

**Shift+Ctrl+N to navigate to pages shown below (in PDF file)**

- 1 Liquorice
- 5 Magnesium Chloride
- 6 Milk Thistle
- 7 Myrrh Gum
- 8 Nutmeg
- 10 Olive Leaf (3)
- 12 Osha Root
- 13 Pau D'Arco
- 14 Pumpkin Seed
- 15 Pygeum
- 16 Rhodiola
- 17 Rosehips
- 18 Rosemary
- 19 Sage
- 20 Sarsaparilla
- 22 Saw Palmetto
- 23 Schisandra Berry
- 25 Sheep Sorrel
- 26 Silver White Spruce Needles
- 27 Skullcap
- 29 Spirulina
- 30 Stinging Nettle
- 34 Thyme
- 36 Tribulus Terrestris
- 39 Turmeric + Black Pepper
- 46 Uva Ursi
- 47 Wheatgrass
- 49 White Willow Bark
- 51 Wormwood, Old Woman
- 53 Wormwood, Sweet
- 55 Yellow Dock
- 58 Yohimbe (2)

## Liquorice Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

General Name	Liquorice
Glycemic Index / Load	Liquorice
Botanical Name	Glycyrrhiza Glabra, Abrus Melanospermus, Leguminosae family
Hindi Name	Mulethi, Yasthimadhu
Chinese Name	Zhi Gan Cao
Homeopathic Name	Glycyrrhiza Glabra - Mother Tincture

### Liquorice Cures

Super Effective	Acid Reflux Cough	Colitis Peptic Ulcer	Convalescence
Most Effective	Acromegaly Blurred Vision Herpes Nymphomania Respiratory ... Throat Irrit...	Addison's Di... Chest Conges... Hypoglycemia Oral Herpes Rosacea	Asthma Gastroparesis Low Blood Pr... Pulmonary Fi... Sore Throat
Highly Effective	Baldness Cold Eye Diseases Hepatitis B Measles Prostate Enl... Schizophrenia Wounds	Breasts Small Constipation Femoral Hernia High Cholest... Multiple Scl... Prostatitis Sinusitis	Celiac Disease Dandruff Gray Hair Hormonal Imb... Myopia Saliva Excess Weak Eyesight
Effective	Abdominal Di... Addiction Alopecia Areata Amnesia Anhidrosis Anxiety Ascites Athlete's Foot Bell's Palsy Brain Disorders Buerger's Di... Callus Carbuncle Cataract	Abscess Age Spots Altitude Sic... Anal Fistula Anorexia Aphthous Ulcers Astigmatism Autoimmune D... Blood Clots Breast Milk ... Burns Cancer Caries Central Sero...	Acne Allergy Alzheimer Anaphylactic... Anthrax Arthritis Atherosclerosis Azoospermia Body Odour Bronchitis Bursitis Candidiasis Cat Allergy Chemotherapy

**Liquorice**  
**(effective)**

Cataract  
Chest Pain  
Conjunctivitis  
Cramps  
Cytomegalovirus  
Depression  
Dipsia  
Dysphagia  
Eczema  
Epigastric H...  
Esophageal C...  
Fitz Hugh Cu...  
Food Allergy  
Ganglion  
Genital Herpes  
Gout  
Hay Fever  
Heavy Menstr...  
Hepatitis C  
Hirsutism  
Hot Flashes  
Impetigo  
Infections  
Insomnia  
Joint Pain  
Leucopenia  
Liver Cancer  
Lung Cancer  
Malaria  
Menstrual Di...  
Muscle Sprains  
Obesity  
Pain  
Phlegmasia A...  
Plantar Fasc...  
Premenstrual...  
Psychosis  
Scleroderma  
Spleen Diseases  
Throat Disorder  
Tick Bite  
Tumors  
Urinary Prob...  
Vomiting  
  
Adenomyosis  
Viral Infection

Central Sero...  
Cirrhosis  
Corns  
Crohn's Disease  
Debility  
Diabetes  
Diverticular...  
Dyspnea  
Emphysema  
Epilepsy  
Fatigue  
Flatulence  
Fracture  
Gastric Catarrh  
Gilbert's Sy...  
Haemophilia  
Heart Attack  
Hepatitis  
Herpes Zoster  
HIV AIDS  
Hyperkalemia  
Impotence  
Infertility  
Irritable Bo...  
Laryngitis  
Leucorrhoea  
Liver Diseases  
Lung Diseases  
Marfan Syndrome  
Motion Sickness  
Night Sweat  
Oligospermia  
Palpitation  
Piles  
Pneumonitis  
Prostate Cancer  
Repeated Mis...  
Skin Rashes  
Stress  
Thrombophleb...  
Trismus  
Ulcers  
Urticaria  
Wheezing  
  
Pectoral Diseases  
Women Diseases

Chemotherapy  
Colic  
Coryza  
Cystic Fibrosis  
Dementia  
Difficult Me...  
Dizziness  
Dysuria  
Endometriosis  
Epstein Barr...  
Fibromyalgia  
Flu  
Freckles  
Gastrointest...  
Gingivitis  
Hair Problems  
Heart Disease  
Hepatitis A  
Hiccups  
Hoarseness  
Hypothermia  
Indigestion  
Inflammatory...  
Jaundice  
Leaky Gut Sy...  
Libido Loss ...  
Low Back Pain  
Lupus  
Menopause  
Muscle Spasm  
Non Hodgkin ...  
Ovarian Cancer  
Phlegm  
Pituitary Tu...  
Polycystic O...  
Psoriasis  
Schistosomiasis  
Speech Disorder  
Tendinitis  
Thyroid Cancer  
Tuberculosis...  
Umbilical He...  
Uterine Fibr...  
Whitlow  
  
Swollen Feet and Ankles

<b>Action of Liquorice</b>			
<b>Most Effective</b>	Adaptogenic Demulcent Trophorestorative	Alexeteric Expectorant	Anaphrodisiac Synergistic
<b>Highly Effective</b>	Antacid Depurative Nootropic	Antispasmodic Detoxicant Sedative	Cooling Immunity Booster
<b>Effective</b>	Adrenal Tonic Analgesic Antiallergic Anticancer Anticoagulant Antidiabetic Antihypertensive Antimicrobial Antiphlogistic Antitumor or An... Antiviral Blood Thinner Carminative Cytotoxic Emollient Laxative Mucolytic Nutritive Purgative Stomachic	Alterant Anodyne Antiarthritic Anticariogenic Anticonvulsant Antidiuretic Antiinflammatory Antioxidant Antistress Antitussive Aphrodisiac Brain Enhancer Cholagogue Digestive Hepatoprotective Memory Enhancer Muscle Relaxant Oestrogenic Sialagogue Tonic	Alterative Anorectic Antibacterial Anticatarrhal Antidepressant Antifungal Antimalarial Antiparasitic Antithrombotic Antiulcer Bitter Cardio Tonic or... Circulatory Diuretic Immunomodulator Mucilaginous Nervine Pectoral Stimulant
<b>Nutrients in Liquorice</b>			
<b>Highly Effective</b>	Flavanone	Glycyrrhet...	Glycyrrhizin
<b>Effective</b>	Amine	Apigenin	Asparagine
<b>Liquorice Combines With</b>	Aconitum Hetero...	Adhatoda Vasica	Adiantum Capill...
<b>Taste of Liquorice</b>	Sweet, Bitter		
<b>Nature of Liquorice</b>	Cold		
<b>Parts Used</b>	Bark, Rhizome, Roots, Stolon		
<b>Side Effects, Risk Factors of, and Cautions for Liquorice</b>			
Liquorice root is a good concomitant with most herbs and enhances their effectiveness, when taken in small doses.			
However, Liquorice root must not be taken indiscriminately, or in large doses. Please consult a doctor before consuming it.			



**Definition****What does Magnesium Chloride do for the body**

Magnesium Chloride is a chemical compound which is the most effective form of Magnesium. It is easily metabolized in the human body. Magnesium Chloride has strong Antiseptic property. This property helps the body to fight Infection and treats external wounds. It helps to purify the blood and increases the circulation.

**Requirement of Magnesium Chloride per day**

120 mg

**Benefits of Magnesium Chloride in the body**

Magnesium Chloride maintains the proper functioning of the Central Nervous System. It is essential for the good health of Bones and Muscles. Magnesium Chloride helps to prevent High Cholesterol and Cardiovascular Diseases. Magnesium Chloride helps to treat Muscle Spasm and Enlarged Prostate. It soothes the Mind and relieves Stress.

**Functions of Magnesium Chloride in the body**

Magnesium Chloride boosts the Immune System and helps the body to fight from Allergies. It prevents the built of plaque in the Arteries. Magnesium Chloride is helpful in the production of Antibodies against the harmful Antigens. It keeps the bones strong and enhances the blood circulation in the muscles. Magnesium Chloride reduces the digestive discomfort, bloating and treats Steatorrhea.

**Effects of Magnesium Chloride deficiency in the body**

Fatigue  
Anorexia  
Diabetes  
Poor Memory  
Gastrointestinal Disorder

**Effects of excess Magnesium Chloride in the body**

Oliguria  
Swelling  
Obesity  
Syncope  
Dyspnea  
Drowsiness  
Slow Heart Rate

## Milk Thistle Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

<b>General Name</b>	Milk Thistle		
<b>Glycemic Index / Load</b>	Milk Thistle		Do oth
<b>Botanical Name</b>	Silybum Marianum, Lactuca Serriola		
<b>Hindi Name</b>	Dugdhd Rom		
<b>Chinese Name</b>	Shui Fei Ji		
<b>Homeopathic Name</b>	Carduus Marianus - Mother Tincture		

### Milk Thistle Cures

<b>Super Effective</b>	<b>Biliousness</b> <b>Liver Diseases</b>	<b>Jaundice</b>	<b>Liver Congestio...</b>
<b>Most Effective</b>	Blood Impurity Heavy Metal ... Mononucleosis	Cirrhosis Hepatitis B	Gilbert's Sy... Hepatopathy
<b>Highly Effective</b>	Alcoholism Gallstones Hepatitis C Low Blood Pr... Sarcoidosis	Anal Cancer Hepatitis Insect Bites Piles Snake Bite	Breast Milk ... Hepatitis A Itching Rabies
<b>Effective</b>	Achlorhydria  Mushroom Poisoning	Acid Reflux  Toxicity	Acne  Typhlitis

### Action of Milk Thistle

<b>Most Effective</b>	Blood Purifier	Liver Tonic	Trophorestorative
<b>Highly Effective</b>	Antioxidant Detoxicant Recuperative	Brain Enhancer Immunity Booster	Depurative Nervine
<b>Effective</b>	Alterant	Antibilious	Anticancer

### Nutrients in Milk Thistle

<b>Highly Effective</b>	Silymarin		
<b>Effective</b>	Apigenin	Beta Carotene	Calcium

### Milk Thistle Combines With

Angelica	Bladderwrack	Bupleurum
Burdock	Dandelion	Rhodiola
Schisandra	Turmeric	Yarrow

## Myrrh Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

### [Myrrh Essential Oil](#)

General Name	Myrrh
Glycemic Index / Load	Myrrh
Botanical Name	Commiphora Myrrha, Burseraceae Family
Hindi Name	Gandh Ras, Bol
Chinese Name	Mo Yao, Mo Yao Shu
Homeopathic Name	Myrrh - Mother Tincture

### Myrrh Cures

Most Effective	Gum Diseases	Herpes	
Highly Effective	Anemia		
Effective	Abdominal Di...	Abdominal Mass	Abscess
	Age Spots	Anthrax	Apthous Ulcers
	Arthritis	Ascaris	Bacterial In...
	Bad Breath	Blood Clots	Body Odour
	Bronchitis	Brucellosis	Cancer
	Candidiasis	Carbuncle	Caries
	Chemotherapy	Chest Pain	Chilblain
	Cold	Cramps	Cuts
	Diarrhea	Difficult Me...	Digestive Di...
	Diphtheria	Endometriosis	Epilepsy
	Fever	Flu	Food Poisoning
	Fracture	Gingivitis	Heart Disease
	Heavy Menstr...	High Blood P...	High Cholest...
	Indigestion	Infections	Laryngitis
	Leprosy	Leucorrhoea	Low Blood Pr...
	Menses Scanty	Menstrual Di...	Multiple Scl...
	Mycosis	Nervous Diso...	Nipple Disch...
	Piles	Saliva Excess	Sallow Skin
	Schistosomiasis	Sciatica	Sinusitis
	Skin Cancer	Skin Lesions	Sore Throat
	Strangury	Syphilis	Tetanus
	Tonsillitis	Toothache	Tuberculosis...

