

## **Herbal Remedies.**

The list of ailments and infusions used:

### **A**

**Aching joints** - celery, comfrey, rosemary, St John's Wort

**Aching muscles** - chamomile, ginger, marjoram, rose-scented geranium

**Acidity** - chamomile, fennel, mint

**Acne** - buchu, calendula, chamomile, cloves, comfrey, parsley, rosella

**Adaptogen** - basil, gotu kola

**Aids/hiv** - echinacea, garlic, golden seal

**Alcoholism** - alfalfa, melissa, milk thistle

**Allergies** - echinacea

**Alzheimer's disease** - rosemary

**Analgesic** - buchu, clover, cloves, lavender

**Anorexia** - cardamom

**Anti-ageing** - borage, celery, lemon thyme, alfalfa, pennywort

**Anti-allergenic** - chamomile, echinacea, stinging nettle

**Antibacterial** - calendula, cinnamon, lavender, marjoram, turmeric

**Antibiotic** - buchu, echinacea, alfalfa, rosemary, sage

**Anti-cancer** - clover, lemon, gotu kola, turmeric

**Anticoagulant** - turmeric, pennywort

**Antidepressant** - jasmine, lavender, lemon verbena, melissa, oat straw, rose hip, rosemary, St Johns wort

**Anti-inflammatory** - basil, bergamot, chamomile, clover, echinacea, ginger, lemon, rose hip, rosemary, yarrow

**Anti-oxidant** - lemon, turmeric

**Anti-rheumatic** - borage, chamomile, comfrey, gotu kola

**Antiseptic** - bergamot, calendula, cloves, ginger, lavender, rose hip, yarrow

**Anti-spasmodic** - anise, basil, cardamom, chamomile, cinnamon, cloves, lemon thyme, lemon verbena, marjoram, melissa, rose hip, rosemary, St Johns wort, yarrow

**Antiviral** - echinacea, melissa, rose hip, St John's wort

**Anxiety** - lavender, alfalfa, marjoram, mint, oat straw, rose-scented geranium

**Aphrodisiac** - cardamom, ginseng, tribulus terrestris, muira puama

**Appetite poor** - nutmeg

**Arthritis** - catmint, celery, clover, comfrey, devils claw, elderflower, ginger, lemon grass, alfalfa, parsley, pennywort, stinging nettle, strawberry, turmeric

**Asthma** - anise, cardamom, chamomile, cinnamon, echinacea, lemon thyme, maidenhair fern, stinging nettle, turmeric

**Astringent** - calendula, lemon, rose hip, rosella, sage, strawberry, yarrow

**Athletes foot** - buchu, calendula, marjoram, gotu kola

### **B**

**Bad breath** - anise, caraway, cardamom, parsley, mint

**Baldness** - rosemary

**Bedwetting** - catmint, horsetail, marjoram

**Bladder problems** - borage, buchu, cardamom, celery, fennel, goldenrod, maidenhair fern, parsley

**Bloating** - anise, buchu, caraway, chamomile, fennel, lavender, marjoram, mint, nutmeg, peppermint

**Blocked ears** - comfrey, echinacea, mullein, violet

**Blood pressure – high** - basil, celery, lemon, yarrow  
**Blood pressure – low** - rosemary  
**Blood sugar – lowering** - basil, pennywort  
**Blood tonic** - basil, clover, lemon, alfalfa, rose hip  
**Boils** - comfrey, echinacea, corn silk, golden seal, gotu kola  
**Brain – increasing** - pennywort, peppermint, sage  
**Breast cancer** - clover, violet  
**Breast milk, stimulating production** - caraway, alfalfa, stinging nettle  
**Breast milk, decreasing production** - sage  
**Breath sweetener** - anise, caraway, cardamom, parsley, mint  
**Broken bones** - comfrey  
**Bronchitis** - anise, cardamom, clover, comfrey, echinacea, elderflower, ginger, mullein, violet  
**Bruises** - comfrey, lavender, marjoram

