

## Artichoke

### healing effect:

Anti phlogistic, anti oxidative, appetite stimulating, blood sugar lowering, choleric, cholesterol lowering (triglycerides, LDL-cholesterol), anti-inflammatory, bile promoting, antispasmodic, liver regenerating, liver protecting (antihepatotoxic/hepatoprotective), liver strengthening spasmolytic, digestive

### areas of application:

Loss of appetite, abdominal pain, pancreatic weakness, flatulence, Cholesterol deposits are dissolved, diabetes, fat digestion is improved, biliary weakness, gallstones, hypercholesterolemia (high cholesterol), nausea, liver weakness, Liver cells grow better

### Used plant parts:

flower head covers, fresh or dried leaves (Cynarae folium), sap, root

### ingredients:

Bitter substance, caffeoylquinic acids, cynarin, cynaropikrin, cynaroside, enzymes, flavonoids, tannic acid, inulin, scolymoside

## chokeberry

### Main applications:

High blood pressure, arteriosclerosis, inflammation

### healing effect:

Blood pressure regulating, blood circulation stimulating, antispasmodic, anti-inflammatory, heart protecting, immune stimulating

### areas of application:

Weakness of the immune system, allergies, arteriosclerosis, arthrosis, cystitis, inflammation of the intestines, diabetes, weakness of the gall bladder, gallstones, joint pain, urinary tract diseases, skin inflammations, susceptibility to infections, cancer (supportive of chemotherapy), weakness of the liver, inflammation of the mucous membranes of the stomach, rheumatism, scarlet fever, thyroid gland diseases, tendency to thrombosis, digestive weakness

### ingredients:

Vitamin C, flavonoids, polyphenols, anthocyanin dyes, tanning agents, iron, iodine, folic acid, magnesium

## Mugwort

### Main applications:

loss of appetite,

### healing effect:

Antibacterial, antimycotic, appetite stimulating, calming, blood circulation stimulating, biliary, antispasmodic, menstrual stimulating, strengthening, digestive, contraction stimulating

### areas of application:

Flatulence, cystitis, chronic ovarian inflammation, circulatory disorders, diarrhoea (chronic), gynaecology, bilious weakness, uterine cramps, childbirth, haemorrhoids, cold feet, cold hands, menstrual cramps, bad breath, sore muscles, tired legs, nervous tension, neuralgia, period pains, sleep disorders, nausea, restlessness, indigestion, menopausal problems

### ingredients:

Tanning agents, bitter substances, e.g. sesquiterpene lactones, flavonol glycosides, inulin, vitamins, essential oil, camphor, thuja

## Nettle

### healing effect:

Blood cleansing, detoxifying, haematopoietic, metabolic stimulating, urinary tract diseases, rheumatism, gout, hair growth stimulating, dandruff, spring tiredness, loss of appetite, constipation, diarrhoea, stomach weakness, kidney weakness, diabetes (supportive), high blood pressure, menstrual problems

### Used plant parts:

herb, seed, root

### ingredients:

Nettle poison, vitamins, minerals, iron, histamine, secretin

## Birch

### healing effect:

Blood cleansing, diuretic, dark circles under the eyes, cystitis, kidney weakness, kidney stones, rheumatism, gout, edema, skin problems, eczema, lichens, allergies, diabetes (supportive - mild cases), cough, hair loss, dandruff, diarrhoea, spring tiredness

### ingredients:

Essential oils, tanning agents, bitter substances, vitamin C, resin, saponins, flavones

## marshmallow root:

### healing effect:

Calming, haemostatic, anti-inflammatory, softening, diuretic, toning  
Bronchitis, cough, tracheitis, sore throat, hoarseness,  
Colds, mouth mucus skin inflammations, stomach mucosa inflammations,  
Intestinal mucosa inflammation, stomach acidity, stomach ulcer, flatulence, diarrhoea,  
Constipation, bad breath, cystitis, bladder stones, epilepsy, wounds, minor burns, cracked skin, dry skin, damp eczema, bites, insect bites, splinters,  
Boils, bruises, sore muscles,

### Used plant parts:

root, leaves, flowers

### ingredients:

Mucilage, essential oil, saponins, asparagine, ephedrine, tannin, tannic acid, coumarins, zinc