### Action of Myrrh

Effective	Alterant	Alterative	Analgesic
	Anesthetic	Antibacterial	Antibiotic Whol...
	Antidiabetic	Antifungal	Antiinflammatory
	Antimicrobial	Antioxidant	Antiparasitic
	Antischistosomal	Antiseptic	Antispasmodic
	Antiviral	Astringent	Balsamic
	Carminative	Circulatory	Disinfectant
	Expectorant	Febrifuge	Germicide
	Immunity Booster	Oxytotic	Parasiticide
	Skin Toner	Stimulant	Tonic
	Vulnerary		

## Nutmeg Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

### [Nutmeg Essential Oil](#)

General Name	Nutmeg
Glycemic Index / Load	Nutmeg
Botanical Name	Myristica Fragrans
Hindi Name	Jaiphal, Jayphal
Chinese Name	Rou Dou Kou
Homeopathic Name	Nux Moschata - Mother Tincture

### Nutmeg Cures

Most Effective	Abdominal Di... Flatulence Stomach Prob...	Drowsiness Gastrointest...	Dry Mouth Hysteria
Highly Effective	Cold	Depression	Sexual Debility
Effective	Abscess Alzheimer Anorgasmia Arthritis Asthenospermia Belching Blocked Nose Cervical Spo... Conjunctivitis Debility Diabetes Dipsia Epilepsy Frostbite Heart Disease High Cholest... Insomnia Leucorrhoea Low Back Pain Migraine Obesity Paralysis Premature Ej... Rosacea Seminal Infe... Strangury Throat Disorder	Acid Reflux Andropause Anxiety Ascaris Azoospermia Blemishes Burns Chilblain Convulsions Dehydration Diarrhea Eczema Excessive Ma... Gastroenteritis Hematospermia Impotence Irritable Bo... Libido Loss ... Menstrual Di... Nausea Oligospermia Phlegm Respiratory ... Sciatica Spermatorrhea Taste Disorder Toothache	Acne Anorexia Apthous Ulcers Aspermia Bad Breath Bloating Cancer Colic Croup Dental Diseases Digestive Di... Edema Eye Diseases Headache Hiccups Indigestion Joint Pain Libido Loss ... Metrorrhagia Nervous Diso... Pain Piles Rheumatoid A... Seizures Stomach Ache Teratozoospe... Typhoid



	Throat Disorder Urinary Prob... Uterine Prol... Wounds	Toothache Urinary Trac... Vomiting Wrinkles	Typhoid Urticaria Watery Semen Yaws
	Locomotor Ataxia	Nerve Disorder	
<b>Action of Nutmeg</b>			
Highly Effective	Aphrodisiac	Sedative	
Effective	Abortifacient Anthelmintic Anticancer Antifungal Antioxidant Antiseptic Appetizer Calming Digestive Galactagogue Nervine Stomachic	Analgesic Antianxiety Antidiarrheal Antiinflammatory Antipsoric Antispasmodic Aromatic Cardio Tonic or... Diuretic Hepatoprotective Ophthalmic Tonic	Antacid Antibacterial Antiemetic Antimicrobial Antirheumatic Antitumor or An... Astringent Carminative Expectorant Laxative Stimulant Vermifuge
<b>Nutrients in Nutmeg</b>			
Effective	Alpha Terpinene	Beta Pinene	Borneol
<b>Nutmeg Combines With</b>	Ailanthus	Alangium Salvifolium	Angelica Dahurica
<b>Taste of Nutmeg</b>	Sweet, Pungent, Acrid , Bitter,		
<b>Nature of Nutmeg</b>	Warm		
<b>Parts Used</b>	Seeds, Oil		
<b>Side Effects, Risk Factors of, and Cautions for Nutmeg</b>	Avoid use during Pregnancy and Breastfeeding. It should be taken in very small doses. Even a teaspoon may cause : Burning in the Stomach Nausea Vomiting Restlessness Dizziness		

## Olive Leaf Herb Uses, Benefits, Cures, Side Effects, Nutrients

	Repertory		<a href="#">Olive Oil</a>
<b>General Name</b>	Olive		
<b>Glycemic Index / Load</b>	Olive		
<b>Botanical Name</b>	Olea Europaea, Gyrocarpus Americanus		
<b>Hindi Name</b>	Jaitun		
<b>Homeopathic Name</b>	Olea Europea - Mother Tincture		
<b>Olive Leaf Cures</b>			
<b>Most Effective</b>	Oral Herpes		
<b>Highly Effective</b>	Anal Fissure High Blood P...	Cellulite Measles	Eczema
<b>Effective</b>	Aging Alopecia Areata Arthritis Bad Breath Blood Cancer Breast Diseases Bunion Candida Albi... Celiac Disease Cryptosporid... Diabetes Dry Skin Fatigue Fungal Nails Genital Herpes Heart Disease Hepatitis D Indigestion Itching Kidney Failure Malaria Menses Scanty Nipple Disch... Obesity Prostate Enl... Pyelonephritis Schistosomiasis Stretch Marks Tumors Whitlow	Allergic Bro... Anemia Atherosclerosis Baldness Brain Stroke Bronchitis Burns Candidiasis Chilblain Dandruff Digestive Di... Entamoeba Fibromyalgia Gallstones Gonorrhea Hematoma Herpes Infections Joint Pain Leaky Gut Sy... Melasma Muscle Sprains Non Hodgkin ... Plague Psoriasis Ringworm Snoring Swine Flu Typhoid Wrinkles	Allergy Angina Avian Flu Blisters Breast Cancer Bruises Cancer Cataract Cracked Heels Dercum's Dis... Dry Lips Epstein Barr... Frizzy Hair Gastroenteritis Heart Attack Hepatitis A High Cholest... Insect Bites Kidney Disease Macular Dege... Meningitis Mycosis Numbness Pneumonia Pulmonary Em... Scabies Strep Throat Tuberculosis... Urinary Trac... Yellow Teeth
<b>Action of Olive Leaf</b>			
<b>Most Effective</b>	Alkaline	Immunity Booster	
<b>Highly Effective</b>	Antibiotic Local Antiobesity Vasoconstrictor	Anticancer Hypolipidemic	Antidiabetic Immunomodulator
<b>Effective</b>	Antianging	Antibacterial	Antifungal

## Action of Olive Leaf

Most Effective	Alkaline	Immunity Booster	
Highly Effective	Antibiotic Local Antiobesity Vasoconstrictor	Anticancer Hypolipidemic	Antidiabetic Immunomodulator
Effective	Antiaging Antihypertensive Antioxidant Antiviral Cardio Tonic or... Circulatory Emollient Laxative Stimulant	Antibacterial Antiinflammatory Antiparasitic Astringent Carminative Digestive Hepatoprotective Sedative Vasodilative	Antifungal Antimicrobial Antiseptic Bitter Cholagogue Diuretic Hypotensive Skin Toner

## Nutrients in Olive Leaf

Effective	Aesculetin Calcium Copper Glucosides Luteolin Oleic Acid Omega 6 Fa... Phytochemicals Quercetin Tannins	Apigenin Carbohydrate Dietary Fiber Kaempferol Mannitol Oleuropein Palmitic Acid Phytosterol Rutin Vitamin A ...	Beta Sitosterol Cinchonidine Fiber Linoleic Acid Oleanolic Acid Omega 3 Fa... Palmitolei... Purines Sodium Vitamin E
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## Olive Leaf Combines With

Almond Bladderwrack Coconut Eclipta Honey Lemon Patchouli Sweet Potato Yogurt	Aloe Vera Bottle Gourd Corn Garlic Indian Gooseberry Levant Storax Rosemary Tea Tree Essent...	Black Seed Castor Cucumber Ginger Jojoba Orange Spikenard Thyme
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## Osha Root Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

General Name	Osha
Glycemic Index / Load	Osha, Ligusticum Porteri, Porter's Licorice Root
Botanical Name	Ligusticum Porteri

### Osha Root Cures

Super Effective	<b>Respiratory Dis...</b>		
Most Effective	Asthma	Bronchitis	
Effective	Acid Reflux	Allergy	Anorexia
	Arthritis	Brain Tumor	Carpal Tunne...
	Cuts	Excessive Sw...	Flu
	Herpes	HIV AIDS	Indigestion
	Infections	Lung Diseases	Nausea
	Oral Herpes	Pneumonia	Sinusitis
	Sore Throat	Stomach Ache	Swine Flu
	Tonsillitis	Toothache	Tuberculosis...
	Vomiting	Water Retention	Whitlow
		Pectoral Diseas...	

### Action of Osha Root

Most Effective	Antihistamine		
Highly Effective	Antibacterial	Antiviral	
Effective	Anesthetic	Antigalactagogue	Antiinflammatory
	Antimicrobial	Aperitive	Decongestant
	Diaphoretic	Diuretic	Emmenagogue
	Expectorant	Heating	Immunity Booster
	Mucilaginous	Oxytocic	Stimulant
	Teratogenic		

### Nutrients in Osha Root

Effective	Camphor	Ferulic Acid	Furanocoumarins
	Mucilage	Phytosterol	Saponins
	Terpene		
Osha Root Combines With	Chaparral	Honey	



## Pau D Arco Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

General Name Pink Trumpet Tree  
 Glycemic Index / Load Pink Lapacho, Pink Trumpet Tree  
 Botanical Name Tabebuia Impetiginosa

### Pau D Arco Cures

Super Effective	<b>Bacterial Infec...</b>		
Most Effective	Anemia Cyst	Angina Tumors	* Cancer
Highly Effective	Bronchitis Flu Insect Bites Orchitis	Candidiasis Heavy Metal ... Itching Otorrhea	Convalescence Hepatitis Laryngitis * Rabies
Effective	Acne Arthritis Bed Wetting Breast Cancer * Chagas Disease Colic Depression Eczema Gastroenteritis Heart Disease Herpes Impetigo Infections Joint Pain Lung Cancer * Malaria Oral Thrush Piles Psoriasis Sexually Tra... Sore Throat Toothache Ventral Hernia	Allergy Ascaris Blood Cancer Bursitis Chicken Pox Colitis Diabetes Edema Gingivitis Heavy Menstr... High Blood P... Impotence Inflammatory... Liver Diseases Lung Diseases MRSA Infections Pain Poor Blood C... Ringworm Skin Cancer Swine Flu Urinary Trac... Warts	* Anthrax Athlete's Foot Bone Infection Candida Albi... Chlamydia Deep Vein Th... Digestive Di... Fungal Nails Gonorrhea Hernia * HIV AIDS Indigestion Internal Ble... Low Back Pain Lupus Oral Herpes Parkinson's ... Prostate Enl... Scabies * Snake Bite Syphilis Varicose Veins Whitlow

## Pumpkin Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

### [Pumpkin Seed Oil](#)

General Name	Pumpkin
Glycemic Index / Load	Pumpkin
Botanical Name	Cucurbita Maxima, Cucurbita Pepo
Hindi Name	Kaddu
Chinese Name	Bei Gua, Beigua, Sun Gua,
Homeopathic Name	Cucurbita Pepo - Mother Tincture

### Pumpkin Cures

Most Effective	Acne	Morning Sick...	Prostate Enl...
Highly Effective	High Cholest...		
Effective	Acid Reflux Arthritis Bitot's Spots Brain Stroke Cataract Diuresis Entamoeba Haemophilia Heart Disease Hysteria Jaundice Kidney Failure Low Platelet... McArdle's Di... Obesity Reproductive... Sore Muscles Teething Pro... Vomiting	Amebiasis Ascaris Blood Impurity Breast Pain Depression Dizziness Epilepsy Head Lice Heavy Menstr... Insanity Keratosi Kidney Stones Macular Dege... Menstrual Di... Pica Syndrome Sallow Skin Stomach Ache Urinary Prob... Watery Semen	Anemia Baldness Blurred Vision Burns Diarrhea Earache Gallstones Heart Attack Heavy Metal ... Intestinal D... Kidney Disease Libido Loss ... Magnesium De... Myasthenia G... Prostatitis Schistosomiasis Tapeworms Urinary Trac...

### Action of Pumpkin

Highly Effective	Alkaline		
Effective	Analgesic Anticancer Antioxidant Aphrodisiac Diuretic Nutritive Vermifuge	Anthelmintic Antidepressant Antiparasitic Cardio Tonic or... Memory Enhancer Parasiticide	Antiarthritic Antiinflammatory Antipyretic Demulcent Nervine Tonic

### Nutrients in Pumpkin

Highly Effective	Biotin	Potassium	
Effective	Amino Acids	Ash	Astragalin
<b>Pumpkin Combines With</b>	Almond Garlic Onion	Azadirachta Indica Honey Rock Salt	Coix Seed Liquorice Yogurt

## Pygeum Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

General Name Pygeum

Glycemic Index / Load Pygeum

Load

Botanical Name Prunus Africanum, Prunus Africana

### Pygeum Cures

Most Effective Prostate Enl...

Highly Effective Prostatitis

Effective	Baldness	Chest Conges...	Impotence
	Kidney Disease	Kidney Failure	Libido Loss ...
	Malaria	Prostate Cancer	Reproductive...
	Stomach Ache	Urinary Prob...	Urinary Trac...

### Action of Pygeum

Most Effective Diuretic

Effective	Antiandrogenic	Anticancer	Antiinflammatory
	Aphrodisiac	Decongestant	Stomachic

### Nutrients in Pygeum

Effective	Beta Sitosterol	Ferulic Acid	N Tetracosanol
	Oleanolic Acid	Pentacyclic	Phytosterol
	Tannins	Triterpenes	Ursolic Acid

Pygeum Combines With Saw Palmetto Urtica Urens

Taste of Pygeum Bitter

Parts Used Bark

### Side Effects, Risk Factors of, and Cautions for Pygeum

Avoid use during Pregnancy, Breast Feeding.

It may cause Nausea, Abdominal Pain.

### Sponsored Links

### Description

Pygeum is a tree.

It is an evergreen.

It grows in a tropical climate.

## Rhodiola Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

General Name	Rhodiola
Glycemic Index / Load	Rhodiola
Botanical Name	Rhodiola Rosea, Crassulaceae Family
Chinese Name	Hong Jing Tian
Homeopathic Name	Rhodiola Rosea - Mother Tincture

### Rhodiola Cures

Super Effective	<b>Anxiety</b>	<b>Hypoxia</b>	<b>Stress</b>
Most Effective	Altitude Sic... Drowsiness Hyperprolact... Tuberculosis...	Alzheimer Fatigue Premature Ej...	Cold Flu Respiratory ...
Highly Effective	Anemia High Blood P... Libido Loss ...	Anorexia Impotence Tumors	Cancer Infertility
Effective	ADHD	Aging	Amnesia

### Action of Rhodiola

Most Effective	Adaptogenic	Immunity Booster	
Highly Effective	Antiaging Recuperative	Aphrodisiac	Blood Tonic
Effective	Antianxiety Anticancer AntiHIV Antistress Anxiolytic Circulatory Mucolytic Neuroprotective	Antibacterial Antidepressant Antiinflammatory Antitussive Bronchial Relaxant Liver Tonic Muscle Relaxant Rejuvenative	Antibiotic Whol... Antidiabetic Antioxidant Antiviral Cardio Tonic or... Memory Enhancer Nervine Stimulant

### Nutrients in Rhodiola

Effective	Aglycone	Amino Acids	Beta Sitosterol
<b>Rhodiola Combines With</b>	Echinacea	Ganoderma	Ginger

**Taste of Rhodiola** Sweet, Bitter, Astringent,

**Nature of Rhodiola** Cold

**Parts Used** Root

### Side Effects, Risk Factors of, and Cautions for Rhodiola

Avoid use during Pregnancy, Breast Feeding.

Excess may cause Irritability, Restlessness, Insomnia, Confusion, Palpitations, Headache.



