



Phyto-Force

ROSEMARY NETTLE
MYRRH RED THUJA PARSLEY ROOT
CLOVER EYEBRIGHT
SAGE MUIRA POKE
PEPPERMINT PUAMA ROOT
GUAVA WILD
CLOVE FINDING A YAM
HERBAL KIGELIA
TREATMENT GINGER
AILMENT BIRCH
WILLOW ALOE
MISTLETOE VERA
CHESTNUT
CINNAMON
ECHINACEA
FENNEL
TENNEL
HORSETAIL
DILL

DONGOLIVE
QUAI LEAF
CORIANDER
CATSCLAW
RUE
OATS
DEVIL'S
CLAW
ROSE
HIP
CHAMOMILE
BUCHU
TAIL

4th
EDITION

USING THIS GUIDE

Use the ailments chart to find the herbs you need, then using the number in brackets you can easily find the tincture you need on the shelf **OR** find the herb you need on the herb chart, then using the number find the tincture you need on the shelf. Please remember to check the contra-indications on the bottle label.

This educational information guide is not intended to substitute a competent Health Care professional's advice or treatment.

WHY TAKE HERBAL TINCTURES AS OPPOSED TO PILLS OR CAPSULES?

We are glad you are considering the benefits of Phyto-Force herbal tinctures. We at Phyto-Force Herbal Laboratories strive to give you the best quality herbal treatments. We source our herbs along with quality certificates from reputable suppliers all over the world. We manufacture according to British Pharmacopeia standards to ensure constant quality, safety and efficacy of our tinctures.

Today's renewed interest in herbs reflects increasing concern about the side effects of powerful synthetic drugs as well as the desire of many people to take charge of their own health.

Nature's pharmacy is abundant. Many herbs are rich in compounds which have a beneficial effect on certain tissues and organs, and, therefore can be used as treatments to assist combating disease or ailments. Herbal treatments can help nourish your immune system, stimulate the regeneration of damaged liver tissue, build strength of the

adrenal glands, counter the adverse side effects of chemotherapy, balance the endocrine system, stimulate milk production, and improve night vision amongst many other benefits too numerous to mention.

Phytomedicine, a recently coined term, refers to herbal treatments that are a whole-plant preparation, rather than a single isolated chemical compound. (“Phyto is the Greek word for Plant”)

Tinctures are herbs concentrated in ethanol / purified water, extracted from plants over a period of time. Our tinctures therefore have a shelf life of 5 - 6 years, provided they are stored in a cool dark place in a dark bottle. A herbal tincture allows 96% absorption of the components, whereas as generally a capsule allows only 60% absorption and a pill 40%. Capsules and pills take time to disintegrate in the stomach before being absorbed, whereas tinctures begin to be absorbed immediately when taken. Not all herbs are available fresh or even dried at all times. Tinctures however allow a large variety of herbs to be available at all times. One herb can treat many ailments; many herbs can treat one ailment.

To evaporate the alcohol content, one should put the drops in hot water. You may even want to disguise the taste by putting the drops in a little juice or simply diluted in cold water. It is also possible for tinctures to be dropped directly on the tongue.

DOSAGES

Prescribed dosages are on the bottles, however when first using a tincture, try a few drops first to ensure you are not allergic to it. Please check with your naturopath or herbalist when treating young infants, as not all herbs are safe for children. Further advise / information is available directly from our consultants. For the treatment of acute or chronic ailments you may increase the dosage to 4 times daily (every 4 hours) for likely improved results.

CINNAMON
FENNEL

CHESTNUT

DONG
QUAI

WILD

Phyto-Force

GINGER

YAM

ROSEMARY

NETTLE

RED

THUJA PARSLEY ROOT

EYEBRIGHT

CLOVER

KIGELIA

CORIANDER
WILLOW

SAGE

POKE
ROOT

MUIRA

PUAMA

BIRCH

ALOE

VERA

MISTLETOE

BUCHU

OATS

PEPPERMINT

CATSCRAW

GUAVA

DILL

RUE

CLOVE BLADDERWRACK



AILMENTS CHART

FIND A HERBAL TINCTURE FOR YOUR AILMENT

The first three herbs listed are the most effective. You do not need to take all herbs listed, however they all may contribute towards healing the ailment effectively. Use the ailments chart to find the herbs you need, then using the number in brackets you can easily find your tincture on the shelf.

ACIDOSIS

Alfalfa (2), Meadowsweet (82), Celery Seeds (23), Schizandra (167)

ACNE

Echinacea (43), Guava (59), Sarsaparilla (109), Fumitory (135), Dandelion Tea (T39)

ADAPTOGENIC TONIC

Sutherlandia Tea (TA4)

AIDS / CANCER

Red Clover (103), Chapparral (26), Sutherlandia (A4), Hypoxis (A6), Pau d' Arco (93), Echinacea (43), Siberian Ginseng (54), Mistletoe (tumours) (84), Parsley (91), Poke Root (96), Sheep Sorrel (113), Sweden Bitters (117), Sweden Bitters Tea (T117), Garlic (159), (Stomach and Colon) Dandelion (39), Myrrh (87), Cayenne (22), Sutherlandia Tea (TA4) Rhodiola Rosea (154), Ashwaganda (148), Milkthistle Tea (T83)

ADRENAL GLAND FATIGUE

AGE SPOTS

Burdock Root (17), Red Clover (103), Dandelion (39), Milkthistle (83), Green Tea (145), Astragalus (7)

ALCOHOL ADDICTION

AND POISONING

Kudzu (163)

ALZHEIMERS

Ginkgo (53), Cayenne (22), Black Walnut (124), St. John's Wort (116), Passion Flower (92), Hops (62), Chamomile (25)

ANAEMIA

Alfalfa (2), Nettle (88), Dandelion (39), Burdock (17), Artichoke (133), Rehmannia (166)

ANGINA	Lily of the Valley (76), Hawthorn Berry (60), Lobelia (78), Hawthorn Berry Tea (T60)
ANTI-HISTAMINE	Plantain (95), Nettle (88)
ANXIETY / STRESS	Valerian Root (122), Scullcap (111), Motherwort (85), Valerian Root Tea (T122), Korean Ginseng (162)
APHRODISIAC	Horny Goat Weed (152), Catuaba (149), Ashwaganda (148), Oats (90), Pulsatilla (100), Sarsaparilla (109), Siberian Ginseng (54), Muira Puama (150), Assegaai (A1)
APPETITE (Loss)	Sutherlandia (Cancer Bush A4), Wormwood (129), Gentian (51), Ginger (52), Guarana (58), Caraway (19)
APPETITE (Suppressants)	Hoodia (148), Mate Tea (T200), Guarana (58)
ARTHRITIS	Cat's Claw (21), Celery Seed (23), Devil's Claw (40), Feverfew (50), Cayenne (22), Nettle (88), Olive Leaf (138), Birch (142), Neem (156), Buchu Tea (TA3), Greater Celandine (160)
ASTHMA	Elecampane (46), Lobelia (78), Liquorice Root (77), Echinacea (43), Sutherlandia (A4), Thyme (120), Sutherlandia Tea (TA4), Schizandra (167)
ATHLETE'S FOOT	Olive Leaf (138), Pau d' Arco (93), Marigold (80), Tea Tree (externally)
BAD BREATH	Peppermint (94), Angelica (4), Fennel (48), Aniseed (5)
BED WETTING	Knotgrass (72), Horsetail (65), Bedstraw (10), Plantain (95), Indian Cornbeard (69), Agrimony (1), Horsetail Tea (T65)
BILE (Excess)	Milkthistle (83), Sarsaparilla (109)
BILE (Stimulant)	Horehound (63), Dandelion (39), Peppermint (94), Gentian (51), Aloe (3), Rhubarb(140), Boldo (15), Barberry (8)
BLOOD CLOTTING	Garlic (159)
BLOOD POISONING	Echinacea (43), Marshmallow Root (81), Sarsaparilla (109), Red Clover (103), Guava (59)

