



Holistic Alternatives to Treating Medical Conditions

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Disclosure

I have no actual or potential conflict of interest in relation to any product or service mentioned in this program or presentation.



Learning Objectives

1. Explore the history of herbal medicine
2. Identify the potential side effects and toxicities of herbal medicines
3. Discover the different uses of herbal treatments
4. Discuss the best use of herbal remedies



HISTORY OF NATURAL MEDICINES



HERBAL MEDICINE, BOTANICAL MEDICINE, PHYTOMEDICINE

Definition: The use of plant's seeds, berries, roots, leaves, bark or flowers for medicinal purposes.

3000 B.C. - Ancient Chinese and Egyptian papyrus writing describe medicinal uses for plants

- African and Native American cultures used herbs in their healing rituals
- Other cultures developed traditional medical systems such as Ayurveda and Traditional Chinese Medicine what herbal therapies were used.

19th century – Scientists began to extract and modify the active ingredients from plants

- Chemists began making their own version of plant compounds and eventually the use of herbal medicine declined in favor of drugs
- Almost 25% of pharmaceutical drugs are derived from botanicals
- World Health Organization estimates that 80% of people worldwide rely on herbal medicines for some part of their Primary Health care
- In Germany, 600-700 plant-based medicines are available, prescribed by 70% of German physicians
- 40% of the pharmaceutical drugs in the western world are derived from plants that people have used for centuries including the top 20 best selling prescription drugs in the US today. (usda.gov)
- About 8 out of 10 drugs used (antibiotics, CV, Cancer, immunosuppressives) come from plants directly or as derivatives (news medical)



FACTS ABOUT THE LOVE AFFAIR BETWEEN THE US & DRUGS

- The US is the most medicated country in the world (National Center for Health Statistics)
- US consumes the most prescription drugs in the world (2023 Single care)
- 66% of all adults in the USA (131 million people) use prescription drugs
- Why is this?
 - The burden of disease in the US (as measured in years of life lost) is higher than in many OECD countries in CVD, COPD, Pulm Ds, DM and Alzheimer's (pbs.org)
- The US has shifted reliance on manufacturing drugs to China, India and other nations. The number of Chinese based makers of active pharmaceutical ingredients (API) more than doubled between 2010 and 2015 (CBS News)



FACTS ABOUT HERBAL MEDICINES

- Herbal therapy is a holistic therapy, integrating emotional, mental and spiritual levels
- Medicinal plants can be potentially toxic
- Toxic complications arise from misidentification of plants in the form, in which they are sold, or incorrect preparation and administration by inadequately trained personnel
- Some plant remedies whose actions approach that of pharmaceuticals (e.g. Digitalis) and are banned in some countries e.g. Britain
- The mechanisms by which the herbs generally act are not established; herbal medicines contain a lot of different compounds some with great complexities. Many factors determine how effective an herb will be eg. the type of environment (climate, bugs, soil quality) in which a plant grew, as well as when it was harvested and processed
- The medicine usually is directed towards aiding the body's own healing process; herbal medicines act gently and “support” the systems and processes that have become deficient or attempt to help remove excesses that have become preponderant causing symptoms.
- Medicinal plants may act as agonists or potentiate some other drugs; concentrate on supporting other symptoms and functions stressed by the primary symptom (which may be undergoing drug treatment)
- Practitioners must take many factors into account when recommending herbs, including species and variety of the plant, plants habitat, storage, processing and whether or not there are contaminants (e.g. heavy metals or pesticides)

Resource: nlm.nih.gov



HERBAL REMEDIES AND THE LAW

- Herbal remedies are classified as dietary supplements by the US dietary supplement health and Education Act (DSHEA) of 1994
- Means that herbal supplements, unlike prescription drugs, can be sold without being tested to prove they are safe and effective.
- However, herbal supplements must be made according to good manufacturing practices.
- Unlike the US, herbs are classified as drugs and regulated in many countries in Europe. (e.g. in Germany they are heavily studied)



THREE GROUPS OF HERBS

- 1. Near pharmaceutical concentrations** have poisonous constituents which should not be taken internally by unqualified persons
 - e.g. Aconitum spp, Arnica spp, Atropa belladonna, Digitalis spp
- 2. Powerful action and safe** under appropriate conditions
 - e.g. Most others
- 3. Alleged to exhibit specific kinds of toxicities**
 - e.g. Dryopteris, Viscum, Corynanthe, pyrrolizidine-alkaloid e.g. Comfrey

Resource: nim.nih.gov





TYPES OF NATURAL REMEDIES

TYPES OF NATURAL REMEDIES - AVAILABLE IN MANY FORMS

- **Infusion** - a tea preparation in which plant parts & hot water are mixed for a SHORT time
- **Decoction** – a longer tea preparation in which plant parts are simmered in hot water for a LONGER time
- **Syrup** – Plant parts added to a sugar-water or honey-water mixture
- **Powder** – ground, dried plant parts
- **Tincture** – Essential plant components dissolved in a water and alcohol solution
- **Ointment** - powdered or essential plant parts added to an oily substance such as olive oil or petroleum jelly
- **Poultice** – Fresh or dried plant parts applied to the skin with moist heat
- **Aromatherapy** - plant essential oils can be inhaled or combined with a base and absorbed through the skin





