

Herb	Pharmacological actions	Suggested uses	Directions and safety precautions
Walnut (Black) <i>Juglansregia</i>		Aids digestion and acts as a laxative. Helps heal mouth and throat sores. Cleanses the body of some types of parasites. Good for bruising, fungal infection, herpes, poison ivy, and warts. May help lower blood pressure and cholesterol levels.	
Wild Yam <i>Doiscoreavillosa</i>	Antispasmodic, anti-inflammatory, anti-rheumatic, hepatic, cholagogue, diaphoretic	Natural plant progesterone, menopause, vaginal dryness. Relaxes muscle spasms, reduces inflammation and promotes perspiration. Good for colic, gallbladder disorders, hypoglycemia, irritable bowel syndrome, kidney stones, neuralgia, rheumatism and female disorders, including premenstrual syndrome and menopause-related symptoms.	Decoction 1-2tsp in a cup of water, bring to the boil, simmer for 10 – 15 min. Strain and drink 3x/day Tincture 2-4ml Not when pregnant
White willow bark <i>Salix alba</i>	Analgesic, anti-inflammatory, tonic	<i>Best known for relief during rheumatism and gout.</i> Headaches, cystitis, inflammation, arthritis. Relieves pain. Good for allergies, headache, backache, nerve pain, joint pain, inflammation, menstrual cramps. Considered to be the natural form and original source of the modern aspirin.	Decoction put 1-2 tsp of bark in 1 cup of water, bring to a boil and simmer for 10-15 min. Drink 3 times per day. Not when pregnant. May interfere with absorption of iron and other minerals when taken internally. Do not use if allergic to aspirin.
Witch Hazel <i>Hamamelisvirginiana</i>	Astringent, anti-inflammatory	Diarrhoea, dysentery, varicose veins, haemorrhoids, astringent. Applied topically has astringent and healing properties and relieves itching. Good for hemorrhoids, mouth and skin inflammation and phlebitis. Very useful in skin care.	Infusion: 1 cup of boiled water over 1tsp of herb. Steep for 10-15 min and drink 3x/day Can be made into ointment Tincture: 1-2 ml
Wormwood <i>Artemesiaabsinthium</i>	Bitter, carminative, antimicrobial, anthelmintic, antidepressant.	Worms, diabetes, parasites. Acts as a mild sedative, eliminates worms, increases stomach acidity and lowers fever. Useful for loss of appetite and for liver, gallbladder, gastric and vascular disorders, including migraines.	Infusion1 cup of boiled water over 1-2tsp of dried herb. Steep for 10-15 min. Drink 3 times daily. Tincture 1-4ml 3x daily Not when pregnant Do not use in high doses or for extended periods. Should not be used by those who suffer from any type of seizure disorder.

Wood betony <i>Stachys officinalis</i>		Stimulates the heart and relaxes muscles. Improves digestion and appreciation of food. Good for cardiovascular disorders, hyperactivity, anxiety, nerve pain, headaches and anxiety attacks.	Do not use during pregnancy. Herbal infusion.
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NB This information is not intended to substitute a competent Health Care professionals advice or treatment.