BLOOD PRESSURE (High)	Mistletoe (84), Valerian Root (122), Passion Flower (92), Hops (62), Scullcap (111), Garlic (159)
BLOOD PRESSURE (Low)	Hawthorn Berry (60), Ginkgo (53), Cayenne (22), Rosemary (105), Nettle (88)
BOILS	Echinacea (43), Golden Seal (57), Nettle (88), Red Clover (103), Burdock (17), Chapparral (26)
BRITTLE NAILS	Nettle (88), Horsetail (65), Alfalfa (2)
BRONCHITIS	Echinacea (43), Coltsfoot (32), Lobelia (78), Horehound (63), Liquorice (77), Pepperbark (A8), Irish moss (136), Bacopa (157), Boswellia (158), Greater Celandine (160)
CANDIDA	Pau d' Arco (93), Black Walnut (124), Thuja (119), Golden Seal (57), Echinacea (43), Hypoxis (A6), Pepper bark (A8)
CATARACTS	Greater Celandine (160)
CATARRH	Elder Flower / Berry (45), Echinacea (43), Eyebright (47), Mullein (86), Golden Rod (56), Boswellia (158)
CHOLERA	Rauwolfia (165)
CELLULITE	Fennel (48), Boldo (15), Horsetail (65), Birch (142), Fennel Tea (T48)
CHOLESTEROL	Coriander (143), Green Tea (145), Artichoke (133), Cayenne (22), Tansy (118), Ginkgo (53)
CHRONIC FATIGUE SYNDROME	Liquorice Root (77), Olive Leaf (138), Ginseng (54), Echinacea (43), St. John's Wort (116)
CIRCULATION	Cayenne (22), Bilberry (11), Ginkgo (53), Bugle Weed (135)
CIRRHOSIS (Liver)	Milkthistle (83), Burdock (17), Sarsaparilla (109), Dandelion (39), Green Tea (145), Hypoxis (A6), Milkthistle Tea (T83)
COLDS / FLU	Echinacea (43), Elder Flower / Berry (45), Rose Hip (104), Olive Leaf (138), Red Clover (103), Astragalus (7), Cats Claw (21), Kudzu (163)
COLIC	Aniseed (5), Dill (41), Fennel (48), Peppermint (94), Chamomile (25), Angelica (4), Coriander (143)

COLITIS

Sacred Bark (107), Rhubarb (140), Slippery Elm Tea (T115), Bacopa (157), Kudzu (163)

CONSTIPATION

Sacred Bark (107), Yellow Dock (131), Senna Pods (112), Boldo, (15), Dandelion (39),
Barberry (8), Rhubarb (140)

COUGH

Horehound (63), Hyssop (68), Coltsfoot (32), Lobelia (78), Mullein (86), Irish Moss (136),
Bugle Weed (134), Liquorice (77), Boswellia (158), Greater Celandine (160),
Schizandra (167) (dry cough)

CROHN'S DISEASE

Aloe (3), Fennel (48), Liquorice (77), Marshmallow (81), Milkthistle (83), Peppermint (94),
Slippery Elm (115), St. John's Wort (116), Fennel Tea (T48), Liquorice Tea (T77),
Milkthistle Tea (T83), Slippery Elm Tea (T115), Bacopa (157), Gymnema (161), Kudzu (163)

CYSTITIS

Cranberry (147), Buchu (A3), Marshmallow (81), Bearberry (9), Indian Corn Beard (69),
Birch (142), Buchu Tea (TA3), Rhemannia (166), Schizandra (167)

DEPRESSION

St. John's Wort (116), Ginseng (Siberian) (54), Skullcap (111), Rhodiola Rosea (154),
Motherwort (85), Ginkgo (53), Alfalfa (2), Valerian Root Tea (T122), Korean Ginseng (162)

DETOXIFICATION

Milkthistle (83), Dandelion (39), Echinacea (43), Burdock (17), Guava (59), Senna (112),
Neem (156), Dandelion Tea (T39), Phyto-Cleanse Detox Tea (T201)

DIABETES

Agrimony (1), Java plum (137), Quassia (101), Gentian (51), Raspberry (102), Fenugreek (49),
Ginseng (54), Walnut (Black) (124), Gymnema (161), Kudzu (163)

DIARRHOEA

Witchhazel (127), Knotgrass (72), Ginger (52), Agrimony (1), Yarrow (130), Rhubarb (140),
Java Plum (137), Schizandra (167) (when associated with kidney weakness)

DIURETIC

Buchu (A3), Bearberry (9), Parsley Piert (139), Parsley Root (91), Mate Tea (T200)

DIVERTICULITIS

Pau d' Arco (93), Cayenne (22), Chamomile (25), Red Clover (103), Aloe (3),
Golden Seal (57), Yarrow (130), Liquorice root (77)

DOG BITE	Echinacea (43), Golden Seal (57), Pau d' Arco (93), Red Clover (103)
DYSENTRY	Sausage Tree (Kigelia) (A10), Rhubarb (140)
DYSPEPSIA (Indigestion)	Slippery Elm Tea, Golden Seal (57), Aloe (3), Catnip (20), Chamomile (25), Artichoke (133), Fenugreek (49), Peppermint (94)
ECZEMA	Chickweed (29), Burdock (17), Nettle (88), Comfrey (33), Horsetail (65), Pau d' Arco (93), Fumitory (135), Neem (156)
EMPHYSEMA	Chickweed (29), Lobelia (78), Gotu Kola (Hydrocotyle) (67), Astragalus (7), Mullein (86), Liquorice (77), Elecampane (46)
EPILEPSY	Hops (68), Scullcap (111), Valerian (122)
EYESIGHT	Eyebright (47), Ginkgo (53), Bilberry (11)
FATIGUE chronic	Astragalus (7), Neem (156), Olive Leaf (138), Rhodiola Rosea (154), Ashwagandha (148), Walnut (Black) (124), Wormwood (129), Liquorice root (77), Milkthistle (83), Pau d' Arco (93)
FEVER	Feverfew (50), Willow (126), Catnip (20), Ginger (52), Lobelia (78), Cheesewood (A5)
FIBROIDS / CYSTS	Wild Yam (125), Horseradish (64), Dandelion (39), Bladderwrack (13)
FRIGIDITY	Ashwagandha (148), Pulsatilla (100), Ginseng (54)
FUNGAL INFECTIONS	Olive Leaf (138), Golden Seal (57), Pepperbark (A8), Pau d' Arco (93), Neem (156)
GANGRENE	Cayenne (22), Ginkgo (53), Echinacea (43), Red Clover (103), Marshmallow (81)
GASTRITIS	Golden Seal (57), Milkthistle (83), Red Clover (103), Sutherlandia (A4), Irish Moss (136), Liquorice Root (T77), Slippery Elm (T115), Kudzu (163)
GALLBLADDER	Boldo (15), Barberry (8), Artichoke (133), Rhubarb (140), Milkthistle (T83), Greater Celandine (160)
GALLSTONES	Marshmallow (81), Boldo (15), Barberry (8), Artichoke (133), Golden seal (57)

