

HERBAL THERAPY

CHEAT SHEET

HERBAL TREATMENTS COME IN MANY FORMS THEY CAN COME AS



HERBAL TEAS
DECOCTIONS
POULTICES
HERBAL OILS
POWDERS/CAPSULES
AROMATHERAPY
MASSAGE OILS
SALVES AND BALMS
TINCTURES
HERBAL BATHS
COMPRESSES



COMMONLY USED HERBS

ECHINACEA - OFTEN USED IN TINCTURES OR POWDERS TO REDUCE SYMPTOMS OF THE COMMON COLD AND FLU. IT IS ALSO USED FOR INFECTIONS, PARTICULARLY THOSE OF THE KIDNEY.

GARLIC - USED TO REDUCE CHOLESTEROL LEVELS AND BLOOD PRESSURE, AS WELL AS FOR TREATING INFECTIONS. IT CAN BE TAKEN FRESH, AS A POWDER, AS OIL OR AS A JUICE.

GINGER - COMMONLY USED TO REDUCE NAUSEA, TO REDUCE SYMPTOMS OF COLDS AND CHILLS THROUGH SWEATING AND TO BOOST CIRCULATION. IT CAN BE TAKEN FRESH, DRIED, OR AS OIL.

GINGKO - MOST COMMONLY USED TO IMPROVE MEMORY. GINGKO IMPROVES CIRCULATION, PARTICULARLY TO THE BRAIN, THOUGH IT IS ALSO USED TO REGULATE IRREGULAR HEARTBEATS AND TO REDUCE SYMPTOMS OF DEMENTIA. IT IS USUALLY TAKEN AS A TINCTURE OR AN INFUSION.

GINSENG - USED TO BOOST THE IMMUNE SYSTEM AND DECREASE FATIGUE. IT IS ALSO USED FOR LUNGS CONDITIONS SUCH AS COUGHS, AND TO REDUCE BLOOD PRESSURE. THE ROOT IS TAKEN AS A POWDER, TINCTURE, OR DECOCTION.

ST. JOHN'S WORT - USED AS AN ANTI-DEPRESSANT, FOR

ANXIETY, IRRITABILITY AND EXHAUSTION. IT CAN ALSO BE USED TOPICALLY FOR BURNS AND INFLAMMATIONS. ST. JOHN'S WORT IS USUALLY TAKEN AS AN INFUSION, TINCTURE OR CREAM.

LAVENDER - POPULAR AS AROMATIC OIL, AND CAN BE USED TO TREAT A WIDE VARIETY OF AILMENTS FROM EXHAUSTION TO HEADACHES, AND INDIGESTION TO DEPRESSION. IT IS COMMONLY TAKEN AS AN INFUSION, TINCTURE, MOUTHWASH, CREAM, LOTION, MASSAGE OIL, CHEST RUB, HAIR RINSE OR OIL.

CHAMOMILE - A POPULAR HERB USED FOR INDIGESTION, STRESS RELIEF, ANXIETY, AND INSOMNIA. IT IS ALSO USED FOR ASTHMA AND BRONCHITIS. IT CAN BE TAKEN AS AN INFUSION, TINCTURE, OINTMENT, INHALATION OR MOUTHWASH.

CURES FOR COMMON AILMENTS

ACNE - CALENDULA, ALOE, TEA TREE

ALCOHOLISM - EVENING PRIMROSE, KUDZU

ALLERGY - CHAMOMILE

ALZHEIMER'S DISEASE - GINKGO, ROSEMARY

ANGINA - HAWTHORN, GARLIC, WILLOW, GREEN TEA

ANXIETY AND STRESS - HOPS, KAVA, PASSIONFLOWER, VALERIAN, CHAMOMILE, LAVENDER

ARTERIOSCLEROSIS - GARLIC

ARTHRITIS - CAPSICUM, GINGER, TURMERIC, WILLOW,

CAT'S CLAW, DEVIL'S CLAW

ASTHMA - COFFEE, EPHEDRA, TEA

ATHLETE'S FOOT - TOPICAL TEA TREE OIL

ATTENTION-DEFICIT DISORDER - EVENING PRIMROSE OIL

BAD BREATH - PARSLEY

BOILS - TEA TREE OIL, TOPICAL GARLIC, ECHINACEA, ELEUTHEROCOCCLUS, GINSENG, RHODOLA

BRONCHITIS - ECHINACEA, PELARGONIUM

BURNS - ALOE

CANCER - BILBERRY, BLACKBERRY, COCOA

Herbal Therapy Cheat Sheet Speedy Study Guides Academic

Speedy Publishing



Herbal Therapy Cheat Sheet Speedy Study Guides Academic:

