Herbal Plants Information

# Winter Cherry

## Uses & Effectiveness

- Arthritis

- Increasing urine flow in kidney and bladder conditions

- Preventing pregnancy

## Side Effects

- Increase the risk of blood sugar levels becoming too low.

## Precaution

Winter cherry is POSSIBLY UNSAFE during pregnancy.

# Ginseng

## Uses & Effectiveness

- Boosting energy

- Reducing stress

- Improving concentration

## Side Effects

- May cause insomnia

- Might increase heart rate in some individuals.

## Precaution

Avoid taking ginseng with caffeine to prevent overstimulation.

# Aloe Vera

## Uses & Effectiveness

- Healing skin wounds

- Reducing skin irritation

- Improving digestion

## Side Effects

- May cause stomach cramps or diarrhea when taken orally.

## Precaution

Oral use of Aloe Vera should be limited to short-term.

# Echinacea

## Uses & Effectiveness

- Boosting immune function

- Reducing symptoms of colds

- Promoting faster recovery from infections

## Side Effects

- May cause allergic reactions in some individuals.

## Precaution

Use cautiously if allergic to ragweed or other flowers.

# St. John’s Wort

## Uses & Effectiveness

- Treating mild to moderate depression

- Reducing anxiety

- Promoting sleep

## Side Effects

- Can cause photosensitivity (sensitivity to sunlight).

- May interact with several medications.

## Precaution

Avoid sunlight exposure during use, and consult a doctor before combining with medications.

# Peppermint

## Uses & Effectiveness

- Relieving indigestion

- Soothing headaches

- Reducing nausea

## Side Effects

- May cause heartburn in some individuals.

## Precaution

Avoid using peppermint oil directly on the skin without dilution.

# Turmeric

## Uses & Effectiveness

- Reducing inflammation

- Supporting joint health

- Improving digestion

## Side Effects

- May cause stomach upset or dizziness.

## Precaution

Consult a healthcare provider before using turmeric supplements if you have gallstones.

# Chamomile

## Uses & Effectiveness

- Promoting relaxation and sleep

- Reducing menstrual pain

- Aiding digestion

## Side Effects

- May cause allergic reactions in those allergic to daisies.

## Precaution

Consult a doctor before use if you are pregnant or breastfeeding.

# Lavender

## Uses & Effectiveness

- Relieving stress and anxiety

- Promoting sleep

- Soothing skin irritation

## Side Effects

- May cause nausea or headaches when inhaled in excess.

## Precaution

Avoid oral consumption of lavender oil.

# Ginger

## Uses & Effectiveness

- Relieving nausea and vomiting

- Reducing inflammation

- Supporting digestive health

## Side Effects

- May cause heartburn or bloating.

## Precaution

Avoid taking large amounts of ginger if you have gallstones.

# Sage

## Uses & Effectiveness

- Improving memory

- Soothing sore throat

- Reducing menopausal symptoms

## Side Effects

- May cause rapid heart rate in excessive doses.

## Precaution

Avoid prolonged use of sage oil due to potential toxicity.

# Thyme

## Uses & Effectiveness

- Supporting respiratory health

- Reducing coughs

- Boosting immunity

## Side Effects

- May cause allergic skin reactions in some individuals.

## Precaution

Use cautiously if allergic to oregano or similar herbs.

# Licorice Root

## Uses & Effectiveness

- Treating digestive disorders

- Soothing sore throat

- Supporting adrenal gland function

## Side Effects

- Can cause high blood pressure or low potassium levels.

## Precaution

Avoid use in large quantities, especially for those with high blood pressure.

# Dandelion

## Uses & Effectiveness

- Promoting liver health

- Reducing bloating

- Supporting digestion

## Side Effects

- May cause allergic reactions or skin irritation.

## Precaution

Avoid if allergic to ragweed or related plants.

# Rosemary

## Uses & Effectiveness

- Improving concentration

- Supporting digestive health

- Reducing inflammation

## Side Effects

- Can cause allergic reactions or stomach discomfort.

## Precaution

Use cautiously if taking blood-thinning medications.

# Milk Thistle

## Uses & Effectiveness

- Promoting liver health

- Supporting detoxification

- Reducing symptoms of indigestion

## Side Effects

- May cause diarrhea or allergic reactions.

## Precaution

Consult a healthcare provider before use if pregnant or breastfeeding.

# Valerian Root

## Uses & Effectiveness

- Promoting relaxation and sleep

- Reducing anxiety

- Easing menstrual cramps

## Side Effects

- May cause drowsiness or dizziness.

## Precaution

Avoid combining with alcohol or sedative medications.

# Fenugreek

## Uses & Effectiveness

- Supporting lactation in breastfeeding mothers

- Improving digestion

- Reducing inflammation

## Side Effects

- May cause diarrhea or gas.

## Precaution

Avoid if allergic to peanuts or chickpeas.

# Neem

## Uses & Effectiveness

- Treating skin infections

- Supporting dental health

- Reducing dandruff

## Side Effects

- May cause stomach upset when taken orally.

## Precaution

Avoid oral use during pregnancy as it may be harmful.

# Holy Basil

## Uses & Effectiveness

- Reducing stress and anxiety

- Supporting immune function

- Improving respiratory health

## Side Effects

- May cause low blood sugar levels.

## Precaution

Consult a healthcare provider before use if taking medications for diabetes.