

CERTIFIED HERBAL COUNSELOR COURSE - SESSION 2:

• HERBS AND THEIR USES

Herbs and their Uses

The following information describes 114 of the most commonly used medicinal herbs, including which parts of each herb are used, its actions and uses, and comments.

Herb	Parts Used	Actions and Uses	Additional Comments
Alfalfa	Flowers, leaves, petals, and sprouts	Alkalizes and detoxifies the body. Acts as a diuretic, eases inflammation, lowers cholesterol, balances hormones, and promotes pituitary gland function. Also contains an antifungal agent. Good for anemia, bleeding-related disorders, bone and joint disorders, colon and digestive disorders, skin disorders, and ulcers.	Must be used in fresh, raw form to provide vitamins. Sprouts are especially effective.
Aloe Vera	Pulp from inside succulent leaves	Applied externally, heals burns and wounds; stimulates cell regeneration; and has astringent, emollient, antifungal, and antibacterial and antiviral properties. Taken internally, soothes stomach irritation, aids in healing, and has laxative properties. Good for AIDS and for skin and digestive disorders.	Allergy, though rare, may occur in susceptible individuals. Before using, apply a small amount behind the ear or on the underarm. If stinging or rash occurs, do not use.
Anise	Seeds	Aids digestion, clears mucus from air passages, combats infection, and promotes milk production in nursing mothers. Good for indigestion and for respiratory infections such as sinusitis. Also helpful for menopausal symptoms.	Used in many popular products as a fragrance and flavoring.
Astragalus	Roots	Acts as a tonic to protect the immune system. Aids adrenal gland function and digestion. Increases metabolism, produces spontaneous sweating, promotes healing, and provides energy to combat fatigue. Increases stamina. Good for colds, flu, and immune-deficiency-related problems, including AIDS, cancer, and tumors. Effective for chronic lung weakness.	Also called <i>huang qi</i> . <u>Caution:</u> Should not be taken in the presence of a fever.
Barberry	Bark, berries, and roots	Decreases heart rate, slows breathing, reduces bronchial constriction, kills bacteria on the skin, and stimulates intestinal movement.	<u>Caution:</u> Should not be used during pregnancy.
Bayberry	Root bark	Helps clear congestion, aids circulation, reduces fever, acts as an astringent. Helpful for stopping bleeding. Good for circulatory disorders, fever, hypothyroidism, and ulcers. Also good for the eyes and immune system.	The wax of the berries is used to make fragrant candles.
Bilberry	Entire plant	Helps to control insulin levels and strengthen connective tissue. Acts as a diuretic and urinary tract antiseptic. Useful for hypoglycemia, inflammation, stress, anxiety, night blindness, and cataracts. May help halt or prevent macular degeneration.	Also known as blueberry. <u>Caution:</u> Interferes with iron absorption when taken internally.
Birch	Bark, leaves, and sap	Acts as a diuretic, lessens inflammation, and relieves pain. Good for joint pain and urinary tract infections. Applied externally, is good for boils and sores.	None.

Black Cohosh	Rhizomes, and roots	Lowers blood pressure and cholesterol levels, and reduces mucus production. Helps cardiovascular and circulatory disorders; induces labor and aids in childbirth; relieves hot flashes, menstrual cramps with back pain, morning sickness, and pain. Helpful for poisonous snake bites. Good for arthritis.	Also known as black snakeroot. <u>Caution:</u> Should not be used during pregnancy until birth is imminent, or in the presence of chronic disease.
Black Walnut	Husks, inner bark, leaves, and nuts	Aids digestion and promotes healing of mouth or throat sores. Cleanses the body of some types of parasites. Good for bruising, fungal infection, herpes, poison ivy, and warts.	When boiled, the hulls produce a dye that is used to dye wool.
Blessed Thistle	Various parts	Increases appetite and stomach secretions. Heals the liver. Alleviates inflammation, improves circulation, purifies the blood, and strengthens the heart. May act as brain food. Good for female disorders. Also aids milk flow in the nursing mother.	<u>Caution:</u> Must be handled with care to avoid toxic skin effects.
Blue Cohosh	Roots	Relieves muscle spasms and stimulates uterine contractions for childbirth. Useful for memory problems, menstrual disorders, and nervous disorders.	<u>Caution:</u> Should not be used during the first two trimesters of pregnancy.
Boneset	Flower petals, and leaves	Relieves congestion, loosens phlegm, reduces fever, increases perspiration, calms the body, acts as a laxative. Has anti-inflammatory properties. Useful for bronchitis and fever-induced aches and pains.	Also called white snakeroot. <u>Caution:</u> Long-term use is not advised as toxicity may occur.
Borage	Leaves and seeds	An adrenal tonic and gland balancer. Contains valuable minerals and essential fatty acids needed for proper cardiovascular function and healthy skin and nails.	The flowers of the Borage plant are edible.
Buchu	Leaves	Decreases inflammation of the colon, gums, mucous membranes, prostate, sinuses, and vagina. Aids in controlling bladder and kidney problems, diabetes, digestive disorders, fluid retention, and prostate disorders. A specific for bladder infections.	Do not boil buchu leaves.
Burdock	Roots and seeds	Purifies the blood, restores liver and gallbladder function, and stimulates the immune system. Helps skin disorders such as boils and carbuncles and relieves gout symptoms.	<u>Caution:</u> Interferes with iron absorption when taken internally.
Butcher's Broom	Seeds and tops	Relieves inflammation. Useful for carpal tunnel syndrome, circulatory disorders, and edema. Meniere's disease, obesity, Raynaud's phenomenon, thrombophlebitis, varicose veins, and vertigo. Also good for the bladder and kidneys.	More effective if taken with vitamin C.
Calendula	Flower petals	A natural anti-inflammatory and skin soother. Also helps to regulate the menstrual cycle and lessens fever. Useful for many skin disorders, such as rashes and sunburn, as well as for neuritis and toothache. Good for diaper rash and other skin problems in small children.	Generally non-irritating when used externally.
Cascara Sagrada	Bark	Acts as a colon cleanser and as a laxative. Useful for colon disorders, constipation, and parasitic infestation.	It is very bitter in tea form.
Catnip	Leaves	Controls fever (catnip tea enemas reduce fever quickly). Aids digestion and sleep; relieves stress; stimulates the appetite. Good for anxiety, colds and flu, inflammation, pain, and stress.	None.

