



HERBAL THERAPY

SAMPLE FORMAT


Herbal Preparation	Recommended Dosage
Indications / Uses	Herb Pictured
Contraindications	
Side Effects	


Angelica <i>Angelica archangelica</i>	4.5 g of herb 0.3-3.0 g fluid extract		
Antispasmodic, loss of appetite, flatulence	None Known		
None Known			


Black Cohosh <i>Cimicifuga racemosa</i>	Dried rhizome root: 0.3-3.0 g dry equivalent or in tea 3 x daily	
Chenopuric (menopausal) complaints, PMS, dysmenorrhea		
May affect diabetes, B/P meds, and estrogen therapy		
Very high doses, 1g or 10g, lead to vomiting, headache, dizziness, limb pain and hypotension		


Echinacea <i>Echinacea angustifolia</i>	Daily dose 900 mg; use 2 ml tincture (1:2) daily for a maximum of 8 weeks		
Common cold, cough/bronchitis, fever and colds, UTIs, inflammation of the mouth and pharynx, wounds and burns	Not to be used by those with AIDS, TB, MS, leukemia, collagenoses or severe allergies		
None Known			


Feverfew <i>Fanacanthum parthenium</i>	Daily: 50 mg-1.2 g of leaf powder	
Migraines, arthritis, rheumatic diseases, allergies		
May interact with thrombotic meds, ASA, and warfarin		
None Known		


Ginger <i>Zingiber officinale</i>	Daily dose is 2-4 g		
Antispasmodic, anti-inflammatory, peripheral circulatory stimulant, anemorement, dyspepsia	Contraindicated in increasing sickness due to its choleragic (promoting flow of bile) effect; should not be used in the presence of gallstone conditions May alter cardiac, antidiabetic, and antihypertensive drugs; with procaine and, Neostigmine		


Aloe vera <i>Aloe barbadensis</i>	Apply liberally as a topical; no more than 1 liter orally	
Topical: Wound healing, sunburn, minor skin irritations Oral: Constipation, peptic ulcers, diabetes, asthma	Intestinal obstructions, acute inflamed intestinal diseases, appendicitis, and orally in children under 12 yrs of age	
Rare allergic reactions in the form of papular dermatitis and exanthemas; long term use may result in electrolyte depletion		

Bilberry <i>Vaccinium myrtillus</i>	Daily dose 20-60 g dried fruit	
Acute conjunctivitis, hyperglycemia, GI tract and urinary tract problems, astigmatism		
None Known		
Photosensitivity, avoid exposure to UV light		

Chamomile (German) <i>Matricaria recutita</i>	2-3 g of dried flowers in tea or 1-4 ml of tincture, 3 x daily	
Antispasmodic, diuretic, anti-inflammatory, calmative		
None Known		
None Known		

Evening Primrose Oil <i>Echium biennial</i>	1,000-1,500 mg daily	
Cardiovascular diseases, cholesterol and triglycerides, PMS, breast tenderness, rheumatoid arthritis (long term use)		
Very low; do not use while nursing; may increase incidence of temporal lobe epilepsy		
Rarely, nausea, headache, GI upset; use with caution if pregnant		

Garlic <i>Allium sativum</i>	Daily dose is 4-10 g of fresh garlic or 200-500 mg of essential oil	
Antimicrobial, common cold, cough/bronchitis, fever and colds, inflammation of the mouth and pharynx, infection	Increases anticoagulating potential of anti-inflammatory drugs and works synergistically with EPA oils	
Contraindicated symptoms; changes in intestinal flora, and odor of garlic may be on the breath and skin		

Ginkgo Biloba <i>Ginkgo biloba</i>	Daily dose is 120-240 mg of dried extract in 2 or 3 doses orally per day.	
Organic Brain Syndrome, intermittent claudication (leg weakness or lameness), vertigo (vascular origin), tinnitus (vascular origin)		
Hypersensitivity in some individuals		
Mild GI complaints, hypersensitivity reactions per se and orange and in rare cases of acute toxicity, anemia and muscular weakness		

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Medicinal Herb Guide

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directions for safe dosages makes this practical reference on medicinal herbs a primary resource of data **National Geographic Guide to Medicinal Herbs** Rebecca L. Johnson, David Kiefer, Tieraona Low Dog, 2010 A resource organized by body system lists the key herbal remedies available their uses and cautionary advice in a book that includes full color photos a glossary and several thematic indexes *Guide To Medicinal Plants, A: An Illustrated Scientific And Medicinal Approach* Hwee Ling Koh, Tung Kian Chua, Chay Hoon Tan, 2009-02-20 This book presents up to date information on a total of 75 native and non native medicinal plants growing in Singapore Comprehensive and useful information from the published literature including plant descriptions and origins traditional medicinal uses phytoconstituents pharmacological activities adverse reactions toxicities and reported drug herb interactions is presented in an easy to read manner for easy and quick reference There is no minimum level of knowledge required to read this book and botanical and medical glossaries are also provided for readers convenience The book will be of great practical benefit to a wide ranging audience Educators and students in complementary medicine and health pharmacognosy medicinal chemistry natural products pharmacology toxicology pharmacovigilance medicine pharmacy nursing botany biology chemistry and life sciences will find the information useful The book will also appeal to clinicians pharmacists nurses and researchers as it contains a comprehensive reference list at the end for further reading *Medicinal Herbs of California* Lanny Kaufer, 2021-12-30 Medicinal Herbs of California is the first statewide field guide to more than 70 common medicinal plants of California This vital addition to the California naturalist s shelf will introduce readers to the principles of herbal remedies history and roots in native cultures scientific information and how to find and incorporate medicinal plants into daily life Inside you ll find Photos and descriptions to help with positive identification Common and scientific names and the plant families Conservation status Modern and traditional uses The science behind natural phytochemicals that have earned these plants a place in Native American medicine for thousands of years *The Complete Guide to Growing Healing and Medicinal Herbs* Wendy Vincent, 2011 This book will guide you through the step by step process of learning about and growing your own healing herbs starting with the basics of what each herb can do and proceeding to show you everything you need to cultivate them yourself The first things you will learn in this guide are the basics of all healing herbs starting with a complete breakdown of the numerous healing herbs known to be easily cultivated in temperate climates Matching the right herbs to your region you will then be able to start learning about how herbs grow as well as what they need from the soil water the weather and feeding You will learn which plants grow best together and which style of herbs are going to be best for selling and which are best for personal growing Experts in the field of healing herbs have provided their insights into issues such as how to harvest the healing herbs best and how to dry or preserve them for use as healing materials Learn how you can make a number of common treatments for various ailments with your herbs and how you can benefit best from your newfound garden COVER **A Handbook of Native American Herbs** Alma R. Hutchens, 1992-11-10 The author of the bible on herbalism returns with a portable guide

