

Complete Herbs Guide

18 Body Systems · 180 Healing Herbs · Dosage & Preparation for Each

♥■ Heart	■ Kidneys	■ Glucose	■ Liver
■ Anti-Inflam	■ Gut	■ Artery	■ Cellular
■ Brain	■ Skin	■ Lymphatic	■ Adrenal
■ Blood	■ Eyes	■ Thyroid	■ Immune
■ Bones & Joints	■ Lungs		

Safety note: Herbs are medicine. Dosages matter. Interactions exist. Any herb marked with "**under practitioner guidance**" should not be self-prescribed. **Herbs that interact with medications:** St. John's Wort (SSRIs, birth control, blood thinners). Garlic + blood thinners = increased bleeding risk. Berberine + diabetes medications = enhanced hypoglycemic effect — monitor glucose carefully. Licorice root (whole, not DGL) + blood pressure medication = raises blood pressure. Always inform your physician of herbs being taken alongside prescribed medications.

♥■ Heart & Cholesterol



Hawthorn Berry

The most studied herb for cardiac output — strengthens heart muscle contraction and dilates coronary arteries simultaneously.

How to use: Standardized extract 160–900mg daily or decoction of dried berries. Requires 6–8 weeks for full cardiovascular effect.



Berberine

Clinically comparable to low-dose statins for LDL reduction — activates LDLR gene expression in the liver.

How to use: 500mg 2–3x daily with meals. One of the most evidence-backed natural cholesterol interventions available.



Artichoke Leaf

Cynarin increases bile acid production — forces the liver to pull LDL from blood to synthesize replacement bile.

How to use: 300–600mg standardized extract daily or artichoke leaf tea before meals for cholesterol benefit.



Hibiscus

Anthocyanins and organic acids lower systolic blood pressure as effectively as ACE inhibitors in clinical trials.

How to use: 2–3 cups of strong hibiscus tea daily. Steep dried calyces 10–15 min. Most potent when drunk consistently.



Olive Leaf

Oleuropein prevents LDL oxidation and reduces arterial inflammation — heart-protective without blood thinning risk.

How to use: 500–1000mg standardized extract daily or steep dried olive leaves as tea for sustained cardiovascular support.



Turmeric

Curcumin reduces arterial inflammation and fibrinogen — lowers clot risk and improves the elasticity of blood vessel walls.

How to use: Daily with black pepper and fat. Curcumin requires piperine for absorption — never take without black pepper.



Ginger Root

Reduces platelet aggregation, lowers triglycerides, and improves the ratio of HDL to LDL simultaneously.

How to use: Fresh root daily in tea or food. Anti-platelet effect is comparable to aspirin — consistent daily use is key.



Garlic

Allicin lowers LDL by 10–15% in consistent users and reduces blood pressure through direct vasodilation.

How to use: Aged garlic extract 600–1200mg daily is the most studied form for cholesterol without digestive irritation.



Bergamot

Citrus polyphenols from bergamot lower LDL, raise HDL, and reduce triglycerides — a complete lipid panel intervention.

How to use: Bergamot extract 500–1000mg daily before meals. More potent than eating the fruit — standardized extract required.



Red Yeast Rice

Contains natural monacolin K — the same compound as the statin lovastatin. Clinically lowers LDL significantly.

How to use: 600mg 2x daily with meals. Use with physician guidance — not appropriate alongside pharmaceutical statins.

■ Kidneys



Dandelion Root

Most effective herbal diuretic — increases urine output without depleting potassium unlike pharmaceutical diuretics.

How to use: Decoction of dried root or 500–2000mg extract daily. Supports kidney filtration and gentle renal detox.



Nettle Leaf

Anti-inflammatory and diuretic — reduces kidney inflammation while supporting urinary tract health simultaneously.

How to use: Infusion of dried nettle leaf daily or 300–600mg extract. One of the safest long-term kidney herbs available.



Corn Silk

Stigmasterol and maysin reduce urinary tract inflammation — soothes kidney and bladder tissue gently.

How to use: Steep dried corn silk in hot water 15 min. Traditional and safe — one of the mildest urinary tract herbs.



Marshmallow Root

Mucilaginous polysaccharides coat and protect the urinary tract lining — reduces inflammation and irritation.

How to use: Cold infusion overnight in room temperature water. Hot water reduces the mucilage — always use cold method.



Parsley Root

Natural diuretic and kidney tonic — apigenin reduces inflammation in kidney tissue and supports filtration.

How to use: Steep fresh parsley in hot water as tea daily. Use root form for stronger kidney effect than leaf alone.



Horsetail

Silica supports kidney and urinary tract connective tissue integrity — reduces calcium oxalate crystal formation.

How to use: Infusion of dried herb daily or 300mg extract. Do not use long-term without physician guidance.



Goldenrod

Anti-inflammatory and diuretic — specifically studied for urinary tract inflammation and kidney stone prevention.

How to use: Infusion of dried flowers and leaves daily. One of the most underrated European kidney herbs.



Uva Ursi

Arbutin converts to hydroquinone in the urinary tract — potent antimicrobial specifically for kidney and bladder.

How to use: 300–400mg standardized extract short-term only (max 1–2 weeks). Not for long-term or preventative use.



Juniper Berry

Terpinen-4-ol is a urinary antiseptic — reduces bacterial colonization in kidney and urinary tract tissue.

How to use: Essential oil diluted in water or berry extract short-term. Avoid in kidney disease — stimulating to kidneys.



Chanca Piedra

Traditional "stone breaker" herb — phyllanthin compounds dissolve calcium oxalate and uric acid kidney stones.

How to use: 500mg extract daily or as traditional tea. Best evidence for kidney stone prevention of any herbal remedy.

■ Blood Glucose



Ceylon Cinnamon

Cinnamaldehyde activates GLUT4 transporters on muscle cells — pulls glucose from blood independent of insulin.

How to use: 1 stick steeped 10–15 min before meals or 1–2g powder Ceylon only. Never use Cassia — high coumarin damages liver.



Berberine

Activates AMPK — the master metabolic switch — reducing hepatic glucose production as effectively as metformin.

