

# DET~~O~~X YOUR MEDICINE CABINET

## 26 HERBS AND SUPPLEMENTS THAT TREAT COMMON SYMPTOMS

	USE	FORM & DOSE	PRECAUTIONS
ALOE GEL 	Minor burns, sunburns, skin irritation or inflammation	Topical as needed	N/A
ARNICA OIL 	Bruises and sprains	Topical as needed	Don't apply to broken skin.
BLACK COHOSH 	Aches and pains, headaches, menstrual cramps, flu	Liquid extract: as directed on the product you purchase	N/A
CHAMOMILE 	"Belly aches," difficulty falling asleep, fussy babies or kids, gas and bloating, and colic	Tea: 1-2 cups/day for adults ( $\frac{1}{4}$ – $\frac{1}{2}$ cup for kids)  Liquid Extract: 20-40 drops, repeat every few hours if needed.	N/A
COMFREY 	Salves and ointments for irritated skin, minor cuts, and abrasions	Topical as needed	Clean all minor wounds well with water first.
CRAMP BARK 	Menstrual cramps and body aches	Liquid extract: As directed on the product you purchase	N/A
ECHINACEA & ELDERBERRY SYRUP 	Coughs, colds, and flu symptoms	ADULTS 1 Tbsp. 3x/day  KIDS >2 yrs old: 1 tsp. 3x/day	N/A
GARLIC 	Colds, coughs and 'what ails ya'	Garlic Honey Lemonade 1-4 cups daily	Substitute maple syrup for honey for children under 1 year old.

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GARLIC-MULLEIN OIL 	Earaches	A few drops of oil into the affected ear	Nothing should be draining from the ear canal and the eardrum must be intact.
GINGER 	Fever, colds, nausea, indigestion, menstrual cramps	2 capsules, 2-3x/day  Tea for colds and nausea 1-2 cups/day for adults ( $\frac{1}{4}$ – $\frac{1}{2}$ cup for kids)	Do not exceed 1 gram of the capsules daily during pregnancy.
JAMAICAN DOGWOOD 	Headaches, aches and pains, menstrual cramps	Liquid extract: As directed on the product you purchase. May be combined with Cramp Bark and/or Black cohosh	Do not exceed the recommended dosing on the package; do not use while operating machinery.
KAVA KAVA 	Anxiety	5-10 drops of the liquid extract, or a low dose capsule as directed, up to 3x/day	Though rare, has been associated with liver toxicity; talk with your doctor before using, avoid in pregnancy and nursing, and don't use if you have a history of liver disease. Do not exceed the recommended dosing on the package. Do not use while operating machinery; use caution or avoid if driving.
LAVENDER ESSENTIAL OIL 	Tension headache, anxiety, sleep aid	Headache: Apply to the temples. Sleep: 5-7 drops in your hot bath For anxiety, 1 lavender oil capsule before bed	Rarely, topical use could cause skin irritation.
LICORICE 	Tablet: Heartburn and reflux (GERD)  Tea: Sore throats and coughs	Heartburn & reflux: (DGL form) 1-3 chewable tablets up to 3x/day  Tea: 1-3 cups/day	Tea can be associated with increasing blood pressure in a small subset of people, so if you have high blood pressure only use the DGL form.
MENTHOLATED CHEST RUB	Coughs	Apply to chest	Never on the face.
PASSIONFLOWER 	Stress and sleep	Liquid extract or capsules: as directed on the product you purchase	Can make you sleepy at higher doses.

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PEPPERMINT OIL 	Tension headaches, morning sickness, increase concentration	Rub a few drops into each temple for headaches. Inhale aroma for morning sickness or to enhance concentration.	Rarely, topical use could cause skin irritation.
QUERCETIN & FREEZE DRIED NETTLES	Allergies and hives	Capsules: 2-3 capsules, 2-3 times daily between meals	Do not use quercetin if you are pregnant or have kidney disease.
SLIPPERY ELM 	Sore throats	Suck lozenges as needed	N/A
TEA TREE OIL	Natural antiseptic and antifungal: ringworm, athlete's foot, yeast infections	Topical, as needed	Make sure to use a diluted product; could cause skin irritation.
DIGESTIVE ENZYMES	Gas and bloating	2-3 capsules or tablets taken at the start of meals	N/A
HONEY 	Minor burns, dry up zits, cough	1-2 t. every couple of hours as needed for cough; apply a thin layer topically for skin conditions	Never use internally in anyone under 1 year old. Talk with your doctor or nutritionist before taking if you are diabetic.
MAGNESIUM CITRATE 	Constipation	150-800 mg before bed to achieve an easy daily bowel movement	Can cause gas and bloating in some people. Talk with your doctor before using if you are on blood pressure or anti-arrhythmia (heart) medications.
PROBIOTICS	When you've had a cold, have taken antibiotics recently, or have gas and bloating	As directed on the product you purchase	Speak with your doctor before using if you have pancreatitis or are immuno-compromised.
SEA SALT 	Sore throat	Gargle with 1/4 t. of sea salt in 1/4 cup of warm water every 1-4 hours depending on severity	N/A
ZINC 	Boost immune system, respiratory infections, allergies	Lozenges or tablets Children ages 5-10: 5-15 mg/day Children over 10 & adults: 15-45 mg/day	Take with meals as can otherwise cause nausea. Can be toxic in excessive doses. Prolonged use can interfere with other mineral absorption, i.e., copper.

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This chart is for educational purposes only. It is not intended as a substitute for the advice provided by your physician or other medical professional. If you have or suspect that you have a serious health problem, promptly contact your health care provider. Always consult with a health care practitioner before using any herbal remedy, especially if pregnant, nursing, or have a medical condition. Always follow the manufacturer's directions when using herbal remedies or giving herbal remedies to children. ©Aviva Romm 2014