

Herb	Pharmacological actions	Suggested uses	Directions and safety precautions
Agrimony <i>Agrimoniaeupatoria</i>	Astringent, tonic, bitter, mild diuretic, vulnerary, antispasmodic, diaphoretic, carminative, hepatic, cholagogue	Good astringent, appendicitis, incontinence, indigestion, diarrhoea, stomach and intestinal ailments. Infections in the mouth/gums/throat. Good for wounds to stop bleeding.	Infusion (1 -2tsp) of herb in 1 cup of boiled water, steep for 10-15min. Drink 3 times per day. Tincture 1-4ml three times per day. Not for pregnant or breastfeeding woman, or if on blood pressure medication.
African Potato "Sterblom, Imkomfe" <i>Hypoxis hemerocallidea</i>	Anti-oxidant, anti-inflammatory, antidiabetic, anticonvulsant and anti-cancer	Immune booster, liver detox, anti-candida, anti-inflammatory. Acts as tonic, and has been used for prostate problems. Traditional use also includes testicular tumours, prostate hypertrophy and urinary infections.	Decoction (1-2 tsp) drink 3 times per day.
Alfalfa <i>Medicago sativa</i>	Diuretic, anti-inflammatory, antifungal	Lowers total blood cholesterol and triglycerides and reduces aortic plaques. Beneficial as tonic, lactation, migraine, malnutrition, menopause, eczema, aids blood clotting, uric acid, anaemia, PMS, endometriosis, diabetes. High in Vitamin B12. Body alkalizer and detoxifier.	Infusion (1-2 tsp) drinks 1 per day. Not to be used during pregnancy, autoimmune diseases or when blood thinning meds are used.
Aloe <i>Aloe ferox</i> <i>Bitter aloe, cape aloe</i>	Astringent, emollient, antifungal, antibacterial and antiviral, laxative	Applied topically heals mouth sores and stimulates cell regeneration. Ingested, helps to lower cholesterol, reduces inflammation resulting from radiation therapy, and increases blood vessel generation in lower extremities of people with poor circulation. Soothes stomach irritation, aids healing and acts as a laxative.	Crystal or powder start with match stick head size (0.05g – 0.2g) and increase until desired effect. Swallow with water. Extremely bitter to taste. Do not use if pregnant, lactating. Do not use for prolonged periods.
Angelica <i>Angelica archangelica</i>	Astringent, tonic, diuretic, vulnerary, cholagogue, anti-inflammatory	Indigestion, bronchitis, pleurisy, cystitis, loss of appetite, eczema, expectorant. Externally: helps for acne if wash face with tea, athletes foot	Decoction (1tsp) in 1 cup of water, bring to a boil and simmer for 2 min. Remove from heat, let stand for 15 min. Drink 1 cup three times per day. Not during pregnancy or lactating. Can cause photosensitivity. Can have an effect on anticoagulant meds.

Arnica Petals <i>Arnica Montana</i>	Anti-inflammatory, vulnerary wound healing	ONLY FOR EXTERNAL USE: Bruising, sprains, muscular aches/pains.	Make a tincture to be used in creams or ointments. Never use internally. Pour ½ litre of 70% alcohol over 50g of flowers in clear glass container. Seal and let stand for at least a week in the sun or a warm place. Filter and store in a sealed container.
Aniseed <i>Pimpinella Anisum</i>	Digestive aid, expectorant, antispasmodic, antimicrobial, aromatic galactagogue	Loosens phlegm, fights cough and relieves insomnia. Helps upset stomach and gas. Helps when there is persistent irritable coughing and for whooping cough. Contains phytoestrogens that mimic natural estrogens and help prevent breast cancer.	Small dosages during pregnancy May have allergic effect in some. May interfere with the activity of anticoagulant therapy. Infuse 1 tsp gently crushed seeds in 1 cup of boiled water. Infuse for 5 – 10 min in covered container. 1 cup three times per day.
Arrow root powder <i>Maranta arundinacea</i>	Starch	Easily digestible starch. Diarrhoea. Use for culinary purposes to thicken clear liquids.	Use like corn starch.
Astragalus <i>Astragalus membranaceus</i>	Immunomodulator	Immune booster, diabetes, heart tonic, Anaemia. Increases white blood cell count, anti-cancer properties. Acts as a tonic to protect the immune system. Aids adrenal gland function and digestion. Increases metabolism, produces spontaneous sweating, promotes healing and provides energy to combat fatigue and prolonged stress. Increase stamina.	Decoction: (2-4tsp) of root, one cup of water bring to a boil simmer for 10 – 15 min. Drink three times per day. Tincture 4-8ml 3x/day Not for people using immunosuppressive meds. Do not use if fever is present.

NB This information is not intended to substitute a competent Health Care professionals advice or treatment.