

THE SCHOOL OF NATURAL HEALING 100 HERB LIST

Common Name	Latin Name	Part Used	Use
1 Alfalfa	<i>Medicago sativa</i>	Herb	Vitamin & Mineral
2 Aloe Vera	<i>Aloe vera</i>	Leaves	Cell Proliferant
3 Apple	<i>Malus pumila</i>	Fruit	Oxygen
4 Apricot	<i>Prunus armeniaca</i>	Seeds	Anti-Cancer
5 Barberry or Mountain Grape	<i>Berberis vulgaris</i> <i>Mahonia repens</i>	Bark of Root	Hepatic
6 Bayberry	<i>Myrica cerifera</i>	Inner Bark	Astringent
7 Black Cohosh	<i>Cimicifuga racemosa</i>	Root	Hormonal
8 Black Walnut	<i>Juglans nigra</i>	Hull/ Bark/ Leaves	Anti-fungal
9 Blessed Thistle	<i>Cnicus benedictus</i>	Herb	Galactagogue
1.0 Blue Cohosh	<i>Caulophyllum thalictrioides</i>	Root	Parturient
11 Blue Vervain	<i>Verbena hastata</i>	Herb	Nervine
12 Brigham Tea	<i>Ephedra viridis</i>	Stems	Decongestant
13 Buckthorn	<i>Rhamnus frangula</i>	Bark	Laxative
14 Bugleweed	<i>Lycopus virginicus</i>	Herb	Chelation
15 Burdock	<i>Arctium lappa</i>	Root	Blood purifier
16 Carrot	<i>Daucus carota</i>	Root	Carotene
17 Cascara Sagrada	<i>Rhamnus purshiana</i>	Bark	Laxative
18 Catnip	<i>Nepeta cataria</i>	Herb	Calmative
19 Cayenne	<i>Capsicum annuum</i>	Fruit	First aid

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20 Cedar	<i>Juniperus monosperma</i>	Berry	Pancreatic Alterative
21 Chaparral	<i>Larrea tridentata</i>	Leaves	Blood purifier
22 Chickweed	<i>Stellaria media</i>	Herb	Emollient
23 Cloves	<i>Syzygium aromaticum</i>	Cloves	Anodyne
24 Comfrey	<i>Symphytum officinale</i>	Root/Leaves	Cell Proliferant
25 Cramp Bark	<i>Viburnum opulus</i>	Bark	Uterine Antispasmodic
26 Dandelion	<i>Taraxacum officinale</i>	Root/Herb	Hepatic/Tonic
27 Desert Sage	<i>Artemisia tridentata</i>	Leaves	Blood purifier
28 Echinacea	<i>Echinacea angustifolia;</i> <i>E. purpurea</i>	Root/Herb	Immune-stimulant
29 Elder, Blue-berried	<i>Sambucus caerulea</i>	Flower/Berry	Febrifuge
30 Eyebright	<i>Euphrasia offzcinalis</i>	Herb	Ocular Alterative
31 False Unicorn	<i>Chamaelirium luteum</i>	Root	Anti-miscarriage
32 Fennel	<i>Foeniculum officinale;</i> <i>F. vulgare</i>	Seed	Anti-flatulent
33 Flax	<i>Linum usitatissimum</i>	Seed	Essential fatty acids
34 Garlic	<i>Allium sativum</i>	Bulb	Antiseptic
35 Ginger	<i>Zingiber officinale</i>	Root	Circulation
36 Gingko	<i>Gingko biloba</i>	Leaves	Vascular integrity
37 Ginseng	<i>Panax quinquefolius;</i> <i>P. ginseng</i>	Root	Adaptogen
38 Golden Seal	<i>Hydrastis canadensis</i>	Root	Antiseptic
39 Gravel Root	<i>Euptorium purpureum</i>	Root	Dissolvent

