

Origin	Family	Common Name	Scientific Name
Circumboreal	Asteraceae	Yarrow	<i>Achillea millefolium</i>
n. Europe, Asia, Labrador	Rosaceae	Lady's mantle, syndaw	<i>Alchemilla vulgaris</i>
n. Europe & w. Asia	Apiaceae	Angelica	<i>Angelica archangelica</i>
Medit.	Asteraceae	Calendula, pot marigold	<i>Calendula officinalis</i>
w. Europe, n. Africa	Asteraceae	Chamomile	<i>Chamaemelum nobile</i> (= <i>Anthemis nobilis</i>)
Eurasia & N. Africa	Ericaceae	St. John's wort	<i>Hypericum perforatum</i>
Europe & Asia	Asteraceae	Elecampane	<i>Inula helenium</i>
Medit	Lamiaceae	Lavender	<i>Lavandula</i> sp.
mtns of s. Europe	Lamiaceae	English lavender	<i>Lavandula angustifolia</i>
c. Asia	Lamiaceae	common motherwort	<i>Leonurus cardiaca</i>
e. Medit. region	Apiaceae	Lovage	<i>Levisticum officinale</i>
Eurasia	Lamiaceae	Horehound	<i>Marrubium vulgare</i>
s. Europe	Lamiaceae	Lemon balm, bee balm	<i>Melissa officinalis</i>
Medit.	Lamiaceae	Peppermint	<i>Mentha piperita</i>
Medit	Lamiaceae	Pennyroyal	<i>Mentha pulegium</i>
Eurasia	Lamiaceae	Oregano, wild marjoram	<i>Origanum vulgare</i>
N. hemisphere	Rosaceae	Rose	<i>Rosa</i> sp.
Medit. region	Lamiaceae	Rosemary	<i>Rosmarinus officinalis</i>
Europe & Africa	Polygonaceae	Curly dock, yellow dock	<i>Rumex crispus</i>
Medit. region	Lamiaceae	Sage	<i>Salvia officinalis</i>
Europe, N. Africa, Asia	Caprifoliaceae	Black elderberry	<i>Sambucus nigra</i>
Europe & w. Asia	Rosaceae	Burnet	<i>Sanguisorba minor</i>
Europe	Caryophyllaceae	Soapwort, bouncing bet	<i>Saponaria officinalis</i>
Europe	Lamiaceae	wood betony	<i>Stachys officinalis</i> (= <i>Betonica o.</i>)
s. Europe, Caucasus	Asteraceae	Feverfew	<i>Tanacetum parthenium</i> (= <i>Chrysanthemum p.</i>)
Europe	Asteraceae	Common tansy	<i>Tanacetum vulgare</i>
Garden origin	Taxaceae	Yew	<i>Taxus X media</i> 'Hicksii'
Medit.	Lamiaceae	Creeping thyme, wild thyme	<i>Thymus serpyllum</i>

Used for	Warnings	Hot or Cold?	Dry or Moist
dyspepsia and colds		hot	dry
astringent and emmenagogue		cold	dry
indigestion and bronchial problems		hot	dry
inflammation of mouth & pharynx, wounds & burns		cold	wet
Unproven: bloating, constipation, cramps, sedative		hot	dry
anxiety and sciatica	Do not use with MAOI's, SSRI's or deep dep.	cold	dry
bronchitis, menstrual cramps, carminative	Avoid during pregnancy.	hot	dry
loss of appetite, nervousness, dyspepsia		hot	dry
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sedative, emmenagogue, and cardiac tonic	Avoid during pregnancy.	cold	dry
UTI's, kidney and bladder stones	Avoid during pregnancy	hot	dry
expectorant and bitter digestive		hot	wet
nervousness & insomnia		cold	dry
dyspepsia, cold, bronchitis, and migraines		hot	dry
digestion, amenorrhea, and abortifacient.	Fatal dose 5g of oil. Not for use during preg	hot	wet
expectorant, dyspepsia, menstrual cramps, arthritis		hot	dry
sedative, anti-inflammatory, and source of Vit. C		cold	dry
dyspepsia and psychological tension		hot	dry
dyspepsia and constipation	Do not use with ulcers	cold	dry
colds and inflammation of mouth	Avoid during pregnancy	hot	dry
cough, bronchitis, fevers & colds		cold	dry
wound healer; astringent		cold	dry
cough, bronchitis		hot	dry
sedative and bitter digestive		cold	dry
migraine, arthritis, allergies	Avoid during pregnancy or nursing	hot	dry
antihelmintic	can be lethal, avoid during pregnancy	hot	dry
livestock resistant hedge	do not eat "berries"		
cough, bronchitis		hot	dry