GOUT

Bilberry (11), Cayenne (22), Celery Seed (23), Devil's Claw (40), Turmeric (121),
Pokeroot (96), Neem (156), Buchu Tea (TA3), Boswellia (158)

HAEMORRHOIDS

Yarrow (130), Horsetail (65), Chamomile (25), Agrimony (1), Witchhazel (127)

HAIR LOSS

Nettle (88), Rosemary (105), Fenugreek (49), Horsetail Tea (T65)

HANGOVER

Dandelion (39), Ginseng (54), Scullcap (111), Aloe (3), Milkthistle (83), Rhubarb (140),
Artichoke (133), Milkthistle Tea (T83), Dandelion Tea (T39)

HEADACHE

Feverfew (50), Willow (126), Nettle (88), Natal Ginger (A7), Black Stinkwood (A2)

HEART (To Strengthen)

Hawthorn Berry (60), Motherwort (85), Dong Quai (42), Bugle Weed (134),
Hawthorn Berry Tea (T60), Bacopa (157)

HEARTBURN

Aloe Vera (1), Catnip (20), Fennel (48), Ginger (52), Marshmallow root (81), Chamomile (25)

HEPATITIS

Milkthistle Tea (T83), Greater Celandine (160)

HERPES

Echinacea (43), Yellow Dock (131), Gentian (51), Golden Seal (57), Wild Yam (125),
Marshmallow (81), Myrrh (87), Green Tea (145)

HIATUS HERNIA

Aloe Vera (1), Catnip (20), Fennel (48), Ginger (52), Marshmallow root (81), Chamomile (25)

HIGH BLOOD PRESSURE

Mistletoe (84), Passion Flower (92), Scullcap (111), Olive Leaf (138), Valerian Root Tea (T122),
Rauwolfia (165)

HIVES

Alfalfa (2), Bilberry (11), Cat's Claw (21), Chamomile (25), Echinacea (43), Ginseng (54),
Liquorice (77), Nettle (88), Sarsaparilla (109), Yellow Dock (131), Aloe Vera (3),
Apply Aloe vera gel topically

HOT FLUSHES

Black Cohosh (12), Chasteberry (27), Sage (108), Sutherlandia (A4)

HYPERACTIVITY

Catnip (20), Valerian (122), Ginkgo (53), Hawthorn (60), Lemon Balm (75),
Passion Flower (92), Scullcap (111), Lobelia (78), Chamomile (25), Hydrocotyle (67),
Hops (62), Liquorice (77)

HYPOGLYCEMIA

Artichoke (133), Gentian (51), Bilberry (11), Astragalus (7), Bearberry (8),
Korean Ginseng (162)

IMMUNE SYSTEM

Echinacea (43), Sutherlandia (A4), Olive Leaf (138), Chapparral (26), Cat's Claw (21),
Astragalus (7), Red Clover (103), Sutherlandia Tea (TA4), Korean Ginseng (162)

IMPOTENCE

Horny Goat Weed (152), Saw Palmetto (110), Sarsaparilla (109), Puncture Vine (151),
Ginseng (54), Cayenne (22), Oats (90), Korean Ginseng (162)

INCONTINENCE

Refer to bed wetting

INFLUENZA

Elderberry (44), Elderflower (45), Olive Leaf (138), Astragalus (7), Rose Hip (104),
Kudzu (163)

INSOMNIA

Passion Flower (92), Valerian (122), Scullcap (111), Chamomile (25), St. John's Wort (116),
Bugle Weed (134), Valerian Root Tea (T122), Shizandra

**IRRITABLE BOWEL
SYNDROME**

Liquorice Root (77), Slippery Elm (115), Chamomile (25), Peppermint (94)
Valerian Root (122), St. John's Wort (116), Rosemary (105), Alfalfa (2),
Liquorice Root Tea (T77), Slippery Elm Tea (T115), Chamomile Tea (T25),
Peppermint Tea (T94), Kudzu (163)

JAUNDICE

Milkthistle (83), Dandelion (39), Sarsaparilla (109), Artichoke (133), Fumitory (135),
Parsley Piert (139), Dandelion Tea (T39), Greater Celandine (160), Gymnema (161),
Schizandra (167)

KIDNEY DISEASE

Dandelion Root (39), Marshmallow Root (81), Bearberry (9), Parsley (91), Artichoke (133)

KIDNEY STONES

Hydrangea (66), Indian Corn Beard (69), Bearberry (9), Couchgrass (35), Hydrocotyle (67),
Parsley Piert (139), Birch (142), Aloe (3)

LACTATION (Increase)

Milkthistle Tea (T83), Fenugreek (49), Goats Rue (11)

LABOUR (Ease)

Raspberry (102), Blue Cohosh (14)

LAXATIVE

Senna Pods (112), Fumitory (135), Liquorice (77), Sacred Bark (107), Dandelion (39), Bacopa (157)

LARYNGITIS

Marigold (80), Myrrh (87), Raspberry Leaf (102), Sage (108), Thyme (120)

LEG ULCERS

Echinacea (43), Golden Seal internally and as a poultice (57)

LIVER TONIC

Dandelion Tea (T39), Gymnema (161), Schizandra (167)

LUPUS

Feverfew (50), Red Clover (103), Milkthistle (83), Pau d Arco (93), Liquorice Root tea (T77), Chamomile (25), Chamomile Tea (T25)

MALABSORPTION

Black Pepper, Rhubarb (140), Alfalfa (2), Dandelion Root (39), Fennel (48), Ginger (52), Nettle (88), Aloe (3), Peppermint (94), Buchu (A3), Golden Seal (57), Irish Moss (136), Yellow Dock (131)

MALARIA

Pau d' Arco (93), Wormwood (129), Guava (59), Black Walnut (124), Barberry (8), Golden Seal (57)

MEMORY

Ginkgo (53), Hydrocotyle (67), Nettle (88), Alfalfa (2), Oats (90),

& CONCENTRATION

Motherwort (85), Rosemary (105), Blue Cohosh (14), Ginseng Siberian (54), Bacopa (157), Korean Ginseng (162), Schizandra (167)

MENUSTRUATION (Delayed)

Golden Seal (57), Black Cohosh (12), Tansy (118), Rue (106), Lady's Mantle (74), Bacopa (157)

MENSTRUAL PAIN

Wild Yam (125), Cramp Bark (36), Rosemary (105), Natal Ginger (A7)

MENOPAUSE

Wild Yam (125), Black Cohosh (12), Chasteberry (27), Sage (108), Liquorice (77), Raspberry (102), Sarsaparilla (109), Dong Quai (42), Hydrocotyle (67), Ginseng Siberian (54), Sutherlandia Tea (TA4)

MIGRAINE

Feverfew (50), Meadowsweet (82), Alfalfa (2), Nettle (88), Cayenne (22), Milkthistle (83), Hypoxis ((A6)

MILK STIMULATION

Alfalfa (2), Goats Rue (55), Fenugreek (49), Fennel (48), Milkthistle (83), Nettle (88)

MOUTH & GUM DISEASE

Myrrh (87), Aloe Vera Gel, Golden Seal (57), Chamomile (25), Marigold (80), Echinacea (43), Hawthorn Berries (60), Rosehip (104), Boswellia (158)

MOUTH ULCERS

Myrrh (87), Boswellia (158)

MUMPS

Pokeroot (96), Yarrow (130), Elderflower (45), Marigold (80)

MULTIPLE SCLEROSIS

Ginkgo (53), Cayenne (22), Alfalfa (2), Motherwort (85), Lobelia (78)

