Herbs for Menstrual Cramps
Painful menstrual period cramps are a nuisance for some and debilitating for others. Painful menstruation, in fact, is the top cause of lost time from work or school for females in their teens and early 20s, according to the University of Maryland Medical Center (UMMC). The pain can last for several days. Some women turn to the pharmacy for relief. Women who want a more natural remedy, however, have several herbal options.

Peppermint

Peppermint's calming and numbing effect makes it useful for treating menstrual cramps as well as headaches, diarrhea and flatulence, according to UMMC. These same qualities may make it useful for treating the irritable bowel syndrome symptoms that sometimes accompany menstrual cramps. However, study results for this use are mixed, reports the UMMC. Peppermint can be taken as tea, with 1 tsp. loose leaves or a tea bag steeped in 1 cup hot water for about 10 minutes. A person can drink four to five cups of this tea daily. Peppermint also comes in capsules that can be taken up to three times a day.

Bilberry

Bilberry is used to treat menstrual cramps, according to the National Center for Complementary and Alternative Medicine. Bilberry is effective thanks to its anthocyanidins, chemicals that have muscle-relaxing properties, according to James Duke's "The Green Pharmacy." The fruit of this plant can be eaten, taken as an extract or used to make tea. Although herbalists recommend this herb, scientific evidence is scanty, advises NCCAM. Using bilberry should be discussed with a health practitioner because too high of doses can have possibly toxic side effects. Generally, 80mg to 120mg twice a day of the standardized extract is considered safe, according to the UMMC.

Ginger
Use ginger to alleviate menstrual cramps because it has six pain-relieving compounds as well as six anti-cramping compounds, Duke recommends. Ginger frequently is used to treat inflammation, according to the UMMC. Duke recommends utilizing ginger tea. Fresh ginger root can be used to make the tea, or premade tea bags are available. Steep 2 tbsp. ginger root in hot water for at least 10 minutes to make a tea, which can be consumed up to three times daily, advises the UMMC.
Herbs For Sinus Congestion - Sinusitis Herbal Remedies

The cold that lingers may not be just a cold. The congestion and headache may be signs of a sinus infection. Overuse of decongestant nasal sprays, smoking, and swimming or diving can also increase your risk of getting sinusitis. Sinus infections can be either acute or chronic. An acute sinus infection follows on the heels of a cold or a bout of hay fever. Chronic sinus infections persist for three months or longer.

One of the best kitchen remedies for congested sinuses is horseradish. It contains therapeutic sulfur-containing compounds that kill germs while it opens up the sinuses. Stinging nettle contains natural antihistamines and anti-inflammatories (including quercetin), that open up constricted bronchial and nasal passages and may be one the best herbal remedies to other remedy to clear nose & sinus type allergies symptoms.

Herbal remedies for sinus congestion include drinking teas, using
baths and foot baths and steam inhalations. Aromatherapy is therapeutic for sinus headaches because of the duel actions of the anti-bacterial, and anti-inflammatory properties of the oils and the relaxing, calming effect they have on the mind. Some good oils to use in a steam inhalation would be anise, eucalyptus, peppermint and juniper.

### Sinus Herbal Remedies

#### Bromelain Capsules

Bromelain is available in extract form. When it is used by itself, as much as 50 percent of the medication is passed out of the digestive tract.

#### Cajeput and Sage Room Disinfectant spray

This room disinfectant is powerful enough to kill germs in a sick room, and smells good enough to use in any room that needs a breath of fresh air.

#### Cat's Claw tinctures

Cats claw is an immune system stimulant, anti-inflammatory and analgesic herb from Amazon region.

#### Cinnamon for infections

Whole cinnamon, taken in tea or tincture form, is an effective treatment for yeast infections that are resistant to treatment.

#### Clogged Sinuses Headache

For brave souls only: Put a bitty small pinch of cayenne powder in
the tip of your nose and snort it in. This will cause a short-lived burning.