## Echinacea

### Main applications: Defensive strengthening

### healing effect:

Antibacterial, anti-inflammatory, immunostimulant, analgesic,

### areas of application:

Abscesses, bronchitis, colds, erysipelas, boils, joint inflammation, ulcers, flu-like infections, coughing, immune defence, susceptibility to infections, carbuncles, poorly healing wounds, psoriasis, lower leg ulcers, burns, prevention of infections,

### ingredients:

Echinacin, essential oil, echinacoside, resinous substances, betaine, laevulose, glucose, inulin, pentosan, vitamin C, enzymes

## oak bark

**Main applications:** Eczema, poorly healing wounds, diarrhoea

**healing effect:**

Astringent, antibacterial, haemostatic, anti-inflammatory,

**areas of application:**

Sore throat, inflammation of the oral mucosa, diarrhoea, gastritis, stomach ulcers, inflammation of the intestinal mucosa, haemorrhoids, lowering blood sugar,

Diabetes (mild), cystitis, eyelid inflammation, eczema, athlete's foot, frostbite, varicose veins, burns (mild), boils, bleeding gums, pressure sores (decubitus), cuts, anal itching,

**Used plant parts:**

Bark, acorns

**ingredients:**

Tannin, tannic acid, tannins, bitter substance, gallic acid, quercine, quercetin

## Rose hip

**healing effect:**

colds, increased vitamin C requirement, spring tiredness, strengthening of the immune system, slightly diuretic

**Used plant parts:**

Skins of the rose hip

**ingredients:**

Vitamin C, flavones, fruit acids, vitamin B complex

## Ginger

**healing effect:**

Loss of appetite, stomach tonic, stomach ulcer, nausea, motion sickness, seasickness, irritable stomach, flatulence, coughing, expectorant, headache, periodic cramps,

**Used plant parts:**

Root

**ingredients:**

Essential oils, Zingiberene, Zingiberol, Gingerol, Shogaol

## Iceland moss:

**healing effect:**

Antibacterial, haematopoietic, haemostatic, expectorant, toning, loss of appetite, cough, bronchitis, chesty cough, upper respiratory catarrh, pneumonia, sore throat, hoarseness, Gastritis, indigestion, intestinal inflammation, constipation, cystitis, bladder stones, kidney weakness, fatigue and weakness, nervousness, breast milk production, wounds,

**ingredients:**

cetrarin, fumaric acid, iron, mucilage, vitamins, essential oils

## Calamus

### healing effect:

Loss of appetite, stomach cramps, gastric catarrh, intestinal cramps, flatulence, stomach ulcers, Constipation, gum strengthening, oral mucosa inflammation, teething children

### Used plant parts:

Rootstock

### ingredients:

Bitter substance Acorin, acoretin (resin), essential oil, calamine choline, trimethylamine, calamus tannic acid, mucilage, terpenes, calamenol, palmitic acid

## lime blossoms

### healing effect:

Calming, blood-cleansing, relaxing, anti-inflammatory, diuretic, antispasmodic, expectorant, diaphoretic

### areas of application:

Colds, flu-like infections, colds, coughs, cough cramps, loss of appetite, heartburn, intestinal inflammation, constipation, rheumatism, cystitis, high blood pressure, dropsy, oedema, headaches, migraines, insomnia, anxiety, lumbago, sciatica, wounds, boils,

### Used plant parts:

Flowers

### ingredients:

Essential oil, farnesol, saponins, flavone glycosides, flavonoids, tannin, tannic acid, mucilage,

## Dandelion

### healing effect:

Hematopoietic, blood cleansing, diuretic, toning, bronchitis, cough, fever, loss of appetite, spring tiredness, constipation, stomach weakness, haemorrhoids, chronic joint diseases, rheumatism, gout, liver weakness, Biliary insufficiency, gallstones, kidney stones, allergies, arteriosclerosis, dropsy, headaches, menopausal symptoms, menstrual stimulants, beauty products, chronic skin conditions, pimples, eczema, corns, warts,

### ingredients:

Bitter substances, vitamins, minerals, choline, inulin

## Mädesüss

### healing effect:

Blood purifying, detoxifying, anti-inflammatory, diuretic, analgesic, diaphoretic, diaphoretic, bladder problems, intestinal problems, colds, flu, fever, gout, stomach problems, kidney problems, rheumatism, pain, migraine, headaches, dropsy, oedema

### ingredients:

Essential oil, salicylic acid compounds, heliotropin, vanillin, citric acid, tannic acid, gaultherin, silicic acid, terpenes, wax, fat, dye spiraein

