

## AROMATIC HERBS

The following is a partial listing of aromatic herbs. All of these herbs contain volatile oils and have antiseptic and stimulating qualities. Some are better at stimulating one part of the body than another, but they all activate body processes. It is recommended that you study more about any particular herb to understand its specific nature before you use it, or consult an experienced herbalist.

Angelica herb

Anise seeds

Bay leaves

Capsicum fruit

Caraway seeds

Catnip herb

Celery seeds

Chamomile herb

Cinnamon bark

Clove buds

Coriander seeds

Dill seeds

Elder flowers

Eucalyptus leaves

Fennel seeds

Feverfew herb

Garlic cloves

Ginger root

Hops flowers

Horehound herb

Horsemint herb

Horseradish root

Jasmine flowers

Juniper berries

Lady's slipper root

Lavender flowers

Lemon balm herb

Lemon verbena leaves

Lemongrass herb

Marjoram leaves

Onion bulb

Orange flower

Oregano herb

Passion flower herb

Pennyroyal herb

Peppermint leaves

Pine needles

Rosemary herb

Rue herb

Safflower flowers

Saffron flowers

Sage herb

Savory herb

Scullcap herb

Spearmint herb

Thyme herb

Valerian root

Watercress herb

Wintergreen herb

Wormwood herb

Yarrow herb

## BITTER HERBS

The following herbs all contain bitter principles. They will tend to be alkaline and detoxifying in nature. However, owing to the wide variety of actions in bitter herbs we highly recommend you study any particular herb carefully before using it, or consult an experienced herbalist.

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|-----------------------|----------------------|
| Agrimony herb         | False Unicorn        |
| Alfalfa herb          | Fringetree bark      |
| Aloe leaves           | Gentain root         |
| Angelica root         | Golden seal root     |
| Asparagus root        | Lobelia herb         |
| Barberry rootbark     | Mandrake root        |
| Beet root             | Marigold flowers     |
| Black alder root      | Myrrh gum            |
| Black cohosh root     | Orange peel          |
| Black walnut hulls    | Oregon grape root    |
| Blackberry bark       | Parsley root         |
| Bladderwrack seaplant | Peach bark           |
| Blue cohosh root      | Peony root           |
| Blue flag root        | Poke root            |
| Blueberry leaves      | Prickly ash bark     |
| Buckthorn bark        | Rhubarb root         |
| Burdock root          | Sage (wild) leaves   |
| Butternut rootbark    | Sarsaparilla root    |
| Cascara sagrada bark  | Saw palmetto berries |
| Cedar berries (red)   | Spikenard root       |
| Centaury herb         | St. Johnswort herb   |
| Chaparral leaves      | Violet leaves        |
| Dandelion root        | Wild cherry bark     |
| Desert or Mormon tea  | Wormwood herb        |
| Echinacea root        | Yarrow herb          |
| Elder leaves, bark    | Yellow dock root     |
| Elecampane root       | Yucca root           |

## MUCILANT HERBS

The following is a list of herbs which have mucilant properties. Many have properties from other categories as well. Some are in wide use, many are not. Many are mild foods, but a few possess some very strong bitter principles as well. All of these herbs tend to possess properties of being soothing, softening, protecting, lubricating, absorbing, anti-inflammatory and healing. Again, know and understand a particular herb before using it, or consult an experienced herbalist.

Acacia or Gum Arabic	Carnation flowers, herb
Agar Agar seaweed	Carob pods
Aloe Vera leaf	Catechu gum
Almonds (sweet nut)	Chickweed herb
Althea (marshmallow) root	Coltsfoot leaves
Arrowroot	Comfrey root, leaves
Asafoetida gum	Cornsilk
Barley grain, straw	Couchgrass roots
Bladderwrack seaplant	Dandelion root
Burdock root	Okra leaves, fruits, root
Dulse seaplant	Olibanum gum
Fenugreek seeds	Pipsissewa herb
Fig fruits	Prune fruits
Flax seeds	Psyllium seeds, hulls
Ground ivy leaves	Pumpkin leaves
Guaiac gum	Quince seeds
Hollyhock flowers, leaves	Rice grain
Iceland moss lichen	Sesame seeds, leaves
Irish moss seaplant	Slippery elm bark
Licorice root	Squash leaves, flowers
Malva (mallow) root, herb	Tapioca rootstarch
Mastic gum	Uva Ursi or Bearberry leaves
Mesquite gum	Wheat grain, straw
Mullein leaves	White pond lily root
Oatstraw	

## **BIBLIOGRAPHY**