

Chamomile, German

Matricaria recutita

Other Names:	Hungarian chamomile, Mayweed, Sweet false chamomile, True chamomiles
Description:	A feathery-leaved pineapple-scented garden plant in the aster family with small daisy-like yellow and white flowers.
Part Used:	Flowers
Action:	Calmative, Antispasmodic
Category:	Specific
Systems:	Nervous, Digestive
Taste:	Aromatic
Energy:	Warm
Primary Uses:	Colitis, Croup, Diverticulitis, Dyspepsia, Indigestion, Insomnia, Knotted Intestine, Nettle Sting, Seasickness, Stomach Weakness, Teething, Vomiting
Caution:	None noted
Preparation:	Infusion; Tincture
Dose:	1-2 cups 2-3 x daily; 15-30 drops 2-3 x daily
Products:	Teabag, Tincture, Bulk Herb, Powder, Ointment, Homeopathic tablet



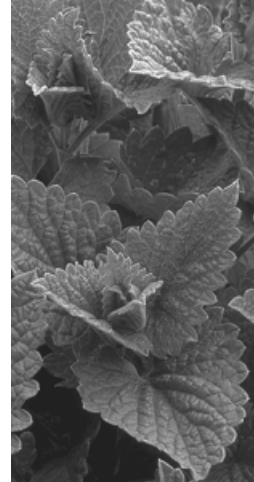
Health Benefits: Chamomile tea is commonly used in many parts of Europe, South America, and Mexico for children with colic and other digestive disturbances, fever, insomnia, and the restlessness and irritability commonly associated with teething. Women have long used chamomile for PMS and menstrual cramps. It has also been recommended as a nervine, for muscle cramps, headaches, and to soothe indigestion and flatulent colic. Steam from the herb can be inhaled for respiratory tract irritation.

Chamomile creams and ointments are applied to the skin to help soothe and heal burns and other skin irritations, wounds, diaper rash, and sore nipples. The homeopathic tablets are given to babies for teething and fussiness.

Lemon Balm

Melissa officinalis


Other Names:	Balm Bee balm, Melissa, Melissa balm
Description:	A fragrant annual herb from the mint family with lush green foliage and white flowers
Part Used:	Leaf
Action:	Calmative, Febrifuge
Category:	Specific
Systems:	Nervous, Digestive
Taste:	Spicy
Energy:	Cool
Primary Uses:	Herpes, Mouth Sores, Mumps, Poor Digestion, Shingles, Viral Infection
Caution:	None noted
Preparation:	Infusion; Tincture
Dose:	1 cup 2-3 x daily; 1 dropperful 2-3 x daily
Products:	Tincture, Essential oil, Bulk Herb



Health Benefits: Lemon balm works mainly as a gentle sedative and digestive aid. It is beneficial for fevers, flatulence, painful menstruation, and to relieve tension. It calms the nervous system and relieves tension and insomnia. Lemon balm has a particularly beneficial effect on nervous stomach with symptoms such as heartburn and knots in the stomach. As a powerful antiviral, a tea concentrate, not the essential oil, is used internally and externally to treat cold sores, genital herpes, and oral herpes sores. Its appealing flavor makes it useful for acute children's ailments. Commercial creams are made of a watery extract of the plant to treat herpes lesions. The essential oil of lemon balm is effective for melancholy and depression.

St. John's Wort

Hypericum perforatum

Description:	An upright perennial herb with thin, opposite elliptical leaves with translucent dots, bright yellow flowers. Crushing the yellow flowers yields a blood-red juice due to coloring pigments in the petals.	
Part Used:	Flowers, Leaf	
Action:	Vulnerary, Antiinflammatory	
Category:	Specific, Stimulating Tonic	
Systems:	Nervous, Hormonal, Liver, Integumentary	
Taste:	Bitter, Sweet	
Energy:	Cool	
Primary Uses:	Abrasions, Bleeding (external), Burns (2 nd degree), Cuts, Depression (mild), Ear (middle) Inflammation, Herpes, Hyperactivity, Hypochondria, Itching, Insomnia, Jet Lag, Mumps, Nettle Sting, Neuritis, Numbness, Pain, Phlebitis, Poison Oak, Rheumatism (chronic), Sciatica (acute), Shingles, Sprains, Sunburn, Teething, Tendinitis, Vaginal Dryness, Viral Infection, Wounds	
Caution:	Avoid regular use of this herb if you are taking pharmaceutical MAO-inhibitors. St. John's wort has caused photodermatitis in cows and sheep who have eaten large quantities of the fresh herb. It is recommended to avoid bright sunlight when taking therapeutic doses of the herb extract, particularly if you have fair skin.	
Preparation:	Tincture; Oil; Extract	
Dose:	1-2 droppersful 2-3 x daily; apply externally as needed; follow label directions	
Products:	Tincture, Standardized extract in tablet, Oil, Capsule, Bulk Herb	
Health Benefits:	St. John's wort shows great promise as an antiviral and antiinflammatory agent and is being researched for its potential benefit to AIDS patients. It has long been used as a remedy for uterine cramping, mild depression, bedwetting, and anxiety. St. John's wort is used internally and externally for pain relief. One of its main active ingredients, hypericin, is a strong antiinflammatory and can penetrate through the skin when applied locally as an oil. This warming and soothing oil is used externally for wounds, nerve pain, trauma due to tension or accidents, and burns. The oil or tincture applied locally is one of the most effective remedies available to help	