## Rose Hips Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

### [Rosehip Seed Oil](#)

General Name Rosehip

Glycemic Index / Load Rosehip

Load

Botanical Name Rosa Rubiginosa

### Rose Hips Cures

Highly Effective	Diabetes Flu	Diarrhea Urinary Trac...	Digestive Di...
Effective	Acne Cataract Edema Gallstones Gout High Cholest... Kidney Failure Muscle Cramp Rheumatoid A... Wrinkles	Arthritis Chest Conges... Frostbite Gastric Catarrh Haemophilia Infertility Low Back Pain Obesity Rosacea	Cancer Difficult Me... Gallbladder ... Gastrointest... Herpes Kidney Disease Macular Dege... Osteoarthritis Scurvy

### Action of Rose Hips

Highly Effective	Diuretic	Laxative	
Effective	Antidiabetic Antiseptic Astringent Immunity Booster	Antiinflammatory Antispasmodic Blood Purifier Nutritive	Antioxidant Antiviral Demulcent Stomachic

### Nutrients in Rose Hips

Most Effective	Vitamin C		
Effective	Aliphatic ... Bioflavonoids Carotenoids Fatty Acids Fructose Malic Acid Pectin Selenium Sodium Sulphur Vitamin B ... Vitamin K	Aromatic Acids Calcium Copper Flavonoids Iron Manganese Phosphorus Silica Sugar Tannins Vitamin D Zinc	Beta Sitosterol Carbohydrate Dietary Fiber Folate Magnesium Monoterpene Potassium Silicon Sulfur Vitamin A ... Vitamin E

## Rosemary Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

### [Rosemary Essential Oil](#)

General Name	Rosemary
Glycemic Index / Load	Rosemary
Botanical Name	Rosmarinus Officinalis
Hindi Name	Rusmary
Homeopathic Name	Rosmarinus Officinalis - Mother Tincture

### Rosemary Cures

Most Effective	ADHD Bronchitis	Alzheimer Headache	Asthma Migraine
Highly Effective	Age Spots Blocked Nose Coryza Deep Vein Th... Flu Libido Loss ... Rosacea Tumors	Amnesia Body Odour Cough Depression Hangover Liver Diseases Sarcoidosis	Baldness Cancer Dandruff Fever Hepatitis Otorrhea Stretch Marks
Effective	Acid Reflux  Narcolepsy	Aging	Agoraphobia

### Action of Rosemary

Most Effective	Memory Enhancer		
Highly Effective	Aphrodisiac	Cardio Tonic or...	
Effective	Adrenal Tonic Antiaging Anticatarrhal Antiinflammatory Antioxidant Antitumor or An... Aperient Brain Enhancer Cholagogue Detoxicant Diuretic Immunity Booster Neuroprotective Stimulant	Analgesic Antibacterial Antidepressant Antimicrobial Antiphlogistic Antiulcer Aromatic Carminative Circulatory Diaphoretic Emmenagogue Insecticidal Relaxant Stomachic	Anodyne Anticancer Antifungal Antimutagenic Antispasmodic Antiviral Astringent Cephalic Decongestant Digestive Hepatoprotective Nervine Rubefacient Tonic

## Sage Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

### [Sage Essential Oil](#)

General Name	Sage
Glycemic Index / Load	Sage
Botanical Name	Salvia Officinalis, Lamiaceaea Family
Homeopathic Name	Salvia Officinalis - Mother Tincture

### Sage Cures

Super Effective	<b>Candidiasis</b>	<b>Dead Foetus</b>	<b>Difficult Mense...</b>
Most Effective	Cold Night Sweat	Hyperprolact... Sore Throat	Menopause Typhoid
Highly Effective	ADHD Anemia Eye Diseases Insect Bites Stress	Alzheimer Chlamydia Gray Hair Laryngitis Tonsillitis	Amnesia Excessive Sw... Gum Diseases Stomach Prob... Toothache
Effective	Age Spots Anxiety Atherosclerosis Baldness Body Odour Cancer Chills Dandruff Dental Diseases Drowsiness Epilepsy Fever Frostbite Haemophilia Herpes Hot Flashes Infections Kearns Sayre... Leigh's Disease Lung Diseases Menstrual Di... Nausea Oral Herpes Plague Rheumatoid A... Sinusitis Snoring Throat Disorder Wrinkles  Loin Pain	Aging Aphonia Bacterial In... Biliousness Breast Engor... Candida Albi... Cuts Dementia Depression Early Satiety Erythema Flatulence Gastrointest... Heart Disease High Creatinine Hyperlactation Insanity Kidney Disease Liver Diseases Magnesium De... Multiple Scl... Nervous Diso... Ovulation Pain Pneumonitis Saliva Excess Skin Rashes Spermatorrhoea Tuberculosis...	Allergy Aphthous Ulcers Bad Breath Blood Clots Bruises Carpal Tunne... Cystic Fibrosis Dental Absce... Diarrhea Eczema Fatigue Flu Gingivitis Heavy Menstr... Hoarseness Hypoglycemia Joint Pain Kidney Failure Lung Cancer Measles Muscle Spasm Oily Skin Peritonsilla... Respiratory ... Schizophrenia Snake Bite Strep Throat Whitlow
<b>Action of Sage</b>			
Most Effective	Antihydrotic	Aromatic	
Highly Effective	Depurative		

## Sarsaparilla Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

General Name	Sarsaparilla
Glycemic Index / Load	Sarsaparilla
Botanical Name	Smilax Medica
Hindi Name	Anantamool
Homeopathic Name	Sarsaparilla Officinalis - Mother Tincture

### Sarsaparilla Cures

Most Effective	Colic Tick Bite	Rheumatism	Skin Diseases
Highly Effective	Acne Inverted Nip...	Dysuria Multiple Scl...	Gout Syphilis
Effective	Abdominal Di... Anhidrosis Arthritis Blood Impurity Cancer Convalescence Depression Enteritis Fatigue Gonorrhea Herpes Zoster Hodgkin's Di... Impotence Insanity Kidney Disease Libido Loss ... Lung Cancer Menstrual Di... Mycosis Night Sweat Pain Premenstrual... Schistosomiasis Sexually Tra... Strangury Tuberculosis... Urinary Trac... Water Retention	Age Spots Anorexia Asthenopia Blurred Vision Colitis Cyst Eczema Epilepsy Gallstones Hernia Hiccups Hormonal Imb... Infections Itching Kidney Failure Libido Loss ... Malaria Mercury Pois... Nephritis Oliguria Pleurisy Psoriasis Scrofula Spermatorrhoea Stress Tumors Urticaria Whitlow	Amblyopia Anxiety Bed Wetting Burns Conjunctivitis Debility Emaciation Eye Diseases Gastric Catarrh Herpes High Blood P... Hot Flashes Infertility Joint Pain Leprosy Liver Diseases Menopause Muscular Pain Nervous Diso... Oral Herpes Plica Polonica Rheumatoid A... Sexual Debility Stomach Prob... Toothache Urinary Prob... Warts



## Action of Sarsaparilla

### Highly Effective

Antiscyotic

Depurative

### Effective

Alterant  
Antibacterial  
Antifungal  
Antioxidant  
Antirheumatic  
Aphrodisiac  
Brain Enhancer  
Diaphoretic  
Febrifuge  
Immunity Booster  
Nervine  
Stimulant

Alterative  
Anticancer  
Antiinflammatory  
Antipsoric  
Antiseptic  
Aromatic  
Carminative  
Digestive  
Germicide  
Laxative  
Neuroprotective  
Tonic

Analgesic  
Anticoagulant  
Antimutagenic  
Antipyretic  
Antisiphilitic  
Blood Purifier  
Detoxicant  
Diuretic  
Hepatoprotective  
Liver Tonic  
Skin Toner  
Vulnerary

## Nutrients in Sarsaparilla

### Effective

Beta Sitosterol  
Chromium  
Ferulic Acid  
Magnesium  
Parillin  
Resins  
Selenium  
Smilagenin  
Stigmasterol  
Volatile Oil

Caffeic Acid  
Cobalt  
Iodine  
Manganese  
Phosphorus  
Saponins  
Shikimic Acid  
Starch  
Vitamin A ...  
Zinc

Cetyl Alcohol  
Copper  
Iron  
Parigenin  
Potassium  
Sarsasapogenin  
Silicon  
Steroidal ...  
Vitamin B ...

### Sarsaparilla Combines With

Echinacea  
Yellow Dock

Red Clover

Saw Palmetto

### Taste of Sarsaparilla

Sweet

### Parts Used

Roots, Rhizomes

## Side Effects, Risk Factors of, and Cautions for Sarsaparilla

Excess use may cause Gastrointestinal Irritation.

Avoid use during pregnancy and Breast feeding.

## Saw Palmetto Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

General Name Saw Palmetto

Glycemic Index / Load Saw Palmetto

0

Botanical Name Serenoa Repens, Serenoa Serrulata, Arecaceae family

Hindi Name Krakach Tal

Homeopathic Name Sabal Serrulata - Mother Tincture

### Saw Palmetto Cures

	Prostate Enlarg...	Prostatitis	Repeated Miscar...
Super Effective			
Most Effective	Breasts Small Penis Shrinkage	Gynecomastia	Impotence
Highly Effective	Alopecia Areata Gonorrhea Watery Semen	Azoospermia Hormonal Imb...	Baldness Urinary Inco...
Effective	Andropause Bed Wetting Dysuria Escherichia ... Hirsutism Infections Kidney Stones Libido Loss ... Neuralgia Orchitis Reproductive... Sexual Debility Stress Urinary Prob...  Absence of Ovulation	Appendicitis Debility Early Satiety Fatigue HIV AIDS Infertility Laryngitis Low Back Pain Obesity Polycystic O... Reproductive... Sore Throat Tuberculosis... Urinary Trac...  Peritonitis	Asthenospermia Diuresis Emaciation Gallbladder ... Hoarseness Iritis Libido Loss ... Menopause Oligomenorrhea Prostate Cancer Respiratory ... Strangury Unintentiona... Whooping Cough  Women Diseases
<b>Action of Saw Palmetto</b>			
Highly Effective	Aphrodisiac	Diuretic	
Effective	Alterative Antipsoric Antisycotic Expectorant Stimulant	Antiandrogenic Antiseptic Appetizer Nutritive Tonic	Antiinflammatory Antispasmodic Breast Enhancer Sedative

## Schisandra Berry Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

### [Schisandra Essential Oil](#)

General Name	Schisandra
Glycemic Index / Load	Schisandra
Botanical Name	Schisandra Chinensis, Schisandraceae Family
Chinese Name	Wu Wei Zi, Wu Wei Zin,

### Schisandra Berry Cures

Most Effective	Depression Sexual Debility	Fatigue	Insomnia
Highly Effective	Alzheimer Bronchitis Cold Diarrhea Heavy Metal ... Libido Loss ... Pulmonary Fi...	Asthma Cancer Convalescence Drowsiness Hepatitis Liver Diseases Sore Throat	Azoospermia Cirrhosis Cough Excessive Sw... Laryngitis Multiple Scl... Tumors
Effective	Acid Reflux	ADHD	Anxiety

### Action of Schisandra Berry

Most Effective	Adaptogenic	Antiaging	
Highly Effective	Aphrodisiac	Immunity Booster	Recuperative
Effective	Amphoteric Antiallergic Anticancer Antidiabetic Antiseptic Antiviral Blood Tonic Cholagogue Expectorant Memory Enhancer Sedative Stimulant	Analgesic Antiasthmatic Anticonvulsant Antiinflammatory Antitumor or An... Astringent Calming Demulcent Haemostatic Nervine Skin Toner Tonic	Anaphrodisiac Antibacterial Antidepressant Antioxidant Antitussive Blood Purifier Cardio Tonic or... Detoxicant Hepatoprotective Oxytotic Spermicide

## Nutrients in Schisandra Berry

### Highly Effective

### Effective

#### Lignans

Alpha Pinene  
Beta Pinene  
Carbohydrate  
Gomisin S  
Resins  
Schisantherin A  
Terpinene  
Vitamin E

Angeloylgo...  
Beta Sitosterol  
Glutathione  
Phytochemicals  
Schicantherin B  
Stigmasterol  
Triterpenes  
Volatile Oil

Arachidoni...  
Bisabolene...  
Glycosides  
Phytosterol  
Schisandrin B  
Tannins  
Vitamin C

### Schisandra Berry Combines With

Aconitum Carmic...  
Aster Tataricus  
Atractylodes Ma...  
Chinese Gall  
Cinnamon  
Cockelburr  
Galangal  
Ginger  
Horny Goat Weed  
Magnolia Bark  
Narcissus  
Polygala Tenuifolia  
Rhodiola  
Stalactitum  
Trichosanthes K...  
White Peony

American Ginseng  
Astragalus  
Chinese Asparagus  
Chinese Wild Ginger  
Cistanche Deser...  
Codonopsis  
Ganoderma  
Ginseng Siberian  
Ligusticum Wallichii  
Milk Thistle  
Notopterygium  
Rehmannia  
Scutellaria Bai...  
Stemona Japonica  
Turmeric

Anemarrhena  
Astragalus Comp...  
Chinese Date  
Chufa  
Cnidium  
Cuttlefish  
Garlic  
Goji Berry  
Liquorice  
Morinda Officinalis  
Oyster Shell  
Rhaponticum Car...  
Spikenard  
Thuja Orientalis  
Wheat

### Taste of Schisandra Berry

Salty, Sweet, Sour, Pungent, Bitter

### Nature of Schisandra Berry

Warm

### Parts Used

Seed, Fruit

### Side Effects, Risk Factors of, and Cautions for Schisandra Berry

- Over dose may cause Heartburn, reduced Appetite, Nausea, Indigestion, Headache, Skin Rash and Chest Pain.
- Avoid use during Pregnancy and Breastfeeding.
- Avoid if you are suffering from Fever, Peptic Ulcers, Epilepsy or high Blood Pressure.
- It should be not be consumed by the persons having Gallstones.



## Sheep Sorrel Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

General Name Rumex Acetosella

Glycemic Index / Sheep Sorrel

Load

Botanical Name Rumex Acetosella

### Sheep Sorrel Cures

Most Effective	Cancer	Lung Cancer	
Highly Effective	Ringworm		
Effective	Anal Cancer Cervical Cancer Heavy Metal ... Liver Cancer Scurvy	Blood Impurity Colon Cancer Infections Liver Diseases Tumors	Breast Cancer Goiter Leaky Gut Sy... Ovarian Cancer Uterine Cancer

### Action of Sheep Sorrel

Most Effective	Detoxicant		
Highly Effective	Depurative	Vermifuge	
Effective	Antibacterial Antiinflammatory Astringent Digestive Laxative	Anticancer Antioxidant Cooling Diuretic Parasiticide	Antidiarrheal Antivenin Diaphoretic Emollient Poultice

### Nutrients in Sheep Sorrel

Effective	Adenosine	Anthraquinones	Beta Carotene
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Sheep Sorrel  
Combines With Burdock

Taste of  
Sheep Sorrel Sour

Nature of  
Sheep Sorrel Cool

Parts Used Leaves, flowers, seeds

### Side Effects, Risk Factors of, and Cautions for Sheep Sorrel

High doses may cause Diarrhea and Renal problems.

