

Herb	Pharmacological actions	Suggested uses	Directions and safety precautions
Oakbark <i>Quercus alba</i>	Astringent, anti-inflammatory, antiseptic	Diarrhoea small frequent doses, haemorrhoids, bleeding gums, internal bruising. Decoction can be used for tonsillitis, pharyngitis and laryngitis to gargle with.	Do not use for constipation. Decoction put 1 tsp of bark in 1 cup of water, bring to a boil and simmer for 10-15 min. Drink 3 times per day.
Oats straw <i>Avenasativa</i>	Nervine tonic, antidepressant, nutritive, demulcent, vulnerary	Angina, PMS, depression, male sexual tonic, hysteria. Acts as an antidepressant and restorative nerve tonic. Increases perspiration. Helps to ease insomnia. Good for Bed-wetting, depression, stress and skin disorders.	Infusion 1-3 tsp of herb in 1 cup of boiled water steep for 10 -15 min. Drink 3 times per day. Tincture 3-5ml 3x/day
Olive Leaf <i>Olea europea L.</i>	Anti-septic, astringent, anti-viral, anti-fungal, immune booster, anti-oxidant	Anti-septic, astringent, anti-viral, anti-fungal, immune booster, anti-oxidant, chronic fatigue, arthritis, psoriasis, tranquilizer, fever. Helps to dilate coronary arteries and improve circulation of blood through the heart. Good for moderately high blood pressure, infection of the urinary tract and Nephritis. Helps to lower blood sugar - diabetes and to facilitate passage of gall stones.	Infusion

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