cramp bark, kava kava, hops, linden flower, motherwort, passionflower, skullcap and valerian root.

Appetite Poor: Catnip, fennel seed, ginger root, ginseng, gotu kola, papaya leaves, peppermint leaves, and saw palmetto berries.

Arsenic Poisoning: Chelation Therapy, garlic, selenium, onion powder.

Arteriosclerosis, Atherosclerosis: Cayenne, chickweed, ginkgo Bilbao extract, hawthorn berries, Citrine extract, olive oil.

Arthritis: Alfalfa, cat's claw, cayenne, Brigham tea, buchu leaves, burdock leaves, burdock root, celery seed, corn silk, devil's claw, horsetail, nettle, and parsley and yucca.

Asthma: Ginkgo Bilbao, lobelia extract, mullein oil, Pau d'arco, Echinacea, goldenseal, horsetail, juniper berries, licorice root, slippery elm bark tablets, green tea.

Athlete'S Feet: Pau d'arco, tea tree oil.

Attention Deficit Disorder: See Hyperactivity. Autism; Ginkgo Bilbao, herbs for gastrointestinal disorders.

Backache: Horsetail, alfalfa, burdock, oat straw, slippery elm, white willow bark.

Bad Breath: *See Halitosis.*

Baldness: See Hair Loss.

Bedsores: Comfrey ointment, goldenseal, myrrh gum, pau d'arco suma extract in tea also, buckwheat lime flower, marigold.

Bed Wetting: Buchu, cornsilk, oat straw, parley, plantain. Take before 3PM.

Bee Sting: Poultices from comfrey, slippery elm, and white oak bark. Echinacea, goldenseal, yellow dock.

Benign Prostatic Hypertrophy: Cranberry, birch leaves dandelion hydrangea, goldenseal, Buchu, Cornsilk, marshmallow root, uva ursi, bearberry, burdock root, juniper berries, kava kava, rose hips.

Beriberi: Brewers Yeast, Vit C, any Herbs that have a lot of Vitamins B in it.

Bite: See bee sting, dog bite, insect bite, insect allergy, snakebite, spider bite.

Bitot' Spots: **See under Eye Problems.**

Bladder Infection (Cystitis): Cranberry birch leaves, goldenseal, buchu,

marsh,allow root, uva ursi, burdock root, juniper,berries, kava kava.

Blepharitis: See under eye problems.

Blood Pressure Problems: *See High Blood Pressure.*

Blood Sugar Problems: See Diabetes,

Hypoglycemia Boils: Burdock root, pau d'arco dandelion, milk thistle, Echinacea, goldenseal, oat straw, onion poultices, red clover and suma.

Blood Purification: Echinacea, barberry, black radish, eyebright, milk thistle, Oregon grape, pau d'arco, wild yam, yellow dock, borage seed, chamomile, dandelion, ginkgo Bilboa, sarsaparilla, burdock, hawthorn, red clover, goldenseal. *See Fasting's.*

Bone Broken: *See Fracture.*

Bone Spur: *See Heel or Bone Spur.*

Breast Cancer: Astragalus root, Echinacea burdock root, dandelion, milk thistle, red clover, ginkgo Bilbao, licorice root,.

Breast Feeding Related Problems: Alfalfa, blessed thistle, dandelion, fennel,horsetail, , raspberry, nettle, *Avoid: black walnut, sage, and yarrow.*

Bright' Disease: *See under Kidney Disease.*

Bronchitis: Astragalus, myrrh, pau d'arco, black radish, chickweed, ginkgo biloba, loblia, mullein, boneset, coltsfoot, slippery elm bark, wild cherry bark, Echinacea, goldenseal, eucalyptus leaves, fenugreek horsetail, Iceland moss, Siberian ginseng, garlic and onions.

Bruising: Alfalfa, dandelion, yellow dock, black walnut, horsetail, rose hips.

Burns: Aloe vera pulp, gel, goldenseal, bayberry, black or green tea, blackberry leaves, sumac leaves, sweet gum, white oak bark horsetail and slippery elm.

Bursitis: Horsetail extract and other herbs that help Arthritis.

Cadmium toxicity: Alfalfa, apple pectin, eat pumpkin seeds and other foods high in zinc.

Cancer: Dandelion, Echinacea, green tea, pau d'arco, red clover, suma, ragwort woodsage, comfrey (*external use only*), cat' claw, Take herbs according to what type cancer you have.

Candidiasis: Pau d'arco cloves, miatake tea,

Canker Sores: Burdock, goldenseal, pau d'arco tea, red clover, tea tree oil (*not to taken internally*), red raspberry tea.