## Milk Thistle

**Main applications: Liver problems**

**healing effect:**

Astringent, stimulating, detoxifying, diuretic, antispasmodic, liver-strengthening, diaphoretic, toning,

**areas of application:**

Allergies, intestinal complaints, biliary complaints, bile stasis, hepatitis, varicose veins, stomach complaints, migraine, portal vein congestion, motion sickness, seasickness, dizziness, trigeminal neuralgia, lower leg ulcers, poisoning

**Used plant parts:**

Seeds with husk

**ingredients:**

flavon, flavonoids, bitter substance, biogenic amines, tannin, dye, unknown pungent substance, silybin, silymarin, essential oils

## Melissa

**Main applications: Restlessness, nervousness,**

**healing effect:**

stimulating, antibacterial, encouraging, calming, relaxing, antispasmodic, cooling, antifungal, analgesic, perspiring, virus inhibiting

**areas of application:**

Anxiety, loss of appetite, asthma, dark circles under the eyes, flatulence, bruises, bronchitis, cold, fever, ulcers, gout, flu, heart problems (nervous), cough, insect bites, Sciatica, headaches, lip herpes, stomach cramps, stomach ailments, menstrual cramps, migraines, milk congestion, neuralgia, earaches, period cramps, bruises, irritability, rheumatism, sleep disorders, heartburn, restlessness, abdominal diseases, menopausal problems, wounds, toothache

**Used plant parts: Whole herb ingredients:**

Essential oil, bitter substance, tannin, tannic acid, resin, mucilage, glycoside, saponin, thymol

## Peppermint

**Main applications: Digestive disorders**

**healing effect:**

Antibacterial, soothing, anti-inflammatory, antiseptic, germicidal, cholagogue, antispasmodic, analgesic, toning,

**areas of application:**

Loss of appetite, flatulence, nausea, diarrhoea, cold, biliary complaints, flu, heart weakness, lumbago, sciatica, headache, stomach cramps, stomach pain, migraine, bad breath, nerve pain, kidney weakness, rheumatism, insomnia, poorly healing wounds, painful periods, rhinitis, nausea, indigestion, menopausal symptoms

**Used plant parts:**

Sheets

**ingredients:**

Essential oils (including menthol), tannins, bitter substances, flavonoids, enzymes, valeric acid

## Parsley

### Main applications:

**Digestive disorders, stimulation of the urinary organs,**

### healing effect:

Diuretic, antispasmodic, expectorant, tonifying,

### areas of application:

Loss of appetite, indigestion, flatulence, constipation, bad breath, springtime tiredness, gout, rheumatism, bladder stones, bladder infections, kidney stones, high blood pressure, earache, depression, tiredness, hangover, menstruation-promoting menstrual problems, menopausal problems, menopausal symptoms, labour pains, afterbirth, insect bites, mosquito bites, dandruff, ulcers

### ingredients:

Vitamin C, essential oils, apiin, apiol, apioline, flavonoids, furocoumarin, tannic acid, glycosides, myristicin, salicylates, thymol, umbelliferone, violaxanthin, zinc

## couch grass

### healing effect:

Inflammations, gastritis, intestinal inflammation, diuretic, metabolic disorders, circulatory disorders, kidney strengthening

### Used plant parts:

Root

## Ribwort Plantain

### Main applications: Cough

### healing effect:

Antibacterial, astringent, blood purifying, haemostatic, anti-inflammatory, diuretic, expectorant

### areas of application:

After itching, loss of appetite, asthma, inflammation of the eyes, bladder weakness, bronchitis, inflammation of the intestinal mucosa, diarrhoea, eczema, cold, obesity, boils, haemorrhoids, sore throat, skin abrasions, insect bites, upper respiratory tract catarrh, whooping cough, liver weakness, gastritis, oedema (dropsy), bruises, thrush (candida), constipation, bleeding wounds, minor burns

### Used plant parts:

leaves, roots, seeds

### ingredients:

Mucilages, saponins, glycosides, tanning agents, silicic acid, vitamin C, antibiotic substances, essential oil, rennet enzyme

## Yarrow

**Healing properties:** Blood cleansing, haemostatic, antispasmodic, vasodilator,

**areas of application:**

After itching, acne,

Angina pectoris (supportive), loss of appetite, chapped hands, dark circles under the eyes, flatulence,

High blood pressure, bleeding, diabetes, circulatory problems, diarrhoea, eczema, cold, erysipelas,

