

# Beneficial Herbs for Good Health and Common Remedies Add These to Your Emergency Preparations

## 1) Turmeric *Curcuma longa L.*



Fresh turmeric root & powder

- **Common Names:** Turmeric, Curcuma, Indian saffron
- **Botanical Name:** *Curcuma longa L.*

### Medicinal Uses & Benefits of Turmeric

- **Medicinal Uses:** [\\* Arthritis](#) [\\* Cancer Prevention](#) [\\* Candida/yeast](#) [\\* Cardiovascular](#) [\\* Culinary/Kitchen](#) [\\* Cuts & Wounds](#) [\\* Dental/Oral Care](#) [\\* Eyes/Vision](#) [\\* Longevity Tonics](#) [\\* Lupus](#) [\\* Nutrition](#) [\\* Pain Relief](#) [\\* Psoriasis](#) [\\* Rheumatoid arthritis](#) [\\* Stop Smoking](#)
- **Properties:** [\\* Analgesic](#) [\\* Anti-inflammatory](#) [\\* Antibacterial](#) [\\* Antifungal](#) [\\* Aromatic](#) [\\* Bitter](#) [\\* Cholagogue](#) [\\* Cordial](#) [\\* COX-2 Inhibitor](#) [\\* Depurative](#) [\\* Hepatic](#) [\\* Vermifuge](#)
- **Parts Used:** rhizome
- **Constituents:** volatile oils (terpene, curcumen), starch, albumen (30%), coloring due chiefly to curcumin, potassium, vitamin c

### How to Use Turmeric

Turmeric is a first rate anti-inflammatory herb. It contains at least two chemicals, curcumin and curcuminoids, that act to decrease inflammation much like NSAID COX-2 that inhibit the production of prostaglandins which are linked to arthritic inflammation. This anti-inflammatory effect may be why consumption of turmeric is also connected to a reduced occurrence of cancers, cataracts, and Alzheimer's.<sup>1</sup>

Turmeric has been shown to be an effective pain reliever in cases of rheumatoid arthritis.<sup>2, 4</sup> Modern studies confirm ancient wisdom that those with psoriasis can especially benefit from

daily supplementation with turmeric. Studies show that the curcumin in turmeric acts to disrupt the cycle of skin plaque formation, working in a similar manner to the new biologic TNF inhibitors.<sup>4</sup>

Turmeric powder mixed in warm water has been used as a home remedy for canker sores for some time. It has many medicinal properties such as anti-inflammatory, antioxidant, and antimicrobial activity that could explain why it is a useful dental and oral care treatment. In a recent study turmeric mouthwash (10 mg curcumin extract dissolved in 100 ml of water with a peppermint flavoring agent added) was found to be as effective as a solution made from chlorhexidine gluconate (CHX), the gold standard compound for plaque buildup in dentistry.<sup>8</sup>

**Preparation Methods & Dosage:** Supplement forms (capsules or tablets) reap the best medicinal benefits. Extracts of the whole root are more bioavailable than Curcumin in isolation.<sup>4</sup>  
**Look for a supplement that has added black pepper or dried ginger, which will help to activate turmeric.**

Turmeric can be applied topically to a painful joint or swelling as a poultice to relieve pain.

**Caution: Turmeric Side Effects:** People with hypoglycemia (low blood sugar) can use small amounts of turmeric in cooking, however, hypoglycemics should not take large amounts.

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## 2) Elder *Sambucus nigra*



Elder berry wine

- **Common Names:** Elderberry, Elderberry
- **Botanical Name:** *Sambucus nigra*

## Medicinal Uses & Benefits of Elderberry

- **Medicinal Uses:** [\\* Bronchitis](#) [\\* Christmas](#) [\\* Colds](#) [\\* Congestion](#) [\\* Cough](#) [\\* Eyes/Vision](#) [\\* Flu](#) [\\* Sinus](#) [\\* Sore Throat](#)
- **Properties:** [\\* Antiviral](#) [\\* Breath](#) [\\* Depurative](#) [\\* emetic](#) [\\* Midsummer](#)
- **Parts Used:** Flowers, berries
- **Constituents:** flowers: small quantity of essential oil (containing palmitic, linoleic, and linolenic acids), triterpenes, flavonoids (including rutin), also pectin, mucilage, sugar. berries: sugar, fruit acids, vitamin c, bioflavonoids. leaves: cyanogenic glycosides,

### How to Use Elder & Elderberry

Primarily found in Europe and North America, Black Elderberry has long been used in traditional cultures to support immune function. Regarded as an “Elder” plant in Native American Herbalism, Elderberry has been used collectively by many tribes as a tonic medicine and food to promote health and vitality.

Leaves of the elder tree are used in an ointment that is a folk remedy for bruises, sprains, chilblains and hard-to-cure skin irritations. The flowers are used to make infusions to treat bronchitis and colds, and cooled elder flower tea is a soothing medicine for eye irritations, and of course, the tasty berries are used to make elderberry wine and cordials.

Elderberries have had many traditional healing uses throughout the ages, and have been used for constipation, colic, diarrhea, colds and rheumatism.

The dried berries make a tart and tasty, purple elderberry tea that is a family favorite at my house, especially in the winter. Combines well with hot spicy accents like cinnamon and ginger for a good cold remedy.

