



## Making Herbal Supplements

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**What is an Herbal Supplement or Herbal Formulary?** An herbal blend or formulation is a synergistic combination that enhance each others actions. 4 parts- Main, Assisting, Supporting & Conducting. Or you can use only one herb so its affects can be pinpointed.

**How do you prepare an Herbal Supplement?** Start with fresh, high quality, (organic preferred) herbs in a powdered form. If not powdered, use a mortar & pestle to grind herbs. Mix your blend or use a single herb and encapsulate your herbs inside of gelatin or vegetable capsules. There are 2 sizes “0” and “00”. “0” hold approximately 400mg-800mg of herbs are smaller better for strong herbs of for children or those that have a problem taking pills. “00” are larger capsules and hold 550mg – 1100mg of herbs. Fluffy herbs are less dense than heavier herbs. Use a “capping machine” to speed the process or encapsulated by hand.



**How do you create your own formula?**

1. Determine the therapeutic action needed. What are your symptoms?
2. Determine the energy of the condition and body type. Hot/Cold; Wet/Dry
3. Research herbs that may work. Blend carefully. Ask for help when needed!

**Main:** Herb with the main healing action. *1-2 parts per formula*

**Assisting:** Herbs added in smaller quantities, used to enhance the main & supporting herbs. Usually aid in taste. *½ - 1 part per formula*

**Supporting:** Herbs that support the healing actions of the main herb. *½ part per formula*

**Conducting:** Herbs that move the action of the other herbs, targeting the therapeutic actions directionally. *¼ part per formula*

**How long do I take herbal supplements? Typical Therapy Duration:**

**Acute Ailments-** (short term sickness or condition) Continue herbal treatment for 1-2 weeks after symptoms are gone. Typically 2-4 weeks.

**Chronic Diseases-**(long term illness/disease) One month of treatment for every year the disease developed.



### HERBAL PROPERTIES

**Alternatives** **Blood Purifiers & Detoxifiers.** Aloe, Burdock root, Echinacea, Goldenseal, Gota Kola, Marshmallow, Nettles, Oregon Grape, Plantain, Red Clover, Ginseng, Peony, Cascara Sagrada.

**Analgesics** **Pain Relievers.** Catnip, Chamomile, Cloves, Cramp Bark, Dong quai, Kava Kava, Skullcap, Valerian, Willow.

**Antacids** **Neutralize stomach acid.** Dandelion, Fennel, Slippery Elm, Irish Moss.

**Antiasthmatics** **Relieve symptoms of asthma.** Coltsfoot, Mullien, Lobelia, Nettles, Wild Cherry bark, Yerba Santa.

<b>Antibiotics</b>	<u>Inhibit microbe growth.</u> Echinacea, Goldenseal, Myrrh, Oregano, Juniper Berries, Thyme & Garlic.
<b>Anticatarhals</b>	<u>Eliminate, dry up mucous.</u> Black Pepper, Cayenne, Ginger, Sage, Cinnamon, Anise, Gota Kola, Mullien, Wild Cherry bark, Yerba Santa.
<b>Antipyretics</b>	<u>Reduce fevers, cooling herbs.</u> Alfalfa, Boneset, Basil, Chickweed, Gota Kola, Skullcap, Seaweeds.
<b>Antiseptics</b>	<u>Applied to skin to clean infection.</u> <b>Astringents.</b> Calendula, Garlic, Lavender, Myrrh, Pine, Sage, Rosemary, Thyme, Yarrow.
<b>Antispasmodics</b>	<u>Prevent or relax muscle spasms.</u> Lobelia, Dong Quai, Black Cohosh, Blue Cohosh, Kava Kava, Raspberry leaf, Rue, Skullcap, Valerian.
<b>Aphrodisiacs</b>	<u>Improve sexual energy, potency.</u> Angelica, Astragalus, Burdock, Diamiana, False Unicorn root, Ginseng, Kava Kava.
<b>Astringents</b>	<u>Constricting, shrinking or binding effect.</u> Calendula, Horsetail, Juniper berries, Myrrh, Oak, Uva Ursi, Witch Hazel.
<b>Carminatives</b>	<u>Relieves gas &amp; cramps (griping).</u> Anise, Caraway, Cumin, Dill, Fennel, Ginger, Peppermint.
<b>Cholagogues</b>	<u>Promotes flow of bile into small intestine, laxatives.</u> Aloe Vera, Barberry, Goldenseal, Licorice, Mandrake, Wild Yam.
<b>Demulcents</b>	<u>Soothing, mucous promoting.</u> Aloe Vera, Chickweed, Comfrey, Fenugreek, Flax, Irish moss, Marshmallow, Psyllium, Slippery Elm.
<b>Diaphoretics</b>	<u>Induces Sweating.</u> Either Relaxing (Catnip, Lemon Balm) or Stimulating (Boneset, Hyssop, Elder, Peppermint, & Yarrow) add Ginger/ Cayenne.
<b>Diuretics</b>	<u>Increase Urination.</u> Agrimony, Cleavers, Dandelion, Hawthorn, Horsetail, Nettles, Parsley, Plantain, Uva Ursi.
<b>Emetic</b>	<u>Induces vomiting.</u> Lobelia, Black Mustard seed, Elecampane.
<b>Emmenagogues</b>	<u>Promotes menstruation.</u> Angelica, Black Cohosh, Juniper Berries, Myrrh, Pennyroyal.
<b>Emollients</b>	<u>Soothing, softening &amp; protective to skin.</u> Chickweed, Comfrey, Marsh Mallow, Slippery Elm. Oils- Almond, Apricot Kernel, Jojoba, Olive, etc.
<b>Expectorants</b>	<u>Expels mucous (throat &amp; lungs).</u> Anise, Coltsfoot, Horehound, Mullein, Lobelia, Wild Cherry bark, Yerba Santa.
<b>Galactogues</b>	<u>Increase secretion of milk.</u> Anise, Blessed thistle, Cumin, Fennel.
<b>Hemostatics</b>	<u>Stops bleeding.</u> Blackberry, Cayenne, Cranesbill, Horsetail, Mullein, Yellow Dock, Witch Hazel.
<b>Laxatives</b>	<u>Promotes bowel movements.</u> Cascara sagrada, Senna.
<b>Lithotriptics</b>	<u>Aid in dissolving stones. Kidney / Bladder:</u> Cleavers, Dandelion, Gravel root, Horsetail, Nettles. Gallbladder: Cascara sagrada, Oregon Grape.
<b>Nervines</b>	<u>Calms Nervous tension.</u> Gota Kola, Kava Kava, Skullcap.
<b>Sedatives</b>	<u>Relaxing, sleep inducing.</u> Catnip, Chamomile, Hops, Passionflower, Valerian.
<b>Stimulants</b>	<u>Increase body energy.</u> Anise, Cayenne, Cinnamon, Dandelion, Echinacea, Ginger, Ginseng, Juniper Berries, Rosemary, Sage.
<b>Tonics</b>	<u>Promotes proper functions of the body.</u> Chamomile, Dandelion.
<b>Vulneraries</b>	<u>Wound healers.</u> Aloe Vera, Cayenne, Calendula, Comfrey, Rosemary, Plantain, Slippery Elm, Thyme.

**References:**

**The Herbs of Life by Leslie Tierra. The Crossing Press.**

**The Way of Herbs by Michael Tierra. Pocket Books.**

**New Choices in Natural Healing edited by Bill Gottlieb. Rodale Press.**