Facial erysipelas, gout, shingles, biliary colic, gastritis, ulcers, haemorrhoids, cardiac insufficiency, headaches, varicose veins, poor circulation, menstrual problems, neuralgia, kidney weakness, estrogen dominance, Congestion of the portal vein, rheumatism, window dressing, colds, psoriasis, sunburn, indigestion, constipation, menopausal symptoms, white blood flow, sore nipples when breastfeeding, wound healing,

**ingredients:**

Essential oil, azulene, eucalyptol, tannins, flavones, bitter substances, antibiotic substances

## Black Cumin

**Main applications:**

asthma, flatulence, whooping cough, digestion

**healing effect:**

Stimulating, antibacterial, antimycotic, antiseptic, blood pressure lowering, blood sugar lowering, anti-inflammatory, biliary, diuretic, menstrual, diaphoretic, diaphoretic, digestive, wormicidal,

**areas of application:**

After itching, acne, allergies, asthma, flatulence, bronchitis, diarrhoea, diarrhoea, eczema, gallstones, biliary weakness, jaundice, immunodeficiency, insects, whooping cough, colic, cramps, liver complaints, lung diseases, stomach complaints, stomach pain, neurodermatitis, parasites, fungal infections, skin fungus, psoriasis vulgaris, acid deficiency, psoriasis, tumours, acidosis, digestive complaints, worms

**ingredients:**

Alpha-pinene, asparagine, essential oils, bitter substances, beta-amyrin, campesterol, cycloartenol,

dithymoquinone, fatty oil, tannic acids, resin, isoquinoline alkaloids, l.inolenic acid, linoleic acid, myristic acid, nigellidine, p-cymene, palmitolic acid, saponins, sterols, thymoquinone, triterpene saponins

## Liquorice

**Main applications:** Cough, gastritis,

**healing effect:**

Laxative, antibacterial, expectorant, blood pressure increasing, blood cleansing, anti-inflammatory, fungicidal, diuretic, expectorant, analgesic,

**areas of application:**

Bronchitis, gout, cravings, headaches, stomach ulcers, stomach cramps, gastritis, migraine, low blood pressure, rheumatism, heartburn,

Overweight, constipation, duodenal ulcer

**Used plant parts:**

Root

**ingredients:**

Glycosides: glycyrrhizin, glabric acid, liquiritin, oleanolic acid derivatives; flavonoids, Isoflavones, coumarins

## Pansy herb:

### **healing effect:**

Antibacterial, blood-cleansing, anti-inflammatory, softening, diuretic, antispasmodic, expectorant, analgesic, perspiring, cough, Asthma, bronchitis, whooping cough, heart problems, arteriosclerosis, constipation, diarrhoea, intestinal colic, cystitis, bladder semolina, kidney weakness, metabolism stimulating, joint inflammation, rheumatism, gout, nervousness, nerve inflammation, insomnia, febrile convulsions, fatigue, skin diseases, eczema, psoriasis, herpes, infant eczema, milk crust, pus, acne, impure skin, skin rash

### **Used plant parts:**

leaves, herb, root

### **ingredients:**

alkaloids, anthocyanin, flavones, tannin, tannic acid, gaultherin, methyl salicylate, myrosin, odoratin, salicin, salicylic acid, saponins, mucilage, violaxanthin, violanin, violaquercitrin, essential oil

## Sage

### **healing effect:**

Astringent, antibacterial, haemostatic, anti-inflammatory, diuretic, antispasmodic, tonic,

### **areas of application:**

Loss of appetite, flatulence, bronchitis, depression, diabetes (supportive in mild cases), diarrhoea, purulent ulcers, eczema, colds, erysipelas, foot sweat, shingles, biliary weakness, Memory loss, facial erysipelas, gout, hair loss, skin diseases, hoarseness, inhibits milk secretion, hot flushes, coughing, insect bites, laryngitis, whooping cough, liver weakness, Lung weakness, stomach problems, tonsillitis, menstrual problems, bad breath, inflammation of the mucous membranes of the mouth, night sweat, nervous weakness, pharyngitis, smoker's cough, rheumatism, poorly healing wounds, painfully swollen breasts, heavy sweating, overweight, digestive problems, constipation, menopausal problems, white blood flow, wounds, bleeding gums, inflammation of the gums,