LET'S TALK ABOUT TEA – A CIVILIZED CURE

ALL ABOUT TEA

- Second only to water as the world's most popular beverage
- From the leaves of the plant *Camellia Sinensis*
- Cultivated in China for 5000 years; spread to Japan 1100s and then to Europe in the 1600s
- Became entrenched in European & N. American colonies eventually leading to the American Revolution
- Commercially cultivated in the Subtropics and tropical mountains of East Asia
- **3 main varieties of tea** come from the same plant but are differentiated by the processing of the dried leaves are:
 - **Green** – leaves are wilted before drying not allowed to oxidize, thus taste light & fresh
 - **Oolong** – wilted leaves are oxidized and roasted repeatedly, contains more antioxidants than Green tea, achieves more weight loss
 - **Black** - fermenting wilted leaves before drying, heavily oxidized and thus more strong
- **Benefits of Green Tea:** stimulant, diuretic, astringent to help heal wounds, reducing cholesterol – reduce cardiovascular events (studies: drinking >5cups green tea/d) and regulate blood sugars, anti-inflammatory, promotes weight loss, inhibit or prevent the growth of many types of cancers*





SUPERFOODS!!!

SUPERFOODS

A CATEGORY OF SUPER-CHARGED, SUPER-HEALTHY FOODS

- A Superfood is a food that is rich in compounds considered beneficial to a person's health
- Superfoods are usually plant-based, but some fish and dairy products can also qualify
- Superfoods are high in nutrients such as:
 - Antioxidants
 - Vitamins
 - Minerals
- Superfoods may be rich in:
 - Fiber
 - Omega-3 fatty acids
 - Flavonoids ('vitamin P')
 - Monounsaturated and polyunsaturated fatty acids ("good fats")
- Superfoods are not a nutritionally recognized category of foods, so there are no specific criteria a food must meet to be considered one



Examples of Superfoods

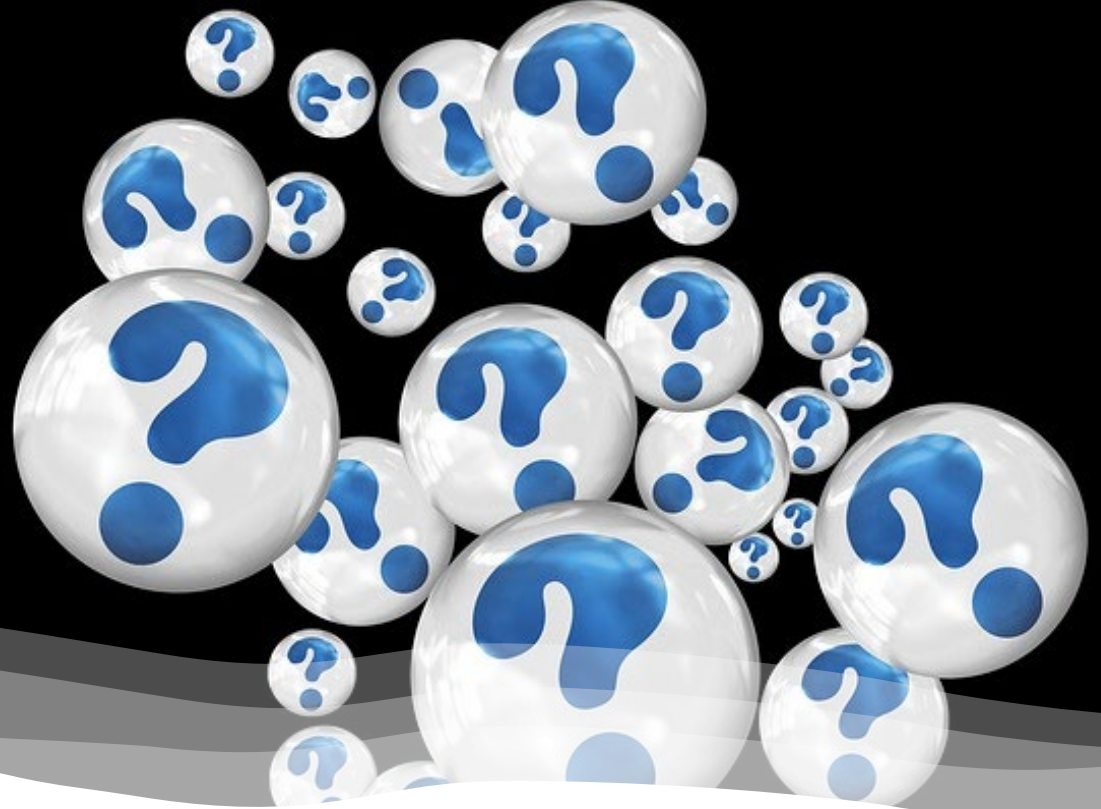
Superfood	Nutrients, Vitamins	Example(s)
Avocado	Monounsaturated fatty acids, Potassium	
Berries	Flavonoids	Acai, Blueberries, Cranberries, Goji berries, Raspberries, Tart cherries
Beets	Betalain antioxidants	
Chia Seeds	Fiber, Protein, Antioxidants, Phos, Mg, Zn, Fe	
Cinnamon		
Dark leafy greens	Vitamins A, C, E, K; Folate	Kale, arugula, Beet greens, Bok choy, Broccoli Raab, Microgreens, Spinach, Mustard/Collard greens)
Garlic	Antioxidants	Raw is healthier than cooked; Fermented black is most healthy