Cardiovascular Disease: Citrin extract, barberry, black cohosh, butcher' broom, cayenne, dandelion, ginseng, hawthorn berries, valerian root.

Carpal Tunnel Syndrome: Aloe vera, devil's claw, yarrow, yucca, butchers broom, cayenne, cornsilk, parley, ginkgo biloba, gravel root, marshmallow root, st john'wort skullcap, wintergreen oils.

Cataracts: *See under Eye Problems.*

Cavities: *See under tooth decay.*

Celiac Disease: Alfalfa and any herbs that have B Vits and A,D,E, and K.

Chemical Allergies: Calendula, marigold, chamomile, elder flower, tea tree oil for wash, Herbs that will detoxify your body.

Chemical Poisoning: Any herbs that will detoxify your body.

Chicken Pox: Burdock root, Echinacea, ginger, goldenseal, pau d'arco st johnswort. Catnip, molasses.

Chlamydia: Astragalus, Echinacea, goldenseal, pau d'arco, red clover.

Chronic Fatigue Syndrome: Astragalus (*Do not use Astragalus in presence of fever*), ginkgo biloba, burdock root, dandelion, red clover, ginseng, goldenseal, licorice root, milk thistle, paul d'arco, st johnswort, skullcap and valerian.

Circulatory Problems: Black Cohosh, butcher' broom, cayenne, chickweed, gentian root, ginkgo biloba, goldenseal, hawthorn berries, horseradish, horsetail, hyssop, licorice root, pleurisy root, rose hips, and wormwood.

Cirrhosis of the Liver: Alfalfa, Aloe vera, silymarin (Milk Thistle Extract), milk thistle, baraberry, black radish, burdock, celandine, cheonanthus, dandelion, Echinacea, fennel, goldenseal, hops, horsetail, irish moss, red clover, rose hips, suma, thyme, and wild Oregon grape.

Cold: *See Common Cold.*

Cold Sores (Fever Blisters): Echinacea, goldenseal, pau d'arco, and red clover.

Colitis: *See Ulcerative Colitis.*

Colorblindness: *See under eye problems.*

Common Cold: Catnip enemas, Ginger, pau d'arco, slippery elm and yarrow,

eucalyptus oil, goldenseal, Echinacea.

Complexion Problems: See **Acne, Dry skin, Oily Skin**, Psoriasis, Roseacea, Wrinkling of skin.

Conjunctivitis: *See under Eye problems.*

Constipation: Alfalfa, aloe vera, milkthistle cascara sagrada, goldenseal, rhubarb root, senna leaves yerba mate.

Copper Deficiency: Increase use in soybeans, nuts, cocoa, black pepper seafood raisins, molasses, avocados, whole grains, and cauliflower.

Corneal Ulcer: *See under Eye Problems.*

Corns and Calluses: Use alternate applications of alcohol free goldenseal extract and tea tree oil.

Cramps: *See Muscle cramps, premenstrual syndrome.*

Crohn's Disease: Aloe Vera, burdock root, Echinacea, fenugreek, goldenseal, licorice, marshmallow root, pau d'arco, red clover, rose hips, slyimarin (milk thistle), slippery elm, and yerba mate.

Croup: Echinacea, , fenugreek, goldenseal, thyme, eucalyptus oil, ginger herb baths.

Cushing Syndrome: *See under adrenal disorders.*

Cystic Fibrosis: Echinacea, ginger, goldenseal, yarrow, alfalfa.

Cystitis: *See Bladder infection:*

Dandruff: chaparral, thyme dandelion, goldenseal, red clover.

Deafness: *See Hearing Loss:*

Depression: Lemon Balm, ginger, ginkgo biloba, licorice root, oat straw, peppermint, Siberian ginseng, kava kava, St Johnswort.

Dermatis: Poultices combining chaparral, dandelion and yellow dock root, dandelion goldenseal, myrrh, pau d'arco red clover.

Detached Retina: *See Loss of Vision.*

Diabetes; Cedar berries, Ginseng tea, Huckleberry, Bilberry buchu, dandelion root, goldenseal, uva ursi.

Diabetic Retinopathy: *See Eye Problems.*

Diarrhea: Blackberry root bark, chamopmile, pau d'arco and/or raspberry

leaves, ginger, slippery elm.

Diverticulitis: Alfalfa, aloe vera, pau d'arco cayenne, chamomile, goldenseal, papaya, red clover, yarrow.

Dizziness: *See Menieres Disease, See also under pregnant related problems.*

Dog Bite: Echinacea, goldenseal, pau d'arco, red clover.

Drug Addiction (Substance Abuse): Siberian ginseng, valerian root.

