

# ENERGY OF HERBS



Celandine

Golden Seal

Burdock

**Liver**

Globe artichoke

Dandelion Rt St Mary's

Barberry

Yellow Dock

Catmint Peppermint Gentian

Angelica

Chamomile

**Digestion**

Caraway

Meadowsweet Fennel

Fenugreek

Cleavers Poke Root

Burdock

**Lymphatic**

Red Clover

Sarsaparilla

Calendula Dandelion Rt

Eyebright Yarrow Horsechestnut

Agrimony **tissue tonics** Plantain

Lady's mantle Shepherd's purse

Raspberry leaf

Skullcap Passionflower Chamomile

Withania St John's Reishi Basil

Hops Kava **Nerves** Wood Betony

Valerian Panax Ginseng Lobelia Californian Poppy

Cramp bark Damiana Lavender

Oatstraw Rosemary Kola nut

## Colour Coding

~Cleansing~

~Activating~

~Nourishing~

~Relaxing~

Chamomile

Yellow Dock

Wormwood

Licorice

**Bowel**

Plantago

Cascara

Cramp bark

Slippery Elm

Licorice  
Garlic

Astragalus

Boneset

Echinacea

Reishi

Myrrh

**Immunity**

Golden Seal

Corn silk

Juniper

Uva-ursi

Chamomile

Barberry

**Urinary**

Burdock

Cordyceps

Rehmania

Nettles

Cleavers

Marshmallow

Elder

Limeflowers

Dandelion Lf

Hawthorn

Lemon Balm

**Heart**

Arnica

Motherwort

Mistletoe

Devil's Claw Nettles

Birch leaf

**Joints**

Willow

Celery

Wild Yam Turmeric

Golden Rod Elecampane Thyme

Mullein

**Respiratory**

Hyssop

Licorice

Aniseed White horehound

Wild Cherry

Skullcap Passionflower Chamomile

Withania St John's Reishi Basil

Hops Kava **Nerves** Wood Betony

Valerian Panax Ginseng Lobelia Californian Poppy

Cramp bark Damiana Lavender

Oatstraw Rosemary Kola nut

Ginkgo biloba Cayenne Feverfew

Ginger

**Circulation**

Prickly Ash

Bayberry Garlic

Angelica

Limeflowers

Turmeric Cinnamon

Vitex

Rue

Sage

Wild Yam

Epimedium

Paeony

**Hormones**

Licorice

Black Cohosh

Dong Quai