

2020

Module 6: Herbs



ACADEMY OF QUEST FOR HEALTH®

RX BALANCE Technology Inc.

8/6/2020

Module 6

Education with Excellence

6.0 Botanical Medicine

Healing with plants—including herbs—is also known as phytotherapy (*phyto* is Greek for plant) or botanical medicine. It encompasses herbal healing traditions, homeopathy, and aromatherapy (essential oils). This module will focus exclusively on herbal medicine.

6.1 Herbal Medicine

Herbs have been used for medicinal purposes by cultures around the world for centuries. There are many herbs that can be safely used as effective healing remedies. In this section you will be introduced to the uses and value of traditional herbal remedies and learn about more than 40 well-known herbs.

Note that herbs have both a common name (e.g., elder flower) and a Latin or botanical name (*Sambucus nigra*). Because the same plant may have multiple common names, but just one botanical name, it's wise to learn the botanical names of the herbs you wish to use. St. John's wort, for example, is also known as goatweed, amber touch-and-heal, and rosin rose, but if you know that its Latin name is *Hypericum perforatum*, you'll be able to ensure you're dealing with the right herb.

6.1.1 Applications

Herbs can be taken as teas, tinctures, baths, extracts, oils, and juices for the treatment of ailments ranging from coughs and colds to digestive problems. Before making the transition from drug remedies to herbs, it is important to consult a health care practitioner, as many drugs cause unpleasant side effects when combined with other substances. If a person is not taking any prescription or over-the-counter drugs, herbal remedies can provide safe, effective health benefits.

Unfortunately, some North American doctors emphasize the dangers of herbs. Medical articles on herbs are usually written as cautionary tales. Coltsfoot and comfrey are under suspicion for causing cancer and liver damage, and chamomile, known for centuries to be a calming agent, is said to trigger potentially fatal allergic reactions. The truth is that herbs are neither always safe nor generally toxic. Like other medicines, they have to be taken with care.

Other North American doctors are beginning to include herbs in their practices, having witnessed healing properties of both conventional and herbal medicines. When patients are put on a program of natural treatment that includes dietary modification, moderate exercise, stress reduction, and a positive attitude, herbs may be natural and safe complements to that program. Indiscriminate use of herbs, based on a mistaken belief that all things natural—or that have been on a mistaken belief that all things natural—or that have been used for centuries—are safe, will result in inefficacy or harm, just as with the inappropriate use of prescription and over-the-counter medications.

6.1.2 The value of using medicinal plants

When Friedrich Wilhelm Adam Sertümer demonstrated the alkaline qualities of morphine in 1817, the medicinal world was pleased. Doctors believed that medicinal herbs, with their elaborate preparation methods, limited shelf life, and uneven effects, could now be superseded by pure and durable

medications with measurable results. Sertümer's method yielded some highly effective substances for headaches, fever, and tropical diseases. Later, when the first synthesized and commercial version of a plant extract, Aspirin, became available, plants seemed to become altogether superfluous to the medical establishment. Nature could now be imitated and improved upon in the laboratory.

Today, much of modern medicine is still operating from that same premise, but scientists have recently begun to turn their attention back to healing plants. For instance, they have realized that administering synthesized substances or even plant-derived isolates does not have the same effect as using the whole herb.

The whole plant offers its healing substances synergistically, providing balance and gentler action and, depending on the plant, even warming of toxicity. In general, the whole plant also works better than its isolated oil, or essential oil. The sage plant, for example, contains tannins in addition to the essential oil. Tannins are known to greatly enhance the action of essential oils. Essential oils are perhaps best used in combination with the whole plant by preparing teas.

6.1.3 Individual herbs and their indications

The following is a brief introduction to some commonly used herbs. The study of herbs required years of commitment. While many herbs are available for purchase at health food stores and pharmacies, if one is considering herbs as a major source of treatment, it is best to seek the advice and guidance of an herbalist. Herbs are medicine and, while they are natural, they can also be misused or overused and cause harm. On the other hand, centuries of successful use of herbs to treat common ailments has provided us with some understanding of when and how to use them. Follow the directions on the label, and seek advice when necessary.

It is not in the scope of this course to provide a complete account of all herbs and their active properties, but this module will serve as an introduction to the possibilities of herbs commonly available for family health. Be sure to read module 7 to ensure you are compliant with the Food and Drug Act before providing any information to customers about the following herbs.

