



# D. Atkinson Guide to Herbs & Tinctures.



## Herbalism

Herbalism is the oldest system of healing known to man, with a wealth of knowledge that has been passed down through the centuries. The medicines used are prepared solely from plant material - herbs, barks, roots, resins, gums, oils etc.

A Herbalist takes an holistic view of disease and seeks to get to the root cause, so that the underlying reasons for the patient's problems can be treated, not just the symptoms. The holistic approach is to treat the whole person, gently supporting the body's natural defence mechanism and healing powers to return the patient to full health.

A fully qualified Western Medical Herbalist will have the initials MNIMH, FMINMH or MCPP after their names, showing that they are affiliated to a recognised professional body of Herbal practitioners and have completed a recognised training course.

This brief list of the Herbs and Tinctures available through Dee Atkinson Herbalist & Dispensary is not intended as a guide for self treatment, but rather as a reference to help one have a better understanding of the potentials offered by Herbal Medicine. Our Medical Herbalists at Dee Atkinson are always happy to advise you on the best course of treatment for any specific problem.

If you are pregnant or suffering from any serious health problem always seek medical advice before using Herbal Medicine.





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## PREPARING HERBAL REMEDIES

**INFUSIONS:** An infusion is made like a tea, using the leaves and flowers from plants. They are simple to make: add two teaspoons of your herb to a teapot and cover with half a pint of boiling water, leave to infuse for ten minutes then strain and drink. You could add honey to taste or allow your infusion go cold and then add fruit concentrate.

**DECOCTIONS:** These are used for the woodier parts of plants such as bark, roots and berries. Using the same quantities as for infusions, place the herb in a saucepan and add cold water. Bring to the boil, cover the pot and simmer for ten to fifteen minutes before straining.

**TINCTURES:** A tincture is made using alcohol and water to extract the active constituent from a plant. The herb is steeped in a specific ratio for about three weeks, before pressing to ensure maximum extraction. They are easy and convenient to take, the dosage usually being between 1ml and 5ml in a little water.

**DOSAGE:** You should follow the dosage instructions given for each specific herb tincture; they are mostly taken three times daily to ensure continuous activity within the body. In acute problems such as colds or flu they can be taken more frequently as requirements will be increased at this time. For children under twelve, half the adult dosage is recommended and for children under the age of four it is advisable to consult with your herbal practitioner.

**TEA DOSAGE:** Traditionally we would use herbal teas as medicines. These were strong infusions or decoctions, One ounce of herb to a pint of water (about 25 grams to half a litre), was the usual dose. The teas were usually a blend of various herbs. This makes a very strong tea, and most people find it difficult to take. You can use fruit juice to disguise the taste of the tea when cold or sweeten with a little honey. You do not need to be too precise here. Most people simply add four or five teaspoons to a large teapot of water. Leave to infuse. Strain and drink three cups per day. You can store the mix in the fridge for up to 48 hours.





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**AGRIMONY** (*Agrimonia eupatoria*) herb: Used as an astringent tonic in digestive problems and urinary complaints. Used for inflammation of the mucus membrane.

Maximum dose: Tincture: 4ml in water three times daily. DO NOT EXCEED 85ml in any one week.

**ALFALFA** (*Medicago sativa*) seed: Nutritive herb with high vitamin and mineral content, mild diuretic.

Maximum dose: Tincture: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**ALOE** (*Aloe vera*) succus: Fresh juice as a burn and wound remedy. For chronic constipation with atonic bowel.

Juice extract varies in strength: please read on bottle for correct dosages.

**ANGELICA** (*Angelica archangelica*) root/herb: Carminative and anti-spasmodic for intestinal colic, also helps ease strong menstrual cramps. Expectorant for coughs.

Maximum dose: 2.5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**ARNICA** (*Arnica montana*) flower: Topical use for bruises, sprains and strains. Aids healing and reduces swelling.

Topical use only - on unbroken skin. Dried herb only available. DO NOT TAKE THIS REMEDY INTERNALLY

**AVENS** (*Geum urbanum*) roots/herb: Astringent, used in digestive complaints, settles nausea and vomiting. Mouth rinse for gum problems.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**BALM OF GILEAD** (*Populus candicans*) buds: Stimulating expectorant, used for sore throats, coughs and laryngitis. Suitable for children.

Maximum dose: 5ml in water three times daily.  
DO NOT EXCEED 100ml in any one week.





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**BALMONY** (*Chelone glabra*) herb: Cholagogue and digestive stimulant used for liver and gallbladder problems, exerting a mild laxative effect.

Maximum dose: 2ml in water three times daily. DO NOT EXCEED 40ml in any one week.