How to use: 500mg 3x daily with meals. The most clinically validated natural glucose intervention with pharmaceutical-level evidence.



Gymnema Sylvestre

Gymnemic acids block sweet taste receptors and reduce sugar absorption in the intestine — reduces glucose and cravings.

How to use: 400mg standardized extract before meals. Reduces post-meal glucose spike and reduces desire for sugar simultaneously.



Bitter Melon

Charantin and polypeptide-p mimic insulin action directly — one of the most potent plant glucose-lowering compounds.

How to use: Bitter melon tea or 500–1000mg extract daily. Bitter taste is the medicine — do not sweeten the tea.



Fenugreek Seed

4-Hydroxyisoleucine stimulates insulin secretion. Soluble fiber slows carbohydrate absorption throughout digestion.

How to use: 15–20g soaked seeds daily or 500mg seed extract. Soaking overnight reduces bitterness and improves bioavailability.



Holy Basil (Tulsi)

Eugenol and rosmarinic acid lower fasting blood glucose — adaptogenic herb that also reduces the cortisol that spikes glucose.

How to use: Fresh leaves steeped as tea or 400mg extract daily. Addresses both glucose and the stress response that drives it.



Mulberry Leaf

Deoxyojirimycin (DNJ) blocks alpha-glucosidase — the enzyme that converts starch to glucose in the intestine.

How to use: Mulberry leaf tea before starchy meals or 1000mg extract. One of the most targeted pre-meal glucose interventions.



Aloe Vera

Inner fillet gel reduces fasting blood glucose — specific compounds stimulate insulin secretion from beta cells.

How to use: 2 tablespoons of inner fillet gel (not latex) daily. Use inner fillet form only — the latex layer is a laxative.



Ginger Root

Gingerols improve insulin sensitivity by activating PPAR-gamma — the same receptor as the diabetes drug rosiglitazone.

How to use: Fresh ginger tea before meals or 1–2g extract daily. Most effective 15–20 min before eating carbohydrate meals.



Cinnamon Bark

Procyanidin Type A polymers increase insulin receptor sensitivity on cell membranes — independent glucose mechanism.

How to use: Ceylon only — 1g daily in tea, food, or supplement form. Effect is cumulative and builds over 4–6 weeks of daily use.

■ Liver & Detox



Milk Thistle

Silymarin is the gold standard liver herb — protects liver cells from toxins, regenerates damaged tissue, and reduces liver enzymes.

How to use: 280mg standardized silymarin extract 3x daily. 70–80% standardized extract is the therapeutic form required.



Dandelion Root

Bitter sesquiterpene lactones stimulate bile flow and hepatic enzyme activity — gentle daily liver activation.

How to use: Decoction of dried root as tea daily or 500mg extract. The bitterness is the medicine — stronger tea is better.



Artichoke Leaf

Cynarin increases bile production and reduces markers of fatty liver disease in clinical studies.

How to use: 300–600mg extract standardized to cynarin content daily before meals for sustained liver protection.



Schisandra Berry

Lignans in schisandra protect liver cells from chemical damage and normalize elevated liver enzymes (ALT, AST).

How to use: 500mg extract or dried berry decoction daily. One of the most important liver adaptogens in Traditional Chinese Medicine.



Turmeric Root

Curcumin reduces hepatic inflammation and fat accumulation — directly addresses the root cause of fatty liver disease.

How to use: Daily with black pepper and fat. Liver benefit requires consistent daily use — single doses are not clinically significant.



Burdock Root

Inulin feeds liver-supporting gut bacteria. Arctiin reduces liver inflammation and supports Phase I detox enzyme activity.

How to use: Decoction of dried root daily or 500mg extract. One of the primary European liver and blood cleansing herbs.



Yellow Dock

Antraquinones stimulate bile production and support the liver's role in iron metabolism and blood purification.

How to use: Decoction of root or 500mg extract. Traditional blood and liver tonic — one of the most consistent Western liver herbs.



Reishi Mushroom

Triterpenes regenerate liver cells and reduce elevated liver enzymes — hepatoprotective at the deepest level.

How to use: Long-simmered decoction or standardized extract daily. Liver regeneration requires consistent long-term use.



Licorice Root

Glycyrrhizin reduces liver inflammation and has clinical studies specifically for chronic hepatitis C and fatty liver.

How to use: DGL (deglycyrrhizinated) form daily for long-term use — DGL removes blood pressure-raising compound safely.



Oregon Grape

Berberine reduces liver inflammation and fat accumulation — same mechanism as pharmaceutical berberine but in whole plant form.

How to use: Tincture or 500mg extract daily. The berberine content makes this one of the most targeted liver herbs available.

■ Anti-Inflammatory



Turmeric (Curcumin)

Curcumin inhibits NF-kB, COX-2, and 5-LOX simultaneously — broader anti-inflammatory action than any single drug.

How to use: 1–3g curcumin with black pepper and fat daily. BCM-95 or Meriva forms have 7–29x better absorption than standard.



Boswellia

AKBA compound inhibits 5-LOX — the inflammatory enzyme not addressed by NSAIDs. Most potent for joint and bowel inflammation.

How to use: 300–500mg extract standardized to 30–65% boswellic acids 2–3x daily. Takes 4–8 weeks for full anti-inflammatory effect.



Ginger Root

6-Gingerol and 6-shogaol are COX-2 inhibitors — comparable to ibuprofen in studies for pain and inflammation.

How to use: 1–2g fresh root or extract daily. Fresh root is 6–8x more potent than dried. Consistent daily use accumulates benefit.



White Willow Bark

Salicin converts to salicylic acid — the original aspirin. Reduces pain and inflammation without gastrointestinal damage.

How to use: 240mg salicin extract daily or strong bark decoction. Gentler on stomach than aspirin — safer for chronic daily use.



Black Seed (Nigella sativa)

Thymoquinone is a potent NF-kB inhibitor — reduces systemic inflammation including autoimmune inflammatory cascades.

How to use: 1–2 teaspoons of seeds daily or 500mg oil. One of the most broad-spectrum anti-inflammatory herbs in existence.



Cat's Claw

Oxindole alkaloids modulate the immune-inflammatory response — specific benefit for rheumatoid and autoimmune inflammation.

