

EXCERPT from The Physical Body Section of my book: We Hu-Mans Living In Our Full Potential (www.wehu-mans.com)

HERBS TO HELP CORRECT IMBALANCES

Herbs are plants of the Earth that have healing properties. The world of herbs is an exciting one for health advocates because each herb possesses a unique blend of vitamins, minerals, enzymes or essential oils that assist the Physical Body in correcting certain types of imbalances. For instance, nettles are high in iron, silicon, and potassium, thus are beneficial in treating anemia. Skullcap is high in calcium, potassium and magnesium, thus effective in helping correct imbalances in the nervous system.

Herbs allow the body to heal itself naturally without any negative side effects. Following is a list to assist in finding an herbal remedy for many of our minor and major health problems. These have been tested by master herbalists and found to be effective. You will find a number of the herbs listed can be used to curb one particular problem. One may work more effectively on your body type than another. Always follow the directions listed on the packaged herb, and also be aware that herbs imported from most other countries are sprayed with a toxic gas, so it's best to use only those grown organically in the U.S.

CIRCULATORY SYSTEM (blood, heart, vessels)

Best blood purifier

Echinacea

Dandelion

Oregon grape root

Prevents blood poisoning

Fenugreek

Stimulates circulation, strengthens vessels

Capsicum

Oxygenates blood

Alfalfa

Strengthens heart

Borage

Blood builder and purifier

Burdock

Treats blood toxicity

Chickweed

Regulates blood sugar

Comfrey

Hypoglycemia

Dandelion

Diabetes

Dandelion

Lady's Mantle

Balances blood pressure

Alfalfa

Lowers blood pressure

Dandelion

Aids action of heart

Dandelion

Arteriosclerosis

Hawthorn

Rapid or arrhythmic heartbeat

Hawthorn

Palpitations

Cramp bark

Heart Tonic

Motherwort

Anemia

Nettles

Heart disease
Greatly stimulates circulation
Good blood "spring cleaning"
Hemorrhoids
Varicose veins/restores tone to flaccid veins

Blood diseases
Loosens cholesterol
Effective use for stroke
Regulates delicate pH balance

RESPIRATORY SYSTEM

(lungs, sinus, bronchials)

Congestion, catarrh, expectorant
Eliminates mucous
Clears chest and lungs of phlegm
Soothes respiratory problems
Bronchitis
Colic
Chronic bronchial congestion
Lung infections
All bronchial congestion
Asthma
Cramp bark

DIGESTIVE SYSTEM

(stomach, intestines, liver, spleen, gallbladder)

Purifies stomach, liver, spleen, kidneys

Stimulant for weak digestion, liver, jaundice
Jaundice
Gout, rheumatism
Stomach gases
Cleanses liver
Soothes and lubricates digestive system
Indigestion
Intestinal gas from too much beef & pork
Digestive disturbances & colic
Stomach cramps

Alfalfa
Yellow dock
Hawthorn
Prickly ash
Sassafras
Stone root
Butcher's Broom
Stone root
Yellow dock
Capsicum
Thyme
Spearmint
Oatstraw

Angelica
Borage
Irish Hyssop
St. John's Wort
Fenugreek
Butterbur
Yarrow
Blue Cohash
Elecampane
Myrrh
Pennyroyal
Yerba Santa
Yerba Santa
Spearmint

Chicory
Oregon Grape Root
Oregon Grape Root
Chicory
Chicory
Valerian
Dandelion
Fenugreek
Goldenseal
Anise
Balm
Balm

Intestinal gas
 Stomach & bowel stimulant
 Nausea
 Controls appetite & cravings for sweets
 Solves all liver problems
 Excellent tonic for stomach & heart
 Hyperacidity of stomach & intestines
 Treats most diseases of stomach, liver & intestine
 Stimulates secretions of entire digestive system
 Relieves irritations of small intestines, stomach, gallbladder
 General aid to digestion
 Clears and stimulates liver to detoxify
 Stimulates liver
 Chronic liver diseases & bile imbalances
 Helps stomach to complete effectiveness
 Contains many enzymes
 Assimilation of nutrients
 Neutralizes stomach acids, normalizes stomach secretions
 Ulcers

Spleen Problems

Basil
 Basil
 Peppermint
 Licorice
 Blessed Thistle
 Blessed Thistle
 Calamus
 Calamus
 CascaraSagrada
 Comfrey
 Comfrey
 Dandelion
 Eyebright
 Mandrake
 Kola nut
 Alfalfa
 Oregon Grape Root
 Plantain
 Plantain
 Slippery Elm
 White Oak

ELIMINATORY SYSTEM (large intestine, kidneys, bladder, skin)

Eczema
 Itching
 Sallow skin
 Beautiful complexion
 All skin disease
 Reduces swelling of eyelids and facial puffiness
 Purifies kidneys & bladder
 Inflammation of bladder
 Cleanser of fat & toxins
 Cathartic
 Dissolves fatty deposits
 Urinary tract ailments
 Rheumatism
 All acute kidney & bladder disorders
 (cystitis and catarrh)
 Reduces excess fat
 Recommended for all kidney & bladder problems
 Useful in reducing weight & edema
 Kidney & bladder stones
 Joint anti-inflammatory & anti-irritant

