

The many uses of herbs: Use this guide to better understand which herbs may benefit specific body systems. The herbs are grouped by the part of the plant used when creating a traditional herbal extract.

Systems of the Body

- CIRCULATORY comprised of your heart and blood vessels. Its function is the transportation of oxygen, nutrients and hormones throughout the body and elimination of cellular metabolic waste.
- DIGESTIVE comprised of your stomach, small intestine, large intestine, pancreas, liver and gallbladder. Its function is the mechanical and chemical degradation of food with purpose of absorbing into the body and using it as energy.
- **ENDOCRINE** a collection of glands (such as pituitary, thyroid and adrenal glands) scattered throughout the body that act to produce hormones. Its function is the production of hormones in order to regulate a wide variety of bodily functions (e.g. menstrual cycle, sugar levels, etc).
- IMMUNE/LYMPHATIC a network of lymphatic vessels that drains excess tissue fluid from the body, filters it through lymph nodes, exposes it to white blood cells of the immune system and returns the fluid to the circulatory system. Its function is the draining of excess tissue fluid and immune defense of the body.
- MUSCULOSKELETAL comprised of all muscles in the body as well as bones and cartilages. Its function is mechanical support, posture and locomotion.
- NERVOUS comprised of the brain, spinal cord and sensory organs. Its function is the initiation and regulation of vital body functions, sensation and body movements.
- **REPRODUCTIVE** comprised of sex organs which work together to contribute towards the reproduction process. Its function is the production of reproductive cells and contribution towards the reproduction process.
- **RESPIRATORY** comprised of the nasal cavity, pharynx, larynx, trachea, bronchi, bronchioles and lungs. Its function is the exchange of oxygen and carbon dioxide between the body and air as well as acid/base balance regulation and phonation.
- SKIN AND HAIR part of the integumentary system which is comprised of skin, sweat glands and sensory receptors. Its function is the physical protection of the body surface, sensory reception and vitamin synthesis.
- URINARY comprised of your kidneys and bladder. Its function is the filtration of blood and eliminating waste by producing and excreting urine.

