

Herb	Pharmacological actions	Suggested uses	Directions and safety precautions
Tansy <i>Tanacetumvulgare</i> or <i>Chrysanthemum vulgare</i>	Traditional vermifuge	Balances delayed menstruation, anti-parasitical e.g. worms. Traditionally used as anthelmintic against tapeworm, roundworm, threadworms.	Daily dosage is 1-2g of herb taken as an infusion on an empty stomach in the morning. Tansy oil can be very toxic.
Thuja <i>Thuja occidentals</i>		Warts, anti-fungal, anti-parasitical.	
Thyme <i>Thymus vulgaris</i>	Antiseptic	Cough, asthma, colds, flu, whooping cough, sore throat. Has strong antiseptic properties. Lowers cholesterol levels. Eliminates scalp itching and flaking if hair is rinsed with it.	Infusion
Turmeric <i>Curcuma longa</i>	Anti-tumor, anti-oxidant, anti-parasitical, antibiotic, anticancer and anti-inflammatory	Anti-tumor, anti-oxidant, anti-parasitical, relieves head colds and arthritic aches. Fights free radicals, protects the liver against toxins, aids circulation, lowers cholesterol, improves blood vessel health. Curcumin inhibits the growth of the estrogen receptor in the breast cancer cell line.	Herbal powder Do not use if you suffer from biliary tract obstruction as curcumin stimulates bile secretion.

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