Cat's Claw	Inner bark and roots	Cleanses the intestinal tract, enhances the action of white blood cells, and acts as an antioxidant and anti-inflammatory. Good for intestinal problems and viral infections. May be helpful for people with AIDS, arthritis, cancer, tumors, or ulcers.	Also called una de gato. <u>Caution:</u> Should not be used during pregnancy.
Cayenne	Berries	Aids digestion, improves circulation, and stops bleeding from ulcers. Acts as a catalyst for other herbs. Good for the heart, kidneys, lungs, pancreas, spleen, and stomach. Useful for arthritis and rheumatism. Helps to ward off colds, sinus infections, and sore throats. Good for pain when applied topically. Used with lobelia for nerves.	Also called capsicum, hot pepper, and red pepper.
Cedar	Leaves and tops	Has antiviral and antifungal properties, stimulates the immune system, and increases venous blood flow. Acts as an expectorant, lymphatic cleanser, and urinary antiseptic. Can be used externally for warts.	None.
Celery	Juice, roots, and seeds	Reduces blood pressure, relieves muscle spasms, improves appetite. Good for arthritis and kidney problems. Acts as an antioxidant and as a sedative.	<u>Caution:</u> Do not use in large amounts during pregnancy.
Chamomile	Various parts	Anti-inflammatory, appetite stimulant, digestive aid, diuretic, nerve tonic, and sleep aid. Helps colitis, diverticulosis, fever, headaches, and pain. It is a traditional remedy for stress and anxiety, indigestion, and insomnia.	<u>Caution:</u> Should not be used for long periods of time, as this may lead to ragweed allergy. Should not be used by those who are allergic to ragweed.
Chaparral	Leaves	Bitter herb that acts as a free radical scavenger. Protects against harmful effects of radiation and sun exposure. Good for skin disorders. Protects against the formation of tumors and cancer cells and relieves pain.	<u>Caution:</u> Recommended for external uses only. Taking it internally, especially in large doses and/or for prolonged periods, can cause liver damage.
Chickweed	Various parts	Reduces mucus buildup in the lungs. May lower blood lipids. Useful for bronchitis, circulatory problems, colds, coughs, skin diseases, and warts. A good source of vitamin C and other nutrients.	Also called starweed.
Cinnamon	Bark	Relieves diarrhea and nausea; counteracts congestion; aids the peripheral circulation of the blood. Warms the body and enhances digestion, especially the metabolism of fats. Also fights fungal infection. Useful for digestive problems, diabetes, weight loss, yeast infection, and uterine hemorrhaging.	<u>Caution:</u> Do not use in large amounts during pregnancy.
Clove	Flower buds and essential oil	Has antiseptic and antiparasitic properties, and acts as a digestive aid. Essential oil is applied topically for relief of mouth pain.	<u>Caution:</u> Clove oil is very strong and can cause irritation if used in its pure form. Diluting the oil in olive oil or distilled water is recommended. Essential oil should not be taken internally except under the careful supervision of a health care professional.