Dry Skin: Aloe vera, Calendula, Comfrey, lavender.

Cyspeposia: *See Indigestion.*

Dysthymia: *See under Depression.*

Ear Infection: Echinacea, warm garlic oil or olive oil, lovelia, mullein, goldenseal, onion poultice.

Eating Disorders: *See anorexia nervbosa, appetite, poor bulimia, obesity, underweight.*

Edema: Alfalfa, Coprnsilk, butcher's broom, dandelion root, horsetail, juniper berries, lobelia, marshmallow parsley and pau d'arco teas.

Emphysema: Thyme, licorice, alfalfa, fenugreek, fresh horseradish, mullein tea, and rosemary.

Endometriosis: Alfalfa, astragalus, garlic, goldenseal, myrrh gum, pau d'arco, red clover, burdock root dong quai, red raspberry, nettle (a lot of iron).

Enuresis: *See Bed wetting*

Enlarged Prostrate: *See prostatitis/enlarged prostate.*

Epilepsy: Alfalfa, Black cohosh, hyssop, lobelia (*Avoid Sage should not be used by anyone who has seizures.*)

Epstein Barr Virus: *See Chronic fatigue syndrome, fibromy algia syndrome; mononucleosis.*

Eye Problems: Bayberry bark, cayenne red raspberry leaves taken by mouth, bilberry extract for night vision, eyebright. There are many symptoms for Eye Problems and many herbs for each symptom.

Fatigue: Acacia, cayenne, ginkgo biloba extract, gotu kola, guarana, siberian ginseng.

Fever: Catnip tea enemas twice daily, dandelion, lobelia, Echinacea root, blackthorn, fenugreek seed, feverfew, ginger poke root.

Fibrocystic Disease of the Breast: Echinacea, goldenseal, muyllein, pau d'arco, red clover, Squawvine, poke root sage poultice (*Poke root for external use only*).

Fibromyalgia Syndrome: Astragalus and Echinacea, black walnut, garlic, burdock root, dandelion, red clover cayenne, ginkgo biloba, licorice root, milkthistle, pau d'arco, skullcap and valerian root.

Flu: *See Influenza.*

Food Poisoning: goldenseal extract, Milk thistle red clover, lobelia tea enemas.

Fracture: Horsetail extract, turmeric paste.

Frigidity: Damiana, wild yam, fo-ti, gotu kola, sarsapilla, saw palmetto, Siberian ginseng (*do not take Siberian Ginseng if you have HBP, heart disorder or hypoglycemia*).

Fungal Infection: Tree Oil (*for external use only*), pau d'arco, goldenseal.

Gingivitis: *See Under Periodontal disease.*

Glaucoma: Bilberry, Fresh blueberries and red raspberry leaf, Chickweed, eyebrigh ginkgo bilboa, rose hips. *Avoid ephedra (mahung) and licorice.*

Glomerulonephritis: *See Kidney disease.*

Gout: Alfalfa, cayenne, birch, burdock, colchicum tincture, hyssop and juniper. DMSO.

Graves Disease: *See under Hyperthyroidism.*

Growth Problems: Alfafa.

Gum disease: *See Periodontal disease, see also bleeding gums under pregnancy-related problems.*

Hair loss: Apple cider Vinegar and sage tea to rinse, Licorice extract, Horsetail.

Halitosis (Bad Breath): Alfalfa, myrr, peppermint, rosemary and sage, parsley.

Hay Fever: Alfalfa, goldenseal, horehound, mullein leaf, stinging nettle, wild cherry bark.

Headache: Bringham, burdock root, fenugreek, feverfew, goldenseal, lavender, lobelia, marshmallow, mint, rosemary, skullcap, thyme.

Hearing Loss: Bayberry bark, burdock root, goldenseal, hawthorn leaf and flower, myrrh gum, Echinacea, eucalyptus, hyssop, mullein, thyme ginkgo biloba, butcher's broom, cayenne, chamomile, ginger root, turmeric, yarrow.

Heart Attack: Alfalfa, borage seed, horsetail, nettle, pau d' arco, black cohosh, oat straw, passionflower, valerian root, skullcap, wood betony, butcher's broom, hawthorn berries and leaf, motherwort, red sage. Cayenne, ginger root, ginkgo biloba, gotu kola, primrose, rosemary, green tea.

Heart Disease: *See Cardiovascular Disease: heart attack.*

(**Heartburn**) Aloe Vera juice, catnip fennel, ginger, marshmallow root, papaya.

Heel and Bone Spur: Arnica, chamomile, DMSO.

Hemophilia: Alfalfa, kale, spinach, green drinks.

