

# BUILDING, CLEANSING, AND TONING RELATIONSHIPS OF HERBS

<u>Body System</u>	<u>Builder</u>	<u>Cleanser</u>	<u>Toner</u>
<b>ADRENALS</b>	+	-	o
	Goldenseal	Burdock seed	Nettles
	Licorice	St. Johnswort	Red sarsparilla
	White Am. ginseng	White sage	Siberian ginseng
<b>BLADDER</b>	+	-	o
	Arrowroot	Asparagus root	Aspen bark
	Balm of Gilead	Dandelion root	Bisort root
	Bisort root	Guaiacum	Coltsfoot
	Corn silk	Juniper berry	
	Couch grass	Parsley	
	Dandelion root	Plantain	
	Goldenseal	St. Johnswort	
	Hollyhock	Willow	
	Horsetail		
	Marshmallow root		
	Pareira brava		
	Plantain		
	Sassafrass		
	Thuja		
	Thyme		
	Uva ursi		
<b>BLOOD</b>	+	-	o
	Astragalus	Angelica root	
	Cayenne	Bedstraw	
	Dandelion leaf	Betony	
	Nettles	Blessed thistle	
	Raspberry fruit	Burdock root	
	Rehemanina	Calendula	Blessed thistle
	White peony	Centaury	Goldenseal
	Yellowdock root	Chaparral	Nettles
		Cinnamon	
		Cleavers	
		Echinacea	
		Elder flowers	
		Hibiscus	
		Oregon grape root	
		Pipsissewa	
		Red clover	
	Red root		
	Red sarsparilla		
	Vervain		
	Violet flowers		
<b>BONES</b>	+	-	o
	Black walnut		
	<u>(cartilage)</u>		
	<u>Blessed thistle</u>		
	<u>(cartilage)</u>		
<u>Comfrey</u>			
<u>White peony</u>			
<u>(marrow)</u>			
<b>BRAIN</b>	+	-	o
	Black walnut	Angelica root	Blessed thistle
	Gotu kola	Red clover	Gotu kola

## BREASTS

+	-	o
(Galactagogues)	Asfoetida	
Blessed thistle	Bisort root	
Borage	Dandelion root	
Dandelion root	Guaiacum	
Fennel	Poke root	
Osha	Red clover	
	Sage	

## COLON

+	-	o
Arrowroot	Aloe vera	Apple tree bark
Astragalus	Asfoetida	Bayberry
Black alder	Asparagus root	Black alder
Blackberry root	Black alder	Blackberry root
Blackroot	Butternut rt bk	Black cohosh
Cayenne	Buckthorn	Buckthorn
Comfrey root	Cape aloes	Crab apple
Fenugreek	Catnip	Collinsonia
Flax	Cascara sagrada	Goldenseal
Marshmallow	Celery seeds	Yarrow
Plantain	Chinese rhubarb	Yellow dock
Slippery elm	Coriander	
Stone root	Dodder	
Wild cherry bark	Hops	
	Juniper berries	
	Mandrake	
	Nux vomica	
	Oregon grape rt	
	Psyllium seeds	
	Rhubarb root	
	Rosehips	
	Sanicle	
	Wild cherry bark	
	Wild yam	

## EARS

+	-	o
	Calendula	
	Garlic oil	
	Jimson (nervine)	
	Mullein oil	
	Rue (nervine)	

## EYES

+	-	o
Apricots	Chamomile	Eyebright
Carrots	Eyebright	
Rue (color blindness)	Goldenseal	
	Ground ivy	
	Horsetail (eyelid)	

## FEMALE REPRODUCTIVE SYSTEM

+	-	o
Apricots	Aloe vera	Bisort root
	Angelica rt	Burdock root
Black cohosh	Bethroot	Blessed thistle
Black haw	Black cohosh	Partridge berry
False unicorn rt	Blue cohosh	Raspberry leaf
Ginger	Catnip	
Licorice	Celery seeds	
Persimmon	Cottonwood	
Raspberry leaves	Elecampagne	
Sarsaparilla	Gentian	
Saw palmetto bry	Lemon balm	
white peony root	Masterwort	
	Mugwort	
	Osha	
	Pennyroyal	
	Pipsissewa	
	Pomegranate	

FEMALE REPRODUCTIVE SYSTEM (cont.)	Rue -	o
	Sassafrass	
	Tansy	
	Thuja	
	Thyme	
	Yervain	
	Violet leaf/flr	
	White pond lily	

FINGERNAILS	+	-	o
	Kelp		

GALLBLADDER	+	-	o
	Barberry	Nux vomica	Marshmallow root
	Cascara sagrada	Rosemary	
	Fringe tree	Virginia snakeroot	
	Oregon grape rt	Wild yam	

GUMS	+	-	o
	Myrrh	Bayberry root	
		Bloodroot	
		Burdock root	
		Goldenseal	

HEART	+	-	o
	Blessed thistle	Angelica root	Borage
	Comfrey root	(calming)	Blue cohosh
	Dandelion flower	Brazilwood	(antispasmodic)
	Goldenseal	Cayenne	Chinchona
	Hawthorn berry	Garlic	(fibrillation)
	Lobelia	Mullein	Scotch broom
	Motherwort		(stimulant)
	Raspberry leaf		Walnut hull tea
	Rosehips		(pain & pressure)