**Echinacea and Oregon Grape Sore Throat Spray**

This simple homemade spray provides both topical and therapeutic relief from sore throat pain, and upper respiratory infections.

**Eyebright eye wash**

Eyebright herb relieves inflammation caused by colds, sinus infections, and allergies. A simple infusion in water of 1 oz of the herb.

**Horehound tea**

For an ordinary cold, a simple infusion of horehound is generally sufficient in itself to ease sinus congestion and chesty coughs.

**Old world cold tea**

Combined with yarrow and mint, elder flowers and berries are specific for the treatment of colds and flu. This is a great tasting tea.

**Sinusitis yarrow tea foot bath**

For sinusitis, use a foot bath of two cups of yarrow tea with a few drops of essential oil of eucalyptus.

**Thyme tea**

Wild thyme tea is recommended for cough, hangover, flu, and sore throat. Thyme has primarily been used respiratory ailments for its infection-fighting.
Muscle spasms, sometimes called muscle cramps, occur when a muscle painfully contracts. If a muscle is injured or overused, this often causes muscle spasms, according to MedlinePlus. Being dehydrated, or having low levels of calcium or potassium may also cause muscle spasms. Certain medical conditions may also cause this painful condition, such as alcoholism, kidney failure, metabolic
problems, hypothyroidism, certain medications and pregnancy, according to MedlinePlus. Before using any herbs for muscle spasms, be sure to consult a doctor.

**Celery Seed**

Celery seed is a plant that can grow to two to three inches in height and has little white flowers on it. The seeds are in the flowers. This herb is most often used as a diuretic, but may also be useful for treating muscle spasms, inflammation, arthritis, gout and calming the nerves, according to the University of Maryland Medical Center. This herb should not be taken by those with kidney inflammation and pregnant women. Celery seed may interact with blood-thinning medications and diuretics.

**Goldenrod**

Goldenrod is a perennial with yellow flowers that typically bloom between the months of August and September. This herb is most known for its purported use as a topical wound healer. However, it may also be beneficial for arthritis, gout, inflammation, kidney stones, high blood pressure and muscle spasms. This herb may cause heartburn. It is contraindicated for patients with kidney disease, heart disease, high or low blood pressure, pregnancy, osteoporosis and breastfeeding women, according to the University of Maryland Medical Center. Goldenrod may interact with lithium and diuretics.

**Rosemary**

Rosemary is a common cooking spice that has a variety of purported health benefits. Such benefits may include treating indigestion, hair loss, joint pain, muscle spasms and pain, and improving concentration or memory, according to the University of Maryland Medical Center. Consuming too many rosemary leaves may cause vomiting, coma, spasms and fluid in the lungs. Pregnant women and those with ulcers, ulcerative colitis, high blood pressure and Crohn's
Rosemary may interact with blood-thinning medications, diuretics, diabetes medications, ACE inhibitors and lithium.

Wild Yam

Wild yam is a tuberous vine that twines, that is often found in thickets and damp woodlands. The leaves are heart-shaped and this plant has little clusters of greenish-yellow or greenish-white flowers. In general, this herb has been used to treat muscle spasms, asthma and inflammation. Those with a history of hormone-related cancer, either personal or family, and those who are nursing or pregnant should avoid this herb, according to the University of Maryland Medical Center. This herb may interact with birth control pills or hormone replacement therapy.

Yarrow

Yarrow is a plant with white flowers, that spreads rapidly, found along roadsides and in meadows. This herb has a variety of uses, including helping to alleviate muscle spasms, heartburn, fever, menstrual pain and cramps, infection and inflammation. This herb is available as a fresh or dried herb, liquid extract, tablet, tincture or capsule. Women who are pregnant should avoid this herb, and it may make increase the skin's sunlight sensitivity. Yarrow may interact with stomach acid-reducing medications, high blood pressure medications, barbiturates, insomnia medications, anticonvulsants and benzodiazapines, according to the University of Maryland Medical Center.
Natural Remedies for Vertigo

Treatment of vertigo depends on the cause and severity of attacks. A very common form of treatment is known as vestibular rehabilitation exercises which involve lying down on a table on one side until the vertigo subsides and then switching to the other side until vertigo disappears completely. Medications such as Benadryl or Valium may either be taken orally, with a skin patch or given through an IV. If vertigo is caused as a result of a bacterial infection of the middle ear, antibiotics may be administered. More severe episodes of vertigo may also require surgery.