**Preparation Methods & Dosage:** Elderberries can be made into homemade syrups, and herbal teas. Both the flowering tops and berries can be used. Sambucol is a popular commercial preparation made from elderberry extract.

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### 3) Cayenne Pepper *Capsicum minimum*



Cayenne pepper pods

- **Common Names:** Cayenne Pepper, Capsicum, African Pepper, Chillies, Bird Pepper
- **Botanical Name:** *Capsicum minimum*

## Medicinal Uses & Benefits of Cayenne Pepper

- **Medicinal Uses:** [\\* Arthritis](#) [\\* Cardiovascular](#) [\\* Congestion](#) [\\* Digestion](#) [\\* Fibromyalgia](#) [\\* Headache/Migraine](#) [\\* Nerve/Back Pain](#) [\\* Pain Relief](#) [\\* Rheumatoid arthritis](#) [\\* South American](#)
- **Properties:** [\\* Antibacterial](#) [\\* Antioxidant](#) [\\* Anti-parasite](#) [\\* Antiscorbutic](#) [\\* Antiscrofulous](#) [\\* Antispasmodic](#) [\\* Carminative](#) [\\* Rubefacient](#) [\\* Styptic](#) [\\* Vasodilator](#)
- **Parts Used:** Fruit, ripe and dried
- **Constituents:** capsaicin, oleic, palmitic and stearic acids

## How to Use Cayenne Pepper

The heat of cayenne warms stiff arthritic joints and relaxes away low back pain. The longer you use it, the better it works. Cayenne infused oil does not burn my skin as much as capsaicin creams.

**Cayenne for Pain relief** Cayenne pepper extracts are an important part of herbal treatment for muscle pain, fibromyalgia, arthritis, and the nerve pain caused by shingles and sciatica.<sup>101</sup> It appears to act by decreasing the concentration of substance *P*, the primary chemical used by nerve cells to transmit pain signals. It takes repeated use over a period of at least a few weeks to feel this benefit.

Cayenne is also rich in salicylates, natural aspirin like compounds, which add to its analgesic nature.<sup>102</sup> Cayenne pepper balms, oils and creams are rubefacients, which means it warms the body by quickly dilating small capillaries, and increasing circulation, which reddens, (but does not burn) the skin. This increased circulation is the hallmark of cayenne's effect on the body, it stimulates the heart, and the lungs as well as increasing blood circulation and warmth throughout the whole system.

Cayenne, along with other peppers strengthen digestion and lessen the change of bacterial infections from unsanitary food and water. Cayenne peppers also lessen the gas and bloating that comes from eating heavy, greasy foods.

**Psoriasis Treatment:** Capsaicin, the most potent constituent of cayenne, has been shown to be effective in treating the symptoms of psoriasis. Treatment does produce burning sensations, which are normal and decrease with repeated use. If you buy OTC products look for one that contains menthol, it will help relieve the itching as well. A 1999 study found that treatment with capsaicin caused a marked decrease in psoriasis activity and decreased formation of new skin plaques.<sup>103</sup>

**Heart Health:** Cayenne is considered to be a valuable heart tonic. These hot peppers contain capsaicin which has been shown to reduce cholesterol and triglyceride levels. Cayenne also helps to increase circulation and keeps the blood flowing smoothly through veins and arteries. Cayenne also is high in antioxidants, rounding out its cardiovascular benefits.

**Preparation Methods & Dosage:** Cayenne powder is used to make liniments and herbal oils. Cayenne extracts can be taken in capsule and liquid form. Both fresh and dry cayenne peppers are used in cooking.

This stimulating spice is rarely used as a single ingredient tea, but is added to herbal blends in small amounts, generally less than 1/8th teaspoon. Sprinkle cayenne powder on cuts, scrapes and abrasions to stop bleeding. Contrary to what you might think, it does not burn. Capsicum extracts are used in OTC analgesic rubs and creams.

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#### 4) Garlic *Allium sativum*



Garlic bulb and cloves

- **Common Names:** Garlic, Poor Man's Treacle, Bawang, Bauang
- **Botanical Name:** *Allium sativum*

#### Medicinal Uses & Benefits of Garlic

- **Medicinal Uses:** [\\* Allergies](#) [\\* Asthma](#) [\\* Athletes Foot/Ringworm](#) [\\* Ayurvedic](#) [\\* Bronchitis](#) [\\* Burns](#) [\\* Cancer Prevention](#) [\\* Candida/yeast](#) [\\* Cardiovascular](#) [\\* Cholesterol](#) [\\* Colds](#) [\\* Culinary/Kitchen](#) [\\* Diabetes](#) [\\* Ear](#) [\\* Flu](#) [\\* Herpes/Cold Sores](#) [\\* Insect Repellent](#) [\\* Nutrition](#) [\\* Parasites/worms](#) [\\* Sinus](#) [\\* Sore Throat](#) [\\* Spring Tonics](#) [\\* Stop Smoking](#)
- **Properties:** [\\* Antibacterial](#) [\\* Antifungal](#) [\\* Antiparasitic](#) [\\* Antirheumatic](#) [\\* Antispasmodic](#) [\\* Breath](#) [\\* Diaphoretic](#) [\\* Emmenagogue](#) [\\* Expectorant](#) [\\* Galactagogue](#) [\\* Hypotensive](#) [\\* Stimulant](#) [\\* Vermifuge](#) [\\* Vulnerary](#)
- **Parts Used:** bulb
- **Constituents:** allicin, citral, geraniol, linalool, phellandrene, s-methyl-1-cysteine sulfoxide

#### How to Use Garlic

Garlic contains *allicin*, a most impressive broad-spectrum antimicrobial as well as over thirty other medicinal compounds. Garlic and onions have long been used to treat bronchitis, [allergies](#) and [asthma](#) by helping to open the lungs and ease breathing. The ingredients responsible include mustard oils and quercetin.

