

HERBAL MATERIA MEDICA 4.0

A brief outline of major medicinal plants, giving preferred media, strengths,
and common dosage ranges

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ABIES (*Tsuga canadensis*, Canada Balsam, Hemlock Spruce)

BARK. EXTERNAL: Weak Decoction. INTERNAL: Weak Decoction, 1-3 fluid
ounces. Tincture [1:5, 50% alcohol] 5-20 drops. Essential Oil, 2-5
drops

ACACIA GREGGII (Catclaw Acacia)

PODS/LEAVES. Standard Infusion, 2-4 fluid ounces

ACACIA SENEGAL (Gum Arabic)

One tablespoon dissolved in 4 oz. water, flavored with vanilla,
cinnamon, etc.

Gum Arabic Mucilage, 1-2 teaspoons as needed.

ACHILLEA (Yarrow, Milfoil, Plumajillo)

WHOLE FLOWERING PLANT. Tincture [FRESH 1:2, DRY 1:5, 50% alcohol]
10 to 40 drops. Standard Infusion, 2-4 ounces.

ROOT. Fresh Root Tincture, topical to gums as needed.

*ACONITUM COLUMBIANUM (Aconite, Western Monkshood)

FLOWERING HERB. Fresh Herb Tincture, 1:4, topical in moderation,
internal

1-5 drops to 4X a day. DANGEROUS IN LARGER DOSES.

DRIED ROOT. Tincture [1:10, 70% alcohol] FOR TOPICAL USE ONLY.

*ACONITUM CARMICHAELI (CURED) (Fu-tse, Fo-tzu)

CURED CHINESE ROOT-SLICES. 1/4 to 1 slice, eaten or boiled, to 2X a day.

ACORUS CALAMUS (Calamus, Sweet Flag)

RHIZOME/ROOT. Tincture [FRESH 1:2, DRY 1:5, 60% alcohol], 15-45 drops, to 4X a day. The dried leaves make a tasty simple tea.

*ACTEA RUBRA (A. arguta, Baneberry)

ROOT. Dry Root Tincture, [1:5, 80% alcohol] 10-20 drops to 3X a day.

ADIANTUM (Maidenhair Fern)

DRIED HERB. Standard Infusion, 1-3 fluid ounces; 8 ounces as hair rinse.

*AESCULUS CALIFORNICA (California Buckeye)

BARK and FRUIT. Same as Aesculus glabra.

*AESCULUS GLABRA (Ohio Buckeye)

BARK and FRUIT. Tincture [1:5, 50% alcohol] 5-15 drops. USE WITH CARE.

*AESCULUS HIPPOCASTANUM (Horse Chestnut)

BARK and FRUIT. Tincture [1:5, 50% alcohol] 3-10 drops. USE WITH CARE.

AGAR AGAR. Powdered or flaked refined mucilage from several seaweeds.

Infusion, 1/2 to 2 tablespoons in water or fruit juice.

AGAVE (Century Plant, Maguey, American or False Aloe, Lechuguilla)

Tincture [Fresh Leaf, 1:2, Dried Root, 1:5, 50% alcohol] 30-60 drops, to 4X a day.

The fresh leaf can induce a rash in some folks; test on arm first.

AGRIMONIA (Agrimony)

HERB. Standard Infusion, 2-4 ounces. Tincture [1:5, 50% alcohol, or Fresh

Plant, 1:2], 1/4 to 1 teaspoon as needed

AGROPYRON REPENS (Triticum repens, Couchgrass)

RHIZOME/STEMS. Cold Infusion, 2-4 fl. oz. Tincture [1:5, 50% alcohol] 30-60 drops to 5X a day. Fluidextract [1:1, 50% alcohol] 10-30 drops to 5X a day

AILANTHUS ALTISSIMA (Tree of Heaven)

BARK, FRUIT. Cold Infusion, 1-2 ounces, to 5X a day.

ALCHEMILLA (Ladies Mantle)

WHOLE PLANT. Standard Infusion, as needed

ALETRIS FARINOSA (Star Grass. "True"(properly "False") Unicorn Root)

RHIZOME. Tincture [1:5, 50% alcohol] 30-60 drops to 3X a day. Cold Infusion, 1-3 ounces.

- ALLIUM SATIVUM (Garlic)
BULB. Fresh Juice, 1/4 to 1 teaspoon. Fresh Tincture [1:2] 15-40 drops.
- ALNUS SERRULATA (Tag Alder)
BARK, fresh or recent only. Strong Decoction, 1/2 to 2 tablespoons. Weak Decoction for external use.
- *ALOE (Aloe Socrotine, etc.)
DRIED JUICE. Capsules, a single #0 or #00. Tincture [1:10, 50% alcohol] 15-60 drops. Use with antispasmodic such as Acorus or Angelica.
- ALTHEA (Marshmallow or Hollyhock)
ROOT. Cold Infusion or Fresh Tincture [1:2] as needed
HERB. Cold Infusion as needed, or moistened for poultice.
- AMARANTHUS (Pigweed, Alegria)
WHOLE PLANT. Standard Infusion as needed.
- AMBROSIA (Ragweed, Bursage, Yerba del Sapo)
HERB. Standard Infusion, 1-2 ounces. Fresh Tincture [1:2] 20-40 drops, both to 4X a day.
- *AMYGDALIS PERSICA (Peach Tree)
FRESH TWIGS. Cold Infusion, 1-2 oz. Tincture [1:2], 30-90 drops, both ad lib.
- ANAGALLIS (Scarlet Pimpernel)
HERB. Fresh Plant Tincture [1:2] 5-15 drops. Not for extended use.
- ANAPHALIS MARGARITACEA (Pearly Everlasting)
FLOWERING HERB. Standard Infusion, as needed. Rubbed leaves mixed with hot water for poultice.
- *ANEMONE HIRSUTISSIMA (Pulsatilla ludoviciana, Pasque Flower)
FRESH PLANT. Tincture [1:2] 3-10 drops, to 4X a day. Use with care.
- *ANEMONE TUBEROSA (Desert Anemone, Desert Pasque Flower)
Same as previous.
- ANEMOPSIS (Yerba Mansa, Lizard Tail)
ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 60% alcohol] 20-60 drops to 5X a day. Cold Infusion, 2-4 ounces similarly.
HERB. Standard or Cold Infusion as needed.

ANGELICA

ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 65% alcohol] 30-60 drops, to 4X a day. Strong Decoction, 1-2 ounces similarly.

SEED: Tincture (as previous), 10-30 drops, or several seeds chewed.

*ANGELICA SINENSIS (Dong Qua'i, Tang Kwei)

CURED CHINESE OR KOREAN ROOT. Large slices, 1/16 to 1/8 a day, chewed and swallowed. Tincture [1:5, 70% alcohol] 5-20 drops Capsules, #0, 1 to 3 a day.

ANISUM (Anise Seed)

SEED. Standard Infusion, 2-4 ounces. Spirit of Anise, 1/4 to 1/2 teaspoon, Oil of Anise, 1-5 drops, all as needed

ANTENNARIA (Cat's Paw, Pussy Toes, Mountain Everlasting)

WHOLE PLANT. Standard Infusion, 3-6 ounces to 4X a day.

ANTHEMIS NOBILIS (Roman Chamomile)

FLOWERING HERB. Cold Infusion (bitter tonic), Standard Infusion (diaphoretic), both 2-4 ounces.

APIUM (Celery)

SEED. Simple Infusion, 1/2 to 1 teaspoon of seeds in cup of hot water.

APOCYNUM CANNABINUM (Dogbane, Canada Hemp)

ROOT. Tincture [1:5, 50% alcohol] 5-20 drops, to 3X a day. USE CAREFULLY!

ARALIA HISPIDA or SPINOSA (Dwarf Elder, Hercules Club, Devil's Walkingstick)

ROOT or BARK. Tincture [1:5, 50% alcohol] 5-25 drops, to 3X a day.

ARALIA NUDICAULIS ("American Sarsapilla")

ROOT. Cold Infusion 2-4 ounces. Tincture [1:5, 60% alc.] 15-30 drops, both up to 3X a day.

ARALIA RACEMOSA [including A. californica] (Spikenard, California Spikenard)

ROOT. Tincture [Fresh Root, 1:2, Recent Dry Root, 1:5, 50% alcohol] 10-30 drops.

Strong Decoction or Cold Infusion, 2-4 ounces.

ARBUTUS (Madrone)

LEAVES. Same as Arctostaphylos spp.

ARCTIUM (Burdock)

ROOT Cold Infusion, 2-4 ounces. Fluidextract [1:1, 60% alcohol] 15-30 drops.

Tincture [Fresh Root, 1:2, Dry Root, 1:5, 60% alcohol] 30-90 drops, all 3X a day.

SEED. Tincture [1:5, 60% alcohol] 10-25 drops.

ARCTOSTAPHYLOS (Uva Ursi, Manzanita, Bearberry)

LEAVES. Tincture [1:5, 50% alcohol] 30-60 drops in 8 oz. of water, to 3X a day.

Standard Infusion 3-4 ounces to 3X a day. For sitz bath, 8-12 ounces Standard Infusion in warm water; sit in it morning and evening.

ARGEMONE (Prickly Poppy, Cardo Santo)

HERB. Cold Infusion, 2-3 ounces, to 3X a day. For short duration of use only.

ARISAEMA (Jack-in-the-Pulpit)

CORM. Tincture [Fresh Corm, slightly wilted, 1:2, 50% alcohol] 2-10 drops.

*ARISTOLOCHIA CALIFORNICA (California Snakeroot, Cal. Dutchman's Pipe

WHOLE PLANT. Fresh Plant Tincture [1:2] 5-20 drops to 3X a day.

*ARISTOLOCHIA SERPENTARIA (Virginia Snakeroot, Serpentaria)

ROOT and HERB. Tincture [Fresh Plant, 1:2, Dry Root, 1:5, 70% alc.) 5-20 drops to 3X a day. For extended use, use only low doses, and within a formula.

*ARISTOLOCHIA WATSONII (Indian Root, Raiz del Indio)

Same as previous, but safer for extended use, as is A. californica.

*ARNICA (A. montana, A. cordifolia, A. latiflora, etc.)

WHOLE PLANT. Fresh plant, flower or root tincture [1:2], dry flowers or herb

tincture, [1:5, 50% alcohol] and dry root tincture [1:5, 60% alcohol].

EXTERNAL is diluted with one or two parts of water, applied as needed.

INTERNAL use 3-10 drops. TAKE INTERNALLY WITH CARE

*ARTEMISIA ABSINTHIUM (Wormwood)

HERB. Cold Infusion, 1-3 ounces.

*ARTEMISIA TRIDENTATA (Sagebrush)

HERB. Cold Infusion, 1-2 ounces.

- *ARTEMISIA VULGARIS (Mugwort, California Mugwort)
HERB. Tincture [1:5, 50% alc.] 10-25 drops. Acetum Tincture [1:5, in vinegar] as needed externally. Standard Infusion (drunk hot) for diaphoretic, Cold Infusion as tonic.
- ASAFETIDA (Ferula asafetida, Devil's Dung, Stinkasant)
GUM. Tincture [1:5, 85% alcohol] 5-20 drops.
- ASARUM (Wild Ginger, Canada Snakeroot)
ROOT. Tincture [Fresh Root 1:2, Dry Root, 1:5, 60% alcohol] 20-50 drops in hot water. HERB. Standard Infusion or simple tea as needed.
- *ASCLEPIAS ASPERULA (Immortal, Antelope Horns, Spider Milkweed)
ROOT. Tincture [1:5, 50% alcohol] 5-30 drops, Capsules, #00, 1-2, to 3X a day.
- *ASCLEPIAS CORNUTA (Common Milkweed)
ROOT. Same as above.
- *ASCLEPIAS INCARNATA (Swamp Milkweed)
ROOT. Same as above.
- *ASCLEPIAS SUBULATA (Desert Milkweed)
ROOT. Tincture [1:5, 50% alcohol] 10-20 drops in hot water, to 3X a day.
- *ASCLEPIAS TUBEROSA (Pleurisy Root)
ROOT. Cold Infusion, 2-4 ounces. Tincture [1:5, 50% alcohol] 30-90 drops. Capsules, #00, 1-3, all to 3X a day.
- ASPARAGUS OFFICINALE
ROOT. Tincture [Fresh, 1:2, Dry, 1:5, 50% alcohol], 30-60 drops in water, 3X a day.
- *ASPIDIUM (Dryopteris filix-mas, Male Fern)
OLEORESIN, ROOT. Oleoresin in capsules, 2 grams; powdered root in capsules 10-15 grams. Prepare with epsom salt purgative in the evening, take capsules in morning, have a light lunch, and another purgative in evening. WARNING: Consume no oils, fats or alcohol the day the capsules are taken, and the light lunch should contain NO fatty foods.
USE WITH CARE.
- ASPIDOSPERMA (Quebracho Bark)
BARK. Tincture [1:5, 50% alcohol] 15-30 drops, to 3X a day.