Herbal Therapy Cheat Sheet (Speedy Study Guides LLC Publishing, Speedy Publishing LLC, 2014-05) Herbal therapy is the treatment of illnesses and other ailments with natural herbs and related remedies. Such therapy generally rejects traditional remedies such as compounded pharmaceuticals. The reason being that many believe that herbal therapy is more potent in its treatment of the same ailments as traditional pharmaceuticals. A chart or cheat sheet would be able to compare the herbal remedy with its pharmaceutical counterpart. **Herbal Therapy Cheat Sheet (Speedy Study Guides)** Speedy Publishing, 2014-06-18

Herbal therapy is the treatment of illnesses and other ailments with natural herbs and related remedies. Such therapy generally rejects traditional remedies such as compounded pharmaceuticals. The reason being that many believe that herbal therapy is more potent in its treatment of the same ailments as traditional pharmaceuticals. A chart or cheat sheet would be able to compare the herbal remedy with its pharmaceutical counterpart. **Herbal Therapy (Speedy Study Guides)** Speedy Publishing, 2014-06-17 With the rising cost of health care more and more people are turning alternative treatments to cure themselves of ailments one might typically schedule a doctor's visit for Herbal therapy is the practice of using natural substances and methods to treat illnesses rather than what western medicine has made available. Herbal therapy holds many benefits for those who decide to go the natural route to healing. Generally the natural ingredients used in the treatments are often very affordable over prescription drugs. It is also a good option for those that might have allergic reactions to certain types of drugs that would otherwise be helpful.

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Table of Contents Herbal Therapy Cheat Sheet Speedy Study Guides Academic

1. Understanding the eBook Herbal Therapy Cheat Sheet Speedy Study Guides Academic
 - The Rise of Digital Reading Herbal Therapy Cheat Sheet Speedy Study Guides Academic
 - Advantages of eBooks Over Traditional Books
2. Identifying Herbal Therapy Cheat Sheet Speedy Study Guides Academic
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Herbal Therapy Cheat Sheet Speedy Study Guides Academic
 - User-Friendly Interface
4. Exploring eBook Recommendations from Herbal Therapy Cheat Sheet Speedy Study Guides Academic
 - Personalized Recommendations
 - Herbal Therapy Cheat Sheet Speedy Study Guides Academic User Reviews and Ratings
 - Herbal Therapy Cheat Sheet Speedy Study Guides Academic and Bestseller Lists
5. Accessing Herbal Therapy Cheat Sheet Speedy Study Guides Academic Free and Paid eBooks
 - Herbal Therapy Cheat Sheet Speedy Study Guides Academic Public Domain eBooks
 - Herbal Therapy Cheat Sheet Speedy Study Guides Academic eBook Subscription Services
 - Herbal Therapy Cheat Sheet Speedy Study Guides Academic Budget-Friendly Options

6. Navigating Herbal Therapy Cheat Sheet Speedy Study Guides Academic eBook Formats
 - ePub, PDF, MOBI, and More
 - Herbal Therapy Cheat Sheet Speedy Study Guides Academic Compatibility with Devices
 - Herbal Therapy Cheat Sheet Speedy Study Guides Academic Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Herbal Therapy Cheat Sheet Speedy Study Guides Academic
 - Highlighting and Note-Taking Herbal Therapy Cheat Sheet Speedy Study Guides Academic
 - Interactive Elements Herbal Therapy Cheat Sheet Speedy Study Guides Academic
8. Staying Engaged with Herbal Therapy Cheat Sheet Speedy Study Guides Academic
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Herbal Therapy Cheat Sheet Speedy Study Guides Academic
9. Balancing eBooks and Physical Books Herbal Therapy Cheat Sheet Speedy Study Guides Academic
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Herbal Therapy Cheat Sheet Speedy Study Guides Academic
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Herbal Therapy Cheat Sheet Speedy Study Guides Academic
 - Setting Reading Goals Herbal Therapy Cheat Sheet Speedy Study Guides Academic
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Herbal Therapy Cheat Sheet Speedy Study Guides Academic
 - Fact-Checking eBook Content of Herbal Therapy Cheat Sheet Speedy Study Guides Academic
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

-
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