reduce the redness and itching of poison oak rashes and quickly reduce the pain of a scrape or burn. Herbalists always think of St. John's wort for healing nerve trauma due to injury or chronic disease. Modern research from Europe has shown the whole plant extract to be as effective as a popularly prescribed drug for mild depression. To make an oil, grind enough fresh flowering tops (traditionally harvested on St. John's day—June 24th) to nearly fill a given quantity of olive oil. Wait for 2 weeks, strain and filter the oil, and then bottle for use. A traditional way of making the oil and effectively increasing the intensity of its red color is to make the infusion in the direct sun.

Insomnia

Recommended Herbs:

Hops	Tincture	1/2 to 4 droppersful 2-3 x daily
Jamaica Dogwood	Tincture	20 drops to 2 droppersful
Valerian	Tincture	30-40 drops as needed
Wild Lettuce	Tincture	1-2 droppersful as needed
Skullcap	Tincture	10-30 drops as needed
Hops	Infusion: 6-8 grams	1 cup 2-3 x daily
Linden	Infusion: 1-4 grams	1 cup 2-3 x daily
Relaxing Formula	Tincture	1-4 droppersful as needed

Holistic Program:

Insomnia is the inability to have a restful, refreshing night's sleep. It can be of at least two types:

1. One has trouble falling asleep. This is often caused by tension, overwork and mental strain, especially late at night. Relaxing herbs are helpful here (catnip, valerian, passionflower, chamomile, linden flower). Avoid working late, stretch before bedtime, practice meditation and deep breathing, especially at night, and receive frequent massage or acupuncture treatments.

2. One falls asleep, but then wakes up after a few hours and finds it difficult to go back to sleep. This is often associated with a kidney or heart "yin," deficiency, or adrenal weakness. Consistent use of adrenal tonic herbs (eleuthero, rehmannia, reishi) in extract form is essential.

Either type of insomnia can be based on, or at least aggravated by a neurotransmitter imbalance. Herbs and foods that help restore the proper serotonin levels in the brain (L-tryptophan-rich yogurt, St. John's wort) can be useful.

Nervousness

Recommended Herbs:

Linden	Infusion: 1-4 grams	1 cup 2-3 x daily
California Poppy	Tincture	2-4 droppersful as needed
Passionflower	Tincture	30 drops 3-4 x daily
Valerian	Tincture	30-40 drops 2-3 x daily
Hops	Infusion: 6-8 grams	1 cup 2-3 x daily
Reishi	Standardized Extract	2-4 capsules 2-3 x daily

Medical Description:

Less intense than anxiety, but a feeling of restlessness, often with an inability to concentrate or sleep soundly. Can be brought on by caffeinated drinks like cola, tea, or coffee; stress; or mental and emotional disturbances.

Holistic Program:

The regular practice of deep breathing is extremely effective for calming mind and body for it activates the parasympathetic branch of the autonomic nervous system with a corresponding reduction in sympathetic tone (flight or fight syndrome). Stretching, exercise, meditation, and working on clarity within oneself and one's relationships can all help. Calmative herbs (California poppy, kava, passionflower, hops, valerian, linden flowers) can be quite helpful.

Sciatica, acute

Recommended Herbs:

Wintergreen	Essential Oil	2-3 drops to affected area 2-3 x daily
Jamaica Dogwood	Tincture	20 drops to 2 droppersful 2 x daily
St. John's Wort	Oil	Apply to affected area as needed
St. John's Wort	Tincture	1-2 droppersful 2-3 x daily
Chamomile, Roman	Essential Oil	Apply 2-3 drops to affected area
Chamomile, Roman	Tincture	1-2 droppersful 2-3 x daily

Medical Description:

Sciatica is a pain that is felt along the course of the sciatic nerve—the major leg nerve that travels from the lower lumbar spine down the back of the thigh and to the foot. The pain can be caused by a compression of the nerve root in the lumbar region due to a lower back injury, often involving the partial collapse of or leakage from the shock-absorbing disks between the vertebrae.

Holistic Program:

Exercise, physical therapy, hydrotherapy, stretching, and a natural foods diet can speed recovery. Experience shows that surgery or other heroic interventions of modern medicine are often not warranted and can lead to future chronic problems.

Herbs helpful in reducing pain and swelling include pain-relieving herbs (California poppy, willow bark, valerian, Roman chamomile), antiinflammatories internally (St. John's wort, bromelain, vitamin C, bioflavonoids) and externally (St. John's wort, arnica, horse chestnut), and herbs to speed healing (eleuthero, plantain).

Adjunct Therapy: Hydrotherapy, ginger compresses.