Comfrey	Leaves and roots	Speeds healing of wounds and skin conditions. Beneficial for many problems affecting the skin, including bedsores, bites and stings, bruises, inflamed bunions, burns, dermatitis, dry skin, bleeding hemorrhoids, leg ulcers, nosebleeds, psoriasis, scabies, skin rashes, and sunburn.	Also called knitbone. <u>Caution:</u> May cause liver damage if taken internally. Not recommended for internal use except under the careful supervision of a health care professional. External use is generally considered safe. Should not be used during pregnancy.
Corn Silk	Stamens	Aids the bladder, kidneys, and small intestine. Acts as a diuretic. Good for bed-wetting, carpal tunnel syndrome, edema, obesity, premenstrual syndrome, and prostate disorders. Good used in combination with other "kidney herbs" to open the urinary tract and remove mucus from the urine.	None.
Cranberry	Juice from berries	Acidifies the urine and prevents bacteria from adhering to the bladder. Helpful for infections of the urinary tract. A good source of vitamin C.	Commercial cranberry juice cocktail products contain high amounts of sugar. It is best to buy pure, unsweetened cranberry juice concentrate and prepare it using as little sugar as possible.
Damiana	Leaves	Stimulates muscular contractions of the intestinal tract and brings oxygen to the genital area. Used as an energy tonic and aphrodisiac, as well as to remedy sexual and hormonal problems. A "sexuality tonic" for women.	<u>Caution:</u> Interferes with iron absorption when taken internally.
Dandelion	Leaves, roots, and tops	Cleanses the bloodstream and liver, and increases the production of bile. Used as a diuretic. Also reduces serum cholesterol and uric acid. Improves functioning of the kidneys, pancreas, spleen, and stomach. Useful for abscesses, anemia, boils, breast tumors, cirrhosis of the liver, fluid retention, hepatitis, jaundice, and rheumatism. May aid in the prevention of age spots and breast cancer.	The roasted root can be used as a coffee substitute.
Dong Quai	Roots	Increases the effects of ovarian and testicular hormones. Used in the treatment of female problems such as hot flashes and other menopausal symptoms, premenstrual syndrome, and vaginal dryness.	Also known as angelica.
Echinacea	Leaves and roots	Stimulates certain white blood cells and has anti-inflammatory and antiviral properties. Good for the immune system and the lymphatic system. Useful for colic, colds, flu, and other infectious illnesses. Also helpful for snakebite.	Also called coneflower. Available fresh, freeze-dried, dried, or as alcohol-based extract, liquid, tea, capsules, or salve. For internal use, the freeze-dried form or alcohol-free extract is recommended. <u>Caution:</u> Should not be used by those who are allergic to plants in the sunflower family.

Elder	Berries, flowers, inner bark, leaves, and roots	Builds the blood, cleanses the system, eases constipation, enhances immune system function, fights inflammation, increases perspiration, lowers fever, soothes the respiratory tract, and stimulates circulation. Also has powerful antioxidant properties. The flowers are used to soothe skin irritations.	<u>Caution:</u> Do not consume the stems of this plant. The stems contain cyanide, and can be very toxic.
Ephedra	Stems	Acts as a decongestant, aids in the elimination of fluids, relieves bronchial spasm, and stimulates the central nervous system. Also may decrease appetite and elevate mood. Useful for allergies, asthma, colds, and other respiratory complaints, as well as for depression and obesity.	Also known as ma huang. <u>Caution:</u> Should not be used by persons who have anxiety disorder (panic attacks), glaucoma, heart disease, or high blood pressure, or who are taking monoamine oxidase (MAO) inhibitor drugs, commonly prescribed for depression.
Eucalyptus	Bark, essential oil, and leaves	Clears congestion, has a mild antiseptic action, and reduces swelling by helping to increase blood flow. Relaxes tired and sore muscles. Good for colds, coughs, and other respiratory disorders.	Recommended for external use only. It should not be used on broken skin or open cuts or wounds.
Eyebright	Entire plant, except the root	Used as an eyewash. Prevents secretion of fluids and relieves discomfort from eyestrain or minor irritation. Good for allergies, itchy and/or watery eyes, and runny nose. Also used to combat hay fever.	None.
False Unicorn	Roots	Balances sex hormones. Useful for treatment of infertility, menstrual irregularities and pain, premenstrual syndrome, and prostate disorders. May help prevent miscarriage.	Also called helonias.
Fennel	Berries, roots, and stems	Used as an appetite suppressant and as an eyewash. Promotes the functioning of the kidneys, liver, and spleen, and also clears the lungs. Relieves abdominal pain, colon disorders, gas, and gastrointestinal tract spasms. Useful for acid stomach. Good after chemotherapy and/or radiation treatments for cancer.	The powdered plant can be used as a flea repellent.
Fenugreek	Seeds	Acts as a bulk laxative, lubricates the intestines, and reduces fever. Good for the eyes. Helps asthma and sinus problems by reducing mucus. Good for inflammation and lung disorders.	Oil of fenugreek has a maple-like flavor.
Feverfew	Bark, dried flowers, and leaves	Increases fluidity of lung and bronchial tube mucus, promotes menses, stimulates the appetite, and stimulates uterine contractions. Good for arthritis, colitis, fever, headaches, menstrual problems, muscle tension, and pain.	Chewing the leaves is a folk remedy, but this may cause mouth sores. Also called featherfew, and featherfoil. <u>Caution:</u> Should not be used during pregnancy.
Flax	Seeds and oil from seeds	Promotes strong bones, nails, and teeth, as well as healthy skin. Useful for colon problems, female disorders, and inflammation.	An excellent addition to diets that are low in fiber.