KIDNEYS	+	-	o
	Comfrey root	Buchu	Aspen bark
	Penugreek	Burdock seed	Astragalus
	Flax	Calendula	Nettles
	Goldenseal	Chaparral	Plantain
	Gotu kola	Chinese cinnamon	Raspberry leaves
	Horsetail	Cleavers	Saw palmetto
	Licorice root	Gravel root	Self-heal
	Marshmallow root	Juniper berries	White poplar bark
	Oat straw	Myrrh	
	Sao woo	Oregon grape rt	
	Sarsparilla	Parsley root	
	Siberian ginseng	Pipsissewa	
		St. Johnswort	
		Uva ursi	
		Yarrow	

LIVER	+	-	o
	Bladderwrack	Alfalfa	Barberry
	Butternut rt bk	Beet root	Blessed thistle
	Gentian	Centaury	Burdock root
	Irish moss	Dodder	Dandelion root
	Licorice	Fo ti	
	Milk-vein thistle	Gentain	
	Nettles	Goldenseal	
	Watercress	Horehound	
	Yellow dock	Mandrake	
		Nux vomica	
		Oregon grape rt	
		Pipsissewa	
		Red sarsparilla	
		Sassafrass	
		Scarlett pimpernel	
		Virginia snakeroot	
		Wild yam	
		Wood betony	

## LUNGS

+	-	o
Apricots	Angelica root	Apple tree bark
Astragalus	Balm of Gilead	Coltsfoot
Balm of Gilead	Black cohosh	Goldenseal
Comfrey	Blood root	Life everlasting
Honeysuckle	Calamus	Mullein
Irish Moss	Echinacea	Osha
Marshmallow root	Elecampane	Plantain
Slippery Elm	Eucalyptus	Raspberry leaf
	Ginger	Sage
	Grindelia	Saw palmetto berry
	Lobelia	Solomon's seal
	Lungwort	Wild Cherry
	Nettles	
	Pleurisy root	(LUNG NERVES)
	Sage	Asafoetida
	Scullcap	Black cohosh
	Solomon's seal	Blue cohosh
	Star anise	Lobelia
	Thyme	Red clover
	White horehound	Wood betony
	White sage	

ephedra

## LYMPH

+	-	o
Astragalus	Calendula	Burdock
Myrrh	Cleavers	Crab apple
Rehmania	Echinaceau	Goldenseal
	Eucalyptus	
	Gualcum	
	Life everlasting	
	Ocotilla	
	Pipsissewa	
	Sarsparilla	
	Vervain	

## MUCOSA

+	-	o
Comfrey	Calamus	Bisort rt (w/milk)
Marshmallow root		Myrrh
Slippery elm		Raspberry leaf (st)
White pond lily		Saw palmetto berry
		Scullcap
		Uva ursi

## MUSCLES

+	-	o
Angelica	Arnica	Feverfew
Black cohosh	Chaparral	Wild chamomile
Calendula	Sage	
Comfrey		

## NERVES

+	-	o
Angelica	Cramp bark	Arnica (ext)
Black walnut hulls	Coriander	Aspen bark
Blessed thistle	Hops	Blessed thistle
Calendula	Lady slipper root	Catnip
Comfrey root	Myrrh	Chamomile
Gotu kola	Mistletoe	Lemon balm
Lavender flowers	Mullein	Masterwort
Slippery elm	St. Johnswort	Passion flower
White ginseng	Valerian	Rosemary
	White peony root	Scullcap
	White sage	Siberian ginseng
	Wild cherry	Star anise
	Wild lettuce	
	Wood betony	

**THYROID**

+	-	o
Bladderwrack	Burdock	Red Sarsparilla
Licorice root	Mullein	Siberian Ginseng
Sao Yang	Nux Vomica	<i>STIMULANT:</i>
	St. Johnswort	Pokeroot

**TISSUE**

+	-	o
Aloe ( <i>ext</i> )	Goldenseal	
Arnica ( <i>ext</i> )	Myrrh	
Bl. walnut ( <i>cart</i> )	Nux vomica	
Bl. thistle ( <i>cart</i> )		
Burdock leaf ( <i>ext</i> )		
Calendula	Senecal	
Cayenne ( <i>frostbite</i> )		
Comfrey		
Horsetail		
Plantain		
St. Johnswort ( <i>ext</i> )		

**UTERUS**

+	-	o
Black cohosh*	Angelica root	Black cohosh
Blue cohosh*	Bethroot	Black haw
(*last trimester only)	( <i>expel placenta</i> )	Partridge berry
	Cottonroot ( <i>abort</i> )	Raspberry leaf
	Goldenseal ( <i>abortv</i> )	
	Horehound ( <i>expells placenta</i> )	
	Osha	
	Pennyroyal ( <i>abortv</i> )	
	Rue ( <i>abortive</i> )	
	Sassafrass ( <i>after birth or abortion</i> )	