It may cause Mineral Deficiency.

## Spruce Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

[Fir Needle Essential Oil](#)

General Name	Abies Alba
Glycemic Index / Load	European Silver Fir, Silver Fir
Botanical Name	Abies Alba
Homeopathic Name	Abies Alba - Mother Tincture

### Spruce Cures

Effective	Aphthous Ulcers Bodyache Colic Joint Pain Neuralgia Sore Throat Ulcers	Arthritis Bronchitis Cough Leucorrhoea Respiratory ... Swelling Urinary Trac...	Bipolar Diso... Cold Fever Nerve Pain Rheumatism Tuberculosis...
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### Action of Spruce

Effective	Antibiotic Whol... Astringent Expectorant Vulnerary	Antirheumatic Balsamic Rubefacient	Antiseptic Diuretic Sedative
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### Nutrients in Spruce

Effective	Alpha Phel... Beta Phell... Catechin Lignans Myrcene P Hydroxy ... Salicylic Acid Tricyclene	Alpha Pinene Beta Pinene Epicatechin Limonene P Coumaric Acid Protocatec... Succinic Acid Vanillic Acid	Alpha Thujene Camphene Gallic Acid Maltol P Cymene Sabinene Terpinolene
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Parts Used	Leaves, Bark, Resin
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### Sponsored Links

### Description

Abies Alba is a fir.  
It is evergreen

## Skullcap Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

General Name	Skullcap
Glycemic Index / Load	Skullcap
Botanical Name	Scutellaria Lateriflora
Homeopathic Name	Scutellaria Laterifolia - Mother Tincture

D  
o

### Skullcap Cures

Most Effective	Fever Infections Spermatorrhea	Hiccups Insomnia Tick Bite	Impotence Nervous Diso...
Highly Effective	Deep Vein Th...	Infertility	
Effective	Abdominal Di... ADHD Alcoholism Anxiety Bleeding Ext... Breast Cancer Cancer Chorea Convulsions Difficult Me... Dysphagia Flatulence Hay Fever Hepatitis A Hoarseness Jaundice Low Blood Pr... Menstrual Di... Muscle Cramp Neuralgia Phlegmasia A... Psychosis Sinusitis	Abdominal Ma... Aerophobia Allergy Arrhythmia Blurred Vision Bronchiectasis Candidiasis Claustrophobia Delirium Digestive Di... Epilepsy Gastroparesis Heart Disease High Blood P... Hysteria Kidney Disease Lung Cancer Migraine Muscle Spasm Parkinson's ... Poor Blood C... Rabies Snake Bite	Addiction Agoraphobia Anorexia Bed Wetting Bone Pain Cachexia Carcinoma Convalescence Depression Dizziness Fatigue Graves Disease Hepatitis High Cholest... Insect Bites Kidney Failure Malaria Multiple Scl... Nerve Pain Phlegm Premenstrual... Rickets Tremors

	Dentition	Nerve Disorder	
<b>Action of Skullcap</b>			
<b>Most Effective</b>	Antipyretic		
<b>Effective</b>	Alterative Anodyne Anticancer Antidiabetic Antifungal Antispasmodic Astringent Circulatory Febrifuge Narcotic Sedative Trophorestorative	Analgesic Antiarthritic Anticonvulsant Antidiarrheal Antiinflammatory Antivenin Brain Enhancer Diuretic Hypertensive Nervine Styptic Vasodilative	Anesthetic Antibacterial Antidepressant Antidysenteric Antioxidant Aromatic Cardio Tonic or... Emmenagogue Muscle Relaxant Parturient Tonic
<b>Nutrients in Skullcap</b>			
<b>Effective</b>	Ascorbic Acid Bitter Pri... Flavonoids Lignin Phosphorus Selenium Vitamin B ... Vitamin C Wogonin	Baicalin Calcium Glycosides Magnesium Potassium Sugar Vitamin B 3 Vitamin E Zinc	Beta Carotene Fat Iron Manganese Scutellarein Tannins Vitamin B1... Volatile Oil
<b>Skullcap Combines With</b>	Achyranthes Bid... Arisaema Erubescens Atractylodes Ma... Benincasa Hispida California Poppy Catechu Giant Puffball Japanese Honeysuckle Silkworm Virginia Snakeroot	Ailanthus Artemisia Scoparia Bamboo Shavings Borax Callicarpa Formosana Chinese Wild Ginger Hedyotis Diffusa Patchouli Spanish Needle White Peony	Anemarrhena Aster Tataricus Belamcanda Chinensis Bupleurum Camellia Sinensis Cypripedium Pub... Italian Honeysuckle Senecio Aureus Sweet Wormwood
<b>Taste of Skullcap</b>	Bitter		
<b>Parts Used</b>	Whole Plant		



## Spirulina Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

General Name	Spirulina		
Glycemic Index / Load	Spirulina		
Botanical Name	Arthrospira Platensis		
<b>Spirulina Cures</b>			
Super Effective	<b>High Choleste...</b>	<b>Obesity</b>	
Most Effective	Anemia Fatigue	Bad Breath Heavy Metal ...	Convalescence Tuberculosis...
Highly Effective	Cancer Flu	Debility Sinusitis	Diabetes Tumors
Effective	Aging Arthritis Cirrhosis Early Satiety Heart Disease HIV AIDS Insomnia Laryngitis Menopause Pineal Gland...	Amnesia Athlete's Foot Depression Eye Diseases Heavy Menstr... Hyperthyroidism Internal Injury Liver Diseases Menstrual Di... Poor Concent...	Anorexia Chemotherapy Difficult Me... Frozen Shoulder High Blood P... Infertility Intestinal D... Lung Cancer Muscle Fatigue Sore Throat
	Toxicity		
<b>Action of Spirulina</b>			
Most Effective	Blood Tonic	Detoxicant	
Highly Effective	Antiaging	Antioxidant	Nutritive
Effective	Anticancer Nervine	Antihypertensive	Immunity Booster
<b>Nutrients in Spirulina</b>			
Most Effective	Lipids Vitamin B ...	Protein Vitamin K	Vitamin A ...
Highly Effective	Beta Carotene Omega 6 Fa... Vitamin B ... Vitamin B ...	Chlorophyll Provitamin A Vitamin B 3 Vitamin D	Iron Vitamin B 12 Vitamin B 6 Vitamin E
Effective	Amino Acids Enzymes Magnesium Polysaccharides Sodium	Calcium Essential ... Minerals Potassium	Chromium Fatty Acids Phosphorus Selenium
<b>Spirulina Combines With</b>	Aloe Vera Ginseng Korean Laminaria Japonica Marijuana Turmeric	Chlorella Goji Berry Land Caltrops Rhodiola Withania Somnifera	Echinacea Guarana Maca Royal Jelly

## Stinging Nettle Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

General Name	Stinging Nettle
Glycemic Index / Load	Stinging Nettle
Botanical Name	Urtica Dioica, Urtica Interrupta, Urticaceae Family
Hindi Name	Bichu Ghas , Bichubooti, Shisoon,
Chinese Name	Hong Xiao Ma
Homeopathic Name	Urtica Dioica - Mother Tincture

### Stinging Nettle Cures

Super Effective	<b>Dandruff</b> <b>Prostatitis</b>	<b>Heavy Menstrual...</b>	<b>Prostate Enlarg..</b>
Most Effective	Anemia Gout Sneezing	Asthma Itching Urinary Trac...	Brittle Nails Osteoporosis Urticaria
Highly Effective	Allergy Bronchitis Galactorrhea Internal Ble... Libido Loss ... Prostate Cancer	Baldness Caries Hay Fever Kidney Disease Liver Diseases Tendinitis	Breast Milk ... Fatigue High Cholest... Kidney Stones Otorrhea Water Retention
Effective	Acne Apthous Ulcers Astigmatism Bursitis Candida Albi... Chicken Pox Debility Dust Allergy Endometriosis Fibromyalgia Gallstones Gray Hair Hair Problems High Creatinine Infections Joint Pain Leucorrhoea Lung Cancer Malaria Metrorrhagia Muscle Wasting Nausea Nose Bleed Orchitis Phlegm Polyuria Post Traumat... Reproductive...	Alzheimer Arthritis Bleeding Ext... Cachexia Celiac Disease Chilblain Diarrhea Eclampsia Eschar Flatulence Gingivitis Haemophilia Heart Disease Hyperthyroidism Infertility Laryngitis Libido Loss ... Lupus Malnutrition Multiple Scl... Muscular Dys... Nephritis Obesity Osteoarthritis Plantar Fasc... Poor Blood C... Premenstrual... Rheumatoid A...	Anaphylactic... Ascaris Blood Impurity Cancer Chest Conges... Convalescence Dog Allergy Eczema Escherichia ... Flu Goiter Hair Fall High Blood P... Impotence Insect Bites Leprosy Low Back Pain Malabsorption Menopause Muscle Sprains Muscular Pain Neuralgia Oliguria Paralysis Pleurisy Post Nasal Drip Presbyopia Rickets

	Reproductive...	Rheumatoid A...	Rickets
	Sciatica	Scrofula	Scurvy
	Sickle Cell ...	Skin Diseases	Sore Throat
	Thyroiditis	Tuberculosis...	Ulcers
	Whooping Cough	Wounds	
	Absence of Ovulation	Loin Pain	Scalds
	Swollen Feet and Ankles	Urinary Disorde...	
<b>Action of Stinging Nettle</b>			
Most Effective	Alterative	Blood Tonic	
Highly Effective	Antiallergic	Antihistamine	Aphrodisiac
	Depurative	Emetic	Rubefacient
Effective	Alkaline	Analgesic	Anodyne
	Anthelmintic	Antiacne	Antiarthritic
	Antiasthmatic	Antibacterial	Antidandruff
	Antiinflammatory	Antilithic	Antimicrobial
	Antimutagenic	Antioxidant	Antirheumatic
	Antispasmodic	Antitumor or An...	Antiviral
	Astringent	Blood Purifier	Decongestant
	Detoxicant	Digestive	Diuretic
	Expectorant	Febrifuge	Galactagogue
	Haemostatic	Hair Tonic	Hepatoprotective
	Hypoglycemic	Hypotensive	Immunity Booster
	Inflammatory	Laxative	Nutritive
	Parasiticide	Pectoral	Renal Vasodilator
	Styptic	Tonic	Trophorestorative
	Vasodilative	Vulnerary	
<b>Nutrients in Stinging Nettle</b>			
Effective	Acetic Acid	Acetylcholine	Alkaloids
	Amine	Astragalin	Beta Carotene
	Beta Sitosterol	Betaine	Boron
	Butyric Acid	Caffeic Acid	Calcium
	Carbonic Acid	Carotenoids	Chlorogeni...
	Chlorophyll	Choline	Copper
	Coumarins	Dietary Fiber	Essential ...
	Ferulic Acid	Flavonoids	Folacin
	Folate	Formic Acid	Friedelin
	Glycosides	Histamine	Iodine
	Iron	Kaempferol	Lecithin
	Lectins	Lignans	Linoleic Acid
	Lycopene	Magnesium	Manganese
	Minerals	P Coumaric Acid	Palmitic Acid
	Phenol	Phosphorus	Phytochemicals
	Polyphenols	Polysaccharides	Potassium
	Protein	Quercetin	Quinic Acid
	Scopoletin	Secoisolar...	Selenium
	Serotonin	Silicon	Sitosterol
	Sodium	Steroids	Sterols
	Steryl Gly...	Stigmasterol	Succinic Acid
	Sulfur	Tannins	Terpene
	Violaxanthin	Vitamin A ...	Vitamin B ...
	Vitamin B 3	Vitamin B ...	Vitamin B1...
	Vitamin C	Vitamin D	Vitamin E



	Polyphenols Protein Scopoletin Serotonin Sodium Steryl Gly... Sulfur Violaxanthin Vitamin B 3 Vitamin C Vitamin K Zinc	Polysaccharides Quercetin Secoisolar... Silicon Steroids Stigmasterol Tannins Vitamin A ... Vitamin B ... Vitamin D Vitamins	Potassium Quinic Acid Selenium Sitosterol Sterols Succinic Acid Terpene Vitamin B ... Vitamin B1... Vitamin E Xanthophylls	<a href="#">Less</a>
<b>Stinging Nettle Combines With</b>	Birch Saw Palmetto	Indian Lettuce	Roselle	
<b>Taste of Stinging Nettle</b>	Acrid			
<b>Parts Used</b>	Flowers, Leaves, Stems, Roots			
<b>Side Effects, Risk Factors of, and Cautions for Stinging Nettle</b>				
It may cause skin irritation .				
Touching to the plant causes skin irritation.				
Do not use Stinging Nettle after it flowers or when seeds are being formed after flowering. At this stage the leaves develop gritty particles. These Cystoliths will irritate the urinary tract.				
It may cause Fluid Retention, Sweating, Diarrhea, , Stomach Upset.				
It may cause sweating.				
Avoid use during Pregnancy.				
<b>Sponsored Links</b>				
<b>Description</b>				
Stinging Nettle is a flowering plant.				
It is perennial.				
It nurtures best in nitrogen rich soil.				
It rises to maximum between June and September.				
It grows up to four feet high.				
It grows in a temperate climate.				
Best herb for Prostate enlargement				
The <b>Alterative</b> action of Stinging Nettle is most suited to the <b>Adrenal Glands</b> .				
<b>Note</b> Stinging Nettle is a <b>Trophorestorative</b> for the Kidneys.				
Urtica Dioica ( Stinging Nettle ) and Urtica Urens are the plants belonging to the same family. Urtica Dioica is tall. Urtica Urens is dwarf. For the purpose				



## **Materia Medica : How to use Stinging Nettle - Uses and Benefits**

### **Stinging Nettle General**

**Quick Overview.** If you have Gout, Kidney problem, Prostate problem and Itching, Stinging Nettle is your remedy. If you have most of these problems at some time or the other, this herb is almost a specific.

Stinging Nettle is associated to the Urticaceae family.