Examples of Superfoods (continued)

Superfood	Nutrient, vitamin	Examples
Ginger	Vitamin C, Magnesium, Potassium	
Green tea	Catechin and antioxidants	
Lentils	protein rich, folate, iron, potassium	
Pomegranates	Antioxidants (3x that of green tea or red wine)	
Pumpkin	lutein, Zeaxanthin, antioxidants , potassium	
Salmon	Omega -3 Fatty acids	
Yogurt & Kefir	probiotics , calcium, protein	





I CAN THINK CLEARER NOW...

Name	Mechanism of Action	Benefits/Uses
Lavender		Stress relief, Insomnia
Asian Ginseng (Panax Ginseng)* / American Ginseng (Panax quinquefolius)	Adaptogen = a substance that strengthen the body's overall natural defenses	Memory booster (Max 3 months)
Bacopa		Memory aid, Cognition, Anxiety (max 12 weeks)
Feverfew - leaves	Parthenolid (more than 40 compounds)	Migraine headaches prevention (chewed daily)
Kava* (under FDA advisory)	?? Works like Valium	Anxiety, tension/stress,
Lemon Balm		anxiety, stress (safe & tolerated by all ages)
St. Johns Wort (many clinical trials – better than placebo)		Mild/moderate depression
Valerian (numerous clinical trials)		Insomnia (takes 2 weeks to take effect), Anxiety
Sage		Memory aid

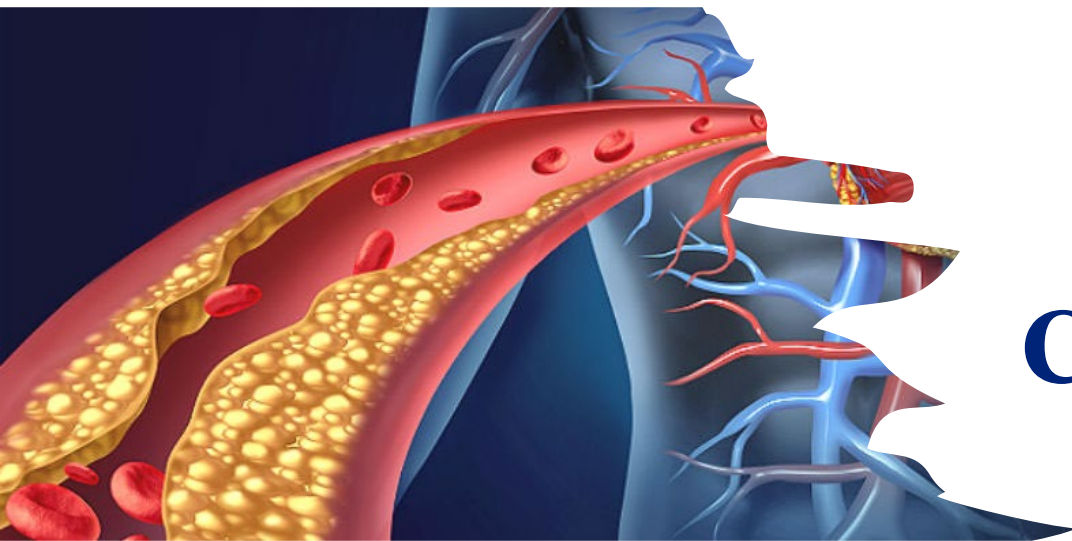




**THE AIR THAT I
BREATHE...**

Name	Mechanism of Action	Benefits / Uses
Astragalus	Improves WBC fxn , increase Ab levels, interferons to fight viral and tumor cells	Colds & flu – preventive
Butterbur	Reduce inflammation, inhibit mast cell activity	Seasonal allergies sx, coughs/bronchitis
Echinacea (numerous trials)	?exact mechanism? chemicals= polysaccharides, glycoproteins, alkylamides to boost Ab responses to elevated interferon levels to stimulate WBC	Colds & flu - not preventive
Elderberry	Antioxidants, Vit C ; decrease mucus membrane swelling	Cold & Flu – decrease duration; relieves nasal & sinus congestion
Eucalyptus	Stimulates removal of mucus from bronchioles, fight airway inflammation	URI , asthma, cough, colds
Grindelia		Asthma, bronchitis
Honey	Antibacterial	Colds, flu sx – cough & sore throats
Licorice (small quantities)	Demulcent, tissue-coating properties	Sore throats, soothes cough,
Marshmallow – roots, leaves	Contains polysaccharides – natural mucilage that soothes mucus membranes & dry chapped skin	Sore throat , reduce cough
Mullein – leaves, flower, root (not been researched extensively)		Coughs, bronchitis, soothes sore throat, URI Sx
Pelargonium root	Alternative to antibiotics	URI (Coughs, colds./flu, PNA, sore throat,) tonsillitis , sinusitis ; prevent secondary bronchitis
Sage	Antibacterial	Sore throat, cough/colds
Thyme	Antispasmodic., expectorant, antibacterial & antiviral	Calms cough, clear bronchial mucus, colds/flu, bronchitis

