

CONSTITUTIONAL MEDICINES

cooler
cleansing herbs
for damp, hot
congestion

St Mary's

Sarsaparilla

Dandelion
Burdock

Yellow Dock

Globe artichoke

Lemon Balm

Limeflowers

Wormwood

Mullein
White horehound

Meadowsweet

Eyebright

Coltsfoot

Feverfew

Arnica

Cleavers
Red Clover



Willow

Elder

Lavender

Boneset

Motherwort



Comfrey
Plantain

Birch leaf

Barberry
Golden Seal

Celandine

Wild Cherry

Corn silk
Marshmallow

Cascara

Sage

Catmint

Gentian

Kava

Plantago

Shepherd's purse

Uva-ursi

Peppermint

Hotter

Skullcap

Slippery Elm

Lady's mantle

Chamomile

Damper Dryer

Passionflower

Hawthorn

Raspberry leaf

Poke Root

Lobelia

Black Cohosh

Wood Betony

Horsechestnut

Hops

Juniper

Cooler

Cramp bark

Vitex

Agrimony

Myrrh

Ginger

Valerian

Fenugreek

Devil's Claw

Thyme
Golden Rod

Kola nut

Epimedium

Caraway

Basil

Bayberry
Prickly Ash



Fennel

Aniseed



Damiana
Oatstraw

Cinnamon

Mistletoe

Yarrow
Calendula

Hyssop

Angelica

Alfalfa
Parsley

Rosemary

Cayenne

Rue

Wild Yam

Californian Poppy

Garlic

Nettles

Healing happens via cleansing, restoration, activation or nourishment. The body, tongue & pulse show what's needed now, the constitutional pattern shows the way ahead.

Rehmania

Panax Ginseng

Turmeric

Licorice

Dong Quai

warmer
nourishing herbs
for dry, cool
depletion

Elecampane

Withania

Echinacea

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