NAUSEA / BILLIOUSNESS

Peppermint (94), Ginger (52), Clove (31), Red Raspberry (102), Cheesewood (A5), Kudzu (163)

NIGHTMARES

Buchu (A3), Thyme (120)

NEURALGIA

Chamomile (25), Lemon Balm (75), Peppermint (94), Rosemary (105), Wilde Als, Korean Ginseng (162)

PANCREATITIS

Echinacea (43), Gentian (51), Golden Seal (57), Burdock (17), Milkthistle (83), Red Clover (103)

PARKINSONS DISEASE

Ginkgo (53), Black Cohosh (12), Catnip (20), Scullcap (111), Yarrow (130), Ginseng Siberian (54), Lemon Balm (75), Passionflower (92), Valerian Root (122)

PEPTIC ULCER

Aloe Vera (3), Slippery Elm Tea / Powder (115), Marshmallow Root (81), Rhubarb (140), Hops (62), Passionflower (92), Scullcap (111), Valerian root (122), Golden seal (57), Liquorice Root Tea (T77)

PERIODS (Irregular)

Lady's Mantle (74), Dong Quai (42), Bacopa (157)

PERIOD PAINS

Crampbark (36), Dong Quai (42), Alfalfa (2), Nettle (88)

PERSPIRATION (Excess)	Sage (108), Bacopa (157)
PREMENSTRUAL SYNDROME	Lady's Mantle (74), Raspberry (102), Dong Quai (42), Wild Yam (125), Birch (142), Nettle (88), Alfalfa (2), Sarsaparilla (109), Valerian Root (122)
PROSTATE	Saw Palmetto (110), Green Tea (145), Licorice root (77), Gravel root (141), Turmeric (121), Hydrangea (66), Yarrow (130), Buchu Tea (TA3)
PSORIASIS	Milkthistle (83), Sarsaparilla (109), Yellow Dock (131), Burdock (17), Comfrey (33), Motherwort (85), Olive Leaf (138), Greater Celandine (160)
RESTLESS LEGS SYNDROME	St. John's Wort (116), Korean Ginseng (162)
RHEUMATISM	Sutherlandia (A4), Birch (142), Golden Seal (57), Olive Leaf (138), Cats Claw (21), Turmeric (121), Buchu Tea (TA3), Bladderwrack Tea (T13), Greater Celandine (160)
SCIATICA	Meadowsweet (82), Alfalfa (2), Burdock (17), Celery (23)
SCURVY (Lack of vit. C)	Rosehip (104), Parsley (91), Fumitory (135)
SHIN SPLINTS	Comfrey (33), Meadowsweet (82), Chamomile (25), Fenugreek (49), Horsetail (65)
SHINGLES	Licorice Root (77), Burdock (17), Red Clover (103), Cayenne (22), Green Tea (145), Golden Seal (57), Olive Leaf (138), Rosehip (104), Alfalfa (2), Valerian root (122)
SKIN HAIR AND NAIL	
CONDITIONER	Horsetail (65), Horsetail Tea (T65)
SINUS / HAYFEVER	Golden Seal (57), Mullein (86), Echinacea (43), Plantain (95), Lobelia (78), Elderflowers (45), Golden Rod (56), Dong Quai (42), Horehound (63), Cayenne (22), Eyebright (47)
SMOKING (To stop)	Calamus (18), Lobelia (78)
SORE THROAT	Myrrh (87), Olive Leaf (138), Propolis (97), Golden Seal (57), Echinacea (43), Fenugreek (49), Licorice Root (77), Slippery elm (115)

SPIDER BITE

Dandelion Root / Yellow dock (39 / 131) (as a poultice) Marigold (Calendula) (80), Echinacea (43), Ginkgo (53), Yellow Dock (131)

SPERM COUNT (Low)

Sarsaparilla (109), Saw Palmetto (110)

SEXUALLY TRANSMITTED DISEASES

Sarsaparilla (109), Echinacea (43), Astragalus (7), Pau d' Arco (93), Golden Seal (57), Hypoxis Rooperi (A6)

STRESS

Ashwagandha (148), Rhodiola Rosea (154), Ginseng Siberian (54), Korean Ginseng (162)

STROKE

Ginkgo (53), Hawthorn (60), Cayenne (22)

SWOLLEN ANKLES

Buchu (A3), Cayenne (22), Hawthorn (60), Milkthistle (83)

TINNITUS

Golden Seal (57), Ginkgo (53), Horsetail (65), Cayenne (22), Black Cohosh (12)

THRUSH

Pau d' Arco (93), Pepperbark (A8)

THYROID (Over active)

Bugleweed (14), Motherwort (85), Nettle (88), Valerian (122), Yarrow (130)

THYROID (Under active)

Bladderwrack (13), Nettle (88), Oats (90), Bladderwrack Tea (T13)

TONSILLITIS

Echinacea (43), Myrrh (87), Thyme (120), Golden Seal (57)

TOOTHACHE

Golden Seal (57), Myrrh (87), Clove (31), Natal Ginger (31)

TUBERCULOSIS

Sutherlandia (A4), Irish Moss (136), Plantain (95), Golden Seal (57), Mullein (86), Walnut Black (124), Liquorice (77), Hydrocotyle (67), Elecampagne (46), Horehound (63), Mullein (86), Echinacea (43), Myrrh (87), Thyme (120), Golden Seal (57), Sutherlandia Tea (TA4) Cat's Claw (21), Mistletoe (84), Barberry (8), Burdock Root (17), Red Clover (103), Milkthistle (83), Poultices of Pau d' Arco (93), and Poke Root (96), Greater Celandine (160)

TUMOURS**ULCERS (Mouth)**

Myrrh (87), Rosehip (104), Sausage Tree (A10), Irish Moss (136), Boswellia (158)

ULCERS (Stomach)

Marshmallow (81), Golden Seal (57), Slippery Elm Powder Tea (115), Cranesbill (37), Pau d' Arco (93), Sausage Tree (A10), Sutherlandia (A4), Irish Moss (136)

UTERINE INFECTION

Calendula (Marigold) (80), Tansy (118), Echinacea (43), Gymnema (161)

VAGINAL DRYNESS

Dong Quai (42), Wild Yam (125), Marshmallow (81)

VARICOSE VEINS

Cayenne (22), Rue (106), Comfrey (33), Alfalfa (2), Nettle (88), Horsetail (65), Witchhazel (127), Hydrocotyle (67), Hawthorn (60)

VERTIGO

Echinacea (43), Horsetail (65), Cayenne (22), Ginkgo (53), Golden Seal (57)

VITILIGO

Nettle (88), Alfalfa (2), Pau d' Arco (93), Horsetail (65), Comfrey (33), Cayenne (22)

WARTS

Thuja (119), Wormwood (129), Walnut Black (124), Pau d' Arco (93)

WEIGHT (To lose)

Fennel (48), Boldo (15), Bladderwrack (13), Dandelion (39), Centaury (24), Nettle (88), Guarana (54), Mate Tea (T200), Phyto-Cleanse Detox Tea (T201)

WEIGHT (To gain)

Fenugreek (49), Ginseng (54), Caraway (19), Cayenne (22), Celery (23), Fennel (48), Lady's Mantle (74), Ashwagandha (148)

WATER RETENTION

Buchu (A3), Celery (23), Bearberry (9), Juniper (70), Nettle (88), Indian Cornbeard (69)

WORMS / PARASITES

Wormwood (129), Tansy (118), Walnut Black (124), Thuja (119), Quassia (101), Rhubarb (140), Gymnema (161), Rauwolfia (165)

FENNEL BLADDERWRACK
BIRCH
BUCHU
WILLOW
HOPS CLOVE **Phyto-Force**

CORIANDER RUE
GINGER SAGE WILD
SOATS THUJA ROSEMARY YAM

CINNAMON MISTLETOE
DILL



POKE MYRRH RED
ROOT CLOVER ALOE
OLIVE LEAF GUAVA NETTLE
KIGELIA VERA

HERB CHART

WHAT AILMENTS EACH HERB TREATS

Use the herb chart to find the herbs you need, then using the number you can easily find your tincture on the shelf.