Hemorrhoids: A paste made from powdered Comfrey (External use only) elderberry poultice, mullein poultice, buckhorn bark, collinsonia root, parsley, red grape vine leaves and stone root (Tea form).

Hepatitis: Burdock, dandelion, Milk thistle, black radish, goldenseal, green tea, red clover, yellow dock.

Hernia, hiatal: Aloe vera, fenugreek, goldenseal, marshmallow root, red clover, and slippery elm.

Herpes, virus Infection: Applying black walnut or goldenseal extract, cayenne, Echinacea, myrr, red clover St johnswort, Tea Tree oil, (*external use only*).

Herpes Zoster: See Shingles, See also under Eye Problems.

Hiatal Hernia: *see hernia, hiatal.*

High Blood Pressure (Hypertension): Cayenne, chamomile, fennel, hawthorn berries, parsley, rosemary, valerian root.

High Cholesterol: Cayenne, goldenseal, hawthorn berries, garlic

HIV (Human Immunodeficiency Virus) See Aids.

Hives: Alfalfa, cat's claw, chamomile, Echinacea, ginseng, licorice, nettle sarsaparilla, yellow dock, aloe vera gel, Black Night shade leaves, alder tree bark or leaves, tannin.

Hot Flashes: *See Menopause-related Problems.*

Human Immunodeficiency Virus (HIV): Valerian root, catnip, chamomile,

hops, lobelia, passionflower, skull cap, thyme, and wood betony.

Hypertension: *See High Blood Pressure.*

Hyperthyroidism: Eat Broccoli, brussel sprouts, cabbage cauliflower, kale, mustard greens, peaches, pears, rutabagas, soybeans, spinach and turnips.

Hypoglycemia (Low Blood Sugar): Bilberry, wild yam, danbdelion licorice, milk thistle.

Hypothyroidism: Bayberry, black cohosh, goldenseal.

Hysterectomy-Related Problems: Anise, dong quai, fennel, fenugreek, ginseng, licorice, red clover, sage, suma, wild yam.

Immune System Weakened: *See Weakened Immune System:*

Impotence: Damiana Sarsaparilla (testosterone substance for men) wild yam, dong quai, gotu kola, hydrangea root pygeum, saw palmetto Siberian ginseng, ginger, sarsaparilla, yohimbe,

Indigestion (Dyspepsia): Alfalfa, aloe vera, anise seeds, catnip, chamomile, fennel, genugreek, goldenseal, papaya, peppermint, ginger, parsley, slippery elm.,yohimbe, dong quai, ginseng, gotu kola, wild yam root.

Inflammation: Alfalfa, bilberry, Echinacea, goldenseal, pau d' arco, red clover, yucca, horsetail.

Influenza: Catnip tea, *(do not use if pregnant or breastfeeding, do not give to child under 1 yr of age)*. Echinacea, ginger, goldenseal, paud ' arco, slippery elm, yarrow tea, peppermint.

Insect Allergy: Oils of cedar, citronella, eucalyptus, pennyroyal, .rosemary, and rue, tea tree oil.

Insect Bite: Calendula, citro nella, goldenseal, loblia, pennyroyal oil, *(do not use this if pregnant)*.

Insomnia: California Poppy, hops, kava kava, passionflower, skullcap, valerian root, cantnip, chamomile.

Intertrigo: Alfalfa, barley grass, dandelion root, horsetail, parlisley root, also vera calendula, chamomile, teatree oil, garlic.

Irritable Bowel syndrome: silymarin (Milk thistle extract), alfalfa, aloe vera, peppermint skull cap, valerian, balm, chamomile, fenugreek, ginger, goldenseal, lobelia, marshmallow, pau d'arco, rose hips, slippery elm.

Jaundice: Burdock root, red clover, dandelion, silymarin.

Jock Itch: *See under fungal infection.*

Kaposi's Sarcoma: *See under skin cancer.*

Kidney disease: Buchu, Celery, parsley, Cranberries, dandelion root, hydrangea, uvaursi, marshmallow, cornsilk, goldenrod, juniper berries, marshmallow root, nettle, parsley, red clover watermelon seed tea.

Kidney Stones: Aloe Vera Juice, ginkgo biloba, goldenseal, lobelia, marshmallow, uva ursi.

Lead Poisoning: Alfalfa, aloe vera juice.

Leg Cramps: *See Muscle Cramps. See also under pregnancy related problems:*

Leg Uclers: Alfalfa, Echinacea, goldenseal, confrey tea and use as a compress, external use only.

Legionnaires' Disease: Catnip tea, Echinacea, Eucalyptus, goldenseal.