Agrimony (*Agrimonia eupatoria*)

This herb may relieve mild, acute diarrhea, improve digestion, and heal wounds.

Alfalfa (*Medicago sativa*)

Alfalfa has been cultivated for centuries for its nutritional and medicinal qualities. It may be useful in treating problems relating to menstruation and menopause.

Aloe (*Aloe vera*)

Aloe vera is often used to soothe and heal damaged tissue. For some, it can be used as purgative. Aloe vera may also work as a laxative for acute constipation.

Angelica root (*Angelica archangelica*)

This herb can be effective for the stimulating appetite and for alleviating digestive complaints such as stomach cramps, colic, and flatulence. Angelica root is also used to improve circulation.

Arnica flower (*Arnica montana*)

Arnica can be effective for the treatment of injury such as sprains, bruises, rheumatic joint and muscle pains, inflammation, acne, boils, inflammation due to insect bites, and surface phlebitis.

Artichoke (Globe) (*Cynara scolymus*)

Artichoke may be used as a liver detoxifier, diuretic, and cholagogue (promotes discharge of bile). It is often used for improving overall digestion.

Black cohosh root (*Cimicifuga racemosa*)

Because of its estrogen-like action, black cohosh may alleviate premenstrual syndrome and pain during menstruation. It can also be used by menopausal women as an alternative to hormone replacement therapy.

Black walnut (*Juglans nigra*)

Black walnut may be effective for expelling and killing tapeworms, parasites, and their larvae.

Blessed thistle (*Cnicus benedictus*)

Sometimes referred to as holy thistle, this herb is often used to stimulate digestion. It may also be used to treat wounds and sores. Blessed thistle may also be used as an expectorant and antibiotic.

Calendula (*Calendula officinalis*)

Also known as marigold, it is a common ingredient in natural skin medications and works as a natural astringent and antiseptic. Calendula may also reduce inflammation and be used to treat wounds and skin ulcers. It is also commonly used to relieve muscle spasms.

Camomile (*chamomilla recutita*)

This herb helps to reduce inflammation of the skin and the mucous membranes. Camomile can also be used to treat bacterial infections of the skin, mouth, and gums. It is often recommended for reducing inflammation and irritation of the respiratory system. Chamomile may soothe gastrointestinal distress, such as a feeling of fullness, mild cramping, and flatulence, as well as inflammation of the gastrointestinal tract.

Cayenne (*Capsicum frutescens*)

Cayenne may be used to stimulate circulation. Applied locally to the skin, cayenne is mildly analgesic. For some, cayenne may relieve gas and colic and improve overall digestion. Cayenne is often used to treat a sore throat.

Cat's claw (*Uncaria tomentosa*)

This herb is often used for its immune-boosting properties. It may also be helpful in reducing inflammation and treating problems relating to menstruation. Cat's claw is also used for rheumatism, urinary tract infections, allergies, arthritis, bursitis, candidiasis, and fatigue.

Chasteberry (*Vitex agnus castus*)

For some, chasteberry can stimulate and normalize functions of the pituitary gland especially its progesterone function, and is therefore used to treat problems associated with menstruation.

Cinnamon (*Cinnamomum zeylanicum*)

Used as a cooking herb, cinnamon can enhance appetite, settle an upset stomach, and alleviate digestive disturbances. It is known to have carminative effects.

Coltsfoot (*Tussilago farfara*)

Coltsfoot is often used to combat colds and can liquefy phlegm, ease persistent cough, and soothe dry, irritated bronchial tubes.

Dandelion (*Taraxacum officinale*)

Dandelion is often used as a diuretic and can alleviate digestive disturbances. It may also be used to treat skin problems such as acne, eczema, psoriasis, and boils. Dandelion is also known for its detoxifying properties and can stimulate appetite for some.

Devil's claw (*Harpagophytum angustifolia*)

Echinacea can be used to treat mild to moderately severe colds, flu, and infectious conditions of the nose and throat. It can also reduce inflammation of the skin and heal wounds. This herb also has immune-boosting properties.

Elder flower (*Sambucus nigra*)

Elder flower can reduce feverish chills and catarrh. It can also promote therapeutic sweating.