1. Agrimony	<i>Agrimonia eupatoria</i>	Colitis, food allergies, diarrhoea, gallstones, grumbling appendix, haemorrhoids, chronic skin conditions, indigestion, good astringent, incontinence.
2. Alfalfa	<i>Medicago sativa</i>	Tonic, lactation, migraine, malnutrition, menopause, eczema, Aids blood clotting, uric acid.
3. Aloe Vera	<i>Aloe ferox</i>	Colon problems, constipation especially following iron Medication, poor appetite, digestive problems, colitis and Irritable bowel syndrome.
4. Angelica	<i>Angelica archangelica</i>	Anorexia, migraine sickness, gastric ulcers, indigestion, bronchitis, pleurisy, cystitis.
6. Arnica Petals	<i>Arnica mexicana</i>	Sprains, bruising, muscular ache and pains.
133. Artichoke	<i>Cynara scolymus</i>	Chronic liver & gallbladder diseases, poor digestion, Arteriosclerosis, hepatitis, chronic albuminuria, anaemia, reduces Cholesterol.
148. Ashwagandha	<i>Withania somnifera</i>	Nervous exhaustion, geriatric complaints, wasting diseases, nerve and joint pains, rheumatic pains or multiple Sclerosis.
A1. Assegaai	<i>Curtisia dentate</i>	Used to treat stomach complaints, purify the blood, promote sexual activity. (Umlahleni)

7. Astragalus

Astragalus mongolius

Immuno-stimulant, diabetes, heart tonic, Anaemia, diabetes, kidney problems, prolapsed organs, slow healing skin eruptions. Improves recovery in cancer patients undergoing chemotherapy and radiation Treatment.

157. Bacopa

Bacopa monnieri

Laxative, intellect promoting, anodyne, carminative, digestive, anti-inflammatory, anti-convulsant, depurative, cardio tonic, bronchodilator, diuretic, emmenagogue, helps to lower perspiration, helps to lower temperatures associated with fevers.

8. Barberry

Berberis vulgaris

Gallstones, jaundice, liver congestion, malaria, support to cancer chemotherapy.

9. Bearberry Leaves

Arctostaphylos uva-ursi

Kidney stones, cystitis, bed wetting, diuretic. Needs alkaline urine to work therefore acidic fruits and juices must be excluded from diet during treatment.

10. Bedstraw

Galium aperiine

Glandular fever, tonsillitis, chronic fatigue syndrome, hepatitis, eczema and psoriasis, cystitis, incontinence, diuretic, weightloss.

11. Bilberry

Vaccinium myrtillus

Diabetes, strengthens capillaries, helps make hardened arteries pliable, varicose veins, thread veins, haemorrhoids, poor circulation and eye conditions, improves vision, reduces cholesterol, stomach ulcers. Anti-fungal, anti-bacterial.

142. Birch

Betula alba

Arthritis, rheumatism and muscular pain, urinary tract disorders, bladder infections, kidney stones, PMS, diuretic, cellulite.

12. Black Cohosh

Cimicifuga racemosa

Assists balancing of female hormones, arthritis, sciatica, neuralgia, tinnitus, anti-spasmodic.

A2. Black Stinkwood	<i>Ocotea bullata</i>	Infantile diarrhoea, headaches, emotional and nervous disorders. (Unukani)
13. Bladderwrack	<i>Fucus vesiculosus</i>	Thyroid, anti-rheumatic
T13. Bladderwrack Tea		
14. Blue Cohosh	<i>Caulophyllum thalictroides</i>	Threatened miscarriage, eases labour pain.
15. Boldo	<i>Peumus boldus</i>	Gallstones, cystitis, hepatitis, diuretic.
158. Boswellia	<i>Boswellia serrata</i>	Bronchial infections, urinary tract infections, vaginal infections, catarrh, gum, mouth and teeth complaints, anti-inflammatory for muscle and joint disorders.
A3. Buchu	<i>Agathosma betulina</i>	Cystitis, water retention, arthritis.
TA3. Buchu Tea		
134. Bugleweed	<i>Lycopus virginicus</i>	Over-active thyroid, weak heart, sedative, astringent, coughs, bleeding, from the lungs, insomnia, circulation, graves disease.
17. Burdock	<i>Arctium lappa</i>	Eczema, psoriasis, anaemia, acne, boils and sores, rheumatism and gout.
155. Butchers Broom	<i>Ruscus aculeatus</i>	Gout, jaundice, Kidney & Bladder stones, Haemorrhoids, Lymphedema, swollen ankles, Carpal Tunnel Syndrome
18. Calamus	<i>Acorus calamus</i>	Poor appetite, colic, indigestion, restorative for the brain and nervous system, especially after a stroke.
19. Caraway	<i>Carum carvi</i>	Indigestion, wind, colic (especially in children), hiatus hernia, stomach ulcer, diarrhoea, menstrual cramps, poor appetite, lactation.
A4. Cancer Bush	See Sutherlandia	

20. Catnip	<i>Nepeta cataria</i>	Feverish illnesses, colds and influenza, insomnia, excitability, palpitations, indigestion, stomach upsets and colic, digestion related headaches.
21. Cats Claw	<i>Uncaria tomentosa</i>	Immuno-stimulant, anti-inflammatory cancer.
156. Catuaba	<i>Erythroxylum vacciniifolium</i>	Aphrodisiac, impotence, prostatitis, chronic fatigue.
22. Cayenne Pepper	<i>Capsicum minimum</i>	Circulation, cholesterol, migraine, headaches, flu, coughs, arthritis, neuralgia.
23. Celery seeds	<i>Apium graveolens</i>	Arthritis, cystitis, uric acid.
24. Centaury	<i>Centaurium minus</i>	Poor appetite, metabolism, indigestion.
25. Chamomile	<i>Matricaria chamomilla</i>	Insomnia, nausea, nervous disorders, muscular pain, colic.
T25. Chamomile Tea		
26. Chapparral	<i>Larrea divaricata</i>	Immuno-stimulant, cancer (notably leukaemia) pain.
27. Chaste Berry	<i>Vitex agnus-castus</i>	PMS, menopause, ovarian cysts, breast lumps, infertility, involuntary ejaculation
A5. Cheesewood	<i>Pittosporum</i> (<i>Viridiflorum umkhwenkwe</i> <i>Umfusamvu</i>)	Stomach complaints, biliousness, abdominal pain and fever. It is said to ease pain and have a calming effect.
29. Chickweed	<i>Stellaria media</i>	Chest infections, eczema, psoriasis, arthritis, rheumatism, urticaria, ulcers, boils and abscesses.
30. Cinnamon	<i>Cinnamomum verum</i>	Nausea, diarrhoea and vomiting, gastroenteritis, colds, influenza, hypertension, arthritis, rheumatism and candidiasis, anti-parasitical.

