

Herbs list description

- Ashwagandha root

Botanical Name : Withania somnifera

Origin: India

Ashwagandha is traditionally used in Ayurvedic medicine as an adaptogen and a nervine to help cope with stress and supports overall cognitive health.

In Ayurveda it is a helpful sleep aid and used to balance various conditions that arise from 'vata dosha' imbalances. It is believed to encourage youth and vitality. It is considered a grounding and nourishing herb and supportive to female well-being. Bitter, sweet, astringent in flavor and energetically warming (mildly).

Not for use in pregnancy *

- Burdock root

Botanical Name:Arctium lappa

Origin: USA

It is known to balance internal heat, is specifically helpful for supporting skin health, and is associated with lung and stomach meridians.

Traditionally the root was thought to carry magical power, particularly powers of protection and healing. It was believed that wearing a necklace that is made from the root, gathered during the waning moon, would protect the wearer from evil and negativity. In the Native American healing tradition, the plant was used by the Malecite, Micmac, Ojibwa, and Menominee for skin health.

Burdock is a "potent yet safe lymphatic decongestant." Also, that as a subtle alterative it works best over time and demonstrates restorative properties due, in part, to its bitter tonic effects on the digestive system. It also contains inulin which feeds the healthy bacteria in the colon.

Burdock is considered by many herbalists to be the best known medicinal for skin conditions (Hoffman, Moore). This herb is highly effective, gentle, and multipurpose. It promotes the flow of bile and also increases circulation to the skin. Further, it is a mild diuretic and lymphatic. Burdock is used widely as an alterative and blood purifier.

- Cornflowers

Botanical Name: a cyanus Centaure

Origin: Croatia, Albania

For thousands of years, cornflower petals have been used in long standing wellness practices. In traditional European folk herbalism, the flowers were employed in a similar way to blessed thistle. Cornflowers were also utilized as a tonic herb and were often blended into herbal teas for both their beauty and their healthful qualities. The evocative purpleish-blue petals are also popular additions to potpourri mixes, adding a pop of color and a subtle, sweet scent. Although blue cornflower is most often infused, it can also be incorporated into baked goods and cosmetic recipes or prepared as a watercolor dye.

Cornflowers have a host of folklore surrounding them. Its genus name, *Centaurea*, is derived from Chiron, a centaur of Greek mythology who was revered for his knowledge of botany, herbs, and medicine. Also, according to Greek legend, the cornflower was a favorite of an admirer of the goddess Flora and its species name, *Cyanus*, was named after him. In the past, cornflowers were once worn on the lapels of young men in love. It was said that if the flower wilted quickly, then the love was not reciprocated.

- Damiana leaf

Botanical Name: Turnera diffusa

Origin: Mexico

Damiana has been used in Mexico, Central America, and South America since the times of the ancient Aztec and remains quite popular today. Although its noted effect on sexual desire has been its primary traditional use across cultures, it has also been valued as a relaxant, digestive stimulant, mood enhancer, or just an enjoyable beverage that was often given to children. In modern times it has also been used as an herbal smoke and a liqueur

No known precautions ***

- Dandelion leaf

Botanical Name: Taraxacum officinale

Origin: USA

In the United States, various indigenous cultures considered dandelion to be a prized edible, a gastrointestinal aid, a cleansing alterative, and a helpful poultice or compress. The Bella Coola from Canada made a decoction of the roots to assuage gastrointestinal challenges; the Algonquian ate the leaves for their alterative properties and also used them externally as a poultice. Additionally, the Aleut steamed leaves and applied them topically to sore throats. The Cherokee believed the root to be an alterative as well and made a tea of the plant (leaves and flowers) for calming purposes.

- Ginger root

Botanical Name: Zingiber officinale

Origin: Peru, Nicaragua

Dried ginger root has a pungent, earthy, and spicy flavor that can be used in both cooking and wellness recipes. Its familiar scent is characteristic of fresh ginger but lacks the bright-citrus notes. This cut

root can be used to make syrups, infused as tea, blended into herbal formulations, and made into a tincture.

- There are no known precautions when taking this herb**

- Gotu kola

Botanical Name: *Centella asiatica*

Origin: India, Sri Lanka

Gotu kola is known throughout the Asian world as a potent botanical and a tasty food. It has been utilized for thousands of years in both TCM and Ayurveda for its properties and for its positive effect on memory and focus. In Sri Lanka it is common knowledge that elephants, who have a reputation of a long life and a great memory, eat the plant.