## C

**Catarrh** - elderflower, goldenrod, maidenhair fern, violet  
**Chest infection** - comfrey, echinacea, lemon thyme, alfalfa, mullein, violet  
**Chilblains** - echinacea, ginger  
**Chills** - echinacea, ginger, alfalfa  
**Cholesterol, high** - basil, celery, fennel, parsley, turmeric  
**Circulation, poor** - ginger, gotu kola, rosemary, yarrow  
**Cleansing** - basil, celery, fennel, corn silk, parsley, stinging nettle  
**Cold hands** - ginger, alfalfa, pennywort  
**Cold sores** - echinacea, elderflower, peppermint  
**Colds** - bergamot, echinacea, elderflower, ginger, lemon thyme, maidenhair fern, marjoram, pineapple sage, rose hip, rosella, sage, violet, yarrow  
**Colic** - anise, caraway, cardamom, catmint, chamomile, fennel, lemon grass, lemon verbena, melissa, mint, peppermint, rose hip, strawberry  
**Colitis** - calendula, melissa, mint  
**Concentration – poor** - gotu kola, peppermint, sage  
**Congestion** - buchu, comfrey, ginger, alfalfa, mullein, sage, violet  
**Coughs** - anise, bergamot, borage, buchu, clover, elderflower, ginger, lemon thyme, maidenhair fern, marjoram, mullein, rose hip, rosella, violet  
**Cramps** - lemon grass, mint, gotu kola, peppermint  
**Cystitis** - borage, cardamom, goldenrod, corn silk

## D

**Decongestant** - bergamot, comfrey, echinacea, mullein, violet  
**Detoxifier** - basil, calendula, celery, echinacea, mullein, violet  
**Diarrhea** - goldenrod, nutmeg, raspberry, rose hip, strawberry  
**Digestive – assisting** - anise, bergamot, calendula, caraway, cardamom, cinnamon, fennel, lemon grass, lemon verbena, melissa, mint, nutmeg, parsley, peppermint, pineapple sage, rosemary, turmeric  
**Digestive – problems** - bergamot, melissa, mint, oat straw, peppermint, strawberry  
**Disinfectant** - lavender, lemon thyme, marjoram, sage  
**Diuretic** - borage, celery, fennel, lemon, corn silk, parsley, raspberry, rosemary, stinging nettle, strawberry, yarrow  
**Drug addiction** - alfalfa  
**Dry skin** - jasmine, oat straw, pennywort, sage

## E

**Ear infection** - echinacea, elderflower, alfalfa, mullein  
**Earache** - echinacea, mullein  
**Eczema** - borage, chamomile, clover, elderflower, stinging nettle, turmeric  
**Edema** - celery, fennel, corn silk, parsley  
**Energy - to get extra** - alfalfa, oat straw, peppermint, rosella, rosemary  
**Estrogenic** - clover, oat straw, sage  
**Exhaustion** - chamomile, jasmine, lavender, rose-scented geranium  
**Expectorant** - anise, borage, comfrey, fennel, lemon thyme, lemon verbena, mullein, violet

## F

**Fear** - melissa, peppermint, rosemary  
**Fever** - catmint, elderflower, ginger, lemon grass, melissa, yarrow  
**Fever blisters** - echinacea, elderflower, peppermint  
**Flatulence** - caraway, cardamom, catmint, lemon grass, marjoram, melissa, mint, peppermint  
**Flu** - buchu, echinacea, ginger, lemon, melissa, sage, yarrow  
**Fluid retention** - celery, fennel, corn silk, parsley  
**Fractures** - comfrey  
**Frigidity** - anise  
**Fungal infections** - comfrey, echinacea, turmeric

## G

**Gastric ulcer** - calendula, melissa  
**Gastritis** - chamomile, melissa, oat straw  
**Gastroenteritis** - goldenrod  
**Gout** - clover, fennel, parsley, stinging nettle, strawberry  
**Grief** - lavender, melissa, oat straw  
**Gripe** - anise, cardamom, caraway, melissa

## H

**Hemorrhoids** - catmint, gotu kola  
**Hay fever** - bergamot, chamomile, elderflower, stinging nettle, violet  
**Headaches** - catmint, ginger, violet  
**Heart tonic** - pennywort, rosemary  
**Heartburn** - anise, buchu, caraway, fennel, lemon grass, melissa, mint, nutmeg, peppermint, pineapple sage  
**High blood pressure** - basil, celery, lemon, yarrow  
**High blood sugar** - basil, gotu kola  
**HIV/Aids** - echinacea, garlic, golden seal  
**Hot flushes** - goldenrod, sage  
**Hyperactivity** - lavender, melissa, oat straw, rose-scented geranium

## I

**Immune system boost** - echinacea, lemon thyme, sage  
**Impotence** - anise, pennywort, tribulus terrestris, muira puama  
**Incontinence** - buchu, cardamom  
**Indigestion** - bergamot, catmint, chamomile, ginger, lemon thyme  
**Inflammation** - borage, elderflower, gotu kola (gotu kola)  
**Internal bleeding** - yarrow  
**Irritable bowel syndrome** - borage, oat straw  
**Itchy skin** - elderflower, stinging nettle