**BARBERY** (*Berberis vulgaris*) bark: Bitter tonic and cholagogue, stimulates bile flow and liver function. Used for gallstones, gallbladder problems and liverish conditions. Mildly laxative in action.

Maximum dose: 3ml in water three times daily. DO NOT EXCEED 60ml in any one week.

**BAYBERRY** (*Myrica cerifera*) root/bark: Astringent, used for sore throats, gum problems, diarrhoea and intestinal problems.

Maximum dose: 3ml in water three times daily. DO NOT EXCEED 60ml in any one week.

**BEARBERRY** (*Arctostaphylos uva-ursi*) leaves: Urinary antiseptic. Soothes, tones and strengthens membranes of the urinary tract.

Maximum dose: 2ml in water three times daily. DO NOT EXCEED 30ml in any one week.

**BETH ROOT** (*Trillium pendulum*) root: Uterine tonic, astringent for excessive menstrual flow.

Maximum dose: 4ml in water three times daily. DO NOT EXCEED 80ml in any one week.

**BIRCH, SILVER** (*Betula alba*) young leaves: Cleansing diuretic used in arthritis, rheumatism and gout.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**BISTORT** (*Polygonum bistorta*) root/rhizome: Astringent, anti-inflammatory, anti-catarhal. Used for diarrhoea, dysentery and mouth inflammations.

Maximum dose: 3ml in water three times daily.  
DO NOT EXCEED 60ml in any one week.





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**BLACK COHOSH** (*Cimicifuga racemosa*) root: Anti-spasmodic, used for menstrual cramps, normalising action on hormones. Used in muscular and rheumatic problems. There is a possibility that Black Cohosh can affect liver enzymes. Do not use long term unless under advice from a Herbal Practitioner.

Maximum dose: 3ml in water three times daily. DO NOT EXCEED 60ml in any one week.

**BLACK HAW** (*Viburnum prunifolium*) bark: Anti-spasmodic, sedative and astringent. Used for menstrual cramping.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**BLADDERWARCK** (*Fucus vesiculosus*) whole plant: Thyroid stimulator. Obesity when associated with underactive thyroid. Anti-rheumatic. Rich source of minerals as dietary supplement.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**BLOOD ROOT** (*Sanguinaria canadensis*) rhizome: Stimulating expectorant used in bronchitis and asthma. Used as a snuff for nasal polyps. Caution: Use in a low dosage as can cause nausea.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**BLUE COHOSH** (*Caulophyllum thalictroides*) root: Uterine tonic, anti-spasmodic, anti-rheumatic. Used in preparation of childbirth and to strengthen contractions in labour.

Maximum dose: 3ml in water three times daily. DO NOT EXCEED 60ml in any one week.

**BLUE FLAG** (*Iris versicolor*) root: Blood purifier, laxative, diuretic, liver support. For acne, boils and constipation.

Maximum dose: 5ml in water three times daily.  
DO NOT EXCEED 100ml in any one week.





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**BOGBEAN** (*Menyanthes trifoliata*) herb: Bitter, diuretic, anti-rheumatic. Used for arthritis and rheumatism.

Maximum dose: 2ml in water three times daily. DO NOT EXCEED 40ml in any one week.

**BOLDO** (*Peumus boldo*) leaves: Diuretic, liver support. Used for gallbladder and liver problems.

Maximum dose: 2ml in water three times daily. DO NOT EXCEED 40ml in any one week.

**BONESET** (*Eupatorium perfoliatum*) herb: Influenza, aches and pains. Use for fever, mucus congestion and muscular rheumatism.

Maximum dose: 4ml in water three times daily. DO NOT EXCEED 80ml in any one week.

**BORAGE** (*Borago officinalis*) herb: Tonic and supportive. Adrenal support after steroid use. Antidepressant, good for exhaustion from overwork and stress.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**BROOM** (*Sarothamnus scoparius*) flowering tops: Astringent, hypertensive, diuretic, anti-arrhythmic. Used for weak hearts and low blood pressure.

Maximum dose: 2ml in water three times daily. DO NOT EXCEED 40ml in any one week.

**BUCHU** (*Barosma betulina*) leaves: Urinary antiseptic, diuretic. Cystitis and urinary problems.

Maximum dose: 2ml in water three times daily. DO NOT EXCEED 30ml in any one week.

**BURDOCK** (*Arctium lappa*) root: Blood cleanser. Used for dry and scaly skin conditions such as psoriasis and scalp problems. Action also extends to help arthritic and gouty conditions.

Maximum dose: 4ml in water three times daily.  
DO NOT EXCEED 80ml in any one week.