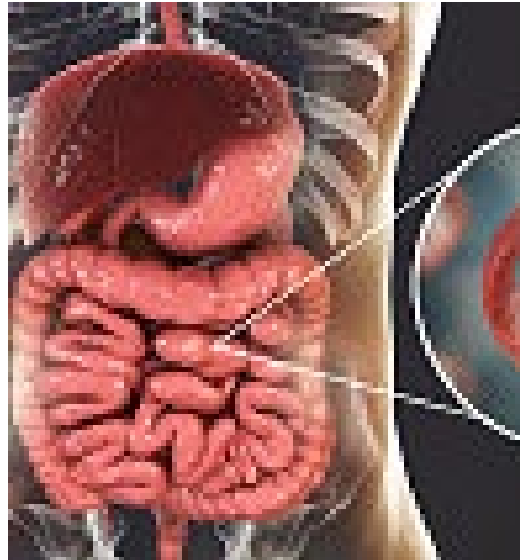
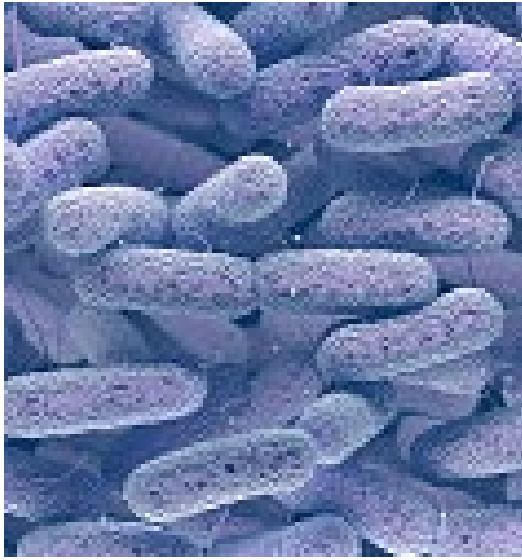




**LET
IT
FLOW –
CIRCULATION**

Name	Mechanism of Action	Benefits / Uses
Bilberry – fruit, leaves	Tannins with astringent & anti-inflammatory effects; anthocyanosides (pigment) antioxidant	Prevent heart ds, inflammation and oxidative stress
True Cinnamon (Cinnamomum verum); Chionos cinnamon (C.cassia)**	Insulin-like effect, antioxidant	Improve peripheral circulation , reduce blood cholesterol , diabetes
Ginkgo (multiple clinical trials) – leaves, seeds	Glycosides - Potent antioxidant	For poor circulation, reduce pain of PVD, improves arterial fxn
Hawthorn** (Heartcare - Standardized Extract used in trials)	Improves blood flow	HTN, ASCAD,- CHF, angina – improves heart fxn, relieves SOB & fatigue
Hibiscus	Potent antioxidant activity , diuretic effect , inhibits ACE	HTN, lipids,
Horse Chestnut seed extract (HCSE) “conkers”. – seeds, leaves, bark, flowers		Chronic venous insuff – leg swelling, varicose veins, leg pain and ulcers
Cacao – dark chocolate (w 70%+ cacao)	Polyphenols – antioxidants, anti-inflammatory ; slowing blood clotting	Lower HTN and LDL eaten in moderation; may reduce risk of MI /CVD and all cause mortality
Garlic (capsules –must be standardized to Allicin)	?	Prevent & treat heart ds, lipids, and HTN
Grapes & Grape Seed extract	Proanthocyanidin (pigment)	Lipids, HTN , CAD- reduced infarct size, prevent post MI arrythmia; , PVD, PAD, Varicose veins
Flax seed	Richest plant source of Omega 3 Alpha-linolenic acid (ALA); Anti-oxidants	CAD preventive