It is an aborigine of Asia, Europe, America. It is also famous as Common Nettle.

It is effective in getting rid of Hair troubles like Dandruff, Hair fall, Baldness. It adds shine and promotes growth of the Hair.

It is utilized for treating Brain related ailments namely, Alzheimer's disease.

It is helpful in combating Internal Bleeding such as uterine bleeding, nosebleeds, and bowel bleeding.

It is useful in treating osteoarthritis.

It cures Nerve related disorders like Amyotrophic Lateral Sclerosis, Neuralgia, Multiple Sclerosis and Sciatica.

It alleviates Anemia and Tiredness.

It is favourable in keeping away Cardiovascular disorders thus, promotes proper Blood Circulation. It detoxifies Blood.

It treats enlarged spleen.

It is helpful in treating dysentery.

It relieves Allergic symptoms like Hay Fever, Hives.

It is useful as a blood purification herb.

It is utilized as a Mouth Wash to keep away Gingivitis, Mouth Sores and Plaque.

It cures Throat Infections like Laryngitis.

It relieves lung congestion.

It is favourable in treating Hyperthyroidism.

Stinging Nettle is a good herbal remedy for Skin problems like Acne, Eczema, Cuts, Scraps. It is effective in curing Burns and Wounds. Its Astringent properties are helpful in arresting Bleeding and Irritation.

It alleviates Respiratory ailments like Cough, Bronchitis, Chest Congestion, Asthma, TB.

It curbs High Blood Pressure and Blood Sugar Level.

It efficiently works on strengthening the Immunity.

Stinging Nettle counters Bladder infections and formation of Kidney Stone.

It helps in avoiding and dissolving the Kidney Stones.

Bearing Anticancer properties, it is effective in the treatment of Cancer.

It is advantageous in getting rid of the invasion of Intestinal worms and parasites.

Stinging Nettle is a good herbal remedy for Women as it eases Labor Pains. It elevates the production of Milk and nourishes the Foetus.

It is beneficial in curing Benign Prostatic Hyperplasia which may result in the enlargement of the Prostate Gland. It alleviates Prostatitis.

It possesses Diuretic properties thus, it increases the Urine flow. It counters the problem of Bed Wetting in Children.

It alleviates Muscle Pain and Joint Stiffness. Its leave relieve the condition of Gout, Rheumatism, Arthritis, Inflammation of the Tendons.

Stinging Nettle's tea is beneficial in countering Diarrhea.

It curbs Edema as it shows diuretic like action.

It eases out the Swollen Piles.

It acts as a general health tonic.

### **How to consume Stinging Nettle:**

It is used as leave extract.

Its leaves are eaten as a cooked vegetable.

Its root extract is also used to treat several diseases.

## Thyme Herb Uses, Benefits, Cures, Side Effects, Nutrients

	Repertory		<a href="#">Thyme Essential Oil</a>
General Name	Thyme		
Glycemic Index / Load	Thyme		
Botanical Name	Thymus Vulgaris		
Hindi Name	Ajavayan		
<b>Thyme Cures</b>			
Super Effective	<b>Coryza</b>	<b>Whooping Cough</b>	
Most Effective	Cold Respiratory ... Tonsillitis	Colic Sinusitis	Cough Sore Throat
Highly Effective	Anemia Diarrhea Hangover	Asthma Drowsiness Laryngitis	Bronchitis Flatulence Tumors
Effective	Acne Alcoholism Anthrax Athlete's Foot Baldness Blackheads Bone Disloca... Candidiasis Colitis Croup Dandruff Depression Entamoeba Flu Haemophilia High Cholest... Indigestion Kearns Sayre... Libido Loss ... Low Blood Pr... Mouth Cancer Neuralgia Pain Pneumonitis Scabies Stomach Prob... Urinary Trac...	Actinomycosis Altitude Sic... Anxiety Bacterial In... Bed Wetting Blood Clots Bruises Chest Conges... Convalescence Cuts Debility Difficult Me... Escherichia ... Fungal Nails Heart Attack Hoarseness Infections Leigh's Disease Listeria Lung Cancer Muscle Sprains Oral Herpes Pleurisy Post Nasal Drip Schistosomiasis Strep Throat Whitlow	Aging Anorexia Apthous Ulcers Bad Breath Bitot's Spots Body Odour Cancer Chills Cramps Cystic Fibrosis Dental Diseases Digestive Di... Fatigue Gingivitis Herpes Impotence Insect Bites Libido Loss ... Liver Diseases Lung Diseases Nasal Polyps Osteoporosis Pneumonia Ringworm Sickle Cell ... Toothache

<b>Most Effective</b>	Antiseptic	Parasiticide	
<b>Highly Effective</b>	Depurative		
<b>Effective</b>	Adrenal Tonic Anthelmintic Anticatarrhal Antiinflammatory Antioxidant Antipyretic Antitussive Aromatic Brain Enhancer Decongestant Diuretic Germicide Insecticidal Rubefacient Tonic	Alkaline Antibacterial Antifungal Antimalarial Antiparasitic Antispasmodic Antiviral Astringent Cardio Tonic or... Deobstruent Emmenagogue Hypertensive Nervine Sedative Vermifuge	Analgesic Anticancer Antihistamine Antimicrobial Antiphlogistic Antisycotic Aphrodisiac Blood Thinner Carminative Digestive Expectorant Immunity Booster Oxytocic Stimulant Vulnerary
<b>Nutrients in Thyme</b>			
<b>Highly Effective</b>	Potassium		
<b>Effective</b>	Alpha Pinene Beta Carotene Calcium Carvacrol Choline Citral Essential ... Ferulic Acid Geraniol Kaempferol Linalool Manganese Oleanolic Acid Phenol Pinene Salicylates Thymol Vanillic Acid Vitamin B 3 Vitamin E	Amino Acids Borneol Camphor Carvone Cineole Cymene Esters Folate Histamine Lauric Acid Luteolin Myristic Acid P Coumaric Acid Phosphorus Protein Selenium Thymonin Vitamin A ... Vitamin B1... Vitamin K	Apigenin Caffeic Acid Caprylic Acid Chlorogeni... Cinnamic Acid Dietary Fiber Eugenol Gallic Acid Iron Limonene Magnesium Naringenin P Cymene Phytosterol Rosmarinic acid Tannins Ursolic Acid Vitamin B ... Vitamin C Zinc
<b>Thyme Combines With</b>	Almond Fennel Olive Sage Witch Hazel	Calamint Jojoba Patchouli Sambucus Williamsii Withania Somnifera	Comfrey Meadow Rue Rosemary Spikenard
<b>Taste of Thyme</b>	Pungent, Acid		
<b>Parts Used</b>	Leaves, Flowering Tops, Stems, Berries		
<b>Side Effects, Risk Factors of, and Cautions for Thyme</b>			
Pregnant and nursing women should not use this.			



## Tribulus Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

General Name	Land Caltrops
Glycemic Index / Load	Land Caltrops
Botanical Name	Tribulus Terrestris, Zygophyllaceae Family
Hindi Name	Gokharu, Chota Gokharu
Chinese Name	Bai Ji Li
Homeopathic Name	Tribulus Terrestris - Mother Tincture

### Tribulus Cures

Super Effective	<b>Dysuria</b> <b>Kidney Failure</b>	<b>Impotence</b> <b>Libido Loss Mal...</b>	<b>Kidney Disease</b> <b>Prostatitis</b>
Most Effective	Anuria Azoospermia Heavy Metal ... Libido Loss ... Premature Ej... Varicocele	Aspermia Drowsiness Hematospermia Multiple Scl... Seminal Infe... Wilms' Tumor	Asthenospermia Gallstones Kidney Stones Oligospermia Teratozoospe...
Highly Effective	Kidney Pain Cough Diarrhea Gout Infertility Prostate Enl...	Dark Circles... Edema Haematuria Muscle Spasm Rheumatism	Diabetes Gonorrhea IgA Nephropathy Nephritis Urinary Trac...
Effective	Aging Anorexia Ascariis Bladder Stones Cancer Conjunctivitis Debility Digestive Di... Emaciation Eye Diseases Fracture Headache High Blood P... Hydronephrosis Insomnia Leprosy Liver Diseases Malaria Menstrual Di... Pain Premenstrual... Scabies Skin Lesions Strangury Unintentiona...	Andropause Anorgasmia Asthma Blurred Vision Chemosis Constipation Depression Dizziness Erectile Dys... Fatigue Gum Diseases Heart Disease High Cholest... Hypochondria Internal Ble... Leucoderma Low Back Pain Menopause Muscle Fatigue Piles Reproductive... Sexual Debility Sore Throat Stress Urinary Inco...	Anemia Anxiety Atherosclerosis Breast Milk ... Colic Dacryocystitis Difficult Me... Eczema Excessive Ma... Fever Haemoptysis Hepatitis Hormonal Imb... Indigestion Jaundice Leucorrhoea Lung Cancer Menses Scanty Nervous Diso... Poor Blood C... Reproductive... Sexually Tra... Spermatorrhea Tremors Urinary Prob...



	Unintentiona... Urticaria Wheezing	Urinary Inco... Watery Semen	Urinary Prob... Weak Eyesight
	Gleet	Phosphaturia	
<b>Action of Tribulus</b>			
Most Effective	Aphrodisiac	Diuretic	Lithotriptic
Highly Effective	Adaptogenic Recuperative	Detoxicant	Liver Tonic
Effective	Abortifacient Anthelmintic Antianxiety Anticancer Antihypertensive Antimalarial Antispasmodic Antiviral Blood Purifier Cooling Emollient Hypertensive Insecticidal Nervine Styptic	Analgesic Antiaging Antiasthmatic Antidiabetic Antiinflammatory Antimicrobial Antistress Appetizer Cardio Tonic or... Depurative Expectorant Hypolipidemic Laxative Rejuvenative Tonic	Anodyne Antianemic Antibacterial Antifungal Antilithic Antioxidant Antisycotic Astringent Circulatory Digestive Galactagogue Immunity Booster Muscle Relaxant Stimulant
<b>Nutrients in Tribulus</b>			
Most Effective	Testosterone		
Highly Effective	Steroidal ...		
Effective	Alkaloids B Sitoster... Campesterol Dioscin Essential Oil Flavonoids Harmaline Iron Phenolic C... Potassium Ruscogenin Sterols Tannins Vitamin C	Amino Acids Beta Sitosterol Chlorogeni... Diosgenin Fatty Acids Gitogenin Harmine Kaempferol Phosphorus Quercetin Rutin Stigmasterol Terrestrosin Yamogenin	Astragalin Calcium Cinnamic Acid Essential ... Fatty Oil Glucose Hecogenin Lucopyrano... Phytosterol Resins Saponins Sugar Tigogenin

<b>Tribulus Combines With</b>	Achyranthes Bid...	Artemisia Anomala	Asparagus
	Asparagus Racemosus	Astragalus Comp...	Bitter Orange
	Black Musli	Buddleja Officinalis	Bupleurum
	Cassia Obtusifolia	China Berry	Chinese Asparagus
	Chinese Knotweed	Chinese Licorice	Chrysanthemum M...
	Cockelburr	Corydalis	Damiana
	Dendrobium Nobile	Dictamnus Dasycarpus	Dong Quai
	Fennel	Forsythia Suspensa	Frankincense
	Gardenia	Garlic	Gastrodia
	Ginger	Ginseng Korean	Great Duckweed
	Green Gram	Guarana	Hedyotis Diffusa
	Horsetail	Indian Gooseberry	Maca
	Mandarin Orange	Morus Alba	Mother of Pearl
	Mucuna Pruriens	Myrrh	Nut Grass
	Nutmeg	Oyster Shell	Pineapple
	Purslane	Red Sage	Rehmannia
	Rhaponticum Car...	Rhodiola	Royal Jelly
	Safflower	Saw Palmetto	Schizonepeta
	Scutellaria Bai...	Sesame	Siler Root
	Silkworm	Snake Skin Slough	Spirulina
	Stephania Tetrandra	Thunder God Vine	Turmeric
	Typhonium Giganteum	Uncaria Rhyncho...	Vaccaria Hispanica
	Vitex Trifolia	White Peony	Wild Turmeric
	Withania Somnifera		

— Less

**Taste of Tribulus** Acrid, Bitter, Sweet

**Nature of Tribulus** Warm

**Parts Used** Whole Plant, Root, Fruit, Seeds, Leaf

#### **Side Effects, Risk Factors of, and Cautions for Tribulus**

-Patients of Breast Cancer, Prostate Cancer should avoid it.

-High doses may cause Liver and Eye Problems.

-Use by Females/Women. It is an excellent remedy for female **infertility** . It regulates ovulation. It may take upto three months of continuous consumption to promote pregnancy. Tribulus Terrestris resolves cysts caused by PCOS ( Polycystic Ovary Syndrome ). Consequently it cures infertility caused by PCOS.

-Its use must be stopped the moment you become pregnant.

**Pregnant Women** are at risk of Cholestasis of pregnancy. It may cause locomotor disorder; staggers in pregnancy. It may endanger the very survival of the fetus.

-Use with extreme caution in case of Blood Deficiency.

-It may cause Itching or Skin Rashes.