Garlic belongs to the allium genus which includes onions, shallots, leeks, scallions, and chives. This group of herbs are important in improving the digestibility of meats and other heavy foods as well as adding other healthy antioxidant and antimicrobial properties to your home cooking. <sup>5</sup>

Garlic as a medicinal food has an impressive range of benefits. **Garlic and its cousin onion contain substances that discourage platelets from sticking together and prevent blood clots, helping to naturally thin the blood.** The major drawback to garlic continues to be the risk of stomach upset with higher doses, along with the usual risk of compounding the effects of prescription blood thinners.<sup>3</sup>

**They also lower total cholesterol and triglycerides, another type of blood fat, all the while increasing HDL, "good cholesterol".** <sup>1,4</sup>

**Preparation Methods & Dosage:** Garlic can and should be used liberally in food, either powdered or freshly chopped. Two cloves or more a day are considered a medicinal dose.

Eating 2 to 3 fresh garlic cloves a day has many health benefits including diabetes, arthritis and heart health. To make it more palatable, mash the garlic cloves with a spoonful of honey.

A simple garlic-based broth may be more effective than chicken soup! Garlic and its close relatives (chives, leeks and onions) can be applied directly to burns in a poultice. Or cut an onion in half and squeeze the juice on the burn.

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## 5) Oregano *Origanum vulgare*



Oregano leaves

- **Common Names:** Oregano, Wild Marjoram
- **Botanical Name:** *Origanum vulgare*

## Medicinal Uses & Benefits of Oregano

- **Medicinal Uses:** [\\* Culinary/Kitchen](#) [\\* Cuts & Wounds](#) [\\* Diabetes](#) [\\* Facial Care](#) [\\* Headache/Migraine](#) [\\* Lupus](#)
- **Properties:** [\\* Anodyne](#) [\\* Antibacterial](#) [\\* Antioxidant](#) [\\* Antispasmodic](#) [\\* Antiviral](#) [\\* Aromatic](#) [\\* Carminative](#) [\\* COX-2 Inhibitor](#) [\\* Diaphoretic](#) [\\* EFA](#) [\\* Emmenagogue](#) [\\* Nervine](#) [\\* Rubefacient](#) [\\* Stimulant](#)
- **Parts Used:** leaves, stems, essential oil
- **Constituents:** carvacrol, thymol, limonene, pinene, ocimene, caryophyllene, rosmarinic acid

## How to Use Oregano

Many of the medicinal properties of oregano can be attributed to the anti-inflammatory, anti-bacterial and antioxidant compounds it contains, including carvacrol, thymol and rosmarinic acid. These compounds have shown strong indications both in practice and in clinical studies that they offer protection against cancers, heart disease and stroke.<sup>67</sup> There is evidence to suggest that this may be due in part to the inhibition of COX-2 inflammation. Newmark, 132-133

Oregano, along with other culinary herbs may offer a way to help manage diabetes. These herbs contain several flavonoids that inhibit DPP-IV and should be investigated further regarding their potential in diabetes management.<sup>5</sup>

**Preparation Methods & Dosage:** Oregano tea made from the fresh plant will relieve nervous headache or upset stomach. The leaves can also be used in poultices to reduce pain and swelling. Oregano extracts provide the same benefits of the whole herbs in a concentrated, easy to use form, as does the essential oil.

## Oregano: Essential Oil Profile

Oregano oil has a spicy, medicinal aroma and is the most potent anti-bacterial oil used in aromatherapy.<sup>68</sup> Dilute this oil well before using in any massage blends or lotions. Blend it with lemon and cinnamon to cleanse the air in cold and flu.

**Oregano Side Effects:** Oregano is a highly active oil that can be a strong skin irritant - use with care. Avoid in pregnancy.

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## 6) White Willow *Salix Alba*



White willow dried bark

- **Common Names:** White Willow Bark
- **Botanical Name:** *Salix Alba*

### Medicinal Uses & Benefits of White Willow Bark

- **Medicinal Uses:** [\\* Arthritis](#) [\\* Colds](#) [\\* Cramps/abdominal](#) [\\* Cuts & Wounds](#) [\\* Diet/weight Loss](#) [\\* Fibromyalgia](#) [\\* Headache/Migraine](#) [\\* Lupus](#) [\\* Osteoporosis](#) [\\* Pain Relief](#) [\\* Rheumatoid arthritis](#)
- **Properties:** [\\* Analgesic](#) [\\* Anti-inflammatory](#) [\\* Antirheumatic](#) [\\* Appetite Depressant](#) [\\* Astringent](#) [\\* Febrifuge](#) [\\* Warm](#)
- **Parts Used:** Bark
- **Constituents:** tannin, salicin

### How to Use White Willow Bark

White willow has been used to combat fevers and pain for thousands of years. Willow bark may be the oldest herb known to treat pain and inflammation; the oldest recorded use is by Chinese physicians in 500 B.C. White willow was also used in ancient Assyrian, Egyptian, and Greek medicine as well as by Native American healers in North America.