- ASTRAGALUS MEMBRANACEUS (Huang-Chi)
SLICED ROOT. Cold Infusion, 2-3 ounces to 3X a day. Fluidextract [1:1, 55% alcohol] 10-15 drops to 3X a day. Tincture [1:5, 60% alcohol] 30-60 drops, 4X a day.
- AVENA (A. sativa, A. fatua, Oats, Wild Oats.)
UNRIPE FRESH SEED, w/"Milky" center. Fresh Tincture [1:2], 10-20 drops, to 4X a day. STRAW (dry stems). Standard Infusion, 4-8 ounces.
- BALSAM OF PERU (Myroxylum pereirae, Peruvian Balsam)
RESIN (Dark Brown, syrupy).EXTERNAL: Mix one part balsam with two parts of lanolin or lard. INTERNAL: 5-10 drops in capsule, taken with a little food.
- BALSAM OF TOLU. (Myroxylum toluiferum)
RESIN. (Light Brown, syrupy, aromatic).TINCTURE: One part resin in five of ethanol; take in 15-30 drop doses or add to boiling water for steam inhalation.
- BALSAMORHIZA (Balsam Root)
ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 65% alcohol], 20-50 drops in hot.water, to 4X a day. LEAVES. Powdered, with water as poultice.
- BAPTISIA (Wild Indigo Root)
ROOT. Tincture [1:5, 65% alcohol], WHOLE PLANT. Fresh Tincture [1:2], both taken 10-25 drops, to 3X a day.
USE WITH CARE; better long term in formulas
- BAROSMA (Agothasma, Buchu)
LEAVES. Cold Infusion (rewarmed) 1-3 ounces. Tincture [1:5, 80% alcohol], 30-60 drops in water. Both forms to 4X a day.
- BERBERIS VULGARIS (Common Barberry)
ROOT. Tincture [1:5, 50% alcohol] 10-60 drops. Cold Infusion, 1-3 ounces. Capsules, #00, 1-3. All to 3X a day. See MAHONIA (Oregon Grape) as well.
- BETULA (Birch)
BARK. Strong Decoction, 1-2 ounces, to 4X a day. External wash.
LEAVES. Standard Infusion as bath or wash, as needed.
- BIDENS (Tickseed, Spanish Needles, Te de Coral)

HERB. Cold or Standard Infusion, 2-4 ounces. Tincture [Fresh, 1:2, Dry, 1:5, 50% alcohol] 45-90 drops.

BRICKELLIA (Prodigiosa, Hamula)

HERB Standard Infusion, 2-4 ounces, to 2X a day. Tincture [1:5, 50% alcohol], 30-60 drops to 3X a day. Use the infusion for Type II diabetes, tincture as tonic.

*BRYONIA (Bryony)

ROOT. Tincture [Fresh Root, 1:2, recent Dry Root, 1:5, 50% alcohol], 2-10 drops to 3X a day. USE WITH CARE; better in small, frequent doses.

BURSERIA MICROPHYLLA (Elephant Tree, Torote)

GUM. Tincture [1:5, 80% alcohol], 5-20 drops, and diluted for mouth wash. TWIGS/LEAVES. Fresh plant tincture [1:2], 10-30 drops.

*CACALIA DECOMPOSITA (Odontotrichum decompositum, Maturin, Maturique)

ROOT. Tincture [Fresh Root 1:2, Dry Root, 1:5, 70% alcohol], 15-30 drops. Usually for acute hyperglycemic episodes; I wouldn't advise extended use.

CAFFEA ARABICA (Coffee)

ROASTED BEANS. Black, freshly brewed or cold infusion, 4-12 ounces.

CALENDULA OFFICINALIS (European Marigold)

FLOWERS. Tincture [Fresh Flowers, 1:2, Dry Flowers, 1:5, 70% alcohol] 5-30 drops, to 4X a day. Dilute with several parts of water for topical use.

CAMPIS RADICANS (Trumpet Creeper)

HERB. Cold or Standard Infusion as needed externally, 1-3 ounces internally.

CANNABIS SATIVA (Marijuana, Hemp)

FLOWERING TOPS. Tincture [Fresh Herb, 1:2, Dry Herb, 1:5, 95% alcohol] 5-30 drops. Smokers need higher dose. ILLEGAL TO POSSESS AT PRESENT.

*CAPSELLA BURSA-PASTORIS (Shepherd's Purse)

WHOLE PLANT. Tincture (Fresh Plant, 1:2, recent Dry Plant, 1:5, 50% alcohol] 20-60 drops.

CAPSICUM (Cayenne, African Bird Peppers)

FRUIT. Tincture [1:5, 95% alcohol] 5-15 drops. Capsules, #0, 1-2

CARDAMOMUM (Cardamom Seeds)

SEEDS. Tincture [1:5, 50% alcohol] 5-10 drops...or chew a couple seeds, already.

CARTHAMUS TINCTORIA (Safflower, American, Mexican or Bastard "Saffron")

FLOWERS. Standard Infusion 4-8 ounces.

CARUM (Caraway Seed)

SEED. Spirit of Caraway (1 part essential oil, 10 parts ethanol) 10-20 drops in water, or some chewed seeds or simple tea for indigestion.

CARYOPHYLLUS (Cloves)

UNRIPE BUDS. Essential Oil: 1:4 drops in capsule, taken with food. A piece of oil-moistened cotton on or in a tooth, avoiding gums if possible.

*CASSIA MARILANDICA (American Senna)

LEAVES. Standard Infusion, 3/4 Senna, 1/4 Coriander Seed (antispasmodic), 4-8 ounces. Take in evening for morning effect.

CASTANEA (Chestnut)

LEAVES. Standard Infusion, 1-4 ounces.

CASTELA EMORYI (Holacantha emoryi, Chaparro Amargosa)

"HERB". Tincture [Fresh Plant, 1:2, Dry Plant, 1:5, 50% alcohol] 20-50 drops (as anti-microbial), 5-10 drops (as bitter tonic).

*CAULOPHYLLUM (Blue Cohosh)

RHIZOME/ROOT. Tincture [1:5, 60% alcohol] 5-20 drops, usually in formula context.

CEANOTHUS (Red Root, New Jersey Tea)

ROOT. Cold Infusion, 2-4 ounces. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 50% alcohol] 30-90 drops, to 4X a day.

CENTAURIUM (Erythraea, Centaury)

WHOLE PLANT. Fresh Plant Tincture [1:2] 10-20 drops before meals. Cold Infusion 1-2 ounces, also before meals.

CENTELLA ASIATICA (Hydrocotyle asiatica, Gotu Kola, Brahmi)

HERB. Fresh Plant Tincture [1:2], 15-30 drops to 3X a day. Standard Infusion, 1-2 ounces. Dry Herb Tincture [1:5, 50% alcohol] 20-40 drops, to 4X a day.

CEPHALANTHUS (Button Bush)

BARK and TWIGS. Tincture [Fresh Plant, 1:2, Dry Plant, 1:5, 50%

- alcohol] 10-30 drops, to 3X a day. Best for short term use.
- CERCOCARPUS (Mountain Mahogany, Ponil)
TWIGS and STEMS. Strong Decoction, 2-3 ounces to 3X a day.
- CEREUS GRANDIFLORUS (Selenicereus, Peniocereus, Night-Blooming Cereus)
FRESH STEMS. Fresh Tincture [1:2], 5-15 drops (Selenicereus spp.);
10-25 drops, (Peniocereus greggii). Either one to 4X a day.
- CHAMAELIRIUM (Helonias, Unicorn Root)
RHIZOME and ROOT. Tincture [1:5, 50% alcohol] 10-40 drops. Best in
lower doses in a formula context.
- CHELIDONIUM (Greater Celandine)
WHOLE PLANT. Fresh Plant Tincture, [1:2] 10-25 drops. Alone, for
short term use; safe for extended use as a low dose formula constituent.
- CHELONE (Balmony, Turtlehead)
HERB. Tincture [fresh plant, 1:2], 10-20 drops to 3X a day. Cold
Infusion, 1-3 ounces, to 3X a day. Dry Plant Tincture [1:5, 50%
alcohol], 30-60 drops, to 4X a day.
- *CHENOPODIUM (Epazote, Wormseed)
SEEDS. As Vermifuge: take laxative in evening, fast twelve hours the
following day, take 2 grams of seeds [3 or 4 #00 capsules] with a
soothing tea, such as Althea or Ulmus, wait 2 hours, follow with a full
dose of Castor Oil.
HERB: As Emmenagogue: Standard Infusion, 2-3 ounces. USE BOTH SEEDS
and HERB WITH CARE. The herb, used to spice beans, is perfectly safe.
- CHILOPSIS LINEARIS (Desert Willow, Mimbre)
BARK and TWIGS. Strong Decoction or Cold Infusion, 3-6 ounces to 3X a day,
WHOLE PLANT. The powder for topical application.
- CHIMAPHILA (Pipsissewa, Prince's Pine)
HERB. Tincture [Fresh Plant, 1:2, Dry plant, 1:5, 50% alcohol), 20-50
drops, to 4X a day. Standard Infusion 4-8 ounces.
- CHIONANTHUS (Fringetree)
BARK. Cold Infusion, 2-4 ounces. Tincture [Fresh Bark, 1:2, Dry Bark,
1:5, 65% alcohol] 30-60 drops. LEAF. Cold Infusion, 2-4 ounces.
- CHOROGALUM (Amole Lily)
FRESH BULB. Grate 2-4 tablespoons in cheesecloth, rub into a froth in

a cup, of water, and wash or shampoo.

CHLOROPHYLLIN (Sodium Copper Chlorophyllin, Chlorophyll "JJ")

1 scant teaspoon in a gallon of water, 2-6 ounces to 3X a day. WARNING:
this will color feces a festive green.

CHRYSANTHEMUM PARTHENIUM (Tanacetum , Pyrethrum, Feverfew)

HERB. Cold Infusion 2-4 ounces. Tincture [Fresh plant, 1:2, Dry herb,
1:5, 50% alcohol] 30-60 drops, to 4X a day.

CICHORIUM (Chicory)

ROOT. Strong Decoction, 3-6 ounces, up to 4X a day.

*CIMICIFUGA RACEMOSA (Macrotys, Black Cohosh)

RHIZOME&ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 80% alcohol],
10-25 drops. Capsules, #00, 1-2, both to 3X a day.

*CINCHONA (Peruvian Bark, Quinine Bark)

BARK. Cold Infusion, 2-3 ounces, to 3X a day. USE WITH CARE.

CINERARIA (Senecio cineraria, Dusty Miller)

Sterile Juice, as a pharmaceutical preparation, either from a
homeopathic supplier or as a prescription preparation from Walker
Pharmacals, St. Louis, MO.

CINNAMOMUM (Cinnamon, Canela)

BARK. Standard Infusion 2-4 ounces. Tincture [1:5, 60% alcohol, 5%
glycerin] 20-50 drops, both to 4X a day. ESSENTIAL OIL. 2-5 drops in
capsule.

CISTUS (Helianthemum, Rock Rose)

FLOWERING HERB. Tincture [1:5, 50% alcohol] diluted for topical use
with two to four parts of water.

CLEMATIS (Virgin's Bower)

RECENT HERB. Standard Infusion, 2-6 ounces, to 2X a day. Tincture
[1:5, 50% alcohol] 10-40 drops, to 3X a day.

CNICUS BENEDICTUS (Blessed or Holy Thistle)

FLOWERING HERB. Cold Infusion, 4-6 ounces. Tincture [Fresh Herb, 1:2,
Dry Herb, 1:5, 60% alcohol] 20-40 drops in hot water, both to 3X a day.

COLA NITIDA (Kola Nut)

SEED. Strong Decoction, 2-6 ounces, to 4X a day.

COLLINSONIA (Stone Root, Horse Balm)

ROOT and HERB. Tincture [Fresh Plant, 1:2] 20-40 drops to 3X a day.
Tincture [Dry Root, 1:5, 60% alcohol] 45-60 drops to 4X a day
(inferior).

COMMIPHORA (Myrrh Gum)

RESIN. Tincture [1:5, 95% alcohol] 5-20 drops. Capsules, #0, 1-2,
both to 3X a day. Topically, dilute tincture with water as needed.

CONDALIA (Lotebush, Tecomplate)

ROOT AND BARK. Strong Decoction, 2-4 ounces to 4X a day, as needed
when used topically

*CONVALLARIA (Lily of the Valley)

ROOT. Tincture [Fresh Root, 1:2, recent Dry Root, 1:5, 65% alcohol]
5-20 drops. USE WITH CARE.

COPAIFERA (Copaiba)

ESSENTIAL OIL. 5-10 drops in capsule, taken with food. Topically,
dilute with three parts of ethanol before applying.

COPTIS (Gold Thread)

ROOT and HERB. Tincture [Fresh plant, 1:2, Dry root, 1:5, 50% alcohol]
30-60 drops, to 3X a day. Topically as needed, either diluted, or
Strong Decoction.

CORALLORHIZA (Coral Root, Crawley)

ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 60% alcohol] 30-90
drops in hot water. Cold Infusion 3-6 ounces, reheated.

CORIANDRUM (Coriander, Cilantro)

SEED. Tincture [1:5, 65% alcohol] 10-20 drops. Seeds chewed as needed.

CORNUS (Dogwood, Red Osier, Bunchberry)

ROOT, STEM, BARK. Cold or Standard Infusion, 3-6 ounces, to 3X a day.

*CORYDALIS AUREUS (Golden Smoke)

HERB. Tincture [1:5, 50% alcohol] 10-40 drops; small, frequent doses
are best.

*CORYNANTHE (Pausinystalia Johimbe, Yohimbe)

BARK. Tincture [1:5, 65% alcohol] 5-30 drops. USE WITH CARE.

CRATAEGUS (Hawthorn)

BERRIES, FLOWERING BRANCHES. Tincture [Fresh Plant, 1:2, Dry Berries,
1:5, 60% alcohol] 10-30 drops, to 3X a day. Cold Infusion (berries)

1-2 ounces, to 2X a day.

*CROCUS (True Saffron)

STIGMAS. Tincture [1:5, 95% alcohol] 5-20 drops.

CUBEBA (Piper cubeba, Cubeb Berries)

UNRIPE FRUIT. Tincture [1:5, 80% alcohol] 10-30 drops. Capsules, #00, 1-3. To 3X a day, for up to a week.

CUPRESSUS (Cypress)

GREEN FOLIAGE. EXTERNAL: Tincture [Fresh Herb, 1:2] straight, or diluted with two parts water. INTERNAL: Standard Infusion [lightly roasted twigs], 2-4 ounces.