## Turmeric Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

General Name	Turmeric
Glycemic Index / Load	Turmeric
Botanical Name	Curcuma Longa, Family name Zingiberaceae
Hindi Name	Haldi
Chinese Name	Jiang Huang,
Homeopathic Name	Curcuma Longa - Mother Tincture

### Turmeric Cures

Super Effective	<b>Crohn's Disease</b> <b>Intestinal Dise...</b> <b>Tendinitis</b>	<b>High Choleste...</b> <b>Peptic Ulcer</b> <b>Tumors</b>	<b>Inflammation</b> <b>Prostatitis</b>
Most Effective	Allergy Bone Cancer Gynecomastia Hepatitis B Lichen Planus Sciatica	Anorexia Cancer Hay Fever Infections Multiple Scl... Thyroid Cancer	Blood Thick Fever Heavy Metal ... Internal Injury Peeling Skin Wounds
Highly Effective	Age Spots Anemia Asthma Breast Cancer Cervical Cancer Colon Cancer Drowsiness Flu Hepatitis Joint Pain Liver Diseases Melasma Pancreatic C... Skin Cancer Sore Throat Whooping Cough	Alzheimer Appendicitis Blocked Nose Bronchitis Cervical Ero... Conjunctivitis Dull Skin Gilbert's Sy... Hepatopathy Laryngitis Loose Vagina Mouth Cancer Plantar Fasc... Skin Tan Spondylitis	Anal Cancer Arthritis Blood Cancer Bursitis Cold Diabetes Esophageal C... Gout Hodgkin's Di... Liver Cancer Lung Cancer Ovarian Cancer Prostate Cancer Slip Disc Stomach Cancer
Effective	Abscess Addison's Di... Amebiasis Anal Fistula Anxiety Atelectasis Avian Flu Blackheads Bloating Blood Impurity Brain Injury Breast Diseases Bunion	Acid Reflux Adenitis Amyloidosis Angina Asbestosis Atherosclerosis Baldness Bleeding Ext... Blood Clots Bone Disloca... Brain Stroke Breast Pain Burn Marks	Acne Aging Joints Anal Fissure Anthrax Ascaris Athlete's Foot Biliousness Blemishes Blood Disorders Brain Disorders Brain Tumor Bronchiectasis Burns



<i>Effective</i>	<i>Turmeric 2</i>	Bunion	Burn Marks	Burns
		Cachexia	Candidiasis	Carbuncle
		Carcinoma	Cardiac Arrest	Carpal Tunne...
		Cervical Ade...	Chagas Disease	Chest Conges...
		Chest Pain	Chicken Pox	Cholera
		Choroiditis	Cicatrix	Cirrhosis
		Claw Hand	Colic	Colitis
		Coryza	Cracked Heels	Craw Craw
		Croup	Cuts	Cyst
		Cystic Fibrosis	Cytomegalovirus	Dark Circles...
		Dark Lips	Dark Underarms	Debility
		Deep Vein Th...	Dementia	Dental Absce...
		Depression	Dercum's Dis...	Deviated Nas...
		Diarrhea	Digestive Di...	Diverticulitis
		Dry Eye Synd...	Dry Skin	Dyspnea
		Eclampsia	Eczema	Edema
		Emaciation	Entamoeba	Epstein Barr...
		Eye Diseases	Fibromyalgia	Fistula
		Flatulence	Folliculitis	Food Poisoning
		Fracture	Frozen Shoulder	Gallstones
		Ganglion	Glomerulonep...	Gum Diseases
		Hair Fall	Hair Problems	Hangover
		Head Lice	Hearing Loss	Heart Attack
		Heart Disease	Heart Enlarged	Hepatitis A
		Herpes Zoster	High Blood P...	Hirsutism
		HIV AIDS	Hoarseness	Hydrocephalus
		Hyperpigment...	Indigestion	Inflammatory...
		Irritable Bo...	Itching	Jaundice
		Joint Effusion	Kidney Disease	Kidney Failure
		Kidney Stones	Leaky Gut Sy...	Leucoderma
		Leucorrhoea	Low Back Pain	Macromastia
		Malnutrition	Measles	Menses Scanty
		Menstrual Di...	Metabolic Sy...	Metastasis
		Migraine	Milk Allergy	Mononucleosis
		MRSA Infections	Mumps	Muscle Sprains
		Muscular Pain	Musculoskele...	Mycosis
		Myelodysplas...	Myeloma	Nasal Polyps
		Nausea	Nerve Pain	Neuralgia
		Night Sweat	Numbness	Obesity
		Osteoarthritis	Otorrhea	Ozena
		Pain	Pancreatitis	Panophthalmitis
		Phlegm	Pituitary Tu...	Plague
		Pneumonitis	Polymenorrhea	Polymyalgia ...
		Poor Blood C...	Psoriasis	Pterygium Eye
		Pyuria	Respiratory ...	Rheumatoid A...
		Ringworm	Sallow Skin	Sarcoidosis
		Sarcoma	Sarcopenia	Scabies



	<i>Effective</i>			
<b>Turmeric 3</b>	Myelodysplas...	Myeloma	Nasal Polyps	
	Nausea	Nerve Pain	Neuralgia	
	Night Sweat	Numbness	Obesity	
	Osteoarthritis	Otorrhea	Ozena	
	Pain	Pancreatitis	Panophthalmitis	
	Phlegm	Pituitary Tu...	Plague	
	Pneumonitis	Polymenorrhea	Polymyalgia ...	
	Poor Blood C...	Psoriasis	Pterygium Eye	
	Pyuria	Respiratory ...	Rheumatoid A...	
	Ringworm	Sallow Skin	Sarcoidosis	
	Sarcoma	Sarcopenia	Scabies	
	Schistosomiasis	Scleroderma	Scorpion Sting	
	Seizures	Sinusitis	Small Pox	
	Sneezing	Spinal Cord ...	Stomach Ache	
	Stomach Polyps	Stomach Prob...	Stye	
	Subdural Hem...	Sunburn	Swine Flu	
	Swollen Elbow	Syncope	Tapeworms	
	Teething Pro...	Tennis Elbow	Throat Disorder	
	Thrombophleb...	Tonsillitis	Toothache	
	Transverse M...	Ulcerative C...	Urinary Trac...	
	Urticaria	Vomiting	Wheezing	
	Wilms' Tumor	Wilson's Dis...	Wrinkles	
	Yaws	Yellow Teeth		
		Adenomvosis	Polyps	
	<b>Action of Turmeric</b>			
	<b>Most Effective</b>	Antiinflammatory Germicide	Antioxidant Vulnerary	Antiseptic
	<b>Highly Effective</b>	Analgesic Anticancer Depurative	Antibacterial Anticariogenic Detoxicant	Antibiotic Whol... Antiviral Immunity Booster
	<b>Effective</b>	Adaptogenic Alterant Antacid Antibilious Antiflatulent Antimalarial Antiparasitic Antispasmodic Antitumor or An... Astringent Blood Purifier Cholagogue Cytotoxic Hemostatic Hypocholesterolemic Liver Tonic Rejuvenative Stomachic Tonic	Adjuvant Alterative Antiaging Anticoagulant Antifungal Antimicrobial Antiperiodic Antistress Appetizer Balsamic Blood Thinner Choleretic Digestive Hepatic Hypolipidemic Oxytotic Skin Toner Styptic	Allergic Anesthetic Antiarthritic Antidiabetic Antihistamine Antimutagenic Antirheumatic Antithrombotic Aromatic Bitter Carminative Circulatory Galactagogue Hepatoprotective Immunomodulator Platelet Aggreg... Stimulant Therapeutic

**Nutrients in Turmeric****Turmeric 4****Most Effective****Effective**

Curcumin	Potassium	
Alkaloids	Alpha Phel...	Alpha Pinene
Alpha Terpineol	Arabinose	Arturmerone
Ascorbic Acid	Ash	Azulene
Beta Carotene	Beta Pinene	Borneol
Boron	Caffeic Acid	Calcium
Camphene	Camphor	Caprylic Acid
Carbohydrate	Carvone	Caryophyllene
Choline	Cineole	Cinnamic Acid
Copper	Curcumene	Curzerenone
Dietary Fiber	Diferuloyl...	Essential Oil
Eucalyptol	Eugenol	Fat
Fructose	Geraniol	Glutathione
Iron	Limonene	Linalool
Magnesium	Manganese	Oleo Resin
P Coumaric Acid	P Cymene	Phenolic C...
Phosphorus	Phytoestrogens	Phytosterol
Protein	Resins	Riboflavin
Sabinene	Salicylates	Selenium
Silicon	Sodium	Starch
Sucrose	Sugar	Syringic Acid
Terpene	Terpenoids	Terpinene
Terpineol	Turmerone	Vanillic Acid
Vitamin B ...	Vitamin B 3	Vitamin B 6
Vitamin B1...	Vitamin C	Vitamin E
Vitamin K	Zinc	Zingiberene

**Turmeric  
Combines With**

Adhatoda Vasica	Albizia Lebbeck	Aloe Vera
Arjuna	Banyan	Berberis Aristata
Bitter Apple	Black Mustard	Black Pepper
Boerhavia Diffusa	Boswellia	Brown Mustard
Calcium Carbonate	Cardamom	Carom
Cat's Claw	Cayenne	Chickpea
Chlorella	Cinnamon	Clove
Common Milk Hedge	Cucumber	Cumin
Cynodon Dactylon	Devil's Claw	Echinacea
Eclipta	Eleusine Indica	Embelia
Euphorbia Hyper...	Fennel	Flax
Garlic	Ginger	Ginkgo
Ginseng Korean	Goji Berry	Golden Shower
Guarana	Hemp Seed Oil	Honey
Horse Gram	Hyacinth Bean	Indian Madder
Jasmine	Land Caltrops	Marijuana
Milk	Milk Thistle	Olive Oil
Onion	Oregano	Picrorhiza Kurroa
Pineapple	Plumbago Zeylanica	Propolis
Psoralea	Red Sandalwood	Rhodiola
Sandalwood	Sappan Wood	Schisandra
Snow Lotus	Sodom	Spikenard
Spirulina	Sunflower	Sweet Flag
Tinospora Cordifolia	Triphala	Uraria Picta
Vitex Trifolia	Water Sprite	Wheat
Withania Somnifera	Woodfordia Fruticosa	

**Taste of Turmeric** Acrid, Bitter , Pungent, *Turmeric 5*

**Nature of Turmeric** Hot

**Parts Used** Rhizomes, Tuber, Root

#### **Side Effects, Risk Factors of, and Cautions for Turmeric**

It may cause allergies like Psoriasis or Dermatitis.

Avoid use during pregnancy. It may cause Abortion.

Avoid use of turmeric 15 days before a planned surgery.

Consult your doctor in case of Diabetes and Breast Cancer.

Avoid its use if taking other drugs. Turmeric may interact with prescription medication.

Avoid if you have Kidney stones, Gallbladder problems, Gastroesophageal reflux disease.

Prolonged usage might lead to Stomach Distress.

Avoid usage if suffering from obstruction of the Biliary Tract, as it promotes Bile Secretion.

#### **Drug Interaction:**

Using Turmeric and Clove together may reduce the desired actions of Turmeric.

#### **Sponsored Links**

#### **Description**

Turmeric is a rhizome.

It is perennial.

It belongs to the Ginger family.

It grows in a tropical climate.

The plant grows up to 1.5 M.

If you think you are unwell, no matter how seriously, and your disease has not been diagnosed, please take Turmeric for a month. This includes cancer.

Lets make it serious. **The moment your diagnosis includes the word ' Idiopathic ' , run for Turmeric. Because Turmeric cures well neigh everything.**

#### **In TCM :**

Turmeric Rhizome : Jiang Huang, Pian Jiang Huang

**Note :** The main active nutrient of Turmeric is "Curcumin". Curcumin is an essential nutrient that contains high level of Antiinflammatory and Antioxidant properties. But there are problems. First, Curcumin is not fully ingested by the small intestine mucosa. Second, normally Turmeric is being used as a spice. The quantity being consumed is not an adequate dose. Third, the problem is further compounded by the fact that Turmeric by itself does not dissolve in water. It dissolves well in fat. The answer is to mix turmeric with a little black pepper to make the absorption more effective. Black pepper acts as a catalyst. The synergistic effect increases the absorption considerably.

Combine Turmeric powder with 10% freshly ground black pepper. Dissolve in hot sesame oil and consume direct or as part of a vegetable. Make sure the oil does not smoke. Follow the intake with a glass of warm milk. Try tincturing it. The absorption increases many fold.

Meridians Associated : Lungs, Heart, Stomach, Spleen, Liver and Gallbladder.

Cancer Treatment : Breast, Skin,Colon, Stomach, Mouth and Prostate.

Some of the ways it fights cancer are:-

Inhibit Angiogenesis

Stimulate Apoptosis

Enhance Immune Surveillance

Inhibit Local Cancer Invasion



Inhibit Cancer Stem Cells  
Reduce Production of Adhesion Molecules

## Turmeric 6

<b>Origin</b>	India	Southeast Asia	
<b>Grown In</b>	India	Pakistan	Southeast Asia
<b>Common Names</b>	Acafrao Da...	Acafrao Da...	Acafroeira...

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### Sponsored Links

### Materia Medica : How to use Turmeric - Uses and Benefits

#### Turmeric General

Haldi is the Hindi name of Turmeric. It belongs to the Ginger family, Zingiberaceae. It is a herbaceous perennial plant, native to Southwest India.

Turmeric is widely used in Indian and Chinese Medicine systems for its health benefits. It is warm, slightly bitter in taste and has a peppery flavor. It is loaded with essential nutrients. It contains Proteins, Vitamins, Potassium, Calcium, Copper, Iron, Magnesium, Zinc and many more.

Turmeric is an excellent Antiseptic and Antibacterial herb. It is useful in sterilizing Cuts and Wounds. It boosts up the healing process.

Curcumin is the active ingredient in Turmeric. Curcumin is a polyphenol compound and acts as an anticancer agent. It fights Prostate Cancer and stops the development of metastases. Turmeric in combination with Cauliflower is super effective in reducing tumor growth in Prostate Cancer. It is also known to reduce pain and inflammation in people suffering from Slipped Disc. Curcumin prevents the leakage of fluid from the slipped disc and relieves inflammation.

Turmeric rhizome is aromatic and acts as a tonic. It restores normal functioning of the body system. It is beneficial in curing attacks of Hysteria.

Turmeric is a good herbal remedy for Breast Cancer. It destroys cancer cells without affecting normal breast cells.

Turmeric regulates level of Insulin and glucose in the body. It cures type 2 Diabetes. Turmeric may enhance the effect of diabetic medications. It may cause Hypoglycemia. Prior discussion with a Healthcare professional is a must.

It balances the level of Cholesterol and prevents occurrence of Cardiovascular Diseases.

Turmeric promotes growth of blood cells and cures Anemia.

The anti inflammatory and antioxidant effect of Turmeric is useful for a person suffering from Arthritis. Turmeric neutralizes free radicals and prevents damage to the cells. Thus, it relieves inflammation and pain of joints.

It refines the flow of oxygen to the brain and treats Alzheimer.

Turmeric aids smooth digestion and fat metabolism. It helps in stimulating bile formation and alleviates symptoms of Bloating and Gas. Turmeric taken with milk is helpful in preventing Intestinal Diseases.

Turmeric is effective for losing weight. The daily intake is useful in curing Obesity.

It is known as a golden herb for female reproductive system. It regulates Menstruation and relieves pain during Menses. The antispasmodic action is beneficial in treating Menstrual Cramps.