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**BUTTERNUT** (*Juglans cineria*) inner leaves: Bowel tonic and regulator. Mild laxative.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**CASCARA** (*Rhamnus purshiana*) bark: Stimulating laxative, bitter tonic. Used in chronic constipation.

Maximum dose: 2ml in water three times daily. DO NOT EXCEED 35ml in any one week.

**CATMINT** (*Nepeta cataria*) herb: Carminative, sedative, diaphoretic. Used in childhood for stomach upsets and colic, helps ease nervous excitability and dry itchy skin conditions.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**CELERY SEEDS** (*Apium graveolens*) fruit: Diuretic, anti-rheumatic, carminative. Used for fluid retention and gouty joint problems.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**CENTAURY** (*Erythraea centaurium*) herb: Bitter and aromatic used to stimulate digestion and appetite. Good for the elderly as a digestive tonic remedy.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**CHAMOMILE** (*Matricaria/Chamomilla recutita*) flowers: Carminative, anti-spasmodic, anti-inflammatory, antiseptic, analgesic. Especially useful for children with sleep, skin and digestive problems.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**CHASTE BERRY** (*Vitex agnus castus*) fruit: Hormonal balancer. Used for PMS and menopausal problems.

Maximum dose: 1ml in water three times daily.  
DO NOT EXCEED 20ml in any one week.







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**CHICKWEED** (*Stellaria media*) herb: Vulnerary, emollient. Used externally on itching skin, cuts and wounds. Internally for irritated skin and as an anti-rheumatic.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**CLEAVERS** (*Galium aperiine*) herb: Diuretic, alterative and lymphatic tonic. Used for skin problems and swollen glands.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**COLTSFOOT** (*Tussilago farfara*) flowers/herb: Soothing expectorant, anti-catarrhal and anti-tussive. Use for coughs, bronchitis and upper respiratory problems.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**COMFREY** (*Symphytum officinalis*) root/herb: Vulnerary and healing agent for cuts, grazes and bruises. Not available as a tincture.

EXTERNAL USE ONLY

**CORNSILK** (*Zea mays*) stigma: Diuretic, demulcent and anti-microbial. Use for urinary tract problems and cystitis.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**COUCH GRASS** (*Agropyron repens*) rhizome: Diuretic, demulcent, anti-microbial. Used for urinary tract problems and cystitis.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**CRAMP BARK** (*Viburnum opulus*) bark: Anti-spasmodic, sedative, astringent. Use for period pains, muscle cramps and tension.

Maximum dose: 5ml in water three times daily.  
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**DAMIANA** (*Turnera diffusa*) herb: Nerve tonic, anti-depressant, urinary antiseptic. Used to strengthen male reproductive system.

Maximum dose: 3ml in water three times daily. DO NOT EXCEED 60ml in any one week.

**DANDELION** (*Taraxacum officinale*) herb/root:

Leaf: Diuretic, choleric. Use for fluid retention and gallbladder problems. Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

Root: Laxative, hepatic. Supportive remedy for the liver, useful in muscular rheumatism, chronic skin problems and a sluggish digestion. Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**DEVIL'S CLAW** (*Harpagophytum procumbens*) rhizome: Anti-inflammatory, anti-rheumatic, and anti-acid. Used for stomach ulcers, arthritis and rheumatism.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**ECHINACEA** (*Echinacea angustifolia*) root: Immune stimulant, anti-microbial and anti-viral. Used for flu, colds, infections and skin problems. Do not use if you are sensitive to the daisy family.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**ELDERFLOWER** (*Sambucus nigra*) flowers/Berry Diaphoretic, anti-catarhal, relaxant. Use in colds/fever, asthma and hayfever.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**ELECAMPANE** (*Inula helenium*) roots/rhizome: Expectorant, anti-tussive, diaphoretic. Use for bronchial problems, asthma and catarrhal complaints.

Maximum dose: 5ml in water three times daily.  
DO NOT EXCEED 100ml in any one week.





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**EUCALYPTUS** (*Eucalyptus globulus*) herb: Anti-bacterial. Use in a steam bath for chest problems or as an antiseptic mouthwash. Lotion for hair loss.

Maximum dose: 2ml in water three times daily. DO NOT EXCEED 40ml in any one week.

**EYEBRIGHT** (*Euphrasia officinalis*) herb: Anti-catarthal, anti-inflammatory, anti-allergy. Use in asthma, hayfever, eczema and chest problems. Makes a soothing eyewash to alleviate inflammation.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**FALSE UNICORN ROOT** (*Chamaelirium luteum*) root: Reproductive tonic and hormonal balancer. Used for period problems and to ease menopausal symptoms.

Note this is an endangered species and we do not stock any for sale

Maximum dose: 3ml in water three times daily. DO NOT EXCEED 60ml in any one week.