CURCUMA (Turmeric)

ROOT. Tincture [1:5, 50% alcohol], 10-30 drops. 1 teaspoon of powder suspended in water. Colors mouth a disturbing yellow.

*CUSCUTA (Dodder)

HERB. Standard Infusion, 2-4 ounces, for short duration use.

CYMOPTERUS FENDLERI (Chimaja)

HERB. Standard Infusion, 2-4 ounces. SEEDS chewed as needed.

CYNARA (Artichoke)

HERB IN FLOWER. Standard Infusion, 2-4 ounces. Tincture [1:5, 50% alcohol] 30-90 drops, either to 3X a day.

CYNOGLOSSUM OFFICINALIS (Hound's Tongue)

HERB (in summer) ROOT (in fall). Standard Infusion, 1-3 ounces, to 3X a day. For short term use; may irritate liver if used excessively.

CYPRIPEDIUM (Lady Slipper Orchid)

ROOT. Tincture [1:5, 60% alcohol] 20-90 drops, to 3X a day. PLANT IS RARE IN MOST AREAS (and things are not getting any better). Use other medicines whenever possible, such as Epipactis or Valeriana.

*DATURA (Jimson Weed, Stramonium, Thorn Apple)

LEAVES. Tincture [1:10, 60% alcohol] 3-10 drops to 3X a day. Leaf w/Tussilago and smoked. DANGEROUS IN MODERATE DOSES.

*DAUCUS CAROTA (Carrot, Wild Carrot)

SEED. Standard Infusion, 2-6 ounces. Tincture [1:5, 60% alcohol] 20-60 drops, both to 2X a day.

DELPHINIUM (Larkspur, Delphinium, Stavesacre)

RIPE SEEDS. Tincture [1:2, 95% alcohol], diluted in two or three parts of water for topical use.

DICENTRA CANADENSIS (Turkey Corn)

CORM. Cold Infusion 1-4 ounces, to 3X a day. Best used in formulas.

DICENTRA FORMOSA (Bleeding Heart)

ROOT. Fresh Root Tincture [1:2], 10-20 drops or applied topically.

Dry Root Tincture, [1:5, 50% alcohol] 15-30 drops. HERB. Tincture

[1:5, 50% alcohol, 25-50 drops, all to 3X a day.

DIOSCOREA VILLOSA (Wild Yam)

ROOT. Tincture [Fresh ROOT, 1:2, Dry Root, 1:5, 60% alcohol] 30-100

drops, to 4X a day. Fluidextract [1:1, 55% alcohol] 10-25 drops.

Cold Infusion, 2-4 ounces to 4X a day.

DIPSACUS (Teasel)

HERB. Standard Infusion, 2-4 ounces to 4X a day.

DRACONTIUM (Symplocarpus, Skunk Cabbage)

RHIZOME AND ROOT. Tincture [Fresh Root 1:2, Dry Root, 1:5, 50% alcohol], 20-60 drops.

DROSERA (Sundew)

HERB. Tincture [Fresh Plant, 1:2], 5-15 drops to 4X a day.

ECHINACEA ANGUSTIFOLIA ,E.PALLIDA (Kansas Snakeroot, Purple Coneflower)

ROOT & FLOWERS. Tincture [Fresh Plant 1:2, Dry Plant, 1:5, 70% alcohol], 30-100 drops as needed. Cold Infusion 2-6 ounces, all to 5X a day.

Fluidextract [1:1, 65% alcohol] 10-30 drops.

ECHINACEA PURPUREA (Missouri Snakeroot, Purple Coneflower)

ROOT and FLOWERS. Fresh Plant Tincture [1:2] 30-100 drops. Dry Plant

Tincture 1-2 teaspoons to 5X a day.

ELEUTHEROCOCCUS (Acanthopanax, Siberian Ginseng)

ROOT. Tincture [1:5, 60% alcohol] 20-60 drops. Cold Infusion, 2-4 ounces, both to 3X a day.

ENCELIA FARINOSA (Incienso, Brittlebush)

LEAVES AND STEMS. Strong Decoction, 2-3 ounces, to 3X a day.

EPHEDRA VIRIDIS (Mormon Tea, American Ephedra, Canutillo)

HERB. Standard Infusion, as needed.

EPHEDRA VULGARIS (Ma Huang, Chinese Ephedra)

HERB. Standard Infusion, 1-4 ounces, to 2X a day. Unlike the previous, this type contains the alkaloid Ephedrine and should be used in moderation.

EPIGEA (Trailing Arbutus)

LEAVES. Standard Infusion, 2-4 ounces to 4X a day.

EPIPACTIS GIGANTEA (Stream Orchid, "Helleborine")

WHOLE PLANT. Tincture [Fresh Plant, 1:2, Dry Root, 1:5, 60% alcohol] 30-90 drops. An equivalent to the far rarer Cypripedium.

EPILOBIUM ANGUSTIFOLIUM (Fireweed, Giant Willow-Herb)

HERB IN FLOWER. Standard Infusion as needed.

EQUISETUM ARVENSE (Horsetail)

HERB. Standard Infusion, 2-4 ounces, topically as hair rinse. Use only herbs gathered upstream...inorganic fertilizer runoff alters the chemistry.

EQUISETUM HYEMALE (Scouring Rush)

HERB. Standard Infusion for external use.]

ERECTITES (Fireweed)

ESSENTIAL OIL. 5-10 drops in capsule, to 3X a day.

EREMOCARPUS (Turkey Mullein)

HERB. Standard Infusion, 1-3 ounces, or 8 ounces in bathwater.

ERIGERON CANADENSE (Conyza canadensis, Canadian Fleabane)

RECENT FLOWERING HERB. Standard Infusion 2-4 ounces, to 4X a day.

ERIODICTYON (Yerba Santa)

LEAVES (from current year's growth). Tincture [Fresh Herb, 1:2, Dry Herb, 1:5,

75% alcohol] 20-30 drops, to 5X a day. Standard Infusion, 2-4 ounces as needed.

ERIOGONUM (Buckwheat Bush)

FLOWERING TOPS. Standard Infusion, 2-8 ounces.

ERODIUM (Storksbill, Alfilerillo)

HERB. Standard Infusion as needed.

ERYNGIUM YUCCAFOLIUM (Eryngo, Rattlesnake Master, Button Snakeroot)

WHOLE PLANT. Fresh Plant Tincture, 1:2, 15-30 drops in warm water.

ROOT. Weak Decoction, 4-8 ounces. Dry Root Tincture, [1:5, 60%

alcohol], 20-40 drops, in cup of water. All forms to 4X a day.

ESCHSCHOLTZIA CALIFORNICA (California Poppy)

FLOWERING PLANT. Fresh Plant Tincture, [1:2] 15-25 drops, to 3X a day.

Dry herb, Standard Infusion, 2-4 ounces.

EUCALYPTUS

LEAVES. Standard Infusion, 2-4 ounces, to 4X a day. ESSENTIAL OIL, 1-5 drops in capsule.

*EUONYMUS (Wahoo, Burning Bush)

BARK. Tincture [1:5, 60% alcohol] 10-30 drops. Cold Infusion, 1-2 ounces, both to 2X a day. Avoid prolonged use; Euonymus can irritate the biliary functions.

EUPATORIUM PERFOLIATUM (Boneset)

FLOWERING HERB. Fresh Plant Tincture [1:2], 20-40 drops in hot water. Dry herb, Cold Infusion (tonic), Standard Infusion (diaphoretic), 2-6 ounces, to 3X a day.

EUPATORIUM PURPUREUM (Gravel Root, Queen of the Meadow)

ROOT. Strong Decoction, 2-4 ounces, to 4X a day. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 60% alcohol] 30-90 drops in cup of warm water.

EUPHRASIA (Eyebright)

HERB. Strong Decoction, 2-4 ounces. Tincture [1:5, 50% alcohol] 30-90 drops, both to 4X a day.

FOENICULUM (Fennel Seed)

SEED. Tincture [1:5, 60% alcohol] 30-60 drops in warm water as needed. Standard Infusion as needed.

*FOUQUIERIA SPLENDENS (Ocotillo)

FRESH BARK. Tincture, [1:2] 10-30 drops, to 4X a day.

FRAGARIA (Strawberry)

HERB. Standard Infusion as needed.

*FRANGULA (Rhamnus frangula, Buckthorn)

Capsules, #00, 1-3, taken with warm water at night.

FREMONTIA CALIFORNICA (Fremontodendron, California Slippery Elm)

BARK AND LEAVES. Cold or Standard Infusion as needed.

FRAXINUS (Ash)

BARK. Cold or Standard infusion 2-4 ounces to 3X a day.

- FUCUS (Bladderwrack, seawrack)
WHOLE PLANT. Cold Infusion, 2-4 ounces. Capsules, #00, 1-2, both to 2X a day.
- *GALEGA (Goat's Rue)
DRIED HERB. Standard Infusion, 2-4 ounces.
- GALIUM APARINE (Cleavers, Bedstraw)
WHOLE PLANT. Cold or Standard Infusion, as needed. Fresh Plant Tincture [1:2] 1-2 teaspoons. Fresh plant juice, 1/2 to 1 teaspoon, all to 4X a day.
- GARRYA (Silk Tassel, Cuauchichic, Quinine Bush)
LEAF. Tincture [Fresh leaf, 1:2, Dry Leaf, 1:5, 50% alcohol] 45-60 drops to 5X a day. ROOT BARK [Tincture, 1:5, 50% alcohol] 10-20 drops to 5X a day,
Leaf, Cold Infusion, 2-3 ounces, to 4X a day. Use moderately.
- GAULTHERIA (Wintergreen)
ESSENTIAL OIL, INTERNALLY: 2-5 drops in capsule. EXTERNALLY, diluted with four parts vegetable oil for liniment. RECENT HERB. Standard Infusion in frequent 2-4 ounce doses.
- *GELSEMIUM (Yellow Jasmine)
ROOT. Tincture [Fresh Root 1:2, Dry Root, 1:10, 65% alcohol] 2-10 drops.
DANGEROUS IN LARGER DOSES
- GENTIANA (Gentian)
ROOT. Tincture [Fresh Root 1:2, Dry Root, 1:5, 50% alcohol] 5-20 drops before each meal.
- GERANIUM (Cranesbill, Alum Root)
ROOT. Tincture [1:5, 50% alcohol, 10% glycerin] in 1/2 to 1 teaspoon doses. Strong Decoction, 1-4 ounces, both to 4X a day.
- GEUM (Avens)
WHOLE PLANT IN FLOWER. Standard Infusion, as needed.
- GINKGO BILOBA (Maidenhair Tree)
LEAVES. Standard Infusion, 2-4 ounces. Tincture [1:5, 60% alcohol] 30-60 drops to 3X a day.

- *GLYCYRRHIZA GLABRA (Licorice)
ROOT. Tincture [1:5, 50% alcohol] 3-60 drops. Strong Decoction, 1-3 ounces, either to 3X a day. Can occasion sodium retention.
- *GLYCYRRHIZA LEPIDOTA (American Licorice)
ROOT. Strong Decoction, 1-3 ounces, to 3X a day. Topically, the decoction as an antimicrobial.
- GNAPHALIUM (Cudweed, Everlasting)
FLOWERING HERB. Standard Infusion, 3-6 ounces to 3X a day. Topically, as needed.
- *GOSSYPIUM (Cotton)
ROOT BARK. Fresh Bark Tincture, [1:2], 30-60 drops, to 3X a day. Recent Dry Bark Tincture, [1:5, 50% alcohol] 1-2 teaspoons, to 4X a day.
- GRANATUM (Punica granatum, Pomegranate)
ROOT BARK. Cold Infusion, 1-3 ounces, to 3X a day. For tapeworms, alkaloid or prescription treatment is the only rational approach. The bark will shrink membranes and inhibits tapeworms, but does NOT kill them.
- GRINDELIA (Gumweed, Yerba del Buey)
FLOWERING TOPS. Tincture (Fresh Herb, 1:2, Dry Herb, 1:5, 70% alcohol], 15-40 drops to 5X a day.
- GUAIACUM ANGUSTIFOLIA (Porlieri, Guayacan)
BARK AND WOOD. Fresh Tincture [1:2] 10-25 drops in water, frequently. As a gargle, one part tincture in four parts hot water.
- GUAIACUM OFFICINALE (Lignum Vitae, Guaiac Wood)
BARK/WOOD. Tincture [1:5, 95% alcohol] 5-15 drops in water, frequently. As a gargle, the same as above.
- GUTIERREZIA (Escoba de la Vibora)
FLOWERING HERB. Standard Infusion, 8-12 ounces in bathwater.
- HAEMATXYLON (Logwood, Brazil)
HEARTWOOD. Cold Infusion, 2-6 ounces.
- HAMAMELIS (Witch Hazel)
TWIGS AND LEAVES. Tincture [Fresh Herb, 1:2] 10-60 drops as needed, and diluted for topical use. BARK. As Standard Decoction topically.
- HARPAGOPHYTUM PROCUMBENS (Devil's Claw)

TUBERS. Capsules, #0, 2-4 in evenings. Cold Infusion 4-6 ounces similarly. Strong Tincture [1:2, 60% alcohol], 1/2 to 1 teaspoons. Some recommend that two weeks on and two weeks off is the best approach to Devil's Claw. I have found a month of continuous use is the best way to begin.

*HEDEOMA (American Pennyroyal, Poleo Chino)

HERB. Tincture [Fresh Plant, 1:2, Dry Plant (recent) 1:5, 50% alcohol] 20-60 drops in hot water. Standard Infusion, 2-4 ounces, to 5X a day. ESSENTIAL OIL. diluted with vegetable oil or grain alcohol as an insect repellent.