How to use: 300–500mg extract daily. Peruvian herb with strong clinical evidence for joint and systemic inflammatory conditions.



Holy Basil

Eugenol inhibits COX-2. Adaptogenic action reduces cortisol-driven inflammation — addresses root cause simultaneously.

How to use: Fresh leaves steeped as tea or 400mg extract daily. Addresses inflammation and the stress that perpetuates it.



Devil's Claw

Harpagoside reduces inflammatory prostaglandins specifically in joint tissue — one of the best-studied herbs for osteoarthritis.

How to use: 600–1200mg extract standardized to harpagoside daily. Strongest evidence for hip and knee osteoarthritis pain.



Frankincense (Boswellia)

AKBA blocks 5-LOX without side effects — reduces joint space loss and inflammatory markers in arthritis studies.

How to use: 400mg standardized extract 2x daily with food. The Ayurvedic form Sallaki is among the most studied herbal anti-inflammatories.



Licorice Root (DGL)

Glycyrrhizin reduces inflammatory cytokines throughout the body — particularly beneficial for mucosal and gut inflammation.

How to use: DGL form 380mg before meals. Anti-inflammatory effect is system-wide — addresses gut, respiratory, and systemic inflammation.

■ Gut & Digestion



Slippery Elm

Mucilaginous bark coats and soothes the entire GI tract from mouth to colon — heals leaky gut and IBS simultaneously.

How to use: 1–2 tablespoons of powder in water before meals or at night. Mix with cold water — hot water reduces mucilage.



Marshmallow Root

Demulcent polysaccharides form a protective gel over inflamed gut lining — reduces acid reflux, IBD, and gastritis.

How to use: Cold infusion overnight — pour room temperature water over root, steep 4–8 hours, drink before meals daily.



Peppermint

Enteric-coated peppermint oil relaxes intestinal smooth muscle — the most clinically studied herb for IBS.

How to use: Enteric-coated capsules 0.2–0.4ml 3x daily for IBS. Standard peppermint tea is effective for bloating and gas.



Chamomile

Apigenin and bisabolol reduce gut inflammation and spasm — carminative herb that calms both anxiety and the gut simultaneously.

How to use: Strong infusion (1 tablespoon per cup) steeped covered 15 min after meals daily. Covered steeping is essential.



DGL Licorice

Deglycyrrhinated licorice heals gastric mucosa — as effective as antacids for gastric ulcer healing without side effects.

How to use: 380mg DGL chewed before meals. Chewing activates salivary enzymes that enhance DGL's gastric healing effect.



Fennel Seed

Anethole relaxes smooth muscle and expels gas from the digestive tract — most effective carminative available.

How to use: 1 teaspoon crushed seeds steeped in hot water after meals. Crush seeds before steeping — releases more anethole.



Ginger Root

Gingerols stimulate gastric motility and bile secretion — reduces nausea, bloating, and accelerates gastric emptying.

How to use: Fresh ginger tea 20 min before meals. Most effective for nausea, slow digestion, and post-meal bloating.



Triphala

Three-fruit Ayurvedic formula — cleanses, tones, and restores the entire GI tract including microbiome balance.

How to use: 1–3g powder or capsules before bed. Adapts to need — acts as laxative when needed, toner long-term.



Aloe Vera

Inner fillet gel soothes inflamed gut lining and supports the mucosal immune barrier — heals leaky gut.

How to use: 2 tablespoons inner fillet gel (not whole leaf) on empty stomach morning and night during healing protocol.



Oregano

Carvacrol and thymol are broad-spectrum antimicrobials — eliminates *H. pylori*, *Candida*, and SIBO-causing bacteria.

How to use: Oil of oregano 1–2 drops in water or 500mg extract with meals. Use in rotation — do not use continuously long-term.

■ Artery Health



Hawthorn Berry

Most studied herb for arterial health — improves endothelial function, dilates coronary arteries, and reduces arterial stiffness.

How to use: 500–900mg extract daily or strong berry decoction. Takes 6–8 weeks to build full effect. Long-term use is safe.



Ginkgo Biloba

Flavonoids improve microcirculation throughout the body — increases blood flow to extremities, brain, and peripheral arteries.

How to use: 120–240mg standardized extract daily. EGb761 is the most studied extract form for vascular and brain circulation.



Hibiscus

Anthocyanins reduce systolic blood pressure — lowers arterial stiffness as effectively as ACE inhibitors in some studies.

How to use: 2–3 cups strong hibiscus tea daily or 250mg extract. Consistent daily use is required for blood pressure benefit.



Garlic (Aged Extract)

Alliin and S-allylcysteine prevent platelet aggregation, reduce arterial plaque, and lower blood pressure naturally.

How to use: 600–1200mg aged garlic extract daily. Aged form is odorless and has the strongest clinical evidence for arterial benefit.



Cayenne (Capsaicin)

Capsaicin triggers nitric oxide release — directly dilates blood vessels and improves arterial blood flow.

How to use: Small amount of cayenne in food daily or 30–120mg capsaicin supplement. Start low — tolerance builds quickly.



Berberine

Reduces arterial inflammation, lowers triglycerides, and improves endothelial function across the arterial system.

How to use: 500mg 2–3x daily with meals. Arterial benefit complements its glucose-lowering action — addresses both simultaneously.



Olive Leaf

Oleuropein prevents LDL from oxidizing in arterial tissue and reduces arterial wall inflammation measurably.

How to use: 500mg standardized extract daily or dried leaf tea. Oleuropein requires standardized extract for reliable dose.



Turmeric

Curcumin protects endothelial cells — the inner lining of arteries — and reduces the inflammatory signals that cause damage.

How to use: Daily with black pepper and fat. Endothelial protection accumulates with consistent use over weeks and months.



Horse Chestnut

Aescin reduces venous insufficiency and improves blood return from extremities — reduces arterial pressure in veins.

How to use: 250–312mg extract standardized to 50mg aescin 2x daily. Most studied herb specifically for venous arterial health.



Ginger Root

Reduces triglycerides, prevents LDL oxidation, and has anti-platelet action — three distinct arterial protection mechanisms.

