

Traditional Usage of Herbal Tinctures

Condition	Black Cohosh	Calendula	Echinacea	Hawthorn	Inula	Lemon Balm	Nettle	Oats	Plantain	Red Clover	Red Sage	Skullcap	St John's Wort	Valerian
ACNE		*	*							*				
ANGINA				*										
ANXIETY				*		*								
BRONCHIAL CATARRH					*									
CONGESTION					*				*					
COUGHS / COLDS / SORE THROAT			*		*				*	*	*			
DEPRESSION	*					*		*			*	*	*	*
ECZEMA / PSORIASIS / URTICARIA							*	*		*				
HAYFEVER			*				*		*					
HEART PALPITATIONS				*								*		
HOT FLUSHES	*									*	*			
INFLAMMATION		*	*								*		*	
INDIGESTION / NAUSEA						*								
INSOMNIA												*	*	*
IRRITABILITY						*						*	*	*
IRRITABLE BOWEL SYNDROME						*								
MENSTRUAL CRAMPS	*											*	*	*
MIGRAINE												*		*
MOUTH ULCERS / GUM DISEASE		*												
MUSCLE TENSION	*					*								
NERVOUS EXHAUSTION								*				*	*	
NIGHT SWEATS	*									*	*			
POOR CIRCULATION				*										
POST OPERATIVE PAIN													*	
PMS											*	*	*	*
SCIATICA / NERVE PAIN / SHINGLES													*	
STRESS / TENSION	*					*		*				*	*	*

If on medication, breast feeding or pregnant - consult your health care practitioner