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40 Hawthorne	<i>Crataegus laevigata</i>	Berry	Cardiac tonic
41 Hops	<i>Humulus lupulus</i>	Flowers	Sedative
42 Horseradish	<i>Armoracia rusticana</i>	Root	Decongestant
43 Horsetail	<i>Equisetum hyemale</i>	Herb	Silica
44 Hydrangea	<i>Hydrangea arborescens</i>	Root	Dissolvent
45 Iceland Moss	<i>Cetraria islandica</i>	Herb	Thyroid
46 Irish Moss	<i>Chondrus crispus</i>	Herb	Emollient
47 Juniper	<i>Juniperus communis</i>	Berry	Diuretic
48 Kelp	<i>Laminaria digitata</i>	Herb	Iodine
49 Licorice	<i>Glycyrrhiza glabra</i>	Root	Adrenal Tonic
50 Lobelia	<i>Lobelia inflata</i>	Herb/Seed	Emetic
51 Male Fern	<i>Dryopteris frlix-mas</i>	Rhizome	Anthelmintic
52 Marigold	<i>Calendula officinalis</i>	Flower	Emollient
53 Marsh Mallow	<i>Althaea officinalis</i>	Root	Demulcent
54 Mistletoe	<i>Viscum album</i>	Leaves/Young twigs	Nervine
55 Mullein	<i>Verbascum thapsus</i>	Leaves/Flowers	Lymphatic/Glandular
56 Myrrh	<i>Commiphora myrrha</i>	Resin	Antiseptic
57 Nettles (Stinging)	<i>Urtica dioica</i>	Leaf	Anti-inflammatory
58 Oats	<i>Avena sativa</i>	Straw	Silica
59 Olive	<i>Olea europaea</i>	Oil of Fruit	Nutritive
60 Onion	<i>Allium cepa</i>	Bulb	Antiseptic

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61 Papaya	<i>Carica papaya</i>	Fruit/Seed/Leaf	Digestive
62 Parsley	<i>Petroselinum crispum</i>	Herb/Root	Diuretic
63 Pennyroyal	<i>Mentha pulegium</i>	Herb	Emmenagogue
64 Peppermint	<i>Mentha piperita</i>	Herb	Digestion
65 Pine	<i>Pinus spp.</i>	Needles/Resin	Antioxidant
66 Plantain	<i>Plantago major</i>	Herb	Drawing
67 Poke	<i>Phytolacca americana</i>	Root	Glandular
68 Pomegranate	<i>Punica granatum</i>	Root bark	Vermifuge
69 Prickly Ash	<i>Zanthoxylum americanum</i>	Bark	Stimulant
70 Raspberry	<i>Rubus idaeus</i>	Leaves	Anti-nausea
71 Red Clover	<i>Trifolium pratense</i>	Blossom	Blood purifier
72 Rose	<i>Rosa species</i>	Hips	Vitamin "C"
73 Rosemary	<i>Rosmarinus officinalis</i>	Leaves	Encephalic tonic
74 Sage	<i>Salvia officinalis</i>	Herb	Galactophygous
75 Sarsaparilla	<i>Smilax officinalis</i>	Root	Hormonal
76 Sassafras	<i>Sassafras officinale</i>	Root Bark	Blood purifier
77 Saw Palmetto	<i>Serenoa repens</i>	Berry	Prostate
78 Skullcap	<i>Scutellaria lateriflora</i>	Herb	Spinal Nerve Tonic
79 Senna	<i>Cassia angustifolia</i>	Pods/Leaves	Cathartic
80 Shepherd's Purse	<i>Capsella bursa-pastoris</i>	Herb	Hemostatic
81 Skunk Cabbage	<i>Symplocarpus foetidus</i>	Root	Antispasmodic

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82 Slippery Elm	<i>Ulmus rubra; U. fulva</i>	Inner bark	Nutritive/Demulcent
83 Spearmint	<i>Mentha spicata</i>	Herb	Diaphoretic
84 Squaw Vine	<i>Mitchella repens</i>	Herb	Pregnancy Tonic
85 St. John's Wort	<i>Hypericum perforatum</i>	Herb/leaf/flower	Depression
86 Turkey Rhubarb	<i>Rheum palmatum</i>	Root	Aperient
87 Uva-Ursi	<i>Arctostaphylos uva-ursi</i>	Leaves	Urinary disinfectant
88 Valerian	<i>Valeriana officinalis</i>	Root	Nervine
89 Watercress	<i>Nasturtium officinale</i>	Herb	Nutritive
90 Wheat	<i>Triticum turgidum</i>	Grain	Nutritive
91 White Oak	<i>Quercus alba</i>	Inner bark	Astringent
92 White Pond Lily	<i>Nymphaea odorata</i>	Herb	Incontinence
93 White Poplar or Quaking Aspen	<i>Populus tremuloides</i>	Inner bark	Anodyne
94 Wild Lettuce	<i>Lactuca serriola</i>	Herb	Analgesic
95 Wild Yam	<i>Dioscorea villosa</i>	Root	Anti-spasmodic
96 Willow	<i>Salix spp.</i>	Inner Bark	Anodyne
97 Wood Betony	<i>Stachys officinalis</i>	Herb	Nervine
98 Wormwood	<i>Artemisia absinthium</i>	Herb	Vermifuge
99 Yarrow	<i>Achillea millefolium</i>	Herb	Diaphoretic
100 Yellow Dock	<i>Rumex crispus</i>	Root	Alterative