Leukorrhea: Pau d'arco, tea tree oil (*external use only*).

Lumbago: *See Backache.*

Lupus: Alfalfa, goldenseal, Echinacea, feverfew, pau d'arco, red clover milk thistle, yucca.

Lyme Disease: Alfalfa, dandelion root ginseng, hawthorn, horsetail marshmallow root. Echinacea, goldenseal, milk thistle, red clover.

Macular Degeneration: Alfalfa, dandelion root, fennel seed, ginger, nettle aloe vera, peppermint, buchu, goldenseal, Irish moss, rhubarb, Yellow dock.

Malnutrition: *See malabsorption syndrome, underweight.*

Melanoma: *See under Skin Cancer.*

Memory Problems: Ginkgo biloba, anise, blue cohosh, ginseng, rosemary.

Meniere's Disease: Butcher's Broom, Ginkgo biloba.

Meningitis: Catnip tea for fever Echinacea, goldenseal, St Johnswort.

Menopause-Related: Aloe vera gel and slippery elm powder made to the consistency of toothpaste and inserted into the vagina each night can relieve dryness of vagina. Damiana, Amaranth, chickweed, dandelion greens, nettle, sea weed, watercress, anise, black cohosh, fennel, licorice, raspberry, sarsaparilla, squawvine, unicorn root and wild yam. Chamomile, valerian root, gotu kola, dong quai, Siberian ginseng.

Menstrual Cramps: *See under Pre Menstrual Syndrome.*

Mercury Toxicity: Alfalfa. Chelation.

Migraine: Feverfew, ginkgo biloba, cayenne, chamomile, ginger, peppermint, rosemary, valerian, willow bark, and wormwood.

Mononucleosis: Astragalus, Echinacea, dandelion, milk thistle, goldenseal, pau d'arco. Caution do not use goldenseal internally for more than one week at a time, do not use during pregnancy, and use with caution if you are allergic to ragweed.

Morning Sickness: *See under Pregnancy related problems.*

Motion Sickness: Ginger, peppermint.

Mouth and Gum disease: See halitosis: Periodontal disease. *See also Bleeding gums under pregnancy related problems.*

Multiple Sclerosis: Alfalfa, burdock, dandelion, Echinacea, goldenseal, pau d'arco, St. Johnswort, sarsaparilla, yarrow, lobelia, skullcap, valerian root: *Caution do not take goldenseal for more than a week, do not take lobelia internally on an ongoing basis.*

Mumps: Catnip and chamomile, dandelion taken as a tea, Echinacea, elder flower tea, lobelia, mullein, peppermint, slippery elm bark, yarrow.

Muscle Cramps: Alfalfa, dong quai, elderberry extract, ginkgo biloba, horsetail grass, saffron, lobelia, valerian root.

Muscle Injuries: *See sprains, strains, and other injuries of the muscles and joints.*

Myocardial infarction: *see heart attack.*

Nail Problems: Alfalfa, black cohosh, burdock root, dandelion, gotu kola, yellow dock, horsetail, oat straw, borage seed, flaxseed, lemongrass, parsley, primrose, pumpkin seed, sage, *Caution: do not use sage if you suffer from seizure disorders.* Butcher's broom, chamomile, ginkgo biloba, rosemary, sassafras, turmeric,

Narcolepsy: Ephedra, gotu kola, St. Johnswort, ginkgo biloba.

Nausea and Vomiting: *See Food Poisoning: indigestion. See also under influenza.*

Nephritis: *See under Kidney Disease.*

Nervousness: *See anxiety disorder; stress.*

Neuritis: Bilberry, calendula, chamomile, marshmallow root, St Johnswort, yarrow, yucca, blue vervain hops, rosemary, wild lettuce wood betony, feverfew kava kava, lobelia, passionflower, skullcap, valerian, white willow bark.

Nosebleed: Comfrey Ointment or aloe vera gel, salve made from ground oak bark,.

Obesity: Alfalfa, conrsilk, dandelion, gravel root, horsetail, hydrangea, hyssop, juniper berries, oat straw, parsley, seawrack, thyme, ura ursi, white ash, yarrow used in tea form for diuretic. Aloe vera, astragalus *do not use in presence of fever*. Butcher's broom, cardamom, cayenne, cinnamon, ginger, green tea, mustard seed, bladderwrack, borage seed, hawthorn berries licorice, sarsaparilla, guarana, kola nut, fennel, fenugreek, Siberian ginseng.

Oily Skin aloe vera, burdock root, chamomile, horsetail, oat straw, thyme, lavender, lemongrass.