The inner bark of the white willow tree contains salicin, which is converted to salicylic acid in the body. The compound in aspirin, acetylsalicylic acid, is derived from salicylic acid. (Duke, James, Ph.D.) Herbalists use white willow much the same as aspirin, ie; to reduce fevers, pain, and inflammation in conditions such as painful menstruation, arthritis, and neuralgia. White willow works slower but lasts longer than aspirin and has less side gastronomic side effects due to the large amounts of tannins that protect the stomach. Newmark, Thomas M.

Willow is used mainly in weight loss formulations to enhance the actions of other herbs. This is sometimes referred to as "stacking" in body building.

White willow can be used in skin and beauty treatments. Make a strong tea of the bark (decoction) and apply the cooled liquid to aid healing of sores, burns, or cuts. Decoctions of willow bark tea can be used as a gargle to treat inflamed gums.



**Preparation Methods & Dosage:** Often taken in capsules, a suggested dosage is 225 mg of white willow bark four times daily, however, it is best to follow package directions on capsules and tinctures.

It is difficult to judge the amount of salicin in the bark, a bark tea can normally be taken 3 to 4 times daily, a daily cup or two of willow bark tea would provide the equivalent of the low aspirin dose recommended for heart attack prevention. Use the chopped bark, not the powdered bark to make your tea. Add ginger, anise, or cinnamon to enhance the flavor. Tinctures of willow bark (1-2 dropperfuls/1-2 ml) are highly effective way to take the herb. White willow is best when used over long periods of time.

**Caution White Willow Side Effects:** Do not take willow bark if you are allergic to aspirin, are currently taking anti-platelet or anticoagulant drugs as this may increase the chance of stomach bleeding.

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## 7) Basil *Ocimum basilicum*



Sweet basil leaves

- **Common Names:** Basil, Sweet Basil
- **Botanical Name:** *Ocimum basilicum*

### Medicinal Uses & Benefits of Basil

- **Medicinal Uses:** [\\* Aromatherapy](#) [\\* Culinary/Kitchen](#) [\\* Facial Care](#) [\\* Insect Repellent](#) [\\* Insect/flea Bites](#) [\\* Longevity Tonics](#) [\\* Memory/Focus](#) [\\* Warts](#)
- **Properties:** [\\* Antidepressant](#) [\\* Antifungal](#) [\\* Antioxidant](#) [\\* Antispasmodic](#) [\\* Aromatic](#) [\\* Calm](#) [\\* Carminative](#) [\\* Diaphoretic](#) [\\* Digestive](#) [\\* emetic](#) [\\* Emmenagogue](#) [\\* Febrifuge](#) [\\* Galactagogue](#) [\\* Mental Clarity](#) [\\* Mood](#) [\\* Nervine](#) [\\* Refrigerant](#) [\\* Stimulant](#) [\\* Stomachic](#)
- **Parts Used:** leaves, essential oil
- **Constituents:** camphor, cineole, estragol, (or methyl chavicol), eugenol, linalool, pinene, rosmarinic acid

## How to Use Basil

As an herb for good health, Holy Basil has a history that traces back more than 3,000 years to ancient Ayurvedic texts. Since then, it has been used for a variety of reasons, including to support a healthy response to stress, help maintain already healthy blood sugar levels, promote longevity, nourish the mind, and elevate the spirit.

In addition, Holy Basil is classified as an adaptogen — an herb that helps balance and restore the body.\*<sup>4</sup>

Holy Basil is an Ayurvedic medicine used for common colds, headaches, stomach disorders, inflammation, heart disease, various forms of poisoning, and malaria. <sup>1</sup>

**Preparation Methods & Dosage:** The uses of basil are limited only by your imagination. The fresh picked leaves make a stimulating and refreshing tea. Crush the leaves and rub a bit on your skin to make a handy remedy for insect bites when you are out tending to the summer garden. To remove a wart, rub basil leaves on the nub daily and cover with a bandage.

Basil oil is a light greenish-yellow color and has a sweet, peppery scent. Basil oil has the stimulating properties of mint and is in the same plant family. Basil is a great oil to burn in aromatic diffusers.

Basil helps you to concentrate and uplifts your mood. In his classic book "*The Art of Aromatherapy*", (1977), Robert Tisserand praises effects of basil on emotions saying:

“Oil of Basil is an excellent, indeed perhaps the best, aromatic nerve tonic. It clears the head, relieves intellectual fatigue, and gives the mind strength and clarity. It is uplifting, clarifying, and strengthening.”