Massage therapy can also relieve the symptoms of vertigo. Though an overall massage is extremely beneficial, some individuals feel the most relief when massage concentration is on the head. Natural remedies can also provide symptomatic relief of dizziness and nausea associated with vertigo and improves inner ear balance. Herbal remedies containing homeopathic ingredients may be taken at the first sign of symptoms and are safe to use for people of all ages.
Homeopathic ingredients such as Cocculus indicus, Lobelia inflata and Gelsemium have proven to highly effective in relieving the symptoms of dizziness, weakness, fainting, fatigue, headaches and emotional upsets. Bryonia alba may be beneficial for headaches, and for individuals who perspire where the slightest movement may be disturbing. In addition, flower essences are effectual for those suffering from the symptoms of vertigo, as they are a perfect complement to all other remedies and immediately absorbed into the system.

Natural Remedies for Vertigo during Pregnancy

Pregnant women who suffer from vertigo may find it hard to come up with a good solution for ridding themselves of the symptoms of vertigo. However, there are simple things you can do like, avoid standing for long periods of time and eat regularly throughout the day to keep blood sugar in check, avoid hot baths. For women in the third trimester, avoid lying on your back and eat foods rich in iron.

Alternatively, homeopathic ingredients are safe and effective for pregnant women. Homeopathic ingredients Tabacum and Cocculus indicus both help to rid the symptoms of vertigo. Before introducing homeopathic remedies into your diet, please consult with your physician.
Antibacterial Herbs: Fight Infections And Kill Bacteria

Many herbs and oils are natural antibacterial agents and may be used as teas, skin washes, and made into salves. Some of the most effective herbs contain berberine - goldenseal and Oregon grape root are two of the most widely used. Herbs that contain essential oils are antibacterial and antiseptic.

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<tr>
<th>Common Name</th>
<th>Botanical Name</th>
<th>Other Names</th>
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<tr>
<td>Ajwain Seed</td>
<td>Trachyspermum ammi</td>
<td>Ajwan, Ajwon</td>
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Herbaceous annual: The high concentration of essential oils in ajwain seeds, primarily thymol, give them an aroma and flavor resembling thyme, with a stronger bite...

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<th>Common Name</th>
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<tr>
<td>Alfalfa</td>
<td>Medicago sativa L.</td>
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Perennial Plant: Alfalfa is not recommended as primary treatment for any condition, alfalfa is a tonic herb, one that supports health by nourishing

**Coconut oil** raises your metabolic rate, helping to fight fatigue and promote weight loss.

**Cinnamon** is an up and coming treatment for diabetes.
the body. Alfalfa is of special interest to women because of its estrogenic activity.

**AllSpice**  *Pimenta officinalis*  *Pimento, Jamaica Pepper*

Tropical Tree: Allspice tastes like a combination of cloves, juniper berries, cinnamon and pepper. Adding allspice to herbal teas, as well as foods aids in digestion...

**Aloe Vera Gel**  *Aloe vera*

Tender Perennial succulent: The leaf juices of the aloe plant have important medicinal uses, making aloe one of the most respected medicinal plants found in many gels, creams and lotions...

**Andrographis**  *Andrographis paniculata*  *Creat, chuan xin lian, Kan jang, Kalmegha*

Small annual shrub: Andrographis paniculata is an herb native to the Indian subcontinent and is used in Ayurveda, the ancient (before 2500 B.C.) Indian system of health care and longevity. Both the fresh and dried andrographis leaves, as well as the fresh juice of the wh...