Optic Neuritis: *see under Nueritis.*

Osteoarthritis: *see under Arthritis.*

Osteomalacia: *See Rickets/osteomalacia.*

Osteoporosis: Feverfew alfalfa, barley grass, black cohosh, boneset caution do not use boneset on a daily basis for over one week, dandelion root, nettle parsley, poke root, rose hips, yucca, horsetail, oat straw.

Paget's Disease of the Nipple: *See under Breast Cancer.*

Paget's Disease of Bone: Alfalfa, horsetail, reduce inflammation, Angelica, cayenne, feverfew, h ops, passionflower, skullcap, valerian root and white willow ark work well for pain, Black Cohosh,

Pancreatitis: Cedar berries, Echinacea, gentian root, goldenseal stimulate and strengthen pancreas, Dandelion root for bile and improve health for pancreas, Licorice root, *licorice can elevate blood pressure.*

Panic Attack: *See under Anxiety Disorder.*

Parkinson's Disease: Burdock root, Dandelion root, ginger root, milk thistle to detoxify. Cayenne, goldneseal, mullein, sibeian ginseng, yarrow, hawthorn, red clover, sarsaparilla, black cohosh *Caution: do not use black cohosh if pregnant*, catnip, lemon balm, passion flower, skullcap, valerian root, Ginkgo biloba.

Peptic Ulcer: Alfalfa, aloe vera, cat's claw, Marshmallow root and slippery elm ,bayberry, catnip, chamomile, goldenseal, hops, myrr, passionflower, sage, and valerian. *Caution: do not use chamomile on a ongoing basis or*

allergy to ragweed may result.

Periodontal Disease: aloe vera, clove oil, Echinacea, hawthorn berries, myrrh gum, rose hips, goldenseal.

PMS: See *Premenstrual Syndrome*.

Pneumonia: Echinacea, Ginger, goldenseal.

Poison Ivy/Poison Oak/Poison Sumac: Aloe vera, white oak bark, lime water. Black walnut, bloodroot, Echinacea, goldenseal and myrrh used topically.

Polyps: aloe vera, butcher's broom, cardamom, cayenne, cinnamon, ginger, green tea, mustard seed.

Pregnancy-Related Problems: Alfalfa, Blessed Thistle, blue cohosh, false unicorn root, squawvine, burdock root dandelion ginger, and nettle, red raspberry, St johnswort, shepherds' purse (*avoid if pregnant*): angelica, barberry, black cohosh, bloodroot, cat's claw, celandine, cottonwood bark, dong quai, feverfew, goldneseal, lobelia, Oregon grape, pennroyal, rue, tansy.

Premenstrual Syndrome: Angelica root, cramp bark, kava kava, red raspberry, black haw, rosemary, black cohosh, peppermint, strawberry leaf, valerian, Blessed thistle, dong quai, false unicorn root, fennel seed, sarsaparilla root, squawvine. Cornsilk, feverfew, milk thistle, pau d' arco,

Prolapse of the Uterus: Cranberry.

Prostate Cancer: Black radish, dandelion, red clover buchu, carnivora, Echinacea goldenseal, paud'arco, suma, damiana, gravel root, hydrangea, oat straw, parsley root, uva ursi, yarrow, saw palmetto.

Prostatitis/enlarged prostate: Chinese ginseng, buchu, dornsilk juniper berries, parsley, slippery elm bark, uva ursi, goldenseal root, hydrangea root, horsetail, saw palmetto, siberian ginseng.

Psoriasis: Burdock root, sarsaparilla, yellow dock good detoxifiers. Poultices from chaparral, dandelion yellow dock can help. Add 2 teaspoons of ginger to bath water. Apply golden seal to infected area. Lavender in bath. Milk thistle extract.

Pyelonephritis: See under *Kidney Disease*.

Pyorrhea: See under *Periodontal Disease*.

Radiation Sickness: Chapparral, *Caution do not take on a regular basis and do not take longer than one week. May cause liver damage*

Rash: See *Skin Rash*.

Raynaud's Phenomenon: Butcher's broom, cayenne ginkgo biloba, pau d'arco.

Repetitive Motion Injury: *See Carpal Tunnel Syndrome.*

Retinitis **Pigmentosa:** *See under Eye Problems.*

Reye's Syndrome: Alfalfa, hawthorn berry, hyssop, milk thistle, pau d'arco, Siberian ginseng wild yam, strength liver and rebuild. Aloe vera, calendula chamomile for skin. Catnip or chamomile tea, ginger, peppermint, gravel root, hydrangea, oat straw, parsley root, uva ursi, Korean ginseng, *do not use ginseng if have high blood pressure. Do not give white willow bark to a child, contains aspirin.*

Rheumatic Fever: Bayberry bark, burdock root, milk thistle, nettle, paud'arch, yellow dock, birch leaves, catnip tea, Echinacea, hawthorn leaf, mrrh gum, red clover. Dandelion. Goldenseal. Wintergreen oil.