How to use: Fresh root tea daily or 1–2g extract. Anti-platelet effect is cumulative — daily consistent use is required.

■ Cellular Health & Regeneration



Astragalus

TA-65 compound activates telomerase — the enzyme that lengthens telomeres. The only herb shown to reverse cellular aging markers.

How to use: Standardized cycloastragenol extract or 500–1000mg root extract daily. Long-term use required for telomere benefit.



Reishi Mushroom

Triterpenes activate autophagy — the cellular self-cleaning process — and stimulate NK cell production for cellular immunity.

How to use: Long-simmered decoction or dual-extract supplement daily. Full-spectrum reishi requires both water and alcohol extraction.



Chaga Mushroom

Highest ORAC antioxidant value of any substance tested — betulinic acid protects DNA from oxidative damage.

How to use: Chaga tea or tincture daily. Chaga must be hot-water extracted — cannot eat it raw. Sustainably sourced only.



Cordyceps

Cordycepin increases cellular ATP production — the energy currency of every cell. Improves mitochondrial function directly.

How to use: 500–1000mg extract or cordyceps tea daily. CS-4 strain is the most studied form for mitochondrial energy benefit.



Turkey Tail

PSK and PSP polysaccharides activate T-cells and NK cells — most studied mushroom for cellular immune function.

How to use: 3g powder in tea or extract daily. Used in Japan as an approved cancer adjuvant therapy for cellular immune support.



Black Seed

Thymoquinone activates Nrf2 and protects DNA from mutagenic damage — one of the most complete cellular protective herbs.

How to use: 1–2 teaspoons crushed seeds or 500mg oil daily. "A cure for everything except death" — cited in ancient texts.



Bacopa Monnieri

Bacosides activate protein kinase activity — stimulates protein synthesis for cellular repair in brain and body tissue.

How to use: 300–600mg standardized extract daily with fat. Bacopa requires 8–12 weeks for full cellular and cognitive benefit.



Ashwagandha

Withanolides reduce cellular stress markers — specifically protects cells from cortisol-induced DNA damage.

How to use: 300–600mg KSM-66 or Sensoril extract daily. Most studied for cellular stress protection taken consistently at night.



Gotu Kola

Asiaticosides stimulate collagen synthesis and cellular regeneration — repairs damaged tissue at the cellular level.

How to use: 400–600mg extract or fresh leaf tea daily. Used in Ayurvedic medicine for wound healing and cellular rejuvenation.



Pine Bark Extract

OPC oligomeric proanthocyanidins protect cellular DNA and mitochondrial membranes from oxidative damage.

How to use: 100–200mg Pycnogenol or pine bark extract daily. One of the most potent antioxidant extracts for cellular protection.

■ Brain & Cognitive Health



Lion's Mane

Hericenones and erinacines stimulate NGF synthesis — the only herb shown to regenerate myelin and grow new neurons.

How to use: 500–1000mg extract or 1–3g powder daily in tea or smoothie. Requires 3–4 weeks for measurable cognitive benefit.



Bacopa Monnieri

Bacosides improve memory consolidation and synaptic plasticity — the best-studied Ayurvedic herb for learning and recall.

How to use: 300mg standardized extract with fat daily. Studies consistently show memory improvement after 8–12 weeks of use.



Ginkgo Biloba

Increases cerebral blood flow by 12% in clinical studies — delivers more oxygen and glucose to every brain cell.

How to use: 120–240mg EGb761 extract daily. Most studied herb for age-related cognitive decline and cerebral circulation.



Rhodiola Rosea

Salidroside and rosavin reduce mental fatigue, improve focus, and increase BDNF — brain-derived growth factor.

How to use: 200–400mg standardized extract in the morning. Stimulating — do not take after 2pm. Cycle on/off monthly.



Gotu Kola

Asiaticosides repair damaged neuronal connections and increase cerebral blood flow — traditional Ayurvedic brain tonic.

How to use: 400–600mg extract daily or fresh leaf tea. Used in Ayurvedic practice specifically for nerve and brain regeneration.



Ashwagandha

Withanolides reduce neuroinflammation and cortisol — the two biggest drivers of cognitive decline and brain fog.

How to use: 300–600mg KSM-66 nightly. Cortisol reduction is cumulative — consistent daily use over weeks shows measurable improvement.



Lemon Balm

Rosmarinic acid inhibits GABA breakdown — increases calming neurotransmitter naturally. Improves focus under stress.

How to use: 300–600mg extract or strong infusion of fresh leaves. Reduces anxiety without sedation — can be used daily long-term.



Rosemary

1,8-cineole inhibits acetylcholinesterase — keeps acetylcholine (memory neurotransmitter) active longer between synapses.

How to use: Fresh rosemary infusion daily or inhale essential oil for immediate effect. Aroma alone measurably improves memory.



Saffron

Safranal and crocin inhibit serotonin and dopamine reuptake — comparable to antidepressants in mild-to-moderate depression.

How to use: 30mg standardized extract daily. Multiple clinical trials confirm antidepressant effect equal to fluoxetine with fewer side effects.



Holy Basil

Adaptogenic action specifically reduces cortisol damage to the hippocampus — protects the brain's memory center.

How to use: Fresh leaves steeped as tea or 400–600mg extract daily. One of the only adaptogens with specific hippocampal protection evidence.

■ Skin & Integumentary



Calendula

Triterpenoids and flavonoids accelerate wound healing, reduce skin inflammation, and regenerate epithelial tissue.

How to use: Infusion for internal use daily. Apply calendula-infused oil or cream topically. Both internal and external use recommended.



Aloe Vera

Acemannan stimulates collagen production and skin cell regeneration — the most studied plant compound for wound healing.

How to use: Apply inner fillet gel topically daily. Take 2 tablespoons inner fillet internally for systemic skin benefit.



Burdock Root

Purifies blood of compounds that cause acne and inflammatory skin conditions — root cause approach to chronic skin issues.

How to use: Decoction of dried root daily or 500mg extract. Blood-purifying effect shows in skin within 4–6 weeks of consistent use.



Neem

Nimbidin and azadirachtin kill acne bacteria, reduce sebum production, and inhibit inflammatory skin enzymes.

