

Herb	Pharmacological actions	Suggested uses	Directions and safety precautions
Basil <i>Ocimum basilicum</i>	Tonic, carminative, diuretic anthelmintic Antibacterial, anti ulcerogenic	Reduces stomach cramps and nausea, relieves gas, promotes normal bowel function, aids digestion and acts as a mosquito and fly repellent. Helps for internal parasites.	Infusion: Use 1 cup of boiled water with 1-2tsp of dried leaves. Steep for 10-15 min. Drink 2- 3 times per day. Do not drink for prolonged periods or when pregnant.
Barberry bark <i>Berberis vulgaris</i>	Cholagogue, hepatic, antiemaetic, bitter, laxative	Gall stones, jaundice, liver congestion, malaria. Stimulate flow of bile. Enlarged spleen. Decrease heart rate, slows breathing and reduces bronchial constriction.	Not to be used if high blood pressure or pregnancy. Stay within the recommended dosages Decoction 1 tsp in 1 cup of water, bring to boil simmer for 10 – 15 min. Tincture 1-2ml 3x/day
Bearberry Leaves Uva-Ursi <i>Arctostaphylos</i> <i>uva-ursi</i>	Diuretic, astringent, antimicrobial, demulcent	Kidney Stones, cystitis, bedwetting, diuretic. Promotes excretion of fluids, fights bacteria, and strengthens heart muscle. Good for disorders of the spleen, liver, pancreas and small intestines.	Infusion: Use 1 cup of boiled water with 1-2tsp of dried leaves. Steep for 10-15 min. Drink 3 times per day. Tincture 2-4 ml 3x/day. Not during pregnancy or if serious kidney problems
Bedstraw or Cleavers <i>Galium aparine</i>	Diuretic, alterative, anti-inflammatory, tonic, astringent.	Cystitis, incontinence, diuretic, anti -inflammatory, anti-cancerous, detox of liver, kidneys, pancreas and spleen, support lymphatic system, anaemia. One of the best tonics available for the lymphatic system.	Infusion pour 1 cup of boiled water over 2-3 tsp of herb infuse for 10 min and drink 3 x/daily. Use for periods up to 2 weeks only. Tincture 4-8 ml
Bilberry <i>Vaccinium myrtillus</i>	Antioxidant, diuretic and urinary antiseptic.	Anti-fungal, anti-bacterial strengthens capillaries, reduces cholesterol, assist in eye health, diabetes, anti-cancer and stomach ulcers.	Berries: Decoction Leaves: Infusion May interfere with iron absorption. If diabetic only use under supervision of health practitioner.
Birch <i>Betula alba</i>	Diuretic, anti-inflammatory, antiseptic, tonic	Assist with breakdown of kidney and bladder stones, arthritis, gout, joint stiffness and pain, diuretic. Cystitis and other infections of the urinary system.	Infusion pour 1 cup of boiled water over 1-2 tsp of herb infuse for 10 min and drink 1 cup 3 times daily. Tincture 1-2 ml 3x/day Not to be taken during pregnancy. Stay within recommended dosages.