KEY

Top Five Herb for body system

o = traditionally used to benefit body system

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Blessed Thistle		0	0				0			
Blue Vervain		0		0		0				
Boneset		0		0						
Chickweed		0			0				•	
Cleavers				0					0	0
Eyebright						0		0		
Feverfew	0					0			0	
Goldenrod					0					0
Gotu Kola	0					0			0	
Horehound		0		0				0		
Horsetail					0				0	
Lobelia						0		0		
Maitake	0			0						
Meadowsweet		0			0					0
Oatstraw						0				
Passionflower		0				٠				
Reishi	0			٠		0				
Sheep Sorrel		0		0						
Shepherd's Purse	0									
Skullcap	0					0				
Wormwood		0								
Yarrow		0		0		0				
Birch Bark					0				0	0
		•								
	0	0								
					0		•			0
-		0		0						
	0				0				0	
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		0						0		0
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White Willow						0				
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White Willow Wild Cherry Witch Hazel		0				0		•	0	
Wild Cherry Witch Hazel		0				0		•	0	
Wild Cherry Witch Hazel Cedar Berry		0		0				•	0	
Wild Cherry Witch Hazel Cedar Berry Elderberry		0		0		0		•	0	
Wild Cherry Witch Hazel Cedar Berry Elderberry Hawthorn Berry	•			-					0	
Wild Cherry Witch Hazel Cedar Berry Elderberry Hawthorn Berry Juniper Berry	•	0		-				0		
Wild Cherry Witch Hazel Cedar Berry Elderberry Hawthorn Berry	•	0		-					0	
	Blue Vervain Boneset Chickweed Cleavers Eyebright Feverfew Goldenrod Gotu Kola Horehound Horsetail Lobelia Maitake Meadowsweet Oatstraw Passionflower Reishi Sheep Sorrel Shepherd's Purse Skullcap Wormwood	Blue VervainIBonesetIChickweedIChickweedIEyebrightIFeverfewOGoldenrodIGotu KolaIHorehoundILobeliaIMaitakeIMatiakeIOatstrawISheep SorrelISheep SorrelISkullcapISkullcapIGascara SagradaICascara SagradaIPau D'ArcoIPau D'ArcoIShippery ElmSiSilippery ElmIWhite OakI	Blue VervainIBonesetIBonesetIChickweedIChickweedIEyebrightIFeverfewIGoldenrodIGotu KolaIHorehoundILobeliaIMatatakIMatatakIPassionflowerISheep SorrelISheep SorrelISheap SorrelIShararaIShararaIYarrowICascara SagradaICramp BarkIPau D'ArcoIPau D'ArcoIPaichlaraIPaichlaraISassafrasIShippery ElmISilippery ElmISina barten SanaraISilipher SorrelISorsafrasISilipher SorrelISilipher SorrelISilipher SorrelISilipher SorrelISorsafrasISilipher SorrelISorrelISorsafrasISilipher SorrelISorrelISorrelISorrelISilipher SorrelISorrelISorrelISorrelISorrelISorrelISorrelISorrelISorrelISorrelI	Blue VervainIIBonesetIIChickweedIICleaversIIEyebrightIIFeverfewIIGoldenrodIIGotu KolaIIHorehoundIILobeliaIIMaitakeIIMatistakeIIPassionflowerIISheep SorrelIIShepherd's PurseIISkullcapIISkullcapIIYarrowIICascara SagradaIIPau D'ArcoIIPau D'ArcoIISlippery ElmIISlippery ElmIISlippery ElmIISinI <t< th=""><th>Blue VervainI.I.I.BonesetI.I.I.BonesetI.I.I.ChickweedI.I.I.EyebrightI.I.I.FeverfewI.I.I.GoldenrodI.I.I.Gotu KolaI.I.I.HorehoundI.I.I.HorsbatiaI.I.I.MatiakeI.I.I.MeadowswettI.I.I.PassionfloweI.I.I.Sheep SorrelI.I.I.Shepherd's PurseI.I.I.SkullcapI.I.I.YarnovI.I.I.Cascara SagradaI.I.I.Pau D'ArcoI.I.I.Pau D'ArcoI.I.I.Slippery ElmI.I.I.Slippery ElmI.I.I.</th><th>Blue VervainIIIIBonesetIIIIIChickweedIIIIIEyebrightIIIIIFeverfewIIIIIGoldenrodIIIIIGotu KolaIIIIIHorehoundIIIIIHorehoundIIIIIMatiakeIIIIIMatiakeIIIIIPassionflowerIIIIISheep SorrelIIIIISkullcapIIIIIYarrowIIIIICascara SagradaIIIIIPau D'ArcoIIIIIPrickly AshIIIIISlippery ElmIIIIISilippery ElmIIIIISiliphery ElmIIIIISiliphery ElmIIIIISiliphery ElmIIIIISiliphery ElmIIIIISiliphery ElmIIIIISiliphery ElmIIIII<td< th=""><th>Blue VervainIIIIIIBonesetIIIIIIIChickweedIIIIIIIEyebrightIIIIIIIFeverfewIIIIIIIGoldenrodIIIIIIIGotu KolaIIIIIIIHorehoundIIIIIIIHorsetailIIIIIIIMatakeIIIIIIIMatakeIIIIIIIIPassionflowerIIIIIIIISheep SorrelIIIIIIIIISkullcapIIIIIIIIIIIIISkullcapIII</th></td<><th>Blue VervainI.I.I.I.I.BonesetI.I.I.I.I.I.ChickweedI.I.I.I.I.I.EyebrightI.I.I.I.I.I.FeverfewI.I.I.I.I.I.GoldenrodI.I.I.I.I.I.HorehoundI.I.I.I.I.I.HorsetaiI.I.I.I.I.I.MaitakeI.I.I.I.I.I.MatakeI.I.I.I.I.I.PassionflowerI.I.I.I.I.I.Sheep SorrelI.I.I.I.I.I.YarnovI.I.I.I.I.I.I.KailachI.I.I.I.I.I.I.MatakeI.I.I.I.I.I.I.MeadowsweetI.I.I.I.I.I.I.Sheep SorrelI.I.I.I.I.I.I.Shepherd's PurseI.I.I.I.I.I.I.MatakaI.I.I.I.I.I.I.I.Shepherd's PurseI.I.I.I.I.I.I.I.Cascara SagradaI.I.I.I.</th></th></t<> <th>Blue VervainIIIIIIIBonesetII<th>Blue VervainIII<td< th=""></td<></th></th>	Blue VervainI.I.I.BonesetI.I.I.BonesetI.I.I.ChickweedI.I.I.EyebrightI.I.I.FeverfewI.I.I.GoldenrodI.I.I.Gotu KolaI.I.I.HorehoundI.I.I.HorsbatiaI.I.I.MatiakeI.I.I.MeadowswettI.I.I.PassionfloweI.I.I.Sheep SorrelI.I.I.Shepherd's PurseI.I.I.SkullcapI.I.I.YarnovI.I.I.Cascara SagradaI.I.I.Pau D'ArcoI.I.I.Pau D'ArcoI.I.I.Slippery ElmI.I.I.Slippery ElmI.I.I.	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Blue VervainIIIIIIIBonesetII <th>Blue VervainIII<td< th=""></td<></th>	Blue VervainIII <td< th=""></td<>

Note: You may discover a particular herb has a benefit that is not mentioned in this chart. The information here is not intended to be exhaustive or absolute. It represents the collection of feedback we have received from our customers as well as our own research.