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## 8) Ashwagandha *Withania somnifera*



Ashwagandha dried root

- **Common Names**
- Ashwagandha root, Ashwaganda, Ajagandha, Indian ginseng, Winter cherry
- **Botanical Name**
- *Withania somnifera*

## Medicinal Uses & Benefits of Ashwagandha Root

- **Medicinal Uses:** \* [Aphrodisiac](#) \* [Ayurvedic](#) \* [Hypertension](#) \* [Libido](#) \* [Liver](#) \* [Longevity Tonics](#) \* [Lupus](#) \* [Rheumatoid arthritis](#) \* [Stress](#)
- **Properties:** \* [Abortifacient](#) \* [Adaptogens](#) \* [Anodyne](#) \* [Anti-inflammatory](#) \* [AntiViral](#) \* [Aphrodisiac](#) \* [Diuretic](#) \* [Febrifuge](#) \* [Hepatic](#) \* [Hypotensive](#) \* [Sedative](#) \* [Stress](#) \* [Tonic](#)
- **Parts Used:** root, leaves
- **Constituents:** withanolides, glycosides, alkaloids

## How to Use Ashwagandha

Ashwagandha is often touted as the Indian version of ginseng because, like ginseng, ashwagandha is revered as a non-specific tonic and adaptogen. Adaptogens are important in cases of ongoing, chronic stress. Ashwagandha root rejuvenates without being over stimulating, so is more useful than ginseng in weakened and debilitated persons.

Ashwagandhas acts as a mild sedative, and as indicated by its botanical name *somnifera*, it promotes restful, deep sleep. Ayurvedic medicine has used ashwaganda as a general tonic for centuries and this herb may be just the thing for today's stressed and burned out populace. <sup>1</sup>

One of the chemically active ingredients found in the leaves of ashwagandha is withanolides. These phytochemicals appear to have a steroid like effect, meaning that they indirectly increase activity of steroidal hormones like testosterone and progesterone. Because of testosterone's effect on sex drive, this could be what is behind ashwagandha's purported aphrodisiac effects. <sup>2</sup>

Withanolide D has shown antibiotic and antitumor activities as well. <sup>3</sup> Ashwagandha may prove to be a beneficial adjunct treatment for fatigue in those undergoing chemotherapy. <sup>4</sup>

Ashwagandha also relaxes blood vessels and stimulates circulation and has an anti-inflammatory and tonic effect in rheumatic and autoimmune conditions such as rheumatoid arthritis and lupus.

Animal studies have found that naturally occurring steroids in ashwaganda are more potent than treatment with the synthetic steroid hydrocortisone for controlling inflammation. <sup>5</sup> Ashwagandha is also used in the treatment of low back pain and sciatica.

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## 9) Rosemary *Rosmarinus officinalis*



Fresh rosemary

- **Common Name:** Rosemary
- **Botanical Name:** *Rosmarinus officinalis*

### Medicinal Uses & Benefits of Rosemary

**Medicinal Uses:** [\\* Alopecia/baldness](#) [\\* Aromatherapy](#) [\\* Arthritis](#) [\\* Bronchitis](#) [\\* Cardiovascular](#) [\\* Cellulite](#) [\\* Christmas](#) [\\* Circulation](#) [\\* Colds](#) [\\* Culinary/Kitchen](#) [\\* Diabetes](#) [\\* Fatigue](#) [\\* Hair](#) [\\* Herbal Steam](#) [\\* Hypertension](#) [\\* IBS](#) [\\* Insect Repellent](#) [\\* Lice](#) [\\* Longevity Tonics](#) [\\* Lupus](#) [\\* Memory/Focus](#) [\\* Pain Relief](#) [\\* Rheumatoid arthritis](#) [\\* Scabies](#) [\\* Skin Care](#) [\\* Thanksgiving Harvest](#)

- **Properties:** [\\* Analgesic](#) [\\* Antioxidant](#) [\\* Antirheumatic](#) [\\* Antispasmodic](#) [\\* Antiviral](#) [\\* Aromatic](#) [\\* Astringent](#) [\\* Carminative](#) [\\* Cholagogue](#) [\\* Cicatrisant](#) [\\* Circulation](#) [\\* Cordial](#) [\\* COX-2 Inhibitor](#) [\\* Deodorant/Perfumes](#) [\\* Diaphoretic](#) [\\* Digestive](#) [\\* Diuretic](#) [\\* Emmenagogue](#) [\\* Energize](#) [\\* Hepatic](#) [\\* Hypertensive](#) [\\* Insect repellents](#) [\\* Mood](#) [\\* Muscle Relaxant](#) [\\* Nerve](#) [\\* Rubefacient](#) [\\* Skin tonic](#) [\\* Stimulant](#) [\\* Stomachic](#) [\\* Vermifuge](#)
- **Parts Used:** Leaves, stems and flowers
- **Constituents:** essential oil (borneol, camphene, camphor, cineole, limonene, linalool); flavonoids, rosmarinic acid and other phenolic acids; diterpenes, triterpenes
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### How to Use Rosemary

**Medicinal Uses:** Rosemary stimulates the central nervous system and circulation making it beneficial for low blood pressure and sluggishness. Rosemary oil and rosemary essential oil are used to alleviate the pain of sprains, arthritis, sciatica and neuralgia. Rosemary has also been used traditionally to ease asthma. “The essential oils in rosemary leaf can block histamine, the chemical culprit of both asthma and allergies.” <sup>(White, Linda, MD)</sup> Add rosemary essential oil to your bath or in steam inhalation.

Rosemary, along with other culinary herbs may offer a way to help manage diabetes. These herbs contain several flavonoids that inhibit DPP-IV and should be investigated further regarding their potential in diabetes management. <sup>13</sup>

**Rosemary for memory, concentration and focus:** Rosemary has a long herbal tradition as a herb that improves concentration and memory, Greek students would braid Rosemary into their hair to help them with their exams.

