

Understanding Nature's Pharmacy: Mastering the Unique Properties of Herbs

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Quality Products for Health

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Why Herbs?

- Herbs have a long history of safety
- Herbs have a long history of efficacy
- Herbs, like foods, are whole substances
- Traditional herbal medicine is holistic
- Herbs are cost effective and convenient

Observation of nature (where a plant grows, how it grows, etc.) tells what kinds of obstacles a plant has to overcome in its environment. Taste, smell, texture, color and appearance give clues to basic chemistry.

Seven Kinds of Herbs:

1. **Aromatic (AR) / Pungent (P)**

Examples: Chamomile, Peppermint, Rosemary, Thyme, Lavender, Capsicum, Ginger, Horseradish

Aromatic Properties

- Digestive (stimulate digestion)
- Carminative (eliminate intestinal gas and colic)
- Antiseptic (help fight viral, bacterial and fungal infections)
- Nervine (relaxing or invigorating to the nervous system)
- Diaphoretic (promote sweating to reduce fever)
- Expectorant and Decongestant (breaks up congestion and expels excess mucus)
- Stimulant (promotes circulation)
- Traditional cold, flu and fever remedies

2. **Bitter (B)**

Examples: Goldenseal, Oregon grape, Yellow dock, Milk thistle, Cascara sagrada, Burdock, Dandelion root, Chocolate

Bitter Properties

- Digestive Tonic (stimulates hydrochloric acid and enzyme production and bile flow)
- Laxative
- Blood Purifying (help the body eliminate toxins via the liver and kidneys)
- Hepatoprotective (protects liver from toxins)
- Antiparasitic (helps destroy parasites)
- Antibiotic (helps fight bacterial infection)
- (Historical uses: Skin conditions (acne, rashes), Swollen lymph nodes, Cysts, tumors, Blood poisoning)

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

Building Better Health Naturally



3. Salty (Sa)

Examples: Red clover, Nettles, Alfalfa, Chickweed, Mullein, Parsley, Celery, Horsetail

Properties:

- Vulnerary (supplies minerals and nutrients for healing bones and other tissues)
- Non-irritating diuretic (helps kidneys flush fluids)
- Lymphatic (improves lymphatic flow and softens masses)
- Blood Tonic (nourishes the blood)

4. Sour

Examples: Lemon, Hawthorn, Schizandra, Elderberry, Bilberry, Mangosteen, Willow bark

Properties: (Thai Go)

- Antioxidant
- Anti-inflammatory and anodyne (pain relieving)
- Cardiovascular tonics

5. Astringent (As)

Examples: White oak bark, Uva ursi, Bayberry, Red raspberry leaf, Yarrow, Eyebright

Properties:

- Styptic (controls bleeding)
- Reduces sinus drainage
- Arrests diarrhea and fluid discharge
- Reduces swelling

6. Mucilant (M)

Examples: Psyllium hulls, Slippery elm, Marshmallow, Dulse, Fenugreek, Okra, Guar gum

Properties:

- Vulnerary (helps injured tissues to heal)
- Anti-inflammatory (especially for intestinal and digestive problems)
- Bulk laxatives
- Expectorants and decongestants (dry cough)

7. Sweet

Examples: Licorice, Ginseng, Stevia, Dong Quai, Eleuthero, Astragalus, Bee Pollen

Properties:

- Adaptagenic (helps body respond to stress)
- Tonic (enhance energy production, strengthen the body)
- Immune Stimulants (enhance the immune system)

We hope this experience has given you a good feel for the unique properties of herbs, their types, some of their many traditional benefits; helping you choose what will benefit you best.