Fennel (*Foeniculum vulgare*)

Fennel can be used to alleviate mild, cramp like conditions of the gastrointestinal tract, digestive disturbances, and catarrh of the upper respiratory tract. Fennel also has anti-inflammatory properties.

Feverfew (*Chrysanthemum parthenium*)

Migraine, headaches, indigestion, fever, and muscle tension may be alleviated with feverfew. It may also treat problems associated with menstruation.

Ginkgo (*Ginkgo biloba*)

This herb is best known for its ability to improve circulation. Ginkgo seems to be beneficial in all types of dementia, increasing alertness and memory. Ginkgo can also have a major effect on the sympathetic (involuntary) nervous system, which includes brain cell functioning and has been reported to reactivate the cerebral cortex, preventing memory loss and increasing alertness. This herb is also known for its anti-inflammatory properties.

Ginseng (*Panax ginseng*)

Panax (Korean ginseng) can combat fatigue, boost energy, and improve concentration. It is also known for its immune-boosting properties.

Goldenseal (*Hydrastis Canadensis*)

This herb is a powerful antioxidant that may improve circulation and enhance memory and brain function. Goldenseal can also relieve sinus congestion and its antibacterial properties may be used to counter infection. This herb is also known to alleviate digestive disturbances.

Grapeseed extract (*Vitis vinifera*)

Grapeseed extract contains procyanidolic oligomers (PCO), or plant flavonoids. Grapeseed extract contains the gallic ester proanthocyanidin, a potent free-radical scavenger. It is recommended for bursitis, gum disease, and for improving athletic pain associated with arthritis. It is often used as a replacement for those who are allergic to pine bark.

Hawthorn (*Crataegus laevis*)

This herb is a mild sedative. Hawthorn is also used to improve circulation and digestion.

Hops (*Humulus lupulus*)

Hops have a sedative effect that may promote sleep and ease restlessness. It can also be used as a local antiseptic and an antibacterial. Hops may also be beneficial for digestion.

Horse chestnut (*Aesculus hippocastanum*)

Horse chestnut is known to improve overall circulation. It may be effective in treating varicose vein, piles, frostbite, and rheumatism. This herb can also be used as an antihemorrhagic, anti-inflammatory, and diuretic.

Horsetail (*Equisetum arvense* L)

This herb can rejuvenate hair, nails, and dry skin. As a clotting agent, it may be used to staunch wounds and stop nosebleeds. It may also be useful in treating rheumatism, edema, fractures, and slow-healing sprains.

Lavender (*Lavandula angustifolia*)

For restlessness, sleeping disturbances, nervous stomach, irritability, headaches, migraine, and fatigue, lavender may help. Lavender is also useful in combination with other herbal sedatives and/or carminatives. It may also soothe indigestion and colic. As an antiseptic, it is often used to heal wounds, insect bites, sores, and minor burns.

Lemon balm (*Melissa officinalis*)

Lemon balm is generally used as a relaxant for nervous conditions, nervous gastrointestinal disorders, restlessness, irritability, and migraines. It may also be useful to treat cold sores.

Linden flowers (*Tilia cordata*)

Linden flowers can be used as a diaphoretic (promotes sweating) for chills, colds, and related coughs. It is also widely used to treat tension and sinus headaches.

Marsh mallow (*Althaea officinalis*)

Leaves and roots can be useful for the alleviation of irritated mucous membranes and associated dry cough. The roots can also alleviate mild gas, inflammation of the stomach, and other digestive disturbances. It can also be used as a mild laxative. Marsh mallow is often used to treat skin problems such as inflammation, boils, and abscesses.

Maté (*Ilex paraguariensis*)

This herb can be used to combat physical and mental fatigue. It is often used to treat headaches and migraine.

Mexican wild yam (*Dioscorea*)

This herb may be useful for improving digestive disturbances. It is also known to relieve muscle pain, cramps, and colic. Mexican wild yam may also alleviate menstrual cramps.

Milk thistle (*Silybum marianum*)

Milk thistle is often used for the treatment of acute and chronic hepatitis, liver or spleen inflammation, bile insufficiency, and elevated liver enzyme levels. Preparations made from the seeds of this prickly plant can substantially protect the liver from damage and help convert foreign substances as well as chemical and environmental toxins into less harmful, water-soluble substances that can then be easily excreted from the body.