**Rosemary for beautiful skin and hair:** Rosemary is one of best hair tonics available, whether you are worried about hair loss, or just want healthy, happy hair, rosemary extracts used in shampoos and herbal hair rinses will work wonders. A few drops of the essential oil can be applied directly to the scalp or hairbrush to restore dry, flyaway hair and make it shine. Rosemary essential oil stimulates hair follicles and circulation in the scalp, which may help prevent premature baldness. Use rosemary on a continuing basis for a healthy scalp that encourages healthy hair growth and slows hair loss. <sup>Hoffmann, David</sup> Rosemary extract (rosmarinic acid) is a natural way to stabilize and extend the shelf life of handmade cosmetics, creams, lotions, and other herbal compounds. Use rosemary in skin care to tone and soften skin.

**How to Use Rosemary Oil:** Rosemary infused oil and rosemary essential oil are both used in massage oil formulations to relieve the pain of arthritis and of sore aching muscles. Rosemary used as a massage oil also helps to tone the circulatory system. Antioxidant compounds in rosemary prevent uterine spasms and menstrual cramps. Rosemary essential oil helps alleviate water retention and increases circulation when used in massage blends.

**Cooking with Rosemary:** Unlike milder herbs, rosemary can withstand longer cooking times, and lends itself well to roasted meats, chicken and hearty stews. A few teaspoons of chopped rosemary lends a tangy taste to biscuits as well. Rosemary vinegars are an excellent and healthy way to dress cold vegetables and salads.

Rosemary is such an extremely useful herb, with so many culinary, medicinal and aromatherapy attributes that it deserves a treasured place in your home. Even the twigs, stripped of their leaves find use as kindling and as a aromatic addition to barbecue fires.

**Preparation Methods & Dosage:** A few drops of rosemary essential oil on my hairbrush, rosemary vinegar on salad, rosemary infused oil to massage on sore shoulders. Use rosemary oil in cooking, or as a massage oil to soothe aches and pains.

## Rosemary Essential Oil Profile

Rosemary has a camphorous, piny aroma that lifts your mood and clears 'brain fog'. Rosemary oil is one of the top essential oils to combat mental fatigue, and keeps you alert during long hours of study or work, increasing concentration and memory.

For morning sluggishness try a brisk rosemary rubdown in the shower. Add 2 to 3 drops to a washcloth along with shower gel and massage over the body.

**Rosemary Side Effects:** Do not use in excessive dosage. Avoid in cases of epilepsy.

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## 10) Black Cohosh *Cimicifuga racemosa*



Black Cohosh chopped root

- **Common Names**
- Black Cohosh root, Black snake root, Squaw Root, Bugbane
- **Botanical Name**
- *Cimicifuga racemosa*
- Syn. Actaea racemosa

### Medicinal Uses & Benefits of Black Cohosh Root

- **Medicinal Uses:** [\\* Female Hormones](#) [\\* Lupus](#) [\\* Menopause](#) [\\* PMS](#)
- **Properties:** [\\* Diuretic](#) [\\* Emmenagogue](#) [\\* Expectorant](#) [\\* Phytoestrogen](#) [\\* Vermifuge](#)
- **Parts Used:** root
- **Constituents:** cimicifugin, racemosin, resins, astringent

### How to Use Black Cohosh

Black cohosh contains numerous chemical constituents, among them isoflavones which mimic hormonal activity. This makes this herb useful for hot flashes, vaginal dryness, and even the depression sometimes associated with menopause. Though black and blue cohosh are unrelated botanically they are often used together in formulas to support the female reproductive system. Blue cohosh acts primarily as a uterine stimulant, while black cohosh effects estrogen levels. (Gladstar, Rosemary) It appears to provide that relief without having adverse estrogenic effects on mammary gland or uterine tissue. <sup>ABC</sup>

Black cohosh is mainly known as a woman's botanical but has some additional uses according to older herbalists who praised it as a calming cough remedy. (Grieve, Maud), (Millsbaugh, Charles F. 37[11-2]), who studies its use among the American Indians in the late 1880's. Add the tincture to your cough remedy, or drink black cohosh tea to quiet a nighttime cough.

In addition to its estrogenic properties, black cohosh has pain relieving and anti-inflammatory actions that makes it useful for arthritis. Rheumatoid arthritis is a common affliction among women and can be aggravated by the hormonal imbalances during menopause. Emerging research suggests the estrogen levels may be implicated in many conditions such as rheumatoid arthritis and heart disease, though the relationship is still unclear. More study may determine a broader range of benefits for black cohosh than previously thought.

**Preparation Methods & Dosage:** Black cohosh can be brewed to make a bitter, dark tea that has a wide range of benefits. Also taken in capsule and extract form.

**Black Cohosh Side Effects:** Some people report an upset stomach or other gastric complaints. If so, reduce the amount being ingested. Prolonged use (longer than 6 months) could cause side effects. Take a break from the herb; try 3 weeks on and 1 week off; 3 weeks on and 1 week off, and so on. Not for use while pregnant or nursing.