31. Clove	<i>Syzygium aromaticum</i>	Gastroenteritis and internal parasites, anti-candida, anti-bacterial, TB, Anti-viral, nausea.
32. Coltsfoot	<i>Tussilago farfara</i>	Dry cough, wheezing, hoarseness, bronchitis, sore throat.
33. Comfrey Leaves	<i>Symphytum officinale</i>	Externally for acne, eczema, psoriasis, bruises, sprains, dislocation, inflammation and swelling associated with joint pain.
143. Coriander	<i>Coriandrum sativum</i>	Cholesterol, carminative for windy colic, stimulant aromatic and carminative.
35. Couchgrass	<i>Agropyren repens</i>	Urinary infections, cystitis, gallstones, jaundice, gout, natural anti-biotic.
36. Crampbark	<i>Viburnum opulus</i>	Period pains, hiccoughs.
147. Cranberry	<i>Vaccinium macrocarpon</i>	Internally for urinary tract infections (notably recurrent cystitis) urinary stones and incontinence.
37. Cranesbill	<i>Geranium maculatum</i>	Female tonic, gastrointestinal problems, diabetes
39. Dandelion Root	<i>Taraxicum officinale</i>	Liver tonic, jaundice, arthritis, acne, eczema, psoriasis, gallbladder and urinary disorders, gallstones, cirrhosis, dyspepsia with constipation, chronic joint and skin complaints, gout.
T39. Dandelion Tea		
40. Devil's Claw	<i>Harpagophytum procumbens</i>	Arthritis, rheumatoid arthritis, spondylosis, neuralgia, digestive problems involving the gallbladder and pancreas, inflammation.
41. Dill	<i>Anethum graveolens</i>	Lactation, halitosis, indigestion.
42. Dong Quai	<i>Angelica sinensis</i>	Vaginal dryness, irregular / painful period, sinusitis, allergies.
43. Echinacea	<i>Echinacea purpurea</i>	Immuno-stimulant, acne, sinus, cystitis, boils, poison, flu, antibiotic, anti-viral.

44. Elderberry	<i>Sambucus frutescens</i>	Influenza, colds, catarrh, sinusitis and feverish illnesses, rich in vitamin C, rheumatic complaints
45. Elderflower	<i>Sambucus flos</i>	Sinus, flu, catarrh.
46. Elecampane	<i>Inula helenium</i>	Asthma, emphysema, bronchitis, tuberculosis, pleurisy, catarrh and weak digestion associated with mucus formation.
47. Eyebright	<i>Euphrasia officinalis</i>	Catarrh, sinusitis, allergic rhinitis, hay fever and upper respiratory tract infections. Strengthens eyes, conjunctivitis.
48. Fennel	<i>Foeniculum vulgare</i>	Cellulite, suppresses appetite, lactation, colic.
T48. Fennel Tea		
49. Fenugreek	<i>Trigonella foenumgraecum</i>	Catarrh, hair growth, breast development, lactation.
50. Feverfew	<i>Tanacetum parthenium</i>	Migraine, headaches and fevers.
135. Fumitory	<i>Fumaria officinalis</i>	Diuretic, visceral obstructions, weak tonic, blood purifier, skin problems, laxative, eczema, acne, jaundice, scurvy.
159. Garlic	<i>Allium sativum</i>	Expectorant, diaphoretic, disinfectant, diuretic, anti-microbial, anti-hypertensive, lipid-lowering, fibrinolytic, anti-platelet and cancer-protective effects.
51. Gentian	<i>Gentiana lutea</i>	Liver tonic, appetite, indigestion.
52. Ginger	<i>Zingiber officinale</i>	Motion sickness, morning sickness, nausea, Fever, flu, diarrhoea, muscular pain.
53. Ginkgo	<i>Ginkgo biloba</i>	Memory and concentration, poor circulation, Rynaud's disease, nerve tonic.

54. Ginseng

*Eleutherococcus
senticosus*

Physical and mental stress, energy, depression, convalescence, menopausal complaints, insomnia caused by prolonged anxiety, exposure to toxic chemicals and radiation.

55. Goat's Rue

Galega officinalis

Stimulates breast development, lactation, damaged nerves, Alzheimer's, diabetes.

56. Golden Rod

Solidago virgaurea

Catarrh, sinus, cystitis, laryngitis.

57. Golden Seal

Hydrastis canadensis

Anti-inflammatory, sinusitis, tinnitus, vertigo, natural oestrogen, eczema, digestive disorders, excessive and painful menstruation, postpartum haemorrhage and pelvic inflammatory disease.

141. Gravel Root

Eupatorium purpureum

Kidney stones, cystitis, urinary infection.

160. Greater Celandine

Chelidonium majus

Inflammation of the gall-bladder and bile duct, jaundice hepatitis, gout, arthritis and rheumatism, remittent fevers, spasmodic cough and bronchitis, skin eruptions, ulcers, cataract, bruises and sprains, warts, ringworm, psoriasis, eczema and malignant tumours.

145. Green Tea

Camellia sinensis

Anti-oxidant, asthma, arteriosclerosis, high cholesterol, Cirrhosis of the liver, colecterol cancer, cancer, food poisoning, periodontal disease, Herpes virus.

T145 Green Tea

58. Guarana

Paullinia cupana

Relieves fatigue, aids concentration, lifts the spirits, migraine, headaches, brain activity, concentration levels, weight loss, anti-blood clotting, improves physical endurance.

59. Guava

Psidium guajava

Blood purifier, malaria, feverish illnesses, acne.

161. Gymnema

Gymnema silvestre

Anti-inflammatory, anti-viral, anodyne, digestive, liver tonic, emetic, diuretic, Stomachic, stimulant, anthelmintic, alexipharmic, laxative, cardio-tonic, expectorant, antipyretic and uterine tonic, anti-diabetic and helps to stimulate increase in insulin production.

60. Hawthorn Berry

Crataegus monogyna

Heart tonic, circulatory and heart disorders.

T60. Hawthorn Herb Tea

61. Holy Thistle

Carbenia benedicta

Excessive perspiration, fevers, circulation, lactation.

148. Hoodia

Hoodia gordonii

Appetite suppressant, gives energy and is mood enhancing.

62. Hops

Humulus lupulus

Insomnia, stress.

63. Horehound

Marrubium vulgare

Coughs, hoarseness, typhoid fevers, relieves palpitations, skin eruptions.

152. Horny Goat Weed *Epimedium sagittatum*

Impotence, premature ejaculation, High Blood Pressure, asthma, bronchitis, cold and numb extremities.

28. Horse Chestnut

Aesculus hippocastanum

Disorders of the circulatory system including stroke, heart attack, arteriosclerosis, circulatory insufficiency, varicose veins, phlebitis, chilblains, haemorrhoids and swelling following severe trauma, neuralgia.

64. Horseradish Root

A Armoracia rusticana

Reduces growths, indigestion, 'flu.

65. Horsetail

Equisetum arvense

Bed wetting / incontinence, skin, hair and nail conditioner, prostatitis.

T65. Horsetail Tea

Urethritis.