HELENIUM HOOPESSII (Dugaldia, Yerba del Lobo, Orange Sneezeweed)

WHOLE PLANT. Tincture [Fresh plant, 1:2, Dry Plant, 1:5, 60% alcohol] as a counterirritant liniment.

HELIANTHEMUM (Cistus, Rock Rose, Frostwort)

FLOWERING TOPS. Tincture [Fresh Plant 1:2, Dry Plant, 1:5, 60% alcohol], 30- 90 drops. Cold Infusion as gargle, douche, topical poultice.

HELIOPSIS LONGIPES (Raiz del Oro, Chilcuan)

ROOT. Root chewed for gingivitis and periodontal disease. Chronic overuse can cause intestinal irritation.

HEPATICA (Anemone hepatica, Liverwort)

HERB. Standard Infusion, as needed.

HERACLEUM (Cow Parsnip, Yerba del Oso)

ROOT. Fresh Root Tincture [1:2] applied topically as nerve irritant/ stimulant.

SEED. Fresh Seed Tincture [1:2] applied topically to teeth/gums as anesthetic and antimicrobial

HETEROTHECA (Camphor Weed, Mexican Arnica)

FLOWERING HERB. Tincture [Fresh Herb 1:2, Dry Herb, 1:5, 60% alcohol] as liniment, topically as antifungal. Standard Infusion as topical application, or 2-4 ounces to 3X a day.

HEUCHERA (American Alum Root)

ROOT & LEAF. Tincture [Fresh Whole Plant, 1:2, Dry Root, 1:5, 50% alc., 10% glycerin] 30-90 drops. Cold Infusion (root, leaves, or both) 1-3 ounces to 4X a day, or 4 ounces in 8 ounces warm water for douche or

enema.

HUMULUS (Hops)

STROBILE. Tincture [Fresh strobiles, 1:2, Dry strobiles 1:5, 65% alcohol] 30-90 drops. Cold Infusion 2-4 ounces, Standard Infusion 3-6 ounces, to 3X a day.

HERB. Cold or Standard Infusion for topical use, powder for poultice.

HYDRANGEA (Seven Barks)

ROOT. Cold Infusion or Strong Decoction, 3-6 ounces, frequently.

Tincture, [Fresh Root, 1:2, Dry Root, 1:5, 50% alcohol] 1/2 to 1 teaspoon in water, up to 4X a day.

*HYDRASTIS (Golden Seal)

ROOT and LEAF. Fresh Plant Tincture [1:2], 15-30 drops. Dry Root Tincture, [1:5, 70% alcohol] 20-50 drops. Dry Herb Tincture [1:5, 60% alcohol] 30-75 drops all the above to 4X a day. Dry Root capsules #00, 2-4, to 3X a day. Standard Infusion of leaf 1-3 ounces, to 4X a day. The root is only partially soluble in water and should not be wasted in tea; this old friend is disappearing in the wild.

*HYOCYAMUS NIGER (Henbane)

FLOWERING TOP. Tincture {Fresh Herb, 1:2, Dry Herb, 1:5, 50% alcohol] 3-10 drops to 3X a day. USE WITH CARE. Standard Infusion topically for pain.

HYPERICUM (St. Johns Wort)

FLOWERING TOPS. Tincture [Fresh Plant, 1:2] 20-30 drops to 3X a day. The dry plant is far less active, but a Standard Infusion can be taken, 3-6 ounces.

HYPTIS (Desert Lavender)

FLOWERING HERB. Standard Infusion, 2-6 ounces as needed.

HYSSOPUS (Hyssop)

FLOWERING HERB. Cold Infusion, 2-3 ounces, or topically for bruises.

ILLICIUM (Star Anise)

SEEDS. Same as Cardamom. For a tea, Standard Infusion, 2-4 ounces, ad lib.

IMPATIENS (Jewel Weed, Touch-Me-Not)

FRESH PLANT. Fresh juice for topical use, Fresh Plant Tincture [1:2], both as needed.

INULA (Elecampane)
ROOT. Tincture [Fresh root, 1:2, Dry Root, 1:5, 60% alcohol], 10-30 drops to 4X a day. Strong Decoction 2-6 ounces, to 3X a day.

*IRIS VERSICOLOR, I. MISSOURIENSIS (Blue Flag)
RHIZOME. Tincture [1:5, 80% alcohol], 5-20 drops to 3X a day.
USE WITH CARE.

JATEORHIZA PALMATA (Columbo, Calumba)
ROOT. Tincture [1:5, 65% alcohol], 20-30 drops before meals. Cold Infusion, 1-2 ounces.

JATROPHA CINERIA (J. cardiaca, Sangre de Drago, Limberbush)
ROOT. Strong Decoction or Cold Infusion, 2-4 ounces, topically applied, or as a mouthwash.

JEFFERSONIA (Twin Leaf, Rheumatism Root)
RHIZOME. Cold Infusion, 2-6 ounces, to 3X a day.

JUGLANS CINERIA (Butternut Bark)
BARK. Weak Decoction, 2-4 ounces, to 3X a day.

JUGLANS MAJOR (Black Walnut)
LEAVES. Tincture [Fresh Plant, 1:2, Dry Plant, 1:5, 50% alcohol], 30-90 drops to 3X a day. Standard Infusion 2-4 ounces.

JUNIPERUS (Juniper)
BERRIES. Tincture [1:5, 75% alcohol], 20-40 drops. Standard Infusion, 2-3 oz., to 3X a day. LEAVES: Standard Infusion, 2-4 ounces, or boiled for inhalation. For short term use; may irritate the kidneys eventually.

*KALMIA (Mountain Laurel)
LEAVES. Fresh Plant Tincture [1:2], 3-10 drops. Dry Plant Tincture [1:5, 50% alcohol] 5-20 drops, both to 4X a day. USE WITH CARE.

KINO (Pterocarpus, Gum Kino)
GUM. Tincture [1:5, 65% alcohol, 15% glycerin], 30-50 drops in water as needed.

KRAMERIA (Rhatany)
WHOLE PLANT. Tincture [Fresh Plant, 1:2, Dry Root, 1:5, 50% alcohol, 10% glycerin], 20-50 drops. Strong Decoction, 1-3 ounces, or used topically.

LACTUCA (Wild Lettuce)

- HERB. Standard Infusion as needed. LATEX (Lactucarium), Tincture [1:2, 95% alcohol], 1/2 to 1 teaspoon.
- LARREA (Chaparral, Gobernadora, Creosote Bush)
LEAFING BRANCHES. Tincture [1:5, 75% alcohol], 20-60 drops. Capsules, #00, 2-4 a day. Strong Decoction for topical use.
- LAVANDULA (Lavender)
FLOWERS. Standard Infusion, 2-3 ounces to 4X a day. ESSENTIAL OIL. 5-10 drops in capsule, with food.
- LEDUM (Labrador Tea)
LEAVES. Standard Infusion for tea. Fresh Leaf Tincture [1:2] is diluted for topical use.
- *LEONURUS CARDIACA (Motherwort)
FLOWERING HERB. Tincture [Fresh Plant 1:2, Recent Dry Plant, 1:5, 60% alc.] 30-60 drops, to 4X a day. Standard Infusion, 2-4 ounces.
- LEPTANDRA (Veronicastrum, Culver's Root)
ROOT. Tincture [1:5, 65% alcohol], 10-30 drops, to 3X a day. An herb better used in formulas than by itself. USE WITH CARE.
- LEUCANTHEMUM (Chrysanthemum leucanthemum, Oxe-Eye Daisy)
FLOWERING HERB. Standard Infusion, 4-8 ounces to 4X a day.
- LEUCOPHYLLUM (Cenizo, Purple Sage, Texas Ranger)
FLOWERING HERB. Standard Infusion, 2-6 ounces
- LIATRIS (Button Snakeroot, Cachana, Gayfeather)
ROOT. Strong Decoction, 2-4 ounces frequently.
- LIGUSTICUM PORTERI (Osha, Chuchupate, Mountain Lovage)
ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 70% alcohol], 20-60 drops up to 5X a day. Cold Infusion, 2-6 ounces, as needed.
- LIGUSTRUM (Privet)
BARK AND LEAVES. Strong Decoction, as needed.
- *LILIUM TIGRINUM (Tiger Lily)
WHOLE BLOOMING PLANT. Tincture [Fresh plant, 1:2], 5-20 drops, up to 3X a day. USE IN MODERATION.
- LINARIA (Toadflax, Butter-and-Eggs)
FLOWERING HERB. Tincture [1:5, 60% alcohol], 20-40 drops. Standard Infusion, 2-4 ounces. Capsules, #00, 1-2, all to 3X a day. For short term

use in full doses, long term use in low dosage formula format.

LINUM (Flaxseed)

SEEDS. Whole seeds, 1-2 teaspoons in cup of warm water, Ground seeds for a poultice. Only use whole seeds internally; grinding results in changes to the oils, creating irritating lipids.

LIQUIDAMBER (Sweet Gum Tree)

BALSAM. Tincture [1:5, 95% alcohol], 10-30 drops as needed. Strong Decoction of Bark is serviceable as well.

LOBELIA CARDINALIS (Cardinal Flower)

WHOLE PLANT. Fresh Plant Tincture [1:2], 10-40 drops up to 5X a day.

LOBELIA INFLATA (Lobelia, Indian Tobacco)

FLOWERING PLANT. Fresh Plant Tincture [1:4] 5-20 drops up to 4X a day. Dry Plant Tincture (inferior) is best as an Acetum Tincture [Dry Herb 1:5 in vinegar] 10-20 drops, or used for local application. SEED. Tincture [1:5, 65% alcohol], 3-10 drops.

LOMATIUM DISSECTUM (Leptotaenia, Biscuit Root)

ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 70% alcohol], 10-30 drops up to 4X a day. Cold Infusion, 2-3 ounces also to 4X a day.

*LOPHOPHORA (Peyote, Mescal Buttons)

FRESH PLANT. Tincture [1:2], 20-40 drops to 4X a day. ILLEGAL TO POSSESS AT PRESENT.

LYCIUM PALLIDUM (Wolf Berry)

HERB. Fresh Plant Tincture, [1:2], 15-40 drops. Standard Infusion, 2-3 ounces both up to 4X a day. Best for short-term use.

LYCOPUS (Bugleweed, Water Horehound)

HERB. Fresh Plant Tincture [1:2] 15-40 drops, to 3X a day. Standard Infusion of recent plant, 2-3 ounces, also to 3X a day.

LYSICHITON AMERICANUM (Western Skunk Cabbage)

SAME as Dracontium.

MAHONIA (Oregon Grape, Algerita)

SAME as Berberis.

MALVA NEGLECTA (Mallow, Malvas, Cheeseplant)

HERB. Standard Infusion, 2-6 ounces, as needed.

MARRUBIUM (Horehound)

FLOWERING HERB. Cold Infusion, 2-4 ounces. Tincture [Fresh Plant, 1:2, Dry Plant, 1:5, 50% alcohol], 30-90 drops, both to 4X a day.

MATRICARIA (Chamomile, Manzanilla)

FLOWERS. Standard or Cold Infusion, 2-6 ounces as needed.

MEDICAGO SATIVA (Alfalfa)

FLOWERING PLANT. Standard Infusion as needed.

*MELILOTUS (Sweet Clover)

FLOWERING HERB. Standard Infusion, 2-4 ounces; the tea for topical use. Not for extended consumption as a tea, due to its coumarin content.

MELISSA OFFICINALIS (Lemon Balm)

FLOWERING HERB. Standard Infusion as needed.

MENISPERMUM (Yellow Parilla, Moonseed)

ROOT. Tincture [1:5, 70% alcohol], 10-40 drops, or 5-10 drops as a bitter tonic, taken just before meals.

*MENTHA ARVENSIS (Brook Mint, Poleo)

HERB IN FLOWER. Standard Infusion as needed. Although less than found in Hedeoma or Mentha pulegium, the pulegone content in this plant makes it inappropriate in pregnancy.

MENTHA PIPERITA (Peppermint)

HERB. Cold or Standard Infusion as needed. ESSENTIAL OIL. 10-20 drops in capsules (in a binder), to 3X a day.

*MENTHA PULEGIUM (European Pennyroyal)

BASAL LEAVES and FLOWERING STALKS. Same as Hedeoma.

MENTHA SPICATA (Spearment, Yerba Buena)

HERB. Standard Infusion, or any way you want, as needed.

ESSENTIAL OIL. 10-20 drops in capsules (in a binder), to 3X a day.

MENYANTHES (Buckbean, Bogbean)

WHOLE PLANT. Tincture [Fresh Plant, 1:2, Dry Plant, 1:5, 50% alcohol], 10-30 drops, to 3X a day. Cold Infusion, 1-2 ounces, also to 3X a day.

MIRABILIS MULTIFLORUM (Wild Four-O'Clock, Maravilla)

ROOT. Fresh Root Tincture [1:2], 30-60 drops. Strong Decoction, 2-4 ounces, either form taken 1/2 hour before meals.

MITCHELLA REPENS (Squaw Vine)

HERB. Tincture [Fresh Plant, 1:2, Dry Plant, 1:5, 50% alcohol], 1/2 to 1

teaspoon to 3X a day. Standard Infusion, 2-8 ounces to 4X a day.

MONARDA (Bee Balm, Oswego Tea, Wild Bergamot, Wild Oregano)

FLOWERING HERB. Standard Infusion, 1-4 ounces, to 3X a day or as gargle.

MYRICA (Bayberry)

BARK and ROOTBARK. Tincture [Fresh Bark, 1:2, Dry Bark, 1:5, 60% alc.] 20-60 drops. Cold Infusion, 2-4 ounces, both to 3X a day. The diluted tincture or the infusion for topical use or as a gargle.

MYRISTICA (Nutmeg, Mace)

SEED. Tincture [1:5, 75% alcohol] 5-10 drops.