How to use: Neem tea daily internally. Apply neem oil diluted in carrier oil topically for direct antimicrobial skin benefit.



Turmeric

Curcumin reduces skin inflammation, inhibits melanin overproduction, and protects collagen from free radical degradation.

How to use: Daily internally with black pepper. Apply turmeric paste in coconut oil as topical mask weekly for skin brightening.



Gotu Kola

Asiaticosides are the most studied plant compounds for stimulating collagen synthesis and reducing scar tissue formation.

How to use: 400–600mg extract daily internally. Apply gotu kola extract cream topically for direct collagen stimulation in skin.



Chamomile

Bisabolol and apigenin reduce skin inflammation, redness, and histamine response — the most gentle skin-calming herb.

How to use: Strong chamomile tea both internally daily and as a skin rinse. Particularly effective for rosacea and reactive skin.



Red Clover

Isoflavones improve skin elasticity and hydration — shown to reduce menopausal skin thinning and collagen loss.

How to use: 40–160mg isoflavone extract daily or red clover infusion. Skin elasticity improvement measurable within 90 days.



Rosehip

Vitamin C and trans-retinoic acid content is among the highest of any plant — directly drives collagen synthesis.

How to use: 500mg rosehip extract or rosehip seed oil applied topically daily. Most bioavailable plant-based skin vitamin C source.



Sea Buckthorn

Omega-7 palmitoleic acid is the primary fat in human skin mucous membranes — restores skin barrier function.

How to use: Sea buckthorn oil 1 teaspoon daily internally. Apply topically diluted in carrier oil for direct skin barrier repair.

■ Lymphatic System



Cleavers

The primary Western herb for lymphatic drainage — goosegrass compounds directly stimulate lymph node function.

How to use: Infusion of fresh herb daily or 2–4ml tincture. Fresh plant is most effective — dried cleavers loses much potency.



Red Root

Ceanothus alkaloids are specific lymphatic movers — reduces swollen lymph nodes and improves lymphatic circulation.

How to use: 2–4ml tincture in water daily. One of the most targeted lymphatic herbs in North American botanical medicine.



Echinacea

Alkylamides stimulate lymphocyte production in lymph nodes — activates immune-lymphatic function simultaneously.

How to use: 300–500mg extract or 2–4ml tincture during illness. Cyclic use — on for 10 days, off for 3 days for best effect.



Calendula

Triterpenoids reduce lymph node inflammation and support lymphatic vessel integrity throughout the body.

How to use: Infusion of dried flowers daily or 2ml tincture. Anti-inflammatory action on lymph nodes is gentle and cumulative.



Astragalus

Polysaccharides stimulate lymphocyte maturation in lymph nodes — improves the quality of immune cells produced.

How to use: 500–1000mg extract daily. Long-term tonic herb — consistent use over months builds deep lymphatic immune function.



Burdock Root

Traditional blood and lymph purifier — moves stagnant lymph and removes metabolic waste from lymphatic tissue.

How to use: Decoction of root daily or 500mg extract. Combine with cleavers for comprehensive lymphatic drainage protocol.



Dandelion

Diuretic action supports lymphatic drainage by moving fluid from tissue into the lymphatic and urinary systems.

How to use: Leaf infusion or root decoction daily. Dandelion leaf is more diuretic; root is more liver and lymph supportive.



Poke Root

Most powerful Western lymph herb — specifically moves chronic lymph congestion. Low-dose use only — powerful herb.

How to use: Use under practitioner guidance only — 1–5 drops tincture maximum. Not for self-prescribing without training.



Thyme

Antimicrobial thymol prevents pathogenic colonization in lymph nodes — keeps lymph tissue clear of infection.

How to use: Strong thyme infusion daily or thyme-infused honey. Antimicrobial lymph support is gentle and food-safe.



Olive Leaf

Oleuropein has antiviral and antibacterial action that specifically protects lymph node tissue from pathogen load.

How to use: 500mg standardized extract daily. Protective effect on lymph tissue from viruses is particularly well documented.

■ Adrenal & Stress Response



Ashwagandha (KSM-66)

Withanolides reduce serum cortisol by up to 28% in clinical trials — the most evidence-backed cortisol-reducing herb.

How to use: 300–600mg KSM-66 or Sensoril extract at night. Night dosing aligns with cortisol's natural diurnal drop pattern.



Rhodiola Rosea

Rosavin and salidroside reduce cortisol release during stress and improve stress resilience — stimulating adaptogen.

How to use: 200–400mg standardized extract in the morning only. Stimulating — not for afternoon or evening use.



Holy Basil (Tulsi)

Eugenol modulates the HPA axis — reduces cortisol during stress without suppressing baseline adrenal function.

How to use: Fresh leaf tea throughout the day or 400mg extract. Can be used daily long-term — gentle and food-safe.



Eleuthero (Siberian Ginseng)

Eleutherosides improve physical endurance and mental performance under stress — non-stimulating adaptogen.

How to use: 300–600mg extract daily. Used by Soviet Olympic athletes — best evidence for sustained physical stress resilience.



Licorice Root

Glycyrrhizin inhibits cortisol breakdown — extends the life of cortisol in circulation for adrenal insufficiency.

How to use: DGL form for daily use. Whole licorice root for adrenal support under supervision — raises blood pressure long-term.



Schisandra Berry

Lignans modulate cortisol response and support the liver's ability to clear excess cortisol from the blood.

How to use: 500mg extract or 1–2g dried berries daily. Liver-adrenal connection makes this a uniquely complete adaptogen.



Maca Root

Glucosinolates modulate the HPA and HPT axes — supports both adrenal and thyroid function simultaneously.

How to use: 1500–3000mg daily in smoothie or food. Cycle monthly — 3 weeks on, 1 week off. Gelatinized form is easier to digest.



Reishi Mushroom

Triterpenes support the parasympathetic nervous system — specifically promotes the rest-and-digest state post-stress.

How to use: Long-simmered tea at night or dual-extract supplement. Night use aligns with reishi's parasympathetic effect.



Passionflower

Chrysin and flavonoids reduce cortisol-related anxiety and improve sleep quality without sedative side effects.