Myrrh (*Commiphora myrrha*)

Myrrh may be useful in treating sore throats, canker sores, gingivitis, and inflammation in the mouth. It can also be used to treat wounds and fungal infections. As an expectorant, diaphoretic, antiseptic, and astringent, myrrh can stimulate the production of white blood corpuscles.

Parsley (*Petroselinum sativum*)

Often used in cooking, parsley stimulates the uterine muscle and has estrogenic properties that can also promote menstruation. It can be used as a laxative, carminative, digestive aid, galactagogue (promotes milk production in nursing mothers), and diuretic. Parsley is also often used to freshen breath.

Passion flower (*Passiflora incarnata*)

For relief from nervous restlessness, mild sleep disturbances, and gastrointestinal complaints of nervous origin, passion flower may be useful. It may also relieve toothache, headaches, and menstrual pain.

Peppermint (*Mentha piperita*)

Peppermint can relieve cramp like conditions in the gastrointestinal tract, gas, diarrhea, and colic. It is also known to alleviate fever, headaches, and migraines.

Plantain (*Plantago lanceolata*)

Plantain may be used as an astringent.

Red clover (*Trifolium pretense*)

The flower heads of red clover may be used to treat skin conditions, normally in combination with other purifying herbs such as burdock or yellow dock. Red clover may also help symptoms associated with menopause and premenstrual syndromes.

Rosemary (*Rosmarinus officinalis*)

This herb may be used as an analgesic.

Sage (*Salvia officinalis*)

Sage may relieve excessive perspiration. It can also reduce inflammation of the mucous membranes of the mouth and throat.

Saw palmetto (*Serenoa repens*, *Sabal serrulata*)

This herb may be prescribed by health care professionals to ease urinary problems associated with benign conditions of an enlarged prostate, such as benign prostatic hyperplasia (BPH).

St. John's wort (*Hypericum perforatum*)

This herb may be prescribed by health care professionals to treat symptoms of depression and anxiety, as St. John's wort may boost serotonin levels in the brain and nervous system. It may also help burns and skin inflammation.

Stinging nettle (*Urtica dioica*)

Stinging nettle may help the pain of arthritis. It may also reduce inflammation and act as a mild diuretic.

Thyme (*Thymus vulgaris*)

Thyme has antiseptic qualities.

Uva ursi (*Arctostaphylos uva-ursi*)

For inflammatory disorders of the lower urinary tract, uva ursi may be helpful.

Valerian (*Valeriana officinalis*)

Valerian may reduce restlessness, nervousness, insomnia, and cramp like conditions of the intestinal tract.

White willow bark (*Salix alba*)

This herb may relieve arthritic pain. It can be used as an anti-inflammatory, analgesic, and astringent.

Witch hazel (*Hamamelis virginiana*)

Witch hazel may be used to relieve mild skin damage, inflammation of the mucous membranes and gums, local skin inflammation, hemorrhoids, and varicose veins.



Stomach Ease™

Nature's Harmony® Stomach Ease™ is a herbal formula that acts as a gentle laxative to ease intestinal discomfort and bring safe relief from constipation. Only 100% natural ingredients are used in this formula.

PRODUCTS CODES: 400484 (100 Tablets); 400486 (250 Tablets)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
For a laxative effect.	Tablet	Take 2 tablets daily at bedtime. Promotes bowel movement in six to twelve hours. Do not use for more than a week at a time unless advised by a health care practitioner.

DESCRIPTION:

Nature's Harmony® Stomach Ease™ Herbal Laxative contains senna leaves, cascara sagrada bark, licorice root, juniper berries, rhubarb root, gentian root, buchu leaves and oil of peppermint. The herbs in this unique combination have been chosen for their beneficial laxative and diuretic effects.

Recommended Daily Allowance:

N/A

Food Sources:

None

Causes of Deficiency:

Sudden lifestyle changes such as travel, diet and illness, excess use of laxatives.

Symptoms of Deficiency:

N/A

Complementary Nutrients:

Dietary fibre, probiotics.

HOW IT WORKS:

Nature's Harmony® Stomach Ease™ Herbal Laxative provides both laxative and diuretic effects. This rapidly dissolving natural laxative encourages peristalsis (muscle contractions) of the large intestine and results in a bowel movement within 6 to 12 hours of ingestion. It also possesses diuretic properties and helps relieve water retention.



DID YOU KNOW...