NEPETA CATARIA (Catnip)

FLOWERING HERB. Tincture [Fresh Herb 1:2, Recent Dry Herb 1:5, 50% alc.], 1/4 to 1 teaspoon Standard Infusion, 2-6 ounces, all to 4X a day.

NICOTIANA (*Tobacco)

HERB. Standard Infusion topically.

*NUPHAR (Yellow Pond Lily)

ROOT/RHIZOME. Fresh Root Tincture, [1:2], 10-20 drops. Weak Decoction 2-4 ounces, both to 3X a day.

OENOTHERA (Evening Primrose)

FLOWERING HERB. Standard Infusion, 2-4 ounces. The seeds contain high levels of GLA and tryptophan.

*OPLOPANAX HORRIDUM (Echinopanax, Devil's Club)

ROOT and ROOTBARK. Tincture [Fresh Root 1:2, Dry Rootbark, 1:5, 60% alc.] 10-40 drops. Cold Infusion, 1-3 ounces, all forms to 3X a day.

OPUNTIA (Prickly Pear)

FRESH JUICE, 2-4 ounces to 2X a day. DRIED FLOWERS, two or three as an infusion (strain VERY well).

OROBANCHE and CONOPHOLIS (Broomrape)

WHOLE PLANT. Standard Infusion 2-4 ounces; applied topically as needed.

OSMORHIZA OCCIDENTALIS (Sweet Root, Western Sweet Cicely)

ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 65% alcohol] 45-60 drops to 3X a day. Strong Decoction, 2-3 ounces to 3X a day.

OXYDENDRON (Sourwood)

LEAVES. Strong Decoction, 2-4 ounces to 4X a day.

*PAEONIA (Peony)

ROOT. Tincture [Fresh Root 1:2, Dry Root, 1:5, 60% alcohol] 10-25 drops up to 4X a day. Cold Infusion, 1-2 ounces. Capsules, #00, 2-3 at a time.

*PANAX GINSENG (Asian Ginseng)

ROOT. Tincture [1:5, 70% alcohol]. KIRIN (dark red Chinese cured root) 5-20 drops. SHIU-CHIU (light red Chinese cured) 10-30 drops. KOREAN RED, 5-15 drops. WHITE (Chinese or Korean uncured) 20-40 drops, all to 3X a day. Capsules, "Red Ginseng" (Kirin or Korean Red) to 4 a day. "White", to 6 a day. Chewing root pieces is more reliable than loosely identified roots found in capsules. With the cost of Ginseng, tinctures are the most bioavailable form.

*PANAX QUINQUEFOLIUM (American Ginseng)

ROOT. Tincture [1:5, 70% alcohol]. WILD ROOTS (morally objectionable), 5-10 drops. WOODSGROWN ROOTS. 10-20 drops. CULTIVATED ROOTS. 20-40 drops. CULTIVATED RED ROOTS (Michigan and Wisconsin cured roots), 15-30 drops. Any other "American Red Ginseng" is a blatant fake. LEAVES. 30-60 drops, Cold Infusion, 2-4 ounces. All above forms to 3X a day.

PASSIFLORA (Passion Flower)

WHOLE HERB. Tincture [Fresh Plant 1:2, Dry Herb, 1:5, 50% alcohol] 1/2 to 1 1/2 teaspoon. Fluidextract [1:1, 45% alcohol], 30-60 drops. Standard Infusion of recent herb, 2-6 ounces, all forms to 4X a day.

*PEGANUM HARMALA (Syrian Rue)

SEEDS and ROOT. Tincture [1:5, 60% alcohol] 10-30 drops, to 3X a day. LEAVES. Standard Infusion for topical use.

PAULLINIA (Guarana)

SEED. Capsule, #00, 2-4. Fluidextract [1:1, 50% alcohol, 10% glycerin], 20-60 drops. Tincture [1:5, 65% alcohol], 1/4 to 1 teaspoon.

PEDICULARIS (Betony, Lousewort, Elephant Head, Parrot's Beak, Indian Warrior)

HERB in FLOWER. Standard Infusion, 4-8 ounces. Tincture [Fresh Plant, 1:2, Dry Plant, 1:5, 50% alcohol] 1-2 teaspoons, all to 3X a day.

PETASITES (Western Coltsfoot)

HERB. Standard Infusion, 2-4 ounces, to 4X a day. Fresh Tincture [1:2],

30-60 drops. ROOT. Strong Decoction, 2-3 ounces to 3X a day.

*PETROSELINUM (Parsley)

ROOT. Tincture [1:5, 60% alcohol, 30-60 drops in warm water, to 3X a day.

*PHYTOLACCA (Poke)

ROOT and BERRIES. Fresh Tincture, (Root or Berries), [1:2], 2-10 drops.

Dry Root Tincture [1:5, 50% alcohol] 5-15 drops. USE WITH CARE.

PICRAENA (Picrasma, Quassia)

WOOD. Cold Infusion, 2-4 ounces. Tincture [1:5, 50% alcohol] 30-60 drops, to 3X a day. Cold Infusion, 4-8 ounces, as a retained enema, once a week for 4-6 weeks for pinworms/threadworms.

*PILOCARPUS (Jaborandi)

LEAVES. Tincture [1:5, 60% alcohol] 15-30 drops in warm water.

Standard Infusion, 2-3 ounces as a hair rinse.

PIMENTA (Allspice)

SEED. The tea as a simple infusion.

PINUS (Pine)

NEEDLES. Standard Infusion, 2-4 ounces, to 3X a day. PITCH. Pea-sized piece chewed and swallowed as expectorant.

PIPER ANGUSTIFOLIA (Matico)

LEAVES. Tincture [1:5, 50% alcohol], 1/2 to 1 teaspoon in cup of warm water, to 4X a day.

PIPER METHYSTICUM (Kava Kava, Ava)

ROOT. Tincture [Fresh Root 1:2, Recent Dry Root 1:5, 60% alcohol] 30-90 drops to 4X a day. Fluidextract [1:1, 55% alcohol] 10-30 drops.

Cold Infusion, 2-6 oz, all to 4X a day.

PIPER NIGRUM (Black Pepper)

PEPPERCORNS. Tincture [1:5, 65% alcohol] 5-15 drops.

PISCIDIA (Jamaica Dogwood, Jabin)

TREE and ROOT BARK. Tincture [1:5, 60% alcohol] 10-90 drops. USE WITH CARE. Response is highly individual, so start with a low dose.

PLANTAGO MAJOR (Plantain)

FRESH LEAF. Fresh or frozen juice, 1-2 tablespoons to 4X a day.

PLANTAGO OVATA (Psyllium Seed)

SEED. Whole seeds, 2-3 tablespoons in 12 ounces warm water or fruit juice.

- HUSKS. 1-2 tablespoons in same, both to 3X a day, usually only once.
- PLUCHEA CAMPHORATA (P. purpurascens, Marsh Fleabane, Camphorweed)
FLOWERING TOPS. Standard Infusion 2-4 ounces. Brewed with isotonic water for use as eyewash. Tincture [1:5, 60% alcohol] 30-90 drops.
- *PODOPHYLLUM. (American Mandrake)
ROOT. Tincture [1:5, 95% alcohol] 10-20 drops. Use carefully, and never with overt disease or in physical depression.
- *POLYGALA SENEGA (Senega Snakeroot, Milkwort)
ROOT and HERB. Tincture [Fresh Plant 1:2, Dry Root 1:5, 65% alcohol], 10-45 drops, to 4X a day. Small frequent doses are best.
- POLYGONATUM (Solomon's Seal)
ROOT. Strong Decoction 1-4 ounces to 3X a day.
- POLYGONUM BISTORTA (Bistort Root)
ROOT, Strong Decoction 1-4 ounces. Tincture [1:5, 50% alcohol, 10% glycerin] 30-90 drops, both to 3X a day. The decoction and the diluted tincture as needed for topical use, mouthwash or gargle.
- POLYGONUM HYDROPIPER (Smartweed, Water Pepper)
HERB. Standard Infusion 2-4 ounces as needed.
- *POLYMNIA UVEDALIA (Bearsfoot, Leafcup)
STEM and ROOT. Tincture [Fresh plant 1:2, Dry Root 1:5, 75% alcohol] 10-50 drops, to 3X a day. Small, frequent doses are preferable.
- POLYPODIUM GLYCYRRHIZA (Licorice Fern)
ROOT/RHIZOME. Strong Decoction, 2-4 ounces, to 3X a day.
- POPULUS CANDICANS and BALSAMIFERA (Balsam Poplar, Balm of Gilead)
EARLY SPRING LEAF BUDS. Tincture [Fresh, 1:2, Dry, 1:5, 75% alcohol] 15-30 drops. Infused oil [1 part buds to 10 parts oil] for topical use.
- POPULUS TREMULOIDES (Aspen)
BARK. Strong Decoction, 2-4 ounces, up to 4X a day when condition is acute.
- POTENTILLA (Cinquefoil, Silverweed)
HERB. Any infusion as needed.
- PRINOS (Ilex verticillatus, Black Alder)
RECENT BARK and BERRIES. Strong Decoction, 3-4 ounces to 3X a day. Tincture [1:5, 65% alcohol] 10-30 drops.

PROPOLIS (Hive scrapings, gathered from trees)
Tincture [1:5, 95% alcohol] 5-15 drops in a little honey for internal use, mixed with water or a little oil for external use. THOSE WITH BEE ALLERGIES MAY NOT BE ABLE TO USE PROPOLIS.

PRUNELLA (Self Heal, Heal All)
FRESH PLANT. Poultice as needed. Fresh Plant Tincture, [1:2], as needed.

PRUNUS (Wild Cherry, Choke Cherry)
SUMMER or FALL BARK. Cold Infusion 2-6 ounces, to 3X a day. Tincture [1:5, 60% alcohol, 10% glycerin] 30-90 drops, to 4X a day.

PTELEA (Wafer Ash, Hop Tree)
BARK, SEEDS and LEAVES. Tincture [1:5, 65% alcohol] 10-30 drops. Strong Decoction (Seeds and Bark), 1-3 ounces, both up to 3X a day.

*PTYCHOPETALUM (Liriosma, Muirapuama, Potency Wood, Raiz del Macho)
BARK, RESINOUS BARK. Tincture [1:5, 70% alcohol] 30-60 drops. Cold Infusion, 3-4 ounces, preferably in morning.

PYROLA (Shinleaf)
Same as Chimaphila

QUERCUS (Oak)
Same as Geranium

RHAMNUS CALIFORNICA (California Buckthorn, Coffeeberry)
AGED BARK. Cold Infusion 2-6 ounces. Tincture [1:5, 50% alcohol], 1-2 teaspoons. Fluidextract, [1:1, 50% alcohol] 1/2 to 1 teaspoon.

RHAMNUS FRANGULA (Buckthorn)
See Frangula

RHAMNUS PURSHIANA (Cascara Sagrada)
AGED BARK. Same as Rhamnus californica

RHEUM (Rhubarb, Chinese or Turkey Rhubarb)
ROOT. Tincture [1:5, 50% alcohol, 10% glycerin] 15-30 drops, to 4X a day. Too much too frequently can induce rebound constipation.

RHUS AROMATICA (Sweet Sumach)
BARK, ROOT BARK. Cold Infusion, 1-2 ounces. Tincture [1:5, 50% alcohol, 10% glycerin] 20-40 drops, both to 4X a day.

RHUS GLABRA (Smooth Sumach)

- LEAVES, FRUIT. Same as previous. Powdered leaves for topical use.
- ROSA (Rose Buds, Rose Petals)
FLOWERS. Standard Infusion, 2-4 ounces. Make w/isotonic water for eyes.
- ROSMARINUS (Rosemary)
LEAVES. Standard Infusion 2-4 ounces, to 14X a day or for a topical wash.
ESSENTIAL OIL. Capsule, 3-6 drops in a binder, with water.
- RUBUS IDAEUS (Raspberry)
LEAVES. Infusion as needed.
- RUBUS VILLOSUS (Blackberry)
ROOT BARK. Strong Decoction, 2-4 ounces, to 4X a day.
- RUMEX CRISPUS (Yellow Dock)
ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 50% alcohol], 30-75 drops, to 3X a day. Capsules, #00, 1-2 to 2X a day. Use with moderation in pregnancy. In all cases it works best in sub-laxative doses.
- RUMEX HYMENOSEPALUS (Cainagre, Red Dock)
ROOT. Strong Decoction or powder for external use, 1-2 ounces for mouth-wash. LEAVES. Fresh Tincture [1:2] for topical anti-inflammatory use.
- *RUTA GRAVEOLENS (Rue, Ruda)
HERB. Tincture [1:5, 65% alcohol] 5-20 drops. A poultice with the powdered leaves for a counterirritant poultice.
- SALIX (Willow)
BARK. Strong Decoction, 2-4 ounces to 4X a day.
- SALVIA (Sage)
FLOWERING HERB. Tincture [Fresh, 1:2, Dry, 1:5, 50% alcohol] 30-60 drops, in hot water (diaphoretic) or cold water (tonic). Cold Infusion or Strong Decoction 2-4 ounces.
- SAMBUCUS (Elder)
FLOWERS, LEAVES. Flowers, Standard Infusion 2-4 ounces. Leaves, Cold Infusion 1-2 ounces, both to 3X a day.
- *SANGUINARIA (Bloodroot)
ROOT. Tincture [1:5, 60% alcohol] 10-15 drops. Dilute with 2X water for tinea application.
- SANTALUM (Santal, White Sandalwood)
WOOD, OIL. Wood Tincture [1:5, 80% alcohol] 25-50 drops. The oil in capsule

5-10 drops, with food, to 2X a day.

SAPINDUS SAPONARIA (Soapberry)

LEAVES and STEMS. Standard Infusion, 2-4 ounces to 3X a day.

BERRIES. Crushed or pureed for soap.