**Anise Seed**  *Pimpinella anisum*  *Aniseed*

Annual: Sweet and very aromatic, anise is commonly used to break up congestion, ease coughing and relieve gas and indigestion...

**Anatto Seed**  *Bixa orellana*  *achiote, lipstick tree*

Tree: Anatto is widely used in Caribbean and Latin cuisines. Recado rojo or achiote paste is a popular blend of spices from Yucatán region of Southern Mexico...

**Arjuna**  *Terminalia arjuna*

: Arjuna is among the most frequently prescribed herbs for cardiovascular health in ayurvedic

weight control, and hypoglycemia.

**Turmeric** is connected to a reduced occurrence of cancers and has been shown to be an effective pain reliever in cases of rheumatoid arthritis.

**Milk thistle**
The silymarin contained in the milk thistle seeds acts to help the liver eliminate toxins, including alcohol.
Balm of Gilead

**Populus spp**  Poplar Buds

Evergreen tree: The dried, unopened buds of the poplar tree are used in ointments and skin treatments to reduce pain and inflammation.

**Barberry**  **Berberis vulgaris L.**  Huang Lian, Chinese Goldthread, Pepperidge-bush, Daru Haridra

Shrub: Both Chinese goldthread (native to the mountains of Szechwan province in China) and the barberry known in Europe and North America are rich natural sources of berberine. Compounds in these plants inhibit the COX-2 enzyme. Berberine-containing herbs t...

**Bayberry**  **Myrica cerifera**  Candleberry, wax myrtle

Shrub: Early American colonists used the wax covering the plants berries to make candles. Some research shows that bayberry contains astringent and antibacterial compounds. Myricitrin, the active antibiotic, encourages sweating, which can help break a f...

**Bee Balm, Wild Bergamot**  **Monarda didyma**  Scarlet Monarda, Oswego Tea, Bergamot, Horsebalm

Perennial herb: This species of mint has an aroma similar to the citrus Orange Bergamot, but the two are not related. A safe herb to use in both animals and humans. Like most mints, bee balm has a special affinity towards the digestive tract. Bee balm has excellent ...

**Bergamot Oil**  **Citrus bergamia**

Tree: The fresh, citrus scent of bergamot essential oil is beneficial for anxiety and depression, and very useful as an anti-infectious agent.

**Ginger**

Can be used safely to treat a wide range of health problems, from simple nausea to arthritis.

**Comfrey salves** are best know for the topical treatment of burns, cuts, flea and insect bites, and just about any skin problem.
**Bloodroot** Sanguinaria canadensis L
Herbaceous Perennial: Bloodroot's name is derived from the color of the reddish roots which contain the phytochemical sanguinarine- The red juice from the root is used externally in pastes and salves to remove warts, skin tags, and some skin cancers....

**Blue Cohosh** Caulophyllum thalictroides
Perennial herb: Blue cohosh is generally used in combination with other herbs, often black cohosh, to treat menstrual disorders. The herb is one of the traditional herbs often used to induce labor....

**Boldo** Peumus boldus Molina
Tree: The Incas used the herb to treat bladder and urinary tract infections, the same uses as you will find it recommended for today. Boldo leaves are used to treat bladder and urinary tract infections, gallbladder discomfort, gallstone...

**Boneset** Eupatorium perfoliatum
Common Thorough wort, Agueweed, Indian Sage: This Native American remedy for colds and fever was adopted by early settlers to America. Only the advent of aspirin displaced boneset as the popular choice for colds and fever....

**Buchu** Agathosma betulina
Woody perennial: The leaves of the buchu are an effective diuretic, are antimicrobial and anti-inflammatory. These medicinal properties make Buchu effective in the treatment of bladder infections, kidney infections, urinary tract infections (UTI). Buchu is also oft...
**Burdock root** Arctium lappa Niu Bang Zi, Go Bo, Gobo

Biennial: Burdock helps to cleanse the body from the inside out and is most useful in those conditions that can be traced back to liver disorders or a general overload of toxins in the system.