Garlic	Bulb	Detoxifies the body and protects against infection by enhancing immune function. Lowers blood pressure and improves circulation. Lowers blood lipid levels. Aids in the treatment of arteriosclerosis, arthritis, asthma, cancer, circulatory problems, colds and flu, digestive problems, heart disorders, insomnia, liver disease, sinusitis, ulcers, and yeast infections. Good for virtually any disease or infection.	Garlic contains many sulfur compounds, which give it its marvelous healing properties. Odorless garlic supplements are available. Aged garlic extract (such as Kyolic) is the best.
Gentian	Leaves and roots	Aids digestion, boosts circulation, increases gastric secretions, kills plasmodia (organisms that cause malaria) and worms, and stimulates appetite. Good for circulatory problems, pancreatitis, and parasitic infection.	Also called bitter root.
Ginger	Rhizomes and roots	Cleanses the colon, reduces spasms and cramps, and stimulates circulation. A strong antioxidant and effective antimicrobial agent for sores and wounds. Useful for bowel disorders, circulatory problems, fever, hot flashes, indigestion, morning sickness, motion sickness, nausea, and vomiting.	Can cause stomach distress if taken in large quantities.
Ginkgo	Leaves	Improves brain functioning by increasing cerebral and peripheral blood flow, circulation, and oxygenation. Good for depression, headaches, memory loss, and tinnitus (ringing in the ears). May relieve leg cramps by improving circulation. Beneficial for asthma, eczema, and heart and kidney disorders.	Take for at least 2 weeks for best results.
Ginseng (Siberian, American, Korean [or Chinese])	Roots	Strengthens the adrenal and reproductive glands. Enhances immune function, promotes lung functioning, and stimulates the appetite. Useful for bronchitis, circulatory problems, diabetes, infertility, lack of energy, and stress; to ease withdrawal from cocaine; and to protect against the effects of radiation exposure. Used by athletes for overall body strengthening.	Siberian ginseng belongs to a different botanical family than American and Korean ginseng, but the properties and uses of all three are similar, and all are generally referred to as ginseng. <u>Caution:</u> Should not be used by those with hypoglycemia, high blood pressure, or heart disorders.
Goldenseal	Rhizomes and roots	Acts as an antibiotic, cleanses the body, has anti-inflammatory and antibacterial properties, increases the effectiveness of insulin, and strengthens the immune system. Promotes functioning capacity of the colon, liver, pancreas, spleen, and lymphatic and respiratory systems. Cleanses mucous membranes, counters infection, improves digestion, and regulates menses. Also decreases uterine bleeding, reduces blood pressure, and stimulates the central nervous system. Good for inflammation, ulcers, and any infectious disease, as well as for disorders affecting the bladder, prostate, stomach, or vagina. Used at the first sign of possible symptoms, it can stop a cold, flu, or sore throat from developing.	Alternating goldenseal with echinacea or other herbs good for a particular disorder is recommended. Alcohol-free extract is the best form of this herb. <u>Caution:</u> Should not be used for prolonged periods or during pregnancy. Should be used under supervision by those with cardiovascular disease, diabetes, or glaucoma.