SASSAFRAS

BARK OF ROOT. Strong Decoction, as needed. LEAVES. Standard Infusion, as needed. ESSENTIAL OIL. Diluted with alcohol and applied to fresh Poison Ivy contact.

SATUREJA DOUGLASII (California Yerba Buena)

LEAVES. The tea as needed.

*SCOPARIUS (Cytisus scoparius, Broom Tops)

FLOWERING BRANCHES. Standard Infusion 1-2 ounces to 3X a day. Tincture [1:5, 50% alcohol] 20-40 drops to 4X a day.

SCROPHULARIA (Figwort)

HERB. Standard Infusion, 2-4 ounces, to 3X a day.

SCUTELLARIA (Skullcap)

HERB. Tincture [Fresh Plant, 1:2, Recent Dry Plant, 1:5, 50% alcohol] 20-60 drops. Standard Infusion of recent herb, 2-6 ounces, all to 3X a day.

*SENECIO AUREUS (Life Root, Squaw Weed)

HERB. Standard Infusion, 1-4 ounces. Tincture [1:5, 50% alc.], 30-90 drops.

*SENNA (Cassia angustifolia, Egyptian Senna, etc.)

LEAVES. Strong Decoction, 2-4 ounces. PODS. 10-20, steeped for an hour in a cup of water. Take both in evening. See also Cassia marilandica.

SERENOA (Saw Palmetto, Sabal)

BERRIES. Tincture [Fresh Berry, 1:2, Dry Berries, 1:5, 80% alcohol] 30-90 drops. Standard Infusion, 2-4 ounces, all forms to 3X a day.

SILYBUM MARIANUM (Milk Thistle)

SEEDS. Capsules, #00, 2 at a time, to 3X a day. Fluidextract [1:1, 60% alcohol], 20-40 drops to 5X a day. Strong Tincture [1:3, 70% alcohol], 1/2 to 1 teaspoon, to 4X a day.

SIMMONDSIA (Jojoba, Goatnut)

LEAVES. Standard Infusion, 2-4 ounces as needed. OIL. Applied topically or mixed with Castor Oil.

SINAPIS (Mustard)

SEED. PLASTER: mix 1 part powdered seed and one part flour, add enough water to form a spreadable paste, place between two layers of gauze and apply to desired area until skin turns pink...NOT RED (by then it will blister). Remove plaster and wash skin.

SMILACINA RACEMOSA (False Solomon's Seal)

ROOT. Steep a teaspoon of ground root in cup of hot water. Mix with some hot water for a poultice. The fresh root can be used as a poultice.

SMILAX (Sarsaparilla)

ROOT and RHIZOME. Cold Infusion or Strong Decoction, 1-4 ounces, to 3X a day. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 60% alcohol] 30-90 drops to 3X a day.

SOLANUM CAROLINENSE (Horse Nettle, Bull Nettle)

ROOT. Tincture [1:5, 60% alcohol] 10-40 drops, for occasional use.

*SOLANUM DULCAMARA (Bittersweet Twigs)

STEMS. Tincture [Fresh Stems 1:2, Dry Stems, 1:5, 60% alcohol] 10-20 drops. This is best used in formulas. USE WITH MODERATION.

SPHAERALCEA (Scarlet Globemallow, Yerba de la Negrita)

FLOWERING HERB. Standard Infusion as needed. Powdered herb, mixed with hot water for poultice. The tea is a widely used hair rinse.

*SPIGELIA (Pink Root)

ROOT. Strong Decoction 2-4 ounces morning and evening for three or four days, followed by Senna Pods or a moderate saline purgative.

STACHYS (Hedge Nettle, Woundwort)

FLOWERING HERB. Tincture [Fresh Plant, 1:2, Dry Plant, 1:5, 50% alc.], 1/2 to 1 teaspoon, to 4X a day. Standard Infusion, as needed, and topically as a poultice.

STELLARIA MEDIA (Chickweed)

HERB. Fresh plant juice or bruised whole plant as a poultice. Tincture [Fresh Herb, 1:2, Recent Dry Herb 1:5, 50% alcohol] as needed.

STICTA (Lobaria pulmonaria, Lungwort Moss)

LICHEN. Tincture [1:5, 60% alcohol], 20-30 drops, to 4X a day. Standard or Cold Infusion, 1-4 ounces, to 3X a day.

STILLINGIA SYLVATICA (Queen's Root)

- ROOT. Tincture [Fresh root, 1:2, Recent Dry Root, 1:5, 50% alcohol] 10-30 drops, preferably in small frequent doses.
- SUMBUL (Ferula sumbul, Musk Root, Jatamansi)
ROOT. Tincture [1:5, 95% alcohol] 5-20 drops. Cold Infusion, 1-4 oz., to 3X a day
- SWERTIA RADIATA (Green Gentian, Cebadilla, American Columbo)
ROOT. Tincture [Fresh Root, 1:2, Dry Root, 1:5, 50% alcohol] 5-20 drops, taken just before meals.
- SYMPHYTUM (Comfrey)
LEAF&ROOT. Leaf, Standard Infusion 2-6 ounces. Root, Cold Infusion, 1-4 ounces, both to 3X a day, for short term use. Constant use can irritate the liver.
- TABEBUIA (Lapacho, Pau D'Arco, Ipe Roxo, Amapa)
TREE BARK. Cold Infusion, 2-4 ounce to 3X a day. Fluidextract [1:1, 50% alc.] 15-30 drops to 5X a day. Tincture [1:5, 50% alcohol] 1/2 to 1 teaspoon to 4X a day
- *TANACETUM (Tansy)
FLOWERING HERB. Standard Infusion 1-4 ounce. For short term use only.
- TARAXACUM (Dandelion)
ROOT or LEAF. Root Fluidextract [1:1, 45% alcohol] 30-60 drops up to 4X a day. Tincture [Fresh Root, 1:2] 1/2 to 1 teaspoon. Strong Decoction, 2-4 ounces, to 4X a day. Leaf as Standard Infusion, 3-6 ounces as needed.
- TECOMA STANS (Tronadora, Trumpet Flower)
WHOLE PLANT. Standard Infusion, 3-4 ounces. Capsules, #00, 6-10 a day. The Rootbark and stem is used the same as its relative Tabebuia.
- THALICTRUM (Meadow Rue, Ruda de la Sierra)
HERB. Standard Infusion 2-3 ounces.
- THELESERMA (Cota, Navajo Tea)
FLOWERING HERB. A simple tea, as needed.
- *THUJA (Arbor Vitae, Flat, Red or Yellow Cedar)
HERB. Fresh Plant Tincture [1:2] for topical use; 5-15 drops in water, to 4X a day. Cold Infusion, 2-3 ounces, to 3X a day.
- THYMUS (Thyme)

HERB. Standard Infusion, 2-4 ounces, to 4X a day; the tea topically as needed.

ESSENTIAL OIL. Diluted with 2 parts vegetable oil as a topical antimicrobial.

*TRIBULUS (Puncture Vine, Goat's Head)

HERB and SEEDS. 1/2 to 1 teaspoon of the powdered plant in tea, to 2X a day. Tincture [1:5, 60% alcohol] 30-40 drops, 2X a day.

TRIFOLIUM PRATENSE (Red Clover)

FLOWERING HERB. Standard Infusion or Strong Decoction, 4-6 ounces to 3X a day.

TRILLIUM (Beth Root)

WHOLE PLANT. Fresh Plant Tincture [1:2] 15-25 drops to 3X a day.

*TURNERA DIFFUSA (Damiana)

FLOWERING HERB. Fresh Plant Tincture [1:2] 20-30 drops. Standard Infusion 2-4 ounces. Dry Plant Tincture [1:5, 60% alcohol] 30-60 drops, all to 3X a day.

TUSSILAGO (Coltsfoot)

HERB. Standard Infusion, 2-6 ounces, sipped slowly. Unlike its antispasmodic relative, Petasites, which can irritate the liver when used excessively, this is a simple and safe cough therapy.

ULMUS FULVA (Slippery Elm)

BARK. Cold Infusion of bark or shredded pieces, as needed. The powdered bark is used for making poultices.

UMBELLULARIA (California Bay, Pepperwood, Oregon Myrtle)

LEAF. Tincture [Fresh Leaf, 1:2, Recent Dry Leaf, 1:5, 65% alcohol] 10-20 drops to 3X a day, or inhaled from a saturated cotton ball.

URTICA (Nettles)

WHOLE HERB. Cold or Standard infusion, as needed.

USNEA (Hair Moss, Old Man's Beard)

LICHEN. Tincture [1:5, 50% alcohol] 30-60 drops to 4X a day. Moisten the herb with a little alcohol and make a Strong Decoction, 2-6 ounces, to 3X a day, or use the tea for topical application.

*USTILAGO (Corn Smut)

FUNGUS. Fresh Fungus Tincture [1:5] 10-40 drops to 3X a day.

USE WITH CARE.

VACCINIUM (Blueberry, Huckleberry, Bilberry, Whortleberry, etc.)

LEAVES. Standard Infusion of recent herb, 3-4 ounces, to 3X a day.

VALERIANA (Valerian)

PLANT. Tincture [Fresh Whole Plant 1:2, Dry Root, 1:5, 70% alcohol], 30-90 drops, to 3X a day. Capsules (root), #00, 2-3. Constant use of the dry root can induce mental agitation.

*VERATRUM (Green, False or American H*ellebore)

ROOT. Tincture [1:10, 95% alcohol] 3-10 drops to 3X a day.

DANGEROUS IN MODERATE, POISONOUS IN LARGER AMOUNTS.

VERBASCUM (Mullein)

LEAVES. Standard Infusion, 2-4 ounces. FLOWERS. Tincture [Fresh Flowers, 1:2, Dry Flowers, 1:5, 60% alcohol] 30-90 drops, ROOT. Strong Decoction, 2-3 ounces. All forms to 4X a day.

VERBENA (Blue Vervain)

FLOWERING HERB. Standard Infusion, 2-5 ounces, to 3X a day. Tincture [1:5, 60% alcohol] 30-90 drops, to 4X a day.

VIBURNUM (V. opulus, V. prunifolium, Cramp Bark, Black Haw)

ROOTBARK and BARK. Cold Infusion or Strong Decoction, 3-4 ounces to 4X a day. Tincture [1:5, 50% alcohol] 30-90 drops to 4X a day.

*VINCA MAJOR (Periwinkle)

HERB. Tincture [Fresh Herb 1:2, Dry Herb, 1:5, 50% alcohol] 20-40 drops, to 2X a day.

VIOLA ODORATA (Violet)

HERB. Standard Infusion 2-5 ounces to 3X a day. Tincture [Fresh Plant, 1:2] 1-2 teaspoons to 2X a day.

*VISCUM ALBUM (European Mistletoe)

HERB. Tincture [1:5, 50% alcohol] 15-30 drops. Standard infusion, 2-3 ounces both to 3X a day. Use in moderation.

*VITEX AGNUS-CASTUS (Chaste Tree Berries, Monk Peppers)

SEEDS. Tincture [1:5, 65% alcohol] 30-60 drops. Ground Berries, 1/2 to 1 tspn. in tea, both once in the morning. As it strengthens the progesterone phase of the estrus cycle, it usually works best the two weeks before menses.

XANTHIUM (Cocklebur)

PODS. 2-3 pods as infusion. HERB. Strong Infusion 2-3 ounces, to 2X a day.

XANTHOXYLUM (Prickly Ash)

BARK/BERRIES. Tincture [1:5, 65% alcohol] 10-30 drops, before meals.

YUCCA (Amole, Spanish Bayonet)

ROOT. Capsules, #00, 2-3 , morning and evenings.

ZEA MAYS (Corn Silk)

STIGMAS. Standard Infusion, 4-6 ounces to 3X a day. Fresh Silk Tincture, [1:2], 1/2 to 1 1/2 teaspoons in 8 ounces water.

ZINGIBER (Ginger Root)

ROOT. Fresh Root Tincture [1:2] 10-20 drops in warm water. Strong Decoction 1-2 ounces, both as needed.

FORMAT DESCRIPTION

* LATIN NAME. These plants are not appropriate in pregnancy, either because of their effect on the uterus, their effects on the hypothalamus/pituitary axis, their toxic potential, or my own conservative attitude about herbs in pregnancy. Several plants, such as Podophyllum, may actually cause birth defects.

LATIN NAME. This is the primary listing, and reflects a combination of current

botanical usage, older pharmaceutical Latin names, and common usage.

Leptandra is called Veronicastrum in current botany, but the first name still

is widely used by herbalists and is how I list it here. Many plants are listed simply by genus (such as Arnica) because I feel so many species in North America are the equivalent of the official one. Others are carefully specified by species because of distinctly different aspects between them. Tarragon and Sagebrush are both Artemisias but I would hate to taste Sagebrush

Chicken. Some plants are so singular, like Anemopsis, that I only use one

name to define them.

OTHER NAMES. These are other Latin names and common names still in use, and are completely indexed in the back.

PARTS USED. These are listed in UPPER CASE. The herb is presumed to be used

dry. All fresh plant uses are specified. An Infusion or Decoction is always

presumed to be from a dry botanical.

PREFERENCES: Under each plant part, I list each method of use in the descending order of their value. Some herbs are better used as an infusion, and I list that first. I list fresh tincture ahead of dry tinctures most of the time (if both forms are appropriate for the herb) based on my own experience, although they may not always be available in commerce. My preferences also tilt towards those methods of using herbs that makes the greatest use of the least amount of plant mass. I have gathered many of these

plants and have developed preferences about their use. When you have picked or grown your herbs, you quickly learn how to get the most from the least. Some botanicals are only available in commerce, and I rely on the many sources

for extraction principles: older Pharmacopeas, Formularies and Dispensatories.