on North American medicinal herbs for the professional and amateur herbalist alike Based on the now classic reference text *Indian Herbalogy of North America* this illustrated pocket guide is the perfect companion for those eager to expand their knowledge of herbal healing Through detailed descriptions and illustrations Alma R Hutchens walks readers through 125 of the most useful medicinal herbs found in North America and their uses How to create herbal remedies for common ailments The herbal traditions of North America and other lands Entries include staples of folk medicine such as echinacea and slippery elm as well as common kitchen herbs from parsley to thyme to pepper whose tonic and healing properties are less widely known

Essential Medicinal Plants Roland Sheils, 2020-12 This Book provides all the basics Herbal Healing starting with a complete breakdown of Essential Healing Herbs health uses and common uses Plants have been used for medicinal purposes long before the prehistoric period Ancient Chinese writings and ancient Unani manuscripts Egyptian papyrus described the use of herbs Evidence exists that Indian vaidas Unani hakims European and Mediterranean cultures were using herbs for over 4000 years as medicine Treatment with medicinal plants is considered very safe as there is no or little effects These remedies are synchronization with nature which is the biggest advantage However the golden advantage is that use of herbal treatment is independent of any age groups or sexes This book will guide you through Importance of medicinal plants Essential type of medicinal plants Benefits of Herbal medicine Herbal medicine precaution Standardization and regulation Adverse effect of herbal medicine and drug interaction Medicinal plants for common ailments Herbal medicine for weight loss Herbal medicine for energy and vitality Herbal remedies for anxiety and depression Learn how you can make various regular treatments for different ailments with your herbs and how you can profit best from these medicinal plants A complete guide to herbs and their healing process consist of remedies for various common ailments such as coughs colds headaches childhood illness digestive problems weight loss energy issues anxiety and depression issues followed by an A to Z used of over 70 medicinal herbs

Complete Guide to Medicinal Herbs Penelope Ody, 2000 The Complete Guide Series is the perfect first reference for a new enthusiast to natural health care Assuming the reader has limited prior knowledge of the subject each guide offers self assessment questionnaires profiles of key constitutional types and extensive coverage of the most popular remedies for everyday complaints Special attention is given to providing the most current information on self help recommendations sources of remedies nutritional advice botanical Latin names and helpful addresses These highly authoritative and accurate reference books offer an easy and appealing approach to understanding and using the most successful approaches to natural healing

A Field Guide to Medicinal Plants and Herbs of Eastern and Central North America Steven Foster, James A. Duke, 2000 At a time when interest in herbs and natural medicine has never been higher the second edition of this essential guide shows how to identify more than 500 healing plants 300 color photos

The Natural Guide to Medicinal Herbs and Plants Frantisek Stary, 1996

Pocket Guide to Herbal Medicine Karin Kraft, Christopher Hobbs, 2004-04-28 There is an herbal remedy for most ailments and you will find the most important ones

in this concise pocket guide Co authored by Karin Kraft one of the members of the German Commission E and Christopher Hobbs a renowned North American herbalist this handy pocket guide gives you the decisive facts about important medicinal herbs taking into consideration both major European monographs Commission E and ESCOP and up to date clinical trials The book goes on to inform the reader on the usage of herbal remedies for a number of common indications The book gives first hand easy to access information on the administration of herbal remedies for the medical practitioner and herbal therapist alike Profit from the wealth of German tradition extended by North American experience in the usage of herbal medicines

The Complete Medicinal Herbal Penelope Ody, 2017-05-30 Complete Medicinal Herbal is a fully illustrated practical guide to the healing properties of herbs The book includes more than 120 medicinal herbs with important therapeutic properties and a section on their historical uses The Complete Medicinal Herbal is a must for every home book shelve All the parts of the plants that can be used medicinally are shown from fresh flower petals or leaves to the root bark and juice Each entry details the plant s chemical constituents its actions and its therapeutic applications from exotic ma huang used in China to treat asthma for 5 000 years to humble cabbage which has been effective against stomach ulcers in clinical tests A special how to section explains the preparation of herbal remedies There are more than 250 safe treatments to help alleviate common complaints from ordinary coughs colds and headaches to special treatments for skin conditions digestive problems and children s illnesses even detailed lists of herbs for the elderly

The Bootstrap Guide to Medicinal Herbs in the Garden, Field & Marketplace Lee Sturdivant, Tim Blakley, 1999 A guide to medicinal herb growing and marketing in the U S and Canada

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