### **Used plant parts:**

Sheets

### **ingredients:**

Essential oil, d-camphor, salviol, salves, betulin, asparagine, bitter substance, borneol, carnosic acid, zineol, flavonoids, fumaric acid, tannin, tannic acid, resin, ledole, limonene, menthol, estrogenic substances, oleanolic acid, pinene, sabinol, salicylic acid, saponins, terpineol, thujene, thymol, zinc, vitamins,



## A thousand guilders of herbs

### Main applications: Stomach Pain

#### healing effect:

Stimulating, calming, blood cleansing, anti-inflammatory, strengthening, toning,

#### areas of application:

Weakness of the immune system, abscesses, anaemia, loss of appetite, belching, flatulence, anaemia,

Chronic gastritis, intestinal catarrh, diabetes, dyspepsia, eczema, exhaustion, fever, promotion of gastric juice, spring cure, biliary weakness, bile stasis, gallstones, gastritis, uterus strengthening, jaundice, rheumatoid arthritis, gout, strengthening the immune system, colic, circulatory weakness, congestion of the liver, gastritis, gastritis, malaria, M nervous weakness, constipation, convalescence, rheumatism, ringworm, poorly healing wounds, weakness, scrofula, heartburn, overweight, indigestion, indigestion, constipation, wounds

#### Used plant parts:

The whole flowering herb without root

#### ingredients:

Bitter glycosides, erytaurine, erythrocentaurine, erythramine, gentianin, resin, essential oil, sugar, magnesium lactate, fatty acids

## Devil's Claw

### Main applications:

#### Arthrosis

**Healing effect:** decongestant, blood-thinning, anti-inflammatory, analgesic,

#### areas of application:

Biliary complaints, liver weakness, kidney weakness, arthrosis, joint complaints, sciatica  
Lumbago, back pain, tendonitis, eczema,  
psoriasis, facial rose, erysipelas, shingles

#### Used plant parts:

Root tuber

#### ingredients:

Iridoid glycosides, harpagide, harpagoside, procumbide, phytosterols, beta-sitosterol, glutamic acid, histidine, kaempferol, selenium, sterol, ursolic acid

## Thyme

### healing effect:

Stimulating, antibacterial, calming, haemostatic, disinfectant, anti-inflammatory, antispasmodic, fungicidal, expectorant, analgesic, sudorific, tonifying,

### Airways

bronchitis, cough, whooping cough, chesty cough, spasmodic cough, asthma, cold, sore throat, hoarseness, laryngitis, tracheitis, gingivitis

### Digestive System

indigestion, heartburn, flatulence, stomach problems, diarrhoea, bad breath, liver weakness

### Metabolism

rheumatism, gout

### urinary apparatus

Inflammation of the kidneys, cystitis, bladder weakness,

### Nervous System

Weak nerves, insomnia, nightmares, epilepsy,

### Locomotor system

sprains, dislocations, contusions, joint pain

### Skin

Healing wounds, inflamed wounds, eczema, cuts, pimples, boils, facial rose, erysipelas, shingles,

### Used plant parts:

Sheets

### ingredients:

Essential oil, including thymol, camphor, carvacrol, zineol, geraniol, limonene, linalool, menthone, terpinene, bitter, tannin, flavonoids, coumarins, resin, saponin, salicylates, pentosans, stigmasterol, beta-sitosterol, zinc

## Walnut leaves

### **Main applications:**

**skin problems,**

### **healing effect:**

Astringent, stimulating, blood-cleansing, haemostatic, anti-inflammatory, diuretic, analgesic,

### **areas of application:**

Loss of appetite, stomach weakness, stomach inflammation, intestinal inflammation, constipation, bilious weakness, rheumatism, gout, joint inflammation, diabetes, shingles, arteriosclerosis, heart rhythm disturbances, menstrual problems, hair loss, skin inflammation, eczema, Psoriasis, eyelid inflammation, acne, pimples, haemorrhoids, anal itching, athlete's foot, excessive perspiration, corns, warts,

### **ingredients:**

Tannins, tannic acid, tannins, bitter substances, flavonoids, juglon, essential oils

## Horsetail:

### **healing effect:**

Blood purifying, haemostatic, anti-inflammatory, diuretic,  
skin and nails healthy growth

### **areas of application:**

Bladder weakness, kidney weakness, circulatory problems, bleeding, frostbite, varicose veins, rheumatic pain, oedema, dropsy, wounds, skin inflammation, anal itching

### **Used plant parts:**

Summer shoots

### **ingredients:**

silicic acid, saponins, flavones, calcium, potassium, magnesium, other trace elements