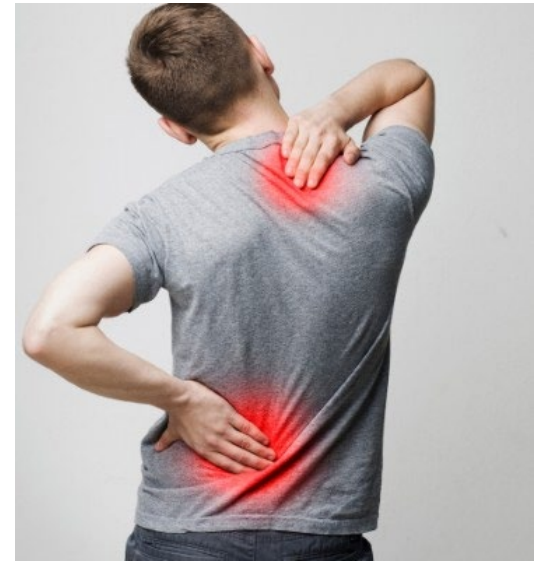




WHAT GOES IN, MUST COME OUT..GI

Name	Mechanism of Action	Benefits / Uses
Barberry	Antibacterial (e.g. E.coli), antiviral, astringent, anti-inflammatory, high Vit C , aids in bile secretion	Liver ds, GB pain, GI sx – diarrhea, heartburn
Cardamom - green & black		Heart burn, GI spasms, IBS, constipation, gas,
Flax seed	Richest plant source of Omega 3 Alpha-linolenic acid (ALA); ligans – converted in GI tract to estrogen like molecule; high fiber	Indigestion, constipation
Garlic (capsules –must be standardized to Allicin)	Helps to inhibit H. Pylori bacteria which causes PUD, stomach cancer; inhibits Gram neg bacteria	PUD, Stomach cancers ; anti-diarrhea
Ginger	antiseptic	Stomach upset, Nausea, vomiting, UC, GI infections
Horse Chestnut seed extract (HCSE) “conkers”. – seeds, leaves, bark, flowers		Hemorrhoids relief
Marshmallow – leaves, roots	Contains polysaccharides – natural mucilage that sooths mucus membranes	Stomach upset
Milk Thistle - seeds		Good source of proteins, Chronic liver ds e.g. alcohol, Acetaminophen etc.) /cirrhosis
Parsley - leaves, roots, seeds		Indigestion , fresh breath
Peppermint (many species)	Antispasmodic, relaxes GI smooth muscle, slows motility in small &.large intestine; improves flow of bile so food passes more quickly	Indigestion, IBS - pain , gas, constipation
Psyllium (take w/water)	Soluble fiber, stimulates intestinal contractions & peristalsis; bulk laxative	Constipation, lipid lowering
Thyme	Relaxes smooth muscle of stomach & intestine	GI upset – nausea etc.
Yarrow (Achilles)	Azulene (>120 compounds) – relax smooth muscle in intestine/uterus	Stomach & menstrual cramps reliever, improve digestion



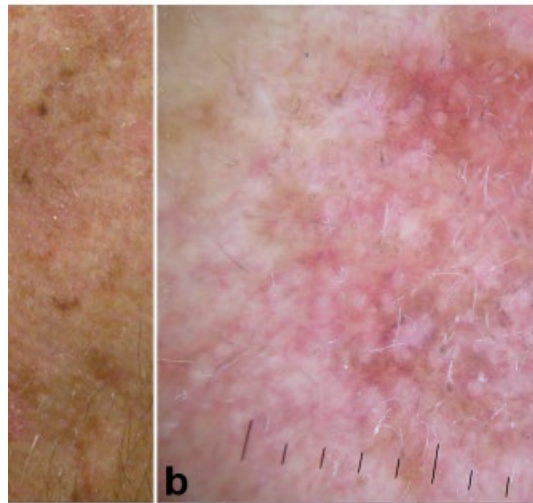


MUSCLES & BONES

Name	Mechanism of Action	Benefits / Uses
Turmeric	** doesn't readily absorb, must take w a 'fat' eg coconut milk	Muscle pain, RA,
Horse Chestnut seed extract (HCSE) "conkers". – seeds, leaves, bark, flowers		Swelling from sprains, strains
Arnica (flower, leaves)		Bruises, contusions, swelling, joint pains, sprains,
Cat's Claw	Anti-inflammatory, immune stimulator,	Osteoarthritis, Rheumatoid arthritis,
Cinquefoil ("five fingers", "five-leaf grass")	Astringent, anti-inflammatory, anti-hemorrhagic	Mouth sores , pain relief
Corn Silk – dried	Diuretic effect, anti-inflammatory	Bruises, swelling, rashes , urinary tract
Goji	Rich in Antioxidants, mild adaptogen , anti-inflammatory	General wellbeing
Willow bark	Rich source of salicin , precursor converted to salicylic acid , antioxidants, antiseptic, immune-boosting	Headaches, back aches, Osteoarthritis, sprains, toothaches,



THE GLOW OF THE SKIN



Name	Mechanism of Action	Benefits/Uses
Aloe (leaves)	Topical gel/juice	Burns, Psoriasis, Colitis
Goldenrod (cream, tea, dried herb, extract, caps)	Leaves/stem/flowers	Wound healing, astringent
Grindelia (Gumweed)		Rashes due to poisonous plants (eg. Poison ivy/oak)
Avocado		Skin (irritations, psoriasis, eczema), dry skin, hair
Coconut Oil	Lauric acid - Antiviral, antifungal	Skin (athletes' foot, ringworm, diaper rash), eczema, dry skin hair
Calendula		Chapped skin, eczema, minor cuts/burns, insect bites, hemorrhoids, Varicose veins, Athletes' foot, dermatitis,
Lavender	Antiseptic, disinfecting	Fungal infections, cuts/scrapes,
Oatmeal (Avena Sativa) – leaves, flowers , fruits	Avenanthramides which blocks histamines; antifungal, antiviral	Anti-itch(chickenpox, bug bites, poison ivy), dermatitis, shingles, ringworm Psoriasis, dry, oily,
Rosemary (leaves)	(antibacterial, antifungal, antiparasitic	Minor bacterial, fungal infections; joints/muscle
Tea-tree oil concentrate- must be diluted; from leaves	Antibacterial, antifungal	Acne, Boils, warts, athletes' foot, ringworm, toenail fungus, dandruff, lice, vaginal yeast, eczema, psoriasis, MRSA
Witch Hazel (leaves, bark, twigs)	Tannins – antiseptic	Stop bleeding, Minor cuts/abrasions; calm inflamed mucous membranes & skin (eczema), decrease size/sx of hemorrhoids, Varicose veins
Yarrow “woundwort”(Achilles) – flowers, leaves, stems	Tannins & >120 compounds	Wound care
Echinacea	? Exact mech?? – increase Ab response to elevated interferon levels	Soothes sore gums, mouth, Heals burns & wounds