Rheumatoid Arthritis: *See under Arthritis.*

Rickets/Osteomalacia: Dandelion root, horsetail, nettle, oat straw,

Ringworm: *See under Fungal Infection.*

Rosacea: Alfalfa, aloe vera, borage seed, dandelion root, dongquai, parsley, sarsaparilla, yellow dock root, burdock root red clover, calendula, cayenne, fennel seed, ginger, marshmallow root, sage, slippery elm, milk thistle, nettle, rosemary.

Rubella: *See German Measles.*

Scabies: Aloe Vera, goldenseal, tea tree oil, comfrey calendula.

Schizophrenia: Ginkgo biloba.

Sciatica: *See Backache. See also under Pregnancy related Problems.*

Scotoma; *See undser Eye Problems.*

Seasonal Affective Disorder (SAD): *See under Depression.*

Sebaceous Cyst: Aloe Vera, burdock root, red clover, milk thistle, goldenseal.

Seizure: Senility (Senile Dementia): Anise, blue cohosh, ginkgo biloba.

Sexually Transmitted Disease: (STD): Alfalfa, Echinacea goldenseal, paud'arco, suma, hops. Shingles: Alfalfa, chamomile, dandelion, astragalus root, Echinacea, cayenne, goldenseal, St Johnswort, skullcap, milk thistle, rose hips, valerian root.

Sinusitis: Anise, fenugreek, marshmallow, red clover, bitter orange oil, Cat's claw, Echinacea, ginger root, goldenseal, horehound, mullein, rose hips.

Skin Cancer: Alfalfa, burdock, dandelion root, horsetail, irish moss, marshmallow root, oat straw, rose hips, yellow dock generates anticancer cells in the body and boosts the immune system. Comfrey, pau d'arco, ragwort, woodsage-polutice. Bilberry, cayenne, ginger, goldenseal, nettle sarsaparilla, turmeric stimulate liver. Ginkgo biloba, tea tree oil cream.

Skin Problems: *See acne, age spots athelte's feet bedsores, boil, brusing burns, canker sores, cold sores, fever blisters, corns, calluses, dandruff, dermatitits, dry skin, fungal infection hives, insect bite, interigo, leg ulcers, oily skin, psoriasis, rosacea, scabies, sebaceous cyst, seborrhea, skin cancer, skin rash, sunburn, vitiligo, warts, wrinkling, of skin. See also under Pregnancy Related problems.*

Skin Rash: Chaparral, dandelion, yellow dock root, as poultice. Calendula, chamomile, elder flower, tea tree oil.

Sleep Problems: *See Fatigue; Insomnia; Narcolespsy.*

Smoking Dependency: Cayenne, catnip hops, lobelia, skullcap, valerian root dandelion root, milk thistle, ginger, slippery elm.

Snakebite, Black cohosh, slippery elm white oak bark leaves comfrey salve, plantain poultice, plantain salve, Echinacea, yellow dock.

Sore Throat: Catnip tea, Echinacea, goldenseal. Fenugreek, lungwort, slippery elm marshmallow root tea, raspberry leaf tea, hot mullein poultices.

Spider Bite: Calendula buds and alcohol. Yellow dock, dandelion poultce, fenugreek, flaxseed mixed with slippery elm bark, echinaceaa ginkgo biloba, yellow dock.

Sprains, Strains, and Other Injuries of the Muscles: goldenseal and/or mustard poultices.

STD: *See Sexually Transmitted Disease.*

Stomach Flu: *See under influenza.*

Strained Muscle: *See under sprains, strains and other injuries of the muscles and joints.*

Streptococcus Infection: *See under Kidney disease; meningitis; rheumatic fever; sore throat; tonsillitis.*

Stress: Bilberry, ginkgo biloba, milk thistle catnip, chamomile, dong quai, rehmannia, schizandra, hops, kava kava, passionflower, polygala root, skullcap, valerian.

Stretch Marks: *see under Pregnancy related problems.*

Stroke: *See under Arteriosclerosis/atherosclerosis; cardiovascular disease.*

Stye: *See under eye problems.*

Substance Abuse: *See Alcoholism; drug addiction; smoking dependency.*

Sunburn: Aloe vera, calendula flowers, st johnswort, comfrey, gotu kola tea poultice, horsetail, tea tree oil.