Gotu Kola	Nuts, roots, and seeds	Aids in the elimination of excess fluids, decreases fatigue and depression, increases sex drive, shrinks tissues, and stimulates the central nervous system. May neutralize blood acids and lower body temperature, and is good for heart and liver function. Useful for cardiovascular and circulatory disorders, fatigue, connective tissue disorders, kidney stones, poor appetite, and sleep disorders.	May cause dermatitis if applied topically.
Gravel Root	Flowers and roots	Acts as a diuretic and urinary tract tonic. Good for combating prostate disorders and problems related to fluid retention.	Also called joe-pye weed & queen-of-the-meadow.
Green Tea	Leaves	Combats mental fatigue. May lower the risk of esophageal, stomach, colon, and skin cancer, and delay the onset of arteriosclerosis.	<u>Caution:</u> Should not be used in large quantities during pregnancy or while nursing. Persons with anxiety disorders or irregular heartbeat should limit their intake to no more than 2 cups daily.
Hawthorn	Berries, flowers, and leaves	Dilates the coronary blood vessels, lowers cholesterol levels, and restores heart muscle. Increases intracellular vitamin C levels. Useful for anemia, cardiovascular and circulatory disorders, high cholesterol, and lowered immunity.	None.
Hops	Berries, flowers, and leaves	Good for anxiety, cardiovascular disorders, hyperactivity, insomnia, nervousness, pain, restlessness, sexually transmitted diseases, shock, stress, toothaches, and ulcers.	Placed inside a pillowcase, aids sleep.
Horehound	Flowers and leaves	Decreases thickness and increases fluidity of mucus in the bronchial tubes and lungs. Useful for hay fever, sinusitis, and other respiratory disorders. Also boosts the immune system.	None.
Horsetail	Stems	Increases calcium absorption, which promotes healthy skin and strengthens bone, hair, nails, and teeth. Promotes healing of broken bones and connective tissue. Strengthens the heart and lungs and acts as a diuretic. Useful for the treatment of arthritis, bone diseases such as osteoporosis and rickets, bronchitis, cardiovascular disease, edema, gallbladder disorders, inflammation, muscle cramps, and prostate disorders. Used in poultice form to depress bleeding and accelerate healing of burns and wounds.	Also called bottlebrush and shavegrass.
Hydrangea	Roots	Acts as a diuretic and stimulates the kidneys. Good for bladder infection, kidney disease, obesity, and prostate disorders. Combines with gravel root, good for kidney stones.	<u>Caution:</u> Do not consume the leaves of this plant. They contain cyanide and can be toxic.
Hyssop	Aerial parts	Relieves congestion, regulates blood pressure, and dispels gas. Used externally, helpful for wound healing. Good for circulatory problems, epilepsy, fever, gout, and weight problems. Poultices made from fresh green hyssop help to heal cuts.	None.
Irish Moss	Entire plant	Aids in the formation of stools and is good for many intestinal disorders. Also used in skin lotions.	Used in hair rinses for dry hair.

Juniper	Berries	Acts as a diuretic, helps to regulate blood sugar levels, and relieves inflammation and congestion. Helpful in treatment of asthma, bladder infection, fluid retention, gout, kidney problems, obesity, and prostate disorders.	<u>Caution:</u> May interfere with absorption of iron and other minerals when taken internally.
Kava Kava	Roots	Induces physical and mental relaxation. Acts as a diuretic and genitourinary antiseptic. Helpful for anxiety, depression, insomnia, stress-related disorders, and urinary tract infections.	Also called Kava. <u>Caution:</u> Can cause drowsiness. If this occurs use should be discontinued or the dosage reduced.
Lavender	Flowers	Relieves stress and depression, and is beneficial for the skin. Good for burns, headaches, psoriasis, and skin problems.	Essential oil of lavender is very popular in aromatherapy.
Lemon-Grass	Various parts	Has astringent and tonic properties. Good for the skin and nails.	Used in perfumes and other products as a fragrance.
Licorice	Roots	Cleanses the colon, decreases muscular spasms, increases fluidity of mucus in the lungs and bronchial tubes, and promotes adrenal gland function. Has estrogen- and progesterone-like effects; may change the pitch of the voice. Also stimulates the production of interferon. Beneficial for allergic disorders, asthma, chronic fatigue, depression, emphysema, fever, herpes virus infection, hypoglycemia, and inflammatory bowel disorders. Deglycyrrhizinated licorice may stimulate natural defense mechanisms that prevent the occurrence of ulcers by increasing the amount of mucus-secreting cells in the digestive tract. This improves the quality of mucus, lengthens intestinal cell life, and enhanced microcirculation in the gastrointestinal lining.	Licorice derivatives have been recommended as a standard support for ulcer sufferers in Europe. <u>Caution:</u> Should not be used during pregnancy, or by persons with diabetes, glaucoma, heart disease, high blood pressure, severe menstrual problems, or a history of stroke. Also, should not be used on a daily basis for more than seven days in a row, as this can result in high blood pressure in persons with previously normal blood pressure.
Lobelia	Flowers, leaves, and seeds	A cough suppressant and relaxant that aids in hormone production and reduces cold symptoms and fever. Beneficial in the treatment of asthma, bronchitis, colds and flu, cardiovascular disease, epilepsy, pain, and viral infection.	Also called Indian tobacco. <u>Caution:</u> Should be used with caution, and should not be taken internally on an ongoing basis. Has nicotinelike effects on the body; taking more than 50 mg of dried lobelia can suppress breathing, depress blood pressure, and even lead to coma.
Marshmallow	Flowers, leaves, and roots	Soothes and heals skin, mucous membranes, and other tissues, externally and internally. Also acts as a diuretic and expectorant. Good for bladder infection, digestive upsets, fluid retention, headache, intestinal disorders, kidney problems, sinusitis, and sore throat.	Often used as a filler in the compounding of pills.
Milk Thistle	Fruits, leaves, and seeds	Contains some of the most potent liver-protecting substances known. Prevents free radical damage by acting as an antioxidant, protecting the liver. Also stimulates the production of new liver cells and prevents formation of damaging leukotrienes. Protects the kidneys. Good for adrenal disorders, inflammatory bowel disorders, weakened immune system, and all liver disorders, such as jaundice and hepatitis. Also beneficial for psoriasis.	Also called Mary Thistle, and Wild Artichoke.

