**Herbs for Common Ailments**

**Addiction** – Oats, Calamus, Wood Betony, Skullcap, Lobelia, Ashwagandha

**ADHD** – Lemon Balm, Rhodiola, Chamomile, Brahmi, Gotu Kola

**Arthritis/Musculoskeletal**- Comfrey Oil, St. John’s Wort, Aches & Pains Salve, Black Cohosh, Arnica, Chickweed, Japanese Knotweed, Tulsi, Cayenne, Peppermint, Wintergreen, Birch

**Asthma** – Lobelia, Skullcap, Elecampane, Nettle, Ginkgo, Usnea, Anise, Fennel, Licorice Root, Vit C (1,000mg/day)

**Baby Care**- Not Just for Babies Salve, Happy Bums Diaper Spray, Calming Lavender Chamomile Oil

**Blood Pressure** – Ashitaba, Red Clover, Eleuthero, Jiao-gu-lan, Oats, Cayenne, Tulsi, Wild Dagga

**Blood Sugar** – Ashitaba, Curry Leaf, Codonopsis, Eleuthero, Ginseng, Jiao-gu-lan, Stevia, Tulsi, Bitter Melon

**Bug Bites** – Go Your Way Repellant Spray, Black Drawing Salve, Chickweek Salve, Astragalus, Plantain, Calendula,

**Cancer** – Celandine, Dandelion, Andrographis, Sweet Annie, Ashitaba, Black Seed, Bloodroot, Burdock, Red Clover, Cleavers, Garlic, Figwort, Goldenseal, Jiao-gu-lan, Cayenne, Sheep Sorrel, Tulsi, Poke Root, Reishi, Red Root (NJ Tea), Cannabis, Pau d’Arco

**Candida** – Spilanthes, Epilobium, Chameleon Plant, Tea Tree

**Chemo & Rad.** – Ashwagandha, Astragalus, Tulsi, Jiao-gu-lan, Ginseng, Eleuthero, Curry Leaf, Cannabis

**Cholesterol** – Artichoke, Quinoa, Ashitaba, Red Clover, Curry Leaf, Ginseng, Oats, Tulsi

**Circulation**  – Arnica, Cayenne, Red Clover, Jiao-gu-lan, Dan-shen, Dang-gui, Garlic, Hawthorn, Ginkgo, Spilanthes, Pulsatilla, Rosemary

**Cold/Flu** – Boneset, Elecampane, Bee Balm, Respiratory & Flu Oil, Echinacea, Sweet Annie, Tulsi, Isatis, Andrographis, Black Seed, Horehound, Hyssop, Lemon Balm, Meadowsweet, Oregano, Schizonepeta

**Constipation** – Andrographis, Angelica, Boneset, Cascara Sagrada, Culvers root, Dang-gui, Horehound, Wild Indigo, Mahonia, Plantain seeds, Yellow Dock, Cannabis

**Detox** – DETOX Compound Tincture, Vipers, Dandelion, Cleavers, Nettle, Poke Root, Yellow Dock, Sweet Annie, Celandine

**Diarrhea** – Andrographis, Bilberry, Black Seed, Bugleweed, Curry Leaf, Mullein, Mahonia, Cayenne, Yellow Dock, Meadowsweet, Boneset, Plantain, Tulsi, Epilobium, Yarrow, Witch Hazel

**Ear Ache/Tinnitus** – Ear Ache Oil, Ginkgo, Black Cohosh, Cleavers

**Energy Building** – Ashwagandha, Astragalus, Chickweed, Tulsi, Ginseng, Eleuthero

**Hair Loss** – Gotu Kola, Nettle (infusion of dry leaf/seed as/in shampoo), Curry Leaf Tree, Sage Oil, Yarrow Oil

**Headache/Pain Relief**- Meadowsweet, Ashwagandha, Peppermint, Wood Betony, Skullcap, Valerian, Black Cohosh, Passion, Evening Primrose, Feverfew, Cannabis

**Heart Problems** – Cayenne, Motherwort, Andrographis, Dan-shen, Bugleweed, Garlic, Hawthorn, Jiao-gu-lan, Tulsi

**Heartburn/Indigestion** – Calamus, Peppermint, Andrographis, Cats Claw, Catnip, Dill, Anise, Fennel

**Immune Boosters**- Immune Booster Compound Tincture, Elderberry, Usnea, Reishi, Astragalus, Echinacea, Boneset, Elecampane, Thieves, Cats Claw, Cannabis

**Lyme** – Lyme Support Tincture, Japanese Knotweed, Andrographis, Cats Claw, Spilanthes, Chameleon Plant, Stevia

**Mastitis** – Poke Root, Mullein Leaf Poultice, Dan-shen, Wild Indigo, Schizonepeta

**Memory** – Brahmi, Calamus, Gotu Kola, Rosemary, Sage, Tulsi, Bee Balm, Dandelion, Brain Power Spray, Brazil Nuts

**Parasites** – Wormwood, Black Walnut, Spilanthes, Sweet Annie, Elecampane, Andrographis, Tansy, Clove

**Pet Calming** – Sleepy Time, Valerian, Passionflower, Skullcap, CA Poppy, Arnica

**PMS/Cramps**- Blue Cohosh, Black Cohosh, Motherwort, Catnip, Valerian, Passion, Yellow Dock, Evening Primrose, Angelica, Lovage, Chaste Tree, Cramp Bark, Pulsatilla, Dill, Wild Yam, Yarrow, Menopause Oil, Cannabis

**Rash/Eczema** – Chickweed Salve, Plantain, Cleavers, Poison Ivy Salve, Schizonepeta

**Rheumatism** – internal- Black Cohosh, Meadowsweet, Willow, Jap Knotweed, Lyme Support, Angelica, Horseradish, Wild Yam; external- Bee Balm, Cayenne, Spikenard, Cannabis

**Sinusitis** – Respiratory Oil, Black Seed, Eucalyptus, Goldenseal, Horseradish, Ma-huang, Yerba Mansa, Goldenrod

**Skincare** – Love the Skin You’re In Salve, Chickweed Salve, Rose Hip Oil, Cleavers, Yellow Dock, Dandelion, Nettle, Schizonepeta

**Skin growths** – Celandine, Cleavers Oil & Tincture, Schizonepeta

**Sleep Aids**- Passionflower, Valerian, CA Poppy, Skullcap, Catnip, Sleepy Time, Cannabis

**Stones** – Gallstones – Artichoke, Culvers Root, Wild Yam; Urinary Stones – Cleavers, Gravel Root, Stone Root, Khella

**Stress/Anxiety/Depression**- Skullcap, Tulsi, Bee Balm, Wood Betony, Vipers, Valerian, St. Johns, Passion, Catnip, CA Poppy, Black Cohosh, Arnica, Pineal/Pituitary Support Tincture, Rhodiola, Cannabis

**Teeth/Gums**- Happy Gums Mouth Tincture, Tooth & Gum Tincture, Dandelion, Toothpaste, Swishy Water, Black Walnut, White Oak Bark Powder, Plantain, Spilanthes, Cilantro

**Thyroid** – Bugleweed, Lemon Balm, Motherwort

**Urinary Tract/Prostate** – Goldenrod, Epilobium, Uva-ursi, Dandelion, Cleavers, Bee Balm, Chameleon Plant, Juniper, Tulsi, St. John’s Wort, Gravel Root, Marshmallow, Bilberry, Dill, Gravel Root, Purslane