Senna is an Arabic name and its medicinal use was first described in the writings of Arabian physicians in the ninth century AD.

RESEARCH:

This natural laxative is supported by traditional use.

SIDE EFFECTS:

A laxative may cause mild, temporary diarrhea. Overdose of product may cause more intense digestive upset or complications.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use if pregnant or breastfeeding. Do not use if you have impaired kidney or liver functions, high blood pressure, heart disease or are taking heart medications or thiazide diuretics, corticosteroids, licorice root or other drugs that may aggravate electrolyte imbalance. Do not use if you are a male with decreased libido. Do not use in the presence of abdominal pain, nausea, fever, vomiting, hemorrhoids or other symptoms of appendicitis or inflamed bowel or if you have a chronic gastrointestinal disorder. Overuse or extended use may cause dependence for bowel function. Do not take any type of laxative for more than one week, unless your health care practitioner has ordered a special schedule for you. Do not take within two hours of a medication. Consult a health care practitioner prior to use if you have diabetes, hypokalemia, or are taking hormonal therapies, diuretics, potassium depleting agents, or MAO inhibitors. Discontinue use if hypersensitivity occurs. Reduce dose or discontinue use if abdominal cramps, spasms and/or pain occur.

OTHER CONSIDERATIONS:

Do not take any type of laxative for more than a week, unless you are under the supervision

of a health care practitioner. Overuse or extended use may cause dependence for bowel function.

LABEL:

[illegible]



Treemenda™ 100% Tea Tree Oils

*Nature's Harmony® Treemenda™ is a line of quality, naturally sourced Australian tea tree oil products manufactured in Canada. Tea Tree Oil is the essential oil steam-distilled from the Australian plant *Melaleuca alternifolia*. This species, one of 300 species of the laurel family, is native to New South Wales.*

PRODUCTS CODES:

725100 (10mL), 725110 (30mL), 725120 (50mL)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
A remedy for minor skin infections, wounds, warts, burns, insect bites, skin and nail fungi.	Liquid	Adults apply topically 5 to 10 drops, two or three times daily. For fungi, use twice daily. Use for up to one week only.

DESCRIPTION:

The Australian Aboriginals discovered that the essential oil from the leaves of the tea tree provided a natural cure for a wide variety of ailments. Colourless or pale yellow, tea tree oil is a complex essential oil with 48 natural compounds. Levels of 14 components are stipulated in the International Standard for Oil of Melaleuca, Terpinen-4-ol (ISO 4730). The Nature's Harmony® Treemenda™ line has at least 40% terpinen-4-ol—above the Australian standard of 30%.

HOW IT WORKS:

Treemenda™ Tea Tree oil is a powerful broad-range antiseptic, fungicide and bactericide. The oil's complexity makes it nearly impossible for bacteria to build up resistance to it, unlike today's antibiotics. Nature's Harmony® Treemenda™ products help oxygenate skin cells and repair damage caused by a wide variety of skin irritations. Tea tree oil cleanses, heals, soothes and reduces pain of all minor skin and body ailments. This all-natural remedy kills bacteria and penetrates into your skin's layers to provide quick, effective relief. Tea tree oil

has a remarkable ability to disinfect and heal cuts, scrapes and other wounds, and its mild anesthetic properties help soothe and relieve joint pain, rashes, burns and insect stings. It is said to heal nail fungus, eczema, herpes cold sores, acne and ingrown toenails. And it is effective for easing cold and allergy symptoms, such as sinusitis, nasal congestion and sore throat.



DID YOU KNOW...

A few drops of tea tree oil, mixed with massage oil, can be an effective treatment for sore muscles and sprains.

RESEARCH:

Unique to Australia, tea tree oil is one of the most researched and scientifically proven therapeutic oils known today. Results of various scientific studies have shown that tea tree oil is 12 times stronger than phenol, a universal antiseptic substance. Yet this potent oil is a safe, non-toxic and completely natural antiseptic.

SIDE EFFECTS:

Nature's Harmony® Treemenda™ Tea Tree products are formulated to have low toxicity and to be virtually non-irritating.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Avoid contact with eyes and mucous membranes, for example, mouth, genitals, etc. In case of accidental contact, rinse with water. Sensitive individuals should test small amount against clean skin 24 hours prior to use. Discontinue use and consult a health care practitioner if irritation develops.