**Cajeput Oil** Melaleuca leucadendron, M. leucadendra Weeping tea tree, weeping paperbark

Tree: Cajeput essential oil has a sweet middle note and is very stimulating and warming with a penetrating, camphoraceous scent. Cajeput is a good inhalant oil for colds and sinus infections.

**Calamus root** Acorus calamus Sweet Sledge, Sweet Myrtle, Sweet Flag

Perennial wetland monocot: Sweet flag, or calamus has been in use worldwide in Asian European and Native American herbal traditions since the times of ancient Greece. Home herbalists should not use calamus internally.

**Calendula** Calendula officinalis Pot marigold

Perennial herbaceous plants: Calendula flower oil is one of the first herbs to consider in minor first aid applications. Particularly good treatment for cuts, scrapes, bruises, and minor wounds.

**Catuaba** Erythroxylum catuaba caramuru, catagu, catigu, catigua, chuchuhuasha, pau de reposta, or tatuaba

Tree: Catuaba is the most famous of the Brazilian aphrodisiac plants, noted for it's ability to strengthen erections.

**Cayenne Pepper** Capsicum minimum Capsicum, African Pepper, Chillies, Bird
Pepper
Tender perennial shrub: Capsicum, an extract from cayenne and other peppers, can dramatically reduce chronic nerve pain, and it is effective against chronic pain like arthritis and neuralgia...

Chaparral  Larrea tridentata  hediondilla, Shegoi
Desert Shrub: Chaparral has potent and long-lasting anti-inflammatory and analgesic effects in the treatment of arthritis. Chaparral herb should only be externally in baths, and the tincture can be used to make creams and lotions. Applied to the skin, chaparral ca...

Chrysanthemum
herbaceous perennial: We value the chrysanthemum for their burst of fall color that signals the approach of winter, but like many ornamental plants, chrysanthemums have an ancient reputation in the East as a medicinal plant.

Cinnamon  Cinnamomum zeylanicum, C. cassia  Cassia Bark, Sweet cinnamon
Evergreen Tropical Tree: Cinnamon is recommended for treating weak digestion, low appetite and stomach upsets. It has powerful antibacterial and antiviral properties and may help lower blood sugar....

Clove  Syzygium aromaticum
Tropical evergreen tree: Clove is an antibacterial, antiseptic and analgesic essential oil that is used to treat colds, viruses, and dental pain. Put a few
drops on a cotton ball for toothache...

**Coconut oil**  *Cocos nucifera*
tree: Coconut oil works wonders for dry and damaged skin, cuts, bruises, and speeds the healing while it fights infection. Coconut oil is different from other saturated fats because it is composed of medium-chain fatty acids, MCFAs.

**Copaiba Balsam**  *Copaifera Officinalis*
tropical tree: Copaiba is used topically to relieve inflammation and help heal athlete's foot, eczema and psoriasis, and heals damaged skin with minimal scarring. ...

**Coptis**  *Coptis spp*
perennial: Coptis root is used in much the same manner as other berberine containing herbs, barberry, goldenseal, and Oregon grape root....

**Couch grass**  *Agropyron repens*
Perennial Grass: Couch grass it valued by herbalists for its mucilage rich rhizome....

**Cranberry**  *Vaccinium macrocarpon*
berry: Cranberry may help reduce both urinary tract infections and the amount of dental plaque-causing bacteria in the mouth....

**Echinacea**  *Echinacea angustifolia*
Herb: There are dozens of dozens of biochemical
compounds that act in therapeutic synergy in this complex plant that support disease resistance in several ways...

**Elecampane**

Inula helenium

Wild sunflower, Horseheal, Yellow Starwort

Perennial composite plant: Elecampane has been used since the days of ancient Greece and Rome. Elecampane is known primarily as a respiratory tonic and is used to ease breathing.

**Eucalyptus**

Eucalyptus globulus

Eucalyptus tree: Eucalyptus is one of the best known cold and congestion remedies. Eucalyptus oil is also a good pain reliever for sore muscles and arthritis pain.

