

Herb	Pharmacological actions	Suggested uses	Directions and safety precautions
Lavender <i>Lavandula officinalis</i>	Carminative, antispasmodic, relaxing nervine, antidepressant, rubefacient, emmenagogue, hypotensive	Induces calm, depression, insect repellent. Good for headaches psoriasis and other skin problems. Tonic for nervous system. For depression combines well with rosemary, kola or skullcap.	Infusion: one cup of boiled water over 1 tsp of herb. Steep for 10 min in covered container. Drink 3x/day. Should not be used during pregnancy.
Lady's Mantle <i>Alchemilla vulgaris</i>	Astringent, diuretic, anti-inflammatory, emmenagogue, vulnerary	Ladies hormone stabilizer, excessive bleeding. Has anti-inflammatory, diuretic and anti-viral effects. Helps to heal mucous membranes, improve blood clotting, and increase perspiration. Helps to regulate menstruation, easing symptoms during menopause	Infusion: 2tsp of herb on a cup of boiled water. Steep for 10-15 min. Drink 3 times per day. Tincture 2-4ml three times daily. Interferes with iron absorption and other minerals. Not to be used when pregnant.
Lemon Balm <i>Melissa officinalis</i>	Carminative, nervine, antispasmodic, antidepressant, diaphoretic, antimicrobial, hepatic	Relieves spasms in the digestive tract and is useful in flatulent dyspepsia. Mild antidepressant properties. Appropriate for neuralgia, anxiety-induced palpitations, insomnia, migraine associated with tension. Tonic effect on the heart and circulatory system. Lower blood pressure. Has some hormone regulating effects.	May interfere with thyroid hormones. Infusion pour 1 cup of boiling water over 2 – 3 tsp of dried herb, infuse in covered container for 10-15 min.
Lemongrass <i>Cymbopogon citratus</i>		Acts as an astringent, tonic, and digestive aid. Good for the skin and nails. Useful for fever, flu, headaches, and intestinal irritations.	Used in perfumes and other products as a fragrance.
Lily of the Valley <i>Convallaria majalis</i>		Heart tonic, shortness of breath, angina.	
Liquorice Root <i>Glycyrrhiza glabra</i>	Expectorant, demulcent, anti-inflammatory, antihepatotoxic, antispasmodic, mild laxative	Research has demonstrated that it has effect on the endocrine system and liver. It is helpful for Constipation, IBS, ladies hormone stabilizer, indigestion, diabetes, glands, colic, hepatitis B. Fights inflammation and viral, bacterial and parasitic infection. Cleanses the colon. Has estrogen and progesterone-like effects. Beneficial for allergies, asthma, chronic fatigue syndrome, depression, emphysema, enlarged prostate, premenstrual syndrome, menopausal symptoms.	Decoction ½ -1 tsp in 1 cup of water, bring to a boil. Simmer for 10-15 min and drink 3 times per day. Tincture dosage is 1-3 ml Do not use when suffering from untreated high blood pressure, or during pregnancy, or if you suffer with diabetes, glaucoma or have a history of stroke. Might deplete potassium.

Lobelia <i>Lobelia inflata</i>	Antiasthmatic, antispasmodic, expectorant, emetic, nervine	Has a general depressant action on the central and autonomic nervous systems and on neuromuscular activity. Its specific use is bronchial asthma and bronchitis. Assist in the following: spasmodic asthma, whooping cough, spasmodic croup, membranous croup, infantile convulsions, epilepsy, tonsillitis and pneumonia	Side effects are similar to nicotine and tobacco and include nausea, vomiting, diarrhea, coughing, tremors and dizziness. Do not use during pregnancy or lactation. Infusion pour 1 cup of boiling water over ¼ tsp of herb infuse for 0-15 min. Drink 3x/day
Lycopodium <i>Lycopodium clavatum</i>		Diuretic.	

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