Mullein	Leaves	Acts as a laxative, painkiller, and sleep aid. Gets rid of warts. Useful for asthma, bronchitis, difficulty breathing, earache, hay fever, and swollen glands. Used in kidney formulas to soothe inflammation.	None.
Mustard	Seeds	Improves digestion and aids in the metabolism of fat. Applied externally, helpful for chest congestion, inflammation, injuries, and joint pain.	<u>Caution:</u> Can be irritating when applied directly to the skin.
Myrrh	Resin from stems	Has antiseptic and disinfectant properties, and is a good deodorizer. Helps fight harmful bacteria in the mouth. Good for bad breath, periodontal disease, skin disorders, and ulcers.	Used in many perfumes and incense for its aromatic properties.
Nettle	Flowers, leaves, and roots	A diuretic, expectorant, pain reliever, and tonic. Contains vital minerals that are essential in many disorders. Good for anemia, arthritis, hay fever and other allergic disorders, kidney problems, and malabsorption syndrome. Improves goiter, inflammatory conditions, and mucous conditions of the lungs.	Also called Stinging Nettle.
Oat Straw	Whole plant	Has antidepressant properties, acts as a restorative nerve tonic, and promotes sweating. Good for bed-wetting, depression, and skin disorders. Helps combat insomnia. Excellent for calcium absorption.	None.
Oregon Grape	Roots	Purifies the blood and cleanses the liver. Good for many skin conditions, from acne to psoriasis.	Can be used in place of goldenseal for some purposes.
Papaya	Fruit, inner bark, and stems	Stimulates the appetite and aids digestion. Good for heartburn, indigestion, and inflammatory bowel disorders.	Leaves can be used to tenderize meats.
Parsley	Berries, roots, and stems	Contains a substance that prevents the multiplication of tumor cells. Expels worms, relieves gas, stimulates normal activity of the digestive system, and freshens breath. Helps bladder, kidney, liver, lung, stomach, and thyroid function. Good for bed-wetting, fluid retention, gas, halitosis, high blood pressure, indigestion, kidney disease, obesity, and prostate disorders.	Contains more vitamin C than oranges, by weight.
Passion Flower	Plant and flower	Acts as a gentle sedative. Helpful for anxiety, hyperactivity, insomnia, neuritis, and stress-related disorders.	Also called Maypop. <u>Caution:</u> Should not be used in high doses during pregnancy.
Pau d'Arco	Inner bark	A bitter herb that contains a natural antibacterial agent, cleanses the blood, and has a healing effect. Good for candidiasis, smoker's cough, warts, and all types of infection. Helpful for AIDS, allergies, cancer, cardiovascular problems, inflammatory bowel disease, rheumatism, tumors, and ulcers.	Also called Lapacho and Taheebo.
Peppermint	Flowering tops and leaves	Enhances digestion by increasing stomach acidity. Slightly anesthetizes mucous membranes and the gastrointestinal tract. Useful for chills, colic, diarrhea, headache, heart trouble, indigestion, nausea, poor appetite, rheumatism, and spasms.	<u>Caution:</u> May interfere with iron absorption. Is a stimulant and should not be used by anyone with irregular heartbeat or high blood pressure.
Plantain	Leaves	Soothing to the lungs and urinary tract; has a healing, antibiotic effect when used topically for sores and wounds. Taken internally, useful for preventing bed-wetting. Applied in a poultice, good for bee stings and any kind of bite.	Young leaves are tasty and can be eaten in salads.