**FENNEL** (*Foeniculum vulgare*) seeds: Carminative and anti-spasmodic. Used to aid digestion, relieving colic and wind. Increases lactation and helps ease baby colic.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**FEVERFEW** (*Tanacetum parthenium*) herb: Anti-inflammatory, reputed to help in the treatment of migraine headaches and rheumatoid arthritis.

Maximum dose: 1ml in water three times daily. DO NOT EXCEED 20ml in any one week.

**FIGWORT** (*Scrophularia nodosa*) herb: Used in irritated and itchy skin conditions such as eczema, psoriasis and cradle cap. Avoid if you suffer from tachycardia.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**FRINGETREE BARK** (*Chionanthus virginicus*) bark: Hepatic and cholagogue used for liver and gallbladder complaints.

Maximum dose: 2ml in water three times daily.  
DO NOT EXCEED 40ml in any one week.





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**FUMITORY** (*Fumaria officinalis*) herb: Alterative and laxative used in chronic skin problems and sluggish digestion.

Maximum dose: 4ml in water three times daily. DO NOT EXCEED 80ml in any one week.

**GARLIC** (*Allium sativum*) bulb: Antibiotic, anti-microbial, antiseptic, cholesterol reducing agent. For colds, flu, bronchial complaints and general infections. Beneficial in the treatment of Candida to restore healthy gut flora.

Maximum dose: 3ml in water three times daily. DO NOT EXCEED 60ml in any one week.

**GENTIANA** (*Gentiana lutea*) root: True bitter used to promote digestive health through the stimulation of gastric juices and bile. Indicated for sluggish digestion and loss of appetite following flu and other infections.

Maximum dose: 2ml in water three times daily. DO NOT EXCEED 40ml in any one week.

**GINGER ROOT** (*Zingiberis officinalis*) root: Warming circulatory tonic and aromatic digestive remedy. Used for morning or travel sickness, eases digestive griping and colicky pains. Promotes peripheral circulation to warm the extremities in problems such as chilblains.

Maximum dose: 1/2ml in water three times daily. DO NOT EXCEED 10ml in any one week.

**GINKGO** (*Ginkgo biloba*) herb: Circulatory tonic used particularly to stimulate the cerebral circulation and aid oxygen uptake by the brain. Used to improve memory, alertness and mental clarity.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**GINSENG, SIBERIAN** (*Eleutherococcus senticosus*) root: Adaptogenic tonic and adrenal restorative used to enhance resistance to physical stressors and revitalise in weakened conditions. Used to enhance overall immunity in conditions such as chronic fatigue syndrome and H.I.V.

Maximum dose: 3ml in water three times daily.  
DO NOT EXCEED 60ml in any one week.





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**GOAT'S RUE** (*Galega officinalis*) herb: Hypoglycaemic agent, galactagogue. Used in the treatment of mild diabetes (practitioner only) and to enhance milk flow during breastfeeding.

Maximum dose: 2ml in water three times daily. DO NOT EXCEED 40ml in any one week.

**GOLDEN ROD** (*Solidago virgaurea*) herb: Urinary antiseptic and anti-catarrhal. Used in the treatment of cystitis, urethritis, prostate problems and urinary complaints. Helps to ease upper respiratory catarrh and sinusitis.

Maximum dose: 3ml in water three times daily. DO NOT EXCEED 60ml in any one week.

**GOLDEN SEAL** (*Hydrastis canadensis*) root: Antiseptic and anti-microbial used both internally and externally to treat infection. Has a tonic and restorative action on the mucous membranes giving it use in gastritis, ulceration and chronic catarrhal complaints.

Maximum dose: 4ml in water three times daily. DO NOT EXCEED 80ml in any one week.

**GOTU KOLA** (*Hydrocotyl/Centella asiatica*) herb: Nervous system tonic used to increase mental stamina, alleviate depression and anxiety. Powerful blood purifier used in skin conditions such as acne and psoriasis and rheumatic conditions.

Maximum dose: 2ml in water three times daily. DO NOT EXCEED 40ml in any one week.

**GRAVEL ROOT** (*Eupatorium purpureum*) root: Antilithic and diuretic used to treat urinary complaints and stones.

Maximum dose: 3ml in water three times daily. DO NOT EXCEED 60ml in any one week.

**GRINDELIA** (*Grindelia camporum*) herb: Expectorant and anti-spasmodic used in the treatment of bronchial complaints such as asthma, bronchitis and emphysema.

Maximum dose: 1ml in water three times daily.  
DO NOT EXCEED 20ml in any one week.





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**GROUND IVY** (*Glechoma hederacea*) herb: Anti-catarrhal and expectorant used for bronchial complaints and upper respiratory catarrh.