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## 11) Black Seed *Nigella sativa*



[Nigella sativa flower](#)

- **Common Names:** Black Seed oil, Kalonjii, Black cumin, black caraway, Roman-coriander, fennel-flower
- **Botanical Name:** *Nigella sativa*

## Medicinal Uses & Benefits of Black Seed Oil

- **Medicinal Uses:** [\\* Ayurvedic](#) [\\* Bronchitis](#) [\\* Hair](#) [\\* Hypertension](#) [\\* Longevity Tonics](#) [\\* Rheumatoid arthritis](#)
- **Properties:** [\\* Anti-inflammatory](#) [\\* EFA](#) [\\* Emmenagogue](#) [\\* Galactagogue](#)
- **Parts Used:** Seeds
- **Constituents:** oleic-acid, palmitic-acid, phenylalanine, phytosterols, potassium, stearic-acid, stigmasterol, tannin, thymoquinone, tryptophan, tyrosine

## How to Use Black Seed

Black seed is mentioned in the Bible. Black Seed is also important to the Muslims. An Arab proverb says, “*In the black seed is the medicine for every disease except death.*”

Black seed, sometimes called nigella seed, is used in both whole seed and seed oil form as a healthy dietary supplement. Black seed contains fatty acids, vitamins and minerals in a unique cell structure. Native to Western Asia, Turkey, Iraq, and Egypt, black seed oil has been valued for its health benefits for centuries.

Black Seed is valued as one of the most excellent sources of the essential fatty acids that are vital to health. According to Dr. Duke, the constituents in black cumin oil have been shown to have health benefits for: Stomach aches, asthma, bronchitis, coughs, and fevers. The oil is anti-inflammatory, anti-bacterial, and acts as an emmenagogue (brings on menses) and a lactagogue (increase breast milk).<sup>1</sup>

In animal studies Nigella has shown significant activity against liver disease, high blood pressure, and rheumatoid arthritis.<sup>4</sup>

**Preparation Methods & Dosage:** Black seeds can be crushed and taken as a tea, used in salads, or taken with honey.

Black seed oil may be taken in capsules or liquid form (pressed seeds).

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## 12) Ginseng *Panax ginseng*



Ginseng root

- **Common Names:** Ginseng root, Ren-shen, X-yang-shen, Asian ginseng, Korean ginseng
- **Botanical Name:** *Panax ginseng*

### Medicinal Uses & Benefits of Ginseng Root

- **Medicinal Uses:** [\\* Alcoholism](#) [\\* Chinese](#) [\\* Fatigue](#) [\\* Immune](#) [\\* Libido](#) [\\* Longevity Tonics](#) [\\* Memory/Focus](#) [\\* Stress](#)
- **Properties:** [\\* Adaptogens](#) [\\* Anodyne](#) [\\* Breath](#) [\\* Circulation](#) [\\* Immunostimulant](#) [\\* Stimulant](#) [\\* Tonic](#)
- **Parts Used:** root
- **Constituents:** hormone-like saponins, (ginsenosides), volatile oil, sterols, starch, sugars, pectin, vitamins b1, b2 and b12, choline, fats, minerals

### How to Use: Ginseng

Ginseng is one of the best known and widely prescribed herbs in Chinese medicine as a general adaptogen and restorative tonic. The German Commission E has approved ginseng as a tonic for invigoration and fortification in times of fatigue and debility, for declining capacity for work and concentration, also during convalescence.

Adaptogens such as ginseng are highly regarded in both Western and Eastern traditions for use in debilitated persons suffering from exhaustion, [fatigue](#), [liver disease](#), [stress](#) and wasting from chronic disease. Ginseng may boost mood and improve [memory](#) and attention spans for those under stress.

Although the exact mechanisms of activity are not known, it is likely that ginseng protects a portion of the brain known as the hippocampus from the effects of stress hormones. (Duke, James, Ph.D.)  
Ginseng enhances the immune response which helps fight off viruses and bacteria. (Foster, Steven and Yue "Herbal Emissaries")

Ginseng is one of the best known herbal tonics used to restore libido in men without an increase in testosterone, which can aggravate prostate disorders. (Meletis, Chris D.) Unfortunately, the fame of

ginseng has led to misconceptions about its use and to low grade or adulterated products being sold as ginseng in the West.

Panax, the generic name is derived from the Greek Panakos (a panacea), in reference to the miraculous virtue ascribed to it by the Chinese, who consider it a sovereign remedy in almost all diseases.

The word Ginseng is said to mean wonder of the world, however, it is not universally applicable in every illness. **It should not be taken during acute inflammatory disease or bronchitis since it can drive the disease deeper and make it worse.** Moreover, in China, ginseng is rarely used on its own, but is usually combined with other herbs, such as licorice or Chinese dates, which temper its powerful nature.

Most herbalists recommend taking periodic rests from ginseng as it can raise anxiety levels in some people. White, Linda B. M.D.

**Preparation Methods & Dosage:** Ginseng is often taken for a month at a time, alternating with a two-week rest period. Ginseng powder can be taken in teas, added to soft drinks, or even used in cooking soups. Ginseng roots are also used as extracts, and in capsule supplements.

**Ginseng Side Effects:** Do not use during pregnancy. Consult with a health professional before self-treating if you have high blood pressure.