For plants never listed, their constituents (and use) give clear indications for solubilities and media. Whenever in doubt, I have followed my own inclinations or the observations of the best plant pharmacist of the last two

centuries, John Uri Lloyd.

DOSAGE: These are all given for ADULTS; give kids simple stuff. Be conservative with older folks, the chronically ill, and nursing mothers. Always honor the basic premise of using herbal medicines; they work best on acute self-limiting problems and subacute or sub-clinical disease. I have also been free with warnings, contra- indications and observations. I have used and picked most of these plants and when I haven't, I have gone by the

book.

Michael Moore, 2/94

OUTLINE OF PREPARATION METHODS

COLD INFUSION

After pre-moistening a bit, wrap one part herb (dry weight) in cloth and suspend it in 32 parts of water (by volume) at room temperature, overnight. Squeeze out the herb into the tea in the morning, and add enough water to bring it back to 32 parts.

STANDARD INFUSION

Boil 32 parts of water, remove from heat, and steep one part (by weight) of the herb in the water for 20-30 minutes. Strain, and pour sufficient water through the herb in the strainer to return the volume of tea to 32 parts.

STRONG DECOCTION

Combine 32 parts of water with one part of herb (by weight), bring slowly to a boil, continue for ten minutes, cool until warm, and strain. Pour additional water through the herb to return the volume to 32. A WEAK DECOCTION is the same, but using half as much herb in the same volume of water.

COMMENTS. Except for the weak decoction, the above teas end up with an ounce

having the constituents of a gram of herb. If the dosage recommends 4 ounces

of Strong Decoction, and you only want a single batch, use 4 grams of herb, or

divide an ounce of herb into eight equal parts and use one part for the tea.

(Yes, they aren't quite equal...4 grams and an eighth of an ounce...but these are HERBS...lighten up already). DO NOT MAKE MORE THAN A DAY'S WORTH OF

TEA AT ONE TIME.

EYEWASH and DOUCHE

Make an isotonic water by adding a slightly rounded teaspoon of salt to a

quart of clean water (1/2 teaspoon per pint, 1/4 teaspoon per cup), and make the tea with this solution as per the recommended strength. Make a fresh batch every 5-6 hours.

FRESH PLANT TINCTURE

One part by weight of the fresh, chopped herb is steeped for 7-10 days in two parts by volume of grain alcohol (190 proof or 95% ethanol), and pressed or squeezed out. There is no reason to blend or shake this maceration; the tincture is formed passively as a result of dehydration. Ethanol draws out all plant constituents that contain water, leaving only cellulose and dead tissue behind.

DRY PLANT TINCTURE

Maceration. If the Materia Medica calls for a [1:5, 60% alcohol] tincture, it means this: your solvent is 60% alcohol and 40% water (the water is presumed),
and one part of herb by weight has been invested in five parts of solvent by

volume. Let me run you through one. You have four ounces of dried Blue Cohosh roots, which you then grind and sift down to a fairly consistent coarse

powder. The four ounces (1) must be mixed with 20 ounces of solvent (5). The solvent is 60% alcohol, the rest water, so you mix 12 ounces of ethanol and 8 ounces of water to get the final volume. Mix both together in a closed

jar, and shake the mixture up for a couple of minutes twice a day. After 10-14 days of this, let it set another day, pour off the clear tincture from the

top, and squeeze as much out of the sediment as your press or wrists allow. The 20 ounces of solvent (called menstruum) and 4 ounces of herb, may yield up 13-14 ounces of tincture (by wrist) and up to 17 ounces (by press); the rest is immutably held in the sediment (called marc). This remnant moisture

is full strength tincture, and eventually this knowledge drives one out of four herbalists stark raving nuts. The resultant attempts to constantly upgrade hydraulic presses rivals the feeding frenzy at computer hardware conventions.

DRY PLANT TINCTURE

Percolation. This is a method that needs physical demonstration and hands-on practice. That being said, this is a brief run down of the process. The same Blue Cohosh has been freshly ground as before. Pack it into a measuring

cup to check its compressed volume...probably about six ounces. The menstruum

will need to be the 20 ounces PLUS the 6 ounce volume the ground dry herb takes up. The proportion is the same; 60% alcohol and 40% water. 60% of 26 ounces is 15.6 fluid ounces (the alcohol), 40% is 10.4 (water). This gives you your 26 ounces of 60:40 menstruum. Place the powdered herb in a little mixing bowl with a top, add about two-thirds as much menstruum as the herb took up in volume. It took up six ounces in volume, so add four ounces of menstruum to the herb, and mix it thoroughly, then cover it. This may be confusing; the herb WEIGHS 4 ounces, but FILLS 6 ounces of volume. The reason for checking its VOLUME will become apparent. Anyway, the menstruum-moistened herb needs to stay covered and digesting for at least 12, and preferably 24 hours.

Now you will need a percolating cone...didn't I mention that? Me and my students find that a large Perrier bottle with its bottom removed sits upside-

down inside a large-mouthed Mason jar very nicely, and the screw cap can be used to control the rate of drip out of the bottom (former top). Anyway, you

will need to place some moistened herb inside a coffee filter cone, slide it into the neck of the cone, and gradually add the moistened herb on top. It needs to be compressed and compacted onto the first batch, until you have an evenly distributed column of herb inside the cone. Place a filter on the level herb-column, and pour some menstruum slowly on top. The menstruum should descent evenly down the herb column, and drip from the bottom at about

one drip per second. If it never drips out the bottom, you packed too tight.

If it drips too quickly (drools is a better word), lift the cone out of the Mason jar, and screw the cap on until the drool becomes a slow drip. Keep fresh menstruum covering the top of the herb until it all drips through. This can take one or two hours (or more). When it has finished, there will be

20 ounces of tincture in the Mason jar, and the last six ounces of menstruum (virtually inert) will stay in the herb column, like a moist sponge. Toss it.

Now you see why you need to measure the dry herb volume; you make just enough menstruum for that batch of tincture, and you won't have little jars with left-over excess menstruums that are impossible to compute into another batch with different proportions. Every Pharmacist has a copy of Remington's

Pharmaceutical Sciences, which describes the process in great detail, and explains why you get better tinctures when percolating.

FLUIDEXTRACT

Briefly, take 8 ounces of Tabebuia (Pau D'Arco), grind it, make up an arbitrary amount of menstruum (let's say four times as much, or 32 ounces). The tincture lists a 50% strength; make your fluidextract menstruum 20% higher

in alcohol content (i.e. 70%). Mix 22.4 ounces of alcohol with 9.6 ounces of water to get a quart of 70% alcohol menstruum. Take the Tabebuia, moisten

it, digest it for TWO days, pack a larger cone with it, and drip (very slowly)

a first batch of tincture that is only 75% of the volume as the original dry herb weighed. This means after you have dripped 6 fluid ounces, take it away,

and continue dripping everything else into a second jar. As the rest of the menstruum finally starts to sink below the top of the herb column, start adding water into the cone. This second drip can be any amount you wish...a

quart, two quarts, whatever. You will need to evaporate it all in a double boiler until it is reduced to 25% in volume of the herb weight...2 ounces in this case. Add the vile remnant of the second percolation to the 6 ounces from the first percolation, and you now have 8 ounces of fluidextract, made from 8 ounces of Tabebuia Bark. A Fluidextract is by definition 1:1 in strength. Now clean up.

CROSSINDEX of Common Names, Spanish Names and Latin Names for herbs listed in the Materia Medica 4.0 and in general use in current American herbal medicine

THIS HERB is listed by THIS NAME

Acanthopanax	Eleutherococcus
Aconite	Aconitum
Actea arguta	Actea rubra
African Bird Pepper	Capsicum
Agothasma	Barosma
Agrimony	Agrimonia
Alder	Alnus
Alder, Black	Prinos
Alder, Buckthorn	Frangula
Alegria	Amaranthus
Alfalfa	Medicago
Alfilerillo	Erodium
Algerita	Mahonia
Allspice	Pimenta
Aloes Socrotine	Aloe
Alum Root	Geranium
Alum,American	Heuchera
Amapa	Tabebuia
American Aloe	Agave
American Sarsaparilla	Aralia nudicaulis
Amole	Yucca

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Amole Lily		Chorogalum
Anemone hepatica		Hepatica
Anemone pulsatilla		Anemone hirsutissima
Anise, Star		Illicium
Aniseed	Anisum	
Antelope Horns	Asclepias asperula	
Arabic Gum	Acacia senegal	
Arbor Vitae	Thuja	
Arbutus, trailing	Epigea	
Arnica, Mexican	Heterotheca	
Artichoke	Cynara	
Ash	Fraxinus	
Ash, Prickly	Xanthoxylum	
Ash, Wafer	Ptelea	
Aspen	Populus tremuliodes	
Avens	Geum	
Balm of Gilead	Populus candicans	
Balmony	Chelone	
Balsam Root	Balsamorhiza	
Baneberry	Actea	
Barberry	Berberis	
Bayberry	Myrica	
Bearberry	Arctostaphylos uva-ursi	
Bearsfoot	Polymnia	
Bedstraw	Galium	
Berberis aquifolium	Mahonia	
Bethroot	Trillium	
Betony	Pedicularis	
Bilberry	Vaccinium	
Birch	Betula	
Biscuit Root	Lomatium	
Bistort	Polygonum bistorta	
Bittersweet	Solanum dulcamara	
Black Cohosh	Cimicifuga	

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Black Haw	Viburnum
Black Root	Leptandra
Black Sampson	Echinacea angustifolia
Black Walnut	Juglans major
Blackberry	ubus villosus
Bladderwrack	Fucus
Blazing Star	Liatris
Bleeding Heart	Dicentra formosa
Blessed Thistle	Cnicus
Bloodroot	Sanguinaria
Blue Cohosh	Caulophyllum
Blue Flag	Iris
Blueberry	Vaccinium
Boneset	Eupatorium perfoliatum
Brahmi	Centella
Bricklebush	Brickellia
Broom Tops	Scoparius
Broomrape	Orobanche
Bryony	Bryonia
Buchu	Barosma
Buckbean	Menyanthes
Buckeye	Aesculus glabra
Buckeye, California	Aesculus californica
Buckthorn	Frangula
Buckthorn, California	Rhamnus californica
Buckwheat Bush	Eriogonum
Bugleweed	Lycopus
Bunchberry	Cornus
Burdock	Arctium
Burning Bush	Euonymus
Bursage	Ambrosia
Butter-and-eggs	Linaria
Butterfly Milkweed	Asclepias tuberosa
Butternut	Juglans cineria

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Button Bush	Cephalanthus
Cachana	Liatris
Cactus	Cereus, Opuntia
Calamus	Acorus Calamus
California Buckeye	Aesculus californica
California Poppy	Eschscholtzia
California Slippery Elm	Fremontia
California Snakeroot	Aristolochia californica
Camphor Weed	Heterotheca, Pluchea
Canada Balsam	Abies
Canadian Fleabane	Erigeron
Canadian Hemp	Apocynum
Canadian Snakeroot	Asarum
Canaigre	Rumex hymenosepalus
Canela	Cinnamonum
Canutillo	Ephedra viridis
Caraway	Carum
Cardinal Flower	Lobelia cardinalis
Cardo Santo	Argemone
Carrot	Daucus
Cascara Sagrada	Rhamnus purshiana
Cassia angustifolia	Senna
Cat's Paw	Antennaria
Cataria	Nepeta
Catclaw Acacia	Acacia greggii
Catnip	Nepeta
Cayenne	Capsicum
Cebadilla	Swertia
Celandine	Chelidonium
Celery	Apium
Cenizo	Leucophyllum
Centaury	Centaurium
Century Plant	Agave
Chamomile	Matricaria

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Chamomile, Roman	Anthemis
Chaparral	Larrea
Chaparro Amargosa	Castela
Chaste Tree Berries	Vitex Agnus-Castus
Cheeseplant	Malva
Cherry, Wild	Prunus
Chestnut	Castanea
Chestnut, Horse	Aesculus hippocast.
Chickweed	Stellaria Media
Chicory	Cichorium
Chilcuan	Heliopsis
Chimaja	Cymopterus
Cilantro	Coriandrum
Cinquefoil	Potentilla
Cistus	Helianthemum, Cistus
Cleavers	Galium
Clover, Red	Trifolium pratens
Clover, Sweet	Melilotus
Clover, Yellow	Melilotus
Cloves	Caryophyllus
Cocklebur	Xanthium
Coffee	Coffea
Cohosh, Black	Cimicifuga
Cohosh, Blue	Caulophyllum
Coltsfoot	Tussilago
Coltsfoot, Western	Petasites
Columbo, American	Swertia
Comfrey	Symphytum
Coneflower	Echinacea, all
Conopholis	Orobanche
Conyza	Erigeron
Copaiba	Copaifera
Coral Root	Coralorrhiza
Corn Silk	Zea Mays

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Corn Smut	Ustilago
Corydalis canadensis	Dicentra
Cota	Thelesperma
Cotton Root	Gossypium
Couchgrass	Agropyron
Cow Parsnip	Heracleum
Cramp Bark	Viburnum
Cranesbill	Geranium
Crawley	Coralorrhiza
Creosote Bush	Larrea
Cuauchichic	Garrya
Cudweed	Gnaphalium
Culver's Root	Leptandra
Cypress	Cupressus
Cytisus	Scoparius
Damiana	Turnera
Dandelion	Taraxacum
Desert Anemone	Anemone Tuberosa
Desert Lavender	Hyptis
Desert Tea	Ephedra viridis
Desert Willow	Chilopsis
Devil's Claw	Harpagophytum
Devil's Club	Oplopanax
Devil's Dung	Asafetida
Devil's Walkingstick	Aralia hispida
Dodder	Cuscuta
Dogbane	Apocynum
Doggrass	Agropyron
Dogwood	Cornus
Dogwood, Jamaican	Piscidia
Dong Quai	Angelica sinensis
Dryopteris	Aspidium
Dugaldia	Helenium
Dusty Miller	Cineraria