Maximum dose: 3ml in water three times daily. DO NOT EXCEED 60ml in any one week.

**HAWTHORN** (*Crataegus laevigata*) berries/flowering tops: Rich in bioflavonoids used to strengthen the circulatory system. Employed by Medical Herbalists to treat problems such as angina and high blood pressure.

Maximum dose: 2ml in water three times daily. DO NOT EXCEED 50ml in any one week.

**HEARTSEASE** (*Viola tricolor*) herb: Depurative agent used to treat skin problems such as eczema, to ease weepiness and irritation.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**HOPS** (*Humulus lupulus*) strobiles: Sedative and hypnotic used to reduce anxiety and encourage a restful sleep. Should be avoided in depression.

Maximum dose: 2ml in water three times daily. DO NOT EXCEED 40ml in any one week.

**HOREHOUND, BLACK** (*Ballota nigra*) herb: Anti-emetic used for nausea and vomiting especially of nervous origin such as travel sickness. Prescribed by Medical Herbalists to relieve morning sickness.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**HOREHOUND, WHITE** (*Marubium vulgare*) herb: Relaxing expectorant used to relieve coughs and bronchial congestion.

Maximum dose: 5ml in water three times daily.  
DO NOT EXCEED 100ml in any one week.





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**HORSE CHESTNUT** (*Aesculus hippocastanum*) fruit: Vascular tonic used to strengthen blood vessels and capillaries. Used both internally and topically for varicose veins, haemorrhoids and broken blood vessels.

Maximum dose: 1ml in water three times daily. DO NOT EXCEED 20ml in any one week.

**HORSETAIL** (*Equisetum arvense*) herb: Silica-rich herb used to strengthen the lungs, urinary system, hair and nails. Urinary astringent action gives it use in prostate problems and bedwetting in children.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**HYSSOP** (*Hyssopus officinalis*) herb: Aromatic expectorant used in respiratory problems and chronic catarrh. Suitable for using with children's coughs.

Maximum dose: 4ml in water three times daily. DO NOT EXCEED 80ml in any one week.

**JAMAICAN DOGWOOD** (*Piscidia arythraea*) bark: Sedative and anodyne used to relieve stress, insomnia and neuralgic pains.

Maximum dose: 2ml in water three times daily. DO NOT EXCEED 40ml in any one week.

**JUNIPER BERRY** (*Juniperis communis*) fruit: Diuretic and antiseptic used in cystitis and to ease arthritic problems. Should not be used in kidney problems or for any longer than six weeks at a time.

Maximum dose: 2ml in water three times daily. DO NOT EXCEED 40ml in any one week.

**KOLA** (*Cola vera*) nut: Nervous system stimulant used to increase alertness and energy. Contains caffeine.

Maximum dose: 3ml in water three times daily.  
DO NOT EXCEED 60ml in any one week.





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**LADY'S MANTLE** (*Alchemilla vulgaris*) leaves: Uterine astringent and hormone balancer employed to ease heavy menstruation and menopausal symptoms.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**LAVENDER** (*Lavendula officinalis*) flowers: Relaxant and nervous system tonic used for anxiety, headaches and depression.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**LEMON BALM** (*Melissa officinalis*) herb: Relaxant and carminative used to ease indigestion and calm the emotions. Also has a gentle diaphoretic action giving it use in colds and flu.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**LIGNUM VITAE** (*Guaiacum officinale*) bark: Mild laxative and diuretic used to relieve arthritis.

Maximum dose: 2ml in water three times daily. DO NOT EXCEED 50ml in any one week.

**LIME FLOWERS** (*Tilia europa*) flowers: Relaxant and diaphoretic, helping to open up the peripheral circulation and reduce blood pressure. Can be used as a gentle sedative and cold remedy for children.

Maximum dose: 4ml in water three times daily. DO NOT EXCEED 80ml in any one week.

**LIQUORICE** (*Glycyrrhiza glabra*) root: Anti-inflammatory, expectorant, laxative and adrenal tonic used in a wide range of conditions as an adaptogenic remedy.. Not to be used in high blood pressure.

Maximum dose: 3ml in water three times daily. DO NOT EXCEED 60ml in any one week.

**MARIGOLD** (*Calendula officinalis*) flowers: Anti-inflammatory and antiseptic used both topically and internally as a healing remedy.

Maximum dose: 5ml in water three times daily.  
DO NOT EXCEED 100ml in any one week.







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**MARSHMALLOW** (*Althea officinalis*) root/herb: Soothing demulcent remedy helping to soothe inflamed mucous membranes of the urinary, respiratory and digestive systems.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**MATE** (*Ilex paraguariensis*) leaves: Stimulating tea to replace ordinary tea and coffee, contains caffeine but considered better than normal tea due to low caffeine content. Dried herb only available.