Black Cohosh <i>Cimicifugaracemosa</i>	Emmenagogue, antispasmodic, anti-inflammatory, antirheumatic, alterative, nervine, hypotensive.	Balances female hormones, arthritis, sciatica, neuralgia, tinnitus, anti-spasmodic. Rheumatoid arthritis, menopause. Helps with cramping pain in the womb and cramping associated with ovulation.	Not to be taken if you suffer from diabetes or high blood pressure. Not when pregnant, stay within the dosages. If want to use it to ease child birth take small amounts two weeks before expected delivery. Tincture 2-4 ml 3x/day Decoction 1 cup of water over ½ - 1 tsp of dried root, bring to boil, simmer for 10-15 min drink 3x/day.
Bladderwrack Kelp <i>Fucusvesiculous</i>	Antihypothyroid, antirheumatic	Balances under active thyroid, anti-rheumatic.	Infusion: pour a cup of boiling water over 2-3 tsp of kelp, steep for 10 min. Drink 3 times daily. May interfere with thyroid meds, not to be used during pregnancy, not for people on salt free diet.
Boldo <i>Peumusboldus</i>	Diuretic, laxative, antibiotic, liver tonic and anti-inflammatory	Boldo is specific for gallbladder problems, such as stones and inflammation. Used when there is visceral pain related to other problems in the liver or gallbladder. Gall stones, cystitis, hepatitis, diuretic. Assist with digestion, bladder and urinary tract infections. Aids in the excretion of uric acid and stimulates digestion.	Infusion pour 1 cup of boiled water over 1 tsp of herb, infuse for 10 min and drink 1 cup 3 times daily. Not for people with serious liver or kidney problems or obstruction of bile duct.
Borage <i>Boragoofficinalis</i>	General tonic, anti-irritant, diuretic, diaphoretic, expectorant, anti-inflammatory, emulcent, mild sedative and anti-depressant.	Acts as an adrenal tonic and gland balancer. Contains minerals and essential fatty acids needed for proper cardiovascular function and healthy skin and nails	The flowers are edible. Infusion pour 1 cup of boiled water over 1-2 tsp of herb infuse for 10 min and drink 1 cup 3 times daily. Do not use for prolonged periods.
Buchu <i>Agathosmabetulina</i>	Diuretic, urinary antiseptic	This is the oval leaf Buchu, a blackcurrant-scented herb that stimulates and cleanses the urinary system and increases perspiration. The active ingredient is diosphenol or barosma camphor which is a potent antiseptic and diuretic. It is used internally for urinary tract infections, especially prostatitis and cystitis; digestive problems, gout, rheumatism, coughs, and colds. It is sometimes also included in weight loss formulas for excessive water retention problems. It is often combined with Althea officinalis (Marshmallow) for best results.	Infusion pour 1 cup of boiled water over 1-2 tsp of herb infuse for 10 min and drink 1 cup 3 times daily. Tincture: 1-2ml Not when pregnant, do not boil buchu leaves.

Burdock <i>Arctiumlappa</i>	Alterative, diuretic, bitter, Antioxidant, antifungal, antibacterial	Diuretic action, relieving the soreness and swelling caused by arthritis, rheumatism, sciatica and lumbago. It increases the flow of urine and promotes sweating. Externally it is good for skin problems such as eczema, psoriasis and even canker sores. Soothing for haemorrhoids and skin irritation in general. Helps cleanse the blood. Acts as antioxidant, may help to protect against cancer by helping control cell mutation.	Decoction: Use 1tsp of root - pour one cup of water bring to the boil simmer for 10 – 15 min. Drink three times per day. Can interfere with iron absorption. Should not be used if pregnant, lactating, diabetic or cardiovascular difficulties.
Butchers Broom <i>Rustusaculeatus</i>	Anti-inflammatory	Can constrict veins and reduce inflammation. Improves circulation in hands and feet. Reduce oedema in legs and feet. Anti-inflammatory action to reduce swelling associated with arthritis and rheumatism. Reduces the pain caused by haemorrhoids.	Infusion pour 1 cup of boiled water over 1-2 tsp of herb infuse for 10 min and drink 1 cup 2 times daily. Not to be used if high blood pressure or during pregnancy. Stay within the recommended dosages. More effective when taken in combination with Vitaminamin C.
Scotch Broom Common broom <i>Cytisusscoparius</i>	Heart and circulatory disorders, diuretic	Assists with regulating circulation. Low blood pressure, cardiac problems e.g. palpitations,	Infusion pour 1 cup of boiled water over 1-2 tsp of herb, infuse for 10 min and drink 1 cup 3 times daily. Not to be used if high blood pressure or during pregnancy. Stay within the recommended dosages.

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