Sweating: *See Under Pregnancy Related Problems.*

Swimmer's Ear: *See under Ear Infection.*

Temporomandibular Joint Syndrome: *See TMJ Syndrome.*

Tendinitis: *See under Bursitis.*

Thrombophlebitis: Alfalfa, pau d'arco, red raspberry, rosemary, yarrow, butcher's broom cayenne, hawthorn leaf or berry, ginger, skullcap, valerian root, ginkgo biloba, goldenseal.

Thrush: *See under Fungal Infection.*

Thyroid Problems: *See hyperthyroidism, Hypothyroidism.*

Tic Douloureux, *See under Headache.*

Tinnitus: *See under Hearing Loss.*

TMJ Syndrome: Blue violet, catnip, chamomile, hops, skullcap, kava, thyme, red raspberry, passionflower, valerian root, wild lettuce.

Tooth Decay: Calendula, chamomile, peppermint, yarrow, clove oil, goldenseal, kava kava, St Johnswort, white willow bark, wintergreen.

Toxicity: *See Alumin Poisoning , lead, copper, food etc.*

Tuberculosis: Butcher's broom, calendula, cayenne, chamomile, peppermint, yarrow. Goldenseal root, horehound, marshmallow root, mullein, myrrh gum.

Tumor: Cat's claw, comfrey, ragwort, wood sage, poke root, dandelion barberry, pau d'arco, red clover, *do not use barberry during pregnancy.*

Ulcer: *See Bedsores; canker sores; leg ulcers; peptic ulcer. See also under Eye Problems.*

Ulcerative Colitis: Alfalfa, aloe vera, chamomile, dandelion feverfew papaya, ree clover, slippery elm, yarrow tea. Lobelia tea, *do not use lobelia on a on going basis.*

Underweight: Alfalfa, blessed thistle, caraway, cayenne, celery dill, fennel, hyssop, lady mantle, fenugreek, ginseng. *do not use ginseng if you have hbp.*

Urinary Tract Infections: *See Cystitis; Kidney Disease; Vaginitis.*

Uterine Prolapse: *See Prolapse of the Uterus.*

Uveitis: *See Dimness or loss of Vision under eye problems.*

Vaginitis: calendula, echinacea, garlic, goldenseal, fresh plantain, st Johnswort, comfrey leaves, tea tree oil.

Varicose Veins: Butcher's broom, ginkgo biloba, gotu-kola, hawthorn berries, horse chestnut, white oak bark,

Veneral Disease: *See Sexually Transmitted Diseases.*

Vertigo: Butcher's broom, cayenne, dandelion tea, ginger, ginkgo biloba.

Viral Infection: *See Aids, Bladder Inf., Bronchitis, chickenpox, cold sores, common cold, croup, diarrhea, ear infection fever, german measles, hepatitis, herpesvirus inf. Influenza, measles meningitis mononucleosis, muymys, pancreatitis, pneumonia; reye's syndrome; shingles, sore throat, tonsillitis, warts. See also under Eye Problems.*

Warts: Aloe vera gel, myrrh, oils of clove, tea tree, wintergreen, tinctures of black walnut, chickweed, goldenseal, and pau d'arc. Hawthorn, horehound, red clover, black radish, dandelion, milk thistle, bosthorn seed, echinachea, ginkgo biloba, goldenseal, st johnswort.

Weight Problems: *See anorexia nervosa; Appetite, Poor; Bulimia; Obesity; Underweight.*

Wilson's Disease: Burdock, dandelion, milk thistle, suma, alfalfa, ginkgo biloba, gotukola, kava lobelia (*do not take lobelia on a on going basis*), parlsey, oat straw, periwinkle, skullcap. Astragalus, Echinacea, pau d'arco, black radish red clover, cat's claw, cayenne, goldenseal, st johnswort, valerian root.

Wilson's Syndrome: *See under Hypothroidism.*

Worms: Aloe vera juice, black walnut extract, butternut bark, fennel seed, flaxseed, senna leaf. Calendula, cascara sacra, ficus, gentian root, mugwort, rhubarb root, slippery elm, thyme, wormwood, cayenne, grapefruit seed extract, pinkwoot, pumpkin extract.

Wrinkling of Skin: Alfalfa, burdock root, chamomile, horsetail, oat straw, thyme, aloe vera, borage seed, flaxseed, ginger root, lemongrass, parsley, pumpkin seed.

Xerophthalmia: *See under Eye Problems.*

Yeast Infection: (Yeast Vaginitis); Aloe vera, barberry calendula, goldenseal, marshmallow root, nausea, yarrow, tea tree oil. Chamomile, cinnamon, dandelion, Echinacea, pau d'arco.

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