

Herb	Pharmacological actions	Suggested uses	Directions and safety precautions
Fennel <i>Foeniculumvulgare</i>	Carminative aromatic, antispasmodic, anti-inflammatory, galactagogue, hepatic	Cellulite, suppresses appetite, increases lactation, colic, digestive aid, expectorant for coughs and colds. Promotes the function of the kidneys, liver and spleen. Relieves abdominal pain, colon disorders, gas and gastrointestinal tract spasms. Good after chemotherapy. Phytoestrogens with proven estrogenic activity.	Infusion 1-2 tsp of slightly crushed seeds in 1 cup of boiled water. Let it steep for 10 min. Drink 3x/day Tincture 1-2 ml 3x/day The powdered seed can be used for flea repellant.
Fenugreek <i>Trigonellafoenum-graecum</i>	Aphrodisiac, digestive tonic, demulcent and expectorant.	Catarrh, hair growth, breast development, stimulates milk production, as gargle helps to relieve sore throat. Helps lower cholesterol and blood sugar levels.	Decoction can be made or daily dose of 3 – 18 g of seed.
Feverfew <i>Tanacetumparthenium or Chrysanthemum parthenium</i>	Migraine prophylactic, anti-inflammatory	Migraine, headache, fevers. Combats inflammation and muscle spasms. Relieves nausea and vomiting	Infusion 1 tsp in 1 cup of boiled water. Steep for 5 -10 min. Drink 3x/ day. If it is used with blood thinning meds, monitor closely. Not when pregnant
Frangula Bark Alder buckthorn <i>Rhamnusfrangula</i>	Stimulant laxative	Acts as a colon cleanser and laxative. Effective in colon disorders, constipation, and parasitic infestation	Decoction: Use 2g of chopped bark steeped in 150 ml of boiling water. Drink 3 cups. Tastes very bitter as a tea. Do not use for prolonged periods. Do not use during pregnancy.
Flaxseed Linseed <i>Linumusatissimum</i>	Bulk laxative Good source of omega 3	Promotes strong bones, nails, and teeth as well as healthy skin. Useful for colon problems, female disorders and inflammation. Whole or crushed linseeds are taken orally as a bulk-forming laxative to treat chronic constipation and symptoms of irritable colon, spasmodic colitis and diverticulitis. Linseed lowers triglyceride and cholesterol levels.	The seeds are an excellent addition to a diet that is low in fiber. Flaxseed has the highest concentration of the phytoestrogen lignans of any other food. Use 1 tablespoon of whole or cracked seed (not powder) three times per day.
Fumitory Fumariaofficinalis	Diuretic, laxative, alterative, hepatic	Assists with skin problems such as eczema and acne. Its action is probably related to general cleansing mediated via kidneys and liver. Also as eye wash	Tincture 1-2ml 3x/day Infusion: Pour 1 cup of boiled water over 1-2 tsp of herb and infuse for 10-15 min. Drink 3x/day

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