Dose: 1-4g of dried herb three times daily.

**MEADOWSWEET** (*Filipendula ulmaria*) herb: Anti-acid and anti-inflammatory used to relieve hyperacidity and arthritis.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**MELILOT** (*Melilotus officinalis*) flowering top: Anti-spasmodic, anti-inflammatory and anti-coagulant used to thin the blood in thrombotic tendency (practitioner only). Diuretic action helpful with varicose veins, phlebitis and heavy legs.

Not to be used with warfarin.

Maximum dose: 3ml in water three times daily. DO NOT EXCEED 60ml in any one week.

**MILK THISTLE** (*Carduus marianus*) seeds: Liver tonic and restorative used to help detoxify the system in skin conditions such as psoriasis.

Maximum dose: 4ml in water three times daily. DO NOT EXCEED 80ml in any one week.

**MOTHERWORT** (*Leonurus cardiaca*) herb: Female remedy used as a pelvic decongestant and hormonal balancer during menopause. Helps ease palpitations associated with anxiety.

Maximum dose: 5ml in water three times daily.  
DO NOT EXCEED 100ml in any one week.





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**MUGWORT** (*Artemisia vulgaris*) herb: Bitter tonic, stimulant, nervine tonic and emmenagogue. Used to ease sluggish digestion and regulate menstrual flow.

Maximum dose: 2ml in water three times daily. DO NOT EXCEED 50ml in any one week.

**MULLEIN** (*Verbascum thapsus*) flowers: Warming relaxing expectorant used to ease bronchial congestion. Can be infused in oil to produce an eardrop for earache and glue ear.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**MYRRH** (*Commiphora mol. mol.*) resin: Powerful antiseptic used topically in the treatment of acne and infected skin. Can also be used as an antiseptic mouthwash.

Maximum dose: 2ml in water three times daily. DO NOT EXCEED 30ml in any one week.

**NETTLE** (*Urtica dioica*) herb/root Nutritive, blood purifier, anti-histamine. Used in eczema, hayfever, asthma and allergic complaints. Gently detoxifying in gouty arthritic conditions. Rich source of natural minerals such as iron, calcium and silica. The root is used to support prostate health.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**OAK BARK** (*Quercus robur*) bark: Astringent remedy used topically in the treatment of varicose veins and haemorrhoids.

Maximum dose: 3ml in water three times daily. DO NOT EXCEED 60ml in any one week.

**OATS** (*Avena sativa*) seeds: Relaxant and nervous system restorative. Nutritive remedy. Used in nervous debility, insomnia and stress to help strengthen the nervous system.

Maximum dose: 3ml in water three times daily. DO NOT EXCEED 60ml in any one week.

**OREGON GRAPE** (*Berberis aquifolium*) root: Blood purifier and liver tonic used in the treatment of psoriasis and dermatitis.

Maximum dose: 5ml in water three times daily.  
DO NOT EXCEED 100ml in any one week.





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**PARSLEY PIERT** (*Alchemilla arvensis*) herb: Diuretic and urinary remedy used to ease fluid retention.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**PASQUE FLOWER** (*Anemone pulsatilla*) herb: Gynaecological remedy used to ease menstrual discomfort and ease symptoms of the menopause.

Maximum dose: 1ml in water three times daily. DO NOT EXCEED 20ml in any one week.

**PASSION FLOWER** (*Passiflora incarnata*) leaves: Sedative and elaxant used to promote a restful sleep and ease anxiety and tension.

Maximum dose: 2ml in water three times daily. DO NOT EXCEED 40ml in any one week.

**PAU D'ARCO** (*Tabebuia impetiginosa*) bark: Immune tonic and anti-fungal used to enhance immunity and ease problems such as candida.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**PELLITORY OPF THE WALL** (*Parietaria diffusa*) herb: Diuretic and demulcent helping to soothe the membranes of the urinary tract.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**PEPPERMINT** (*Mentha piperita*) leaves: Diaphoretic, anti-catarrhal and carminative. Used for colds, flu and congestion. Helps to ease colicky pains, flatulence and abdominal discomfort.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**PERIWINKLE** (*Vinca major*) herb: Astringent used to relieve excess menstrual flow, diarrhoea and bleeding gums.

Maximum dose: 5ml in water three times daily.  
DO NOT EXCEED 100ml in any one week.





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**PILEWORT** (*Ranunculus ficaria*) root: Astringent used in the treatment of haemorrhoids.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**PLANTAIN** (*Plantago lanceolata*) herb: Astringent and anti-catharrhal used in hayfever, sinusitis and children's catharrhal complaints.

