

## Herbal Remedies

### **Alzheimers:**

Gingko Biloba.

### **Anti-anxiety:**

Jasmine flowers (or Gelesmium Sempervirens), Kava, St. John's Wort, Valerian

### **Antibiotics:**

Garlic, Goldenseal, Grapefruit seed, Bearberry, Oregon grape root.

### **Anti-cancer herbs:**

Agrimony, Astragalus, Bear's Garlic/regular garlic, Capsicum family (peppers, especially cayenne), Echinacea, Elder berry, Everlasting, Fenugreek, Flaxseed, Ginseng, Milk Thistle/Blessed Thistle, Poplar (Quaking Aspen) buds, Red clover, Watercress, Yucca (roots and bark) -- also helps with arthritis.

**Native American remedy:** Essiac Tea: Sheep sorrel, Burdock root, Slippery Elm, Rhubarb, Kelp, Red Clover, Blessed Thistle, and Watercress.

**Risque anti-cancer herbs:** Apricot pits (ground), cooked Pokeberries, Goldenseal, and Pau 'd Arco bark.

### **Anti-depressants:**

Chamomile, Kava Kava, Lavender, Mint, St. John's Wort, Bach's Rescue Remedy, and Citrus tea.

### **Anti-viral and immune system booster: (not recommended for HIV)**

Echinacea.

### **Arthritis:**

Devil's Claw, Yucca and Willow

### **Athlete's Foot:**

1 tbsp vinegar(white distilled) to ¼ c. water - wash affected areas 2x daily

Powdered marigold and oregano - combined in equal parts

Soak feet in hot water with a few drops of oil of thyme, then dust the feet with a mixture of goldenseal and myrrh and put on heavy cotton socks. Repeat daily for several days.

### **Cataracts:**

Billberry

### **Colds:**

elderberry

### **General illness:**

Green tea: it helps people recover from problems due to smoking and is used by singers to clear and open the throat.

### **Headache:**

Feverfew

### **Heart troubles:**

Willow, Red Wine, Dark Chocolate, Ginger and Hawthorne.

**Herpes (topical)**

Lemon Balm

**Hot Flashes/Menopause**

Black Cohosh

3 tsp dried red clover flowers in 1 c. boiling water – let steep for 10 minutes.

Dong quai, chaste tree berry, black cohosh and motherwort (equal parts)

Steep 1 tsp of mix in 1 c. hot water for 15 minutes and drink 2 c. of cooled tea daily for 2 months or longer.

Alfalfa tea (1 tsp per cup)

**Insect repellents (topical):**

Citronella, Cedar or Juniper, Garlic, Lavender, Tabacco, Tea Tree oil and Ylang Ylang.

**Insomnia**

Valerian

**Irritation (topical):**

Burdock leaves, Buttercup leaves, Calendula (Marigold), Chamomile, and Aloe.

**Libido Herbs:**

Yohimbe, maca, epimedium, muira puana

Scents: jasmine, rose, ylang ylang, neroli, cedarwood.

**Lice killer (topical):**

Chrysanthemum, Parsley seeds (crushed), Pennyroyal oil, Tansy flowers, Tea Tree (green and black tea), Wormwood (also has killed intestinal worms) -- mildly toxic

**May cure smoking:**

Magnolia Bark Tea.

**Menstrual troubles:**

Angelica (Dong Quai), Feverfew, Kava Kava, Licorice, Valerian, Hops and Chaste berry.

**Muscle Pain (topical):**

Arnica, Willow, Comfrey, and Camphor (which comes from roesemary and cinnamon)

**Nicotine neutralizer:**

Watercress

**Overactive sexuality:**

Chafeweed or sweet/white balsam

**PMS**

Chaste berry, Ginkgo Biloba

**Prostate troubles:**

Saw palmetto, Pygeum, Stinging Nettle.

**Tonics (aid the immune system):**

Agave, Aloe, Angelica, Bach flower remedies, Celandine, Cleavers, Dandelion root, Everlasting, Fennel, Ferns (cooked), Fringetree, Ginko-Biloba, Goldenrod, Hawthorne, Hemp Nettle, Hops, Horehound, Hyssop, Iceland Moss, Ignatia, Irish Moss, Jasmine, Juniper berries, Knotweed, Lemon Balm (Melissa), Licorice, Linden, Meadowsweet,

Milfoil, Parsley (sweetens breath), Passion Flower, Peppermint (all mints ease nausea and aid digestion), Pimpernel, Pipsissew, Plantain, Propolis, Rock Rose, Sage, Sassafras, Sweet Flag, Sweet Leaf, Thyme, Vervain, Violets, Wild Indigo, Yarrow, Yellow Gentian, Yellow Mellilot.

**Ulcers:**

Evergreen resin has been known to help with ulcers.

**Varicose Veins:**

Billberry, Butcher's broom, Gotu kola, Horse chestnut.

**Warts (topical):**

Holly berries and Cedar Apples.

**Bibliography:**

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