Primrose	Oil from seeds	Aids in weight loss and reduces high blood pressure. Helpful in treatment of alcoholism, arthritis, hot flashes, menstrual problems such as cramps and heavy bleeding, multiple sclerosis, skin disorders, and many other disorders.	A natural estrogen promoter. Also called Evening Primrose.
Pumpkin	Seed	Useful for prostate disorders and parasitic conditions.	None.
Red Clover	Flowers	Acts as an antibiotic, appetite suppressant, blood purifier, and relaxant. Good for bacterial infections, HIV and AIDS, inflamed lungs, inflammatory bowel disorders, kidney problems, liver disease, skin disorders, and weakened immune system.	None.
Red Raspberry	Bark, leaves, and roots	Decreases menstrual bleeding, relaxes uterine and intestinal spasms, and strengthens the uterine walls. Also promotes healthy nails, bones, teeth, and skin. Good for diarrhea and for female disorders such as morning sickness, hot flashes, and menstrual cramps. Also heals canker sores. Combined with peppermint, good for morning sickness.	None.
Rhubarb	Roots and stalks	Eliminates worms, enhances gallbladder function, and has antibiotic properties. Helps disorders of the colon, spleen, and liver. Promotes healing of duodenal ulcers. Good for constipation, malabsorption, and parasitic infection.	<u>Caution:</u> Should not be used during pregnancy.
Rose	Fruit (hips)	Good for all infections and bladder problems. A good source of vitamin C. Rose hip tea is good for diarrhea.	Helps eliminate beer from the diet.
Rosemary	Leaves	Fights bacteria, relaxes the stomach, stimulates circulation and digestion, and acts as an astringent and decongestant. Improves circulation to the brain. Also helps prevent liver toxicity, and has anticancer and antitumor properties. Good for headaches, high and low blood pressure, circulatory problems, and menstrual cramps.	Makes a good food preservative.
Sage	Leaves	Stimulates the central nervous system and digestive tract, and has estrogenic effects on the body. Reduces sweating and salivation. Good for hot flashes and other symptoms of estrogen deficiency, whether in menopause or following hysterectomy. Beneficial for disorders affecting the mouth and throat, such as tonsillitis. In tea form, can be used as a hair rinse to promote shine (especially for dark hair) and hair growth. Also used to dry up milk when women wish to stop nursing.	<u>Caution:</u> Interferes with the absorption of iron and other minerals when taken internally and decreases milk supply in lactating women. Should not be taken by individuals with seizure disorders.
St. Johnswort	Flowers, leaves, and stems	May help to inhibit viral infections, including HIV and herpes. Good for depression and nerve pain.	<u>Caution:</u> When taken internally in large amounts, can cause heightened sun sensitivity, especially in fair-skinned people. Also interferes with the absorption of iron and other minerals.

Sarsaparilla	Roots	Increases energy, protects against harm from radiation exposure, regulates hormones, and has diuretic properties. Useful for frigidity, hives, impotence, infertility, nervous system disorders, premenstrual syndrome, and disorders caused by blood impurities.	Also called Chinese root and small spikenard.
Saw Palmetto	Berries and seeds	Acts as a diuretic and urinary antiseptic. Stimulates the appetite. Inhibits the production of dihydrotestosterone, a hormone that contributes to enlargement of the prostate. Good for poor appetite and prostate disorders. May also enhance sexual functioning and desire.	Saw palmetto berry extracts have been approved in France and Germany for treatment of benign prostatic hypertrophy.
Skullcap	Aerial parts	Aids sleep, improves circulation, and strengthens the heart muscle. Good for anxiety, fatigue, cardiovascular disease, headache, hyperactivity, nervous disorders, and rheumatism. Relieves muscle cramps, pain, spasms, and stress. Useful in treating barbiturate addiction and drug withdrawal.	None.
Slippery Elm	Inner bark	Soothes inflamed mucous membranes of the bowels, stomach, and urinary tract. Good for diarrhea and ulcers and for treatment of colds, flu, and sore throat.	Also called moose elm and red elm.
Squawvine	Leaves and stems	Relieves pelvic congestion and soothes the nervous system. Good for menstrual cramps and preparation for childbirth.	Also called partridgeberry.
Suma	Bark, berries, leaves, and roots	Combats anemia, fatigue, and stress. Acts as an immune system booster that may help to prevent cancer. Good for AIDS, cancer, liver disease, high blood pressure, and weakened immune system.	Also sometimes referred to as Brazilian ginseng. Research in Japan has shown that pfaic acid is capable of inhibiting certain types of cancer.
Tea Tree	Essential oil	Good for disinfecting wounds and healing virtually all skin conditions, including acne, athlete's foot, cuts and scrapes, fungal infection, herpes outbreaks, insect and spider bites, scabies, vaginitis, and warts. Can be added to water and used as a gargle for colds and sore throats, or as a douche for yeast infections.	<u>Caution:</u> If irritation occurs with topical use, use should be discontinued, or the tea tree oil diluted with distilled water or with primrose or vitamin E oil. Not recommended for internal use except under the careful supervision of a health care professional.
Thyme	Berries, flowers, and leaves	Eliminates gas and reduces fever, headache, and mucus. Has strong antiseptic properties. Lowers cholesterol levels. Good for croup and other respiratory problems, and for fever, headache, and liver disease. Eliminates scalp itching and flaking caused by candidiasis.	None.
Tumeric	Rhizomes	Protects the liver against many toxins, inhibits platelet aggregation, and lowers cholesterol. Has antibiotic, anticancer, anti-inflammatory, and antioxidant properties.	Used as a seasoning and the main ingredient in curry powder. <u>Caution:</u> Should not be used in large quantities.
Uva Ursi	Leaves	Acts as a diuretic and strengthens the heart muscle. Helps disorders of the spleen, liver, pancreas, and small intestine. Useful for bladder and kidney infections, diabetes, and prostate disorders.	Also called Bearberry.