**Galangal Root**

Alpinia officinarum

Galanga, lesser galangal, Blue ginger, Chinese ginger

Tropical perennial: Galangal is a sub tropical Asian member of the Ginger family. Herbalists consider the galangal root antispasmodic and antibacterial, and recommend its use in cases of dyspepsia (upset stomach or indigestion)...

**Garlic**

Allium sativum

Poor Man's Treacle, Bawang, Bauang

Monocot Perennial: Readily available and inexpensive garlic may be the first line of defense in treating high blood pressure, and dealing with common skin and fungal infections.

**Goldenrod**

Solidago virgaurea

Woundwort, Aaron's rod, golden rod

Perennial flowering plant: This common wildflower is a traditional kidney tonic. Goldenrod's primary aspects are as an anti-inflammatory urinary tract antiseptic, and a treatment for upper respiratory catarrh.
**Goldenseal**  
*Hydrastis canadensis*  
Yellow Root  
Perennial herb: Goldenseal is a folk medicine staple widely used in many herbal salves and ointments as a contact disinfectant. The root contains berberine and hydrastine which give goldenseal its broad-spectrum and all-around antimicrobial might.

**Grindelia**  
*Grindelia spp*  
Gumplant, tarweed, rosinweed  
Scrub bush: Gridelia which grows wild in the Western states is better known as a external skin treatment for rashes, burns and insect bites. Gridelia was traditionally used for coughs and asthmatic conditions.

**Hibiscus**  
*Hibiscus sabdariffa*  
Roselle, rosemallow, Jamaica Sorrel, red sorrel, agua de Jamaica  
Perennial Tropical: Traditional cultures worldwide, from China to the Caribbean and the Americas have used hibiscus for medicinal teas. The calyx of the hibiscus flowers is used to make a wine red tea that is naturally high in Vitamin C, a natural antioxidant, and ...

**Holy Basil**  
*Ocimum sanctum*  
Tulsi, Tulasi, Indian Basil  
Herb: Holy Basil has been used for thousands of years the traditional medicinal of India, Ayurveda....

**Horseradish root**  
*Armoracia rusticana*  
Perennial plant: Grated, fresh horseradish is pungent source of mustard oil, and is used in herbal kitchen medicine in much the same way as mustard. Horseradish may be one of the fastest ways to clear congested sinuses, and its antibiotic properties helps...
Juniper Berries  
*Juniperus communis*  
Tree: Juniper is used as a mild diuretic to treat urinary problems. Juniper detoxifies the system and helps prevent the buildup of uric acid in cases of gout and rheumatoid arthritis....

Kava-Kava  
*Piper methysticum*  
Ava. Intoxicating Peper  
Shrub: Kava kava can be used as a mild sedative for nervous tension and stress. The active constituents in the roots, kava lactones, have relaxing and intoxicating properties....

Lemon  
*Citrus limonum*  
Fruit Tree: Lemon is used in herbal medicine to help build immunity against colds, influenza, and other viral infections. Lemon has high vitamin C content, antibacterial and astringent properties...

Lemongrass  
*Cymopogon citratus, C.flexuosus*  
Grass: Lemongrass is a well-known medicinal and culinary herb in the east. In Ayurveda lemongrass with pepper has been used for relief of menstrual troubles and nausea....

Lime Peel Oil  
*Citrus aurantifolia*  
Tree: The lime fruit is antiscorbutic, (high in Vitamin C). The delightful, tangy, citrus aroma of lime essential oil is used in aromatherapy to compliment or substitute for the lemon....

Long Pepper, Pippali  
*Piper longum*  
Bengal Pepper, Indonesian Long Pepper, Java Pepper  
Flowering plant: Pippali is valued in Ayurvedic medicine and foods for enhancing digestion and metabolism....

Marshmallow, Marshmallow Root  
*Althaea officinalis L.*  
Wymote
Perennial Herb: Marshmallow is a soothing and healing plant mainly due to its high mucilage content. Marshmallow is added to cough and cold formulations for the treatment of harsh coughs, it acts as a mild expectorant and helps coat sore throats. Marshmallow's tan...