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Elder	Sambucus	
Elder, Dwarf	Aralia hispida	
Elecampane	Inula	
Elephant Head	Pedicularis	
Elephant Tree	Bursera	
Epazote	Chenopodium	
Eryngo	Eryngium	
Escoba de la Vibora	Gutierrezia	
Everlasting	Gnaphalium	
Eyebright	Euphrasia	
False Aloe	Agave	
False Solomons Seal	Smilacina	
Fennel	Foeniculum	
Fern, Maidenhair	Adiantum	
Fern, Male	Aspidium	
Ferula asafetida	Asafetida	
Ferula sumbul	Sumbul	
Feverfew	Chrysanthemum parth.	
Figwort	Scrophularia	
Fireweed	Epilobium, Erechites	
Flag, Blue	Iris	
Flag, Sweet	Acorus Calamus	
Flax	Linum	
Fleabane	Erigeron	
Fo-Tzu	Aconitum carmichaeli	
Fringetree	Chionanthus	
Frostwort	Helianthemum	
Fu-tze	Aconitum carmichaeli	
Garlic	Allium sativum	
Gay Feather	Liatris	
Gentian	Gentiana	
Gentian, Green	Swertia	
Giant Willow Herb	Epilobium	
Ginger	Zingiber	

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Ginger, Wild	Asarum
Ginseng	Panax
Ginseng, Siberian	Eleutherococcus
Goat's Head	Tribulus
Gold Thread	Coptis
Golden Seal	Hydrastis
Golden Smoke	Corydalis aureus
Gotu Kola	Centella
Gravel Root	Eupatorium purpureum
Guarana	Paullinia
Guayacan	Guaiacum angustifolium
Gum Arabic	Acacia senegal
Gumweed	Grindelia
Habin	Piscidia
Hair Moss	Usnea
Hamula	Brickellia
Hawthorn	Crataegus
Heal All	Prunella
Hedge Nettle	Stachys
Hediondilla	Larrea
Helianthemum	Cistus, Helianthemum
Hellebore, Am.	Veratrum
Hellebore, False	Veratrum
Hellebore, Green	Veratrum
Helleborine	Epipactis
Hemlock Spruce	Abies
Hemp	Cannabis
Henbane	Hyocyamus
Hercules Club	Aralia spinosa
Holacantha	Castela
Hollyhock	Althea
Holy Thistle	Cnicus
Hop Tree	Ptelea
Hops	Humulus

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Horehound	Marrubium
Horehound, Water	Lycopus
Horse Balm	Collinsonia
Horse Chestnut	Aesculus hippocast.
Horse Nettle	Solanum carolinense
Horsemint	Monarda
Horsetail	Equisetum
Hound's Tongue	Cynoglossum
Huang Chi	Astragalus
Huckleberry	Vaccinium
Hydrocotyle	Centella
Hyssop	Hyssopus
Ilex verticillatus	Prinos
Incienso	Brickellia
Indian Root	Aristolochia watsonii
Indian Warrior	Pedicularis
Indigo, Wild	Baptisia
Inmortal	Asclepias asperula
Ipe Roxo	Tabebuia
Jabin	Piscidia
Jaborandi	Pilocarpus
Jack-in-the-Pulpit	Arisaema
Jamaica Dogwood	Piscidia
Jasmine, Yellow	Gelsemium
Jatamansi	Sumbul
Jersey Tea	Ceanothus
Jewel Weed	Impatiens
Jimson Weed	Datura
Jojoba	Simmondsia
Juniper	Juniperus
Kava Kava	Piper methysticum
Kinnikinnick	Arctostaphylos uva-ursi
Kola	Cola
Labrador Tea	Ledum

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Ladies Mantle	Alchemilla
Lady Slipper	Cypripedium
Lapacho	Tabebuia
Lappa	Arctium
Larkspur	Delphinium
Laurel, California	Umbellularia
Lavender	Lavandula
Leafcup	Polymnia
Lechuguilla	Agave
Lemon	Limon
Lemon Balm	Melissa
Leptotania	Lomatium
Lettuce, Wild	Lactuca
Licorice	Glycyrrhiza
Licorice Fern	Polypodium
Liferoot	Senecio
Lignum Vitae	Guaiacum
Lily of the Valley	Convallaria
Lily, Tiger	Lilium tigrinum
Liriosma	Ptychopetalum
Liverwort	Hepatica
Lizard Tail	Anemopsis
Lobaria	Sticta
Logwood	Hematoxylon
Lotebush	Condalia
Lousewort	Pedicularis
Lungwort Moss	Sticta
Ma Huang	Ephedra vulgaris
Macrotys	Cimicifuga
Madrone	Arbutus
Maguey	Agave
Maidenhair Fern	Adiantum
Maidenhair Tree	Ginkgo
Mandrake, Amer.	Podophyllum

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Manzanilla	Matricaria
Manzanita	Arctostaphylos
Maravilla	Mirabilis
Marigold, European	Calendula
Marijuana	Cannabis
Marsh Fleabane	Pluchea
Marshmallow	Althea
Matico	Piper angustifolia
Maturin	Cacalia
Maturique	Cacalia
May Apple	Podophyllum
Mescal Buttons	Lophophora
Mesquite	Prosopis
Mikweed, Common	Asclepias cornuta
Milfoil	chillea
Milk Thistle	Silybum
Milkweed, Butterfly	Asclepias tuberosa
Milkweed, Desert	Asclepias subulata
Milkweed, Spider	Asclepias asperula
Milkweed, Swamp	Asclepias incarnata
Mimbre	Chilopsis
Mistletoe	Viscum
Monks Pepper	Vitex agnus-castus
Monkshood	Aconitum
Mormon Tea	Ephedra viridis
Motherwort	Leonurus
Mountain Everlasting	Antennaria
Mountain Laurel	Kalmia
Mountain Mahogany	Cercocarpus
Mugwort	Artemisia vulgaris
Muirapuama	Ptychopetalum
Mullein	Verbascum
Musk Root	Sumbul
Mustard	Sinapis

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Myroxylum pereirae	Balsam of Peru
Myroxylum toluiferum	Balsam of Tolu
Myrrh	Commiphora
Navajo Tea	Thelesperma
Nerve Root	Cypripedium
Nettles	Urtica
New Jersey Tea	Ceanothus
Night-Blooming	Cereus Cereus
Nutmeg	Myristica
Oak	Quercus
Oats	Avena
Ocotillo	Fouqueria
Odontotrichum	Cacalia
Ohio Buckeye	Aesculus glabra
Old Man's Beard	Usnea
Orange Sneezeweed	Helenium
Oregon Myrtle	Umbellularia
Oxe-Eye Daisy	Leucanthemum
Parrot's Beak	Pedicularis
Parsley	Petroselinum
Pasque Flower	Anemone hirsutissima
Passion Flower	Passiflora
Pau D'Arco	Tabebuia
Pausinystalia	Corynanthe
Peach Tree	Amygdalus
Pearly Everlasting	Anaphalis
Peniocereus	Cereus
Pennyroyal	Hedeoma
Pennyroyal, European	Mentha pulegium
Peony	Paeonia
Pepper, Black	Piper nigrum
Pepper, Cayenne	Capsicum
Peppermint	Mentha piperita
Periwinkle	Vinca major

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Peruvian Balsam	Balsam of Peru
Peruvian Bark	Cinchona
Peyote	Lophophora
Picrasma	Picraena
Pigweed	Amaranthus
Pincture Vine	Tribulus
Pine	Pinus
Pinkroot	Spigelia
Piper cubeba	Cubeba
Pipsissewa	Chimaphila
Plantain	Plantago
Pleurisy Root	Asclepias tuberosa
Plumajillo	Achillea
Poke Root,Berries	Phytolacca
Poleo	Mentha arvensis
Poleo Chino	Hedeoma
Pomegranate	Granatum
Ponil	Cercocarpus
Poplar Buds	Populus candicans
Porlieri	Guaiacum angustifolium
Prickly Ash	Xanthoxylum
Prickly Pear	Opuntia
Prickly Poppy	Argemone
Primrose, Evening	Oenothera
Privet	Ligustrum
Prodigiosa	Brickellia
Psyllium	Plantago ovata
Pterocarpus	Kino
Pulsatilla	Anemone hirsutissima
Punica	Granatum
Purple Sage	Leucophyllum
Pussy Toes	Antennaria
Pyrethrum parthenium	Chrysanthemum parth.
Quassia	Picraena

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Quebracho	Aspidosperma
Queen of the Meadow	Eupatorium purpureum
Queen's Root	Stillingia
Quinine Bark	Cinchona
Quinine Bush	Garrya
Ragweed	Ambrosia
Ragwort	Senecio
Raiz del Indio	Aristolochia watsonii
Raiz del Oro	Heliopsis
Raspberry	Rubus idaeus
Rattlesnake Master	Eryngium
Red Osier	Cornus
Red Root	Ceanothus
Rhamnus frangula	Frangula
Rhatany	Krameria
Rheumatism Root	Jeffersonia
Rhubarb	Rheum
Rock Rose	Cistus, Helianthemum
Roman Chamomile	Anthemis
Rue	Ruta graveolens
Rue, Goats	Galega
Rue, Meadow	Thalictrum
Rue, Syrian	Peganum harmala
Sabal	Serenoa
Safflowers	Carthamus
Saffron	Crocus
Saffron, American	Carthamus
Sage	Salvia
Sagebrush	Artemisia tridentata
Sandalwood	Santalum
Sangre de Drago	Jatropha cinerea
Sarsaparilla	Smilax
Sarsaparilla, American	Aralia nudicaulis
Saw Palmetto	Serenoa

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Scarlet Globemallow	Sphaeralcea
Scarlet Pimpernel	Anagallis
Scouring Rush	Equisetum
Screwbean	Prosopis
Selenicereus	Cereus
Self Heal	Prunella
Senecio cineraria	Cineraria
Senega Snakeroot	Polygala
Senna	Cassia, Senna
Serpentaria	Aristolochia serpentaria
Seven Barks	Hydrangea
Shavegrass	Equisetum
Shepherd's Purse	Capsella
Shinleaf	Pyrola
Silk Tassel	Garrya
Skullcap	Scutellaria
Skunk Cabbage	Dracontium
Skunk Cabbage, Wst.n.	Lysichiton
Smartweed	Polygonum hydropiper
Snakeroot, Button	Eryngium, Liatris
Snakeroot, Canadian	Asarum
Snakeroot, Kansas	Echinacea angustifolia
Snakeroot, Missouri	Echinacea purpurea
Snakeroot, Senega	Polygala
Snakeroot, Virginia	Aristolichia serpentaria
Soapberry	Sapindus
Solomon's Seal	Polygonatum
Sourwood	Oxydendron
Spearmint	Mentha viridis
Spikenard	Aralia racemosa
Squaw Vine	Mitchella
Squaw Weed	Senecio
St. John's Wort	Hypericum
Star Grass	Aletris

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Stavesacre	Delphinium
Stinkasant	Asafetida
Stone Root	Collinsonia
Storksbill	Erodium
Stramonium	Datura
Strawberry	Fragaria
Stream Orchid	Epipactis
Sumach, Fragrant	Rhus aromatica
Sumach, Smooth	Rhus glabra
Sumach, Sweet	Rhus aromatica
Sundew	Drosera
Sweet Cicely	Osmorhiza
Sweet Clover	Melilotus
Sweet Flag	Acorus Calamus
Sweet Root	Osmorhiza
Sweetgum	Liquidamber
Symplocarpus	Dracontium
Syrian Rue	Peganum harmala
Tag Alder	Alnus
Taheebo	Tabebuia
Tang Kwei	Angelica sinensis
Tansy	Tanacetum
Te de Coral	Bidens
Teasel	Dipsacus
Tecomlate	Condalia
Texas Ranger	Leucophyllum
Thlaspi	Capsella
Tickseed	Bidens
Toadflax	Linaria
Tobacco	Nicotiana
Tobacco, Indian	Lobelia inflata
Toluiifera	Balsam of Peru
Torote	Bursera
Trailing Arbutus	Epigea

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Tree of Heaven	Ailanthus
Triticum	Agropyrons
Trumpet Creeper	Campsis
Trumpet Flower	Tecoma
Tsuga	Abies
Turkey Corn	Dicentra
Turkey Mullein	Eremocarpus
Turkey Rhubarb	Rheum
Turmeric	Curcuma
Turtlehead	Chelone
Twin Leaf	Jeffersonia
Unicorn Root	Aletris, Chamaelirium
Uva Ursi	Arctostaphylos
Veronicastrum	Leptandra
Vervain	Verbena
Virgin's Bower	Clematis
Virginia Snakeroot	Aristolochia serpentaria
Wafer Ash	Ptelea
Wahoo	Euonymus
Water Eryngo	Eryngium
Water Horehound	Lycopus
Water Pepper	Polygonum hydropiper
Western Coltsfoot	Petasites
Wild Ginger	Asarum
Wild Indigo	Baptisia
Wild Lettuce	Lactuca
Wild Yam	Dioscorea
Wintergreen	Gaultheria
Witch Hazel	Hamamelis
Wolf Berry	Lycium
Wormseed	Chenopodium
Wormwood	Artemisia absinthium
Woundwort	Stachys
Yarrow	Achillea

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Yellow Dock	Rumex crispus
Yellow Jasmine	Gelsemium
Yellow Parilla	Menispermum
Yellow Pond Lily	Nuphar
Yerba de la Negrita	Sphaeralcea
Yerba del Lobo	Helenium
Yerba del Sapo	Ambrosia
Yerba Mansa	Anemopsis
Yerba Reuma	Frankenia
Yerba Santa	Eriodictyon
Yohimbe	Corynanthe

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