

Herb	Pharmacological actions	Suggested uses	Directions and safety precautions
Hawthorn <i>Crataegus laevigata</i>	Cardiotonic, diuretic, astringent hypotensive	Tonic for most cardiovascular disease. Dilates the coronary blood vessels, lowers blood pressure and cholesterol levels and restore heart muscle. Decreases fat deposit levels. Useful for anemia, cardiovascular and circulatory disorders, high cholesterol and lowered immunity.	Do not take if you already take medication for heart disease without consulting with health practitioner. Infusion 2 tsp of herb in 1 cup of boiled water, infuse for 10-15 min. Drink 3x/day Tincture 2.5ml 3x/day
Holy Thistle Blessed thistle <i>Centaurea benedicta</i>	Appetite stimulant, dyspepsia Bitter tonic	Stimulates the appetite and stomach secretions. Heals the liver. Lessens inflammation, improves circulation, cleanses the blood, and strengthens the heart. May act as brain food. Good for female disorders and increases milk flow in nursing mothers.	Make an infusion using 3g (1 – 2 tsp) of herb in a cup of boiled water. Steep and drink twice daily one hour before meals.
Hops <i>Humulus lupulus</i>	Sedative, hypnotic, antimicrobial, antispasmodic, astringent	Has a marked relaxing effect, useful for insomnia. Relieves anxiety. Stimulates the appetite. Useful for cardiovascular disorders, hyperactivity, anxiety, insomnia, nervousness, pain, restlessness, shock, stress, toothaches and ulcers	Infusion: 1tsp in 1 cup of boiled water infuse in covered container for 10-15 min. One cup per night to assist with sleep. Should not be used by people who take antidepressants or are experiencing depression.
Horehound <i>Marrubium vulgare</i>	Expectorant, antispasmodic, bitter vulnerary emmenagogue	Decreases thickness and increases fluidity of mucus in the bronchial tubes and lungs. Helps for non-productive cough Boosts the immune system. Useful for indigestion, loss of appetite, bloating, hay fever, sinusitis and other respiratory disorders.	Infusion: Pour 1 cup of boiling water over ½ -1 tsp of herb infuse for 10-15 min. Drink 3x/day. Stay within dosages.
Horse Chestnut <i>Aesculus hippocastanum</i>	Astringent, anti-inflammatory, venous tonic	Protects against vascular damage, makes capillary walls less porous, shields against UV radiation damage. Good for varicose veins, reducing excess tissue fluids and easing nighttime muscle spasms in the legs.	Infusion: 1-2tsp on one cup of boiled water. Steep for 10-15min. Drink three times per day. Tincture: 1-4ml. Can be used as lotion. May interact with anticoagulant medication.
Horseradish Root <i>Armoracia rusticana</i>	Respiratory and urinary tract infections	Traditionally used to treat bronchial conditions and urinary tract infections. Best known as a spice. The fresh juice is effective against peptic disorders, dyskinesia of bile ducts and catarrhs of the upper respiratory tract.	Root 10g per day in food or if prefer a decoction can be made. Stay within recommended dosages.

Horsetail <i>Equisetum arvense</i>	Astringent, diuretic, vulnerary	Astringent for the genitourinary system. Acts Skin, hair and nail conditioner, Astringent, diuretic, inflammation and enlargement of prostrate, pain of rheumatism and gout	Infusion; 2tsp in 1 cup of boiled water. Steep for 15-20 min. Drink 3x/day Tincture 2-4ml 3x/day Not when pregnant To be used internally for period of 2-3 weeks
Hoodia <i>Hoodia godonii</i>		Appetite suppressant, gives energy and is mood enhancing.	
Hydrangea <i>Hydrangea aborescens</i>	Diuretic, antilithic	Enlarged Prostate problems, kidney stones, incontinence/bedwetting. Stimulates the kidneys and acts as a diuretic. Good for bladder infection, kidney disease, obesity and prostrate disorders.	Decoction: 2tsp of root in 1 cup of water, bring to boil and simmer for 10-15 min. Drink 3x/day. Tincture 2-4 ml Do not consume leaves.
Hydrocotyle Gotu kola <i>Centella asiatica</i>		Diuretic, hypothyroidism, kidney stones. Helps eliminates excess fluids, decreases fatigue and depression, stimulates central nervous system. Promotes wound healing and good for varicose veins and for heart and liver function.	Infusion. May cause dermatitis if applied topically
Hypoxis African Potato <i>Hypoxis rooperi</i>		Immune booster, liver detox, anti-candida, anti- inflammatory.	
Hyssop <i>Hyssopus officinalis</i>	Antispasmodic, expectorant, diaphoretic, nervine anti-inflammatory, carminative	Cough, catarrh, epilepsy. Promotes expulsion of mucus, relieves congestion, regulates blood pressure and dispel gas. Good for circulatory problems	Infusion: 1 cup of boiling water over 1-2 tsp of herb, infuse for 10- 15 min. Drink 3x/day Do not use during pregnancy

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