Goldenseal
 Oatstraw
 Oregon Grape Root
 Shave Grass
 Burdock
 Shave grass
 Goldenrod
 Goldenseal
 Buchu leaf
 Cascara Sagrada
 Capsicum
 Blue Cohosh
 Blue Cohosh
 Buchu Leaf
 Chickweed
 Cleavers
 Cleavers
 Gravel Root
 Marshmallow

Rids body of wastes
Tonic for kidney problems
Hemorrhoids

Diarrhea

Reliable laxative
Regulator of bowels
Restores bowels
Dysentery

IMMUNE SYSTEM (lymphatic system)

Most effective immune system cleanser
Protection against environmental toxins
Excellent lymph decongestant
Useful against bacteria, viruses and parasites
Lymphatic congestion resulting in ear aches,
toothaches, hemorrhoids
Sore throats & pyorrhea
Resistance to disease; raises vitality
Anti-tumor & cancer agent
Preventive for immuno-suppressed diseases including
Candida Albicans
Chronic Epstein Barr Virus
Herpes Simplex

NERVOUS SYSTEM

Epilepsy
Multiple Sclerosis

Paralysis
Nervous Disorders
Schizophrenia
Insomnia

Lady's Slipper
Hysteria

Stress & anxiety
Soothes nervous system
Mild nervous disorders
Sedative for nerves
Sedates nervous system-relieves emotional congestion

Yarrow
Plantain
Butcher's Broom
Plantain
Peppermint
Mullein Leaves
Senna
Aloe Vera, Ginger Root
Catnip
Blackberry
Amaranth

Echinacea
Astragalus
Ginseng
Chaparral

MulleinLeaves
Myrrh
Bayberry
Chaparral

Neo-Flora
Neo-Flora
Neo-Flora

Lady's Mantle
Lady's Mantle
Thyme
Thyme
Passion Flower
Gota Kola
Passion Flower
Kava Kava

Passion Flower
Wood Betony
Goldenseal
Goldenseal
Basil
Chamomile
Catnip

Relieves nervous tensions
Excellent for calming nerves
Uncontrollable shaking
Nervous complaints
Soothes nervous system

Convulsive epileptic conditions
Calms emotion and pain
Safe and reliable nerve sedative

Horsetail
Motherwort
Mugwort
Thyme
Valerian
Spearmint
Valerian
Vervain
Skullcap

MUSCULAR SYSTEM

Hernia
Peps up tired muscles
Invigorates and refreshes muscle system
Antispasmodic

Antispasmodic for all cramps & pains
Pains in lumbar region
Relaxes all spasms

Cramps

Lady's Mantle
Chickweed
Goldenseal
Chamomile
Peppermint
Boneset
Blackberry
Juniper
Lobelia
Spearmint
Valerian

ENDOCRINE SYSTEM (ductless glands)

Thyroid (increases metabolism)
(weight control)

Stimulates thyroid
Tonic for all glands
Rejuvenation of glands
Stimulates endocrine glands
Energizes endocrine system

Bladderwrack

Oregon grape root
Oregon grape root
Fo-ti-tieng
Ginseng
Spearmint

REPRODUCTIVE SYSTEM

Female disorders
Vaginal discharge
Stops bleeding, emmenagogue
Excessive menstruation
Suppressed menstruation
Menstrual cramps
Prolapsed uterus
Tonic for females

Lady's Mantle
Oatstraw
Shave Grass
Amaranth Bayberry
Motherwort
Cramp Bark
Bayberry
Yarrow

Nausea for pregnant women
Helps uterus in childbirth
Childbirth pains

Wild Yam
Squawvine
Blackberry
Blue Cohosh

MISCELLANEOUS

Colds, flues (from toxic build-ups in systems)
fevers and catarrh
Reduces high fevers
Fevers

Boneset

Borage
Vervain
Boneset
Spearmint
Alfalfa

Breaks fever
Early stages of colds and flues
Cancer
Prevents dental problems
Headaches
Enlarged spleen
Lubricates joints
Prevents premature wrinkles
Antiseptic
Remedy for cold extremities, arthritis,
rheumatism, accumulations in joints
Treatment of arthritis, sciatica, lumbago
Allergies
Reduces swelling & inflammations of wounds
Good for eye washes & drops
Good for all eye related problems

Horsetail
Chamomile
Yarrow
Pau d'Arco
Alfalfa
Valerian
Shepherd's Purse
Marshmallow
Irish moss
Myrrh

Promotes clear thinking

Prickly ash
Burdock
Spearmint
Fenugreek
Goldenseal
Eyebright
with Goldenseal

All ailments of mind
Tonic for whole body

BuchuLeaf
Eyebright
Gota kola
Oregon Grape Root
Dandelion

Promotes longevity

Agrimony
Alfalfa
Yarrow
Gota Kola
Fo-ti-tieng
Valerian

Allays Pain

In summary, it's good to keep in mind one of the teachings of Hippocrates which was, "Let food be your medicine, and medicine your food."