Valerian	Rhizomes and roots	Improves circulation and acts as a sedative. Reduces mucus from colds. Good for anxiety, fatigue, high blood pressure, insomnia, irritable bowel syndrome, menstrual cramps, muscle cramps, nervousness, pain, spasms, stress, and ulcers.	A water-soluble extract form is best.
White Oak	Bark	Is an antiseptic and good for skin wounds. Good for bee stings, burns, diarrhea, nosebleed, poison ivy, and varicose veins. Also good for the teeth. Can be used in enemas and douches.	Excellent for hemorrhoids.
Wild Yam	Rhizomes	Relaxes muscle spasms, reduces inflammation, promotes perspiration. Contains compounds similar to the hormone progesterone. Good for gallbladder disorders, hypoglycemia, kidney stones, and many female disorders, including premenstrual syndrome and menopause-related symptoms.	Many yam-based products are extracted from plants treated with fertilizers and pesticides, which may end up in the final products. The selection, cleansing, and processing of the raw materials is very important.
Willow	Bark	Relieves pain. Good for headache, backache, nerve pain, toothache, and injuries.	Caution: May interfere with absorption of iron and other minerals when taken internally.
Winter-green	Leaves, roots and stems	Relieves pain and inflammation. Good for arthritis, headache, toothache, muscle pain, and rheumatic complaints.	Oil distilled from the leaves is used in perfumes and as a flavoring.
Witch Hazel	Bark, leaves and twigs	Applied topically, has astringent and healing properties, and relieves itching. Good for hemorrhoids and phlebitis. Very useful in skin care.	None.
Wood Betony	Leaves	Stimulates the heart and relaxes the muscles. Good for cardiovascular disorders, hyperactivity, and neuritis.	Also called Betony.
Wormwood	Leaves and tops	Acts as a mild sedative, expels worms, increases stomach acidity, and lowers fever. Useful for vascular disorders, including migraine, and for intestinal parasites.	Often used with black walnut for removal of parasites. <u>Caution:</u> Should not be used during pregnancy, as it can cause spontaneous abortion. Not recommended for long-term use, as it can be habit-forming.
Yarrow	Berries and leaves	Has healing effects on mucous membranes, reduces inflammation, improves blood clotting, increases perspiration. A good diuretic. Useful for fever, inflammatory disorders, colitis, and viral infections. Helps to alleviate bleeding problems.	Also called soldier's herb. <u>Caution:</u> Interferes with absorption of iron and other minerals.
Yellow Dock	Leaves and roots	Acts as a blood purifier and cleanser, and tones the entire system. Improves colon and liver function. Good for anemia, liver disease, and skin disorders such as eczema, hives, psoriasis, and rashes. Combined with sarsaparilla, makes a tea for chronic skin disorders.	Also called curled dock and sad dock.
Yerba Mate	All parts	Cleanses the blood, controls the appetite, fights aging, stimulates the mind, stimulates the production of cortisone, and tones the nervous system. Is believed to enhance the healing powers of other herbs. Useful for allergies, constipation, and inflammatory bowel disorders.	Also called mate, Paraguay tea, and South American holly.

Yohimbe	Bark	A hormone stimulant. Increases libido and blood flow to erictile tissue. May increase testosterone levels.	Can be purchased in health food stores, but is also available by prescription. <u>Caution:</u> May induce anxiety, panic attacks, and hallucinations in some individuals. May also cause elevated blood pressure and heart rate, headache, dizziness, and skin flushing. Should not be used by women or by persons with kidney disease or psychological disorders.
Yucca	Roots	Acts as a blood purifier. Beneficial in treatment of arthritis, osteoporosis, and inflammatory disorders.	Routinely prescribed for arthritis in some clinics. Can be cut up in water (1 cup of yucca in 2 cups of water) and used as a soap or shampoo substitute. Can also be added to shampoo.

CERTIFIED HERBAL COUNSELOR COURSE - SESSION 2 – **QUESTION & ANSWERS**

NAME: _____

ADDRESS: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail or fax it back to us at iridology@netzero.net or 530-878-1119. We will grade your question & answer session and will let you know if we have any questions or concerns.

1. If your child has croup, what herb would you use and how would you use it?
2. If someone you know has an enlarged prostate, which herb would you recommend?
3. Which herb helps people eliminate beer from their diet?
4. If your client were pregnant, which herbs would you avoid?
5. Which herbs would you recommend for morning sickness?
6. Which herb may delay the onset of arteriosclerosis?
7. If your client has cancer, which herb would you recommend that is good after chemotherapy and/or radiation treatments?
8. Which herb acts as a catalyst for other herbs?
9. Which herb is good for tinnitus (ringing in the ears)?
10. You have a new client who comes to you with the following problems. What program would you recommend for him/her?
 - a. Alternating constipation and diarrhea
 - b. Constant heartburn
 - c. Chronic back pain
 - d. Bloating and Gas