Name	Mechanism of Action	Benefits/Uses
Uva Ursi	Hydroquinone, tannins – antibacterial/astringent	Cuts/scrapes, cold sores
Honey	Antibacterial	Cuts/scrapes , wounds
Peppermint (many species)		Cooling effect on rashes

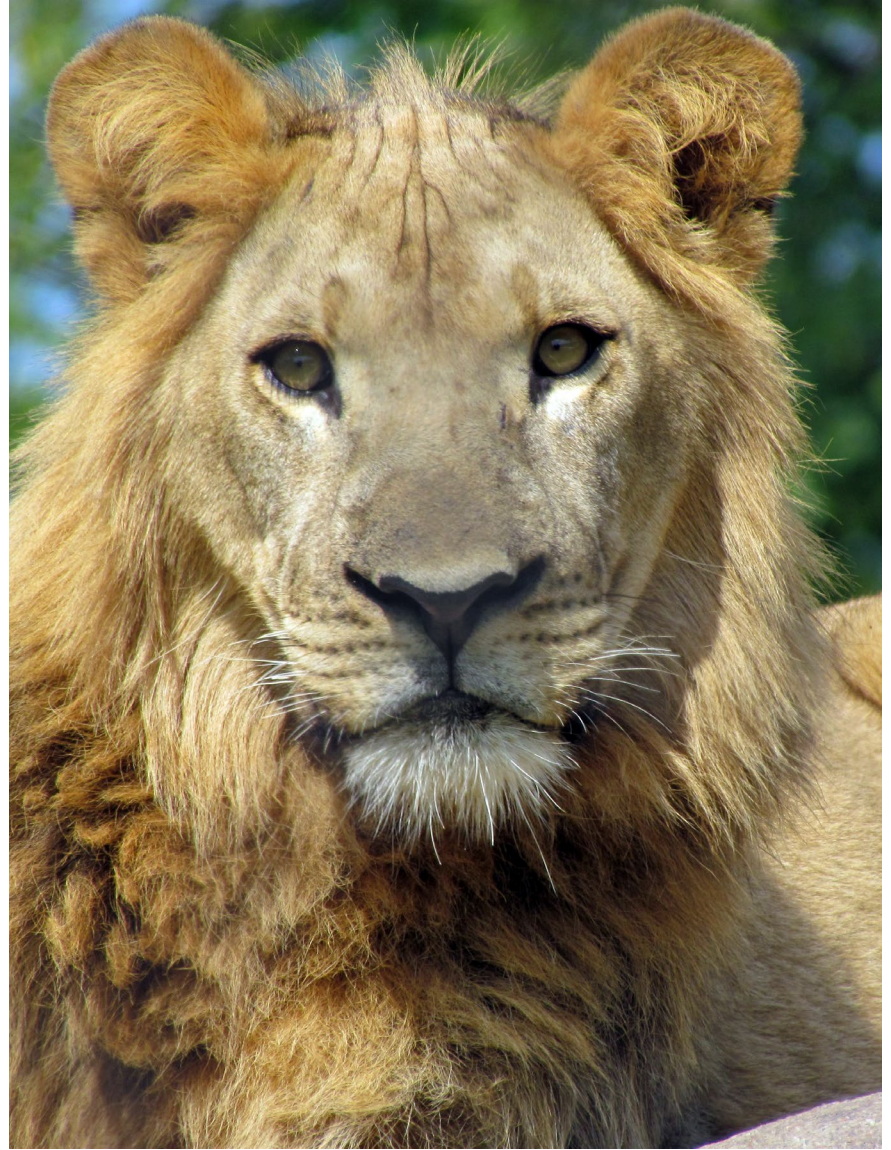




RAGING HORMONES – MEN & WOMEN



HORMONES - LION



MEN'S HEALTH

Name	Mechanism of Action	Benefits/Uses
Saw Palmetto		BPH, Urinary sx – UTI, boost libido, chronic pelvic syndrome (Men)
Horny Goat Weed - leaves	Contains Flavonoids, polysaccharides, sterols, Magnaflorine alkaloid – exact action?	Men's sexual dysfunction, prostate problems, urinary tract issues
Juniper - berries		Urinary tract infections,
Pygeum (“African Cherry tree”)		BPH,
Stinging Nettle – leaves, roots		Early stage BPH
Tomato (esp cooked Tomato products)	Lycopene (carotenoid) antioxidant, Vit C	Prostate Health
Uva Ursi	Hydroquinone , tannins – antibacterial	UTI (esp resistant to Anbx)