Maximum dose: 4ml in water three times daily. DO NOT EXCEED 80ml in any one week.

**PLEURISY ROOT** (*Asclepias tuberosa*) rhizome: Expectorant and anti-spasmodic used in respiratory infections to reduce inflammation and encourage expectoration.

Maximum dose: 4ml in water three times daily. DO NOT EXCEED 80ml in any one week.

**PRICKLY ASH BARK** (*Zanthoxylum americanum*) bark: Warming circulatory stimulant used to treat chilblains and poor peripheral circulation. Can help ease the discomfort of arthritis and rheumatism.

Maximum dose: 2ml in water three times daily. DO NOT EXCEED 40ml in any one week.

**PSYLLIUM** (*Plantago psyllium*) seeds: Gentle bulking laxative used to ease constipation and cleanse the bowel of toxins. Available as dried seeds only.

Dose: 3-10g one to two times daily.

**RASPBERRY LEAF** (*Rubus idaeus*) leaves: Uterine tonic and astringent used in preparation for childbirth and to ease menstrual problems. Take advice from a Medical Herbalist if pregnant and do not take until 28th week.

Maximum dose: 4ml in water three times daily. DO NOT EXCEED 80ml in any one week.

**RED CLOVER** (*Trifolium pratense*) flowers: Blood purifier and lymphatic remedy used in skin complaints such as acne, eczema and psoriasis to gently cleanse the system.

Maximum dose: 5ml in water three times daily.  
DO NOT EXCEED 100ml in any one week.





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**RHUBARB** (*Rheum officinale*) root: Laxative and bowel tonic used to regulate and tone function.

Maximum dose: 2ml in water three times daily. DO NOT EXCEED 40ml in any one week.

**ROSEMARY** (*Rosmarinus officinalis*) leaves: Nervous system and circulatory stimulant used for tension headache and to encourage healthy hair growth. Topically muscle aches, neuralgia and arthritis.

Maximum dose: 4ml in water three times daily. DO NOT EXCEED 80ml in any one week.

**SAGE** (*Salvia officinalis*) herb: Antiseptic for sore throats, laryngitis, colds and flu. Hormonal remedy to ease menopausal flushes and hot sweats.

Maximum dose: 4ml in water three times daily. DO NOT EXCEED 80ml in any one week.

**SARSPARILLA** (*Smilax ornata*) rhizome: Blood purifier for the treatment of acne and psoriasis. Used as an adrenal tonic to help normalise stress responses.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**SAW PALMETTO** (*Serenoa serrulata*) fruit: Male tonic remedy used to maintain a healthy prostate and reduce benign enlargement.

Maximum dose: 2ml in water three times daily. DO NOT EXCEED 40ml in any one week.

**SKULLCAP** (*Scutellaria lateriflora*) herb: Nervous system relaxant and tonic used for anxiety and tension headaches.

Maximum dose: 4ml in water three times daily. DO NOT EXCEED 80ml in any one week.

**SENNA PODS** (*Cassia angustifolia*) pods: Stimulating laxative remedy to be used with respect. Use in low dosage or with carminatives to avoid griping. Dried material only available.

Dose: 4 pods per day suggested.





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**SHEPHERD'S PURSE** (*Capsella bursa-pastoris*) herb: Anti-haemorrhagic, urinary antiseptic, circulatory stimulant.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**SLIPPERY ELM** (*Ulmus fulva*) powdered inner bark: Soothing demulcent remedy used to ease inflammation within the digestive system. Nutritive food for convalescence. Topically as a poultice.

Not available as tincture. Dose: up to 6g three times daily.

**SOUTHERNWOOD** (*Artemisia arbotanum*) herb: Bitter, anthelmintic and emmenagogue. Used for threadworms and as a bitter digestive tonic. Regulates menstrual flow. Dried material only available.

Dose: up to 3g twice daily.

**SQUAW VINE** (*Mitchella repens*) herb: Female remedy used in preparation for childbirth. Used in the last four weeks of pregnancy.

Maximum dose: 4ml in water three times daily. DO NOT EXCEED 80ml in any one week.

**ST JOHN'S WORT** (*Hypericum perforatum*) herb: Relaxant and restorative nervine. Anti-depressant. Reputed anti-viral to help maintain a healthy immunity. Please seek advice before using this herb. Always seek advice if you are taking any other medication. Do not use if on the contraceptive pill, any anti-depressant medication.

Maximum dose: 4ml in water three times daily. DO NOT EXCEED 80ml in any one week.

**STONE ROOT** (*Collinsonia canadensis*) rhizome: Antilithic and diuretic. Used for treatment and prevention of kidney and gallbladder stones.

