

Herb	Pharmacological actions	Suggested uses	Directions and safety precautions
Sage <i>Salvia officinalis</i>		Helps with Excessive sweating, especially for menopausal women and people who perspire more than normally; laryngitis, decreases flow of milk. Stimulates the central nervous system and digestive tract and has estrogenic effects on the body. In a tea form can be used as a hair rinse to promote shine and hair growth.	Infusion Interferes with the absorption of iron and other minerals when taken internally and decreases milk supply in nursing mothers. Small dosages during pregnancy. Can increase blood pressure
Sarsaparilla Root <i>Smilax officinales</i>	Anti-inflammatory Tonic diuretic	Increases testosterone & sperm count, tonic, psoriasis. Good diuretic – induces sweating and urination, relieves swelling and soreness of arthritis.	Decoction
Saw Palmetto <i>Serenoa repens</i>	Acts as a diuretic, urinary antiseptic, and appetite stimulant	Tonic for male reproductive system, prostate problems. Helps for Benign prostatic hyperplasia can be combined with nettle root for this.	Decoction Have prostate checked on a regular basis.
Scullcap <i>Scutellaria laterifolia</i>		Epilepsy, anxiety, insomnia, muscular spasms, alcoholism, drug addiction. Aids sleep, improves circulation and strengthens the heart muscle. Relieves muscle cramps, pain, spasms and stress. Good for anxiety fatigue, cardiovascular disease, headaches and rheumatism Useful in treating barbiturate addiction and drug withdrawal	Infusion Not to be consumed by children under 6 years.
Sceletium <i>Sceletium tortuosum</i>		Replacement therapy for Alcoholics. Stress and Anxiety, Tension and Colic. Medicinal Plant.	
Senna <i>Cassia angustifolia</i>		Intestinal cleanser without any gripe.	Not when pregnant
Sheep Sorrel <i>Rumex acetosella</i>		Cancer, immune booster.	
Shepherd's Purse <i>Capsella bursa-pastoris</i>	Astringent, diuretic, anti-inflammatory	Duodenal ulcer, anti-tumor, anti-inflammatory As an astringent it is effective in diarrhea, wounds, nosebleeds. Hemorrhage, bleeding piles.	Do not use when you have kidney stones. Not when pregnant. Tincture 1-2ml Infusion: 1-2tsp infuse for 10 min in 1 cup of boiled water. Drink 3x/day

Slippery Elm Red elm <i>Ulmus rubra</i>	Demulcent, emollient	Soothes inflamed mucous membranes of the bowels, stomach and urinary tract. Good for diarrhea and ulcers and for treatment of ulcers and for treatment of colds, flu and sore throat. Beneficial for Crohn's disease, ulcerative colitis, diverticulosis, and gastritis.	Herbal powder 4 g of powder steeped in 500 ml of water and taken 3 times per day.
St John's Wort <i>Hypericum perforatum</i>	Anti-inflammatory, astringent, vulnerary, nervine, antimicrobial	<i>Taken internally has sedative and pain-relieving effect. Can be used for treatment of neuralgia, anxiety, tension and similar problems. It is especially appropriate for use when menopausal changes trigger irritability and anxiety. Mild to moderate</i> Depression, insomnia, neuralgia, hysteria, help to fight viral infections	Infusion: 1 cup of boiled water over 1 – 2 tsp of herb infuse for 10 – 15 min. Drink 3x/day. Tincture: 2-4 ml Do not take with other anti-depressants unless under medical supervision. May increase sensitivity to sunlight. It can interact with some drugs including antidepressants, birth control pills, and anticoagulants.
Sutherlandia – Cancer bush		Wasting syndrome in AIDS, TB and cancer. Improves immune system and increases quality of life. Treats heartburn, gastritis, reflux oesophagitis, peptic ulceration, hot flushes and irritability in menopause. Mild asthma, rheumatism and rheumatoid arthritis support. Assists in increasing weight in AIDS, Cancer and TB patients.	
Sweden Bitters 11/19 herb Sweden bitters		Good for liver-detox, indigestion, general well-being. Hangovers.	

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