## J

**Jaundice** - maidenhair fern, turmeric

## K

**Kidney problems** - buchu, cardamom, celery, fennel, goldenrod, parsley, rose hip

**Kidney stones** - fennel, goldenrod, maidenhair fern, corn silk, rose hip

**Kidney tonic** - cinnamon, fennel, corn silk, parsley, rose hip

## L

**Leprosy** - alfalfa, gotu kola

**Liver tonic** - basil, cinnamon, gotu kola, st johns wort, strawberry, turmeric

**Low blood pressure** - rosemary

## M

**Menopause** - cinnamon, alfalfa, sage, st johns wort

**Memory – improving** - cloves, alfalfa, peppermint, sage

**Menstrual problems** - alfalfa

**Menstruation – irregular** - borage, parsley, yarrow

**Menstruation – painful** - anise, parsley

**Morning sickness** - chamomile, fennel, lemon, melissa, oat straw

**Motion sickness** - basil

**Mouth ulcers** - raspberry, sage

**Multiple sclerosis** - oat straw

**Muscle aches** - comfrey, St Johns wort

**Muscle building** - alfalfa, rosemary

**Muscle spasms** - calendula, cloves, lavender, lemon thyme, nutmeg, sage

## N

**Nasal congestion** - bergamot, cloves, mullein, violet

**Nausea** - anise, bergamot, buchu, catmint, ginger, mint, nutmeg, turmeric

**Nerve tonic** - lemon, lemon verbena, melissa, oat straw, rosemary

**Nosebleed** - stinging nettle

## O

**Oily skin** - basil, bergamot, alfalfa, oat straw

**Osteoporosis** - comfrey, oat straw, parsley, sage

**Overactive thyroid** - melissa

**Overeating** - melissa, mint, peppermint

## P

**Pain relief** - chamomile, cloves, oat straw, St John wort

**Pale complexion** - ginger

**Panic attacks** - lavender, melissa, oat straw, rose-scented geranium

**Parasites** - basil, cloves

**Pleurisy** - buchu, echinacea, ginger, marjoram

**Pneumonia** - comfrey, echinacea, mullein  
**Poor concentration** - gotu kola, peppermint, sage  
**Poor memory** - cloves, alfalfa, peppermint, sage  
**Post-nasal drip** - clover, maidenhair fern, sage, violet  
**Premenstrual tension** - yarrow  
**Prostate problems** - corn silk, raspberry, stinging nettle  
**Psoriasis** - clover, parsley, turmeric

## R

**Rabies** - echinacea  
**Rashes** - calendula, comfrey, elderflower  
**Relaxation** - chamomile, jasmine, lavender, melissa, rose-scented geranium  
**Rheumatism** - buchu, catmint, celery, comfrey, nutmeg, oat straw, parsley, raspberry, strawberry  
**Rheumatoid arthritis** - gotu kola

## S

**Scalp problems** - maidenhair fern, rosemary, stinging nettle  
**Scars** - comfrey  
**Sedative** - chamomile, jasmine, lavender, melissa, oat straw, gotu kola, St Johns wort  
**Shortness of breath** - comfrey, maidenhair fern  
**Sinus – headaches** - mullein, violet  
**Sinus – blocked** - clover, mullein, violet,  
**Skin cancer** - gotu kola  
**Skin problems** - centella  
**Sore gums** - echinacea, sage  
**Sore nipples** - calendula, chamomile, comfrey  
**Sore throat** - elderflower, fennel, lemon, lemon thyme, maidenhair fern, pineapple sage, raspberry, rosella, sage  
**Sprains** - comfrey  
**Stiffness** - comfrey  
**Stimulant** - cloves, rosemary  
**Stomach aches** - buchu, fennel, ginger  
**Stomach – cancer** - violet  
**Stomach – upset** - caraway, catmint, melissa  
**Stress** - basil, jasmine, lavender, oat straw, rose scented geranium, St Johns wort  
**Swollen joints** - comfrey, turmeric

## T

**Tension** - basil, cloves, jasmine, melissa, mint, rose-scented geranium  
**Thrush** - goldenrod  
**Tight chest** - anise, bergamot, lemon thyme, mullein  
**Tired eyes** - chamomile  
**Tonic – general** - cinnamon, gotu kola, lemon thyme, rosemary, sage  
**Tonsillitis** - comfrey, echinacea, marjoram  
**Toothache** - cloves  
**Torn ligaments** - comfrey, pennywort

## U

**Urinary problems** - basil, celery, cinnamon, fennel, goldenrod, parsley, rose hip

## V

**Varicose veins** - gotu kola, yarrow

**Vomiting** - bergamot, lemon, mint

## W

**Warming the body** - ginger

**Weak pulse** - alfalfa, ginger

**Weight loss - helping with** - celery, fennel, parsley

**Whooping cough** - anise, clover

**Wind** - anise, caraway, catmint, chamomile, lavender, mint, melissa

**Wounds** - yarrow

**phantocomp**