66. Hydrangea	<i>Hydrangea aborescens</i>	Prostate problems, kidney stones.
67. Hydrocotyle (Gotu Kola)	<i>Centella asiatica</i>	Hypothyroidism, diuretic, kidney stones, chronic skin diseases, veneral diseases, varicose veins, thread veins, night cramps.
A6. Hypoxis	<i>Hypoxis rooperi</i>	Immuno-stimulant, liver detox, anti-candida, anti-inflammatory.
C6. Hypoxis Cream		Weeping eczema, athlete's foot, skin cancer, pimples, boils, insect bites and itches.
68. Hyssop	<i>Hyssop officinalis</i>	Bronchitis, upper respiratory tract infections and congestion.
69. Indian corn beard	<i>Zea mays</i>	Cystitis, urinary stones, urethritis, prostatitis, water retention.
136. Irish Moss	<i>Chondrus crispus</i>	Acts as an expectorant, aids in the formation of stools, tuberculosis, coughs, bronchitis, gastritis, ulcers, intestinal disorders, cystitis, dry hair.
137. Java Plum	<i>Eugenia jambolana</i>	Lowers sugar levels, diabetes, glycosuria, carminative in diarrhoea.
70. Juniper Berries	<i>Juniperus communis fructus</i>	Cystitis, urethritis, kidney inflammation, rheumatism, gout, arthritis, poor digestion with wind and colic.
A10. Kigelia	<i>Kigelia africana (umfongothi)</i>	Ulcers, sores, dysentery in a cream applied locally for rheumatism.
C3. Kigelia Cream	<i>Kigelia africana</i>	Cancer sun spots, sores, Rheumatism.
72. Knotgrass	<i>Polygonum aviculare</i>	Incontinence, cystitis, weeping eczema, mucous and blood discharge from urinary and reproductive organs, diarrhoea, dysentery.
73. Kola nuts	<i>Kola vera</i>	Energy stimulant.

162. Korean Ginseng *Panax ginseng*

Hypoglycemic, restless legs syndrome, immune-modulator, neuro-active, sedative, demulcent and stomachic, neurasthenia, neuralgia, insomnia, firms muscle tone, depressive states, sexual inadequacy, stamina, concentration, healing process, stress resistance, vigilance and work efficiency.

163. Kudzu *Pueraria lobata*

Helps to reduce alcoholic intake. Colds, influenza, feverish illnesses, excessive thirst in diabetes, muscular tension, gastritis, nausea, vomiting, alcohol poisoning, abdominal bloating, minor digestive problems.

74. Lady's Mantle *Alchemilla xanthochlora*

Ladies hormones, excessive bleeding.

75. Lemon Balm *Melissa officinalis*

Hyperthyroidism, nervous tension, excitability with digestive upsets in children, depression, anxiety, palpitations and tension headaches.

76. Lily of the Valley *Convallaria majalis*

Heart tonic, shortness of breath, angina.

77. Licorice Root *Glycyrrhiza glabra*

Irritable Bowel Syndrome, Ladies hormones, indigestion, constipation, colic, peptic ulcer, diabetes, glands, asthma, bronchitis, coughs.

T77. Licorice Root Tea

78. Lobelia *Lobelia siphilitica*

Asthma, bronchitis, catarrh, angina. Recommended with calamus and scullcap to stop smoking.

**79. Lycopodium
(Clubmoss)** *Lycopodium clavatum*

Diuretic, anti-bacterial, urinary & kidney diseases, stimulates the uterus.

**80. Marigold
(Calendula)** *Calendula officinalis*

Inflammation, uterine tonic, acne.

81. Marshmallow Root *Althea officinalis*

Restores mucus lining, ulceration of the digestive tract, hiatus hernia, anti-inflammatory, vaginal dryness, bronchitis and kidney stones.

T200. Mate Tea *Ilex paraguariensis*

Stimulant, diuretic, curbs appetite, restores Trace mineral depletion, slimming, general tonic.

82. Meadowsweet *Filipendula ulmaria*

Anti-inflammatory, gout, fever, cystitis, hyperacidity, heartburn, gastritis, peptic ulcers.

83. Milkthistle *Silybum marianum*

Regenerates liver cells, stimulates bile flow, liver and gallbladder diseases, jaundice, hepatitis, liver damage, cirrhosis and poisoning.

T83. Milkthistle Tea

84. Mistletoe *Viscum album*

High Blood Pressure, headache, cancer tumours. Cancer especially of lungs and ovaries.

85. Motherwort *Leonorus cardiaca*

Menopause, gas, cardiac edema, swollen thyroid, cramps (combines with Dong Quai), calmative.

150. Muira Puama *Ptychopetalum olacoides*

Aphrodisiac, impotence, infertility, tonic for nervous system, male pattern baldness.

86. Mullein *Verbascum thapsus*

Catarrh, bronchitis, coughs, whooping cough, laryngitis, tonsillitis, tracheitis, asthma, influenza, respiratory catarrh, tuberculosis.

87. Myrrh *Commiphora habessinica*

Mouth ulcers, gingivitis, laryngitis, tonsillitis, excellent for all mouth, gum and throat infections.

47. Natal Ginger	<i>Aethiopicus</i> <i>(Isiphepheto Aethiopicus)</i>	Treats chest ailments, rheumatism, neuralgia, menstrual pain, toothache and malaria, tension headaches, influenza, sinusitis, sore throat and mild asthma.
156. Neem	<i>Azadirachta indica</i>	Detoxifier, weight loss, skin rejuvenator, blood impurities, promotes healing, malaria, tuberculosis, rheumatism, jaundice.
88. Nettle	<i>Urtica dioica</i>	Hair loss, headaches, migraines, anaemia, eczema, weight loss, obesity.
T88. Nettle Tea		Use for all the above and as a final hair rinse for hair and scalp problems. Apply externally also for arthritic pain, gout, sciatica, neuralgia and haemorrhoids.
89. Oakbark	<i>Quercus robur</i>	Diarrhoea, haemorrhoids, bleeding gums, internal bruising.
90. Oats	<i>Avena sativa</i>	PMS, menopausal symptoms, shingles, herpes, depression, male sexual tonic, hysteria, angina, acts as a tonic to the heart, nerves and thymus gland.
138. Olive Leaf	<i>Olea europaea</i>	Antiseptic, astringent, anti-viral, anti-bacterial, anti-fungal, immune booster, anti-oxidant, chronic fatigue, arthritis, psoriasis, tranquilizer, fever.
139. Parsley Piert	<i>Aphanes arvensis</i>	Kidney and bladder stones, chronic kidney and liver disorders, soothes irritated and inflamed tissues.
91. Parsley Root	<i>Petroselinum crispum</i>	Cancer, diuretic, immuno-stimulant, blood purifier, coughs.
92. Passion Flower	<i>Passiflora incarnata</i>	Insomnia, anxiety, seizures, shingles, Parkinson's disease.

93. Pau d' Arco	<i>Tabebuia impetiginosa</i>	Internally for inflammatory diseases, chronic degenerative diseases Impetiginosa anti-candida, antibiotic, anti-viral, lupus, cancers, tumours, ulcers, cysts, venereal, rheumatic, skin diseases, fungal infections.
A12. Pelargonium	<i>Pelargonium sidoides</i>	Acute and chronic infections of the nose, ear and chest. Supportive treatment in tuberculosis and chronic bronchitis.
A8. Pepperbark	<i>Warburgia salutaris</i> (<i>Isibhaha</i>) (<i>Peperbasboom</i>)	Candida, oral and oesophageal thrush, chest infections, bronchitis and natural anti-biotic.
94. Peppermint	<i>Mentha piperta</i>	Nausea, colic, headaches, flu, stimulates the flow of bile, indigestion. Morning sickness, nausea, indigestion, colic.
T94. Peppermint Tea		
95. Plantain	<i>Plantago lanceolata</i>	A natural anti-histamine. Sinus, hay fever, allergies, coughs, cystitis. 6 Herbs. Cleans digestive tract, detoxifies the liver, gallbladder, kidneys and lymphatic system. Also used as a slimming aid.
T201 Phyto-Cleanse Detox Tea		
96. Poke Root	<i>Phytolacca decandra</i>	Lymphatic cleanser, cancer, catarrh, arthritis. Tonsillitis, mumps, Swollen glands including glandular fever and mastitis.
97. Propolis		Sore throat, tonsillitis, allergies, post nasal drip, asthma, cancer.
98. Prickly Ash	<i>Xanthoxylum clava-herculis</i>	Increases perspiration, chronic rheumatism, anti-spasmodic, flatulence, & diarrhoea, anti-inflammatory, varicose veins, varicose ulcers, poor circulation, leg cramps.
99. Puama	<i>Liriosma ovata</i>	Aphrodisiac, impotence, sore throats, anti-bacterial.
100. Pulsatilla	<i>Anemone pratensis</i>	Impotence and frigidity, eases labour pains, anti-spasmodic.