Mullein
Verbascum thapsus, sps
Dock, Aaron's Rod

Biennial: The ancient reputation that mullein enjoyed in both in Europe and Asia of having the power to exorcise evil spirits may be attributed to the magic mullein oil can perform on an ear ache....

Mustard
Brassica nigra
Mustard Seed, Brown mustard

: Pungent mustard oil is antibacterial and antifungal, warm and stimulating....

Myrtle
Myrtus communis

Evergreen shrub: In traditional herbal medicine myrtle has been taken internally for urinary infections, digestive problems, bronchial congestion, and dry coughs....

Neem Oil
Azadirachta Indica Margosa, Neem oil
tree: Neem oil is rich, thick and protective of skin and hair. Use it as a topical treatment for athletes foot, scabies and any fungal infections of the skin. Neem contains essential fatty acids and Vitamin E that moisturize and protects skin. Neem also ac...

Niaouli Oil
Melaleuca quinquenervia

: Much like tea tree in its antiseptic properties, but with a much milder, fruity aroma. ...

Oregano
Origanum vulgare Wild Marjoram herb: Oregano has a very ancient reputation and has been used in both the kitchen and the sickroom since the time of the ancients. Many
would be surprised to learn that oregano is ranked first among the culinary herbs in antioxidant power. Many of th...

**Oregon Grape root**

*Mahonia aquifolium*

*Oregon grape root* is a holly-leaved barberry, an evergreen shrub. Herbalists use the immune-stimulating and bacteria-fighting properties of Oregon grape root in the treatment of bacterial diarrhea, intestinal parasites, and eye infections. Oregon grape shared many of the properties of goldenseal, but is not botanically...

**Parsley**

*Petroselinum crispum*

Parsley leaves and root are high in iron content and rich in vitamins A, B, C and trace minerals. Parsley adds color and aids digestion of the foods we eat and acts to prevent gas and bloating...

**Periwinkle**

*Vinca minor*

Lesser periwinkle, myrtle

Shrub: The leaves and seeds of the periwinkle contain vincamine, a precursor to the chemical vinpocetine, which is used as a medicinally to enhance memory naturally while the mind ages....

**Pine**

*Pinus sylvestris*

Scots Pine

Pine oil is used in aroma lamps to clear congestion and disinfect the air and surfaces. Pine needles can be used to stuff therapeutic pillows and to make balms....

**Poke Root**

*Phytolacca americana*

Pokeweed, American nightshade, pigeon berry, chui xu shang lu

Herbaceous perennial plant: Poke root tinctures are used in creams and ointments as a treatment for skin diseases, and the plant has a folklore reputation as a cancer cure that needs further study....
**Saffron threads** *Crocus sativus*

*crocus*: Traditional uses of saffron extend far beyond the kitchen. Saffron has been used to reduce fever, to regulate the menstrual cycle, to combat epilepsy and convulsions and to treat digestive disorders. Saffron contains more than 150 volatile and aroma...

**Sage** *Salvia officinalis*

Perennial Woody Herb: Sage is a well-regarded herb for relieving the hot flashes of menopause. Sage is used both as a culinary herb and medicinal herb. Sage essential oil is used sparestly...

**Sarsaparilla** *Smilax zarzaparrilla*

perennial trailing vine: Sarsaparilla makes a good all round tonic, and the spicy, pleasant smelling root is what gave old fashioned root beer its bite and is the part used medicinally....

**Sassafras root** *Sassafras albidum*

Tree: A cup of sassafras root tea has been a traditional spring tonic in the South for hundreds of years, and was part of the home medicine of the early American colonists...

**Savory, Winter, Summer** *Satureja montana*

Perennial Herb: Savory is a carminative herb recommend for gas and digestive upsets, including colic, diarrhea and indigestion....