Leucorrhoea is a common problem in women. Leucorrhoea is a result of hormonal imbalance. Turmeric is useful in conquering the imbalance and treating Leucorrhoea.

It is a good source of Lipopolysaccharide that helps in boosting immunity. A healthy Immune system improves fight against Cold and Cough.

Turmeric is a cure for Hair problems. It helps to get rid of Dandruff and prevents Baldness. It promotes the growth of hair and treats scalp problems. It enhances blood circulation to the scalp and supply of nutrients to the hair follicles.

Ladies, are you looking for fair and glowing Skin? The answer is TURMERIC.

Turmeric is a wonderful herb that helps provides you a flawless Skin. It is a good exfoliating agent and reduces the signs of Aging. It peels off the dead skin and makes your Skin glowing. Turmeric is used from ancient times for Skin nourishment.

It purifies the blood and cures various Skin Diseases.

Caution : Avoid if you are having Gallbladder Disease like infection or stone, it may provoke the condition.

Keywords : Cuts, Wounds, Prostate Cancer, Breat Cancer, Cardiovascular Diseases, Diabetes, Hypoglycemia, Skin Diseases, Aging, Arthritis, Rheumatoid



Rheumatoid Arthritis, Bloating, Gas, Alzheimer, Intestinal Diseases, Cold, Cough, Menstrual Cramps, Leucorrhoea, Dandruff, Baldness, Anemia, Hysteria.

## *Turmeric 7*

### **Problem : Low bioavailability of Turmeric**

Curcumin is the active component of Turmeric. It is the main component behind the health benefits of Turmeric. However, the biggest problem with Turmeric is the low bioavailability of Curcumin.

Bioavailability is the actual amount of an herb or a drug that reaches the circulatory system. It is the amount of a substance that gets absorbed by the body. An herb with poor bioavailability will be poorly absorbed by the body and therefore have less healing effect. The factors behind the Low bioavailability of Turmeric are Low Serum Concentration, Low tissue distribution, rapid metabolism and Short half-life.

### **Methods to increase the bioavailability of Turmeric :**

#### **Method 1 ( Lehyam ) :**

Turmeric will not dissolve in Milk or water. If you take Turmeric with Milk or water it will not be absorbed by the body.

Turmeric is fat soluble. It will only dissolve in a fat. The best way is Lehyam. Make a Lehyam of Turmeric, Ghee ( Clarified Butter ) and Jaggery. Make in bulk. Consume 1 teaspoon daily with warm Milk. **Add some Black Pepper, Quercetin and Silibinin to the Lehyam.**

#### **Why Black Pepper?**

Black Pepper contains Bioperine. Bioperine is one of the best and easy ways to increase the absorption of Turmeric. Add a pinch of Black Pepper to Turmeric, when taking orally. Black Pepper increases the absorption of Turmeric by many folds.

#### **Why Quercetin?**

Quercetin is a flavonoid. Quercetin inhibits the activity of enzymes that make Curcumin inactive. Quercetin is found in apple, red grapes, broccoli, onion and citrus fruits. Mix Turmeric with Quercetin to preserve the benefits of Turmeric.

#### **Why Silibinin?**

Silibinin is found in Milk Thistle seeds. It increases the bioavailability of Turmeric.

#### **Method 2 ( Fermented Turmeric / Asava Arishta )**

Take 50 gram of Turmeric ( Haldi ) Rhizome, 50 gram of Lemon ( Nimbo ) juice. Put them in a glass jar. Add 75 gram of Sugar. Cover and keep away from Sunlight. Let it ferment for 72 hours. On the 4th day, Stir and strain. Allow to ferment for 45 days, so that yeast dissolves in the solution. Now the fermented Turmeric is ready to use.

**Note :** This method is like making wine. Fermented Turmeric may contain up to 6% of alcohol. This process is called Asava Arishta in Ayurveda.

#### **Method 3 ( Slaked Lime Turmeric ) :**

Take half kg of Turmeric ( Haldi ) root and 100 gms of Slaked Lime ( Chuna ). Crush them coarsely. Put them in a glass jar. Add 1.5 liter of water. Keep it for a week. After week, Stir. Add water, if mixture becomes thick. Again keep it for a week. After this week, repeat the prior process. Keep it for another 3rd week. After 3 weeks, Stir properly and strain. Dry the obtained Turmeric from straining. Grind. Now, the preparation is ready to consume.

#### **Method 4 ( Tincture Turmeric ) :**

Tincture enhances the bioavailability of an herb. A Tincture enters the blood stream within seconds of administration.

How to make a tincture? [Click here.](#)



**Uva Ursi Herb Uses, Benefits, Cures, Side Effects, Nutrients**

**Repertory**

**General Name** Uva Ursi  
**Glycemic Index / Load** Bearberry  
**Botanical Name** Arctostaphylos Uva Ursi  
**Homeopathic Name** Uva Ursi - Mother Tincture

**Uva Ursi Cures**

**Most Effective** Urinary Trac...  
**Highly Effective** Escherichia ... Kidney Disease  
**Effective** Bed Wetting Bloating Burns  
 Candidiasis Chilblain Cuts  
 Diuresis Dysuria Freckles  
 Gingivitis Gout Haematuria  
 High Blood P... Interstitial... Intestinal D...  
 Kidney Cyst Kidney Stones Low Back Pain  
 Lung Diseases Plague Prostatitis  
 Sore Throat Spleen Enlar... Urinary Prob...  
 Water Retention  
 Loin Pain

**Action of Uva Ursi**

**Effective** Alkaline Alterant Alterative  
 Antibacterial Anticatarrhal Antiinflammatory  
 Antilithic Antimicrobial Antiphlogistic  
 Antiseptic Antisycotic Antiviral  
 Astringent Cardio Tonic or... Circulatory  
 Digestive Diuretic Lithotriptic  
 Muscle Relaxant Styptic

**Nutrients in Uva Ursi**

**Effective** Aluminum Arbutin Beta Carotene  
 Beta Sitosterol Calcium Ellagic Acid  
 Flavonoids Gallic Acid Hydroquinone  
 Hyperin Iron Isoquercitrin  
 Magnesium Manganese Myricetin  
 Oleanolic Acid Phenolic Acid Phosphorus  
 Potassium Quercetin Quercitrin  
 Selenium Tannins Ursolic Acid  
 Vitamin A ... Vitamin B ... Vitamin B 3  
 Vitamin B1... Vitamin C Zinc

**Uva Ursi Combines With** Buchu Corn Couchgrass

**Taste of Uva Ursi** Astringent

**Parts Used** Leaves, Stems, Flowers, Berries

**Side Effects, Risk Factors of, and Cautions for Uva Ursi**

It may cause mild Nausea. Dizziness.

## Wheatgrass Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

General Name	Wheatgrass
Glycemic Index / Load	Wheatgrass
Botanical Name	Grass of Triticum Aestivum
Hindi Name	Gehu Ka Jawar

### Wheatgrass Cures

Super Effective	<b>Cancer</b>		
Most Effective	Kidney Disease	Kidney Stones	
Highly Effective	Anal Fissure	Lung Cancer	Penile Cancer
Effective	Abscess	Acid Reflux	Acne
	Aging	Anemia	Anorexia
	Athlete's Foot	Blood Cancer	Blood Disorders
	Blood Impurity	Blurred Vision	Body Odour
	Breast Cancer	Burns	Candida Albi...
	Carcinoma	Caries	Cataract
	Colitis	Colon Cancer	Cuts
	Dandruff	Dark Circles...	Dental Diseases
	Diarrhea	Dull Skin	Eye Diseases
	Fatigue	Freckles	Gastrointest...
	Gingivitis	Gray Hair	Gum Diseases
	Heavy Metal ...	High Cholest...	Indigestion
	Infertility	Insect Bites	Itching
	Liver Cancer	Low Platelet...	Obesity
	Osteoporosis	Pain	Pancreatic C...
	Psoriasis	Rectal Infla...	Scars
	Skin Rashes	Sore Throat	Stomach Cancer
	Stomach Prob...	Stress	Sunburn
	Thalassemia	Thyroid Prob...	Toothache
	Ulcerative C...	Varicose Veins	Wrinkles

### Action of Wheatgrass

Most Effective	Alkaline	Anticancer	
Effective	Antiaging	Antianemic	Antidiabetic
	Antiinflammatory	Antioxidant	Antirheumatic
	Antiseptic	Blood Purifier	Detoxicant
	Digestive	Immunity Booster	Rejuvenative
	Stimulant		

### Nutrients in Wheatgrass

Effective	Amino Acids	Amylase	Ascorbic Acid
	Calcium	Carotene	Chlorophyll
	Copper	Enzymes	Fiber
	Iron	Magnesium	Minerals
	Molybdenum	Phosphorus	Potassium
	Protease	Protein	Selenium
	Sodium	Vitamin A ...	Vitamin B 12
	Vitamin C	Vitamin E	Vitamins
	Zinc		



## **Materia Medica : How to use Wheatgrass - Uses and Benefits**

### **Wheatgrass General**

Wheatgrass is very effective herbal remedy for a number of diseases. It is antiseptic, Antiinflammatory, Antibacterial and Immunomodulator. It is rich in nutrients. It contains Vitamin A, B Complex, C, E, I and K. It is rich in Protein, Antioxidants as Flavonoids and Phenolic Acid and Amino acids. It contains 70% Chlorophyll in it. Chlorophyll is good in building Blood.

Wheatgrass is super effective herbal remedy for Cancer.

It boosts the Body metabolism. It helps in oxygenating the Body. It rebuilds the Blood. It rebuilds the damaged tissue. It alkalizes the Body.

It is effective in ceasing the graying of Hair and Dandruff. It combats Headaches. It keeps away Eye infections.

It is helpful in keeping Pyorrhea, Gum infections, Toothache and Tooth Decaying at bay.

Its juice eases Throat irritation. It eradicates Body Odour.

It combats Ageing. It heals Wounds rapidly and cures Eczema, Ivy Poisoning, Psoriasis, Acne, Scars and Skin Infections.

It is favourable in treating Blood disorders like Anemia and Thalassaemia. It improves the RBC production.

Wheatgrass cures Cough, Bronchitis and Influenza which cause Breathing trouble.

It is beneficial in minimizing High Blood Pressure and maintaining the degree of Cholesterol.

It efficiently curbs Blood Sugar. It is a valuable remedy for combating the major trouble of Obesity. It is advantageous in refining the process of Digestion and soothing Peptic Ulcers.

It helps in Liver cleansing thus, eliminates metallic substances and toxins from the Body.

Wheatgrass counters Constipation. It efficiently cures Infertility. It eradicates Stones from the Kidneys.

It makes Immune system strong and escalates the tolerance power.

It arrests the inflammation of the Colon as an outcome of Ulcerative Colitis. It keeps a check on Urinary infections and improves the Urine flow.

Being Anti inflammatory, it alleviates Swelling, Gout and Arthritic Pain.

Caution : Consult a doctor before consuming it.

Keywords : Premature Graying, Headache, Eye Problems, Dental Problems, Throat infection, Skin Problems, Body Odour, Anemia, Thalassaemia, Respiratory Problems, High Blood Pressure, High Cholesterol, Diabetes, Obesity, Cancer, Digestion Problems, Liver Problems, Kidney Stones, Immunity Booster, Colon Inflammation, Joint Pain, Constipation, Infertility, Urine Problems.

### **Single Herb**

#### **Wheatgrass for [Cataract](#)**

Extract the juice from the leaves of Wheat grass. Take 1/4th cup, twice a day.

Or: Purchase Wheat grass capsules from the market.

#### **Wheatgrass for [Body Odour](#)**

Drink 2 cups of Wheatgrass juice in a day.

#### **Wheatgrass for [Kidney diseases](#)**

Drink Wheatgrass juice twice a day.

#### **Wheatgrass for [Toothache](#)**

Drink 1 cup Wheatgrass juice once a day. It helps in killing mouth bacteria.

#### **Wheatgrass for [Blood Cancer](#)**

Extract the juice of Wheatgrass. Take 2 tablespoons twice a day.

#### **Wheatgrass for [Baldness](#)**

Take a glass of Wheatgrass juice once a day and also apply it on your scalp. It will speed up your hair growth and will help you to attain silky and shiny hair.

#### **Wheatgrass for [Anemia](#)**

Drink half glass of Wheatgrass juice daily.

OR : Powder dried Wheatgrass. Have one teaspoon powder with normal water.

#### **Wheatgrass for [Obesity prevention](#)**



## White Willow Bark Herb Uses, Benefits, Cures, Side Effects, Nutrition

### Repertory

General Name	White Willow
Glycemic Index / Load	White Willow
Botanical Name	Salix Alba, Salicaceae Family
Hindi Name	Bed Sada
Chinese Name	Bai Liu

### White Willow Bark Cures

Most Effective	Angina		
Highly Effective	Bursitis Fibromyalgia Migraine	Crohn's Disease Frozen Shoulder Pain	Fever Headache Warts
Effective	Acid Reflux Bone Disloca... Carpal Tunne... Colic Dandruff Facial Neura... Gout Joint Pain Low Back Pain Nerve Pain Osteoarthritis Slip Disc Toothache	Allergy Bunion Cervical Spo... Cramps Difficult Me... Gastroenteritis Infections Kidney Disease Lupus Neuralgia Osteoporosis Stomach Prob... Urinary Trac...	Autoimmune D... Burns Chills Cuts Digestive Di... Gastrointest... Insanity Kidney Failure Muscular Pain Obesity Rheumatoid A... Tonsillitis

### Action of White Willow Bark

Highly Effective	Analgesic	Immunity Booster	
Effective	Alterative Anthelmintic Antiinflammatory Antirheumatic Astringent Cooling Diuretic Stimulant	Anodyne Anticancer Antiperiodic Antiseptic Bitter Diaphoretic Febrifuge Tonic	Anorectic Anticoagulant Antipyretic Antispasmodic Brain Enhancer Digestive Nervine Vulnerary

## Nutrients in White Willow Bark

Highly Effective	Salicylic Acid	Tannins	
Effective	Apigenin	Beta Carotene	Calcium
	Catechin	Flavonoids	Glycosides
	Iron	Isoquercitrin	Lignin
	Magnesium	Manganese	P Coumaric Acid
	Phenolic G...	Phosphorus	Potassium
	Quercetin	Rutin	Salicin
	Selenium	Vitamin B ...	Vitamin B 3
	Vitamin B1...	Vitamin C	Zinc

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<b>White Willow Bark Combines With</b>	Angelica	Boneset	Common Marshmallow
	Elder	Gentiana Lutea	Plantain
	Yellow Dock		

**Taste of White Willow Bark**  
Bitter

**Parts Used** Bark, Leaves

### Side Effects, Risk Factors of, and Cautions for White Willow Bark

Avoid use during pregnancy and breast feeding .