**Grades of ginseng.** Not all ginseng is created equal. Wild ginseng, like many other herbs is preferred over cultivated varieties. Cultivated ginseng comes in two varieties, white and red. The red is cured by steaming which gives it its color and reputedly a warmer nature than the white. Most Korean ginseng is of the red variety and is stronger or more yang in nature than that from China. <sup>2</sup>

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### 13) Siberian Ginseng or Eleuthero *Eleutherococcus senticosus*



Siberian Ginseng or Eleuthero root

- **Common Names:** Eleuthero Root, Siberian ginseng, Ci-wu-jia, Wu Jia Shen Jing
- **Botanical Name:** *Eleutherococcus senticosus* Syn. eleutherococcus

## Medicinal Uses & Benefits of Eleuthero Root

- **Medicinal Uses:** [\\* Chinese](#) [\\* Diet/weight Loss](#) [\\* Fatigue](#) [\\* Fibromyalgia](#) [\\* Immune](#) [\\* Kidney](#) [\\* Libido](#) [\\* Memory/Focus](#) [\\* Stress](#)
- **Properties:** [\\* Adaptogens](#) [\\* Appetite Depressant](#) [\\* Breath](#) [\\* Circulation](#) [\\* Immunostimulant](#) [\\* Stimulant](#)
- **Parts Used:** root
- **Constituents:** eleutherosides b and e, and immunostimulant complex polysaccharides

## How to Use Eleuthero

*Eleutherococcus senticosus*, also known as eleuthero ginseng or Siberian ginseng, is one of the primary tonic herbs and one of the most widely used herbs in the world.

Eleuthero is often recommended as a general tonic to revitalize people who are fatigued.<sup>1</sup> Because it enhances immunity and helps the body deal with stress eleuthero is frequently included in nutritional support programs for people with fibromyalgia, arthritis and other autoimmune disorders. Eleuthero restores overstressed adrenal glands, working wonders for people who are chronically stressed. The adrenal glands have a big impact on our sexual health because of the role they play in producing a variety of hormones that regulate many physical responses, not just gender-oriented ones. Tonic herbs like eleuthero help to prevent "adrenal burnout" caused by ongoing physical or mental challenges.

Helping the body deal with chronic stress is the very definition of an adaptogenic herb, and ginseng may be one of the most effective herbs in this category. Eleuthero boosts concentration and focus without the letdown than comes from stimulants like caffeine.

Diets, especially ones with severe calorie restrictions, can take a big toll on energy levels and raise stress levels.<sup>2</sup> This elevates hormones like cortisol that make weight loss more difficult. While adaptogenic herbs do not promote weight loss directly, when you feel more energetic and less stressed, you're more likely to stick to your new exercise and diet routine.

Eleuthero is sometimes combined with other adaptogens, like Korean, Chinese or American ginseng, astragalus, or schisandra, to increase its effectiveness.

**Preparation Methods & Dosage:** The dried root is often taken in capsules, or brewed into tea, or made into tinctures

Traditional Chinese Medicine Known in China as *wu-jia-pi*, eleuthero has been used in Chinese medicine for over 2,000 years, to balance vital energy and vitality. The herb is also commonly prescribed to treat respiratory and other infections. In traditional Chinese medicine, eleuthero is considered good for vital energy (*qi/chi*), used for sleeplessness with many dreams, lower back or kidney pain, deficiency of yang in the kidney or spleen, lack of appetite, and to enhance overall resistance to disease or stress. For treating rheumatoid arthritis and making muscles and bones strong, one prescription mixes *wu-jia-pi* with sweet rice wine.<sup>5</sup>

**Eleuthero Side Effects:** In general, side effects with Siberian ginseng are rare and milder than those that occur with American and Korean ginseng. The Commission E notes a contraindication for hypertension. However, the glycosides contained in eleuthero have been shown to lower blood pressure (McGuffin et al., 1997). Not for use by pregnant women. Many commercial ginseng products are adulterated, buyer beware!

### **A Note from Nancy OBrien:**

**The above list is certainly not an exhaustive list of medicinal herbs, there are hundreds to choose from. But this is a beginning that I hope will peak your interest and you will begin to study the many wonder of herbs and essential oils. I would humbly suggest that you consider purchasing some or all of the herbs listed above to have in your emergency preparedness supplies.**

**I would also like to suggest that you go to the website Mountain Rose Herbs to find fresh, organic herbs from an American company that is highly reputable in the herbal medicine and essential oil industry.**

**REFERENCE: Annie's Remedies - Essential Oils and Herbs. Many more Herbs and Oils, as well as more detailed information, is offered on Annie's excellent website: <https://www.anniesremedy.com/index.php>**

Annie's Herbs for Self-Healing contains information on hundreds of traditional medicinal herbs and plants, yet it is still only a tiny fraction of the natural plants used for healing worldwide. The focus is for the most part on Western herbs though there is a sampling on the most popular herbs from the herbal traditions of China and Ayurveda as well as other cultures. The herb profiles include photographs, descriptions, medicinal uses, folklore, and references from the leading herbalists of today and ancient times. You can browse alphabetically by common names, to find information on a popular herb like ginger, or find it listed by its botanical name, *Zingiber officinale*.

**\*\*Please Note\*\*** Information on the traditional uses and properties of herbs are provided on this site is for **educational use only** and is not intended as medical advice. Every attempt has been made for accuracy, but none is guaranteed. Many traditional uses and properties of herbs have not been validated by the FDA. If you have any serious health concerns, you should always check with your health care practitioner before self-administering herbs.