**Schisandra** *Schisandra chinensis*

: Schisandra is a well known in Chinese medicine as an adaptogenic herb used to improve mental function, reduce tiredness, and improve endurance....
**Tea Tree oil**  
*Melaleuca alternifolia*  
*Melaleuca tree:* Tea tree oil is a fast and easy way to treat insect bites and any type of skin fungus. Apply a few drops neat, or use a clean compress to apply to the skin...

**Thuja oil**  
*Thuja occidentalis*  
*Arborvitae, tree of life,*  
*white cedar, yellow cedar,*  
*American cedar*  
*evergreen coniferous tree:* Thuja may be used in hot compresses and steam baths to ease rheumatism, arthritis, and achy muscles....

**Thyme**  
*Thymus vulgaris*  
*Common Thyme, Wild Thyme*  
*Woody Perennial Herb:* Thyme is one of the best herbs to use as a cough and cold remedy, addressing all your cold symptoms in a holistic way. Thyme acts to clear the lungs of congestion...

**Tribulus terrestris**  
*Tribulus terrestris,*  
*Burra Gookeroo,*  
*Burma Gokhru,*  
*puncture vine,*  
*Native to India,* the role of *Tribulus Terrestris* in Eastern European folk medicine for muscle strength and sexual potency....

**Turmeric**  
*Curcuma longa*  
*Curcuma, Indian saffron*  
*herbaceous perennial plant:* Turmeric is a mild aromatic stimulant used in the manufacture of curry powders and mustards. The curcumin in turmeric has recently been shown effective in the fight against breast cancer, Alzheimer's and arthritis...

**Uva Ursi**  
*Arctostaphylos uva-ursi*  
*Bearberry*  
*Woody Evergreen Shrub:* Uva ursi contains a considerable amount of tannins (up to 40 percent)
making it one of nature’s most powerful astringents. Uva usi is a strong herb that should be reserved for those times when a quick intervention is needed.

**Wormwood**  
*Artemisia absinthium* L.  
Perennial Herb: Wormwood is used today mainly as a bitter tonic, and in natural pest control. As the name implies, wormwood is a powerful worming agent that has been used for hundreds of years to expel tapeworms, threadworms, and especially roundworms from dogs, cat...

**Yarrow**  
*Achillea millefolium*  
*Milfoil, Old Man’s Pepper, Nosebleed*  
Perennial herb: Yarrow is one of the best-known herbal remedies for fevers and bleeding. The chemical makeup of yarrow is complex, containing many active medicinal compounds...

**Information on the traditional uses and properties of herbs are provided on this site is for educational use only, and is not intended as medical advice. Every attempt has been made for accuracy, but none is guaranteed. Many traditional uses and properties of herbs have not been validated by the FDA.**
Herbs and Supplements for peptic ulcer

Information Pages:

- Alpha-Linolenic Acid (ALA)
- Astragalus
- Bilberry
- Calendula
- Cat's Claw
- Cayenne
- Cranberry
- Devil's Claw
- Dong Quai
- Evening Primrose
- Flaxseed
- Flaxseed Oil
- Gamma-Linolenic Acid (GLA)
- German Chamomile
- Lactobacillus Acidophilus
- Licorice
- Marshmallow
- Omega-3 Fatty Acids
- Omega-6 Fatty Acids
- Slippery Elm
- Turmeric
- Vitamin A (Retinol)

Gallery: Ulcer
Calciphlaxis

Galleries:
Wound Ulcer

Venous Ulcer

Galleries:
Wound Ulcer

Pyoderma Gangrenosum

Galleries:
Wound Ulcer

Peristomal Ulcer

Galleries:
Ostomy Ulcer
Peristomal Ulcer healed

Galleries:
Ostomy Ulcer

Arterial Ulcer

Galleries:
Wound Ulcer

Venous Stasis Ulcers #1

Galleries:
Wound Ulcer

Venous Stasis Ulcers #2

Galleries:
Wound Ulcer
Ankle Ulcer

Galleries:
Wound Ulcer

Toe Ulcer