It is unsafe for children when used for viral infections such as cold and flu .

Avoid consumption if allergic to Aspirin.

Avoid if you are using any blood thinner medication.

Excessive consumption may cause Gastric Erosion, Cardiac problems, Nausea, Heartburn and Diarrhea.

### Sponsored Links

### Description

White Willow is a tree.

It is deciduous.

It grows in a temperate climate.

It grows up to 30 M.

Best used for Analgesic action.

## **Materia Medica : How to use White Willow Bark - Uses and Benefits**

### **White Willow General**

White Willow is known as Natural Aspirin. It is a wonderful herb that gives relief from the Pain. Salicylate Glycoside is an active compound in White Willow. It possesses Anti Inflammatory effect. It slows the pain flowing in the Nervous System. It treats the cause of inflammation. It is recommended for Arthritis and Bursitis. It eases the Inflammation in the Joints and the Tendons.

It gives relief from all kind of body aches as Headache, Muscle Ache, Muscles Cramps and Back Ache.

It reduces Toothache and Inflamed gums. It is beneficial in healing Mouth Ulcers and Sores.

It enhances the beauty of the Skin. It is also effective when applied on Cuts, Wounds, and Burns.

The Antiviral and Antibacterial properties of this herb helps to combat the infectious diseases.

It has a cooling fact that helps to lower the Body temperature in Fever.

It is an excellent herb for Neuralgia, Cardiovascular Disorders, and Carpel Tunnel Syndrome.

It eases the painful menses and enhances the blood flow.



## Artemisia Absinthium Herb Uses, Benefits, Cures, Side Effects, Nutrients

Repertory [Wormwood Essential Oil](#)

General Name	Artemisia Absinthium
Glycemic Index / Load	Wormwood, Old Woman
Botanical Name	Artemisia Absinthium
Hindi Name	Nagdaun
Homeopathic Name	Absinthium Artemisia - Mother Tincture

### Artemisia Absinthium Cures

Most Effective	Ascaris	Digestive Di...	
Highly Effective	Anemia Liver Diseases Tapeworms	Candida Albi... Melancholia	Indigestion Spermatorrhea
Effective	Achlorhydria Anorexia Bad Breath Blemishes Bruises Cancer Crohn's Disease Delirium Elephantiasis Fever Fracture Gastroenteritis Infections Itching Low Back Pain Migraine Pain Rheumatism Stings Tremors Ulcers  Threadworms	Alcoholism Arthritis Belching Blood Cancer Burns Carcinoma Cryptosporid... Depression Entamoeba Flatulence Gallbladder ... Head Lice Insect Bites Jaundice Malaria Muscle Sprains Paralysis Scabies Stomach Ache Tuberculosis... Wounds	Angina Asthma Biliousness Breast Cancer Bursitis Convulsions Debility Dysentery Epilepsy Flu Gastric Catarrh Hepatitis Insomnia Labour Pains Menstrual Di... Neuralgia Phlegm Schistosomiasis Stress Typhoid



## Action of Artemisia Absinthium

<b>Most Effective</b>	Stomachic		
<b>Highly Effective</b>	Anthelmintic Digestive	Cardio Tonic or... Emmenagogue	Depurative
<b>Effective</b>	Alterative Antibacterial Antifungal Antiparasitic Antiseptic Appetizer Bitter Cholagogue Disinfectant Insecticidal Oxytocic Sedative Tonic	Analgesic Antibilious Antigalactagogue Antiperiodic Antispasmodic Aromatic Brain Enhancer Deobstruent Diuretic Narcotic Parasiticide Skin Toner Vermifuge	Anesthetic Antidepressant Antiinflammatory Antipyretic Aphrodisiac Astringent Carminative Diaphoretic Febrifuge Nervine Purgative Stimulant Vulnerary

## Nutrients in Artemisia Absinthium

<b>Effective</b>	Acetic Acid Bitter Glu... Chamazulene Flavonoids P Coumaric Acid Pinene Rutin Starch Vanillic Acid	Azulene Borneol Chlorogeni... Isoquercitrin Phellandrene Potash Salicylic Acid Tannins Vitamin C	Beta Carotene Cadinene Cineole Lignans Phenolic Acid Resins Salts Thujone Volatile Oil
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<b>Artemisia Absinthium Combines With</b>	Agrimony	Black Walnut	Vinegar
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<b>Taste of Artemisia Absinthium</b>	Bitter, Astringent,
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<b>Parts Used</b>	Leaves, Roots, Whole Plant
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## Side Effects, Risk Factors of, and Cautions for Artemisia Absinthium

It may cause Nausea and diarrhea.

Large doses or prolonged use may prove toxic.

Avoid usage in case of Pregnancy or Breast Feeding.

Use not recommended, if suffering from Seizure Disorder.

## Artemisia Annua Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

General Name	Sweet Wormwood
Glycemic Index / Load	Sweet Wormwood
Botanical Name	Artemisia Annua
Chinese Name	Qing Hao, Qinghao,
Homeopathic Name	Artemisia Annua - Mother Tincture

### Artemisia Annua Cures

Super Effective	<b>Anal Cancer Cancer Esophageal Canc... Liver Cancer Stomach Cancer</b>	<b>Blood Cancer Cervical Cancer Hodgkin's Disea... Prostate Cancer Uterine Cancer</b>	<b>Breast Cancer Colon Cancer Kidney Cancer Skin Cancer</b>
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Most Effective	Malaria		
Effective	Anhidrosis Bleeding Ext... Difficult Me... Eye Diseases Flatulence Headache Jaundice Nose Bleed Stomach Ache	Anorexia Bruises Dipsia Eyes Bloodshot Gallbladder ... High Blood P... Muscle Sprains Psoriasis Tuberculosis...	Bad Breath Chills Dizziness Fever Head Lice HIV/AIDS Nausea Scabies

### Action of Artemisia Annua

Most Effective	Anticancer Antimutagenic Antiviral Depurative	Antifungal Antioxidant Carminative Nervine	Antimalarial Antispasmodic Cholagogue
Effective	Analgesic Antipyretic	Antibacterial Antirheumatic	Antiparasitic Immunity Booster

### Nutrients in Artemisia Annua

Most Effective	Artemisinin		
Effective	Flavonoids	Iron	Sesquiterp...
<b>Artemisia Annua Combines With</b>	Anemarrhena Bupleurum Chrysanthemum Gardenia Lotus Plantago Stellaria Dichotoma	Artemisia Scoparia Cassia Obtusifolia Clove Gentiana Macrophylla Paeonia Suffruticosa Rehmannia Talcum	Black Walnut Catechu Cynanchum Atratum Goji Berry Pinellia Skullcap

<b>Taste of Artemisia Annua</b>	Bitter, Acrid
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## Description

Sweet Wormwood is a plant.

It is an annual.

It grows in a temperate climate.

It grows up to 2 M.

Fresh Herb is best.

Best used for Malaria Fever.

### In TCM :

Sweet Wormwood Seed : Qing Hao Zi

Meridians associated : Kidney, Liver and Gallblader.

It Clears heat.

### Note.

To make it three times more effective against Cancer, combine it with Iron.

**Origin** China

**Grown In** China

**Common Names** Absinthe S... Ajenjo Dulce Ajenjo Sil...

[+ More](#)

## Sponsored Links

### **Materia Medica : How to use Artemisia Annua - Uses and Benefits**

#### **Sweet Wormwood General**

Sweet Wormwood is a good remedy for Malaria. It kills the Malaria causing parasites.

It is effective for Breast Cancer. It kills the Iron enriched Breast Cancer cells.

It eliminates Intestinal Worms. It fights Bacterial strains as E.Coli, Candida and Salmonella.

Wormwood is good for people suffering from Crohn's disease. It decreases and eliminates the need for steroids in Crohn's disease patients. It improves the mood and quality of life.

It gives relief from swelling and inflammation associated with Arthritis, Food Poisoning and Cold.

It is an effective remedy for Anorexia, Insomnia, Flatulence, Stomach Ache, Jaundice, Indigestion and Lack of Appetite.



## Yellow Dock Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

General Name	Yellow Dock
Glycemic Index / Load	Yellow Dock
Botanical Name	Rumex Crispus
Hindi Name	Churka
Chinese Name	Chin Choa Mai
Homeopathic Name	Rumex Crispus - Mother Tincture

### Yellow Dock Cures

Super Effective	<b>Convalescence</b>		
Most Effective	Anemia Sexually Tra...	Cough Tuberculosis...	Liver Diseases Urinary Inco...
Highly Effective	Acne	Bronchitis	Otorrhea
Effective	Age Spots Baldness Brittle Nails Candidiasis Cholera Cyst Difficult Me... Freckles Heart Disease Hepatitis Infections Kidney Failure Menstrual Di... Psoriasis Sickle Cell ... Steatorrhea Urticaria	Anorexia Blocked Nose Bronchiectasis Chicken Pox Corns Dental Absce... Eclampsia Frizzy Hair Heavy Menstr... Hepatitis A Itching Laryngitis Nose Bleed Respiratory ... Small Pox Stomach Ache Uterine Fibr...	Aphonia Blood Impurity Bruises Chilblain Coryza Depression Emphysema Gallbladder ... Heavy Metal ... Hodgkin's Di... Kidney Disease Lung Diseases Phimosis Scabies Sore Throat Syphilis
	Lymphatic Conqe...		

### Action of Yellow Dock

Most Effective	Alterative	Blood Tonic	
Highly Effective	Alterant Laxative	Aperient	Depurative
Effective	Anticancer Astringent Cholagogue Diuretic Immunity Booster Purgative Tonic	Antiinflammatory Bitter Detoxicant Emmenagogue Liver Tonic Skin Toner	Antioxidant Blood Purifier Digestive Hepatoprotective Nutritive Styptic

## Nutrients in Yellow Dock

Effective	Anthraquinones Calcium Chrysophan... Hyperoside Magnesium Nickel Physcion Quercitrin Selenium Tannins Vitamin B 3 Zinc	Beta Carotene Calcium Oxalate Chrysophanol Iron Manganese Oxalic Acid Potassium Rhein Sodium Vitamin A ... Vitamin B1...	Beta Sitosterol Catechin Emodin Kaempferol Minerals Phosphorus Quercetin Rutin Tannic Acid Vitamin B ... Vitamin C
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<b>Yellow Dock Combines With</b>	Bittersweet Oregon Grape Sassafras	Blue Flag Roselle Vanilla Planifolia	Fennel Sarsaparilla White Willow
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**Taste of  
Yellow Dock** Bitter, Sour

**Parts Used** Roots, Seeds, Leaves

### Side Effects, Risk Factors of, and Cautions for Yellow Dock

Avoid use during Pregnancy, Breast feeding.

Excess may cause Gastric Problems, Nausea, Skin Problems Cramping and Diarrhea.

Its leaves should not be used for preparing Soups or Salads. It might be Toxic.

### Sponsored Links

### Description

Yellow Dock is a plant.

It is perennial.

It grows in a Humid climate.

It grows up to 1.5 M.

Best used for Liver Diseases, Sexually Transmitted Diseases.

The **Alterative** action of Yellow Dock is most suited to the **Lower Gastrointestinal Tract**.

## Materia Medica : How to use Yellow Dock - Uses and Benefits

### **Yellow Dock General**

Yellow Dock root is used medicinally. The leaf stalks are used in salads. It is a Laxative and Tonic. It is a Blood purifier and Liver Detoxifier.

It is a powerful Blood cleanser and Lymph cleanser. It stimulates the Bile production and eases Digestion. It stimulates the Bowel movement.

It treats the problem of Constipation. It stimulates peristalsis and increases the mucous production in the Body. Being Diuretic, it is a natural remedy for water retention, Inflammation of the Bladder and Urinary Stones.

It is an Antioxidant. It slows down the oxidative damage and prevents free radical damaging.

It is a Digestive aid. It alleviates Stomach Acid, Heartburn and Indigestion.

It increases the frequency of Urination and remove the toxins from the Body.

It cures pain and inflammation of Nasal passages and Respiratory Tract.

It is also treats Bacterial Infections and Sexually Transmitted Diseases.

Dock leaves are rich source of Vitamin A, Vitamin C, Iron and Potassium.

It is used for treating Anemia, Diarrhea. Large doses may also cause Diarrhea.

Yellow Dock is used to cure Skin diseases.



## Yohimbe Herb Uses, Benefits, Cures, Side Effects, Nutrients

### Repertory

General Name	Yohimbe
Glycemic Index / Load	Yohimbe
Botanical Name	Pausinystalia Yohimbe
Homeopathic Name	Yohimbinum - Mother Tincture

### Yohimbe Cures

Most Effective	Anorgasmia	Impotence	Libido Loss ...
Highly Effective	Depression		
Effective	Andropause	Angina	Atherosclerosis
	Chest Conges...	Diuresis	Dry Mouth
	Erectile Dys...	Fatigue	Heavy Menstr...
	High Cholest...	Huntington's...	Itching
	Leprosy	Libido Loss ...	Neuralgia
	Obesity	Palpitation	Restlessness
	Sexual Debility	Stress	Urethritis
	Priapism		<a href="#">Less</a>

### Action of Yohimbe

Most Effective	Aphrodisiac	Stimulant	
Effective	Anesthetic Antioxidant	Antidepressant	Antidiuretic

### Nutrients in Yohimbe

Effective	Ajmaline Monoterpene	Corynantheine Tannins	Indole Alk... Yohimbine
<b>Yohimbe Combines With</b>	Damiana Passion Flower	Ginseng Korean Saw Palmetto	Muiru Puama

### Taste of Yohimbe

<b>Parts Used</b>	Bark
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### Side Effects, Risk Factors of, and Cautions for Yohimbe

Avoid use if you are Pregnant or Breast Feeding.

Use not recommended if suffering from High/Low Blood Pressure, Depression, Heart Disease, Stomach Ulcers or Psychiatric Disorders.

Over Dose may cause Rapid Heart Rate, High Blood Pressure, Over stimulation, Insomnia. It may even cause Death.