Maximum dose: 5ml in water three times daily.  
DO NOT EXCEED 100ml in any one week.





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**SWEET FLAG** (*Acorus calamus*) rhizome: Carminative, demulcent and anti-spasmodic within the digestive system easing symptoms of hyperacidity and easing colicky indigestion. Stimulates gastric acid in high dosage.

Maximum dose: 1/2-1ml in water three times daily. DO NOT EXCEED 35ml in any one week.

**SWEET VIOLET** (*Viola odorata*) herb: Expectorant and alterative used to ease bronchial congestion and skin problems such as eczema.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**SWEET SUMACH** (*Rhus aromatica*) root bark: Astringent used for urinary incontinence and prostate problems.

Maximum dose: 3ml in water three times daily. DO NOT EXCEED 60ml in any one week.

**TANSY** (*Tanacetum vulgare*) herb: Anthelmintic and bitter used for roundworm, threadworm and infestation. Bitter tonic for sluggish digestion.

Maximum dose: 2ml in water three times daily. DO NOT EXCEED 40ml in any one week.

**THYME** (*Thymus vulgaris*) herb: Antiseptic, expectorant and antispasmodic used for bacterial and urinary infections.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**TORMENTIL** (*Potentilla erecta*) rhizome: Astringent used for diarrhoea.

Maximum dose: 3ml in water three times daily. DO NOT EXCEED 60ml in any one week.

**TREE OF LIFE** (*Thuja occidentalis*) young twigs: Topical use in the treatment of warts.

Maximum dose: 2ml in water three times daily.  
DO NOT EXCEED 40ml in any one week.





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**VALERIAN** (*Valeriana officinalis*) rhizome: Sedative and antispasmodic used to quieten the mind and ease physical tensions both in skeletal muscle and within the digestive system. Helps with sleep.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**VERVAIN** (*Verbena officinalis*) herb: Liver tonic and nervous system tonic. Used in PMS and menopause and general anxiety.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**WHITE DEAD NETTLE** (*Lamium album*) herb: Uterine tonic and nutritive remedy, rich in iron and minerals. Used to ease vaginal discharge and thrush.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**WILD YAM** (*Dioscorea villosa*) roots: Anti-inflammatory and antispasmodic used in gastric complaints, gynaecological pain and rheumatoid arthritis. Has a hormone balancing action in PMS and menopause.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**WILD CHERRY BARK** (*Prunus serotina*) bark: Expectorant and anti-tussive. Used for irritating coughs, bronchitis and asthma.

Maximum dose: 4ml in water three times daily. DO NOT EXCEED 80ml in any one week.

**WILD INDIGO** (*Baptisia tinctoria*) root: Lymphatic tonic and immune stimulant used for local infection such as tonsillitis, sore throat or mouth ulcers. Use in low dosage.

Maximum dose: 2.5ml in water three times daily. DO NOT EXCEED 50ml in any one week.

**WILD LETTUCE** (*Lactuca villosa*) leaves: Sedative and relaxant, calms restlessness and anxiety. Used for nervous coughs.

Maximum dose: 4ml in water three times daily.  
DO NOT EXCEED 80ml in any one week.







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**WILLOW** (*Salix alba*) bark: Anti-inflammatory used for arthritis, headache and neuralgia.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**WITCH HAZEL** (*Hamamelis virginiana*) bark: Astringent used to strengthen the vascular system. Used topically for varicose veins and haemorrhoids.

Maximum dose: 3ml in water three times daily. DO NOT EXCEED 60ml in any one week.

**WOOD BETONY** (*Stachys betonica*) herb: Bitter and nervine used for nervous headaches.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

**WORMWOOD** (*Artemisia absinthium*) leaves: Anthelmintic and bitter remedy used in low dosage to stimulate a sluggish digestion and improve appetite.

Maximum dose: 1ml in water three times daily. DO NOT EXCEED 20ml in any one week.

**YARROW** (*Achillea millefolium*) flowers: Circulatory tonic to strengthen blood vessels and lower blood pressure. Diaphoretic and anti-catarrhal for colds and flu.

Maximum dose: 3ml in water three times daily. DO NOT EXCEED 50ml in any one week.

**YELLOW DOCK** (*Rumex crispus*) root: Mild laxative and liver tonic used to relieve chronic skin disorders. Rich natural source of iron.

Maximum dose: 5ml in water three times daily. DO NOT EXCEED 100ml in any one week.

### IF IN ANY DOUBT DO NOT SELF TREAT

The staff in our Dispensary are all undergoing training and will be happy to give you further advice, or make an appointment with one of our Medical Herbalists.

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