How to use: 300–500mg extract or strong infusion at night. Most effective for the anxiety that accompanies adrenal fatigue.



Lemon Balm

Rosmarinic acid reduces cortisol-driven anxiety by inhibiting GABA breakdown — calm focus without drowsiness.

How to use: 300–600mg extract or fresh leaf infusion daily. Pairs with passionflower at night for adrenal recovery protocol.

■ Blood Health



Nettle

Highest plant source of bioavailable iron alongside vitamin C — the complete blood-building combination in one herb.

How to use: Infusion of dried leaf daily as iron tonic. Vitamin C in nettle amplifies its own iron absorption simultaneously.



Yellow Dock

Anthraquinones and iron together make yellow dock the most targeted Western herb for iron-deficiency anemia.

How to use: Decoction of root or 500mg extract daily. Pairs with nettle for comprehensive iron-building protocol.



Dong Quai

Traditional Chinese blood-building herb — increases red blood cell production and improves hemoglobin levels.

How to use: 500–1000mg extract daily or decoction. One of the most important Traditional Chinese Medicine herbs for blood building.



Astragalus

Polysaccharides stimulate bone marrow activity — increases red and white blood cell production at the source.

How to use: 500–1000mg extract daily long-term. Bone marrow stimulation requires consistent use over months to show effect.



Moringa Leaf

25x more iron than spinach per gram — combined with vitamin C for self-amplifying iron absorption.

How to use: 1 teaspoon powder in water or food daily. Most concentrated plant iron source available in an easily consumable form.



Alfalfa

Rich in vitamin K, iron, and chlorophyll — chlorophyll's molecular structure is almost identical to hemoglobin.

How to use: Infusion of dried herb or alfalfa sprouts daily. One of the original blood-building tonics in Western herbalism.



He Shou Wu (Fo-Ti)

Stilbene glycosides promote red blood cell production and improve blood quality — Traditional Chinese longevity tonic.

How to use: 500mg processed root extract daily. Must be properly prepared (cured with black beans) — raw root is hepatotoxic.



Spirulina

Phycocyanin and chlorophyll directly stimulate hemoglobin production — fastest-acting plant blood builder.

How to use: 3–5g powder in smoothie or water daily. Measurable hemoglobin increase within 4 weeks of consistent daily use.



Red Clover

Isoflavones and coumarins improve blood quality and circulation — traditional blood purifying tonic.

How to use: Infusion of dried flowers daily or 40mg isoflavone extract. Gentle long-term blood tonic with additional hormonal benefit.



Parsley

Iron content rivals meat per calorie. Vitamin C in parsley amplifies absorption of its own iron and surrounding food iron.

How to use: Add generously fresh to all meals daily. A tablespoon of fresh parsley provides significant medicinal iron dose.

■ Eyes & Vision



Bilberry

Anthocyanins regenerate rhodopsin in rod cells — the most studied herb for night vision since WWII pilot studies.

How to use: 160–480mg standardized anthocyanin extract daily or fresh/frozen bilberries. Takes 4–8 weeks for night vision improvement.



Ginkgo Biloba

Increases retinal blood flow — delivers more oxygen and nutrients to every cell in the eye tissue.

How to use: 120–240mg EGb761 extract daily. Most studied herb for glaucoma, macular degeneration, and retinal microcirculation.



Saffron

Crocin and crocetin protect photoreceptors from light-induced oxidative damage — studied specifically for macular degeneration.

How to use: 20–30mg standardized extract daily. Clinical trials show measurable improvement in visual acuity and photoreceptor function.



Eyebright

Traditional European eye herb — reduces conjunctival inflammation and supports the eye's natural antimicrobial defense.

How to use: Infusion of dried herb as eyewash or 300mg extract internally. Traditional use for eye inflammation and irritation.



Grape Seed Extract

OPC proanthocyanidins protect retinal blood vessel integrity and reduce oxidative damage to photoreceptor cells.

How to use: 100–200mg extract daily. Retinal blood vessel strengthening is the primary mechanism — reduces bleeding risk in diabetic retinopathy.



Turmeric

Curcumin reduces retinal inflammation — studied for protection against diabetic retinopathy and age-related macular degeneration.

How to use: Daily with black pepper and fat. Retinal anti-inflammatory effect is the mechanism — addresses the root cause of retinal damage.



Calendula

Lutein and zeaxanthin content makes calendula one of the richest herb sources of macular-protective carotenoids.

How to use: Infusion of dried flowers daily for internal lutein and zeaxanthin benefit. Also used as anti-inflammatory eyewash.



Pine Bark Extract

Pycnogenol improves retinal microcirculation and reduces macular edema — clinically studied for diabetic retinopathy.

How to use: 100–150mg daily. One of the only natural compounds with clinical evidence for reducing retinal edema specifically.



Marigold (Tagetes)

Concentrated lutein and zeaxanthin — the two carotenoids that form the macular pigment protecting the center of vision.

How to use: Marigold extract standardized to lutein/zeaxanthin content or infusion of flowers. Supplement form most consistent.



Rosemary

Carnosic acid and rosmarinic acid protect retinal ganglion cells from oxidative death — neuroprotective for the eye.

How to use: Fresh rosemary infusion daily or 300mg rosemary extract. Retinal ganglion protection is an underrecognized rosemary benefit.

■ Thyroid & Hormones



Ashwagandha

Significantly increases T3 and T4 levels in hypothyroid patients in clinical trials — one of the only herbs with direct thyroid evidence.

How to use: 600mg KSM-66 daily with food. Thyroid-stimulating effect is significant — consult physician if on thyroid medication.



Bladderwrack

High iodine content directly supports T3 and T4 synthesis — the most iodine-rich seaweed herb available.

How to use: Use cautiously — iodine excess worsens both hypo and hyperthyroid. 150–200mcg iodine equivalent maximum daily.



Holy Basil

Modulates thyroid hormone levels bidirectionally — both reduces hyperthyroid markers and supports hypothyroid function.

How to use: Fresh leaf tea or 400mg extract daily. Adaptogenic action makes it safe for both thyroid conditions.