KEY					()						
	op Five Herb for				ΗΑΤΙΟ	ETAL					
	ody system	лкγ		ш	AMUNE/LYMPHAT	AUSCULOSKELETAL		REPRODUCTIVE			
	raditionally used to benefit body system	ЛАТС	TIVE	CRIN	INE/I	IULO	ERVOUS	DDUC	RATC	ξ HA	λRΥ
~		CIRCULATORY	DIGESTIVE	ENDOCRINE	MML	MUSC	JERV	REPR	RESPIRATORY	SKIN & HAIR	JRINARY
/ER	Arnica					0	0				
FLOWER	Calendula		0							•	
Ē	Chamomile		0				•			0	
	Clove		0			0					
	Elderflower				0	0			0		
	Hops			0			0	_	_		
	Red Clover			0				0	0		
	Rose Bud	0	0				0				
Ħ	Capsicum	٠	0				0				
FRUIT	Lemon Peel	0			0						
	Orange Peel	0	0							0	
	Saw Palmetto			0				٠			0
ų	Alfalfa	0	0	0		0					
LEAF	Blue Violet				0			0	0		
	Catnip		0			0	0				
	Chanca Piedra										•
	Chaparral		0							0	
	Damiana						0	•			0
	Dill Weed		0	0							
	Ginkgo						0				
	Gymnema	0	0								
	Lemon Balm		0		0						
	Mullein		0						٠	0	
	Nettle Leaf					0			0		0
	Olive Leaf				0		0				
	Papaya		0							0	
	Parsley					0	0				0
	Peppermint		٠				0		0		
	Plantain		0						•	0	
	Red Raspberry		0	٠				0			
	Sage	0		0			0			0	
	Spearmint		0	0					0		
	Stevia	0	0								
	Thyme	0	0						0		
	Uva Ursi										
	Wild Lettuce					0	0		0		
۵	Anise		0	0							
SEED	Fennel	0									
	Fenugreek		0	0				0			
	Milk Thistle	0	0				0				

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

		CIRCULATORY	DIGESTIVE	ENDOCRINE	IMMUNE/LYMPHATIC	MUSCULOSKELETAL	NERVOUS	REPRODUCTIVE	RESPIRATORY	SKIN & HAIR	URINARY
ROOT	Angelica	0	0				0				
ß	Astragalus	0			•						0
	Barberry		0		0						0
	Bayberry		0		0				0		
	Beet Root	0	0								
	Black Cohosh			•			0	0			
	Blue Cohosh			0		0				0	
	Blue Flag		0		0					0	
	Burdock	0								•	0
	Butcher's Broom	0				0					0
	Dandelion	0	0							٠	0
	Devil's Claw									0	
	Dong Quai	0		0				•			
	Echinacea				•				0	0	
	Elecampane		0		0				•		
	False Unicorn			0				•			
	Gentian		0		0						
	Ginger	0				0					
	Goldenseal		0		•				0	0	
	Hydrangea								0		0
	Licorice		0						•	0	
	Marshmallow		•						0	0	
	Nettle Root			•							
	Oregon Grape		0		0					0	
	Red Root				0				0		
	Sarsaparilla					0				0	0
	Siberian Ginseng	0			0		0				
	Spikenard								0	0	
	Suma Root				0		0	0			
	Turkey Rhubarb		0								
	Turmeric	•				0	0				
	Valerian			0			•				
	Wild Yam			0				0		0	
	Yellow Dock		0							0	
	Yucca	0			0	0					
R	Black Walnut	0	0				0				
OTHER	Bladderwrack			0		0				0	
0	Cornsilk	0									
	Dulse			0		0	0				
	Horse Chestnut	0						0	0		
	Irish Moss			•					0		
	Kelp	0		•			0				
	Myrrh		0		0						
	Usnea				0				0		
	Usileu										