



HERBAL CHEAT SHEET

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
- = traditionally used to benefit body system

CIRCULATORY	DIGESTIVE	ENDOCRINE	IMMUNE/LYMPHATIC	MUSCULOSKELETAL	NERVOUS	REPRODUCTIVE	RESPIRATORY	SKIN & HAIR	URINARY
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AERIAL PORTION

Blessed Thistle		○	○				○		
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		○							
Yarrow		○		○					

BARK

Birch Bark				○				○	○
Cascara Sagrada		●							
Cinnamon	○	○							
Cramp Bark				○		●			○
Pau D'Arco		○		○					
Prickly Ash	○			○				○	
Sassafras									○
Slippery Elm		○					○		○
White Oak		○						○	
White Pine	○						○		
White Willow				●	○				
Wild Cherry		○					●		
Witch Hazel								○	

BERRY

Cedar Berry				○			○		
Elderberry		○		●	○		○		
Hawthorn Berry	●	○						○	
Juniper Berry	○	○						○	
Schizandra Berry					●		○		

many more herbs →

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.

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		CIRCULATORY	DIGESTIVE	ENDOCRINE	IMMUNE/LYMPHATIC	MUSCULOSKELETAL	NERVOUS	REPRODUCTIVE	RESPIRATORY	SKIN & HAIR	URINARY
FLOWER	Arnica					○	○				
	Calendula		○							●	
	Chamomile		○				●			○	
	Clove		○								
	Elderflower				○	○			○		
	Hops			○			○				
	Red Clover			○		●		○	○		
	Rose Bud	○	○				○				
FRUIT	Capsicum	●	○				○				
	Lemon Peel	○			○						
	Orange Peel	○	○							○	
	Saw Palmetto			○				●			○
LEAF	Alfalfa	○	○	○		○					
	Blue Violet				○			○	○		
	Catnip		○			○	○				
	Chanca Piedra										●
	Chaparral		○							○	
	Damiana						○	●			○
	Dill Weed		○	○							
	Ginkgo	●					○				
	Gymnema	○	○								
	Lemon Balm		○		○		●				
	Mullein		○						○	○	
	Nettle Leaf					○			○		○
	Olive Leaf	●			○		○				
	Papaya		○							○	
	Parsley					○	○				○
	Peppermint		●				○		○		
	Plantain		○						○	○	
	Red Raspberry		○	○				○			
	Sage	○		○			○			○	
	Spearmint		○	○					○		
Stevia	○	○									
Thyme	○	○						○			
Uva Ursi										●	
Wild Lettuce					○	○		○			
SEED	Anise		○	○							
	Fennel	○	●								
	Fenugreek		○	○				○			
	Milk Thistle	○	○				○				

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	○	○				○				
	Astragalus	○			●						○
	Barberry		○		○						○
	Bayberry		○		○					○	
	Beet Root	○	○								
	Black Cohosh			○			○	○			
	Blue Cohosh			○		○					○
	Blue Flag		○		○						○
	Burdock	○									●
	Butcher's Broom	○				○					○
	Dandelion	○	○								●
	Devil's Claw					●					○
	Dong Quai	○		○				●			
	Echinacea				●				○	○	
	Elecampane		○		○				○		
	False Unicorn			○				●			
	Gentian		○		○						
	Ginger	○	●			○					
	Goldenseal		○		●				○	○	
	Hydrangea									○	○
	Licorice		○							○	○
	Marshmallow		●							○	○
	Nettle Root			○							
	Oregon Grape		○		○						○
	Red Root				○					○	
Sarsaparilla					○					○	
Siberian Ginseng	○			○		○					
Spikenard									○	○	
Suma Root				○		○	○				
Turkey Rhubarb		○									
Turmeric	●				○	○					
Valerian			○			●					
Wild Yam			○				○			○	
Yellow Dock		○								○	
Yucca	○			○	○						
OTHER	Black Walnut	○	○				○				
	Bladderwrack			○		○					○
	Cornsilk	○									●
	Dulse			○		○	○				
	Horse Chestnut	○						○	○		
	Irish Moss			○					○		
	Kelp	○		○			○				
	Myrrh		○		○					●	
	Usnea				○				○		●