HORMONES - LIONESS



WOMEN'S HEALTH

Name	Mechanism of Action	Benefits / Uses
Cranberry	Proanthocyanidins – prevent E.coli from adhering to cells that line bladder and urethra	Prevention (not treatment) of UTI, bladder health,
Black Cohosh	Phytoestrogen -Flavonoids – selective estrogen receptor modulator	Menopausal sx, menstrual/PMS cramps & Sx,
Black Haw	Relaxes smooth muscle of GI, uterus, trachea	Menstrual cramps, menopausal sx, labor pains, post-partum cramping
Chaste Tree	** more investigation	PMS, menopausal sx, infertility
Dong Quai (female Ginseng)	Coumarins, flavonoids, phytosterols(phytoestrogens) polysaccharides	PMS, menopausal sx, (+/-)
Motherwort (“lion’s ear”, “lion’s tail”)	Leonurine- affects uterus contraction	Amenorrhea - provokes menstruation , post partum use
Shatavari (“Sanskrit”) – root		Enhance fertility, normalize irregular periods (stress), ease menstrual cramps, PMS and menopausal sx
Raspberry leaf	Strengthen, tone and relax smooth muscle of uterus	Regulate menstrual cycle , decreased heavy flow
Soy	Phytoestrogens (plant compound like hormone estrogen)	Relieves menopausal sx (hot flashes, night sweats) ** increased risk of breast ca
Yogurt	Contains “active cultures” Live Lactobacillus bacteria considered probiotics (<i>preferred : L. reuteri</i>)**	Digestion and reproductive health benefits; chose high in Calcium & Vit D fortified
Parsley (leaves, roots, seeds)		UTI, cystitis, kidney stones, stimulates menstruation
Flax seed	Richest plant source of Omega 3 Alpha-linolenic acid (ALA); ligans – converted in GI tract to estrogen like molecule; high fiber	?? Reduce estrogen sensitive cancers – eg breast can

CRANBERRY PLANTS – GROWN IN SANDY FIELDS CALLED BOGS





WARNINGS & PRECAUTIONS

WARNINGS AND PRECAUTIONS!

1. Most herbal medicines have **precautions or warnings** related to the following conditions:
 - Pregnancy
 - Children under 3 years old
 - Breast feeding
 - Asthma
 - Taking Blood pressure (BP) medications
 - Taking blood thinners
2. Always read the suggested manufacture doses of the specific formulations - **THEY ARE NOT ALL THE SAME**
3. Some formulations are **NOT PURE** - read the added ingredients
4. **DO NOT COMBINE** herbs unless instructed to do so and how to do so



TOXICITY! - WHICH HERBS ARE TOXIC?

Herb		Effect
Arnica	Internally/topical	Arrhythmias, respiratory failure; do not apply to broken skin
Mullein	seed	?
Skullcap	*caused by adulteration w germander	Liver toxicity
Eucalyptus	Oil ingested	Can be fatal, and nausea, tachycardia, hypotension
Horse Chestnut	Unprocessed – do not eat Do not apply gel (serious toxicity)	GI/bladder disorder; broken skin (gel)
Willow Bark	Similar effect as ASA	Cause Reyes syndrome in Kids w fever Contraindicated in preg, asthma, allergies
Lavender	Oil taken orally	?
Tea-tree oil (concentrate)	Never use undiluted; not for oral use	?
Yarrow		Combined w Lithium
Kava	?	Liver damage (FDA : consumer advisory)
Hibiscus	?	Toxic to dogs
Flax seed – raw or unripe		Poisonous



CAUTION –

ESSENTIAL OILS SHOULD ONLY BE CONSUMED WITH PROF OVERSIGHT

Herb	Type	Effect
Aloe (Aloin)	Gel w Aloin component/ latex & extract	Gel w Aloin - Irritate intestines/ acts as a laxative // latex & extract – unsafe at any dose
Arnica		Limit internal use to normal food amounts; Arrythmia, resp failure
Asian Ginseng		Limit to 3 months in a row
Black Cohosh or		Breast cancer
Cat's Claw		Avoid w Immunosuppressives and BP meds
Chase Tree		
Cinnamon	insulin-like effect; contains small amounts of coumarin	Unsafe in large quantities – hypoglycemia & blood-thinning effect
Echinacea	Whole plant	Avoid w TB., Leukemia, DM, HIV/AIDs, AI conditions, MS
Elderberry		Unripe berries or products from (non flower/fruit) other plant parts should not be consumed – dangerous
Ginko Biloba		Anticoagulant – bleeding
Goji Berry		Avoid w chemo, radiation, BP & DM meds, blood thinners
Honey		NEVER give to children <1yo due to risk of infant botulism
Horny Goat Weed	Leaves	Long term use: dizziness, nosebleeds, vomiting; large doses: breathing problems



CAUTION –

ESSENTIAL OILS SHOULD ONLY BE CONSUMED WITH PROF OVERSIGHT

Herb	Type	Effect
Juniper oils & extracts	berrries	Not w DM, GI, kidney ds
Kava		Safety still being investigated – purchase from reputable source
Lemon Balm		Interfere w HIV meds, sedatives
Licorice	Root	Unsafe in large quantities – with these conditions: GI, BP, Kidney problems, blood thinners
Panax Ginseng	Root	Limit to 3-month use in a row
Pomegranate		Interferes w ACEi, statins, BP meds
Sage	Alcohol extracts	Limit to <2 weeks , don't use with seizures
St Johns Wort		Interferes w HIV, antidepressant, some heart meds and covid meds.
Thyme		Allergic reactions
Turmeric		Avoid with GB, bleeding problems, Liver ds, hormone-sensitive conditions
Uva Ursi	Tannins, Hydroquinone	Avoid w Lithium, limit to < 5-10days
Valerian		Avoid w liver ds; potentiates antidepressants/antianxiety & sleep aid meds
Willow Bark		Similar effects as aspirin; contraindicated a DM, gout, Ulcers, Hemophilia, liver/kidney ds
Witch Hazel	Tannins	Not safe to drink OTC brands; concern @ oral preparations - liver/kidney damage, GI c/o