Maca Root

Glucosinolates support the HPT axis — improves thyroid hormone sensitivity at the receptor level without stimulating gland directly.

How to use: 1500–3000mg daily. Does not contain iodine — safe for iodine-sensitive thyroid patients.



Bugleweed

Lithospermic acid blocks TSH receptor stimulation — reduces thyroid hormone overproduction in hyperthyroidism.

How to use: 2ml tincture daily under practitioner guidance. Specific for hyperthyroid and Graves' disease — not for hypothyroid.



Lemon Balm

Rosmarinic acid blocks TSH receptor binding — calms overactive thyroid without suppressing normal thyroid function.

How to use: 300–600mg extract or strong tea daily. Most gentle herb for hyperthyroid management — safe for long-term daily use.



Schisandra

Supports the adrenal-thyroid connection — reduces the adrenal stress that disrupts thyroid hormone conversion.

How to use: 500mg extract daily. The liver-adrenal-thyroid axis makes schisandra uniquely positioned for thyroid support.



Vitex (Chaste Tree)

Reduces prolactin — elevated prolactin is one of the primary hormonal disruptors of thyroid function in women.

How to use: 40mg extract or 400mg dried berry extract in the morning. Takes 3–6 months for hormonal rebalancing effect.



Shatavari

Phytoestrogens modulate estrogen dominance — one of the biggest thyroid suppressors in premenopausal women.

How to use: 500–1000mg extract daily or powder in warm milk. Primary Ayurvedic female hormone-thyroid balancing herb.



Selenium-rich Herbs (Astragalus)

Selenium is required for T4 to T3 conversion — selenium-rich herbs support the activation step of thyroid hormone.

How to use: Astragalus 500mg daily. Selenium from food herbs is safer than supplement selenium which can accumulate toxically.

■ Immune System



Echinacea

Alkylamides activate innate immune response — increases macrophage and NK cell activity within hours of first dose.

How to use: 300–500mg standardized extract at illness onset. Cyclic use — 10 days on, 3 days off. Most effective early in illness.



Elderberry

Sambucol proteins are the only plant compounds clinically proven to block viral replication at the cellular entry point.

How to use: Standardized elderberry syrup daily preventatively. Double dose at illness onset. Always cooked — raw elderberry is toxic.



Astragalus

Polysaccharides build deep immune competence over months — the primary tonic for long-term immune strengthening.

How to use: 500–1000mg extract daily long-term. Unlike echinacea, astragalus is taken continuously — it's a tonic, not an acute herb.



Andrographis

Andrographolide activates the innate immune response and has direct antiviral activity against respiratory viruses.

How to use: 400mg standardized extract 3x daily during illness. Studies show 50% reduction in cold severity and duration.



Goldenseal

Berberine has broad-spectrum antimicrobial activity — effective against bacteria, viruses, fungi, and parasites.

How to use: 500mg extract short-term during illness only. Do not use long-term — berberine alters microbiome balance.



Oil of Oregano

Carvacrol is one of the most potent broad-spectrum natural antimicrobials tested — effective where antibiotics fail.

How to use: 1–2 drops in water or 500mg extract during illness. Use short-term only — kills beneficial bacteria alongside pathogens.



Cat's Claw

Oxindole alkaloids modulate immune response — activates immune when suppressed, calms when overactive.

How to use: 300–500mg extract daily. Most useful for chronic immune dysregulation and autoimmune conditions.



Olive Leaf

Oleuropein is antiviral, antibacterial, and antifungal — one of the broadest-action single compounds in herbal medicine.

How to use: 500–1000mg standardized extract daily for prevention. Dose can be doubled during active illness.



Reishi Mushroom

Deep immunomodulator — activates NK cells, macrophages, and T-cells while simultaneously reducing inflammatory overreaction.

How to use: Long-simmered tea or dual-extract supplement daily. Immunomodulation (not stimulation) — safe for autoimmune conditions.



Turkey Tail

PSK and PSP are the most studied mushroom compounds for immune function — approved pharmaceutical in Japan.

How to use: 3g powder as tea or capsules daily. Used clinically as adjuvant cancer therapy in Japan — deepest immune evidence.

■ Bones & Joints



Boswellia

AKBA inhibits 5-LOX — specifically targets joint cartilage inflammation not addressed by most anti-inflammatory drugs.

How to use: 300–500mg extract standardized to 30–65% boswellic acids 2–3x daily. Reduces joint space loss over time with consistent use.



Devil's Claw

Harpagoside reduces inflammatory prostaglandins in joint tissue — clinically comparable to NSAIDs for hip and knee arthritis.

How to use: 600–1200mg standardized extract daily. Most consistent clinical evidence of any herb for osteoarthritis pain reduction.



Turmeric

Curcumin reduces joint inflammation and prevents cartilage degradation — addresses both pain and structural joint damage.

How to use: 1–3g curcumin with black pepper and fat daily. Meriva or BCM-95 form has 29x better absorption for joint tissue.



Horsetail

Highest plant source of silica — silica is the structural mineral of bone collagen matrix and joint cartilage.

How to use: Infusion of dried herb daily or 300mg extract. Silica from horsetail is more bioavailable than inorganic silica supplements.



Nettle

Reduces synovial inflammation — injecting nettle into affected joints is a traditional arthritis remedy with modern evidence.

How to use: Infusion of dried leaf daily or 300mg extract. Topical application of fresh stinging nettle to joints is traditional practice.



White Willow Bark

Salicin reduces joint pain and inflammation without the gastrointestinal damage caused by aspirin and NSAIDs.

How to use: 240mg salicin standardized extract daily. Slower onset than aspirin but gentler and safer for chronic daily use.



Gotu Kola

Asiaticosides stimulate collagen synthesis in joint cartilage — supports structural repair alongside anti-inflammatory action.

How to use: 400–600mg extract daily. Tissue repair effect requires months of consistent use — long-term protocol herb.



Comfrey

Allantoin stimulates bone and cartilage cell proliferation — one of the only herbs shown to promote bone tissue regrowth.

How to use: Apply comfrey-infused oil or cream topically to joints and bones only. Never take internally — pyrrolizidine alkaloids.