151. Puncture vine *Tribulus terrestris*

Aphrodisiac ,impotence, premature ejaculation, spermatorrhoea, frequent urination, kidney complaints, blurred vision owing to deficient liver energy, lumbago, nosebleeds, strengthens contractions during prolonged or difficult labour.

101. Quassia Chips *Quassiae lignum*

Diabetes, roundworms, poor appetite and digestion, anorexia, alcoholism, feverish illnesses especially malaria.

102. Raspberry Leaves *Rubus idaeus*

Eases labour, diabetes.

**165. Rauwolfia
(Snake Root)** *Rauwolfia serpentina*

Mild hypertension, rapid heartbeat, fever, cholera, intestinal worms.

103. Red Clover *Trifolium pratense*

Cancers of the breast, ovaries and lymphatic system, chronic degenerative diseases, also a source of isoflavones during the menopause. Skin complaints.

A9. Red Stinkwood *Prunus africana*
(*Inyazangoma-Elimnyana umkakase*)

Treats chest pain, benign prostate hypertrophy.

166. Rehmannia *Rehmannia glutinosa*

Anaemia, night sweats, urinary disorders, involuntary ejaculation, excessive thirst associated with feverish illnesses.

140. Rhubarb *Rheum palmatum*

Fights infection and eliminates worms, enhances gallbladder function, promotes the healing of duodenal ulcers, good for constipation, malabsorption and disorders of the colon, spleen and liver, bacillary dysentery, diarrhoea, astringent, tonic.

154. Rhodiola rosea *Rhodiola rosea*
(Arctic root)

Adaptogen, physical and mental strength and endurance, stamina, lifts moods.

104. Rose Hip	<i>Rosa canina</i>	Colds, gastric inflammations, diarrhoea, minor infectious diseases, scurvy, rich in vitamin C.
105. Rosemary	<i>Rosmarinus officinalis</i>	Circulation, headaches and migraines associated with nervous tension, depression, apathy, nervous exhaustion, hair loss.
106. Rue	<i>Ruta graveolens</i>	Cramps, strengthens capillaries, relieves muscle spasms.
107. Sacred Bark	<i>Rhamnus purshianus</i>	Menstrual problems, colic, epilepsy, palsy, rheumatic pain.
108. Sage	<i>Salvia officinalis</i>	Constipation, colitis.
109. Sarsaparilla root	<i>Smilax officinalis</i>	Excessive perspiration, night sweats, especially during menopause, excessive salivation, decreases flow of milk, indigestion, flatulence, liver complaints.
110. Saw palmetto	<i>Serenoa serrulata</i>	Increases testosterone and sperm count, tonic, psoriasis.
A11. Sceletium	<i>Sceletium toruosum</i>	Tonic for male reproductive system, prostate problems.
167. Schisandra	<i>Schisandra chinensis</i>	Replacement therapy for alcoholics, stress and anxiety, tension, colic.
111. Scullcap	<i>Scutellaria herba</i>	Dry coughs, asthma, night sweats, urinary disorders, involuntary ejaculation, chronic diarrhoea associated with kidney weakness, palpitations, insomnia, poor memory, hyperacidity, hepatitis and diabetes.
112. Senna pods	<i>Cassia augustifolia</i>	Withdrawal from Alcohol and drug addiction, epilepsy, insomnia, muscular spasms, irritability, neuralgia.
113. Sheep sorrel	<i>Rumex acetosella</i>	Intestinal cleanser without gripe.
		Cancer, immuno-stimulant.

114. Shepherd's Purse *Capsella bursa-pastoris*

115. Slippery Elm *Ulmus fulva*

T115. Slippery Elm Powder Tea

116. St. John's Wort *Hypericum perforatum*

A4. Sutherlandia *Sutherlandia frutescens*
(*Cancer Bush, Kankerbos*)

Duodenal ulcer, anti-tumour, anti-inflammatory.

Gastritis, duodenal / gastric ulcer, colitis.

Depression, insomnia, neuralgia, hysteria.

Wasting syndrome in AIDS, TB and cancer. Improves immune system and increases quality of life. Treats heartburn, gastritis, reflux oesophagitis, peptic ulceration, hot flushes and irritability in menopause. Mild asthma. Rheumatism and Rheumatoid arthritis support. Assists increasing weight in Aids, Cancer and TB patients.

TA4. Sutherlandia Tea

117. Sweden Bitters

T117. Sweden Bitters Tea

118. Tansy *Tanacetum vulgare*

119. Thuja *Thuja occidentalis*

120. Thyme *Thymus vulgaris*

121. Turmeric *Circuma longa*

122. Valerian *Valeriana officinalis*

19 Herbs. Liver detox, indigestion, colon cancer, general wellbeing.

Roundworms and threadworms, anti-parasitical, topically in lotions for scabies, lice and fleas.

Topically on warts, anti-fungal and anti-parasitical.

Cough, asthma, colds, flu, whooping cough, sore throat.

Anti-tumour, anti-inflammatory, anti-oxidant, anti-parasitical, relieves head colds and arthritic aches.

Anxiety, insomnia, high blood pressure, depression, stress and tension.

T122. Valerian Tea

123. Veronica Speedwell *Veronica officinalis*

124. Walnut (Black) *Juglans nigra*

125. Wild Yam *Dioscorea*

126. Willow *Salix alba*

127. Witchhazel *Hamamelis virginiana*

128. Wood Sorrell *Oxalis acetosella*

129. Wormwood *Artemisia absinthium*

130. Yarrow *Archillea millefolium*

131. Yellow Dock *Rumex crispus*

Muscular spasms, indigestion, cholesterol.

Parasites, flukes.

Natural plant progesterone, menopause, vaginal dryness, threatened miscarriage.

Headaches, inflammatory stages of auto-immune diseases, cystitis, arthritis and gout, neuralgia.

Diarrhoea, dysentery, varicose veins, haemorrhoids, astringent.

Diuretic, fever, blood purifier, ulcer, anti-inflammatory.

Worms, parasites, diabetes.

Haemorrhoids, painful menstruation, high blood pressure.

Anaemia, constipation, promotes flow of bile, cleanser, jaundice, chronic skin disorders, liver disorders, blood tonic.

HERBS
HAVE THE POWER TO
DETOXIFY,
BOOST THE IMMUNE SYSTEM,
RESTORE
BALANCE IN THE BODY
AND HAVE A
TONIC EFFECT
ON THE BODY BY
IMPROVING ITS
FUNCTIONALITY
AS A WHOLE
OR A SPECIFIC ORGAN.



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