BRIEF SUMMARY OF REMEDIES

BY CHIEF COMPLAINTS



CHIEF COMPLAINT: COUGH, COLD, BRONCHITIS, SORE THROAT

Remedies	
Astragalus	Honey
Butterbur	Licorice
Elderberry	Marshmallow
Echinacea	Mullein
Elder	Pelargonium
Eucalyptus	Sage
Grindelia	Thyme



OTHER COMPLAINTS

Complaint	Remedies
Anxiety & Insomnia	Lemon Balm, Kava, Skullcap, Passion flower, Valerian
Depression	St. John's Wort
Gastrointestinal	Bilberry, Barberry, Cardamon, Milk Thistle (liver protectant), Parsley, Peppermint, Psyllium (laxative)
Memory, Neurologic	Asian Ginseng (Panax Ginseng), Bacopa, Ginko Biloba



OTHER USES & BENEFITS

Antioxidants	Multipurpose
<ul style="list-style-type: none">• Bilberry• Cacao - 70% concentration (dark chocolate)• Flax seed• Ginko Biloba• Goji berry• Hibiscus	<ul style="list-style-type: none">• Calendula (skin, GI)• Garlic (lipid, BP, CAD, GI)• Ginko Biloba• Ginger (GI, nausea, antiseptic, URI)• Grindelia (skin, asthma)• Rosemary (antibacterial, antifungal, antiparasitic, Analgesic: muscle, joint,• Yarrow (Achilles) – anti-inflammatory/fever, GI• Juniper (arthritis, bronchitis, psoriasis, UTI• Pygeum (BPH, Malaria/fever, GI, Mental, painkiller/anti-inflammatory)• Stinging Nettle (BPH, Joint pains, strains, tendonitis, allergies• Motherwort (amenorrhea, insomnia, Palpitations)• Asian Ginseng (Dm, Lipids, memory, anticancer)



OTHER COMPLAINTS

Complaint	Remedies
Arthritic/pain – anti-inflammatory	<ul style="list-style-type: none"> • Arnica • Cat's Claw, • Corn Silk, • Turmeric, • Goji, • Willow bark (salicin)
Cardiovascular	<ul style="list-style-type: none"> • Cinnamon (PAD, lipids, DM), • Cacao 70% concentration (dark chocolate) • Grapes (<i>Vitis Vinifera</i>) & Grape Seed, • Ginko Biloba (PAD) • Hawthorn (CHF, CAD, lipids, BP) • Hibiscus (CAD, diuretic) • Horse Chestnut (hemorrhoids, Venous insufficiency, swelling/sprain) • Tumeric
Urinary/Diuretic	<ul style="list-style-type: none"> • GoldenRod (diuretic) • Hibiscus (diuretic)



AVOID TAKING WITH WARFARIN

- Goji berry
- Yarrow
- Pomegranates
- Cranberry (and ASA)
- Dong Quai



COUNTRY OR REGION OF ORIGIN



COUNTRY OR REGION OF ORIGIN

HERB	COUNTRY/REGION
Arnica	Europe (Germany, Austria), Central Asia, Siberia . (grown – Montana, Wyoming, Dakotas)
Asian Ginseng(Panax Ginseng)	China, Korea, far-eastern Siberia
Bacopa	India (Ayurveda)
Butterbur	Ancient Greeks, Medieval Europe
Echinacea (universal remedy)	Native Americans
Elderberry (European and Common)	Europe, N. America
Ginger	Asia, Arabic, India
Goji Berry (Wolfberry)	China; Central/Western Asia
Kava	South Pacific islands
Lemon Balm	Greeks . Romans, Arabs
Pelargonium	Africa
Sage	Croatia, Montenegro, Albania
St John's Wort	England
Turmeric	Ayurvedic & Unani traditional medicine
Valerian	Chinese, Indian, Ancient Greeks



COUNTRY OR REGION OF ORIGIN

HERB	COUNTRY/REGION
Aloe	(origin Canary Islands?) N. Africa, Mediterranean Sea
Bacopa	India wet lands
Black Cohosh	China, Europe
Cranberry	Native Americans (East CA, to GA mountains, MN)
Dong Quai	China, Korea, Japan
Ginseng	China, Korea, India
Goldenrod	Native Americans
Grindelia	North & South America
Lavender	Mediterranean mountain , India, Tibet
Motherwort	Eastern China; Ancient Greeks & Romans
Rosemary	Spain, Portugal, France
Saw palmetto	SE USA (Florida, GA), Seminole Indians
Shatavari	Subtropic India to Himalaya (Ayurveda)
Uva Ursi	Eastern Europe (mountaintops >7000ft high)
Yarrow	Greece (Greek hero Archilles used it)





Q&A





Thank You!!