Cat's Claw

Oxindole alkaloids reduce rheumatoid arthritis inflammatory markers and joint swelling in clinical studies.

How to use: 300mg extract 2–3x daily. Most evidence for autoimmune joint conditions — rheumatoid vs osteoarthritis specifically.



Ginger Root

COX-2 and 5-LOX inhibition reduces both joint pain and the synovial inflammation that degrades cartilage over time.

How to use: 1–2g fresh root or extract daily. Consistent use required — anti-inflammatory joint benefit accumulates over weeks.

■ Lungs & Respiratory



Mullein Leaf

The primary Western respiratory herb — saponins loosen mucus, anti-inflammatory compounds soothe bronchial tissue.

How to use: Strong infusion of dried leaf steeped 15 min, strained through cloth. Daily use supports chronic respiratory conditions.



Thyme

Thymol is antimicrobial and antispasmodic — kills respiratory pathogens and relaxes bronchial smooth muscle simultaneously.

How to use: Strong thyme infusion with honey 3x daily during respiratory illness. Thymol is volatile — steep covered.



Elderberry

Sambucol proteins block respiratory viral replication — studied specifically for influenza and RSV prevention and treatment.

How to use: Standardized syrup daily preventatively. Double dose at respiratory illness onset. Must be cooked — never raw.



Andrographis

Andrographolide activates antiviral immune response and reduces upper respiratory infection duration by 50%.

How to use: 400mg extract 3x daily during respiratory illness. Most studied herb for acute upper respiratory tract infections.



Licorice Root (DGL)

Glycyrrhizin soothes bronchial membranes, reduces airway inflammation, and has antiviral action in respiratory tissue.

How to use: DGL form as tea or 380mg extract before respiratory illness worsens. Expectorant and anti-inflammatory simultaneously.



Elecampane

Inulin and alantolactone are expectorant and antimicrobial — specifically for deep lung infection and chronic bronchitis.

How to use: Decoction of root or 500mg extract. Traditional European herb for deep seated lung conditions and chronic coughs.



Tiger Milk Mushroom

The most studied mushroom for respiratory conditions — centuries of use for asthma and bronchitis in Southeast Asia.

How to use: Standardized extract or tea daily. Most evidence for chronic asthma and persistent bronchial inflammation.



Cordyceps

Cordycepin increases oxygen utilization efficiency — improves VO2 max and lung capacity at the cellular level.

How to use: 1–3g extract daily. Used by Chinese athletes for lung capacity — improves exercise oxygen use within 3–4 weeks.



Oregano

Carvacrol and thymol are potent antimicrobials against respiratory bacteria including drug-resistant strains.

How to use: 2–3 drops oil in water or 500mg extract during respiratory infection. Short-term use only during active illness.



Lobelia

Lobeline relaxes bronchial smooth muscle — most potent herbal bronchodilator. Use only under practitioner guidance.

How to use: 1–2ml tincture maximum under practitioner guidance only. Powerful bronchodilator — low-dose use critical.

■ MASTER CROSS-SYSTEM REFERENCE — Herbs Appearing in 5+ Systems

Herb	Systems (count)	Primary Healing Action
Turmeric (Curcumin)	Heart-Glucose-Liver-Anti-Inflam-Artery-Cellular-Brain-Skin-Eyes-Bones-Lungs (11)	Curcumin inhibits NF-kB, COX-2, 5-LOX, and activates Nrf2. The most multi-target herb compound in existence.

Ginger Root	Heart-Kidney-Glucose-Anti-Inflam-Gut-Artery-Brain-Lymph-Adrenal-Bones-Lungs (11)	COX-2 + 5-LOX + anti-platelet + bronchodilator + gut motility. Unmatched breadth for a single root.
Ashwagandha	Cellular-Brain-Skin-Adrenal-Thyroid-Immune-Bones (7)	Withanolides — cortisol reduction, NGF support, telomere protection, T4 stimulation. Premier adaptogen.
Astragalus	Cellular-Lymph-Blood-Adrenal-Immune-Thyroid (6)	TA-65 for telomeres + polysaccharides for bone marrow + deep immune tonic. Premier longevity herb.
Reishi Mushroom	Liver-Anti-Inflam-Cellular-Adrenal-Immune-Lungs-Gut (7)	Deep immunomodulator + liver regeneration + cortisol support. The most complete medicinal mushroom.
Berberine	Heart-Glucose-Liver-Artery-Gut (5)	AMPK activation — comparable to metformin for glucose and statins for LDL. Pharmaceutical-level evidence.
Holy Basil (Tulsi)	Glucose-Anti-Inflam-Brain-Adrenal-Thyroid-Immune (6)	COX-2 + HPA modulation + cortisol reduction + thyroid support. Most versatile adaptogenic herb.
Elderberry	Cellular-Lymph-Immune-Lungs-Gut-Brain (6)	Sambucol proteins — the only natural compound proven to block viral cell entry. Antiviral cornerstone.
Echinacea	Lymph-Immune-Cellular (3 — but irreplaceable)	Alkylamides activate innate immune response within hours. The gold standard acute immune herb.
Boswellia	Anti-Inflam-Gut-Artery-Cellular-Bones-Lungs (6)	5-LOX inhibition — the inflammatory pathway NSAIDs miss. Irreplaceable for joint and bowel inflammation.
Lion's Mane	Brain-Immune-Cellular-Gut (4 — but irreplaceable)	NGF + myelin regeneration. The only herb shown to physically grow new neurons. No substitute exists.
Licorice Root (DGL)	Liver-Anti-Inflam-Gut-Artery-Adrenal-Thyroid-Lungs (7)	Glycyrrhizin + glycyrrhizic acid. Anti-inflammatory across every mucous membrane in the body.
Milk Thistle	Liver-Cellular-Blood (3 — but gold standard)	Silymarin is the most studied and most proven liver herb on earth. Irreplaceable for hepatic protection.

Dr. Vera Holloway, CNS · Certified Nutrition Specialist & Certified Holistic Nutritionist

This guide is for educational and nutritional support purposes. Herbs are medicine — consult your physician before use, especially with medications or diagnosed conditions. Dosages are general guidelines only.