There are no known precautions when taking this herb*

- Lavender

Botanical Name: *Lavandula angustifolia*

Origin: France, Bulgaria

Lavender flower is a favorite for its sweet, relaxing, floral aroma, and the flowers and leaves have a long history of use in traditional western herbalism. Similar to cilantro, some individuals perceive the taste of lavender in a manner that is undesirable within cuisine. An estimated 10% of the population interprets lavender to have a soapy and unsavory flavor.

- Marshmallow leaf

Botanical Name: *Althaea officinalis*

Origin: USA

Known throughout the ancient Egyptian, Arab, Greek, and Roman cultures, this herb has been used continually for at least 2000 years. In traditional folk practices it was given to soothe and moisten mucous membranes of the respiratory, digestive, and urinary tracts, and also as an external poultice.

Orally administered drugs should be taken 1 hour before use or several hours after, as marshmallow may slow the absorption.**

- Mugwort

Botanical Name: *Artemisia vulgaris*

Origin: USA

Mugwort is a common plant in the British Isles; its angular, purple stalks growing more than three feet in height. It bears dark green leaves with cottony down undersides. Mugwort is said to have derived its name from having been used to flavor beer before the wide use of hops. The botanical name is derived from Artemis, the Greek goddess of the hunt, fertility, and the forests and hills. Roman soldiers were known to put mugwort in their sandals to keep their feet from getting tired. Native Americans equate mugwort with witchcraft. They believed that the rubbing of the leaves on the body are said to keep ghosts away, and a necklace of mugwort leaves is said to help protect against dreaming about the dead. It has been believed that John the Baptist wore a girdle of mugwort in the wilderness for protection. Other magical attributes include protection for road weary travelers, and general protection against the evils of the spirit realms.

Many have reported that if mugwort is used as a tea before bed, or even just sprinkled around your pillow, a person may have lucid dreams that night.

Not for use in pregnancy **

- Nettle

Botanical Name: Urtica dioica

Origin: Italy, Albania, Bulgaria

Nettle supports healthy urinary function and has mild diuretic action and helps to maintain upper respiratory health.

There are no known precautions when taking this herb**

- Passionflower

Botanical Name: Passiflora incarnata

Origin: Italy

Passionflower is cooling to the body, calming to the mind, and soothing to the spirit. It quells disquietude, calms the ruminating mind, and can promote natural relaxation and helps in coping with stress. In the spirit world, passionflower has been used as a magical charm to attract friendships and to bring peace, and the leaves can be placed in a house to illicit harmony and lessens discord.

There are no known precautions when taking this herb**

- Peppermint leaf

Botanical Name: Mentha x piperita

Origin: USA

Peppermint is a natural hybrid of spearmint and water mint. Peppermint contains an essential oil that is unique among mints for its quality and flavor. Artificial mint compounds do not effectively duplicate the aroma or medicinal properties.

Peppermint is one of the most popular herbs in teas, candies, and chewing gums.

Cultivation and oil production started in the US in the 1790's, and was a major export business by the mid 1800's. The U.S. is still the world's leading producer of peppermint oil, making an average of 4,117 tons annually. Some companies in Japan are said to pipe peppermint oil into their AC system to invigorate their workers and thereby increase productivity.

There are no known precautions when taking this herb**

- Raspberry leaf

Botanical Name: Rubus idaeus

Origin: Albania, Bulgaria

Raspberry leaves are among the most pleasant tasting of all the herbal remedies, with a taste much like black tea, without the caffeine.

Raspberry leaves are said to soothe menstrual cramps.

There are no known precautions when taking this herb**

- Rose petals

Botanical Name: Rosa damascena

Origin: Morocco

There are no known precautions when taking this herb**

- St. Johns Wort

Botanical Name: Hypericum perforatum

Origin: Chile

St. John's Wort helps promote a healthy mood and emotional balance. Considered a holy herb, St. John's wort was employed for a number of folkloric uses during the Middle Ages. It was once believed that the herb helped to protect people from curses, demons, and lightning.

Not to be used during phototherapy. Fair-skinned persons should avoid excessive exposure to sunlight during use. May decrease the blood levels of certain orally administered drugs. ***

- Strawberry leaf

Botanical Name: Fragaria vesca

Origin: Albania

Strawberry leaf has astringent properties and has been employed in traditional herbal practices for both its healthful and delicious qualities. Strawberries come in endless varieties, but all leaves of all strawberries contain healing tannins.

There are no known precautions when taking this herb***