OTHER CONSIDERATIONS:

Tea tree oil should be stored away from children. Do not use undiluted (100%) oil on small animals, for example dogs, cats, rabbits, etc., as serious adverse reactions may occur.

LABEL:

NE PAS UTILISER SI LE SCEAU DE SÉCURITÉ EST BRISÉ.

Usage recommandé: Un remède pour les infections mineures de la peau, les plaies, les verrues, les brûlures, les piqûres d'insectes, et les mycoses de la peau et des ongles.

Dose recommandée (adultes): Appliquer topiquement 5 à 10 gouttes, deux ou trois fois par jour. Dans les cas de mycoses, utiliser deux fois par jour. Utiliser au plus une semaine seulement.

Ingrédient médicinal:

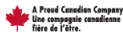
Huile de théier (*Melaleuca alternifolia*) à 100 %
fournissant: 30 % de terpinène-4-ol, 15 % de 1,8-cinéole

Information sur les risques: En cas de contact accidentel avec les yeux ou les muqueuses, rincer à l'eau. Les personnes sensibles devraient faire un essai en appliquant une petite quantité sur une peau propre 24 heures avant usage. Discontinuer l'usage et consulter un praticien de soins de santé si une irritation se manifeste.

TENIR HORS DE PORTÉE DES ENFANTS.
RANGER DANS UN ENDROIT FRAIS ET SEC.

RxBALANCE
TECHNOLOGY INC.

16229-2859 Shaughnessy St., Port Moody BC Canada V3K 6V5



www.naturesharmony.com
1-877-265-2615



DO NOT USE IF SAFETY SEAL IS BROKEN.

Recommended Use: A remedy for minor skin infections, wounds, warts, burns, insect bites, skin and nail fungi.

Recommended Dose (Adults): Apply topically 5 to 10 drops, two or three times daily. For fungi, use twice daily. Use for up to one week only.

Medicinal Ingredient:

Tea tree (*Melaleuca alternifolia*) oil 100%
providing: Terpinen-4-ol 30%, 1,8 Cineole 15%

Risk Information: In case of accidental contact with eyes or mucous membranes, rinse with water. Sensitive individuals should test small amount against clean skin 24 hours prior to use. Discontinue use and consult a health care practitioner if irritation develops.

KEEP OUT OF REACH OF CHILDREN.
STORE IN A COOL DRY PLACE.



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RX BALANCE® The Quest for Health® with knowledge

Education with Excellence

Module 6: Herbs

quiz

1. Herbs can be taken as:
 - a. teas.
 - b. tinctures.
 - c. extracts.
 - d. oils.
 - e. all of the above

2. Which of the following herbs are used as anti-inflammatories?
 - a. white willow bark
 - b. chamomile
 - c. arnica flower
 - d. uvaursi
 - e. all of the above

3. Nature's Harmony® Stomach Ease™ is the herbal combination of which medicinal ingredients?
 - a. Senna fruit, Cascara sagrada bark, rhubarb root, gentian root, and buchu leaf extract.
 - b. Senna leaf, Cascara sagrada bark, rhubarb root, licorice root, gentian root, and buchu leaf.
 - c. Senna leaf, Cascara Sagrada bark, rhubarb root, licorice root, gentian root, juniper berry, and buchu leaf.
 - d. Senna leaf, Cascara sagrada bark, rhubarb root, licorice root, gentian root, juniper berry, and buchu leaf extract.
 - e. Senna fruit, Cascara Sagrada bark, rhubarb root, licorice root, gentian root, juniper berry, and buchu leaf extract.

4. Which of the following herbs may aid in stimulating the appetite?
 - a. angelica root
 - b. cinnamon
 - c. devil's claw
 - d. all of the above
 - e. a and c only

5. Which of the following herbs may ease gastrointestinal disturbances?
 - a. lavender
 - b. fennel
 - c. ginkgo
 - d. black walnut
 - e. red clover

6. Healing with plants is known as phytotherapy. True or false?

7. Aloe vera may soothe and heal damaged tissue. True or false?

8. The botanical name of milk thistle is *Silybum marianum*. True or false?

9. All herb are safe. True or false?

10. Women who are pregnant or breastfeeding should consult their health care professional before using grape seed extract. True or false?

11. Nature's Harmony® Treemenda® Tea Tree Oil is sourced from Australian plant *Melaleuca alternifolia*? True or false?